

# AHL Learning Series

Shebra Hall, Program Administrator

Physical Activity, Nutrition, & Obesity Prevention (PANO)



# AHL Background

AHL's goal is to reduce adult and childhood obesity, along with other chronic conditions, to achieve long-term health equity for **schools**, **communities**, and **workplaces** throughout Delaware.

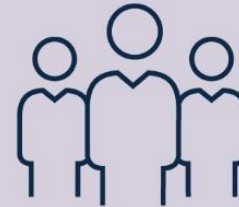


## Component strategies



### School

Establish partnerships between youth-serving organizations and public schools to implement an evidence-based health promotion program for school-age children



### Community

Support community partners with planning, implementing, and evaluating community-based lifestyle interventions



### Workplace

Work with the State to implement a Workplace Wellness Policy for all executive branch agencies



# Community Capacity Building

- **Rachel Kogan, Senior Researcher, Mathematica**
- Gina Crist, Community Health Specialist and Health and Wellbeing Program Leader, University of Delaware
- Jeff Martindale, Chief Purchasing Officer, City of Newark
- Amanda Perdue, Program Manager, Yes2Health, Delaware Breast Cancer Coalition
- Scott Rosas, Director of Research and Evaluation , Concept Systems Inc.





# AHL Community Partner Overview



# AHL outcomes

- / Increased physical activity in early childcare, schools, and community-based settings
- / Increased healthy eating and healthy beverage consumption in the state across all settings





# Improving healthy eating in Delaware

## / Mechanism 1: primary partnerships

- Summer programming for kids
- Dine and discover program
- Healthy retail project







# Improving healthy eating in Delaware

## / **Mechanism 2: mini grants**

- Educational opportunities on a mini-farm
- Building a community garden to foster community and access to healthy food
- A robotic garden
- Nutrition education and food preparation classes





# Next steps

- / **Continue community partnerships into FY 2024**
- / **Complete first cycle of mini grants in May 2023**
- / **New cycle of mini grants**





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# Farm to Store

Gina Crist, Community Health Specialist  
University of Delaware Cooperative Extension

## Partners

- Farm and Food Policy Council
- Stores:
  - Dija's Market
  - Farmington Mini Mart
  - Downtown Junction

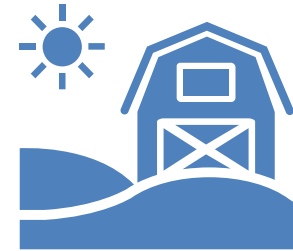


# Access to Healthy Foods



## **COVID-19**

Changed the way we access food  
Changed regulations about  
accessing food



## **Survey data**

Interest from community  
members in locally grown,  
accessible foods

# Program Components

Local farmer

Motivated  
stores

Ordering and  
payment

Transportation

Marketing in  
store

Community  
education



# Successes

- Moved locally grown food from a farm to a locally owned and operated community store.
- Over 800 lbs of food were delivered in a 6-week period
- Connected consumers to a new possibility to access healthy foods
- Learned a lot!



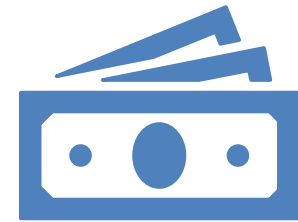
# Challenges



Ordering and payment



Transportation system



Driving demand/knowing  
amount to order



# Future of the Program

- Connecting with the other “Farm to...” Programs
  - Schools
  - Community outlets
- Working to increase number of farmers and outlet locations for moving food throughout the state
- Securing transportation
- Identification of online ordering possibilities
- Training for outlets
- Education for consumers

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# Dickey Park Community Garden





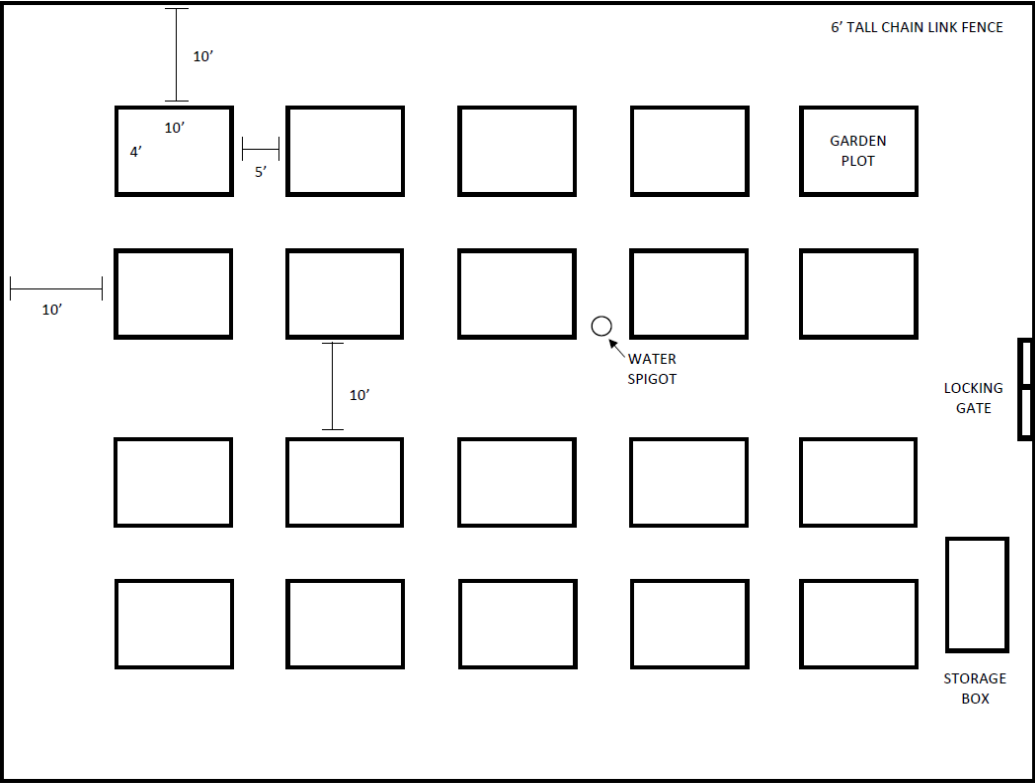
# Background

- ▶ In 2022, Councilwoman Creecy indicated interest in creating a community garden in the College Park Neighborhood
- ▶ A 90-foot by 56-foot (5,040 square feet) site was available at Dickey Park
  - ▶ 60 Madison Drive; Newark, DE 19711
- ▶ The space allowed for 20 4'x10' raised garden beds
- ▶ The plan of the garden was to promote accessibility of open space and healthy lifestyle decisions for all residents of Newark and the surrounding community, with a focus on College Park and apartment renters
- ▶ The surrounding neighborhoods consisted of townhouse communities and apartment complexes, both of which would benefit from off-site garden access

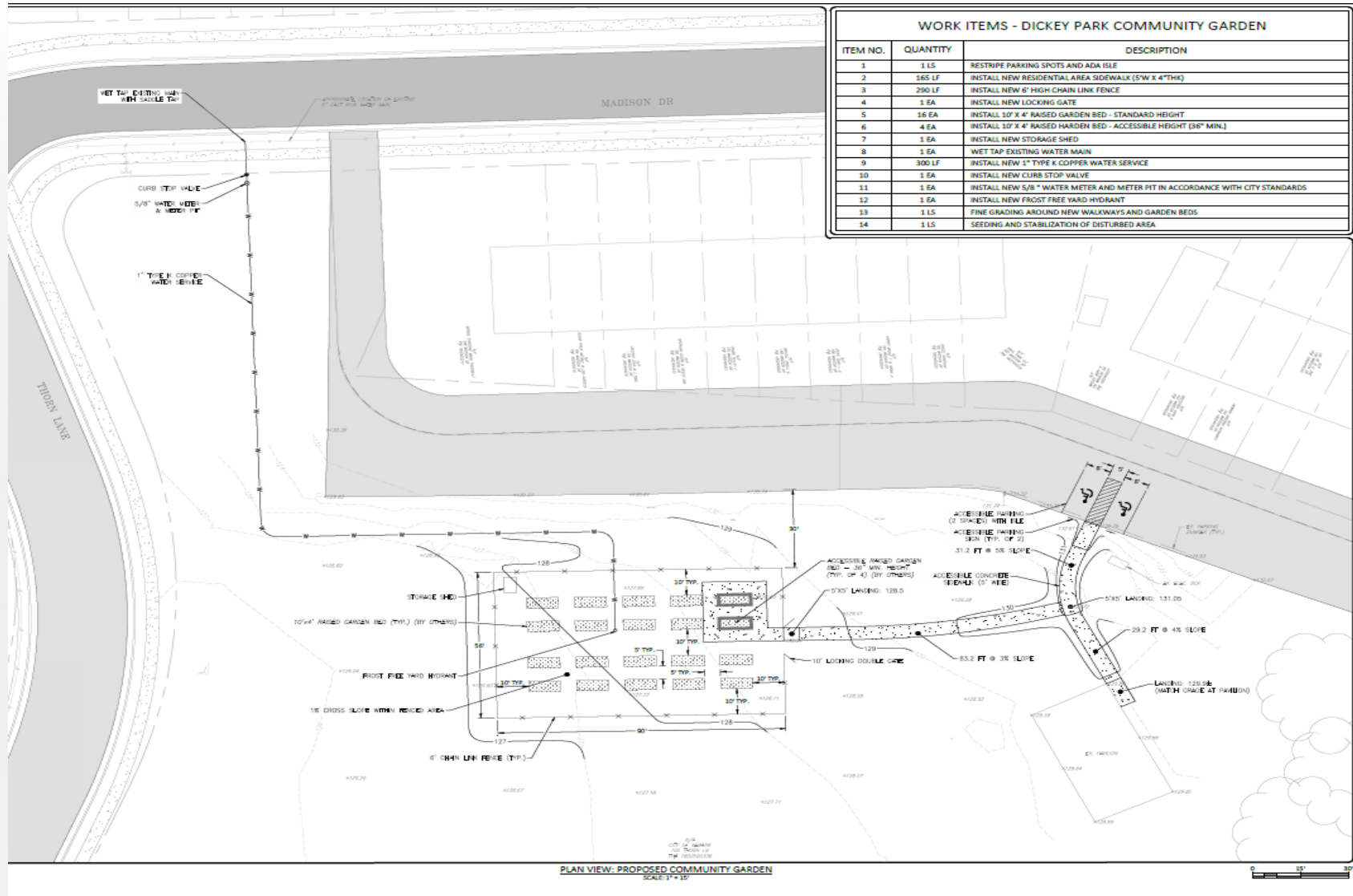
# Design

- ▶ Once receiving the grant from PANO, multiple City of Newark departments began preparing for the garden installation
  - ▶ Administration
  - ▶ Parks & Recreation
  - ▶ Public Works & Water Resources
- ▶ Staff planned to use our existing community garden at Fairfield Park as a template
- ▶ The following was needed to complete the garden:
  - ▶ Fencing
  - ▶ Water connection
  - ▶ ADA-accessible walking path
  - ▶ Constructed garden plots

# Initial Design

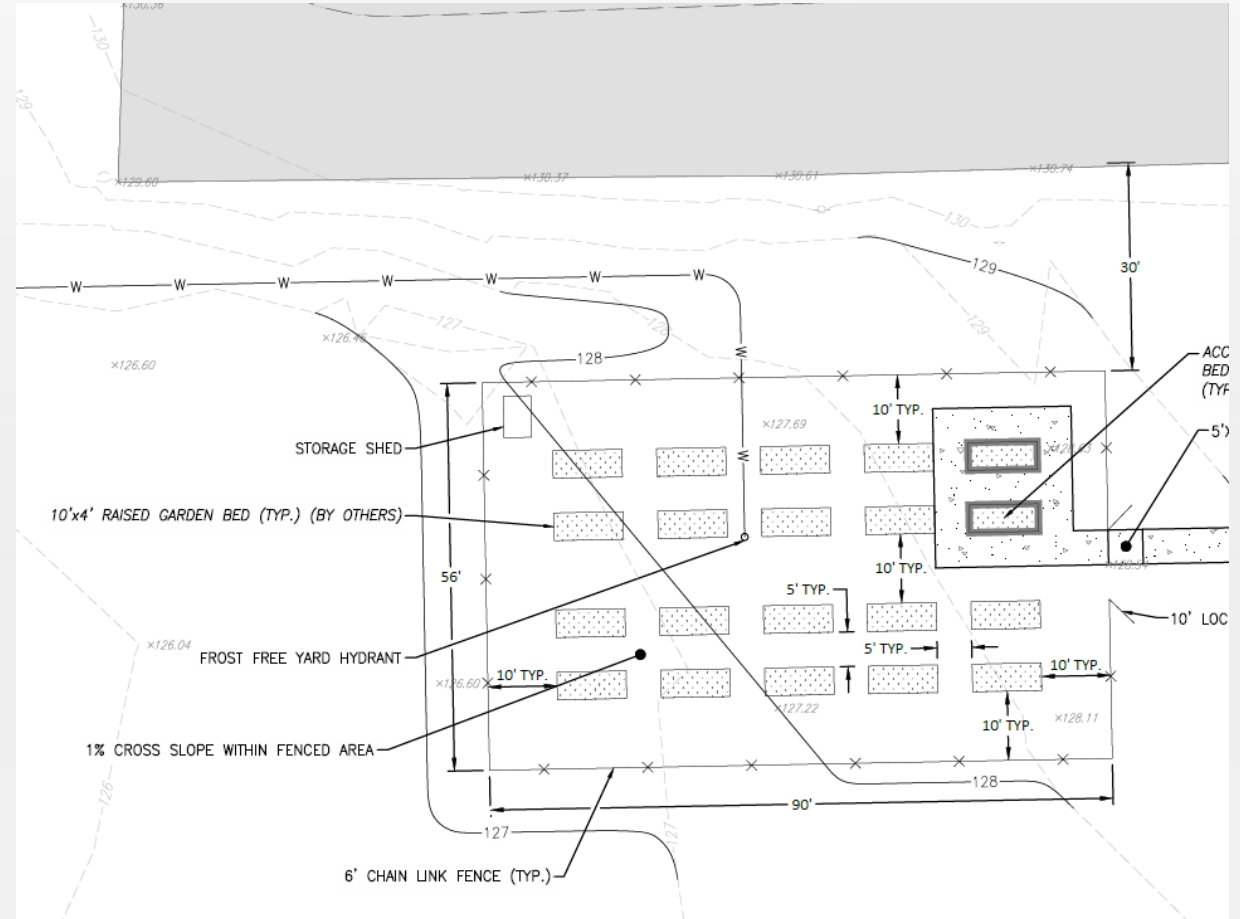


# Final Design

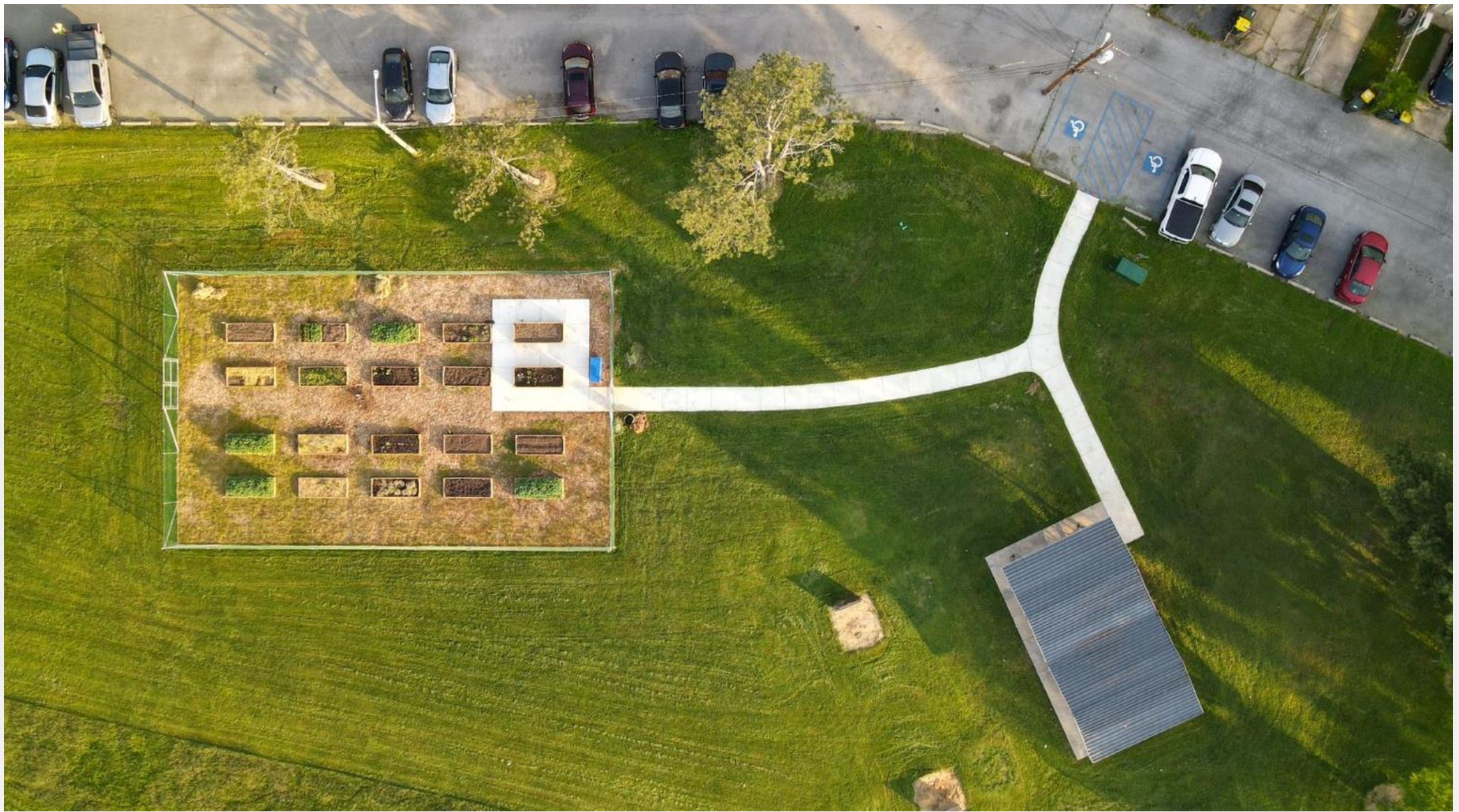


# Plan/Implementation

- ▶ The plan to build the garden took a three-pronged approach:
  - ▶ Administration:
    - ▶ Found additional funding for the project
    - ▶ Received quotes for & coordinated fencing installation
  - ▶ Parks & Recreation:
    - ▶ Set up gardener registration on the City website
    - ▶ Put together a fee assistance scholarship fund for applicable gardeners
    - ▶ Built garden plots
  - ▶ Public Works & Water Resources:
    - ▶ Received quotes for & coordinated water connection
    - ▶ Received quotes for & coordinated ADA-accessible sidewalk and parking lot striping









# Impact

- ▶ Dickey Park is centered in the College Park neighborhood, a community made up primarily of minority residents (est. 52.7%) that is also recognized as a lower income area and having more lower income housing compared to other areas of Newark
- ▶ Residents will continually be able to participate in health-minded community events in a manner that follows best COVID-19 safety protocols
- ▶ DPCG will increase Newark's outdoor activity area at an existing park with a particular focus on enhancing nutritional education, community development, and physical activity.
- ▶ DPCG will expand upon Newark's strong focus on environmental conservation and sustainability, through furthering efficient land use.

# The Impact

- ▶ Gardeners from College Park Neighborhood or Apartments: 13 of 20 (65%)
- ▶ Gardeners from all other areas: 7 of 20 (35%)
- ▶ Gardeners using scholarship fund: 1 of 20 (5%)
- ▶ Current waitlist: 2 people



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# Yes2Health ™

*A free community health outreach program*

Amanda Perdue CRA, Med, BSc, PSY  
Program Manager





The Delaware Breast Cancer Coalition Presents...

# Yes<sup>2</sup>Health<sup>TM</sup>

**"I have lost 8 pounds in the last 5 weeks. My doctor was so impressed with my results, that he said to keep doing what I am doing. I am thankful for this Yes2Health Program."**

**- Kent County Participant**

Registration is required to join the **FREE 12-week program**  
To register for an upcoming group, or to learn more  
visit: [www.debreastcancer.org/events](http://www.debreastcancer.org/events)



This Yes2Health program is made possible through the Delaware Division of Public Health's Tobacco Prevention Community Contract. Funding for the Contract is provided by the Delaware Health Fund.



**Yes<sup>2</sup>Health<sup>TM</sup>**  
*A free community health outreach program*

# What is Yes2Health?

## WHO:

The target audience for the program is any woman or man who has one of the following: risk for breast cancer, the risk for other cancers, cardiovascular disease, hypertension, high cholesterol, diabetes or pre-diabetic, and/or a body mass index of 30 or above.

## WHAT:

**Yes2Health is a FREE 12-week program** featuring weekly virtual meet-ups. These weekly educational programs include fitness, health, and wellness education to help you live an active and healthy lifestyle.

## WHEN:

Choose **one** session that is convenient for you. Once you choose a session, you will meet for the next twelve weeks during that time slot for one hour.

## WHERE:

Weekly meet-ups are held in person, or virtually, using a free platform called Zoom. **Upon your R.S.V.P., you will receive the zoom link and materials for the program. Please include one of the class time frame options above with your R.S.V.P.**

## WHY:

We will establish a nurturing, supportive, and safe environment for those struggling with health issues that put them at risk of developing breast cancer and/or other chronic illness.

## HOW:

R.S.V.P. is required to join the FREE 12-week program. Contact Amanda Perdue, Program Manager at [aperdue@debreastcancer.org](mailto:aperdue@debreastcancer.org) to register today.

**Yes2Health** <sup>TM</sup>  
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# How did Yes2Health begin?

- ▶ Did you know that 1 in 8 women will be diagnosed with breast cancer in her lifetime? While you can't prevent cancer, it is important to be proactive about your health. (National Breast Cancer Foundation, 2022).
- ▶ Yes2Health was created in 2018, under the data from the National Cancer Institute: Research shows that lifestyle changes can decrease the risk of breast cancer, even in women at high risk.
- ▶ Yes2Health focuses on the risk factors that can increase someone's risk for an initial breast cancer diagnosis and/or reoccurrence. This includes Limit alcohol, Maintain a healthy weight, Be physically active, Incorporate Healthy Habits.
- ▶ The program began to expand in 2019 to include the community, not just breast cancer survivors to focus on healthy life-styles and habits.

# What is Yes2Health's focus?

- ▶ The Yes2Health Program is based upon the Dietary Guidelines for Americans from the office of Disease Prevention and Health Promotion.
- ▶ Yes2Health incorporates ½ hour lessons weekly through zoom. These lessons include How to Read Nutritional Labels, Recommended Physical Activity, How to Calculate BMI, Sugar and How to Reduce Sugar Intake, Sodium and How to Reduce Sodium Intake, and so much more!
- ▶ Yes2Health encourages its participants to engage in physical activity three times per week for a ½ hour. Participants are encouraged to walk or do other physical activity on their own time weekly. Participants are given physical activity trackers at the beginning of the course.



# Nutrients

## What are nutrient dense calories?

To stay within the energy requirements while meeting your nutritional needs, food choices in each group should be nutrient-dense. When we talk of nutrient dense foods, we are speaking of foods that have higher amounts of vitamins and minerals and lower amounts of sugars, salts, and calories that provide little to no nutritional value. Shifting from typical choices to nutrient-dense options is an important principle for maintaining calorie balance in a healthy eating pattern. A related principle, reducing portion-sized foods and beverages that are not in nutrient-dense forms, can also help maintain a calorie balance.



## What are the six main groups of nutrients and what do they do?

The six main nutrients are protein, carbohydrates, fats, vitamins, minerals, and water.

### 1. Protein

Protein provides the building blocks of the body, and not just for muscle. Every cell, from bone to skin to hair, contains protein. A startling 16 percent of the average person's body weight is from protein. Protein is used primarily for growth, health, and body maintenance. All of your hormones, antibodies, and other important substances are composed of protein. Protein is not used to fuel the body unless necessary. Proteins are made up of different amino acids. While the body can create some amino acids on its own, there are many essential amino acids that can only come from food. You need a variety of amino acids for your body to function properly.

### 2. Carbohydrates

Carbohydrates are necessary for a healthy body. Carbohydrates fuel your body, especially your central nervous system and brain. Before you reach for the white bread or pasta, keep in mind that the type of carbohydrate you eat matters. Some carbohydrates are healthier than others. Opt for whole grains, beans, and fiber-rich vegetables and fruits instead of refined grains and products with added sugar. (cont.)

# What are other ways to engage in the Yes2Health Program?

## Yes2Health<sup>™</sup> in the Kitchen

A free community health outreach program

Join us for a no-cost, interactive online cooking class called **Yes2Health in the Kitchen** presented by the Yes2Health Program. During each class, participants will learn a new culinary skill while preparing a healthy recipe!

### Upcoming Classes:

5:30 to 6:45 PM

- 4/18 (Tue): Chicken Piccata with Quinoa
- 4/27 (Thur): Veggie & Shrimp Spring Rolls
- 5/8 (Mon): Buddha Bowls with Chicken
- 5/17 (Wed): Seared Ahi Tuna with a Ginger-Soy dressing served with Cilantro Brown Rice
- 5/23 (Tue): Blender Gazpacho & Crispy Roasted Chickpeas



*Sign up today!*

The recipes and shopping list will be provided with registration.

To register email Amanda Perdue at [aperdue@debreastcancer.org](mailto:aperdue@debreastcancer.org)

### Meet the Chef

Dee Iraca, the founder of **Eat Well Chef**, is a Registered Dietitian Nutritionist, and Professional Chef in North Carolina. She obtained a Culinary Nutrition degree from Johnson & Wales University and completed a dietetic internship at Meredith College.

[www.eatwellchef.com](http://www.eatwellchef.com)



This program is brought to you by the Delaware Breast Cancer Coalition with generous support from:



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## Retreat

**Tuesday**  
**April 25, 2023**  
**5:30 PM to 7:00 PM**

**Lewes Public Library**  
**111 Adams Ave.**  
**Lewes, DE 19958**

This complimentary wellness retreat is interactive, come with all of your nutritional questions to ask our certified nutritional coaches. Participants will be going home with produce bags to help implement healthy lifestyle habits at home.

To register and for program information, contact  
Amanda Perdue, Yes2Health Program Manager, at  
[aperdue@debreastcancer.org](mailto:aperdue@debreastcancer.org)

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# Yes2Health™

A free community health outreach program

# What does Yes2Health look like in the future?

- ▶ Programs and materials in Spanish and Haitian Creole.
- ▶ Facilitators presenting programs in Spanish and Haitian Creole.
- ▶ Continuing participant engagement in New Castle, Kent, and Sussex Counties.
- ▶ Incorporating produce boxes and/or vouchers to gain access to healthy foods.
- ▶ Continue to partner with community groups, other non-profits, and state organizations to promote healthy lifestyles.

Visit [www.debreastcancer.org/yes2health](http://www.debreastcancer.org/yes2health) to learn more!

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# Questions?

- Please submit your comments or questions in the chat window located in the bottom right corner of your screen. When submitting questions, please make sure your chat TO line says: "All Panelists".
- If you wish to pose your question or comment verbally, please click on the "Raise Hand" Icon located on the bottom panel and the host will unmute your line.

