

SUMMARY OF 5930 Work Plans – Performance Measure #3

Derived From the Consolidated Contract Deliverable

Performance Measure #3 – Develop and implement effective community and health care system interventions to address obesity and its consequent burden of chronic disease. Interventions may target worksites, schools, communities, or primary medical care.

Reporting Measure

A: Number and description of LHJ activities and interventions to address obesity or chronic disease and association risk factors in the community.

Summary

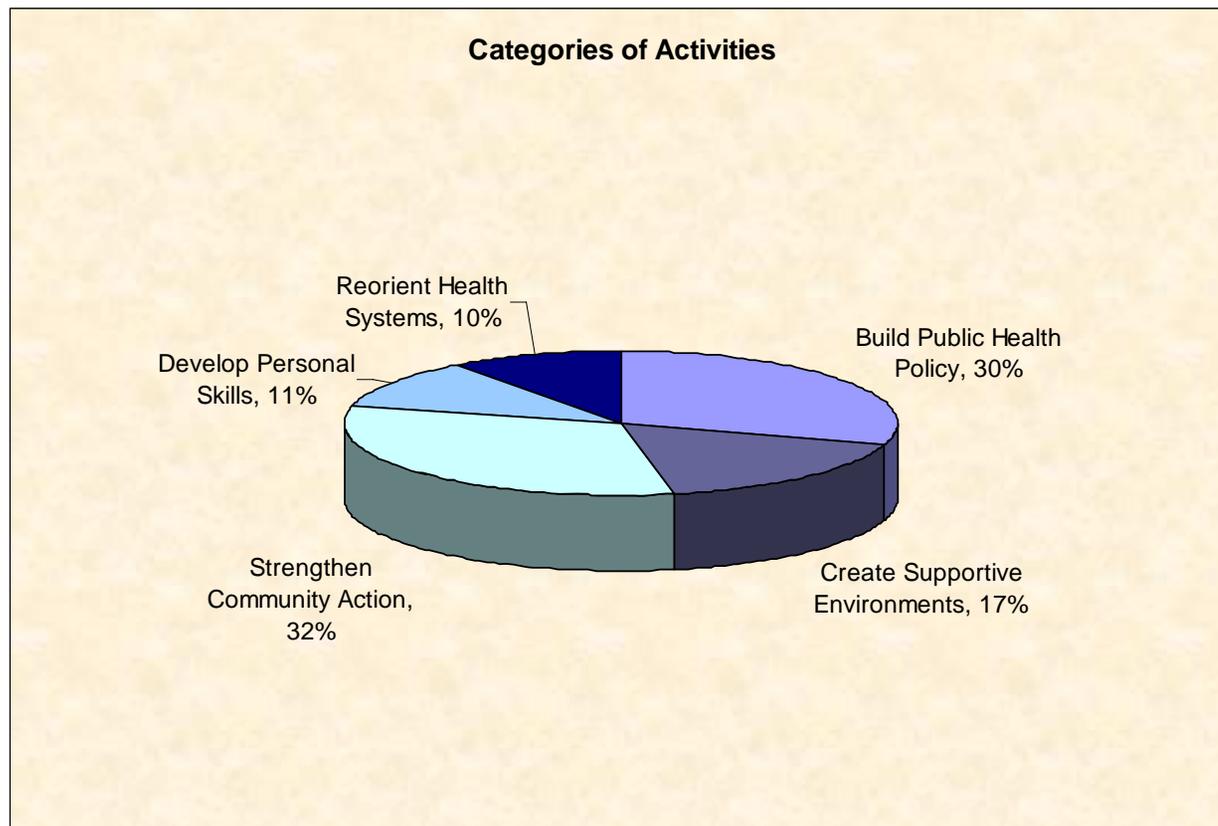
There are a total of 26 of 35 Local Health Jurisdictions (LHJ) that are using the 5930 E2SSB Public Health Funding to support Performance Measure #3. There are a total of 73 LHJ activities that address obesity and its consequent burden of chronic disease, which are segmented into 6 main categories within this document. These include: Respondents, Activities to Build Public Health Policy, Activities to Create Supportive Environments, Activities to Strengthen Community Action, Activities to Develop Personal Skills, and Activities to Reorient Health Systems.

The majority of LHJ activities focus on strengthening community action through forming work groups / coalitions, working with school districts to develop obesity plans, and working with or creating new public health advisory committees. Similarly, many of the LHJs are building public health policy by conducting community and program assessments, optimizing data to support program improvements, researching best practices, and creating new public health programs within the local health departments. Additionally, LHJ's are developing new community based policies to address obesity, implementing media and communications plans, and linking similar program activities that currently exist to support obesity within the health department.

Creating supportive environments is also a vital part of addressing obesity and its consequent burden of chronic disease. To support these environments, LHJ's are planning community obesity activities, such as food system groups and food assessment projects. Other activities include offering community classes on topics such as healthy cooking and diabetes, and participating in farmer's markets and fairs. Some LHJ's plan to support community physical activities by promoting competitions and races.

Although activities to develop personal skills and reorient health systems are less frequent among the LHJ's, for those that are including these activities, five are planning to hire new staff, and others are offering staff education, grant writing, and training,

as well as adopt workplace wellness programs. Some LHJ's are working to develop employee wellness programs, develop physical activity programs, and collaborate with hospitals to address obesity in the medical community.



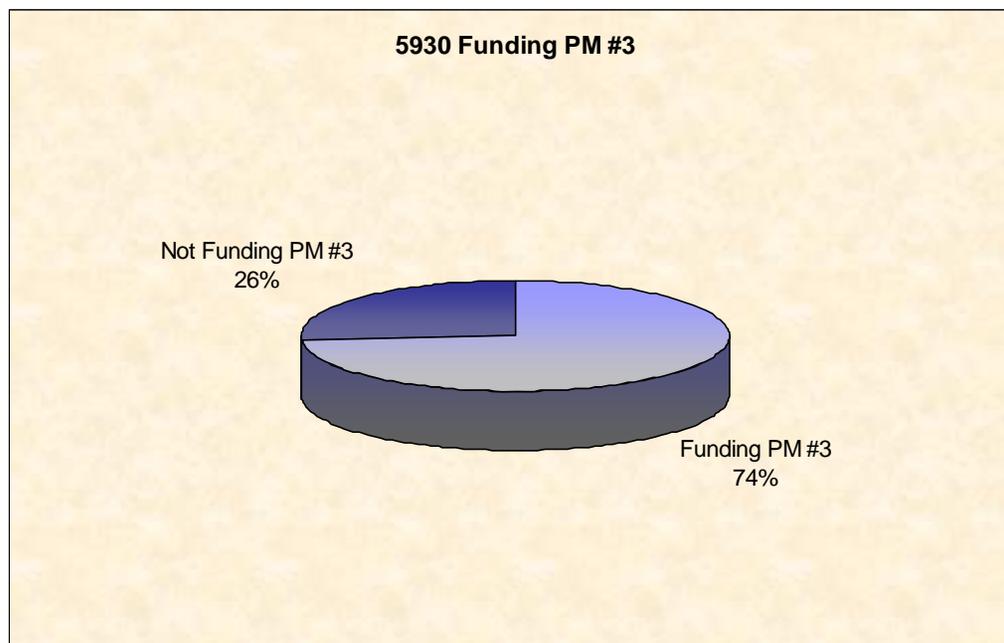
Number of Activities by Category

- Strengthen Community Action (23)
- Build Public Health Policy (22)
- Create Supportive Environments (12)
- Develop Personal Skills (8)
- Reorient Health Systems (9)

Total number of activities = 72.

Respondents

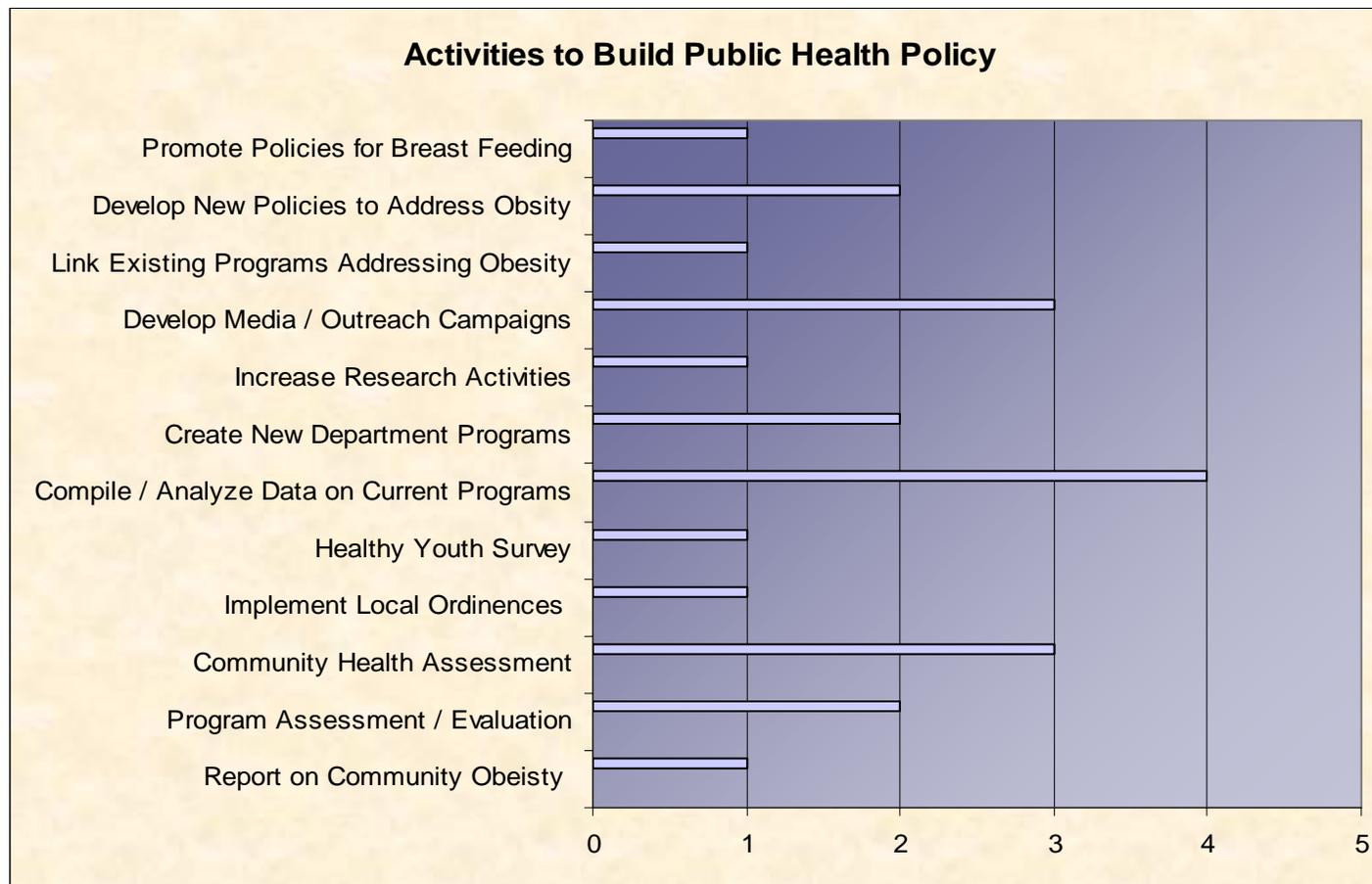
- 35 total LHJs responded
- 9 LHJ's not funding PM #3 with '08 – '09 5930 Funds:
 - Chelan-Douglas
 - Grays Harbor
 - Kistap
 - San Juan
 - Spokane
 - Tacoma-Pierce
 - Thurston
 - Whatcom
 - NE-TRI
- Reasons for not funding PM #3
 1. Funding exhausted
 2. No reason given



LHJ's described their activities and resources in the document *5930 Work Plan Templates, Consolidated Contract Deliverable*. Each LHJ provides a description of the activities and resources to support their 5930 E2SSB Public Health Funding for Performance Measure #3. The LHJ's were addressing the three performance measures, in rank order; therefore not all the LHJ's plan to dedicate funding to Performance Measure #3 activities. Those LHJ's that do plan on addressing this performance measure are doing so through activities and resources outlined in innovative plans to support current work, or develop new work to address obesity and its consequent burden of chronic disease.

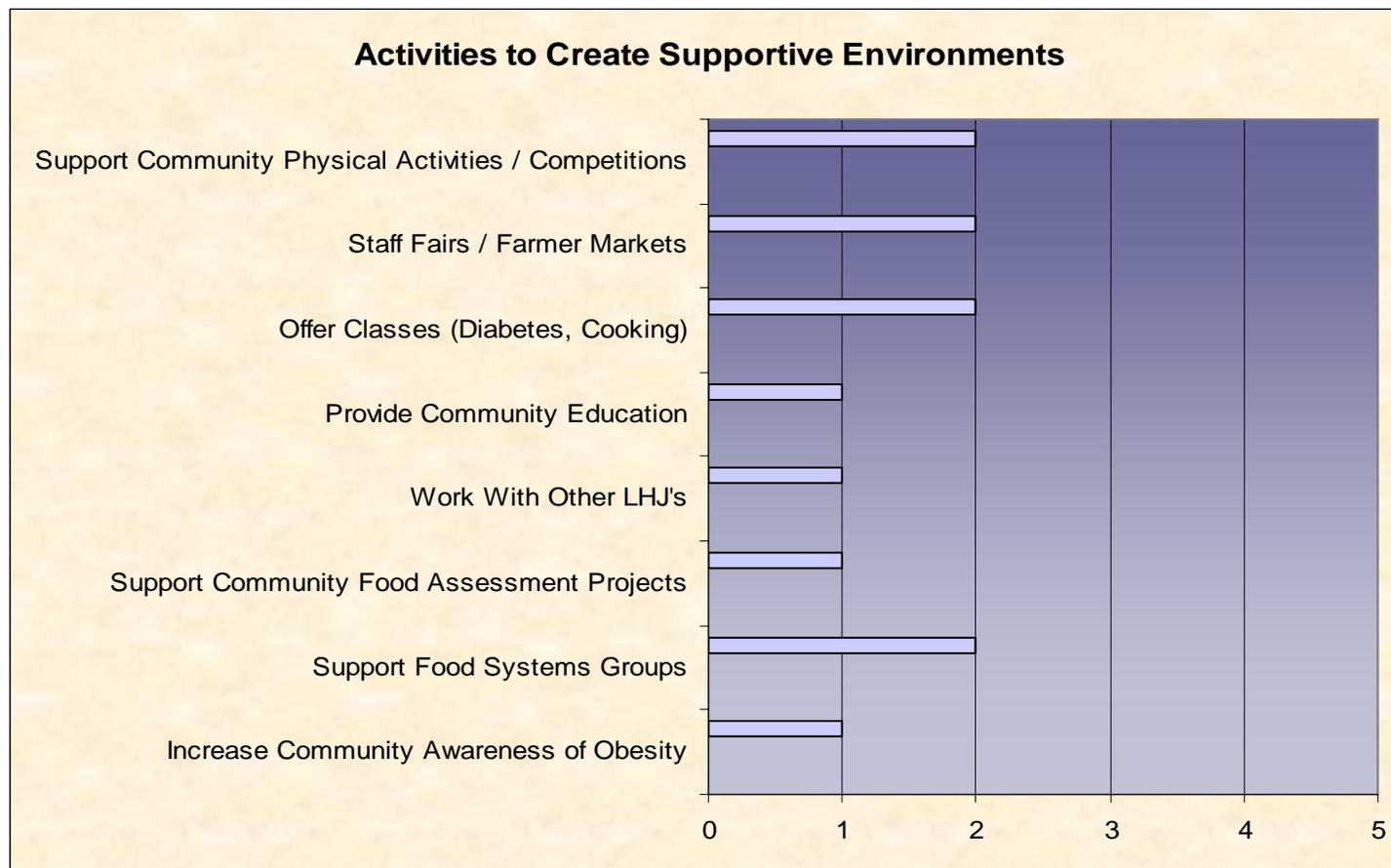
Activities to Build Public Health Policy

Activities to Build Public Health Policy	
Activity	# of Activities
Report on Community Obesity	1
Program Assessment / Evaluation	2
Community Health Assessment	3
Implement Local Ordinances	1
Healthy Youth Survey	1
Compile / Analyze Data on Current Programs	4
Create New Department Programs	2
Increase Research Activities	1
Develop Media / Outreach Campaigns	3
Link Existing Programs Addressing Obesity	1
Develop New Policies to Address Obesity	2
Promote Policies for Breast Feeding	1
Total Activities to Build Public Health Policy	22



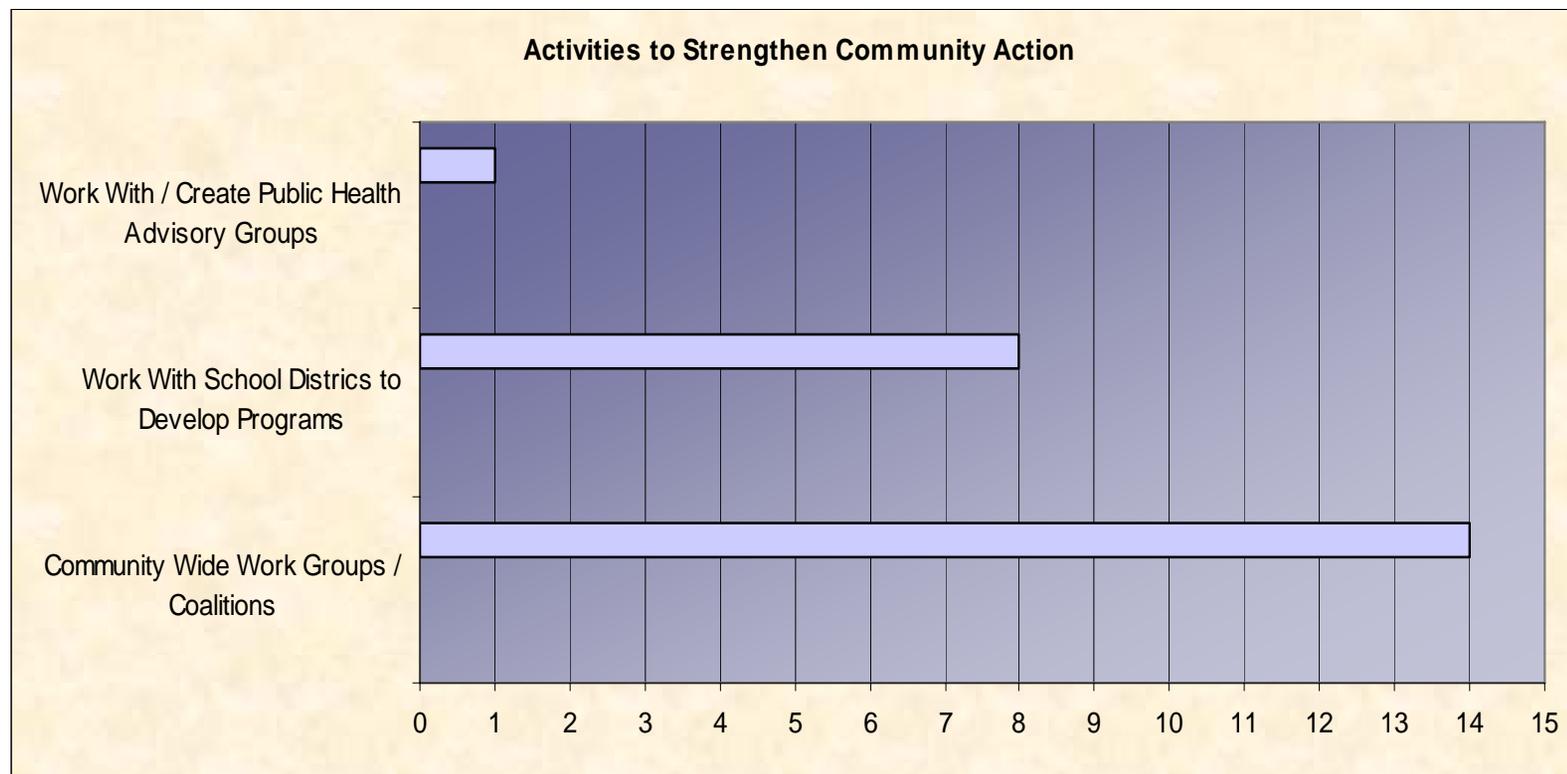
Activities to Create Supportive Environments

Activities to Create Supportive Environments	
Activity	# of Activities
Increase Community Awareness of Obesity	1
Support Food Systems Groups	2
Support Community Food Assessment Projects	1
Work With Other LHJ's	1
Provide Community Education	1
Offer Classes (Diabetes, Cooking)	2
Staff Fairs / Farmer Markets	2
Support Community Physical Activities / Competitions	2
Total Activities to Create Supportive Environments	12



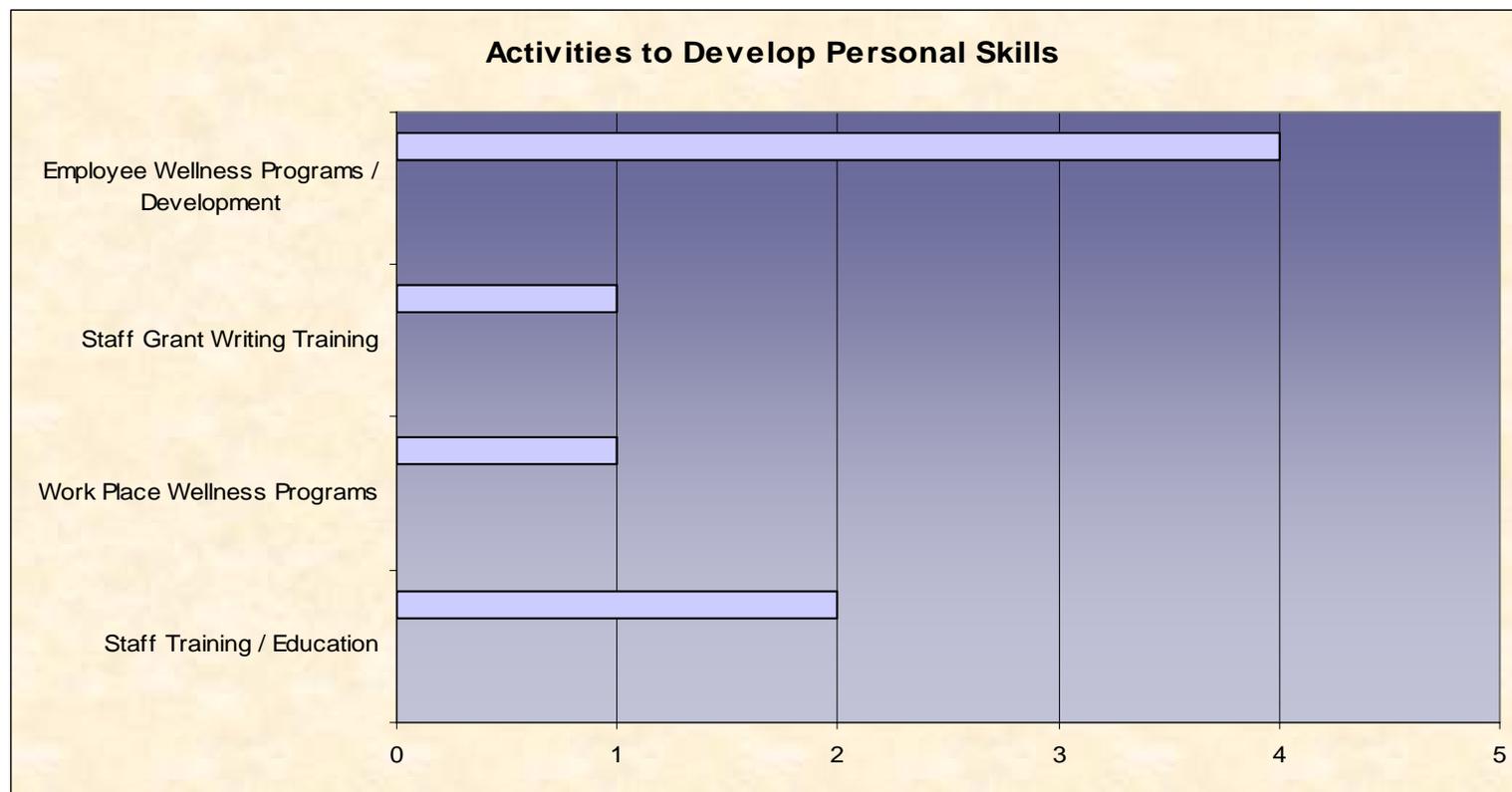
Activities to Strengthen Community Action

Activities to Strengthen Community Action		# of Activities
Activity		
Community Wide Work Groups / Coalitions		14
Work With School Districts to Develop Programs		8
Work With / Create Public Health Advisory Groups		1
Total Activities to Strengthen Community Action		23



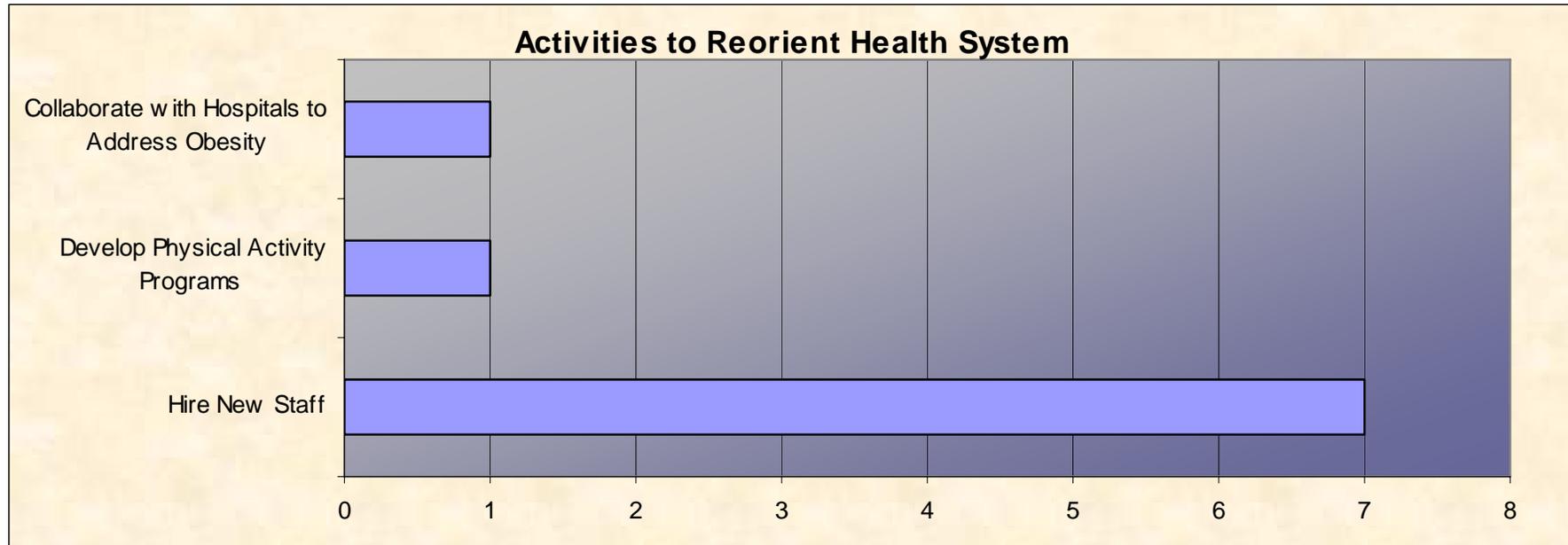
Activities to Develop Personal Skills

Activities to Develop Personal Skills		
Activity		# of Activities
Staff Training / Education		2
Work Place Wellness Programs		1
Staff Grant Writing Training		1
Employee Wellness Programs / Development		4
Total Activities to Develop Personal Skills		8



Activities to Reorient Health Systems

Activities to Reorient Health Systems		# of Activities
Activity		
Hire New Staff		7
Develop Physical Activity Programs		1
Collaborate with Hospitals to Address Obesity		1
Total Activities to Reorient Health Systems		9



LHJ Work Plan Tables

PM#	[ADAMS – 1] Activity	Resources
3	Create a county wide-report to define the obesity problem, including protective and risk factors, in Adams County and use it as an intervention	Hire one new staff person (same as above two performance measures) to act as catalyst in getting the information to the

	tool with healthcare providers, schools and the communities.	community and collecting ideas for strategies to address this concern. This person may also research and collect other support data on the obesity problem in our county. The website will be utilized as well as a resource to deliver information to the public.
3	Establish a county wide work group(s) to review and select best practice obesity strategies for implementation at worksites, schools, communities, and/or primary medical care.	Hire one new staff person (same person in all measures) to act as the educator for obesity preventions.
3	Implement community collaboration process (w/medical providers, schools, LHJ staff and communities) to establish intervention(s) at site(s) in the county for implementation.	This same person will become the assessment expert in obesity related data and tracking of change. They will be able to report the changes seen to LHJ staff and the community.
PM#	[ASOTIN – 2] Activity	Resources
3	Begin working on increasing physical activity in Asotin County to address the obesity problem as time allows.	Form a community coalition & possibly write for a grant.
PM#	[BENTON – FRANKLIN – 3] Activity	Resources
3	Create a collaborative effort to address obesity in Benton- Franklin Counties	Community Health Alliance, Food & Fitness Committee & BFHD
3	Provide Program Evaluation and Assessment Functions (reports, statistics, research, etc.) for BFHD and the community to help develop and implement effective interventions to address obesity and chronic diseases.	Track program objectives and provide reports, statistics, research, etc.
PM#	[CLALLAM – 4] Activity	Resources
3	Possible work school districts and Public Health Advisory Committee on school based programs regarding obesity and exercise	Work with Clallam County Public health Advisory Committee
PM#	[CLARK – 5] Activity	Resources
3	Provide staffing and Public Health leadership to support recently formed Clark County Food System Council.	Creation of new Community Nutrition Program Manager position (1.0 FTE – Registered Dietitian).
3	Provide public health assistance and expertise to assist in community food assessment project.	CN Program Manager and Health Assessment staff.
3	Implement recently passed local ordinance allowing fee waivers for schools meeting current federal and state nutrition policies.	Environmental Public Health Services Manager and CN Program Manager.
3	Collaborate with and support Community Choices in efforts to improve walkability in Clark County through - assessment and evaluation - development of community plan for improved pedestrian advocacy - community supported, policy interventions that promote community-wide change	Program Managers, Health Assessment staff.

PM#	[COLUMBIA – 6] Activity	Resources
3	Collaboration with local Hospital System in promoting educational and assessment activities addressing obesity and consequent chronic disease in Columbia County.	Columbia County Health System and Hospital RD and contracted LHJ WIC Program nutritionist.
PM#	[COWLITZ – 7] Activity	Resources
3	Maintain efforts with Cowlitz on the Move – Healthy Lifestyles coalition	.3 FTE Health Educator – Healthy Lifestyles program .2 FTE Health Educator – Tobacco Program .2 FTE Administrative Support
PM#	[GARFIELD – 8] Activity	Resources
3	Contract with Spokane Regional Health District get assistance with assessment information on obesity related topics in Garfield County.	Contracted services
3	Increase staff knowledge about obesity and chronic disease through training	Staff salary
3	Community education about obesity and chronic disease per the website	Website, staff salary maintaining the website.
3	Join the school district coalition to address obesity prevention and healthy habits and assist in the improvement plan	Staff salary
PM#	[GRANT – 9] Activity	Resources
3	Workplace wellness activity will be tested and promoted community-wide.	Current GCHD workplace wellness activity will be evaluated; conclusions and recommendations will be shared community-wide.
3	BFNEP activities integrated into currently existing focus.	BFNEP activities to include Head Start, corresponding with existing plans with Head Start and Migrant parent groups, youth programs, and Hispanic Health coalition focus.
3	Safe Kids activity integrated with Healthy Communities projects.	Local Safe Kids “walk to school” activities promoted and conducted in conjunction with Moses Lake’s HC Trails Planning Team’s “walkability” efforts.
3	Healthy Youth survey report on consumption of soda, etc. to be distributed to educators and parents; best practices will be researched, not to be fully addressed until additional funding is obtained.	Assessment coordinator will work with school administrators regarding the report. Assessment coordinator will pursue grant-writing training.
3	GCHD staff will work with Hispanic Health Coalition to increase participation and “ownership” among Hispanic partners.	This partnership was started with a Washington Health Foundation grant and is not yet firmly established. GCHD staff involved: PHN and bilingual outreach workers.
3	GCHD “Fit for Life” staff (PHN) will take grant-writing training.	GCHD will allocate time and travel expense for this.
PM#	[JEFFERSON – 10] Activity	Resources
3	Possible community assessment obesity/chronic disease	Assessment contractor
PM#	[KITITAS – 11] Activity	Resources
3	Compile data for Shape Up Kittitas County staff to be used in their program planning and interventions	Assessment Coordinator to compile chronic disease data, including incidence and demographic data
3	Compile data for WIC and/or Breastfeeding Coalition to be used in their	Assessment Coordinator to work with WIC coordinator to gather

	program planning and interventions	and compile required data
PM#	[Klickitat – 12] Activities	Resources
3	Developed a media plan to release information on healthy eating and physical activity from May to December in two media sources in our county jurisdiction.	White Salmon Enterprise, Goldendale Sentinel
3	Submitted intent to apply to DOH for the Basic Food Nutrition Education Program targeting Head Start and Kindergartners in Klickitat County; established collaborations with two schools and two Head Start facilities.	DOH BFNEP, Mid Columbia Children’s Council, Whitson Elementary, Goldendale Primary
3	Developing nutrition education and physical activity resources to provide to Horizon Community Garden participants in 3 locations.	Horizon website, American Heart Association website, DOH website, CDC website
3	Developing a monthly recipe resource for local food bank recipients on cooking healthy and physical activity	American Heart Association website, CDC website, DOH website
3	Researching and developing a plan to pilot employee wellness policy assessment at one to two local employer facilities.	Wellness Policy Assessment Tool from Activate America
3	Researching possibility of partnering with Educational Services Districts/School Nurse Corp. that serve our county to do community assessment on children grades K-4 to gather statistical data on current state of childhood obesity in Klickitat County.	Schools, Nurse Corp., ESD 112, ESD 105,
PM#	[Lewis – 13] Activity	Resources
3	Conduct assessment of obesity and its effects within our county	Staff time to conduct assessment; community meetings held to discuss assessment process and results
3	Enhance partnership with KCED (Spanish language radio station at Centralia College) via formal contract, also to include working with ESL classes to provide health information as part of program	PSAs and other health messages developed; translator;
3	Improve (county) employee wellness program	Wellness program; staff time to provide educational sessions for employees; local gyms and their staff, i.e. trainers and nutritionists; health insurance programs
3	Enhance relationship with Northwest Pediatrics (and other medical providers) and Thorbecke’s (local health club) via Healthy Beginnings class (targeting pediatric populations with BMI indicating obesity and their family members).	Relationships with local medical providers; research regarding family oriented classes;
PM#	[Lincoln – 14] Objectives / Strategies	Action
3	Track Lincoln County trends with Childhood obesity compared to National Standards	Collect Height, weight, and age measurements form all school districts in Lincoln County to compare Local BMI and obesity rates with national standards
3	Increase community awareness of healthy living strategies	Provide Community outreach on healthy living habits through community events and organizations. Sponsor a ladies health event to provide healthy living strategies

		called: "A Mid Summer Nights Dream" on June
PM#	[MASON – 15] Activity	Resources
3	Contract with Mason Matters organization to obtain community health assessment data on obesity related topics.	Contracted services
3	Work with Community Health Task force to develop community strategy on obesity education.	Staff time to participate in task force and related activities
PM#	[OKANOGAN – 16] Activity	Resources
3	Improve employee wellness program	Wellness program: staff time for wellness activities, educational sessions
PM#	[PACIFIC – 17] Activity	Resources
3	Partner with local schools to identify and secure resources to continue to offer the Healthy Strides program-a locally developed 12 week nutrition, physical fitness and stress reduction curriculum for preschool-2nd grade students	.8 FTE Health Educator-existing position
3	Research information regarding best practices related to obesity prevention in rural communities	Department Director and Healthy Strides Advisory Committee Members
3	Update available data regarding obesity and risk factor statistics for information sharing and potential grant preparation	Department Director and Health Educator
PM#	[Public Health – Seattle King CO – 18] Activity	Resources
3a	<p>Create a new Chronic Disease and Injury Prevention (CDIP) Section for PHSKC in order to:</p> <ul style="list-style-type: none"> • Increase linkages and integration among existing chronic disease programs (i.e. Healthy Aging, Overweight Prevention, Women’s Health, REACH, SETPS, Tobacco Prevention, Asthma Prevention, Violence and Injury Prevention), and enhance internal and external chronic disease prevention and management activities; • Lead or participate in many existing efforts to build coalitions, conduct summits, work with other organizations such as public housing agencies, and continue planning efforts focused on promotion of healthy eating and active living to prevent obesity at multiple levels and across the spectrum of prevention; 	Hire a Disease Control Officer (DCO), Health Services Administrator, and support staff; to coordinate and enhance efforts of existing program staff. The DCO is also senior leader in the Food and Fitness Initiative, and 10 year Kellogg Foundation funded program to develop environments that support healthy eating and active living. 5930 funds support his involvement in this initiative. He is Co-Director of the Steps to Health Program, which addresses obesity as one of its three major target conditions. He has played a major role in the King County Menu Labeling Ordinance development and will lead its evaluation.
3b	<p>Develop an informed strategic plan for integrating and enhancing the range of PHSKC Chronic Disease and Injury Prevention activities. This effort will include:</p> <ul style="list-style-type: none"> • An integrated approach to obesity prevention that connects healthy eating and active living with prevention and control of many chronic illnesses and traffic injuries,. 	CDIP Program Staff

	<ul style="list-style-type: none"> Surveying internal and external stakeholders on programs and gaps, reviewing best practices, training staff, and using data to guide program development. 	
3c	<p>Through the King County Board of Health Overweight Prevention Initiative http://www.metrokc.gov/health/overweight/, undertake specific activities to increase consumption of healthy food and increase levels of physical activity. This will include:</p> <ul style="list-style-type: none"> Initiating planning and policy discussions with schools on nutrition and physical activity, and Convening and supporting coalitions the parks systems on these same issues through the Healthy Parks Initiative and both schools and parks together where appropriate. Continuing to lead or participate on: King County Physical Activity Coalition; STEPS, REACH, Food and Fitness Initiative, State and local bicycle and pedestrian master plans; and other coalitions and grant project. 	Staff in the Healthy Eating and Active Living Program, DCO
PM#	[SKAGIT – 19] Activity	Resources
3	Contract with Skagit Valley Hospital to conduct community health education and intervention on obesity related topics.	Contracted services to 50% of Skagit County's grade schools.
3	Set up "Walking School Bus" Programs in elementary schools.	Contracted services to 25% of Skagit County elementary schools
PM#	[SKAMANIA – 20] Activity	Resources
3	Partner with local schools to provide nutritional education and physical activity resources.	.3 Health Educator and existing RN
3	Research information regarding best practices related to obesity prevention in rural communities.	Community Health Director and Health Educator
PM#	[SNOHOMISH – 21] Activity	Resources
3	Increase program capacity to the Healthy Communities team; add program and community evaluation/assessment & technical assistance for all Snohomish County Healthy Communities sites - Marysville, Lynnwood and Everett.	Hire 1 FTE Epidemiologist/Program Evaluator as a member of the HC's staff team
3	Increase HC's program capacity with additional program development and oversight.	<ol style="list-style-type: none"> Increase Program Manager time by .2 FTE Provide limited program supplies and/or services
PM#	[WAHIAKUM – 22] Activity	Activities
3	Conduct community health assessment on obesity related topics	Increase Director time in assessment activities
3	Conduct "Living Well with Diabetes" class	Contract with WSU Extension to provide diabetes education
3	Sponsor "Container Gardening" Class to increase community awareness of ways to provide healthy food for their families	Contract with WSU Extension to coordinate Master Gardeners participation

3	Staff weekly Farmer's Market booth providing information on healthy eating and physical activity	Increase PHN from 0.8 FTE to 1.0 FTE
3	Sponsor annual "Great White Tail Deer Run" to increase the community's awareness of the importance of physical activity	Contract with WSU Extension to coordinate activities
3	Implement "Meeting Well" program at county level	Work with BOCC to establish a policy
3	Publicize and promote Breast Feeding Policy for Working Mothers at St. James Family Center day care	PHN to work with facility; Director to develop promotion activities
3	Promotion of healthy eating and physical activity at St. James Family Center Health & Safety Fair	PHN to staff event
3	Promotion of healthy eating and physical activity at County Fair	PHN and Outreach Worker to staff event; Add Outreach Worker 0.25 FTE
3	Evaluation and referrals as needed for community members seeking preventive and medical care for obesity and other risk factors related to chronic diseases	Add Outreach Worker 0.25 FTE
3	Determine feasibility of establishing Well Program for Health & Human Services employees	Increase Director time for this activity
PM#	[WALLA-WALLA – 23] Activity	Resources
3	Increase number of health related personal improvements by WWCHD staff	Educate staff re: Washington Health Foundation website trackers
3	Increase physical activity by WWCHD staff	Provide pedometers to each staff member along with regular educational information
3	Raise community awareness of WWCHD ambitions to improve personal physical activity	Challenge local newspaper to a competition; challenge additional county health department
3	Determine percentage of overweight students in 3 county schools to provide a baseline for future interventions	Weigh and measure students at 3 elementary schools both at beginning of school year and at end
3	Increase usage of healthy foods by users of food bank	Provide hands-on cooking lessons where attendees could take home meals they had prepared themselves with food available at the food bank – emphasis on preparation of legumes and fresh fruits and vegetables.
PM#	[WHITMAN – 24] Activity	Resources
3	Initiate and coordinate a coalition with a local school district to provide obesity prevention education with a followup assessment	Utilize current staff during the summer months when schools are not in session.
3	Purchase curriculum to teach methods to enhance children's activity and nutrition	Purchase curriculum for each school district in the county
3	Participate in public events to energize the community such as Family Night Outs, Palouse Empire Fair	Funding for travel and Purchase of supplies to promote exercise and nutrition
3	Teach cooking class to families of school age children with the focus on cooking basics and mealtimes together	Supplies, facility, community partners for recruitment,
PM#	[YAKIMA – 25] Activity	Resources

3	Implement "CATCH Kids Club" afterschool obesity prevention education curriculum in local school districts	Hire .5 FTE Health Prevention Specialist
3	Maintain page on YHD website that contains resources for community members and school districts regarding childhood obesity prevention.	
3	Coordinate group of community partners who collaborate on regular basis around childhood obesity prevention in Yakima County	

PM#	Activity	[ISLAND - 26] Resources	Local Partners
3	Develop and implement programs and policies in partnership with community groups to increase physical activity and healthy eating opportunities	<ul style="list-style-type: none"> - We Can! – Ways to Enhance Children’s Activity & Nutrition - CDC’s Reference Guide of Physical Activity Programs for Older Adults - Childhood Obesity: Harnessing the Power of Public and Private Partnerships - The Community Guide - Environmental Nutrition and Activity Community Tool - Nutrition and Physical Activity in Washington: Partners in Action - Partnership for Prevention - Washington State Nutrition & Physical Activity Plan - What Works: Programs and Interventions that May Influence Outcomes for Youth and Young Children 	<ul style="list-style-type: none"> - South Whidbey Parks and Recreation - 4-H and other youth-serving groups - Adult day care services (i.e. Daybreak)
3	Develop and implement school programs (i.e. walking school bus, safe routes to school) and policies (i.e. health snacks, PE skills curricula)	<ul style="list-style-type: none"> - Action for Healthy Kids - Center for Safe Routes to School - Coordinated Approach to Child Health (CATCH) - Kids Walk-to-School - Focused Fitness - Policy Legislation and Nutrition (PLAN): What Works to Improve Student Health? - Safe Ways to School Toolkit - WSDOT Safe Routes to School 	<ul style="list-style-type: none"> - Local school districts (Oak Harbor, Coupeville, South Whidbey, Stanwood-Camano)
3	Implement community-wide campaign that focuses on active living, healthy meals and snacks, family meal times, and reducing sedentary behaviors (i.e. screen time); includes sponsoring training and workshops	<ul style="list-style-type: none"> - We Can! – Ways to Enhance Children’s Activity & Nutrition - Center for SCREEN-TIME Awareness 	<ul style="list-style-type: none"> - Local media - Libraries - Whidbey General Hospital - Schools

3	Support policies and programs that create convenient and connecting trails and pathways	<ul style="list-style-type: none"> - NACCHO and APA technical assistance conference calls - Washington State Department of Community, Trade and Economic Development (CTED) - Northwest Physical Activity Coalition (NWPAC) - Whidbey in Motion (WHIM) - Walkable Communities 	<ul style="list-style-type: none"> - Physical Activity and Chronic Disease Health Action Team - Local trails coalitions - City of Oak Harbor - Island County Parks & Recreation - Island County Public Works - South Whidbey Parks and Recreation
3	Initiate pilot sites for youth and adults to increase physical activity and healthy nutrition in family and health care settings	<ul style="list-style-type: none"> - Children's Obesity Action Team (COAT) - Healthy Care for Healthy Kids Toolkit - Maine Youth Overweight Collaborative - Nemours Health and Prevention Services Toolkit - PACE Project - Pediatric Healthy Weight Toolkit - We Can! – Ways to Enhance Children's Activity & Nutrition 	<ul style="list-style-type: none"> - Local health care providers