

The First Delaware State Health Improvement Plan

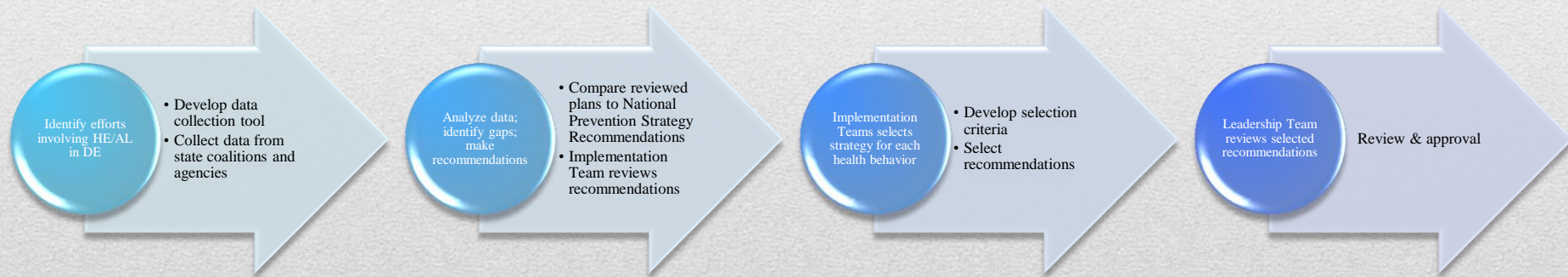
**Assure Infrastructure necessary to
increase adoption of HE/AL**

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

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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

Planning Group Recommendation

Support comprehensive tobacco free and other evidence-based tobacco control policies.

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

3. Encourage more businesses to cover comprehensive cessation in their insurance plans

Use media to educate and encourage people to live tobacco free

4. Increase health communication to educate the public about all tobacco and tobacco products

HEALTHY EATING

National Prevention Strategy Recommendation

Planning Group Recommendation

Enhance Food Safety

1. Evaluate the FDA Food Safety Modernization Act

Increase Access to healthy and affordable foods in the communities

2. Expand farmers markets into low income and/or food desert areas

3. Develop and implement sustainable community gardens in public schools

Help people recognize and make healthy food and beverage choices

4. Establish healthy food purchase requirements for consumer use of DE's Supplemental Nutrition Assistance Program (SNAP)

ACTIVE LIVING

National Prevention Strategy Recommendation

Planning Group Recommendation

Promote and strengthen school and early learning policies and programs that increase physical activity

1. Increase mandatory physical activity in schools K-12 to 150 minimum per week

Encourage community design and development that supports physical activity

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

3. Implement innovative policies that promote physical activity in the workplace

4. Improve physical infrastructure at workplaces to encourage physical activity during the workday

SELF CARE

National Prevention Strategy Recommendation

Planning Group Recommendation

(Support implementation of community-based preventive services and enhance linkages with clinical care

1. Support and expand the Diabetes and Chronic Disease Self-Management programs

Expand use of interoperable health information technology

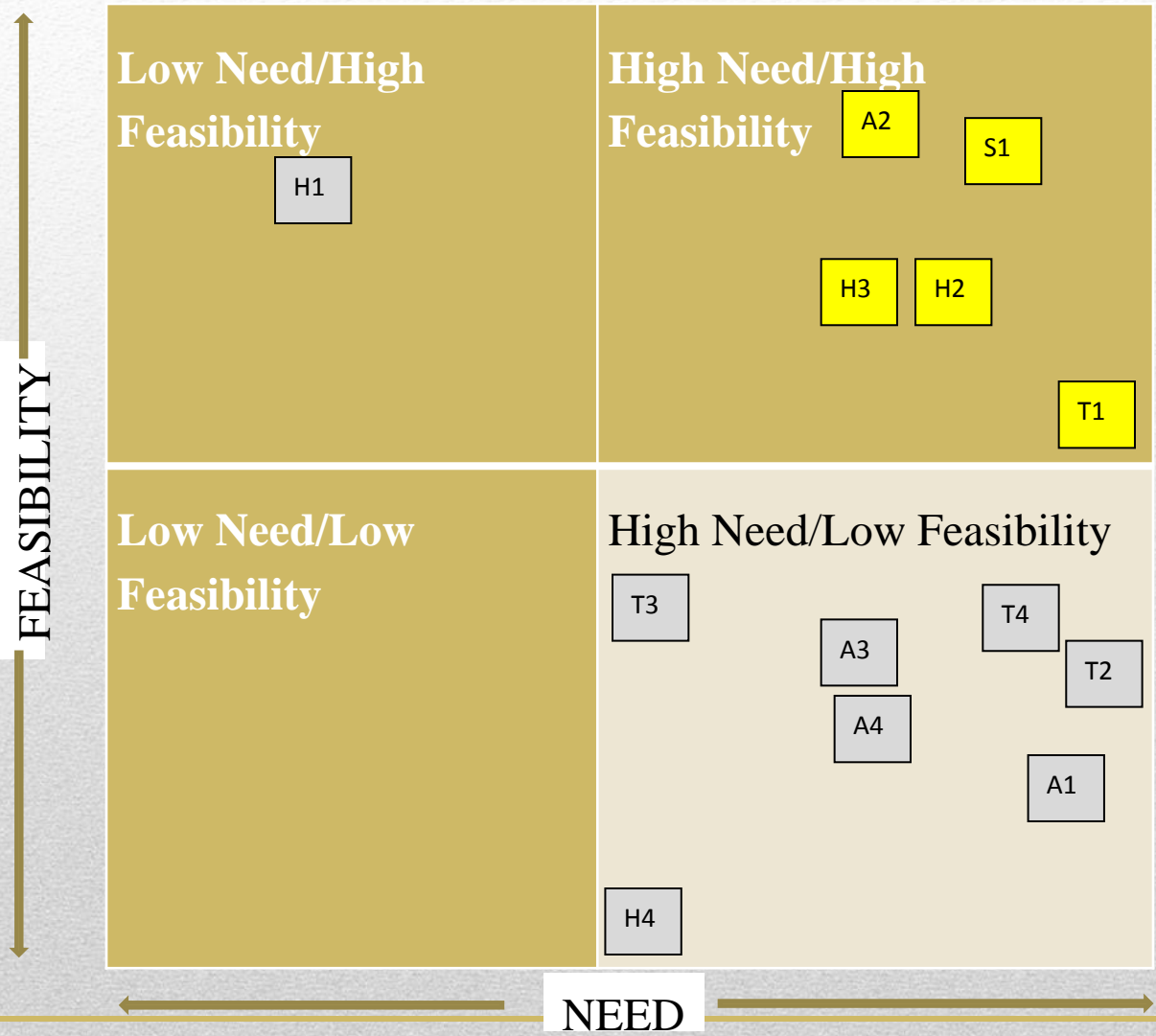
2. Support SIM workgroup on patient engagement tools to communicate with healthcare providers

Use payment and reimbursement mechanisms to encourage delivery of clinical preventive services

3. Reimburse for self-care equipment such as self-monitoring blood pressure cuffs

Maintain a skilled, cross-trained, and diverse prevention workforce

4. Implement recommendations from Community Health Worker meeting last year



TOBACCO FREE LIVING

National Prevention Strategy Recommendation

Planning Group Recommendation

Support comprehensive tobacco free and other evidence-based tobacco control policies.

1. Increase tobacco excise tax and ensure tax equity for other tobacco products

Healthy Eating

National Prevention Strategy Recommendation

Planning Group Recommendation

Increase Access to healthy and affordable foods in the communities

2. Expand farmers markets into low income and/or food desert areas
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ACTIVE LIVING

National Prevention Strategy Recommendation

Planning Group Recommendation

Encourage community design and development that supports physical activity

2. Improve city, county and state parks to include safe walking trails and include other equipment to promote physical activity

SELF CARE

National Prevention Strategy Recommendation

Planning Group Recommendation

(clinical and community preventative services) -
Support implementation of community-based preventive services and enhance linkages with clinical care

1. Support and expand the Diabetes and Chronic Disease Self-Management programs

TOBACCO FREE LIVING

Advocate to introduce legislation to increase the excise tax on all tobacco products and ensure tax equality for other tobacco products.

ACTIVE LIVING

Implement a statewide initiative to promote walking, biking and other forms of physical activity.

HEALTHY EATING

Apply for 2016 Farmers' Market Nutrition Program (FMNP) from USDA Food and Nutrition Service to provide coupons for WIC clients as an incentive to utilize local farmers' markets to purchase fresh fruits and vegetables.

SELF CARE

Support and expand the diabetes and chronic disease self- management programs.