

The First Delaware State Health Improvement Plan

**Assure Infrastructure necessary to
increase adoption of HE/AL**

***Strategy 3: Optimize Alignment &
Coordination of Efforts***

Presented by:

Fred Gatto, Health Promotion & Disease Prevention
Delaware Division Public Health

Optimize Alignment and Coordination of Efforts Involving Healthy Eating and Active Living in Delaware





Environment's Strategic Focus

TOBACCO FREE LIVING

National Prevention Strategy Recommendation	<u>Planning Group Recommendation</u>
Support comprehensive tobacco free and other evidence-based tobacco control policies.	<ol style="list-style-type: none"> 1. Increase tobacco excise tax and ensure tax equity for other tobacco products 2. Fund Tobacco Prevention and Control to recommended CDC levels
Expand use of tobacco cessation services	<ol style="list-style-type: none"> 3. Encourage more businesses to cover comprehensive cessation in their insurance plans
Use media to educate and encourage people to live tobacco free	<ol style="list-style-type: none"> 4. Increase health communication to educate the public about all tobacco and tobacco products

ACTIVE LIVING

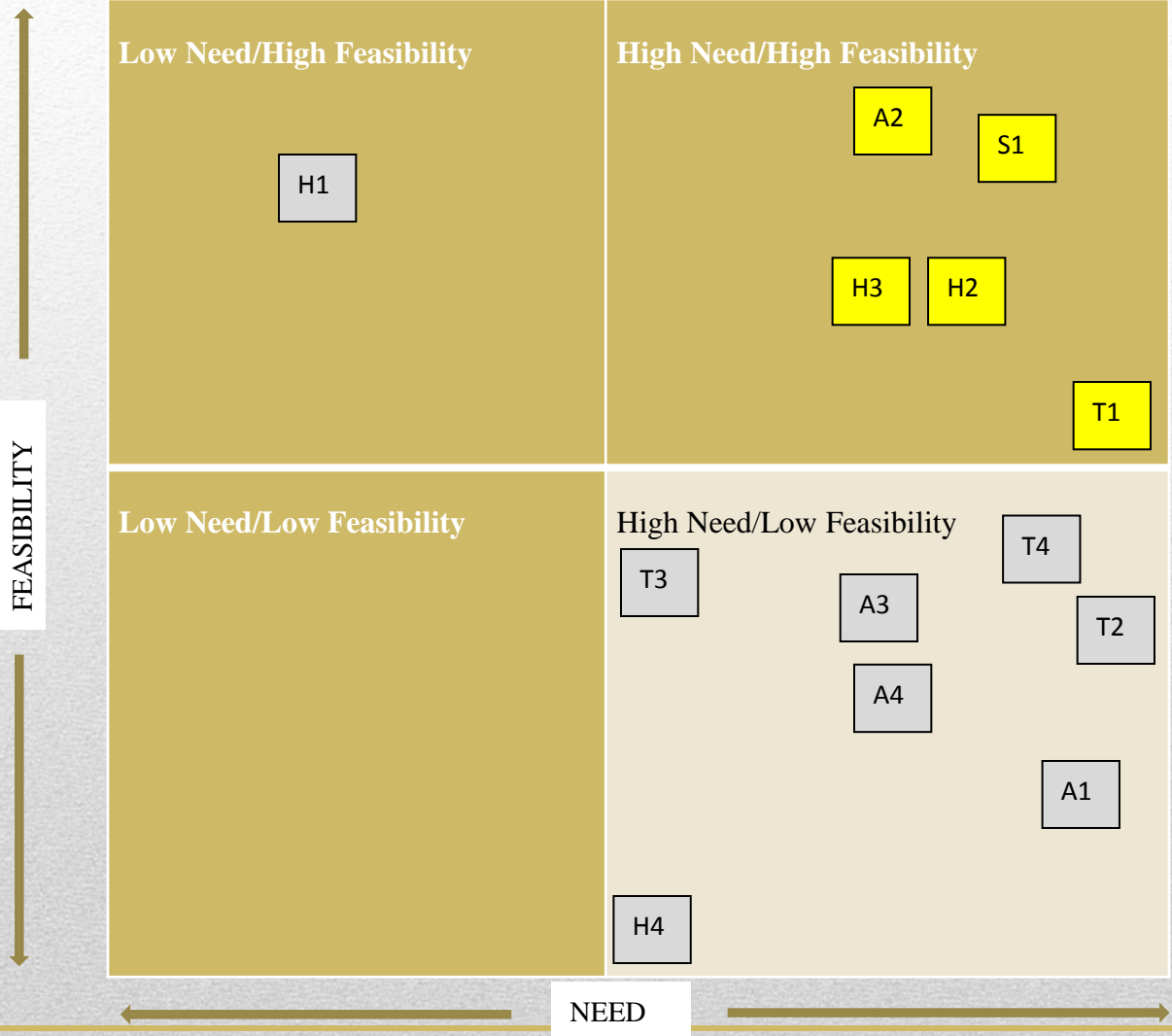
National Prevention Strategy Recommendation	<u>Planning Group Recommendation</u>
Promote and strengthen school and early learning policies and programs that increase physical activity	<ol style="list-style-type: none"> 1. Increase mandatory physical activity in schools K-12 to 150 minimum per week
Encourage community design and development that supports physical activity	<ol style="list-style-type: none"> 2. Improve city, county and state parks to include safe walking trails and include other equipment to promote physical activity
Support workplace policies and programs that increase physical activity	<ol style="list-style-type: none"> 3. Implement innovative policies that promote physical activity in the workplace 4. Improve physical infrastructure at workplaces to encourage physical activity during the workday

HEALTHY EATING

National Prevention Strategy Recommendation	<u>Planning Group Recommendation</u>
Enhance Food Safety	<ol style="list-style-type: none"> 1. Evaluate the FDA Food Safety Modernization Act
Increase Access to healthy and affordable foods in the communities	<ol style="list-style-type: none"> 2. Planning group recommendation – Expand farmers markets into low income and/or food desert areas 3. Planning group recommendation – Develop and implement sustainable community gardens in public schools
Help people recognize and make healthy food and beverage choices	<ol style="list-style-type: none"> 4. Establish healthy food purchase requirements for consumer use of DE’s Supplemental Nutrition Assistance Program (SNAP)

SELF CARE

National Prevention Strategy Recommendation	<u>Planning Group Recommendation</u>
(clinical and community preventative services) - Support implementation of community-based preventive services and enhance linkages with clinical care	<ol style="list-style-type: none"> 1. Planning group recommendation – Support and expand the Diabetes and Chronic Disease Self-Management programs
(clinical and community preventative services) – Expand use of interoperable health information technology	<ol style="list-style-type: none"> 2. Planning group recommendation - Support SIM workgroup on patient engagement tools to communicate with healthcare providers
(clinical and community preventative services) - Use payment and reimbursement mechanisms to encourage delivery of clinical preventive services	<ol style="list-style-type: none"> 3. Planning group recommendation – Reimburse for self-care equipment such as self-monitoring blood pressure cuffs
(healthy and safe community environments) - Maintain a skilled, cross-trained, and diverse prevention workforce	<ol style="list-style-type: none"> 4. Planning group recommendation – Implement recommendations from Community Health Worker meeting last year



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