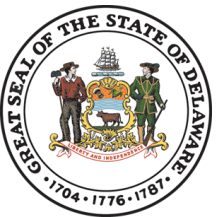


Delaware Healthy Lifestyle Policies: **A Virtual Town Hall**

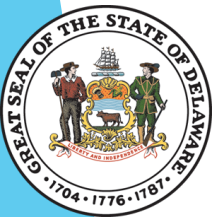
Lieutenant Governor Bethany Hall-Long, PhD

Karyl Rattay, MD, MS
Director, Delaware Division of Public Health



AGENDA

- ▶ Background on Healthy Lifestyles Subcommittee
- ▶ Overview of Priorities
- ▶ Policy Recommendations
 - ▶ Polling
- ▶ Question & Answer
- ▶ Closing



Background

Healthy Lifestyles Subcommittee

Subcommittee of the
Cancer Risk Reduction Committee (CRRC)



CONTEXT

Unhealthy lifestyles have a significant impact on health, quality of life, and health care costs in our state

RANKINGS

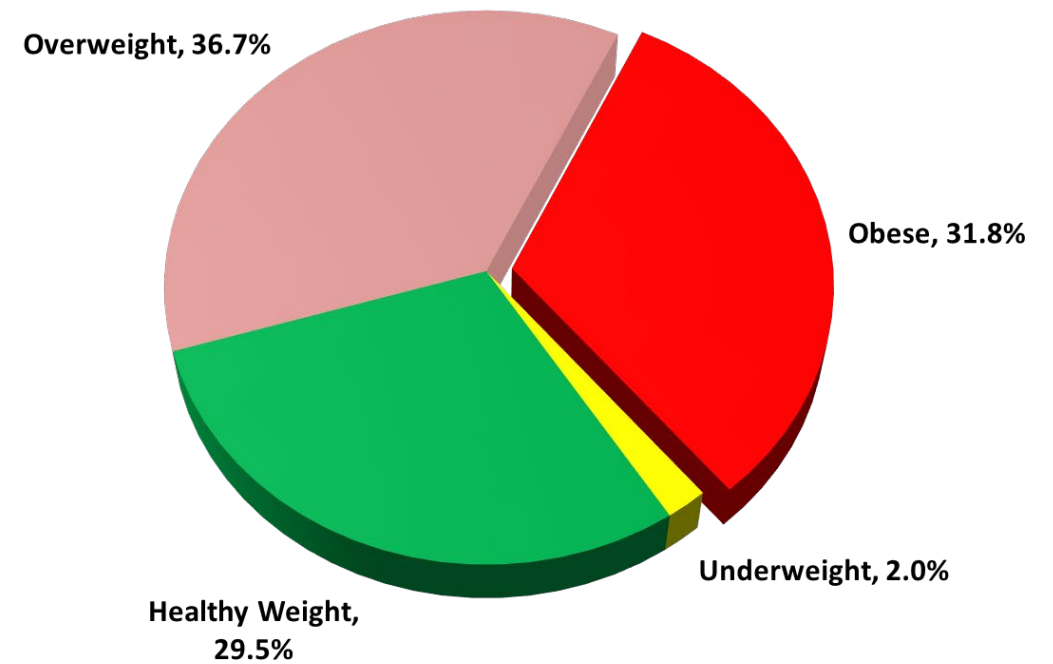
11th – Combined Obesity and Overweight Adults

14th – Prevalence of Diabetes

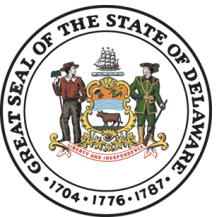
11th – Prevalence of Hypertension

Structural factors in our communities lead to significant health disparities

Percent of Adult Population in Each Weight Category by BMI, Delaware



Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2017.



GOALS & TIMELINE

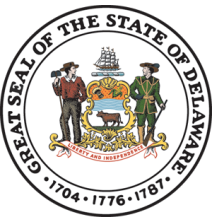
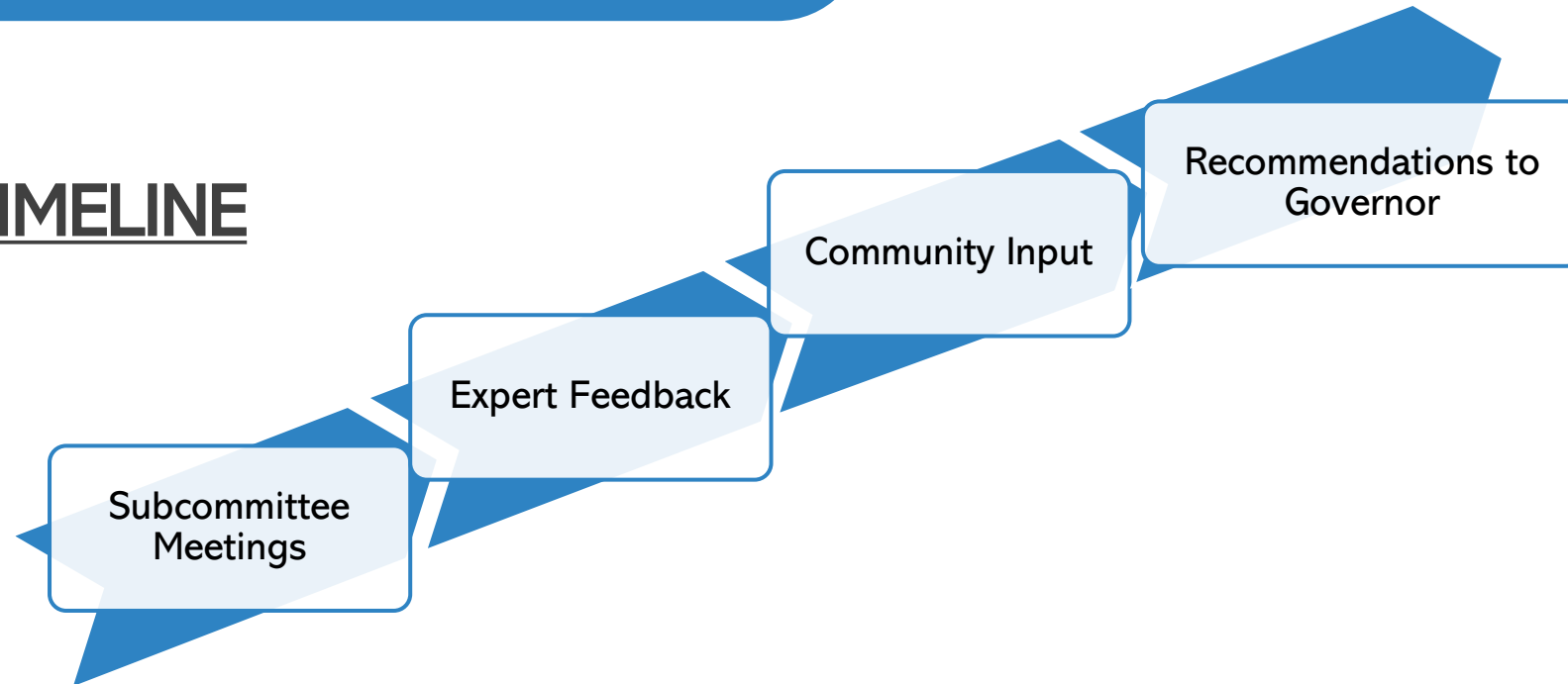
Goal 1: Encourage healthy lifestyles and reduce risky behaviors.

Goal 2: Implement a statewide initiative to address physical activity, nutrition, and obesity prevention.

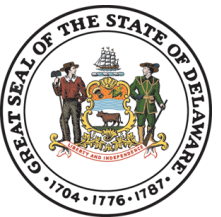
PRIORITY AREAS:

- ▶ Birth to Age 18
- ▶ Workplace Wellness
- ▶ Community Programs

TIMELINE



Overview of Priorities



BIRTH TO AGE 18



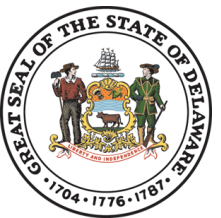
Early Childhood
Education



School Nutrition



Physical Education &
Activity



WORKPLACE WELLNESS

ELEMENTS OF SUCCESSFUL WORKPLACE WELLNESS

Health
Education &
Promotion

Supportive
Environments

Screenings

Integration
with Other
Benefits

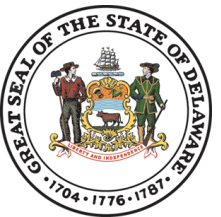


COMMUNITY PROGRAMS

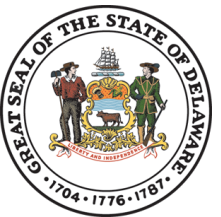
Active Transportation



Food Environment



Policy Recommendations



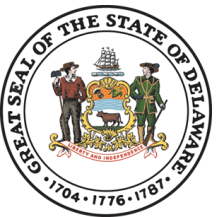
POLLING INSTRUCTIONS

Polling will only be functional if you are viewing from a computer

1. Overview of policy recommendation
2. Pop Up: Do you support this policy recommendation?
3. Click Answer (Yes or No)



Birth to Age 18



1: SUGAR-SWEETENED DRINKS IN EARLY CHILDHOOD CARE AND EDUCATION

CONTEXT

- ▶ Sugar-Sweetened Beverages (SSBs) include:
 - ▶ Non-diet soft drinks/soda
 - ▶ Flavored juice drinks
 - ▶ Sweetened teas
 - ▶ Energy drinks



This policy would...

- Prohibit all ECEs from serving SSBs to children



2: STRONG NUTRITION STANDARDS FOR SCHOOL MEALS, WIC, & SNAP

2010 Standards

- All grains must be whole-grain rich
- Allows only fat-free flavored milk
- 3 target sodium standards

2019 Standards

- Half of grains must be whole-grain rich
- Allows fat-free & low-fat flavored milk
- 2 target sodium standards

This policy would...

- Memorialize the strong 2010 USDA nutrition standards for school lunches, as well as strong WIC food packages, and SNAP policies for Delaware in state policy



3: BREASTFEEDING PROTECTIONS

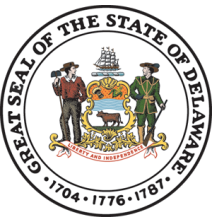
CONTEXT

- ▶ Babies who breastfeed have a lower risk of developing obesity
- ▶ Other states have discrimination protections
- ▶ Baby Friendly Hospital Initiative



This policy would...

- Establish stronger anti-discrimination protections for people based on breastfeeding status
- Provide assistance to hospitals to maintain “Baby Friendly” designations



4: FITNESSGRAM DATA COLLECTION

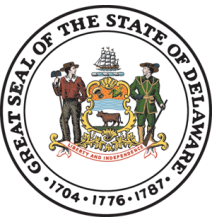
CONTEXT

- ▶ FitnessGram® provides data on students':
 - ▶ Aerobic capacity
 - ▶ Body composition
 - ▶ Muscular strength
 - ▶ Muscular endurance
 - ▶ Flexibility

This policy would...

- Strengthen implementation of FitnessGram® in schools
- Use BMI data to target school-based fitness interventions

FITNESSGRAM®
The Cooper Institute®



5: INCREASE PHYSICAL EDUCATION STANDARDS IN SCHOOLS

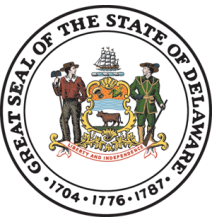
CONTEXT

- ▶ Physical Education time standards per school level
 - ▶ Elementary School: 120 mins/week
 - ▶ Middle School: 90 mins/week
 - ▶ High School: 150 mins/week



This policy would...

- Establish standards for time requirements for physical education participation in all school levels



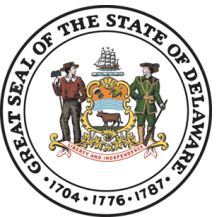
6: EXPAND STANDARDS FOR EARLY CHILDHOOD CARE AND EDUCATION TO FAMILY CHILD CARE HOMES

CONTEXT

- ▶ “DelaCare” regulations:
 - ▶ Physical activity & screen time
 - ▶ Feeding and nutrition
- ▶ Early Care and Education and School-Aged Centers vs. Family and Large Family Child Care Homes

This policy would...

- Institute standard requirements for physical activity, feeding, and nutrition for Family and Large Family Child Care Homes



7: OUT-OF-SCHOOL NUTRITION STANDARDS

CONTEXT

- ▶ Healthy Hunger-Free Kids (HHFK) Act of 2010
- ▶ Other states have established standards

This policy would...

- Establish nutrition standards for out-of-school foods



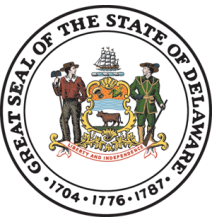
8: CULTURALLY APPROPRIATE FOODS IN EARLY CHILDHOOD CARE AND EDUCATION

CONTEXT

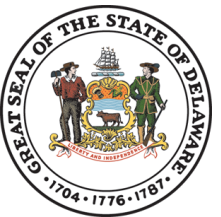
- ▶ Lower risk of obesity
- ▶ Parental choice vs. explicit standards
- ▶ 16 states have established culturally appropriate food standards

This policy would...

- Direct ECEs to serve children food that reflects a child's culture, ethnicity, and religion



Workplace Wellness



9: BREASTFEEDING IN THE WORKPLACE

CONTEXT

- ▶ Workplace breastfeeding supports:
 - ▶ Flexible work schedules to accommodate lactation
 - ▶ Private locations for lactation
 - ▶ Access to clean sanitation materials for breast-pump equipment
 - ▶ Hygienic breast milk storage options



This policy would...

- Strengthen breastfeeding supports in the workplace
- Establish workplace protections against breastfeeding discrimination



10: GUIDELINES FOR WORKPLACE VENDING MACHINE FOOD

CONTEXT

- ▶ Healthy Vending Pilot Program
- ▶ Nutritional standards for food and snacks provided in State workplaces



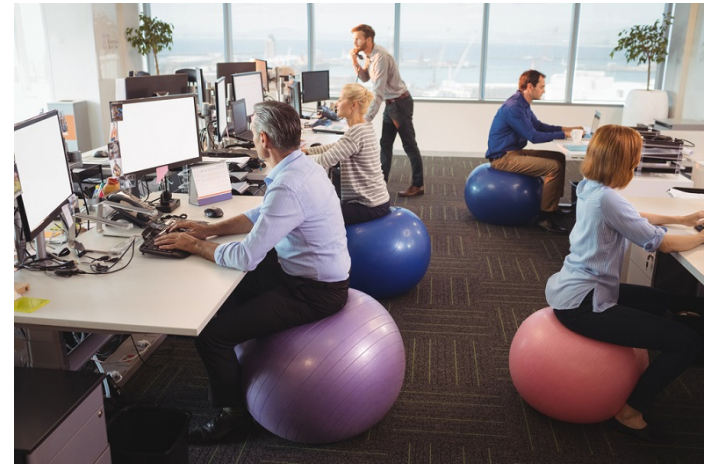
This policy would...

- Memorialize healthy vending policies in the workplace
- Create nutritional guidelines for food and snacks served in the workplace



1 1: WORKPLACE WELLNESS BENEFITS

CONTEXT



- ▶ Existing workplace wellness programs in state offices
- ▶ Workplace wellness programs will:
 - ▶ Establish Wellness Leader and Committee
 - ▶ Design workplace wellness infrastructure
 - ▶ Increase workplace physical activity
 - ▶ Improve access to healthy foods
 - ▶ Enhance mental wellness
 - ▶ Support tobacco cessation

This policy would...

- Establish a formal workplace wellness policy for state agencies
- Encourage large non-state employers to adopt a similar policy
- Support equity, including pay equity, in implementation of workplace wellness programs



Community Health



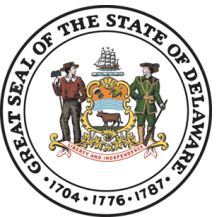
12: SUPPORTING CORNER STORES TO OFFER MORE NUTRITIOUS FOODS

CONTEXT

- ▶ Infrastructure improvements
- ▶ Healthy Corner Store Initiative:
 - ▶ Stocking fresh produce and whole grain options
 - ▶ Marketing and messaging to promote healthy food choices
 - ▶ Provide health and nutrition education

This policy would...

- Support infrastructure requirements for corner stores
- Establish healthy foods standards for corner stores



13: SNAP/WIC & CORNER STORES

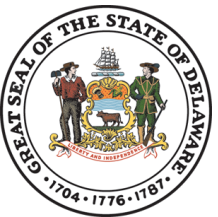
CONTEXT

- ▶ Women, Infants, and Children (WIC)
- ▶ Supplemental Nutrition Assistance Program (SNAP)
- ▶ Designated retailers



This policy would...

- Expand healthy foods standards so that corner stores could be designated WIC and SNAP retailers
- Allow low-income individuals and families to use WIC and SNAP at corner stores



14: REDUCE SUGAR-SWEETENED BEVERAGES

CONTEXT

- ▶ Counter-marketing campaigns against SSBs
- ▶ Safety labels on SSBs
- ▶ Ban SSB marketing in or near schools
- ▶ Tax on SSBs

This policy would...

- Explore options for reducing SSB and sugar consumption

WARNING:
Drinking beverages
with added sugar(s)
contributes to obesity,
diabetes, and tooth decay.



15: EXPAND NUTRITION EDUCATION PROGRAMMING

CONTEXT

- ▶ Supplemental Nutrition Assistance Program Education (SNAP-Ed)
- ▶ Partnerships for:
 - ▶ Social marketing campaigns
 - ▶ Nutrition education classes
 - ▶ Healthy cooking classes
 - ▶ Community environmental health improvements



This policy would...

- Provide programming similar to SNAP-Ed for all Delawarians



16: STRENGTHEN “COMPLETE STREETS” POLICY

CONTEXT

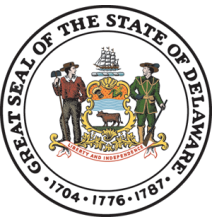
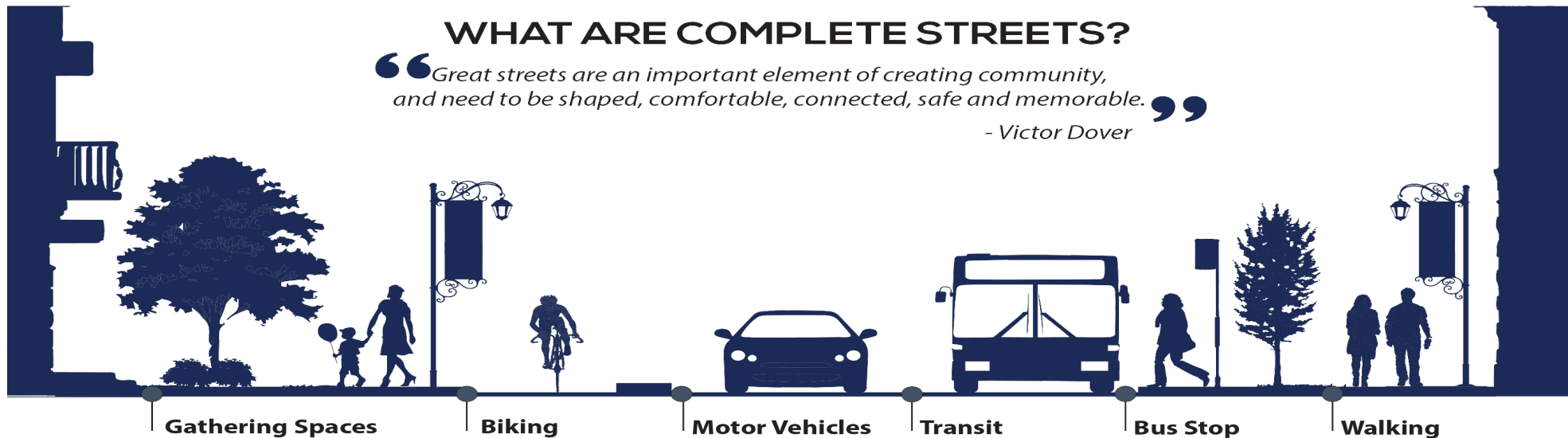
► “Complete Streets” policies

This policy would...

- Expand Delaware’s Complete Streets policy to cover all transportation projects
- Emphasize design for accessible transportation

WHAT ARE COMPLETE STREETS?

“Great streets are an important element of creating community, and need to be shaped, comfortable, connected, safe and memorable.”
- Victor Dover



17: ADD FUNDING FOR HEALTHY COMMUNITIES DELAWARE

CONTEXT

- ▶ Healthy Communities Delaware (HCD)
- ▶ HCD social determinants of health:
 - ▶ Community Vitality
 - ▶ Education
 - ▶ Environment
 - ▶ Financial Health & Wealth
 - ▶ Food & Agriculture
 - ▶ Housing
 - ▶ Job Creation & Workforce Development
 - ▶ Public Safety
 - ▶ Transportation

This policy would...

- Establish a financing mechanism for Healthy Communities Delaware work from revenue resulting from other policies (e.g., soda tax)

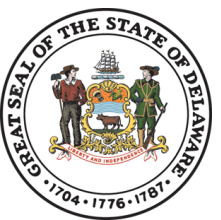


Healthy Communities Delaware
alignment. investment. impact.



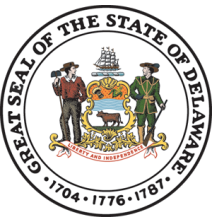
Brief Q & A

Please type your questions & comments in the chat box below



POST SURVEY INSTRUCTIONS

- ▶ “Thank You” email with link to SurveyMonkey survey
 - ▶ <https://www.surveymonkey.com/r/WR7J6FV>
- ▶ Enter into \$100.00 Visa gift card lottery
- ▶ Complete by 5:00 PM Wednesday, April 22nd
- ▶ Winners emailed by Friday, April 24th



We look forward to hearing your
comments and ranking of
policies in our follow-up survey

Thank you!

