



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

3/12/24

PHYSICAL ACTIVITY, NUTRITION, AND OBESITY PREVENTION

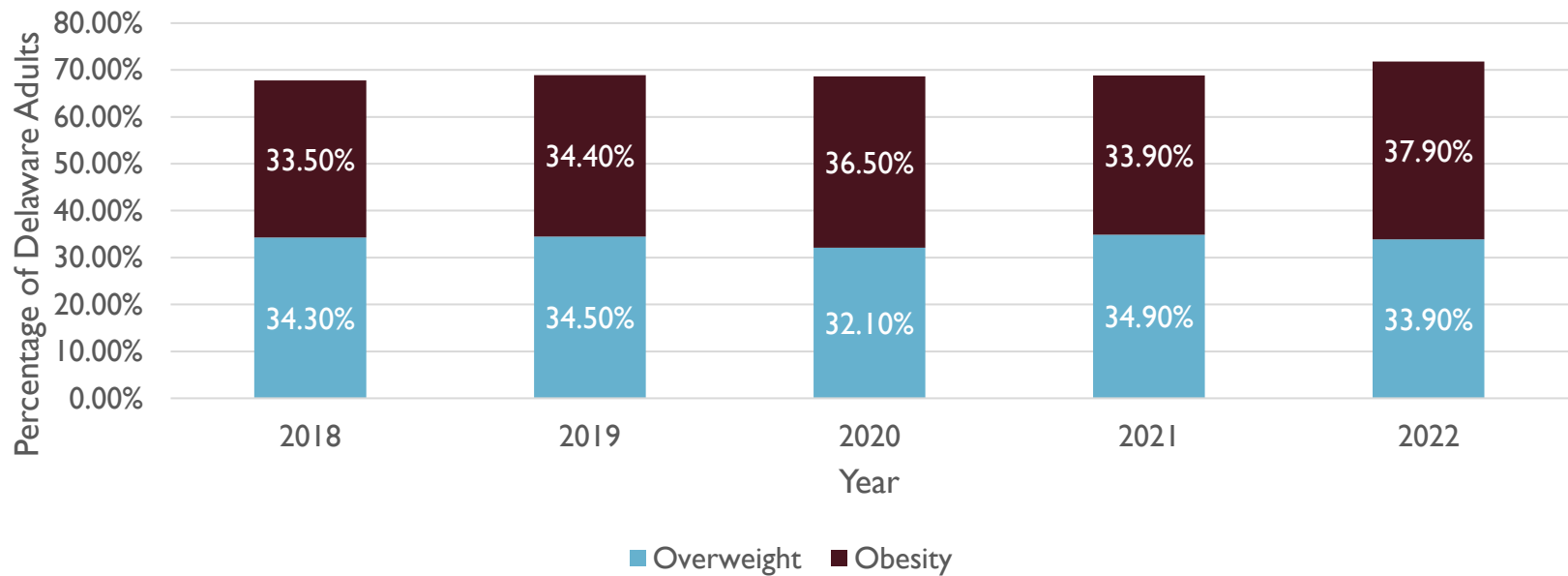
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Delaware Division of Public Health

OBESITY IN ADULTS

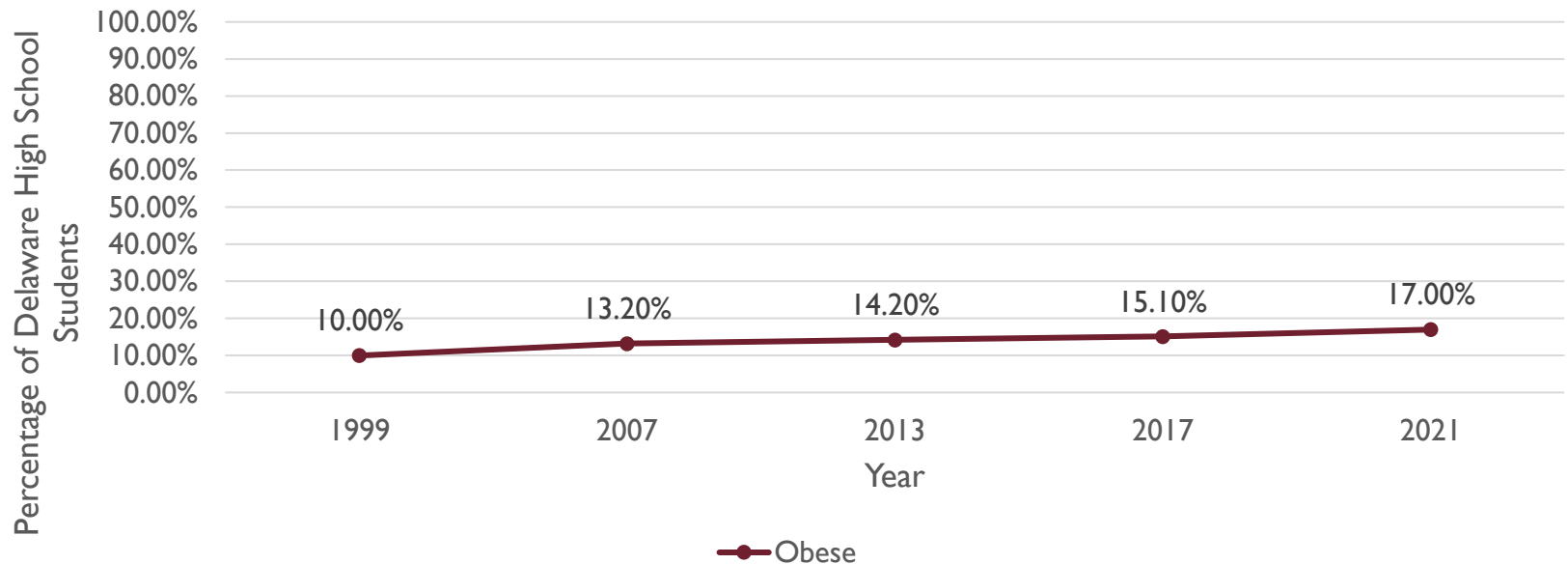
Percentage of Delaware Adults Who Were Overweight and Obese, 2018 to 2022



Source: Centers For Disease Control And Prevention, National Center For Chronic Disease Prevention And Health Promotion, Division Of Population Health. BRFSS Prevalence & Trends Data [Online]. 2022. [Accessed Feb 9, 2024]. URL: <https://www.cdc.gov/brfss/brfssprevalence/>.

OBEISITY IN YOUTH

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



¹ Centers For Disease Control And Prevention, National Center For Chronic Disease Prevention And Health Promotion, Division Of Population Health. BRFSS Prevalence & Trends Data [Online]. 2022. [Accessed Feb 9, 2024].
URL: <https://www.cdc.gov/brfss/brfssprevalence/>.

² Delaware Health & Social Services, Division of Public Health, Youth Risk Behavior Survey (YRBS), 2021

NUTRITION

- 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



¹ Centers For Disease Control And Prevention, National Center For Chronic Disease Prevention And Health Promotion, Division Of Population Health. BRFSS Prevalence & Trends Data [Online]. 2021. [Accessed Feb 9, 2024].
URL: <https://www.cdc.gov/brfss/brfssprevalence/>.

² Delaware Health & Social Services, Division of Public Health, Youth Risk Behavior Survey (YRBS), 2021

PANO

- **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

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.



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



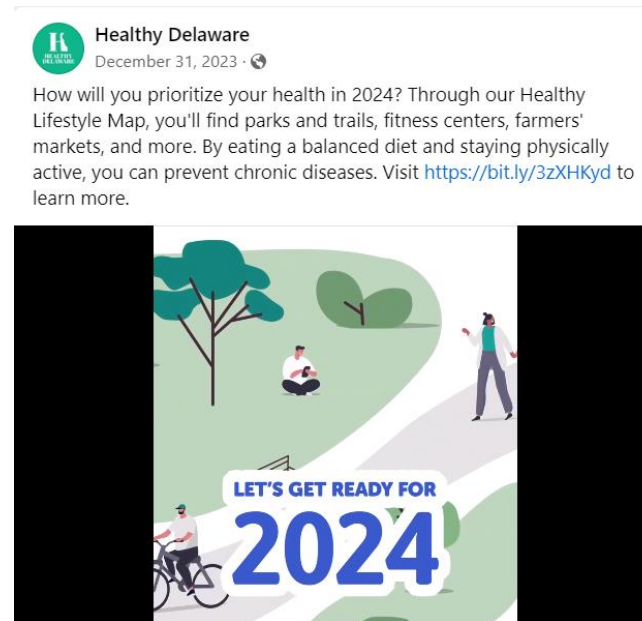
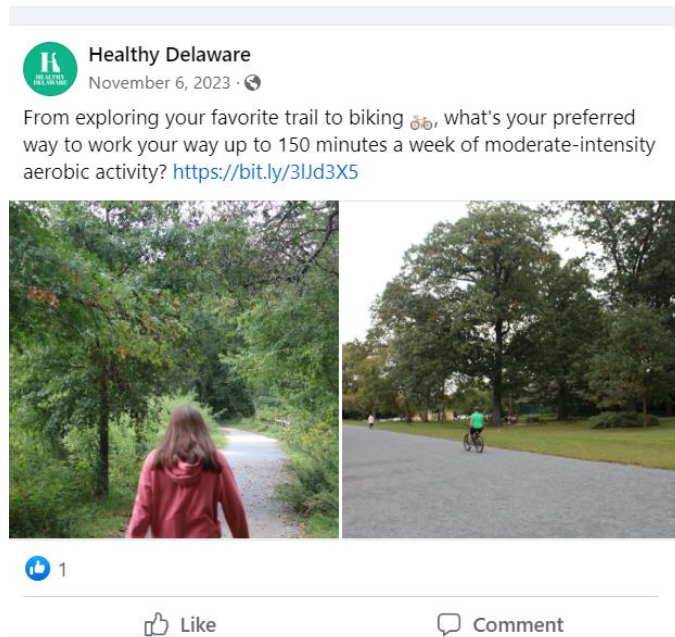
COMMUNITY-BASED INITIATIVES

- 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!