

**The Physical Activity, Nutrition,  
and Obesity Prevention Program**



# **The Advancing Healthy Lifestyles Initiative: Coordinated School Health and Wellness**

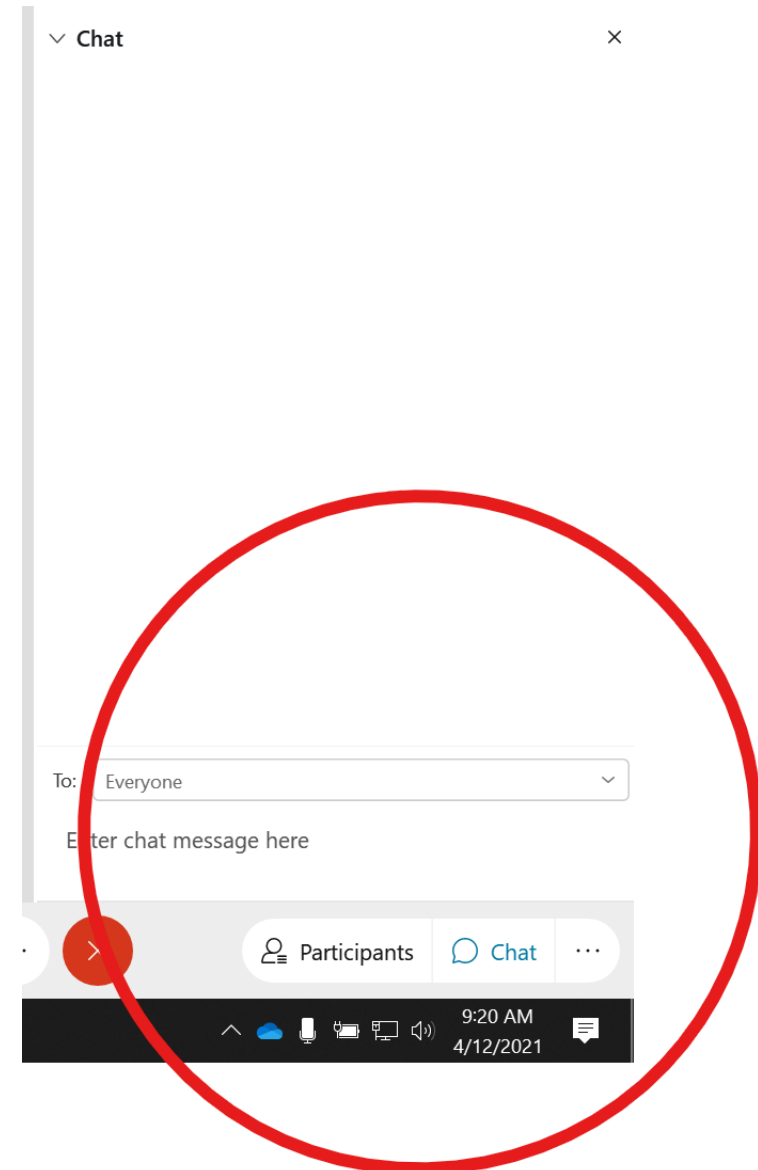
**Physical Activity, Nutrition, and Obesity Program**

**State of Delaware, Division of Public Health,  
Bureau of Health Promotion**

**April 13, 2021**

# Webinar housekeeping

- / To avoid background noise, all participants are muted upon entry
- / Participants on audio; presenters will be on video
- / We will take questions at the end. To ask a question, use the chat window in the bottom right corner
- / We will record the meeting and disseminate
- / If you having technical issues, please send the event producer/host a private message through the chat.



# Webinar goals

- / **Describe the burden of chronic disease risks among Delawareans and impact of COVID-19 pandemic**
- / **Highlight the Physical Activity Nutrition and Obesity Prevention (PANO) Program strategy**
- / **Introduce the Advancing Healthy Lifestyles Initiative**



# Icebreaker: Who is in our community?

## / Poll questions

1. How would you describe the type of agency or organization where you work?
2. How familiar are you with PANO's work and activities?



# The Physical Activity, Nutrition and Obesity Prevention Program (PANO): Mission

**/ To provide goals and strategies for government, media, communities, health care providers, schools, and worksites to decrease overweight and obesity in Delaware**

Physical Activity



Healthy Eating



Obesity Prevention



# The PANO program: Strategy

- / **Create healthier individuals and communities across multiple initiatives**
- / **Build capacity to address four targets**



# PANO prioritizes advancing health equity

## Create programming that is:

- Targeted
- Equitable
- Sustainable
- Will yield improved long-term health impacts in the state



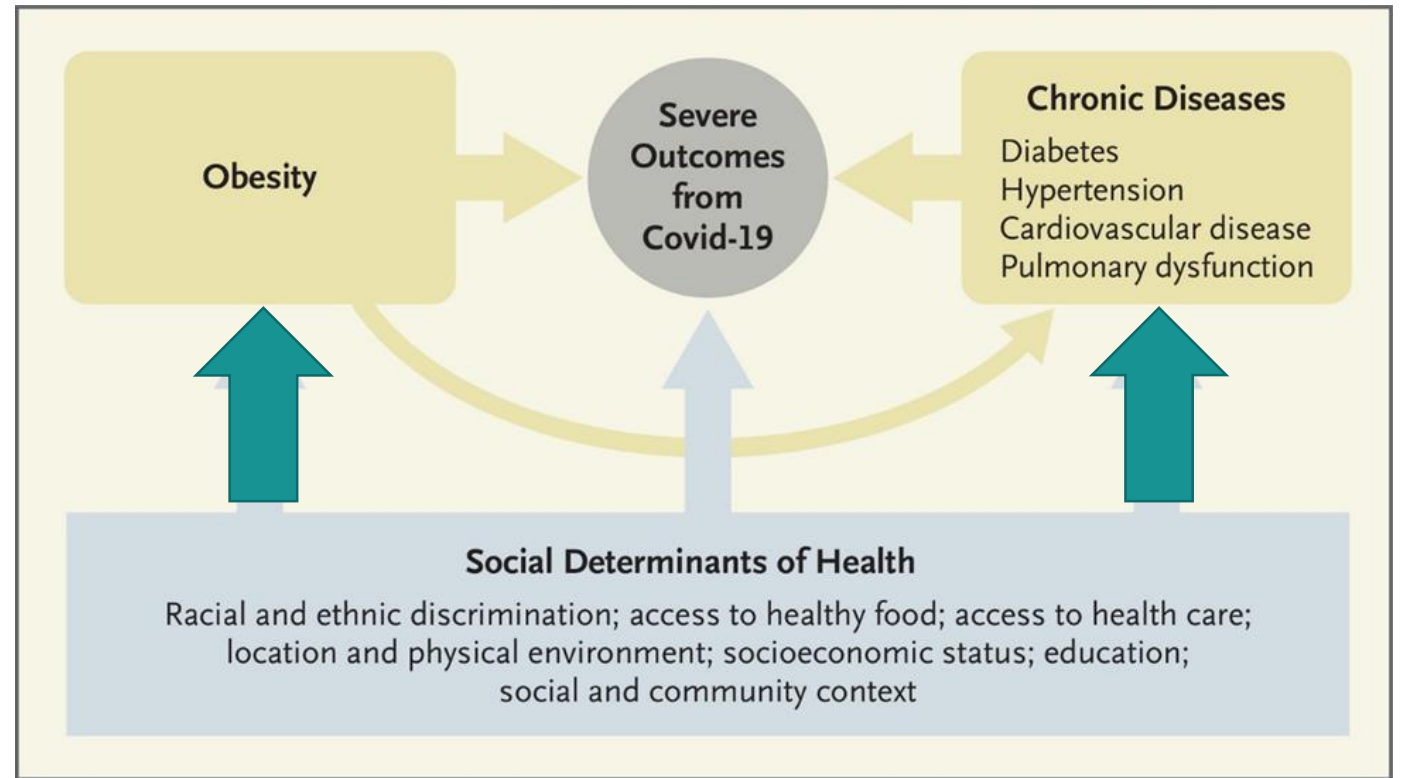
Source: Healthy People 2030, US Department of Health and Human Services, Office of Disease Prevention and Health Promotion

# Social determinants influence obesity and COVID-19 risk

/ **Social determinants increase risk of obesity and COVID-19**

/ **COVID-19 restrictions have exacerbated obesity risk**

- Economic instability and food insecurity
- Limit opportunities for physical activity



Source: Belanger et al. *New England Journal of Medicine*, 2020.



# State and National Context for PANO's Work



# How healthy is Delaware relative to the U.S.?

## / Delaware ranks:

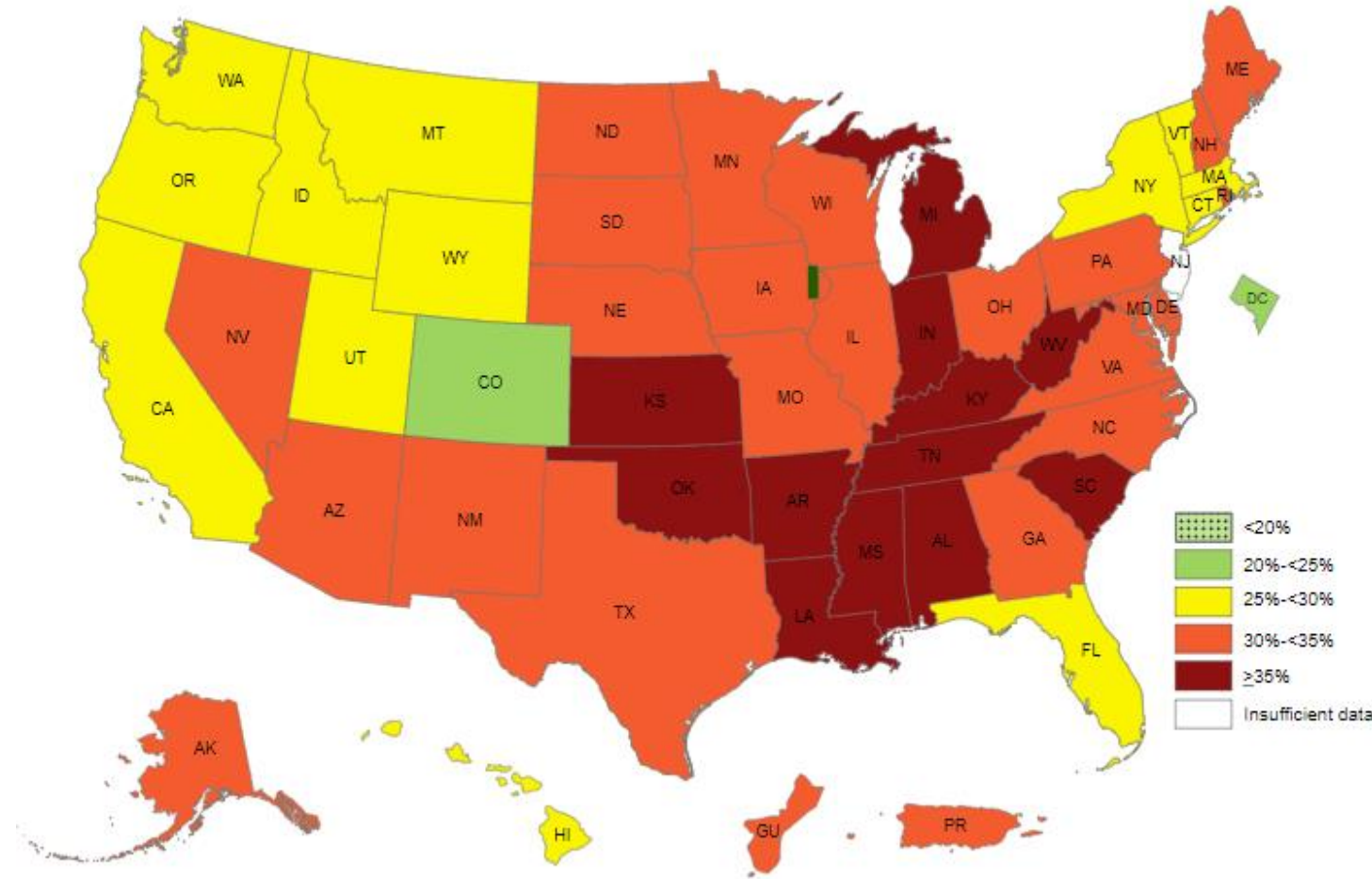
- 21<sup>st</sup> for nutrition and physical activity
- 35<sup>th</sup> for obesity
- 36<sup>th</sup> for preventable hospitalizations



Source: America's Health Rankings Annual Report 2020.

# PANO: Obesity is a national health concern

- / **High prevalence of obesity across the U.S.**
- / **Obesity is associated with several chronic conditions**
  - Diabetes
  - Heart disease
  - Stroke
  - Some types of cancer



Source: Centers for Disease Control and Prevention, BRFSS Prevalence & Trends Data, 2019.

# Racial/ethnic disparities in adult obesity in U.S. and Delaware

| Race               | U.S. | Delaware |
|--------------------|------|----------|
| Non-Hispanic Black | 40%  | 38%      |
| Hispanic/Latinx    | 34%  | 37%      |
| Non-Hispanic White | 32%  | 34%      |

Source: Centers for Disease Control and Prevention, BRFSS Prevalence & Trends Data, 2019; Delaware Health and Social Services, Division of Public Health, BRFSS 2019.

# High prevalence of inactivity and unhealthy diet in U.S. and Delaware

- / **Physical activity and dietary differences observed by race/ethnicity**
- / **Social determinants influence opportunities for healthy eating and physical activity**





# PANO: Physical activity

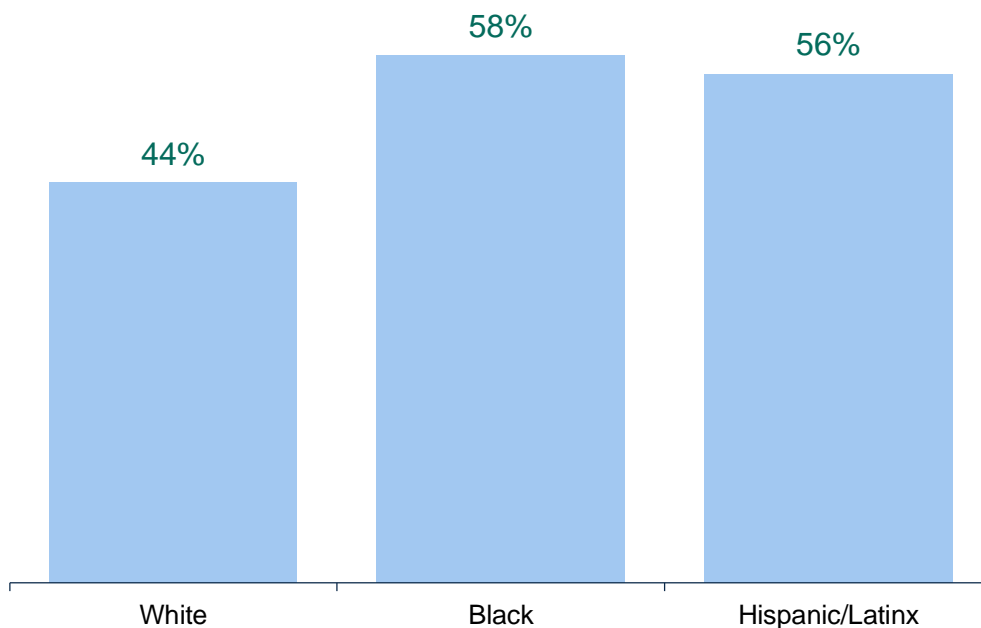
- / **About half of all Americans meet physical activity recommendations**
- / **Among Delaware residents:**
  - Less than half get the recommended level of physical activity
  - About one quarter did not participate in any physical activity in the prior month



Source: Centers for Disease Control and Prevention, BRFSS Prevalence & Trends Data, 2019.

# Racial/ethnic disparities in physical activity

Percentage of Delaware adults who do not participate in recommended levels of physical activity



Source: Centers for Disease Control and Prevention, BRFSS Prevalence & Trends Data, 2019.

# PANO: Food security and nutrition

/ **Food insecurity: limited access to sufficient nutritious food**

/ **In Delaware,**

- About 10 percent of households are likely to be food insecure
- During COVID-19, estimated 50,000 more food insecure

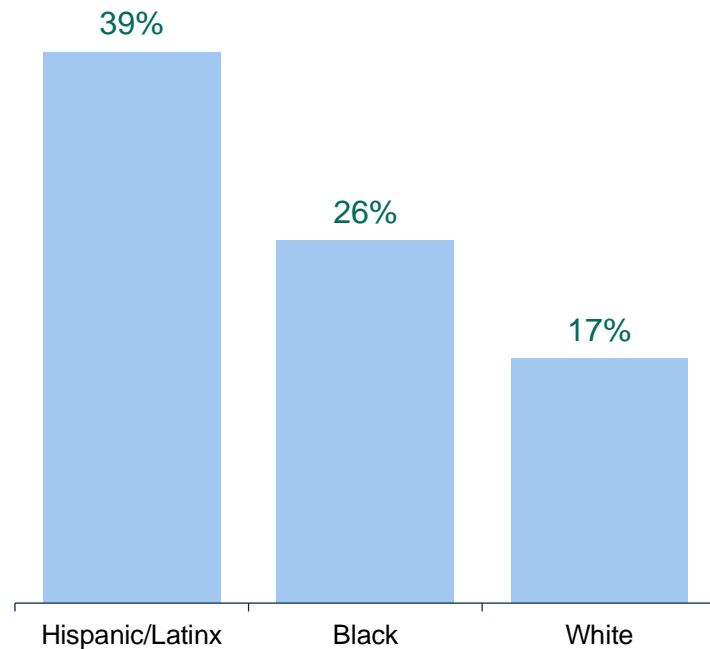


Source: USDA, Household Food Security in the United States, 2005; Food Bank of Delaware, 2021



# Racial/ethnic disparities in access to healthy food

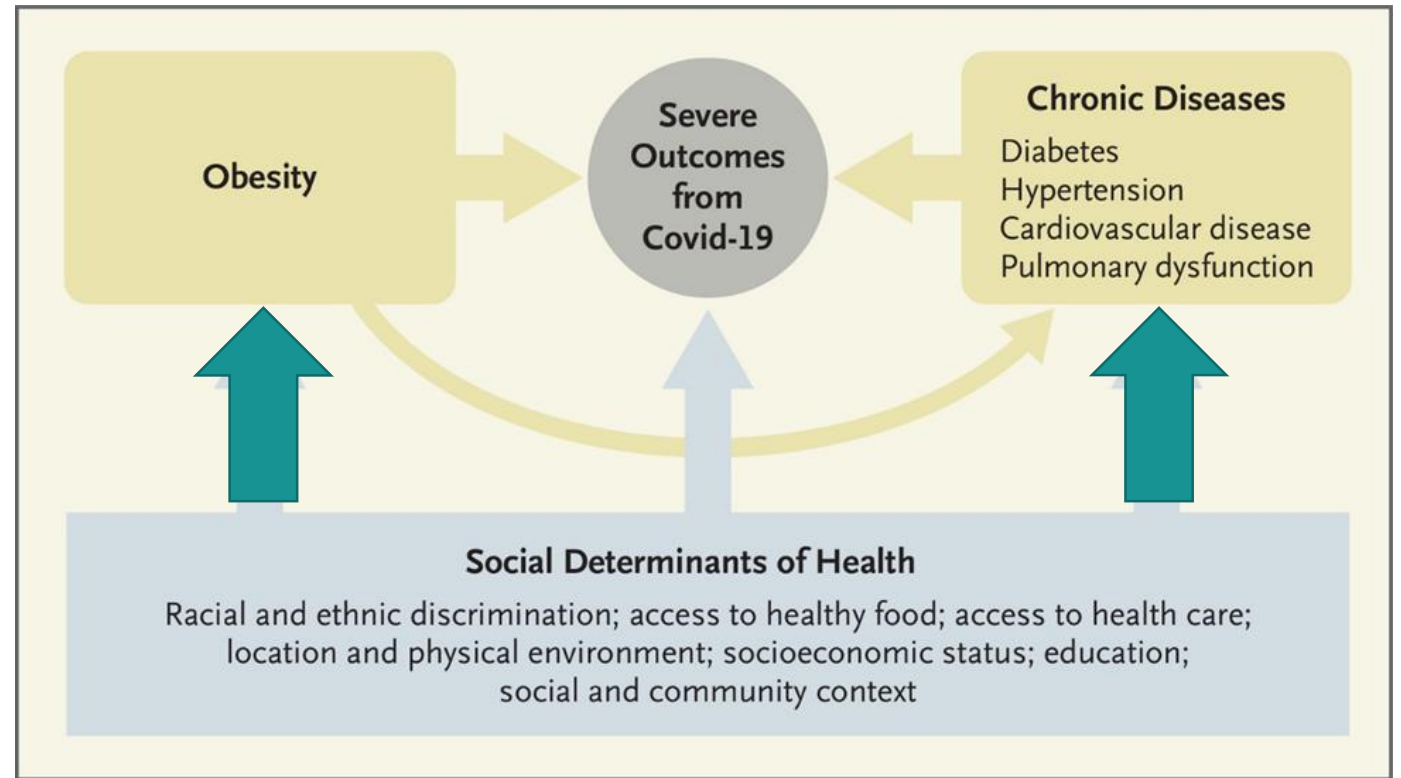
**Percentage of Delaware residents who consume less than one vegetable per day**



Source: Centers for Disease Control and Prevention, BRFSS Prevalence & Trends Data, 2019.

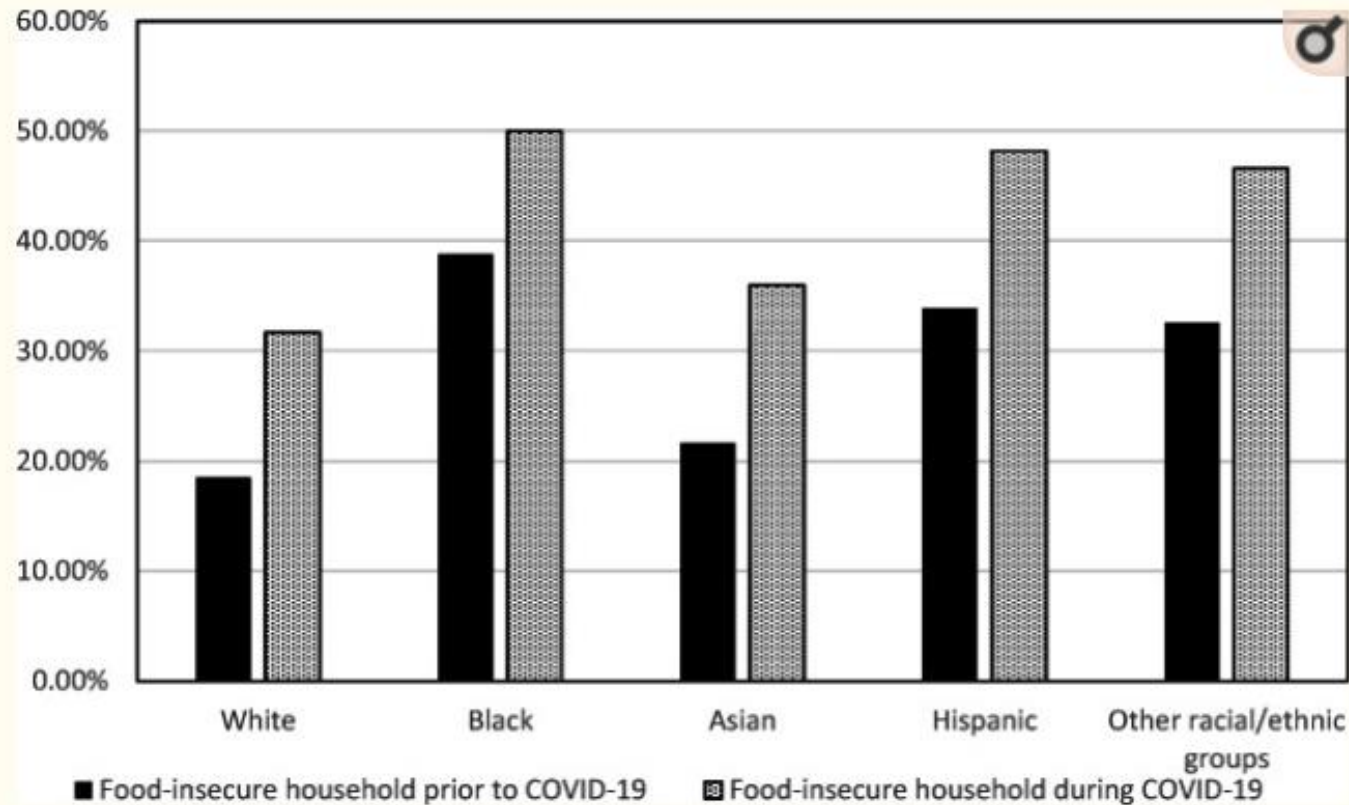
# Impact of COVID-19 on social determinants of health

- / Pandemic has had detrimental effect on vulnerable populations
- / Has led to instability in food access, economic resources, and housing
- / Highlighted and exacerbated social inequalities in health



Source: Belanger et al. *New England Journal of Medicine*, 2020.

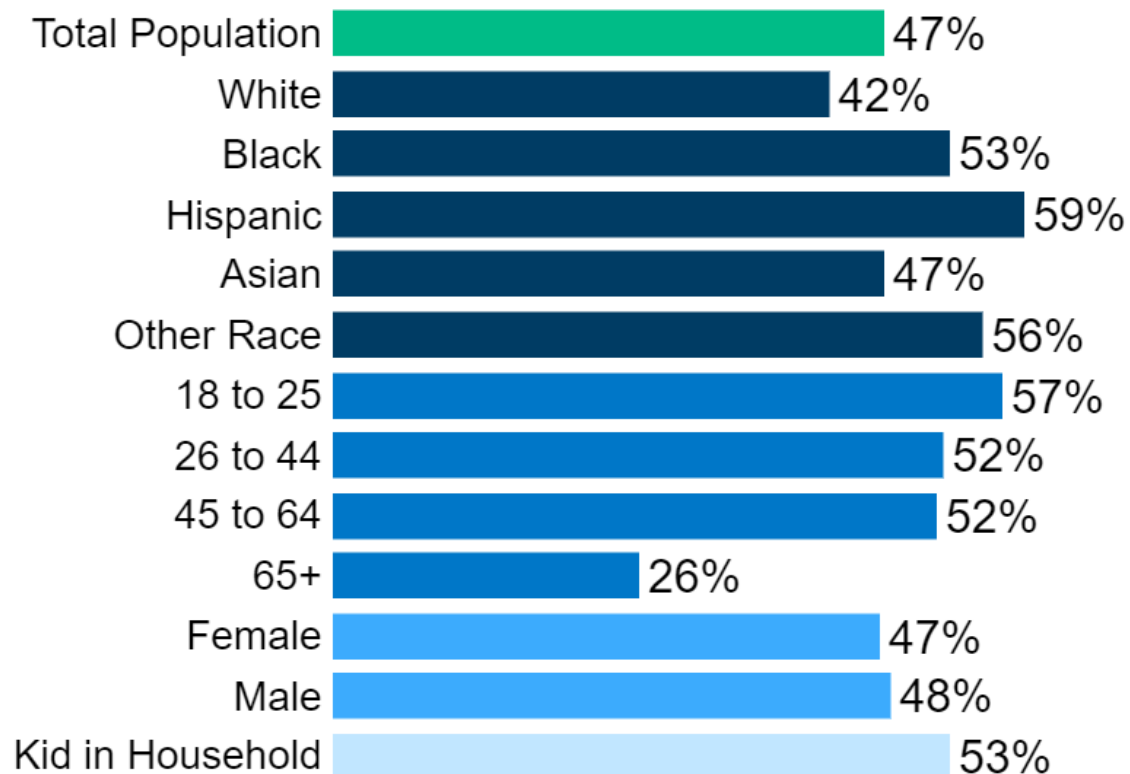
# Food insecurity before and during COVID-19



/ For all racial/ethnic groups, at least 25% more households were food insecure during COVID-19 than the year before

Source: Morales et al. *Journal of Racial and Ethnic Health Disparities*, 2020.

# Economic instability during COVID-19



Source: Kaiser Family Foundation

# Housing instability during COVID-19

| EVICTON RISK BY STATE |  |                                      |                                  |
|-----------------------|--|--------------------------------------|----------------------------------|
|                       | Number of Households at Risk of Eviction | Number of People at Risk of Eviction | Percentage of Households at Risk |
| <b>Total</b>          | <b>12,604,000 - 17,330,000</b>           | <b>28,990,273 - 39,865,000</b>       | <b>29% - 43%</b>                 |
| Alabama               | 222,000 - 246,000                        | 511,000 - 566,000                    | 37% - 48%                        |
| Alaska                | 18,000 - 28,000                          | 41,000 - 64,000                      | 20% - 35%                        |
| Arizona               | 204,000 - 335,000                        | 470,000 - 771,000                    | 22% - 39%                        |
| Arkansas              | 80,000 - 139,000                         | 184,000 - 320,000                    | 20% - 39%                        |
| California            | 1,804,000 - 2,345,000                    | 4,149,000 - 5,394,000                | 31% - 42%                        |
| Colorado              | 190,000 - 259,000                        | 436,000 - 596,000                    | 25% - 36%                        |
| Connecticut           | 154,000 - 203,000                        | 354,000 - 467,000                    | 33% - 45%                        |
| Delaware              | 28,000 - 40,000                          | 63,000 - 92,000                      | 26% - 40%                        |
| District of Columbia  | 51,000 - 57,000                          | 118,000 - 131,000                    | 31% - 37%                        |
| Florida               | 818,000 - 1,110,000                      | 1,882,000 - 2,553,000                | 31% - 45%                        |

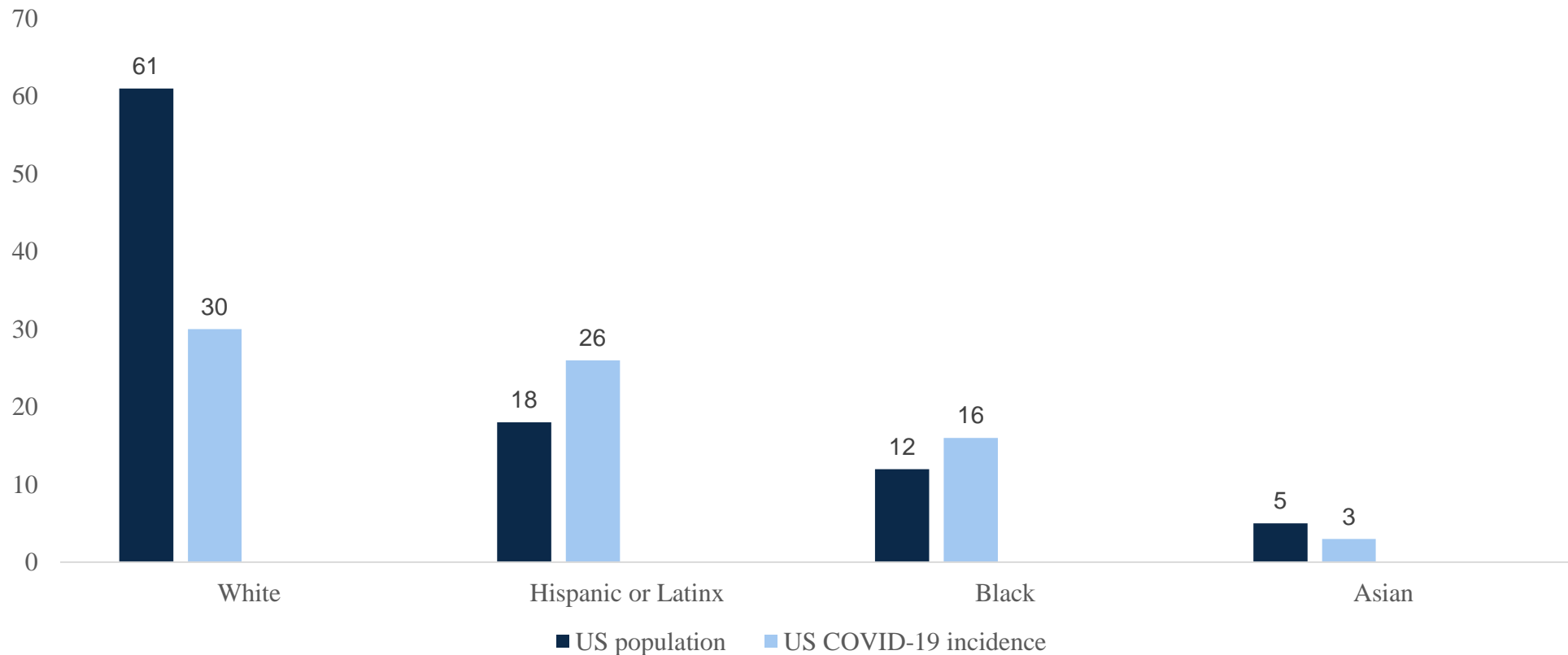
/ **28,000-40,000 renting households at risk of eviction in Delaware**

/ **26-40% of renting households at risk**

Source: National Low Income Housing Coalition, August 2020

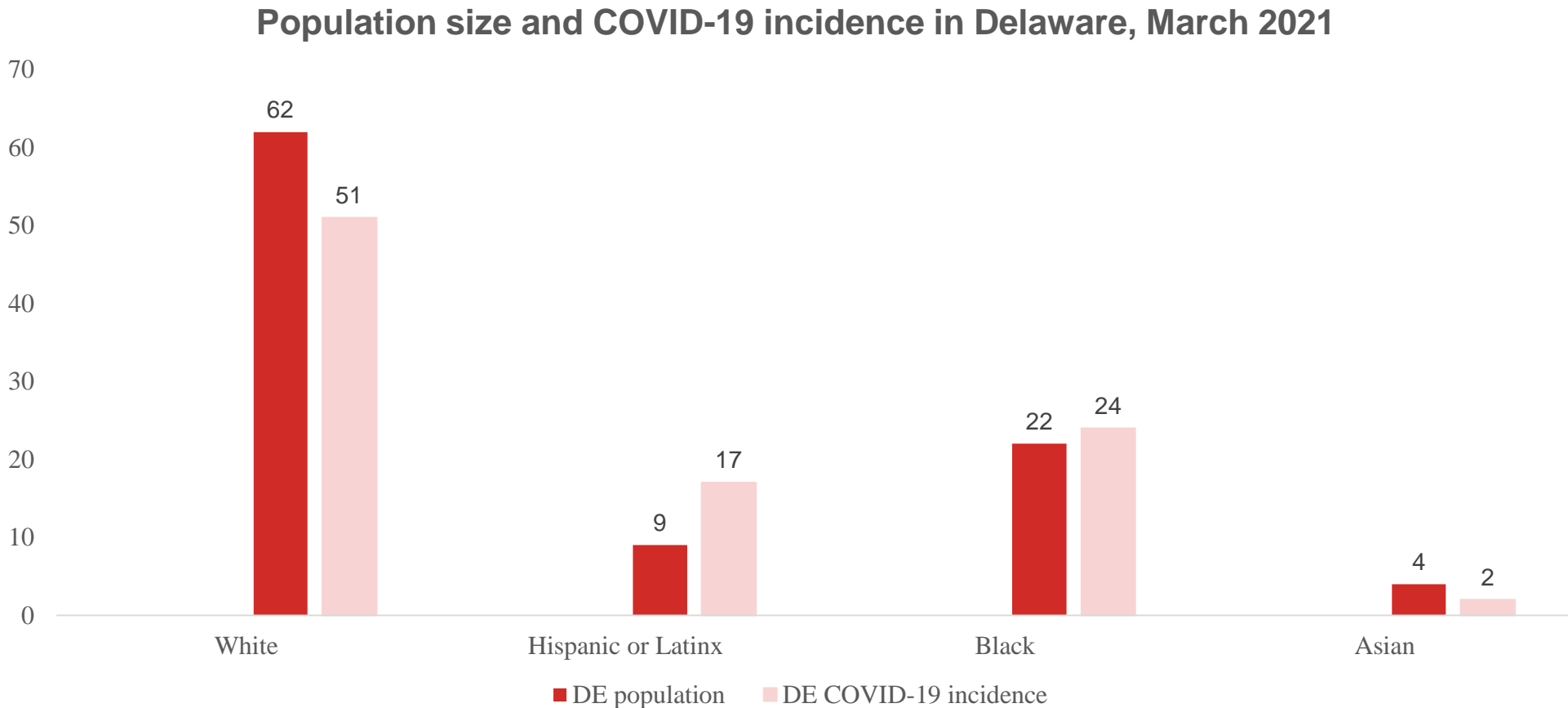
# Racial/ethnic minority populations are disproportionately impacted by COVID-19

Population size and COVID-19 incidence in U.S., March 2021



Source: The COVID Tracking Project.

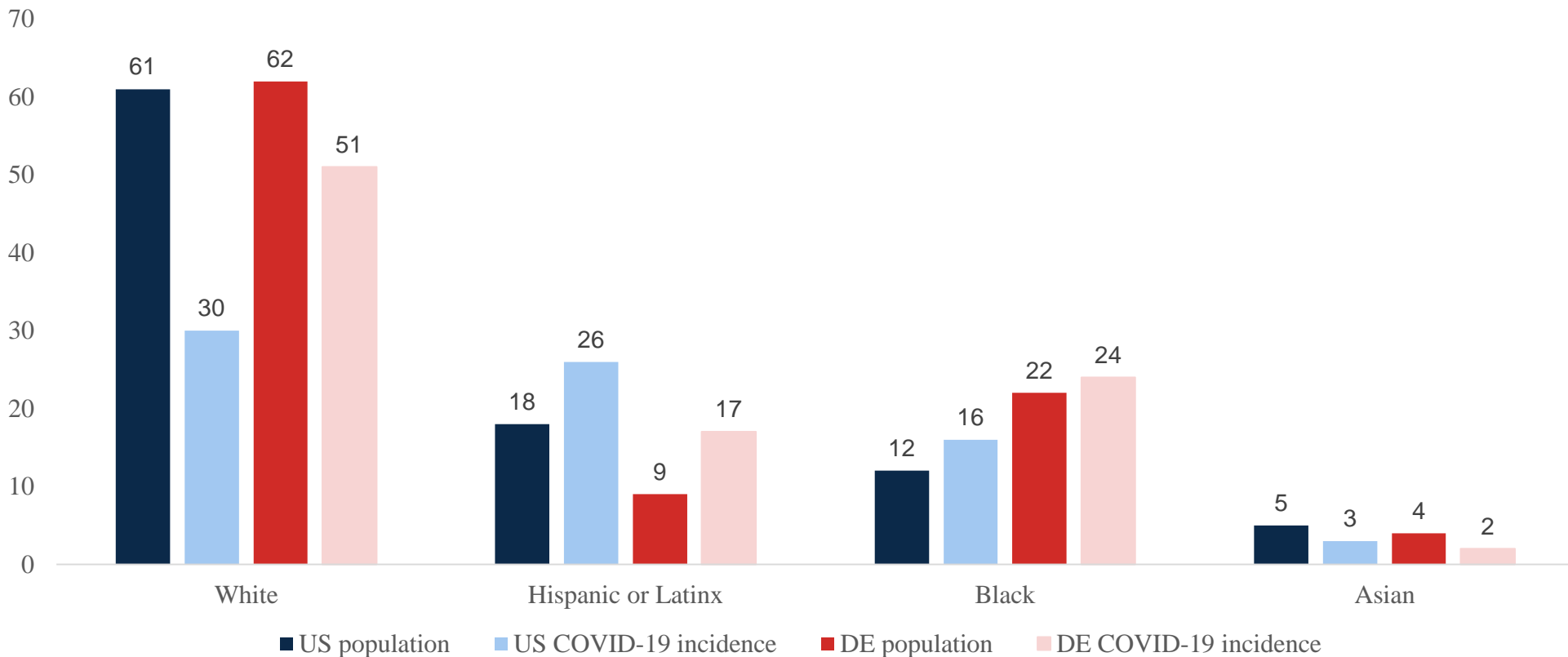
# Racial/ethnic minority populations are disproportionately impacted by COVID-19



Source: The COVID Tracking Project.

# Racial/ethnic minority populations are disproportionately impacted by COVID-19

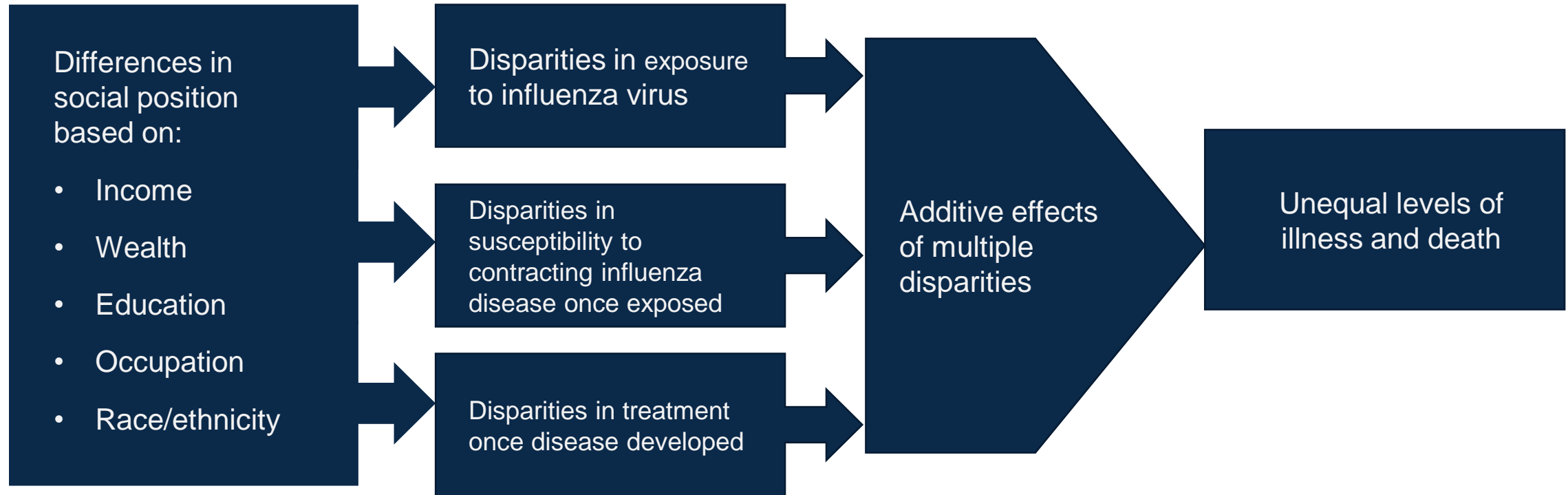
Population size and COVID-19 incidence in U.S. and Delaware, March 2021



Source: The COVID Tracking Project.



# Disparities contributing to flu outbreak in 2008



Source: Blumenshine et al. *Emerging Infectious Diseases*, 2008.

# PANO's Advancing Healthy Lifestyles Initiative

# Goal: promote healthy lifestyles and improve health outcomes for all Delawareans

- / Build a transformed society and facilitator of the work, now and beyond the current health crisis
- / Meet the needs of Delaware's population across the life course

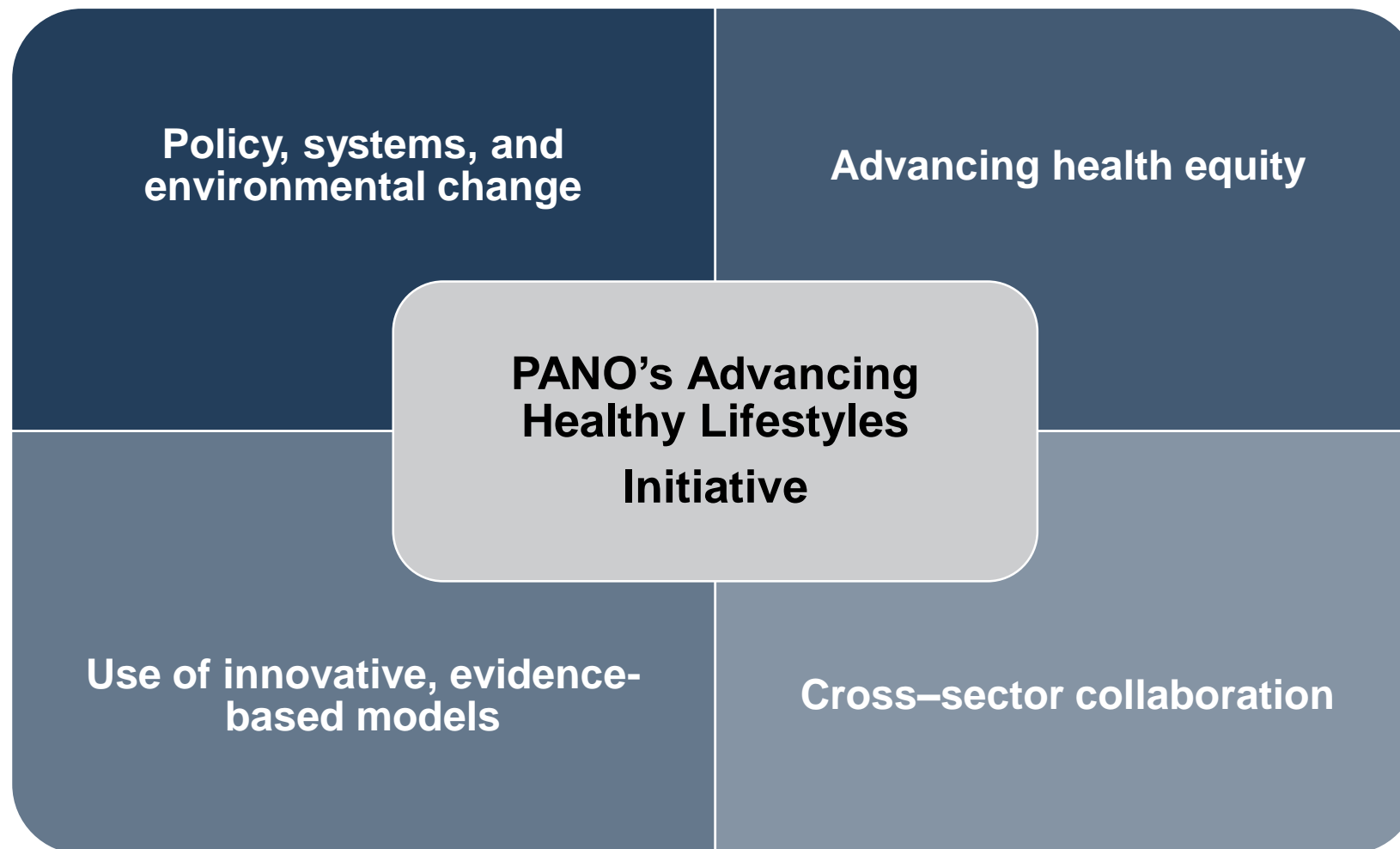


# Launching equity-driven approach in the context of COVID-19

- / Programming is targeted, equitable, and sustainable
- / Pillars support policy, systems, and environmental change



# Advancing Healthy Lifestyles strategy



# Policies, systems, and environmental change

/ **Go beyond programming into systems that create the structures in which we work, live, and play**



**Policies: changes at the legislative or organizational level**



**Systems: change made to the rules within an organization**



**Environment: changes made to the physical, social, and economic conditions**

# Advancing health equity

**/ DPH vision to work toward “health equity for all Delawareans, where everyone will achieve their full health potential”**



**Attainment of highest level of health for all people**



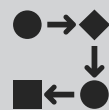
**Draw attention to the need for health equity, access to and quality of resources needed for health**

# Cross-sector collaboration

/ **Collaborate across diverse sectors: health care, work sites, educational institutions and community**



**Team with public and private partners**



**Build on previous work in the state**



**Use action teams and learning collaborative**



# Use of dynamic and innovative, evidence-based models

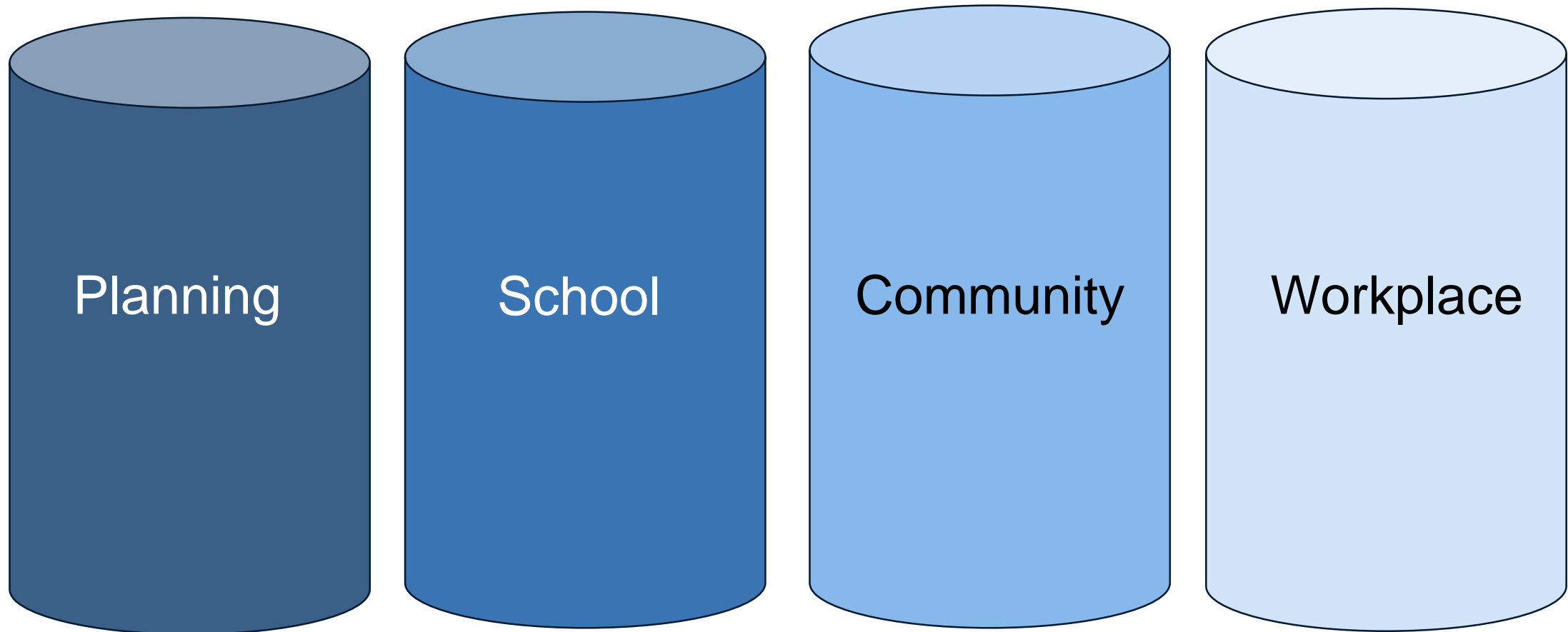
## / **Use frameworks and tools that leverage evidence**

- Action teams
- Learning collaboratives
- Workplace wellness plans

## / **Implement evidence-based models**

- Implement interventions recommended by Healthy Lifestyles Subcommittee
- Tailored to settings or “pillars” of the Advancing Healthy Lifestyle initiative

# Advancing Healthy Lifestyles pillars



# Action and strategic planning

## / Leverage recommendations of the Healthy Lifestyles Subcommittee

- Action plan (June 2021)
- Engage stakeholders
- Equity-focused approach

## / 5-year PANO strategic plan



# Community Capacity Building

## Outcomes:

- / Population health and wellness programs in schools
- / Policies, processes, and protocols in schools to meet the management and care needs of students with chronic conditions
- / Healthy eating and healthy beverage consumption

## Strategies:

- / Begin developing programming for the *Asthma-Friendly Schools Initiative*
- / To improve access to healthy food, match evidence-based strategies to communities, based on need



# Workplace/employee wellness

## Strategies

- / **Formal workplace wellness program infrastructure for state employers**
- / **Infrastructure for non-state employers**
- / **Strengthened breastfeeding supports in the workplace**

## Outcomes

- / **Healthy eating and beverage consumption across all settings**
- / **Health and wellness programs/platforms in worksites**
- / **Access to breastfeeding friendly environments**





# Coordinated School Health and Wellness





# Coordinated School Health Planning-Healthy School Action Teams

## Outcomes:

- / Increased Physical Activity
- / Increased Healthy Eating
- / Improve student health behaviors
- / Improve environment to support student health and wellbeing

## Approach:

- / Identify the multiple factors influencing childhood obesity
- / Address them in a coordinated way
- / Account for acute health and wellness challenges for the system (Covid-19)

# Potential Strategies for Action

- / **Comprehensive school health education curricula and instruction**
- / **School nutrition and environment services (choices and policies)**
- / **Comprehensive school physical activity (PA before, during, afterschool)**
- / **Fitnessgram Assessment**
- / **School Health Assessments (AHG Healthy School Assessment; SHI)**





# Concept Systems' role

- / **Develop and facilitate a mini-grant selection process**
  - Emphasizing simple, easy to complete
- / **Support Healthy School Action Teams (HSAT) in planning and implementing a project**
  - Technical Assistance to the team
- / **Compile results from multiple projects**
  - Work with teams to identify outcomes common to projects



# Last word: PANO

## / Upcoming learning sessions:

- Culture of Health
- Promoting Equity for Health Now
- Valuing Voice in Health Promotion
- Evaluation Practices That Fit

Contact: Shebra Hall, DHSS: [shebra.hall@delaware.gov](mailto:shebra.hall@delaware.gov)

**Thank you!**

