

HEALTHY COMMUNITIES

HEALTHY COMMUNITIES PRESENTATION
APRIL 11, 2011

Why were your counties chosen?

- The goal of the Department of Health is to have a Healthy Communities Project in every county by 2013.
- We wanted to start with counties that have high rates of chronic disease and risk factors for chronic disease.
- The Department of Health needs the help of local public health agencies in developing and supporting policy both at the local and state level that addresses the risk factors for chronic disease.

What is the ultimate goal of the Healthy Communities Project?

To improve the health and quality of life in local communities by preventing and managing chronic disease by:

- Addressing the primary risk factors of **tobacco use, physical inactivity, unhealthy eating, and obesity**
- Changing the **policies, environments, and systems** where people live, work, play, and go to school

How are chronic diseases prevented and managed?

- Early detection & treatment
- Healthy eating
- Physical activity
- Preventing or quitting tobacco use



PUBLIC HEALTH IS ABOUT IMPROVING
THE HEALTH OF THE ENTIRE
COMMUNITY.....



**This means changing policies,
systems and environments to make
it easy for people to be healthy...**



We can't improve **public health** one
person at a time or one disease at a time

HEALTHY COMMUNITIES PROJECTS



COMMUNITY
GARDEN

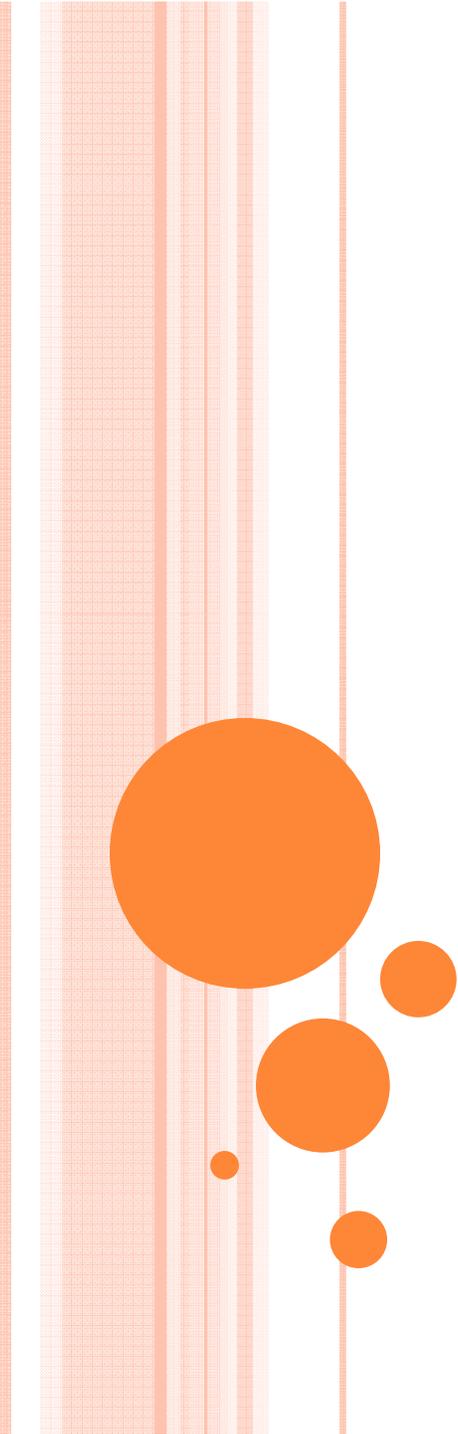
SCHOOL
WELLNESS
TEAMS



HEALTHY COMMUNITY PROJECTS

WALKING PATHS





COUNTY INDICATORS



What are Local Public Health Indicators?

Indicators and criteria were developed by local and state public health

Public health indicators are a snapshot of:

- Population health status and health determinants
- Public health system performance

These indicators represent a subset of available data

The sets provide critical health information essential for decision-making

Indicator data are used by nearly every local health agency

Provide us with a common set of data across the state



Criteria for selecting indicators

- Measures important outcomes of public health's work
- Important to the entire population
- Uses standard measures from existing data systems
- Are actionable - local public health can implement activities to improve
- Can be reported in at least 80% of local health jurisdictions with comparisons to the state
- Measurable over time to determine trends
- Understandable



32 indicators grouped into 5 categories

- Communicable disease
- Prevention and health promotion
- Maternal child health
- Access to care
- Environmental public health

LPHI website launched and baseline data for most indicators posted in 2007

Indicator data are currently updated every two years

First round of updates to indicator data were released in November, 2009



Local Public Health Indicators

In 2009 update...

Most indicators have two sets of data displayed enabling comparisons

- Over time

- With other jurisdictions

- With state and national averages

Four indicators have new baseline data

- Food service safety

- On-site sewage system corrections

- Reported child immunizations

- Children with health insurance

- Childhood unintentional injury hospitalizations



PUBLIC HEALTH IMPROVEMENT PARTNERSHIP

- **Local Public Health Indicators**

- **Communicable Disease**

- Reported Chlamydia infections
- Treated Chlamydia infections
- Influenza vaccine (65 years or older)
- Reported child immunizations (*new*)

- **Maternal and Child Health**

- First trimester prenatal care
- Maternal cigarette smoking
- Teen birth rate
- Low birth weight
- Teen physical activity
- Teen cigarette smoking
- Teens overweight
- Teen alcohol use
- Childhood unintentional injury hospitalizations

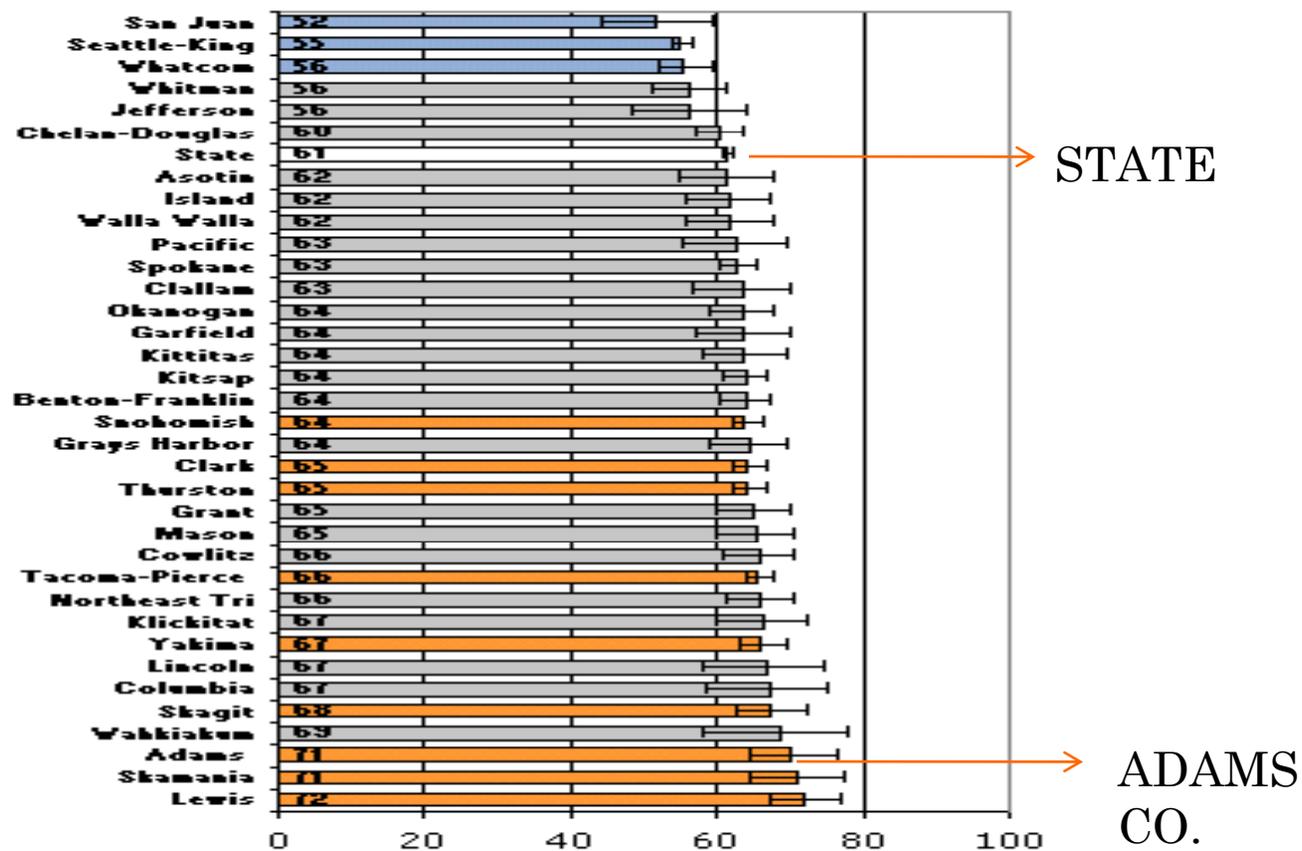
- **Prevention and Health Promotion**

- Years of healthy life expected at age 20
- Adult cigarette smoking
- Adult physical activity
- Adults overweight/obese
- Adult fruit/vegetable consumption
- Adult binge drinking
- Adults with diabetes
- Adult poor mental health



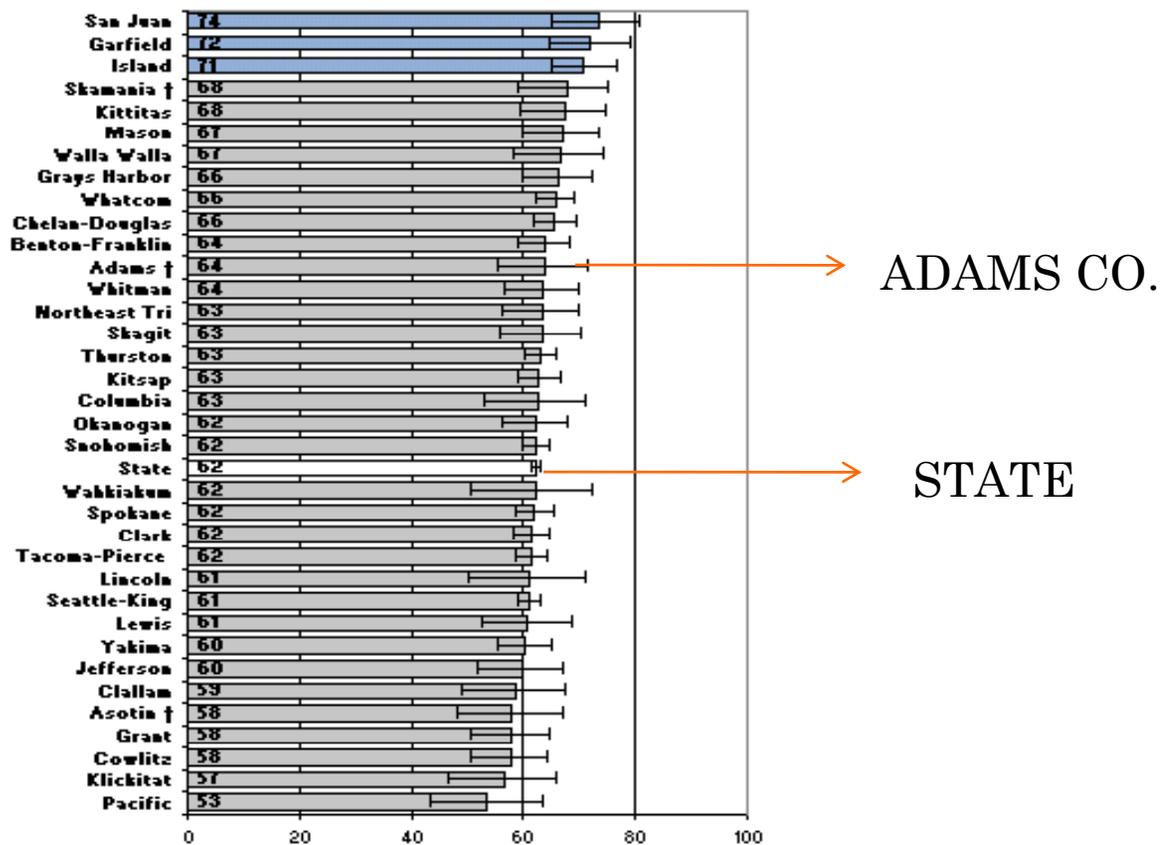
PUBLIC HEALTH IMPROVEMENT PARTNERSHIP

Adult overweight/obese (worse than the state)



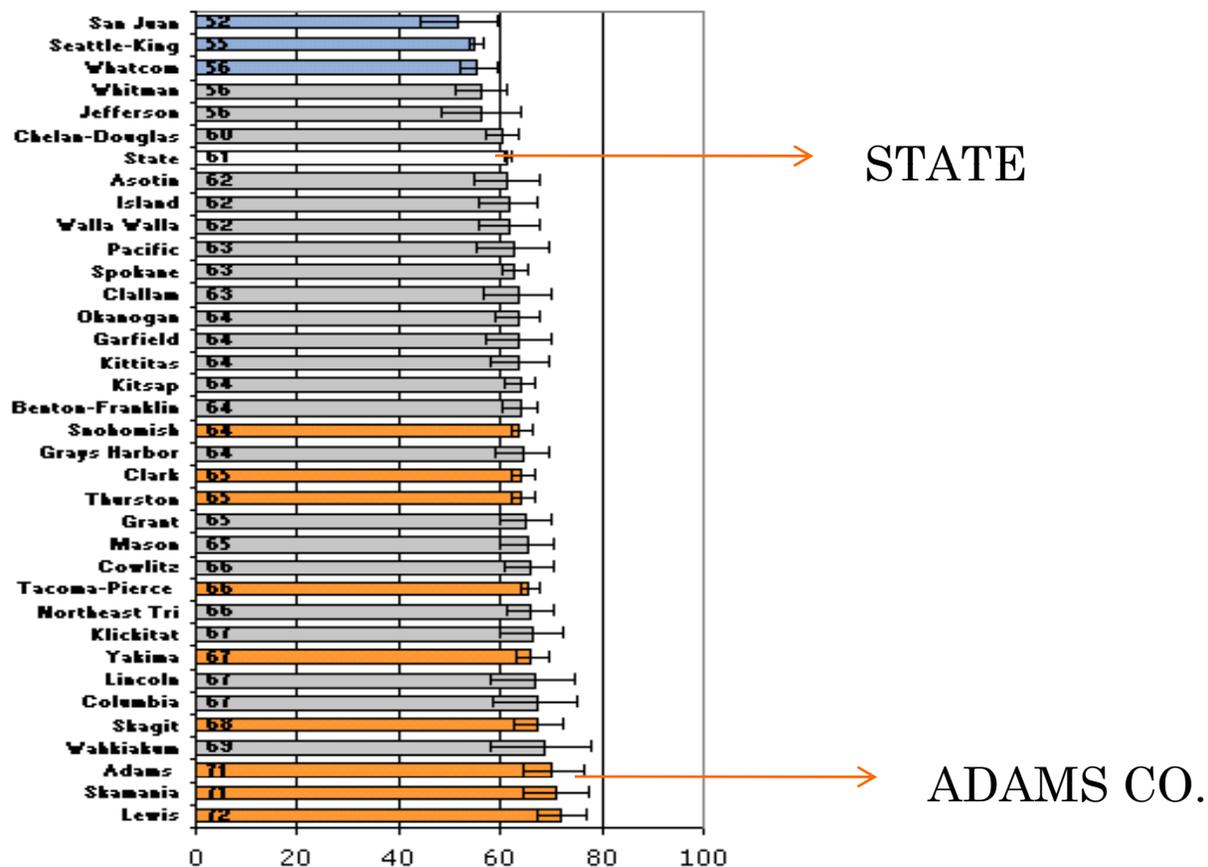
PUBLIC HEALTH IMPROVEMENT PARTNERSHIP

- o Adult physical activity (Better than the state)



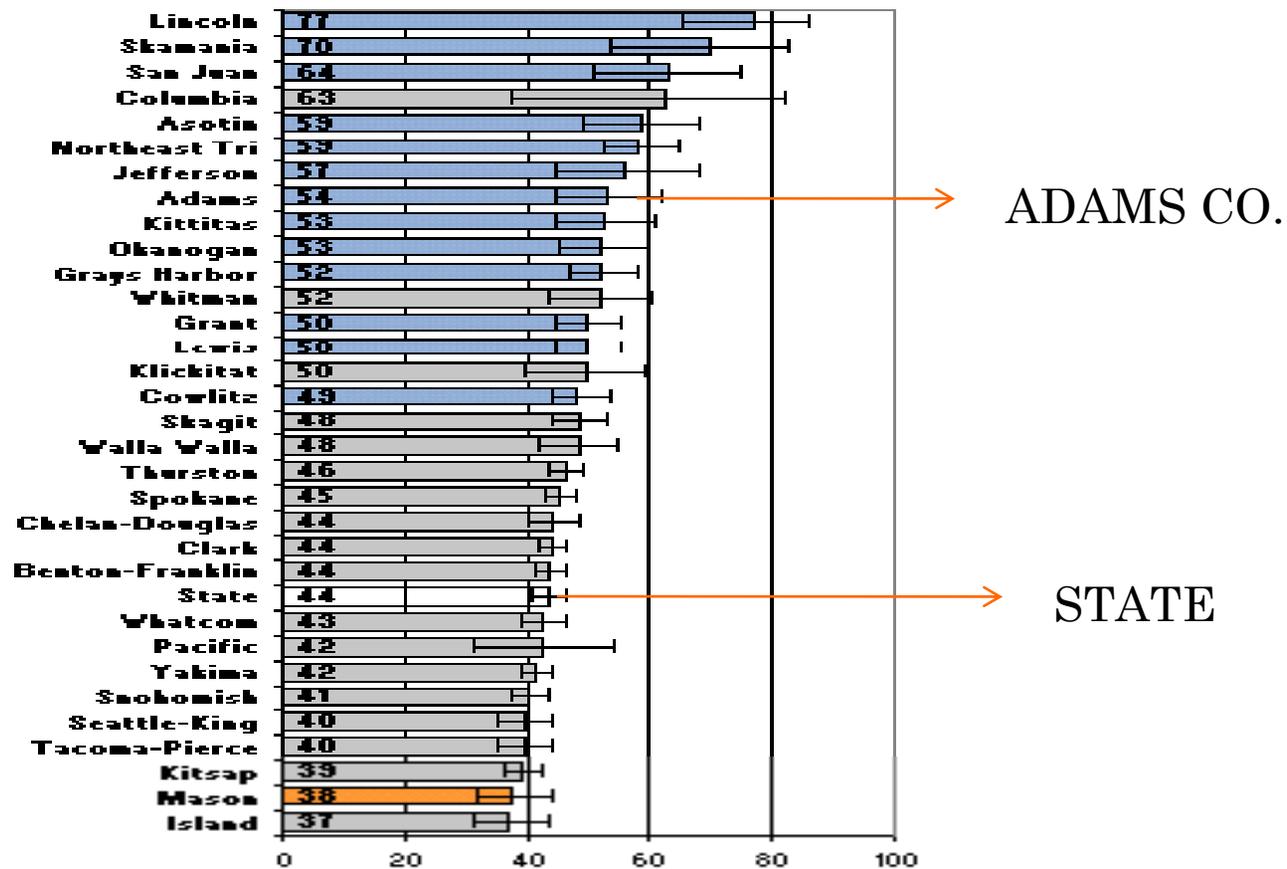
PUBLIC HEALTH IMPROVEMENT PARTNERSHIP

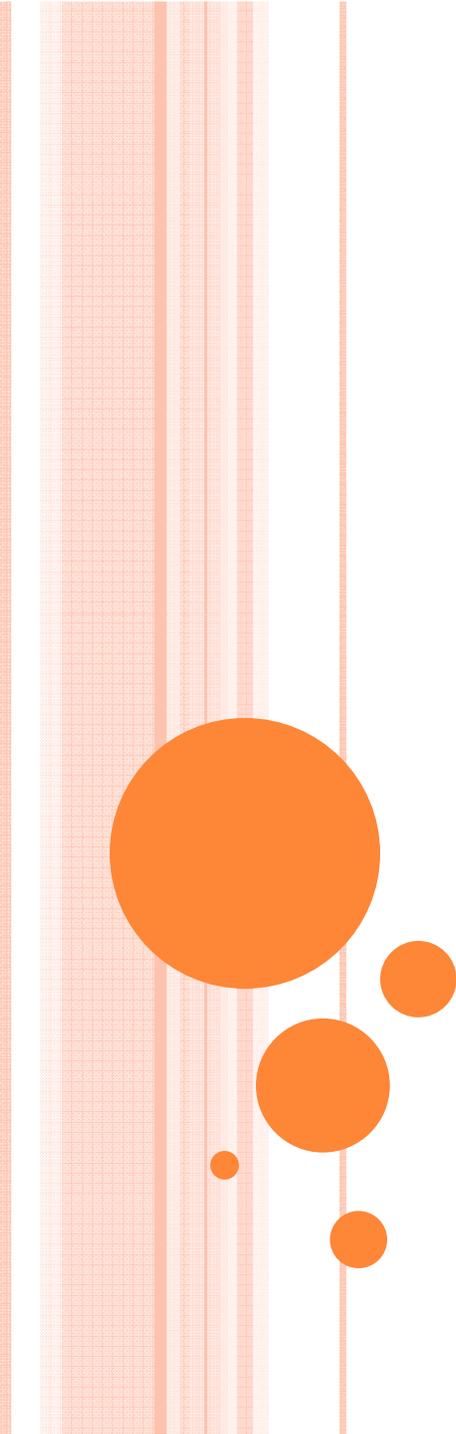
o Teens overweight (worse than the state)



PUBLIC HEALTH IMPROVEMENT PARTNERSHIP

Teen physical activity (Better than the state)





**ADAMS COUNTY SCHOOL
DISTRICTS OBESITY
PROJECT**

SCHOOL DISTRICTS



BMI CALCULATOR FOR CHILD AND TEEN

- BMI Calculator for Child and Teen
- Birth Date:
- Date of Measurement:
- Sex: boy girl
 - Height, to nearest 1/8 inch:
 - Weight, to nearest 1/4 (.25) pound:

This calculator is an Excel spreadsheet that can be downloaded onto your computer.

Centers for Disease Control and Prevention

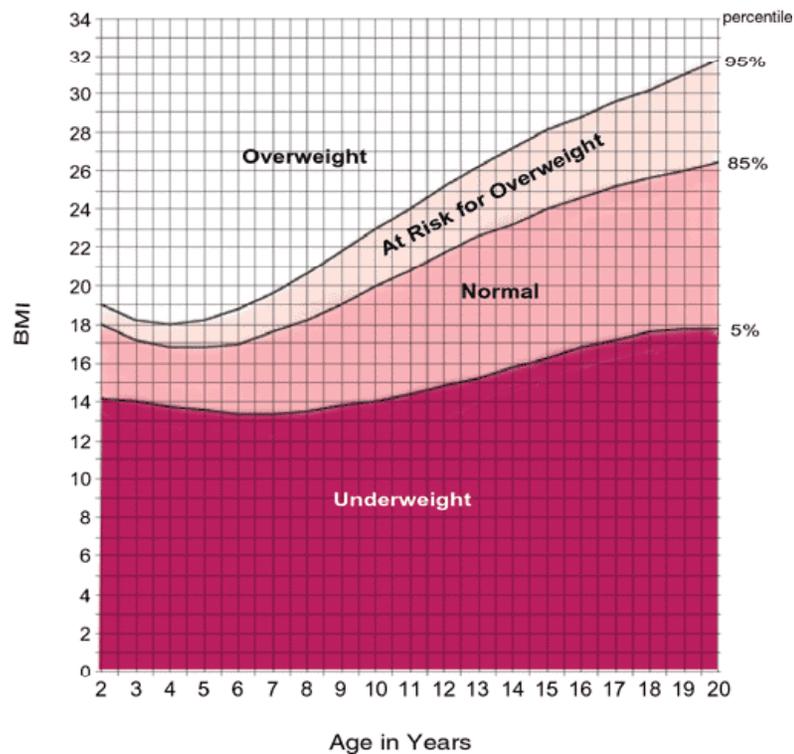


BMI –FOR –AGE WEIGHT STATUS CATEGORIES AND THE CORRESPONDING PERCENTILES

Girls: BMI for Age Growth Chart

To calculate Body Mass Index (BMI):

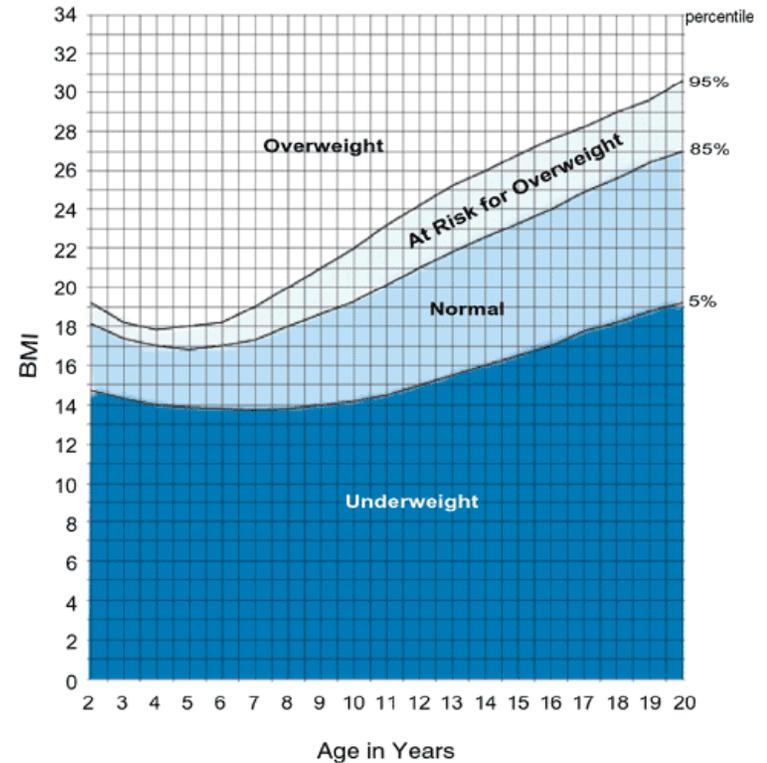
1. Multiply the weight in pounds by 703.
2. Divide the result from step 1 by the height in inches.
3. Divide the result from step 2 by the height in inches.



Boys: BMI for Age Growth Chart

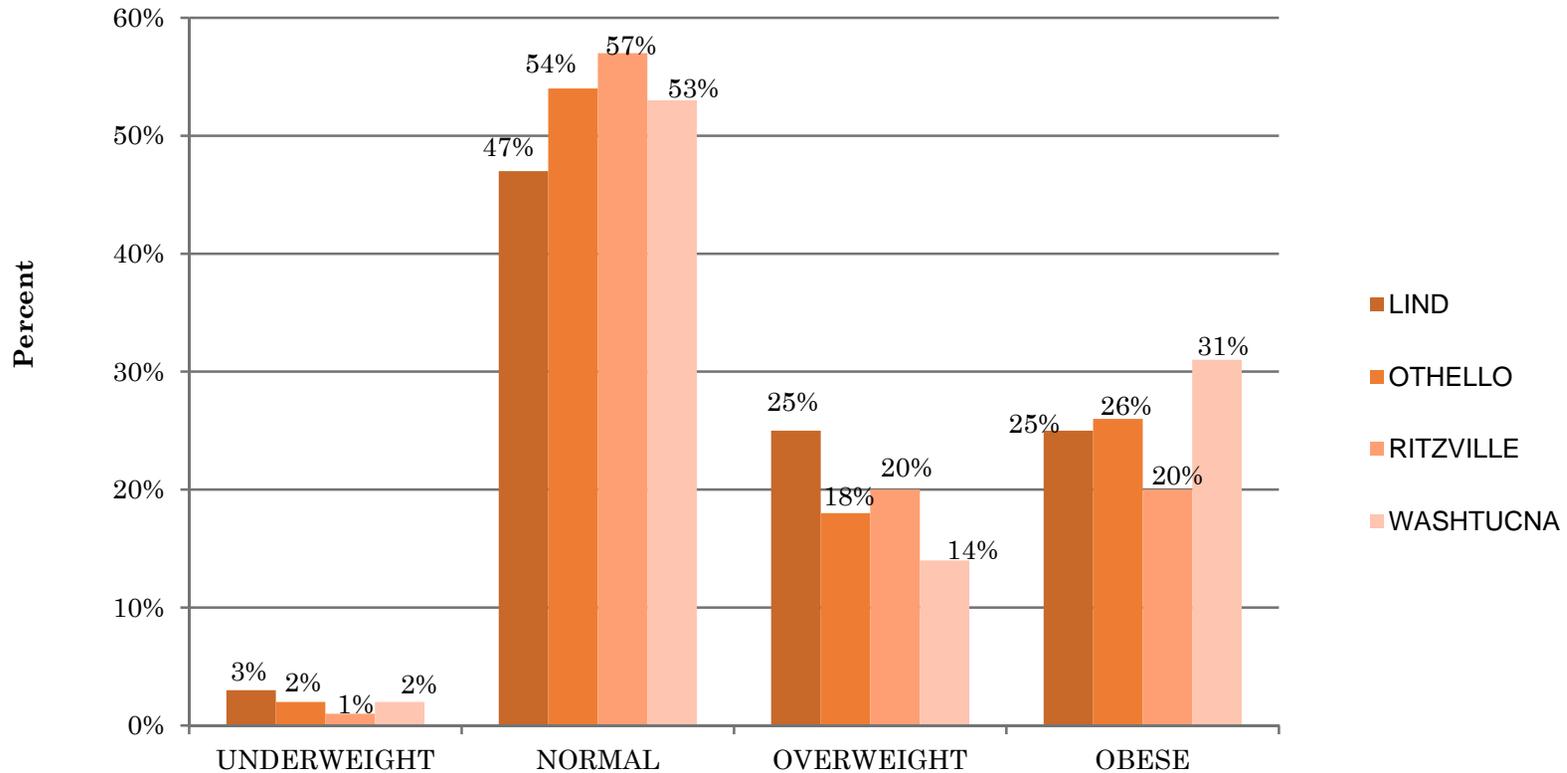
To calculate Body Mass Index (BMI):

1. Multiply the weight in pounds by 703.
2. Divide the result from step 1 by the height in inches.
3. Divide the result from step 2 by the height in inches.

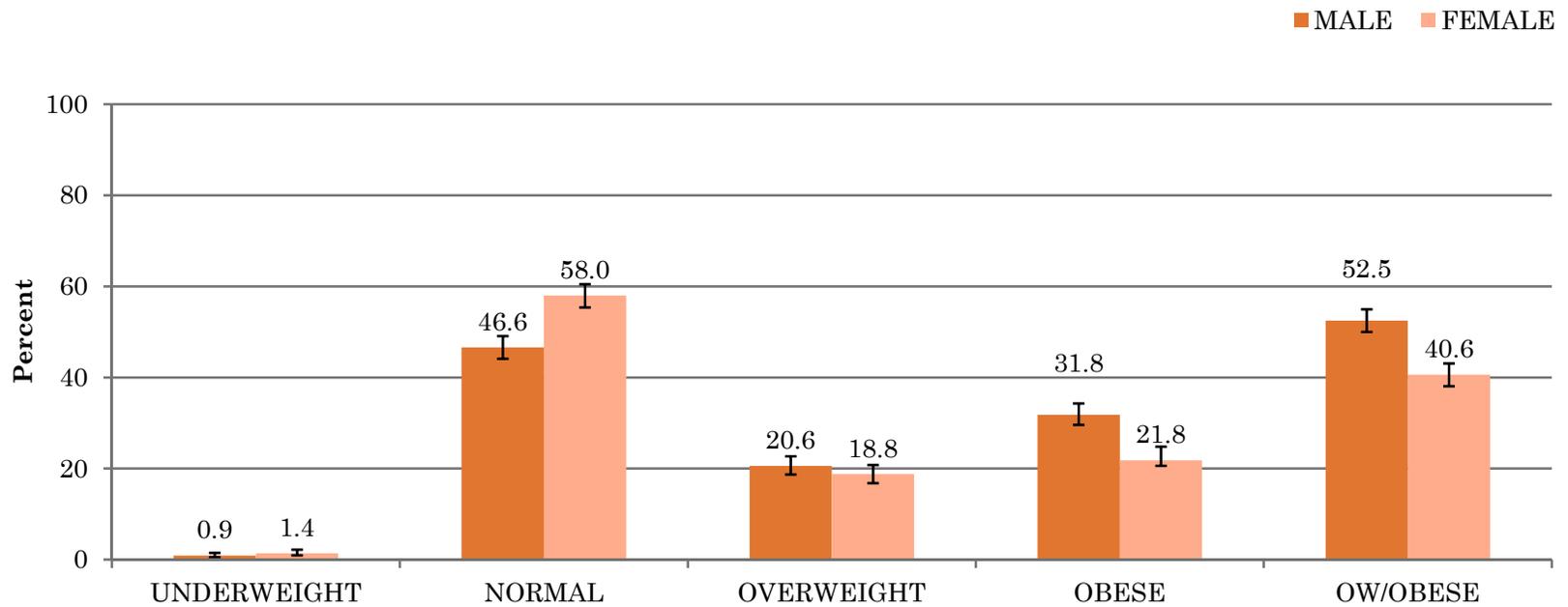


SCHOOL DISTRICTS BY COMPARISON

SCHOOL DISTRICTS BY COMPARISON 2009 GRADE K-10th

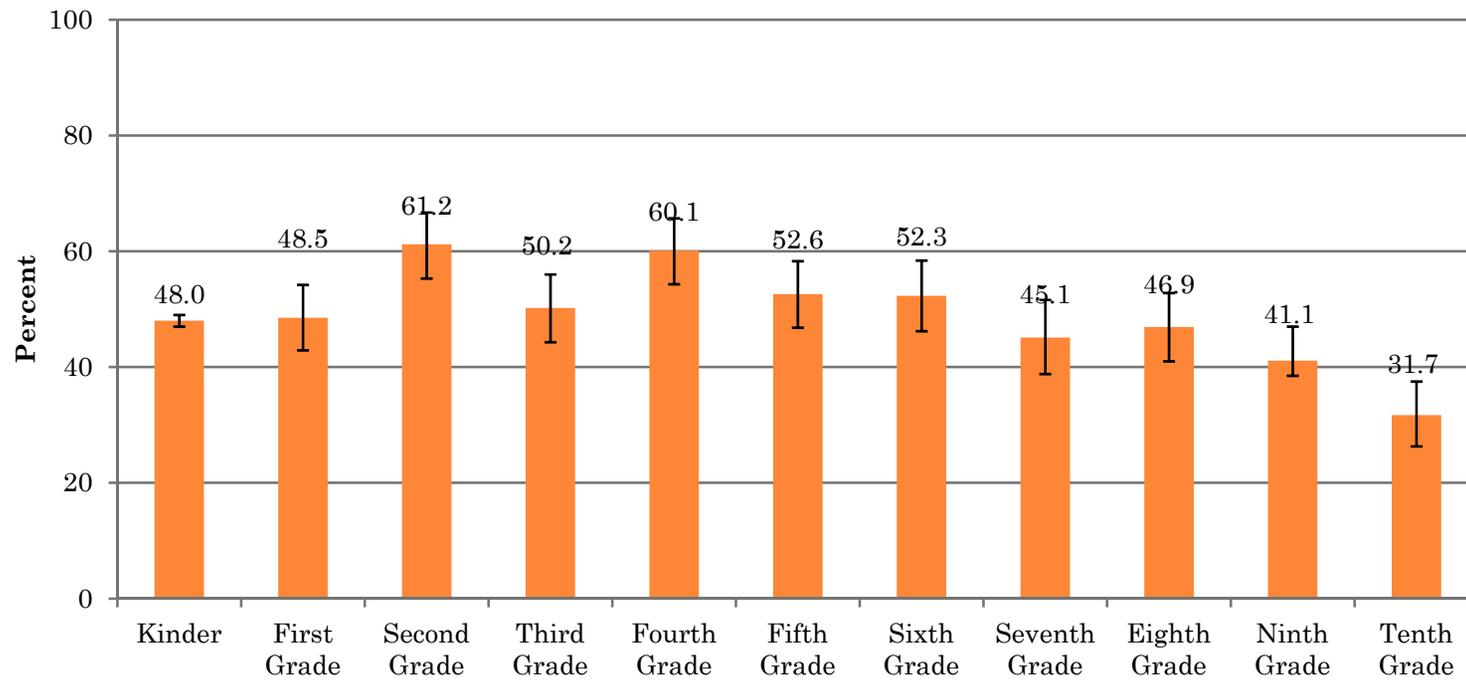


BMI'S BY GENDER K-10



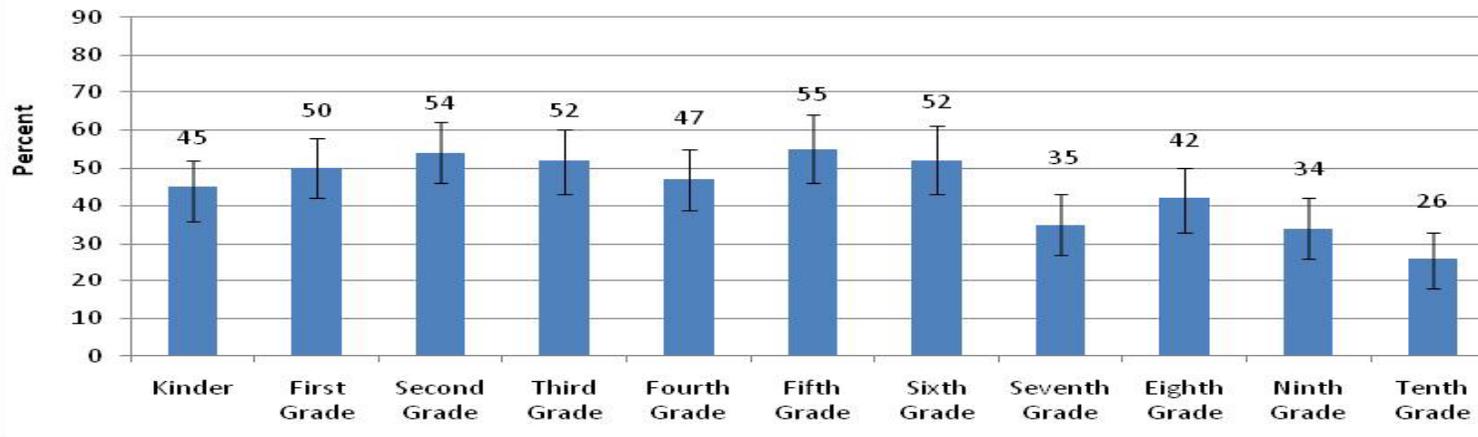
ADAMS COUNTY BY GRADE LEVEL

ADAMS COUNTY OVERWEIGHT OR OBESE BY GRADE LEVEL 2009

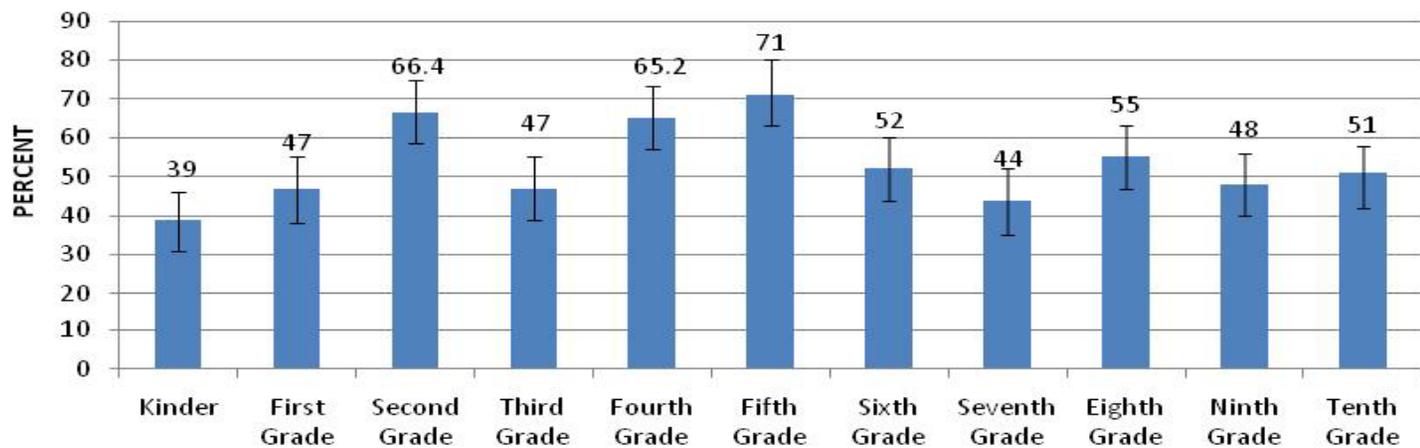


ADAMS COUNTY OVERWEIGHT OR OBESE BY GENDER AND GRADE LEVEL 2009

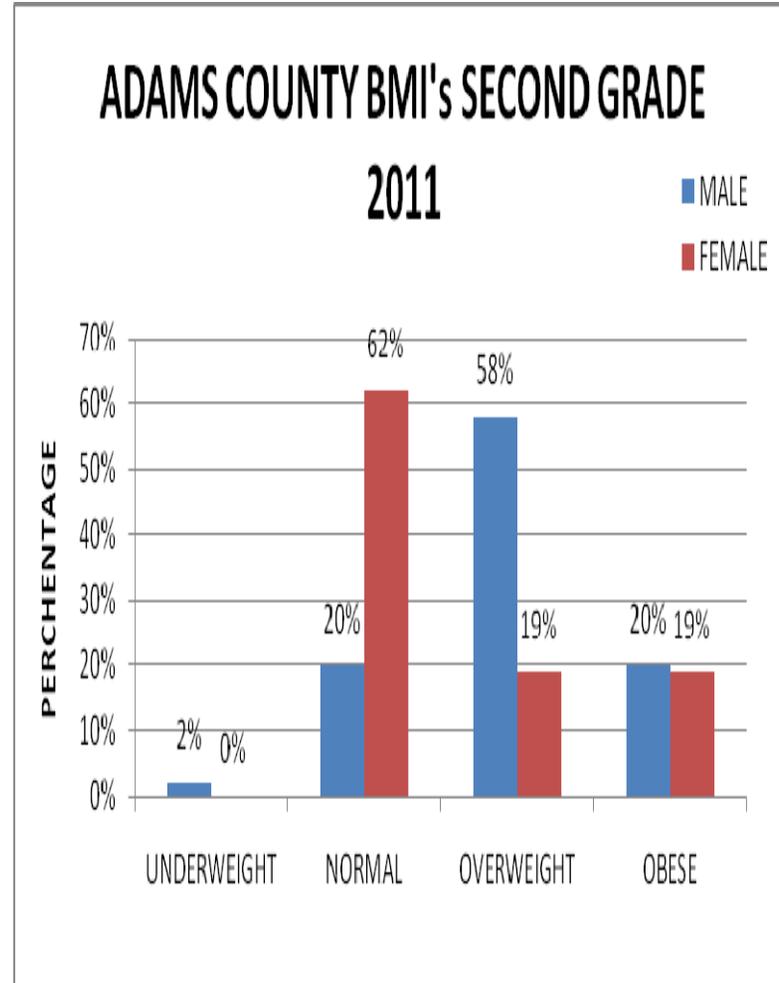
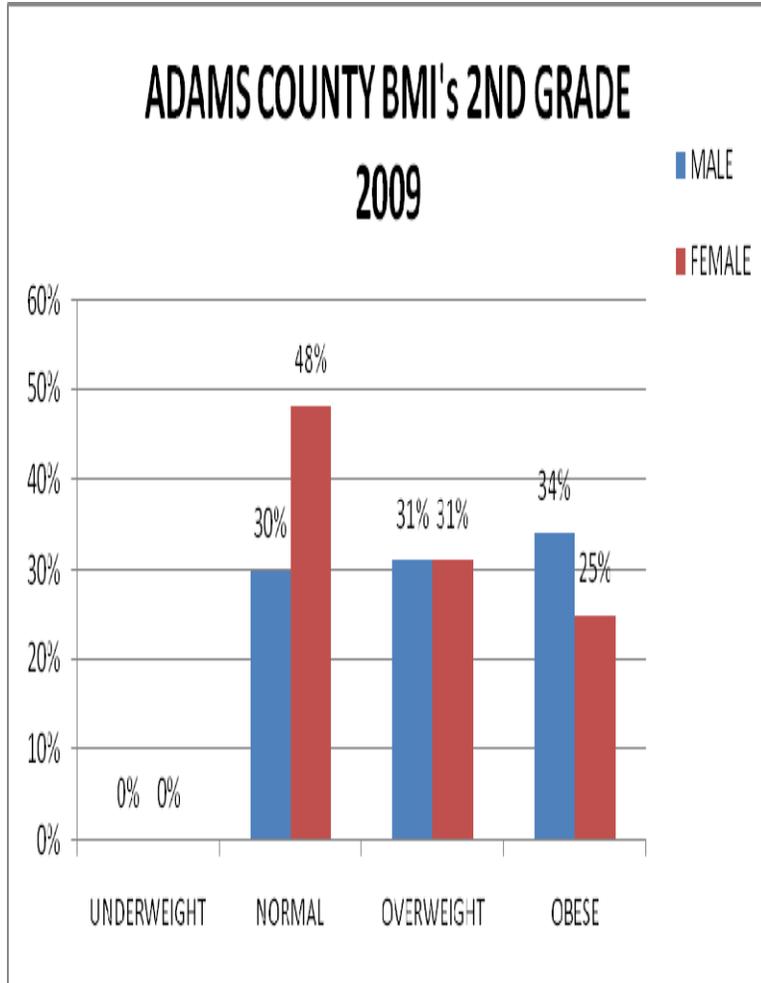
ADAMS COUNTY FEMALE OVERWEIGHT OR OBESE BY GRADE LEVEL 2009



ADAMS COUNTY MALE OVERWEIGHT OR OBESE BY GRADE LEVEL 2009



ADAMS COUNTY SECOND GRADE BMI'S FOR 2009 & 2011



CONCERNS

DENTAL CARE



JUNK FOOD



BULLIES



HEALTHY SNACKS



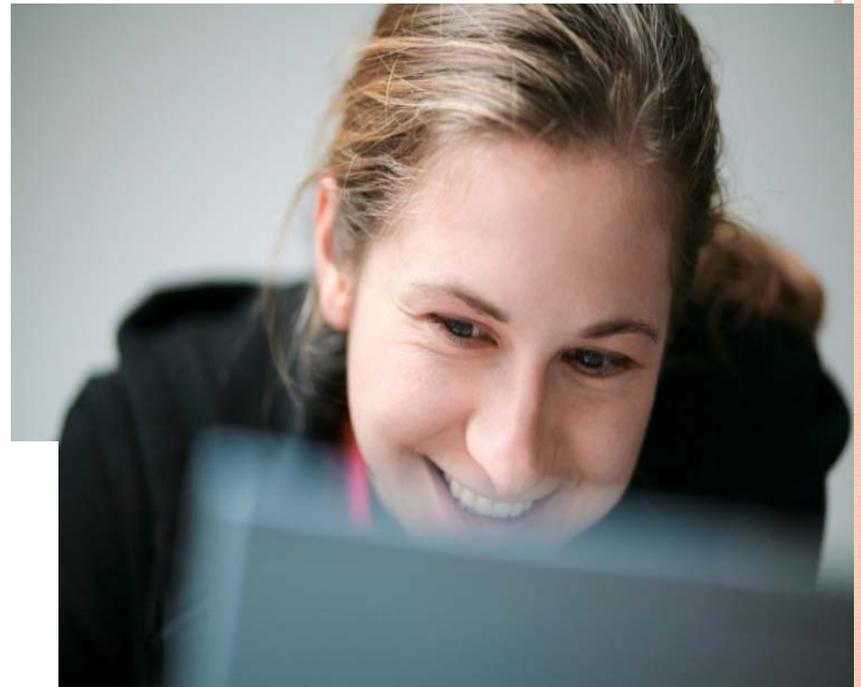
“SMART
KIDS”



FAVORITE SNACKS AND MEALS



EXERCISE AND AFTER SCHOOL FUN



HEALTHIER CHILDREN

How do we reverse trends toward obese children?

We need to take a hard look at what experts say are major factors driving higher obesity rates: poverty, too much TV viewing, lack of parks or recreation, and lack of regular medical care. Average Americans can't do much about most of those factors, but what is under their control are their children's activity levels and sugar consumption.



HEALTHIER CHILDREN

Time spent in front of a TV or playing video games is time not spent moving- and burning off calories. Cutting back on sugary beverages from children's diets is also important. Too many kids are drinking nutritionally empty bombs throughout the day, contributing to weight gain and higher rates of early onset diabetes.

The News Tribune

5-14-2010



SO NOW WHAT!!!

- Developed Action Plan for Health Communities
- Working with Nazarene Church and the Community Garden
- Continuing Obesity BMI project on second graders in Adams County
- Developing community coalition for Healthy Communities



QUESTIONS???

