

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



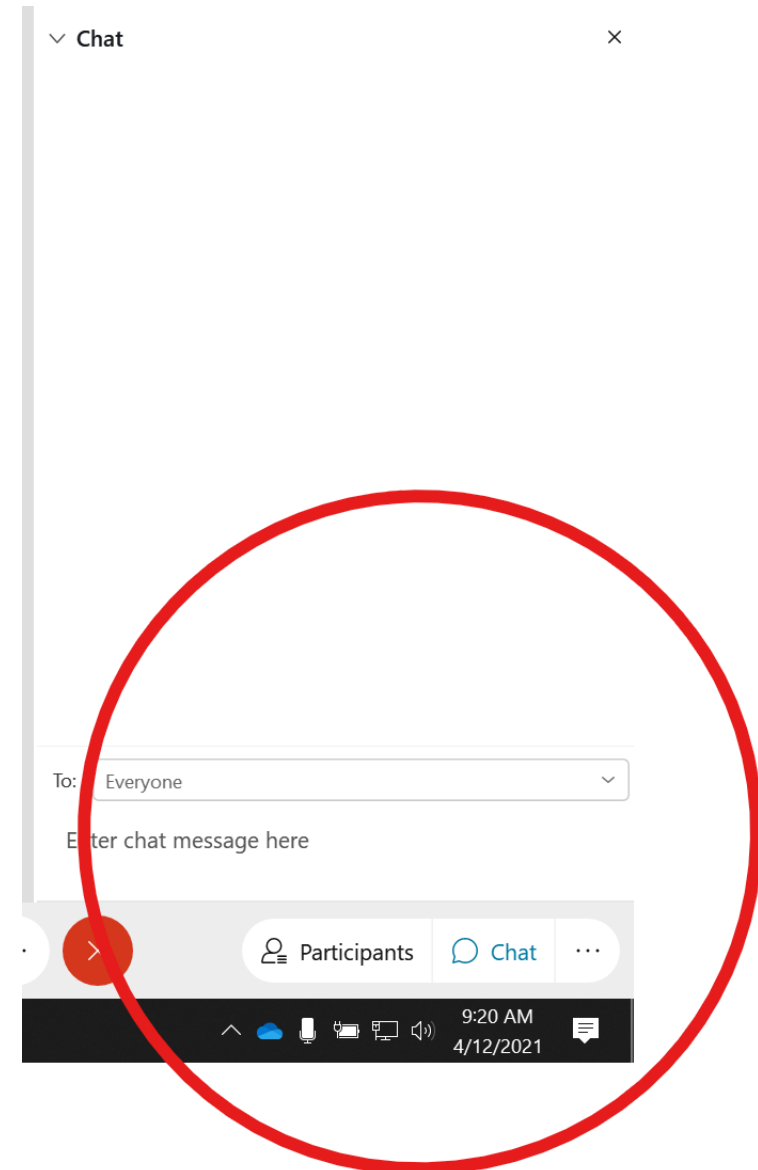
The Advancing Healthy Lifestyles Initiative: Workplace/Employee Wellness

**Physical Activity, Nutrition, and Obesity Prevention Program
State of Delaware, Division of Public Health, Bureau of
Health Promotion**

April 16, 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



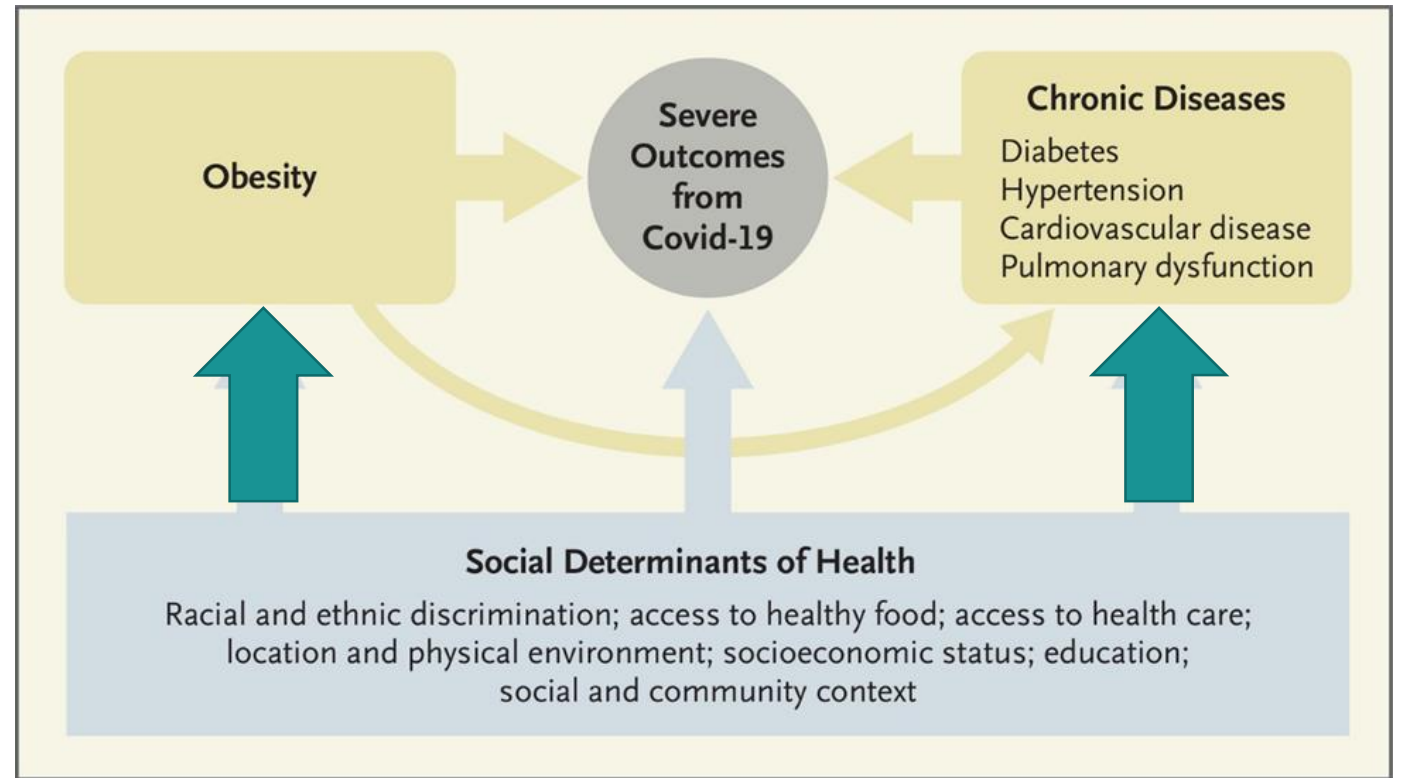
Source: Healthy People 2030, US Department of Health and Human Services, Office of Disease Prevention and Health Promotion

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:

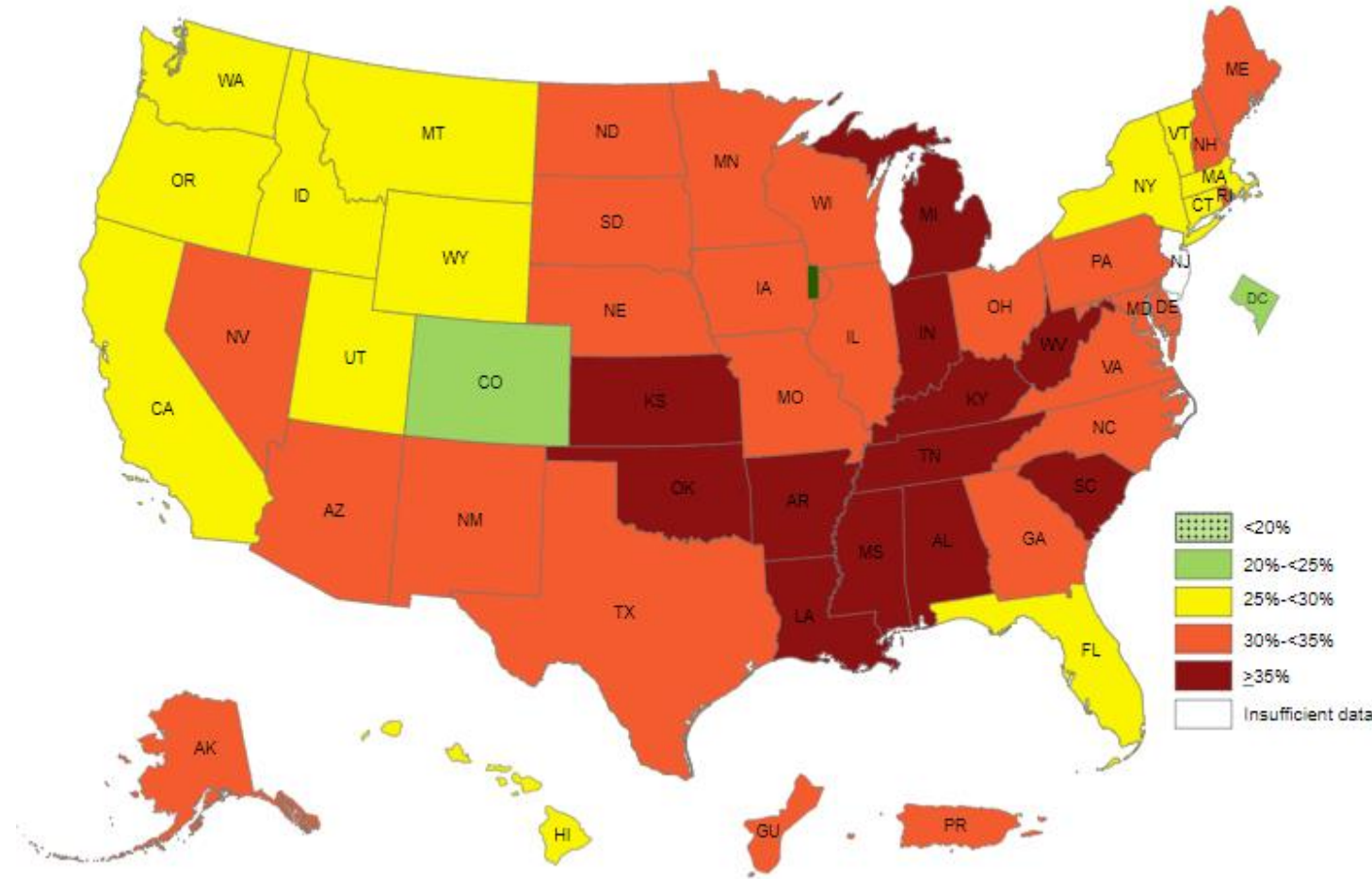
- 21st for nutrition and physical activity
- 35th for obesity
- 36th for preventable hospitalizations



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

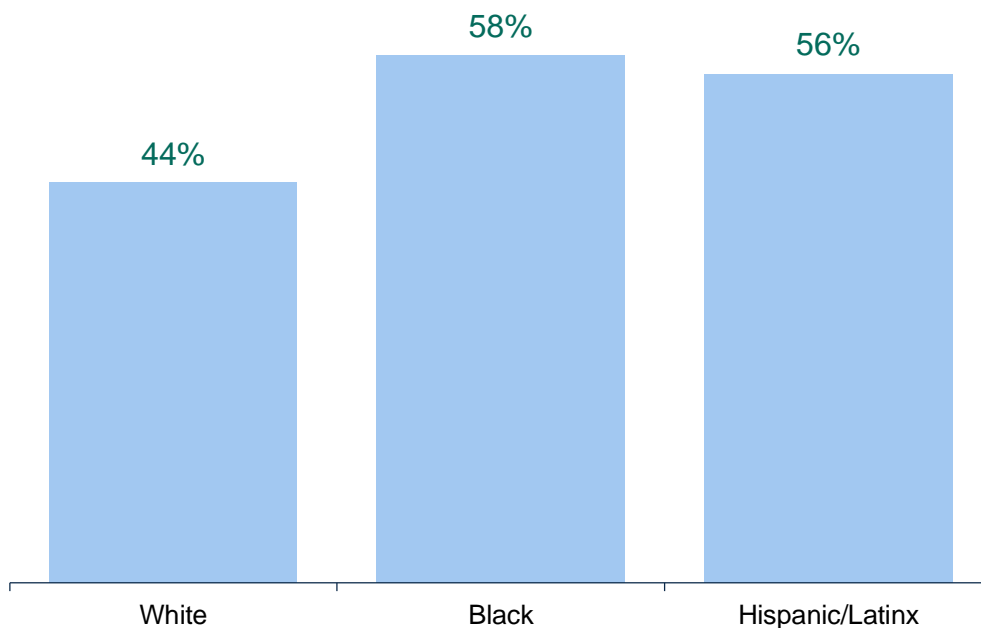
- / **About half of all Americans meet physical activity recommendations**
- / **Among Delaware residents:**
 - Less than half get the recommended level of physical activity
 - About one quarter did not participate in any physical activity in the prior month



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,**

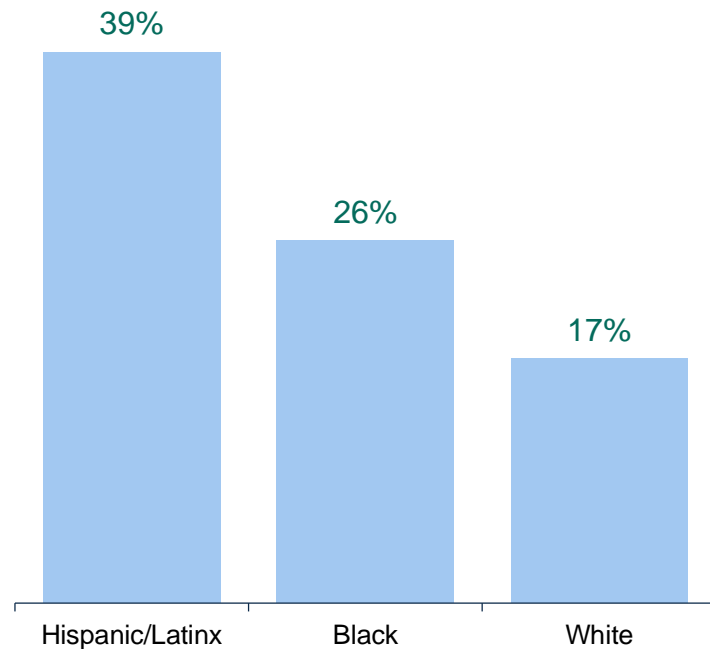
- About 10 percent of households are likely to be food insecure
- During COVID-19, estimated 50,000 more food insecure



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

Racial/ethnic disparities in access to healthy food

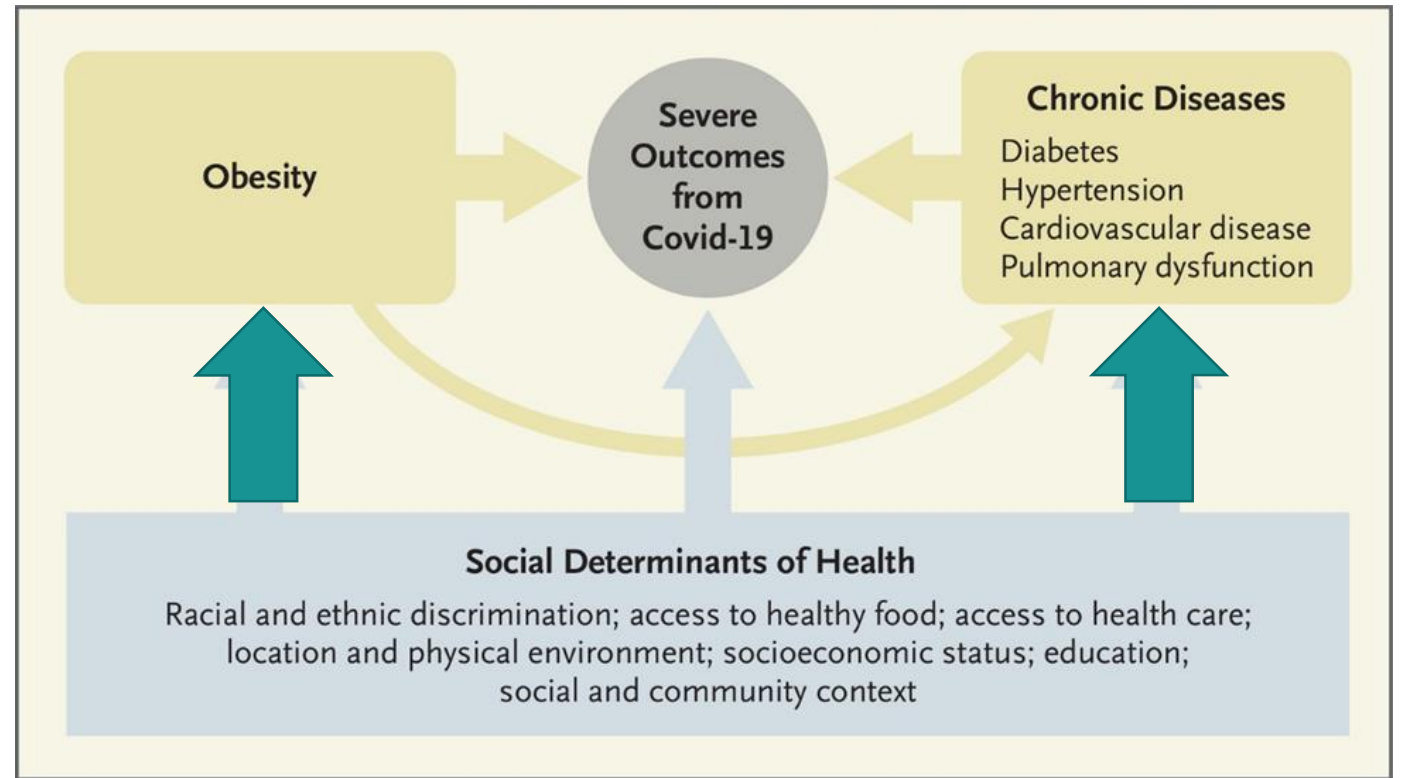
Percentage of Delaware residents who consume less than one vegetable per day



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

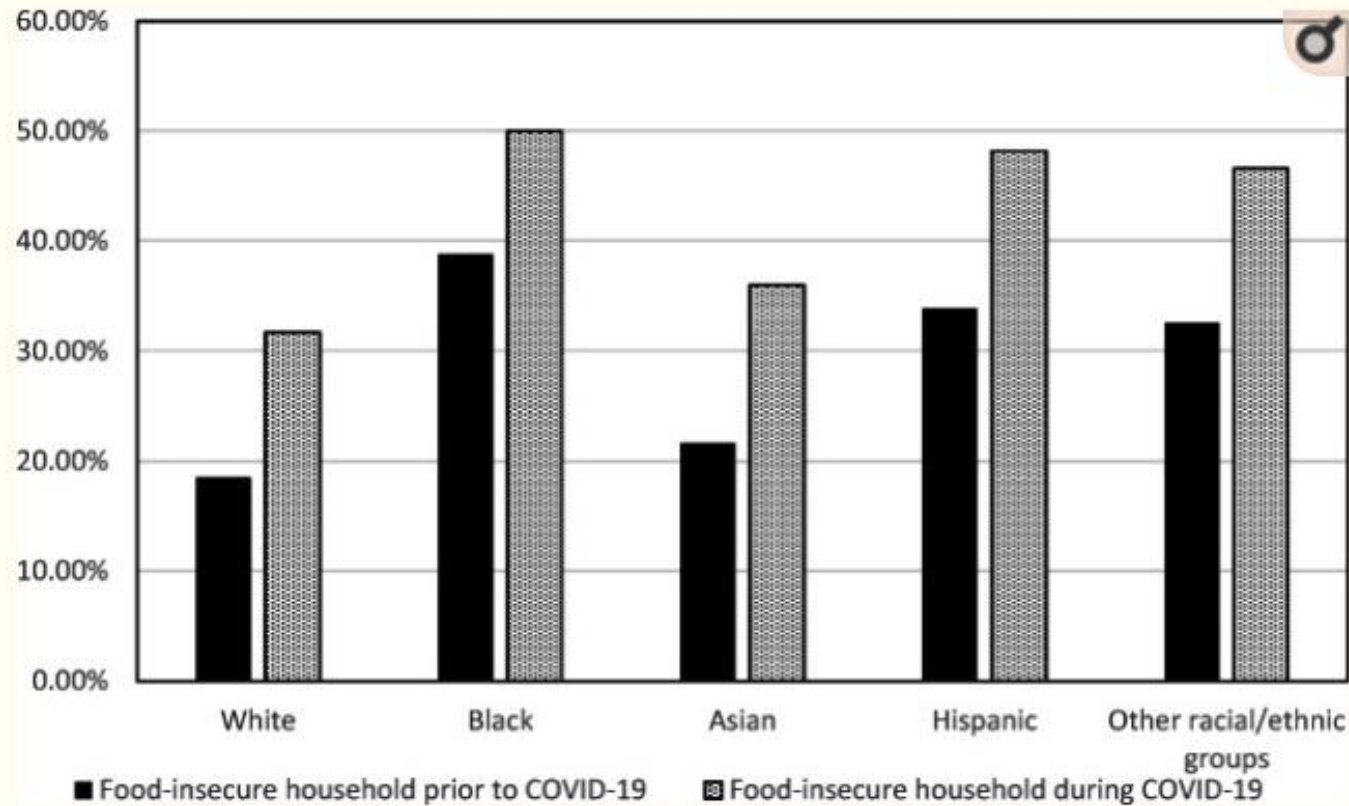
Impact of COVID-19 on social determinants of health

- / 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.

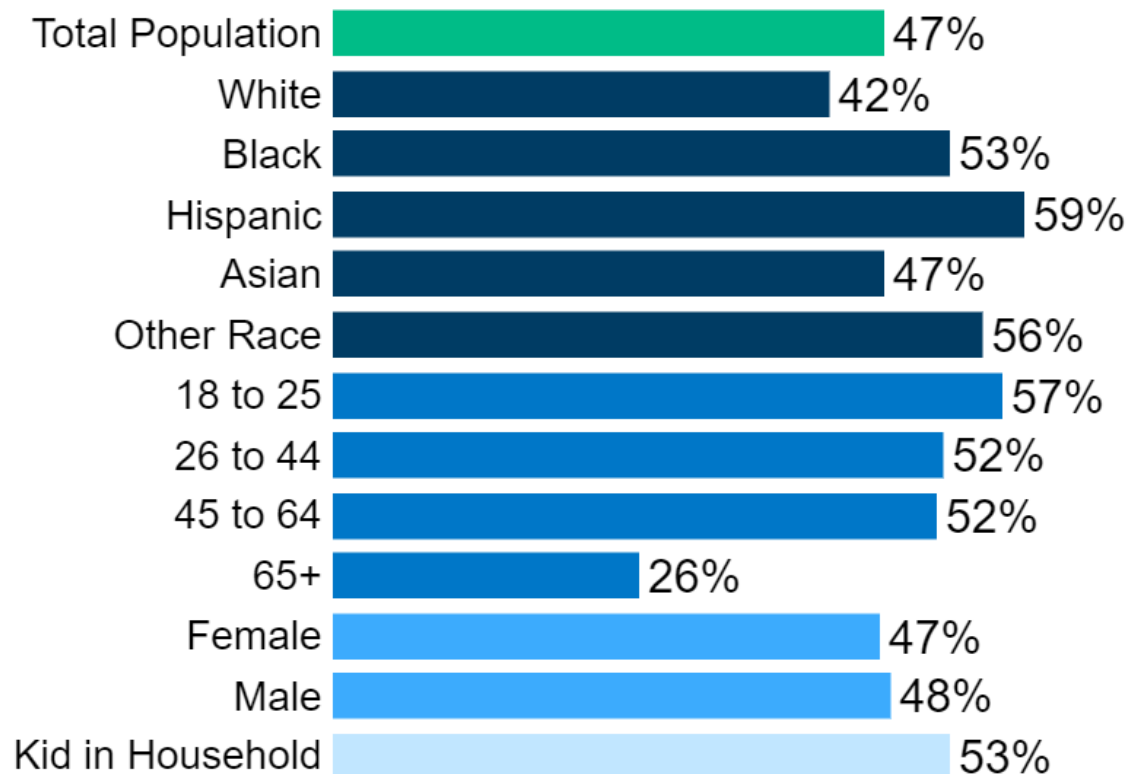
Food insecurity before and during COVID-19



/ 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
Total	12,604,000 - 17,330,000	28,990,273 - 39,865,000	29% - 43%
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%

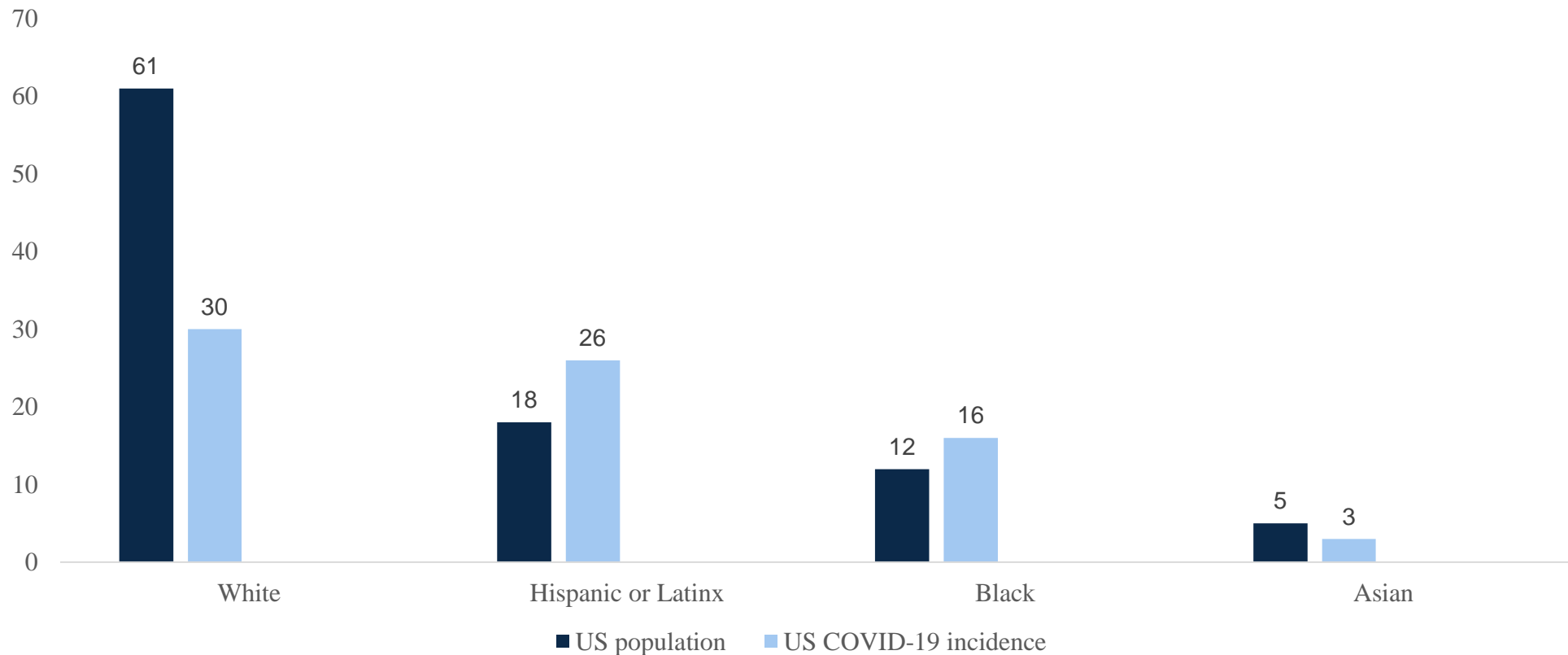
/ **28,000-40,000 renting households at risk of eviction in Delaware**

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

Source: National Low Income Housing Coalition, August 2020

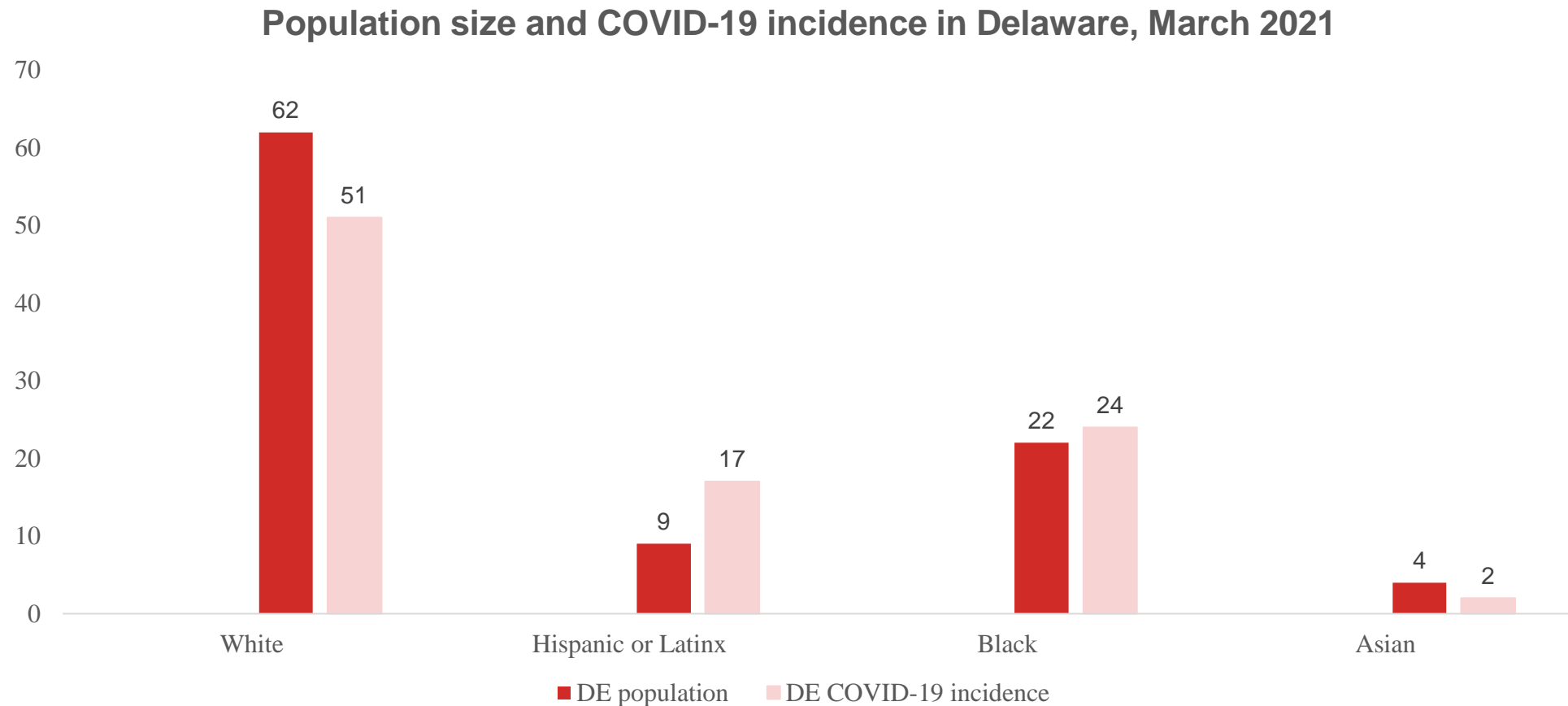
Racial/ethnic minority populations are disproportionately impacted by COVID-19

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



Source: The COVID Tracking Project.

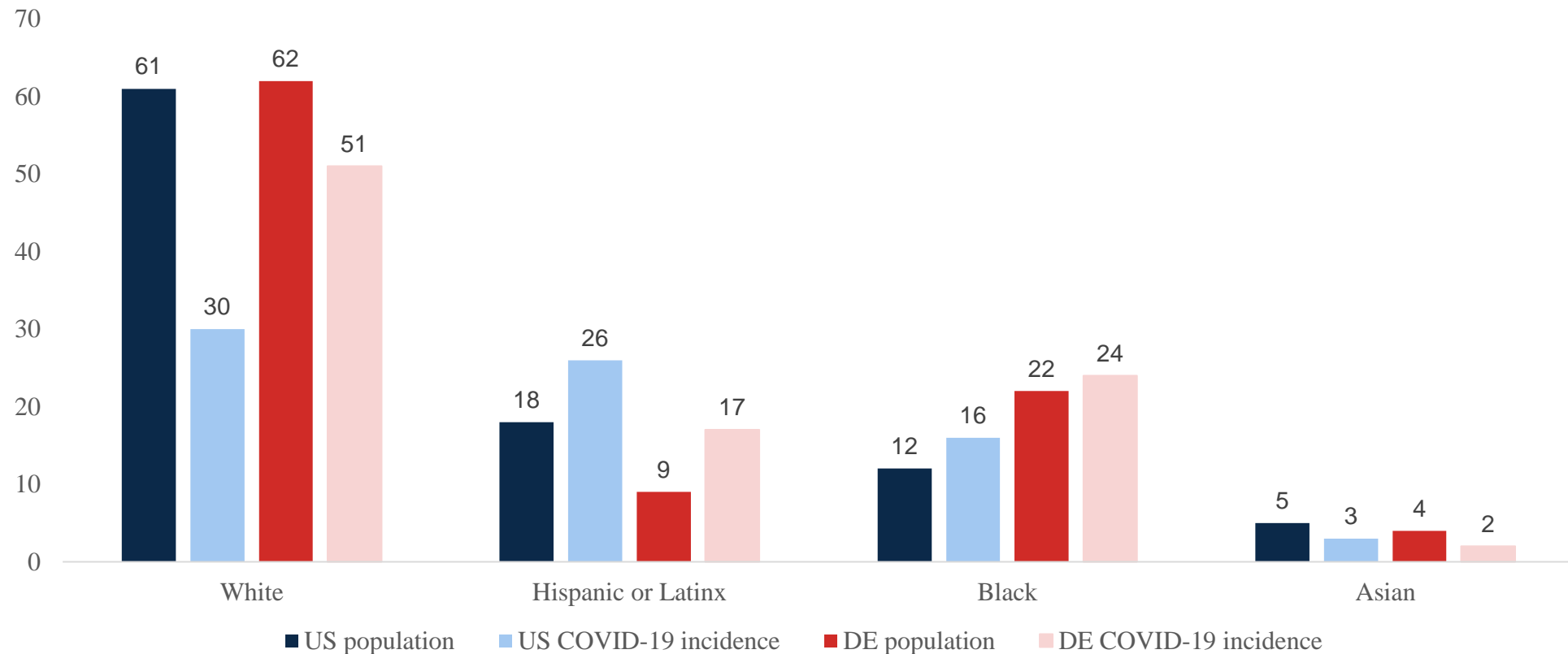
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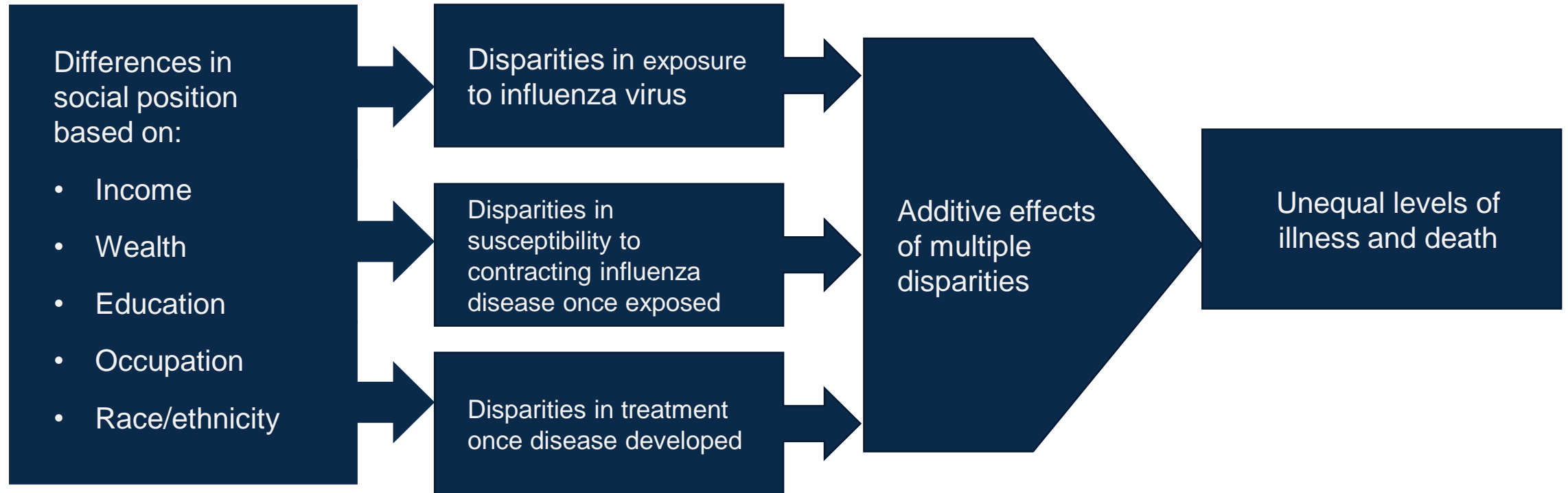
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Population size and COVID-19 incidence in U.S. and Delaware, March 2021



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

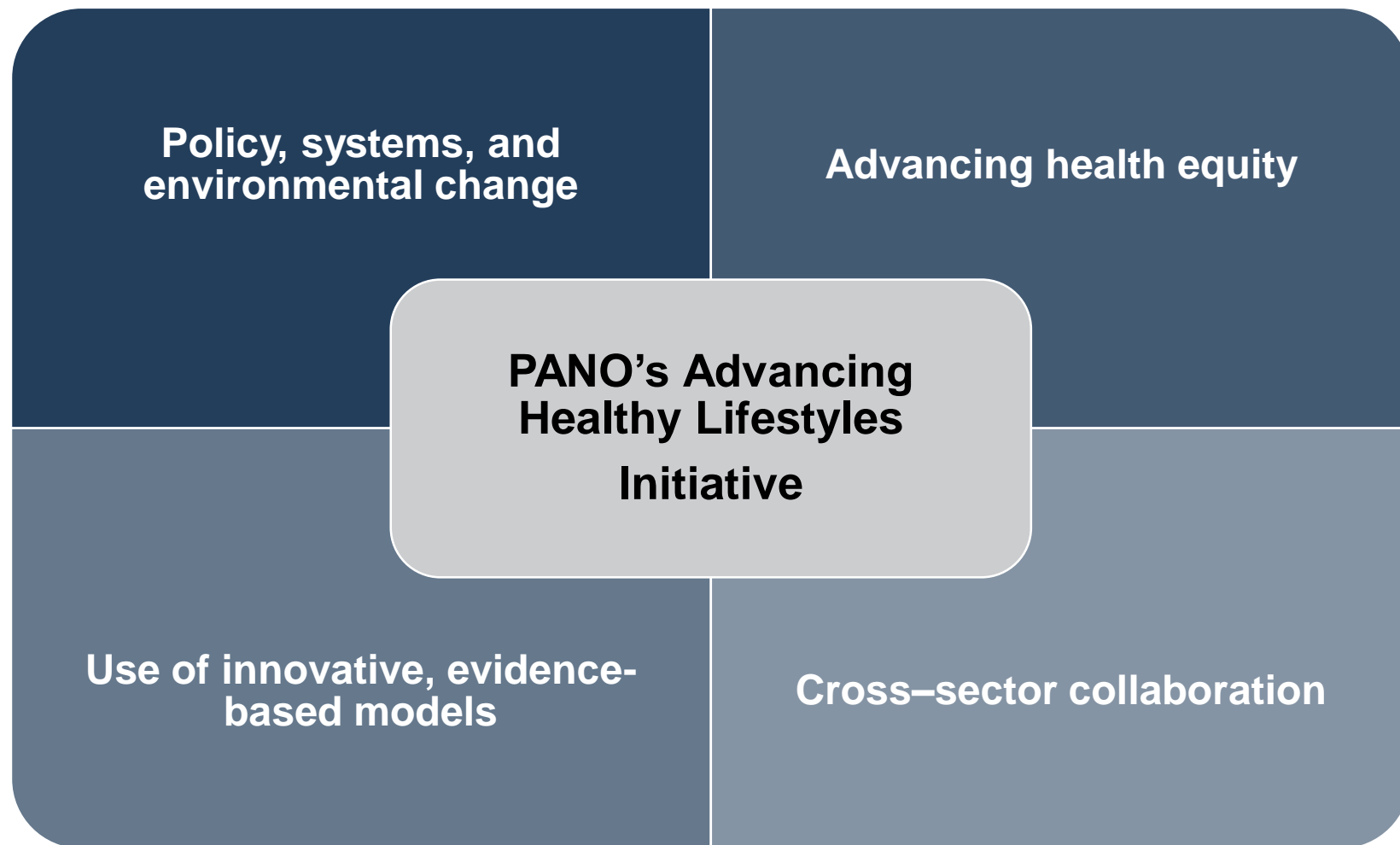


Launching equity-driven approach in the context of COVID-19

- / 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



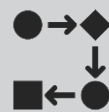
Draw attention to the need for health equity, access to and quality of resources needed for health

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

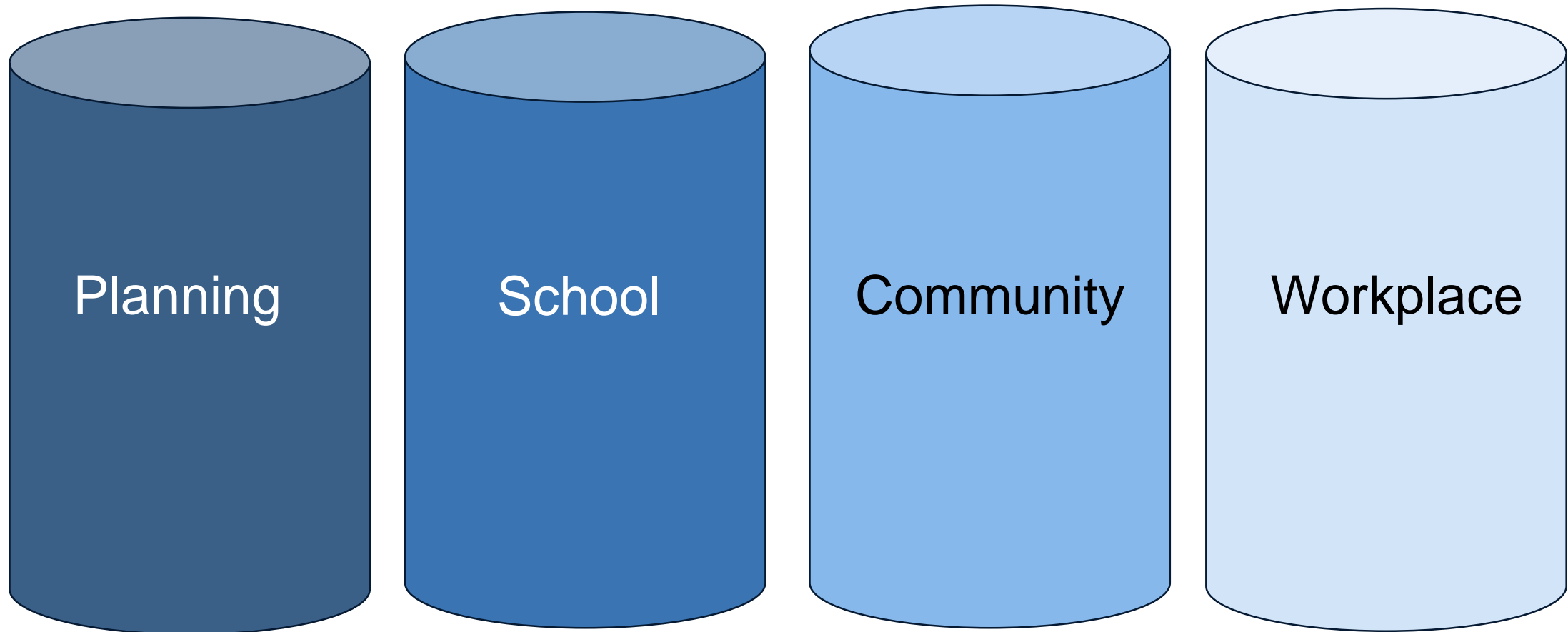
/ **Use frameworks and tools that leverage evidence**

- 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





Coordinated school health and wellness

Strategies:

- / Convene education stakeholders
- / Prioritize schools with greatest needs
- / Summer/Fall 2021: school action teams; mini-grants

Outcomes:

- / Healthy eating and healthy beverage consumption
- / Food service guidelines/nutrition standards in schools
- / Physical education and activity in early care and education
- / Population health and wellness programs in schools

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





Worksite/Employee Wellness



Worksite/Employee Wellness

/ Strategies

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

/ Outcomes

- Healthy eating and healthy beverage consumption all settings
- Physical activity in worksites
- Population health and wellness programs/platforms in worksites
- Access to breastfeeding-friendly environments

Mathematica's role

/ **Support development of a workplace wellness policy for state employees**

- Collaborate with PANO and Statewide Benefits Office (SBO), Department of Human Resources (DHR)
- Facilitate workgroup to review policy draft and plan for implementation
- Review evidence on best practices from other states
- Develop measures of progress for policy implementation

Last word: PANO

/ Upcoming learning sessions:

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

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Thank you!

