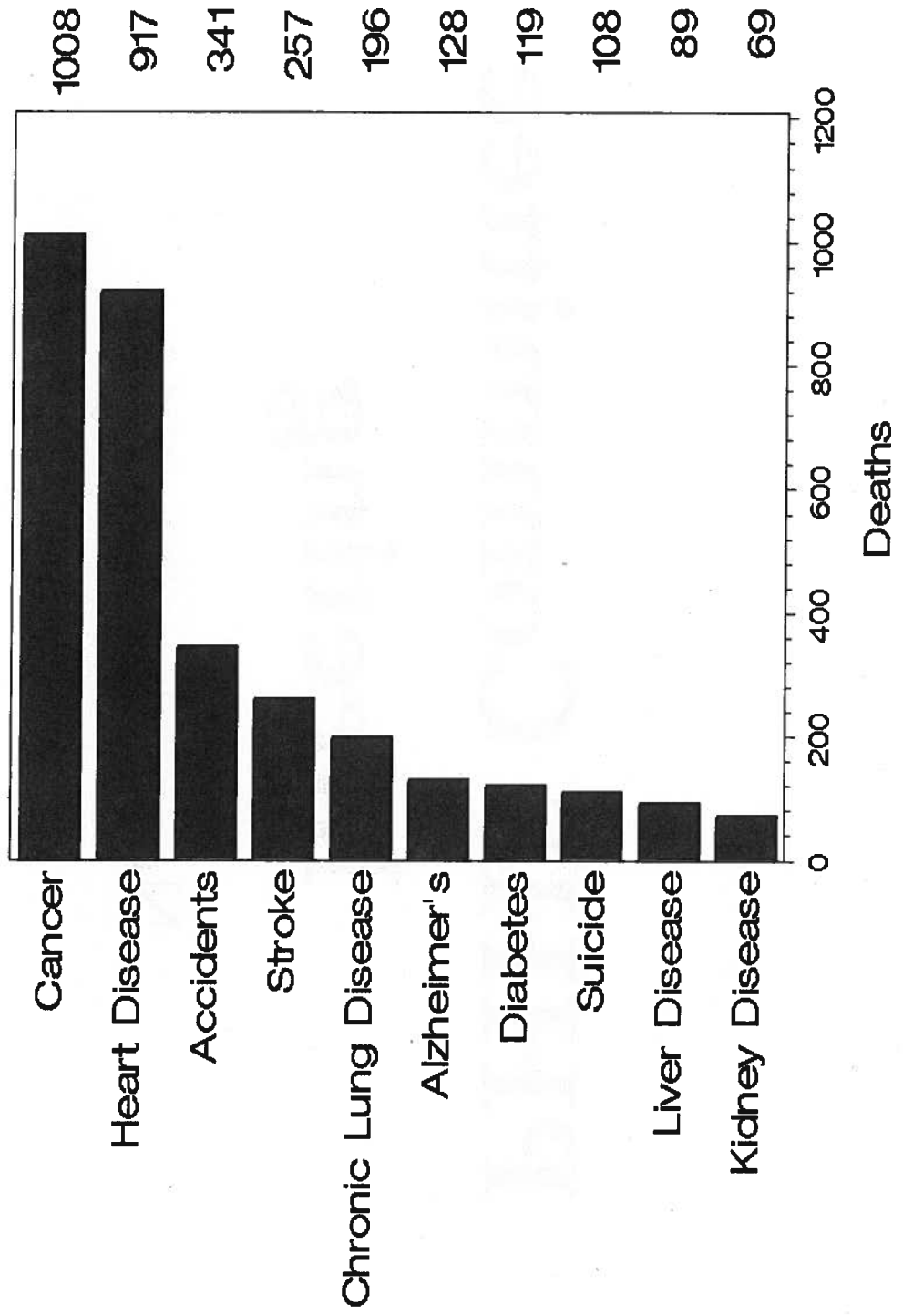


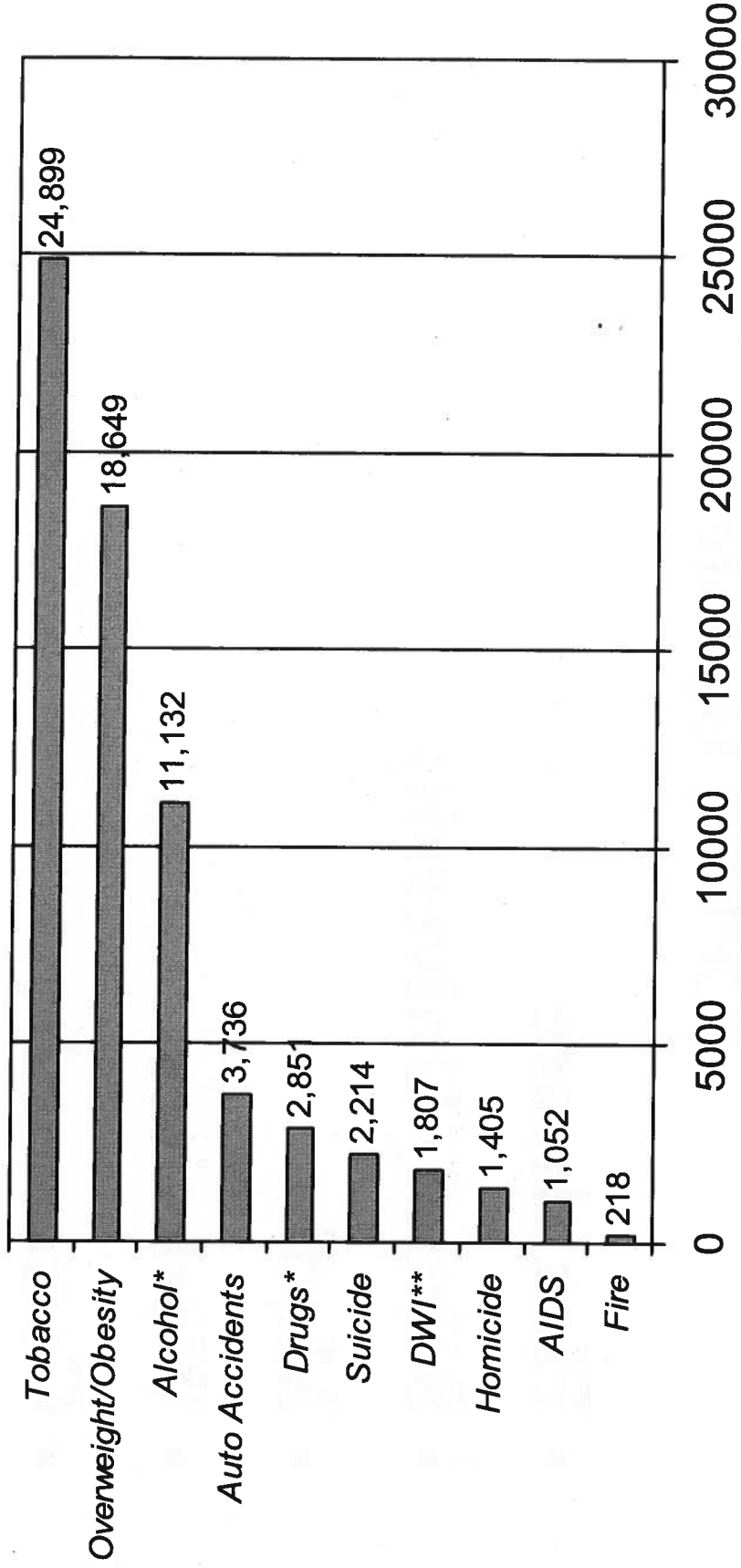
# **PHHS Committee Meeting**

November 22, 2011

# Leading Causes of Death Travis County 2008



# Actual Causes of Death, Texas 2001



Source: Vital Statistics, TDH; \* Texas Commission for Alcohol and Drug Abuse; \*\*Mother's Against Drunk Driving

# **Communities Putting Prevention to Work (CPPW) Update**

- Healthcare**
- School/University**
- Media**
- Worksites**
- Community**

# Tobacco-free Policies

- Capital Metro
- Austin/Travis County Integral Care
- Huston-Tillotson University
- Seton Family of Hospitals
- St. David's Healthcare
- Austin Community College
- Mexican Consulate
- Centrl Health/CommUnityCare
- Austin/Travis County HHSD
- People's Community Clinic
- ACTIVE Life Inc.
- Austin Volunteer Health Clinic
- Austin Recovery
- African American Men & Boys Harvest Foundation
- Yogagroove
- Austin Fit Magazine
- Cadence Marketing
- ZuZu
- RunTex
- Power to Perform
- Green Ribbon Schools
- Juice Homes
- My Fit List
- Somaspac Pilates
- Texas Certified Development Company
- Wild Basin Wilderness Preserve
- 360 Signs
- The Arc of Capital Area

**Success of CPPW has positioned us well to  
implement the Community Transformation  
Grant**

# Community Transformation Grant Program

- Authorized under Patient Protection and Affordable Care Act of 2010
- *Purpose:* To create healthier communities by:
  - Building capacity to implement evidence- and other practice-based policy, environmental, programmatic, and infrastructure changes
  - Supporting implementation of interventions in five strategic directions.
    - Tobacco-free living
    - Active living and healthy eating
    - High impact evidence-based clinical and other preventive services to address hypertension and high cholesterol
    - Social and emotional wellness
    - Healthy and safe physical environment
- **Guiding Principles:**
  - Maximize health impact through prevention
  - Improve health equity
  - Use and expand the evidence base for local policy, environmental, and infrastructure changes that improve health

# **Policy, Environmental & Infrastructure Changes**

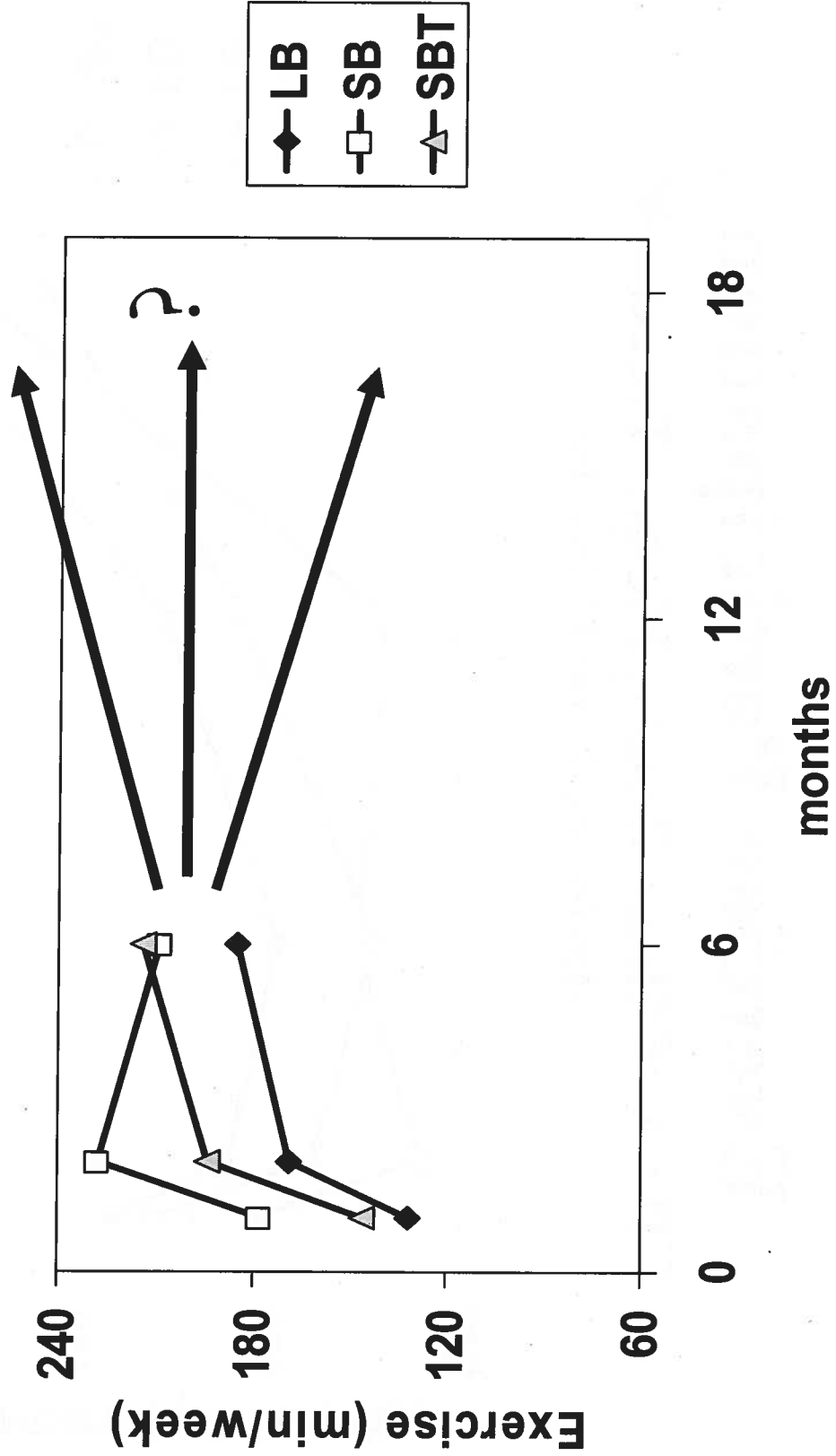
**What they mean is,  
overcome the Stickiness  
Problem.**



# Exercise Participation

## Effect of Short Bouts, Home Treadmills

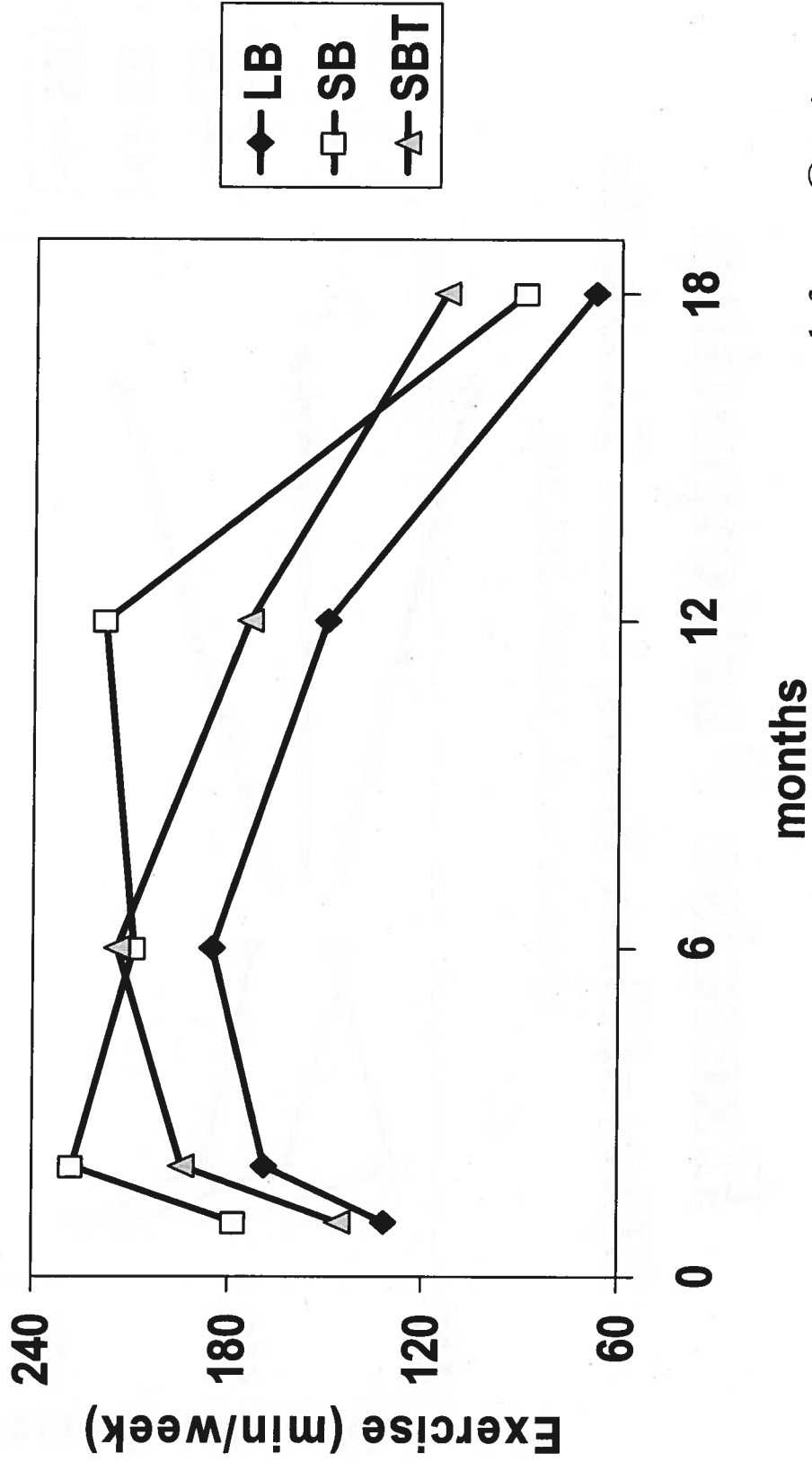
(Jakicic et.al., JAMA 282, 16)



# Exercise Participation

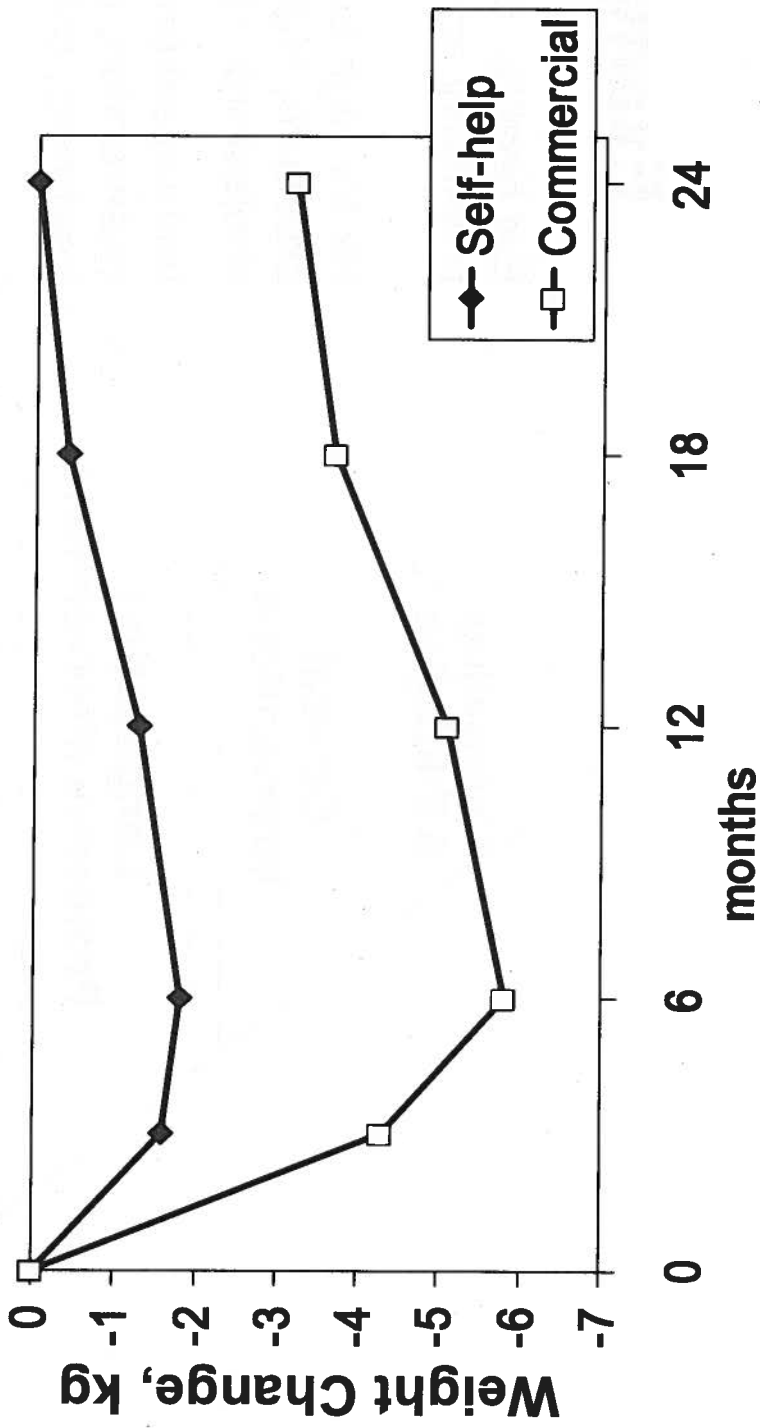
## Effect of Short Bouts, Home Treadmills

(Jakicic et.al., JAMA 282, 16)

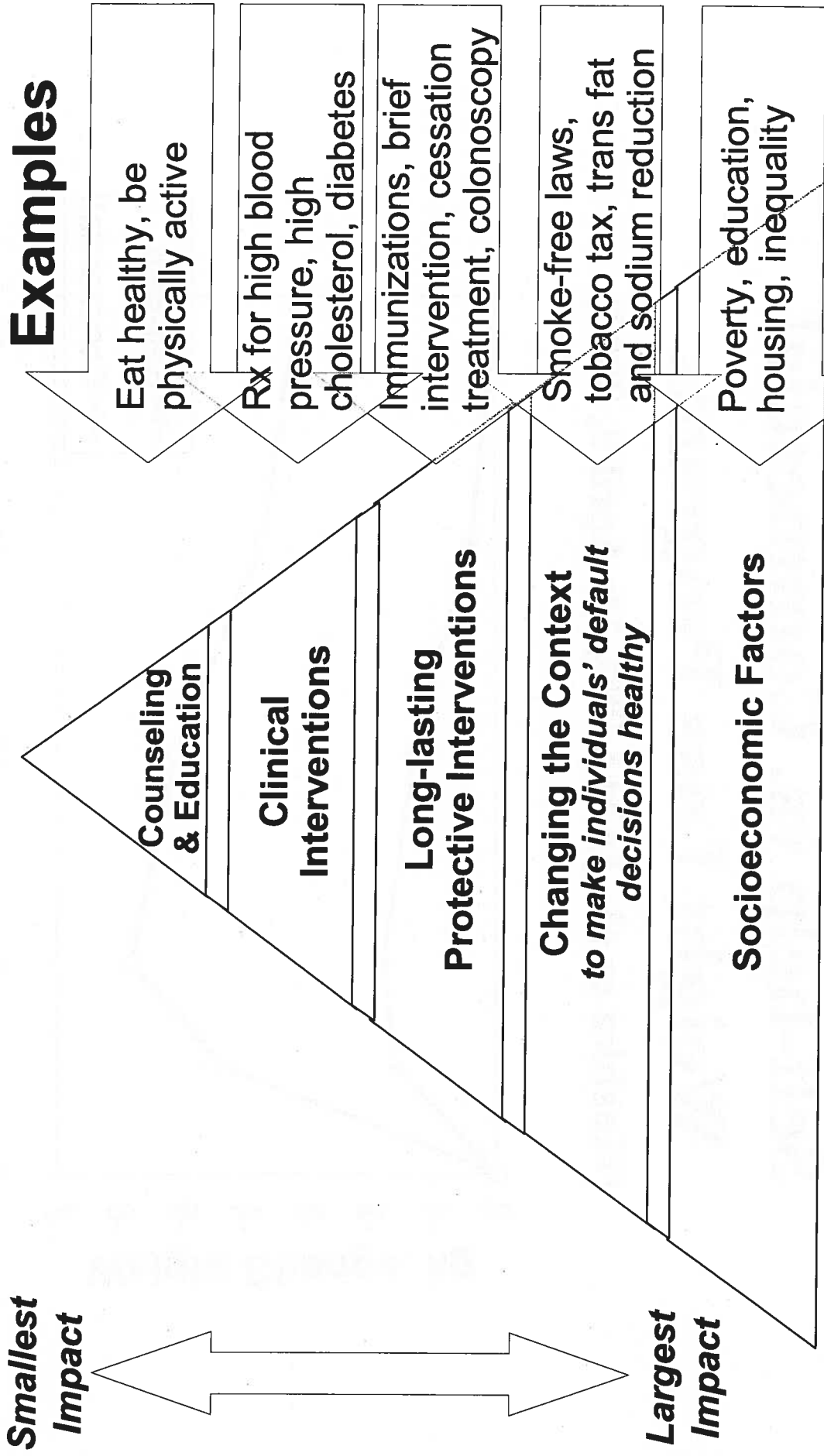


# Self-help vs. Commercial Weight Loss Programs

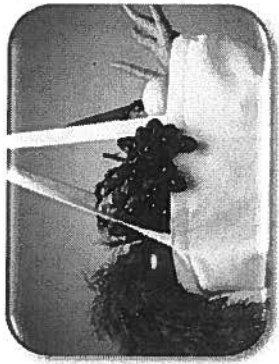
(Heshka et.al., JAMA 289, 14; April 9, 2003)



# Factors that affect health



Adapted from Frieden TR, Am J Public Health. 2010;100:590-595.



# What states and communities can do to prevent obesity

<p><b><u>Schools/child care</u></b></p> <ul style="list-style-type: none"> <li>•Require and improve physical activity/education programs</li> <li>•Increase extracurricular physical activity</li> <li>•Reduce screen time</li> <li>•Increase walking/cycling to school</li> <li>•Reduce calories/beverage by promoting water and reducing sugar sweetened beverage consumption</li> </ul>	<p><b><u>Worksites</u></b></p> <ul style="list-style-type: none"> <li>•Worksite wellness programs including physical activity (e.g., stairs instead of elevators and walking/cycling) and nutrition education</li> <li>•Health care benefits to include lifestyle management counseling</li> <li>•Increase availability/affordability of healthier food</li> <li>•Standards for foods to procure and provide</li> </ul>
<p><b><u>Communities</u></b></p> <ul style="list-style-type: none"> <li>•Increase access to healthier food</li> <li>•Eliminate healthy food deserts</li> <li>•Expand purchase of locally produced food</li> <li>•Community design to promote physical activity and active transport (parks, safety, public transport, road/community design, etc.)</li> <li>•Procurement guidelines</li> </ul>	<p><b><u>Health care</u></b></p> <ul style="list-style-type: none"> <li>•BMI measurement</li> <li>•Increase support for breastfeeding</li> <li>•Counseling to support increasing physical activity and improving nutrition</li> <li>•Referral to structured lifestyle change programs such as the Chronic Disease Self-Management and National Diabetes Prevention Programs</li> </ul>

**Leverage federal, state, community, and other resources**



**Rigorous Monitoring**

# Austin / Travis County CTG

- Out of 244 applicants, Austin was one of 35 communities selected for implementation-level funding. An additional 26 communities are receiving capacity-building funds.
- The City will receive \$1,026,158 for the Year 1 budget of a 5-year grant program.
- Funding for Years 2-5 is dependent on the federal budget continuing the prevention-funding program of the Patient Protection and Affordable Care Act.

# Austin/Travis County CTG

- Proposed Activities Include:
  - Incorporation into the City's 30-year comprehensive "Imagine Austin" Plan to develop and implement a "Healthy City Code"
  - Increasing the number of neighborhoods in Austin/Travis County with access to grocery stores or markets selling high-quality fresh fruits and vegetables; promotion of urban farms, community gardens, farmers' markets, and/or farm-to-sale programs;
  - Promotion of tobacco-free living and protection from secondhand smoke
  - Increasing the availability of healthy foods sold/used by restaurants, schools, worksites, and healthcare facilities
  - Clinical system changes to improve outcomes related to high blood pressure and high cholesterol

