

# Chronic Disease Prevention & Control Update Sustainable Food Policy Board June 8, 2015

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# Program Description

The Chronic Disease Prevention and Control Program (CDPC Program) works with community partners, worksites, schools and health care organizations to implement evidence-based interventions to prevent chronic disease and control related risk factors through helping people adopt healthy lifestyles through promoting and modeling healthy behaviors, preventing and managing chronic disease, and promoting policy, systems and environmental change.

The CDPC Program's goal is to make the healthy choice the easy choice where people live, work, learn and play. The CDPC program addresses the following chronic disease risk factors:

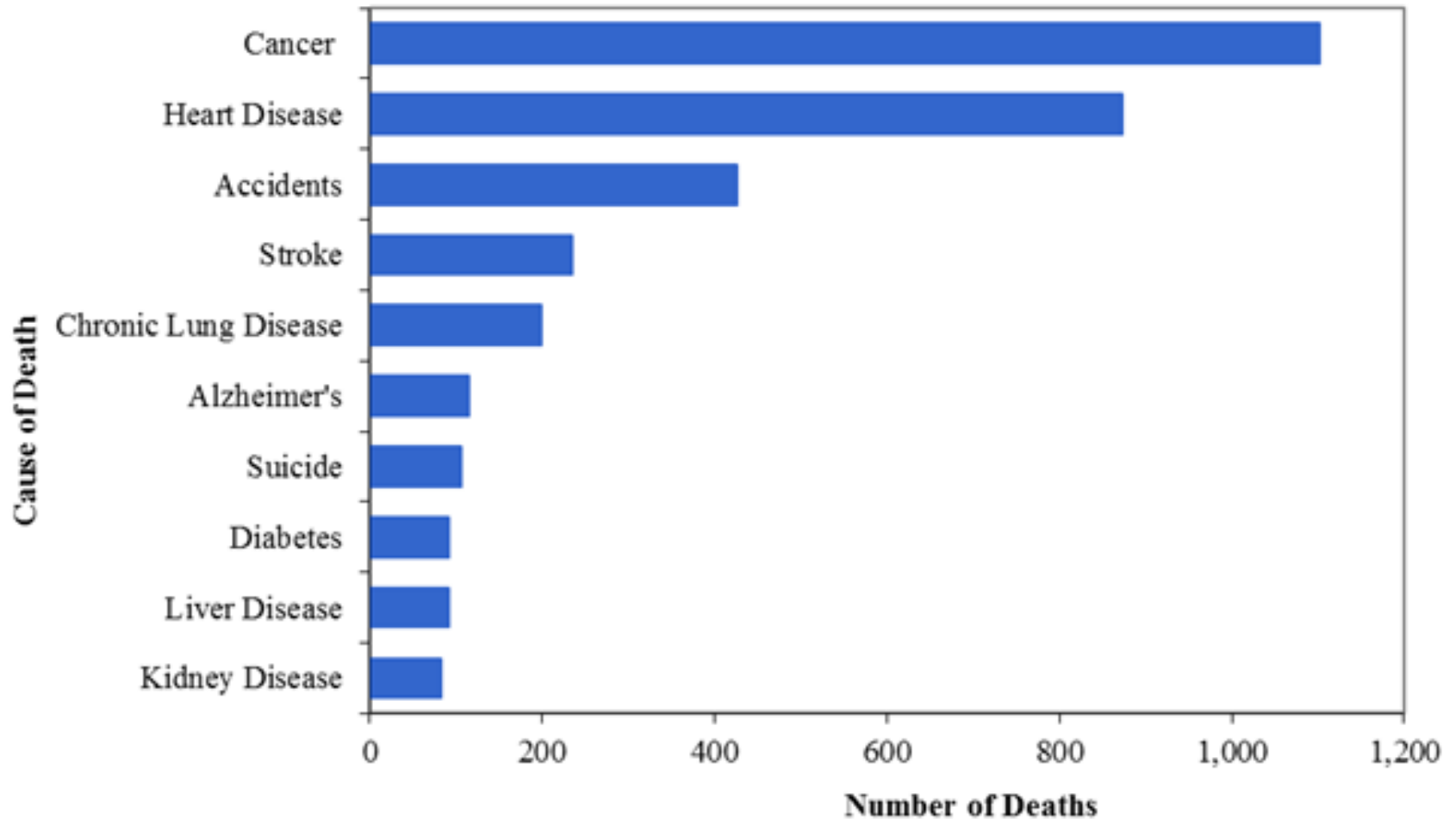
- Tobacco use and exposure
- Poor nutrition
- Physical inactivity
- Lack of access to chronic disease prevention, risk reduction, and management opportunities

# Community Impact

- Chronic diseases and conditions—such as heart disease, stroke, cancer, diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems.
- Eighty-four percent of all health care spending in 2006 was for the 50% of the population who have one or more chronic medical conditions.
- In Travis County, about two-thirds of adults and one-fifth of youth are overweight or obese.
- Tobacco is the number one preventable cause of death, killing approximately 11 people each week in Travis County.

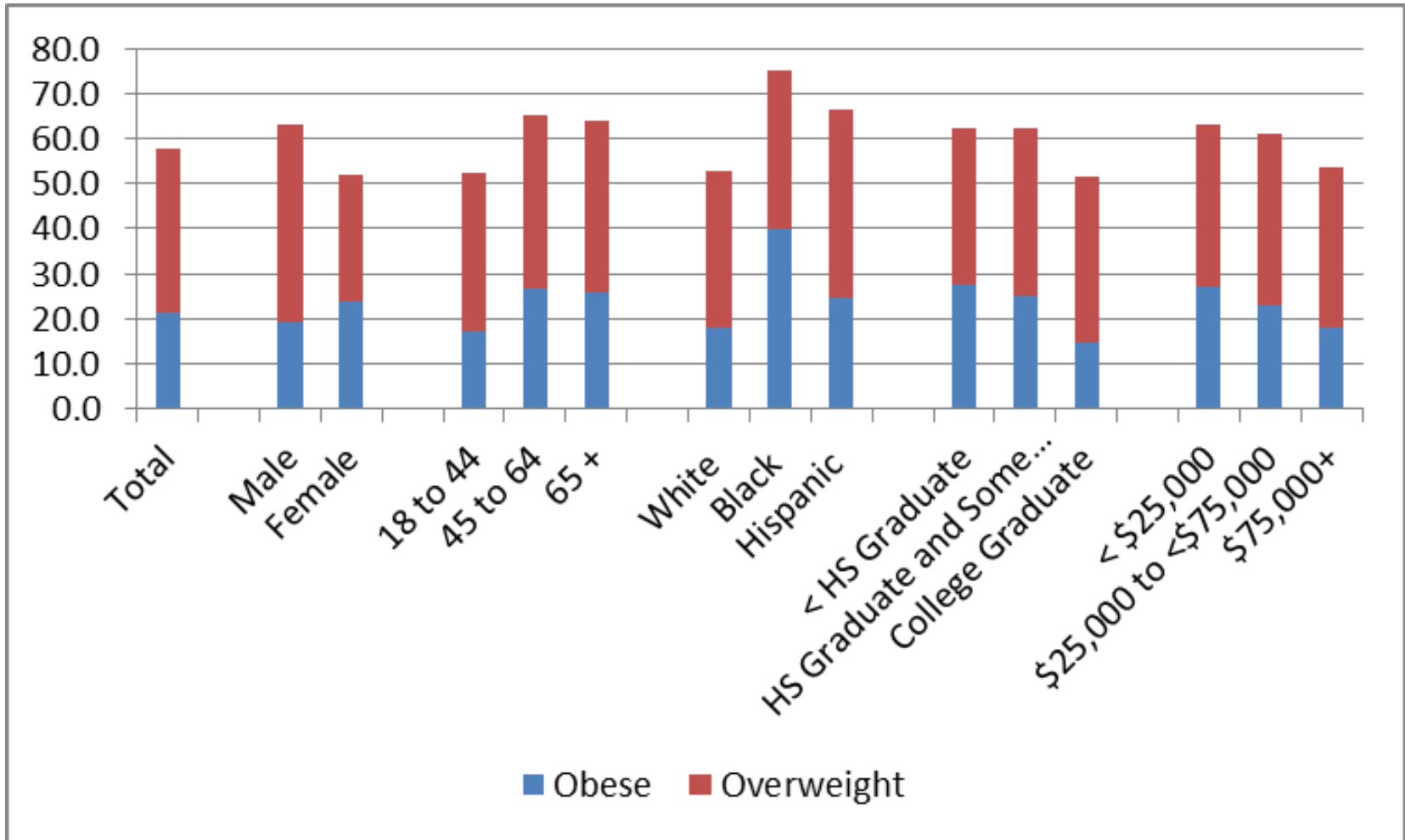
**Target Population:** General population with special emphasis on groups experiencing health disparities

# Leading Causes of Death Travis County, 2011



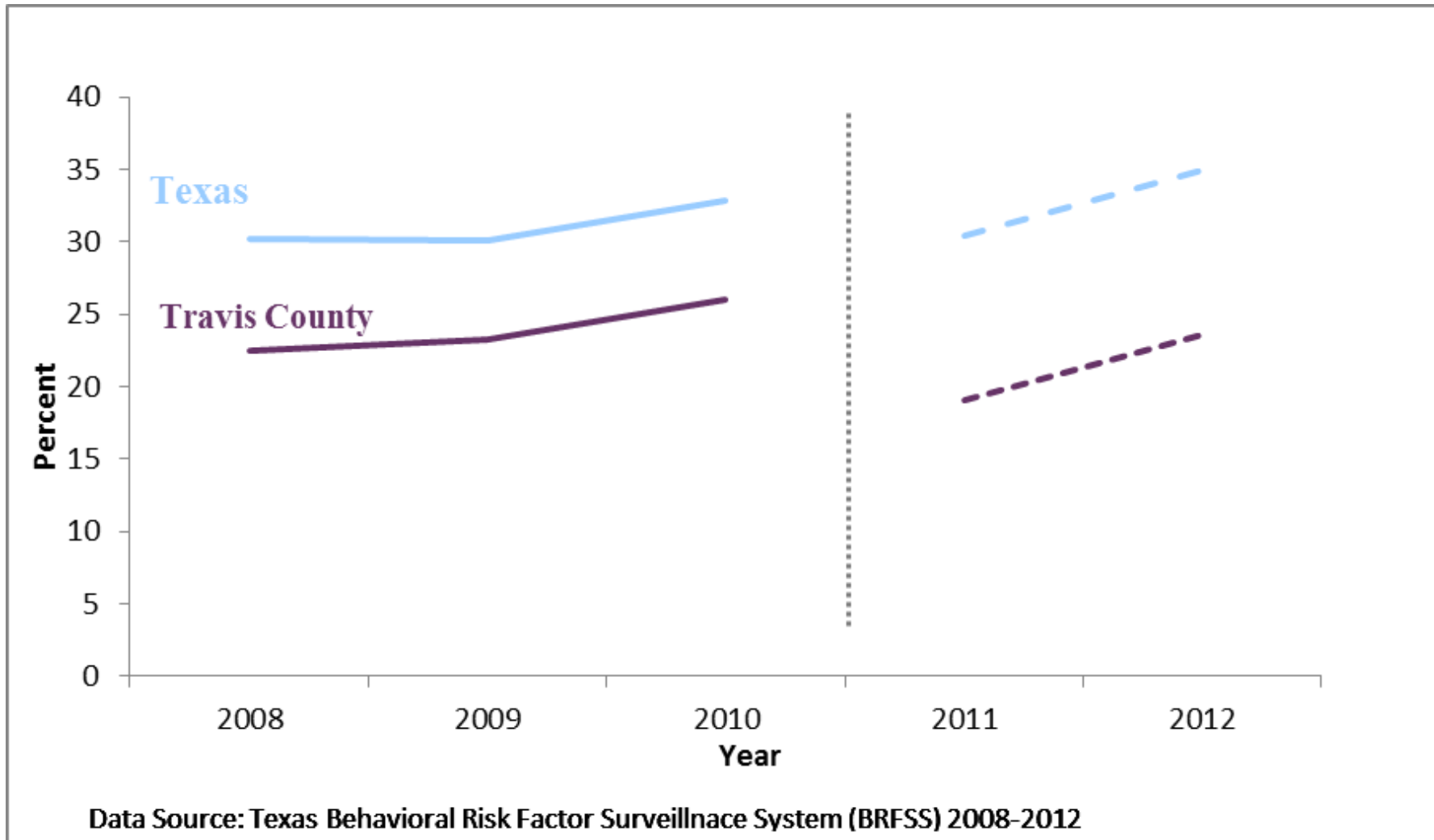
Data Source: Center for Health Statistics, Texas Department of State Health Services

# Overweight and Obesity Travis County, 2011-2012



# Obesity

## Travis County, 2008-2012

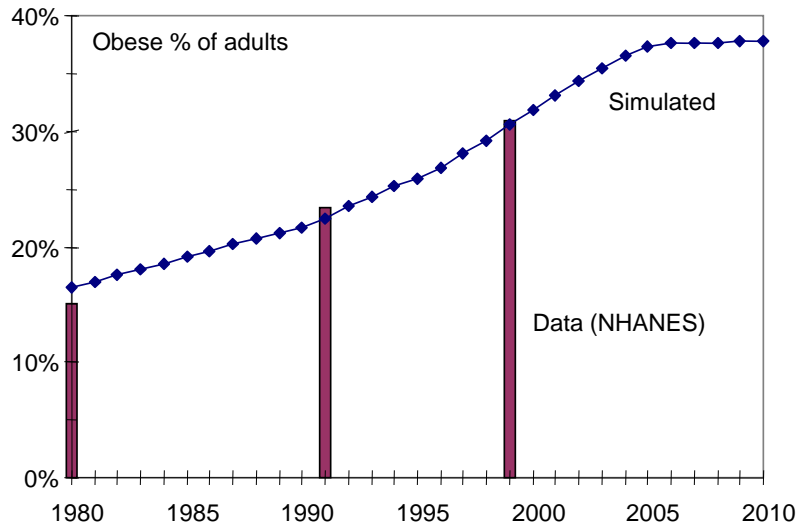


\*Due to BRFSS methodology change, estimates prior to 2011 cannot be directly compared to estimates

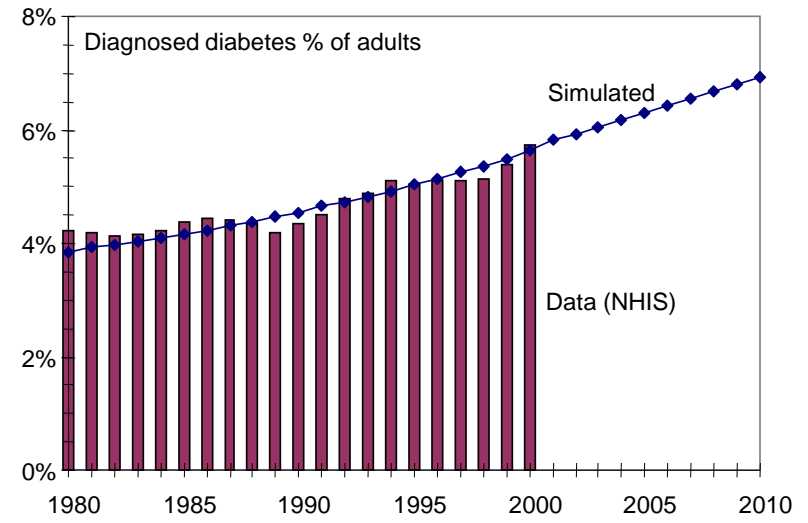
# Diabetes System Modeling Project

*Confirming Fit to Historical Trends (2 examples out of 10)*

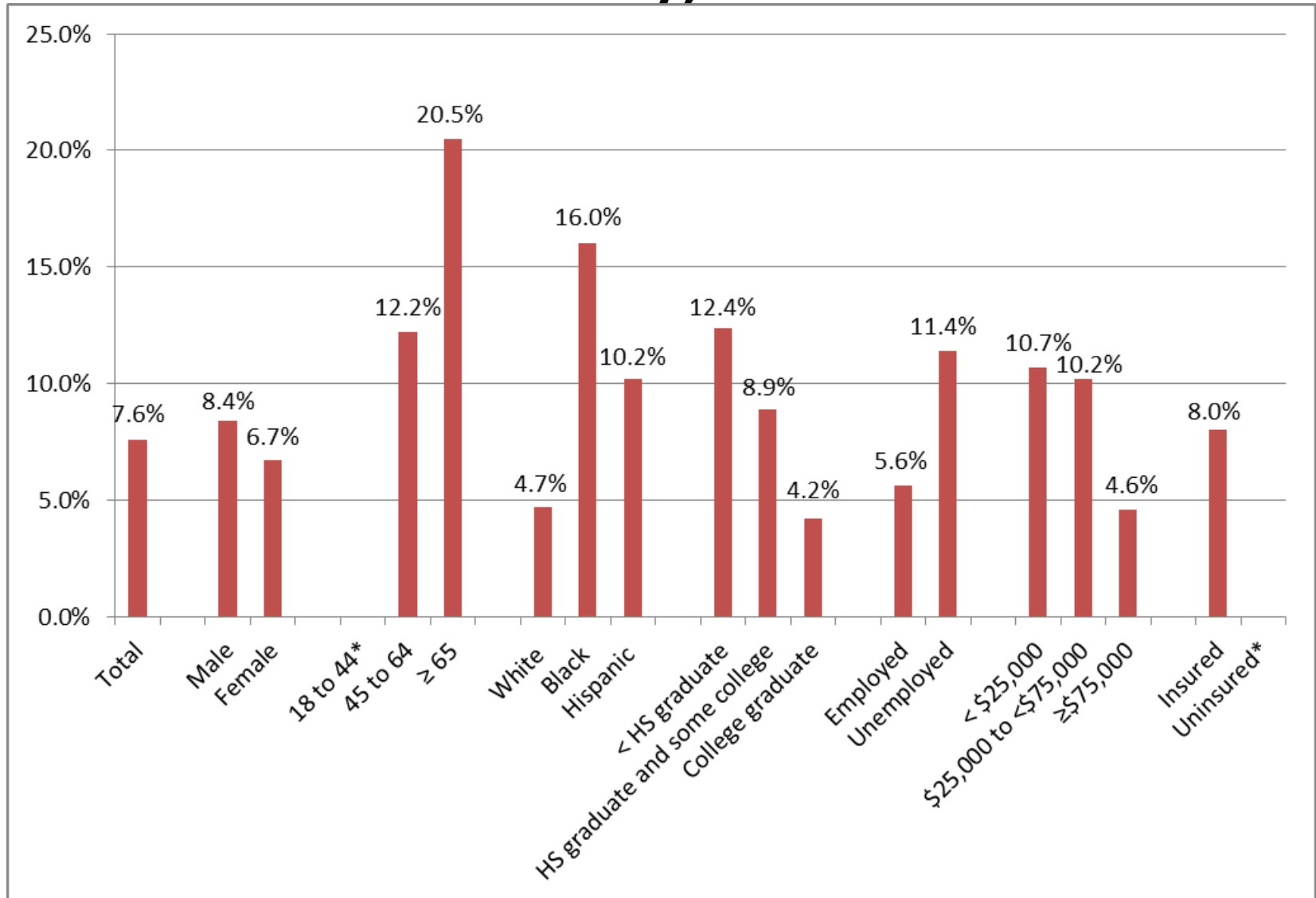
## Obese % of Adults



## Diagnosed Diabetes % of Adults



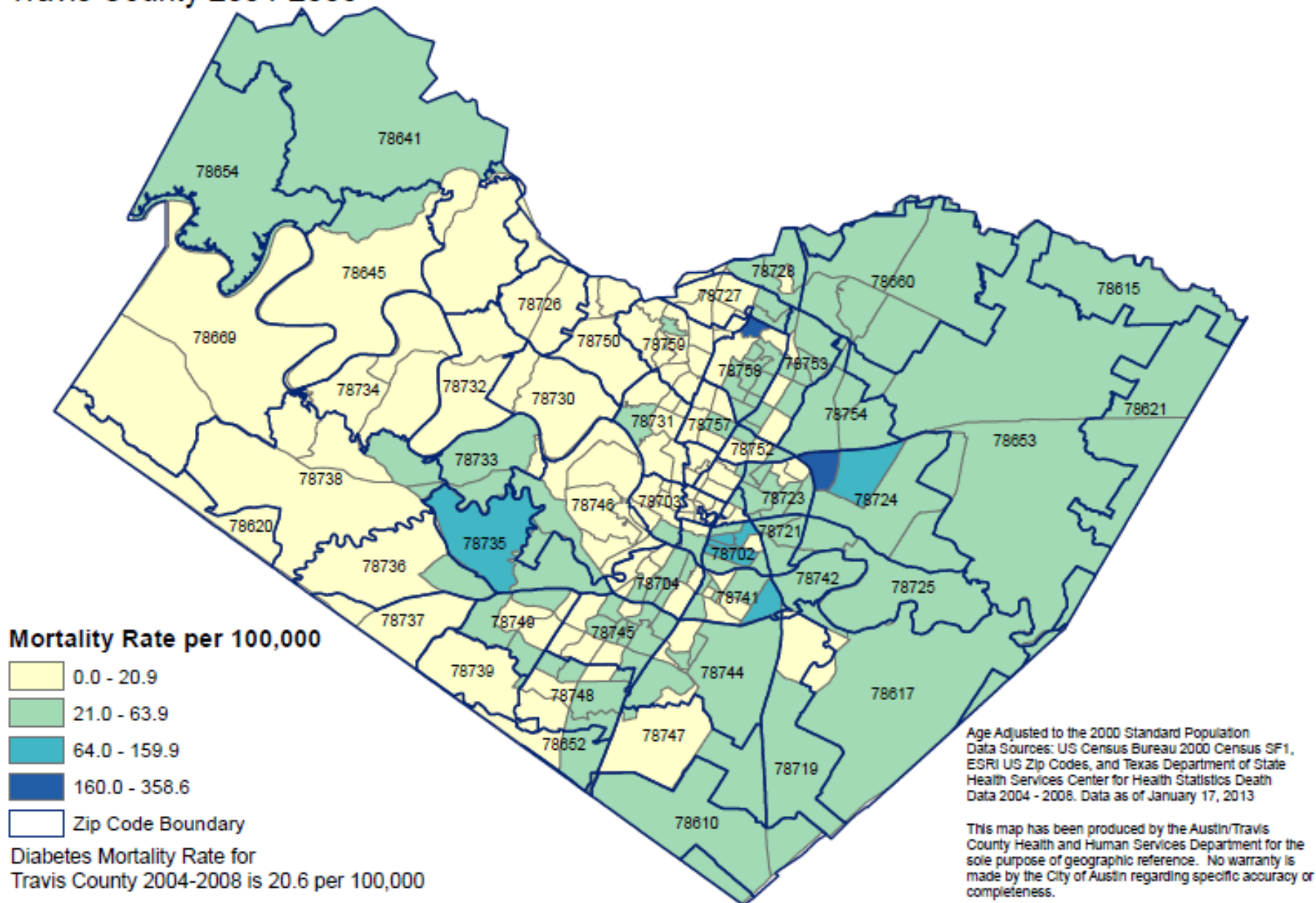
# Diabetes Prevalence Among Adults Travis County, 2011-2012





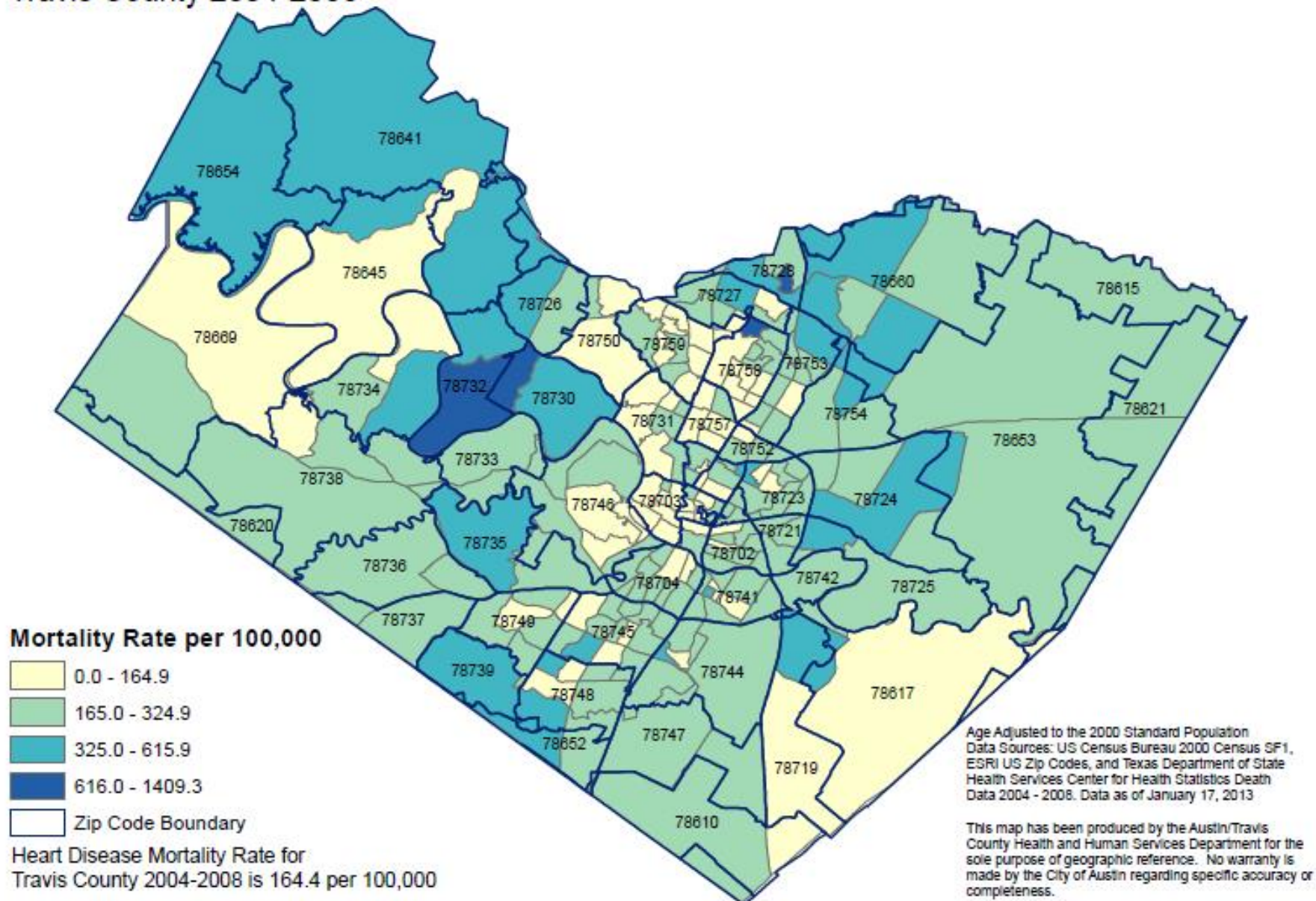


# Age Adjusted Diabetes Mortality Rate by Year 2000 Census Tract Travis County 2004-2008





## Age Adjusted Heart Disease Mortality Rate by Year 2000 Census Tract Travis County 2004-2008



# HHSD Key Activities

- The Capital Area Food Bank and the City of Austin's Neighborhood Centers increased SNAP outreach and enrollment efforts to reduce food insecurity.
- Awarded funding to Capital Area Food Bank to increase food distribution including local farm products to social service providers.
- The Double Dollar Incentive program for SNAP and WIC recipients was expanded at all SFC's farmers markets that accept SNAP and WIC benefits.
- Technical assistance to local restaurants to achieve St. David's Healthy Restaurant Certification. Currently working with 6 restaurants.
- Developed framework for healthy children's restaurant menu program.
- Provided Technical Assistance to ACC , UT, Central Health and the Mayor's Health and Fitness Council's Business Group on Health to implement healthy food guidelines including food procurement, vending machine policy, and healthy meetings.
- Collaborating with Go Austin Vamos Austin and St. David's Foundation to implement a Healthy Corner Store pilot initiative in 78744 and 78745 neighborhood

# HHSD Key Activities

- Provided Diabetes Self-Management and lifestyle classes including nutrition education in community settings with focus on high risk populations.
- Coordinated Plan4Health Grant application and implementation. The Plan4 Health project includes food system planning tool kit and an active transportation encouragement program in the Rundberg area
- Implemented Coordinated Approach to Child Health Early Childhood (CATCH EC) program in 4 child day care center locations. CATCH EC is an evidence-based program that provides introduction to classroom based gardening and nutrition, encourages healthy eating, and integrates motivated walk, run, jump, dance and whole body movement while playing and having fun. Efforts included training, curriculum and equipment to ensure sustainability.
- Implemented Farm to Work program on HHSD main campus at Levander Loop
- Coordinated Community Health Improvement Plan (CHIP) including Access to Healthy Food and Chronic Disease Focus on Obesity priority areas.
- Contributed department profile to the State of Food System Report.
- Coordinated implementation of the Imagine Austin Healthy Austin Priority Program.

# Thank You

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