PHYSICAL ACTIVITY, NUTRITION, AND OBESITY PREVENTION

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OBESITY IN ADULTS

Percentage of Delaware Adults Who Were Overweight and Obese, 2018 to 2022

Percentage of Delaware High School Students Who Are Obese, 1999 to 2021

Source: Delaware Health & Social Services, Division of Public Health, Youth Risk Behavior Survey (YRBS), 1999-2021
PHYSICAL ACTIVITY

- In 2019, only 24% of Delaware adults met the recommended levels of both strength and aerobic activity.¹
- In 2022, 23.5% of adults reported they did not participate in any physical activity or exercise in the last month.¹
- In 2021, more than half (58.8%) of Delaware high school students reported not being physically active for at least 60 minutes per day for at least five days per week.²


² Delaware Health & Social Services, Division of Public Health, Youth Risk Behavior Survey (YRBS), 2021
In 2021, 21% of Delaware adults reported eating less than one vegetable per day.¹

In 2021, almost 40% of Delaware adults reported eating fruit less than once per day.¹

In 2021, 14.8% of Delaware high school students did not eat a vegetable or salad one or more times during the past week.²

In 2021, 11.8% of Delaware high school students did not eat fruit one or more times during the past week.²

² Delaware Health & Social Services, Division of Public Health, Youth Risk Behavior Survey (YRBS), 2021
**Vision:** all Delawareans will lead healthy lifestyles

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

- Promotes policy, systems, and environmental changes and implements programs and strategies in:
  - Physical Activity
  - Healthy Eating
  - Obesity Prevention
PANO GOALS

- Increase access or opportunities for daily physical activity for children and families.
- Increase the number of organizations adopting and implementing policies and practices from the USDA Dietary Guidelines for Americans, 2020 to 2025.
- Increase the number of organizations adopting and implementing policies and practices promoting the Physical Activity Guidelines for Americans.
- Strengthen community or organization capacity to promote a healthy built environment, health in all policies, and health equity.
GUIDANCE

- Healthy People 2030 Objectives
- 2020 to 2025 Dietary Guidelines for Americans
- Physical Activity Guidelines for Americans
- Delaware Cancer Consortium Healthy Lifestyle Subcommittee Recommendations
APPROACH

- Multi-factor approach
- Policy, systems, and environmental change strategies
- Evidence-based program development and implementation
- Capacity building: technical assistance and support
PANO PROGRAMS
ADVANCING HEALTHY LIFESTYLES

AH’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.

Implementing the recommendations from the Delaware Cancer Consortium’s subcommittee.

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.
ADVANCING HEALTHY LIFESTYLES

School
• Triple Play

Community
• Community Partners
• Mini-Grants

Workplace
• Worksite Wellness Policy
• Worksite Wellness Toolkit
ADVANCING HEALTHY LIFESTYLES

- **AHL Coalition**
  - Public and private, multisector organizations
  - Uplift the wellbeing of all Delawareans and breakdown barriers to achieve healthy lifestyles
  - 44 active members

- **AHL Conference**
  - Annual convening of public health professionals
  - Cross-sector collaboration on national, regional, and local best practices, challenges, opportunities, and success stories related to obesity and chronic disease prevention
  - June 6, 2024 – Delaware State University
SCHOOL-BASED INITIATIVES

- Welnet Focused Fitness Software
  - Physical Fitness Assessments in Delaware Schools
  - Grades 4, 7, 9, and 10
- Society of Health and Physical Educators (SHAPE DE)
  - Annual Convention
  - Programmatic support and technical assistance
COMMUNITY-BASED INITIATIVES

- Lt. Governor’s Challenge
  - Wellness award and community recognition program
  - Areas of Focus: Emotional well-being, healthy living, chronic disease management and prevention, mother and child health
- Let’s Get Healthy Sussex
  - Sussex County Health Coalition
  - Mini-grants, social marketing, healthy literacy
SOCIAL MARKETING

- Healthy Lifestyles Campaign
- Education, motivation, and resource sharing
ADDITIONAL PANO INVOLVEMENT

- Healthy People 2030 Champion
- Division of Nutrition, Physical Activity, and Obesity Ambassador
- Delaware Council on Farm and Food Policy
- Delaware Bicycle Council
- SNAP-Ed Advisory Council
QUESTIONS?

THANK YOU!