

Don Wright, MD, MPH
Deputy Assistant Secretary for Health
Director, Office of Disease Prevention and Health Promotion
U.S. Department of Health and Human Services



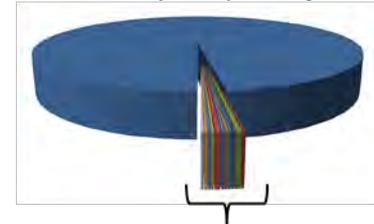


Who's Leading the Leading Health Indicators?

Leading Health Indicators are:

- Critical health issues that, if addressed appropriately, will dramatically reduce the leading causes of preventable deaths and illnesses
- Linked to specific Healthy People objectives
- Intended to motivate action to improve the health of the entire population

1200 Healthy People objectives



LHIs are a subset of Healthy People objectives



Who's Leading the Leading Health Indicators?

Featured Speakers:

- **Karen DeSalvo, M.D., M.P.H., M.Sc.**- Assistant Secretary for Health, U.S. Department of Health and Human Services
- **Kathleen Watson, PhD** - Epidemiologist, Division of Nutrition, Physical Activity and Obesity, Centers for Disease Control and Prevention (CDC)
- **Nadine L. Chan, PhD, MPH** - Assistant Chief, Assessment, Policy Development, and Evaluation Unit (APDE), Public Health – Seattle and King County; Clinical Assistant Professor, Epidemiology, University of Washington, School of Public Health and Community Medicine



Nutrition, Physical Activity and Obesity

- Good nutrition, regular physical activity, and a healthy body weight are essential parts of a person's overall health and well-being
- Environmental factors compounded by social and individual factors influence a person's ability to stay healthy
- Addressing these factors is critically important to improving nutrition and activity levels



Nutrition, Physical Activity and Obesity – Leading Health Indicators

- Adults who meet current Federal physical activity guidelines for aerobic physical activity and muscle-strengthening activity
- Adults who are obese
- Obesity among children and adolescents
- Total vegetable intake for persons aged 2 years and older





Nutrition, Physical Activity and Obesity – Outcomes

- For children and adolescents:
 - Eating a healthy diet helps to maintain a healthy weight, achieve normal growth and development, and have strong immune systems
 - Regular physical activity improves muscle development, bone health, and heart health





Nutrition, Physical Activity and Obesity – Outcomes

- For adults:
 - Eating a healthy diet and staying physically active can decrease their risk of a number of adult-onset health conditions and diseases
 - Regular physical activity can lower an adult’s risk of depression

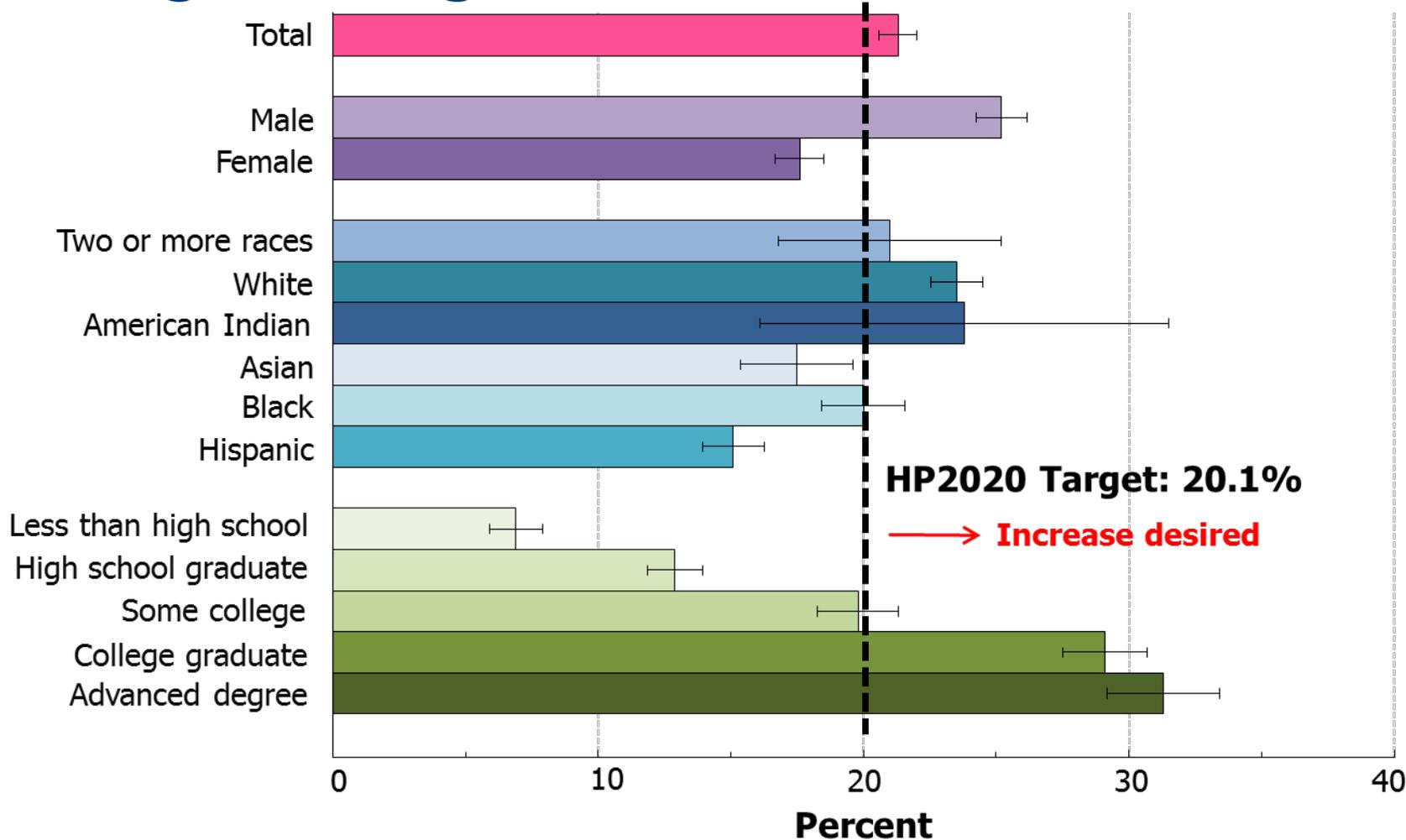




Consequences of Obesity

- Obesity is a major risk factor for health conditions and chronic diseases, including:
 - High blood pressure
 - High cholesterol
 - Diabetes
 - Heart disease and stroke
 - Osteoarthritis
 - Cancer

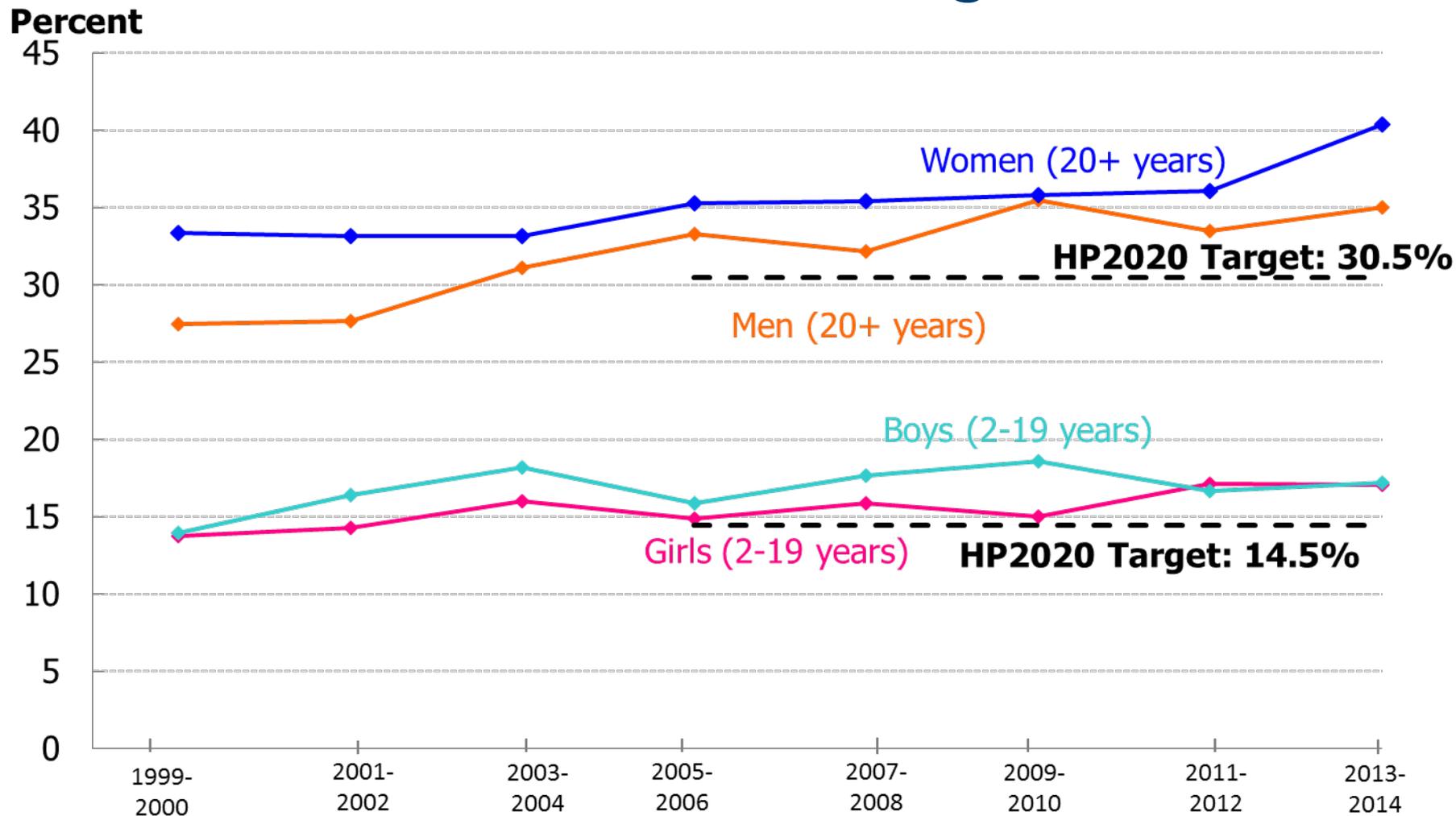
Meeting the Aerobic and Muscle-Strengthening PA Guidelines, Adults, 2014



NOTES: ⇨ = 95% confidence interval. Data are for adults 18 years and over, except for education-level data that are for adults 25 years and over, who report light or moderate leisure time PA for at least 150 minutes per week or vigorous PA 75 minutes per week or an equivalent combination of moderate and vigorous-intensity activity and report doing PA specifically designed to strengthen muscles at least twice per week. Data are age adjusted to the 2000 standard population. American Indian includes Alaska Native. Black and white exclude persons of Hispanic origin. Persons of Hispanic origin may be any race. Data for the single race categories are for persons who reported only one racial group.

SOURCE: National Health Interview Survey (NHIS), CDC/NCHS.

Obesity, Children/Adolescents and Adults 1999–2000 through 2013–2014

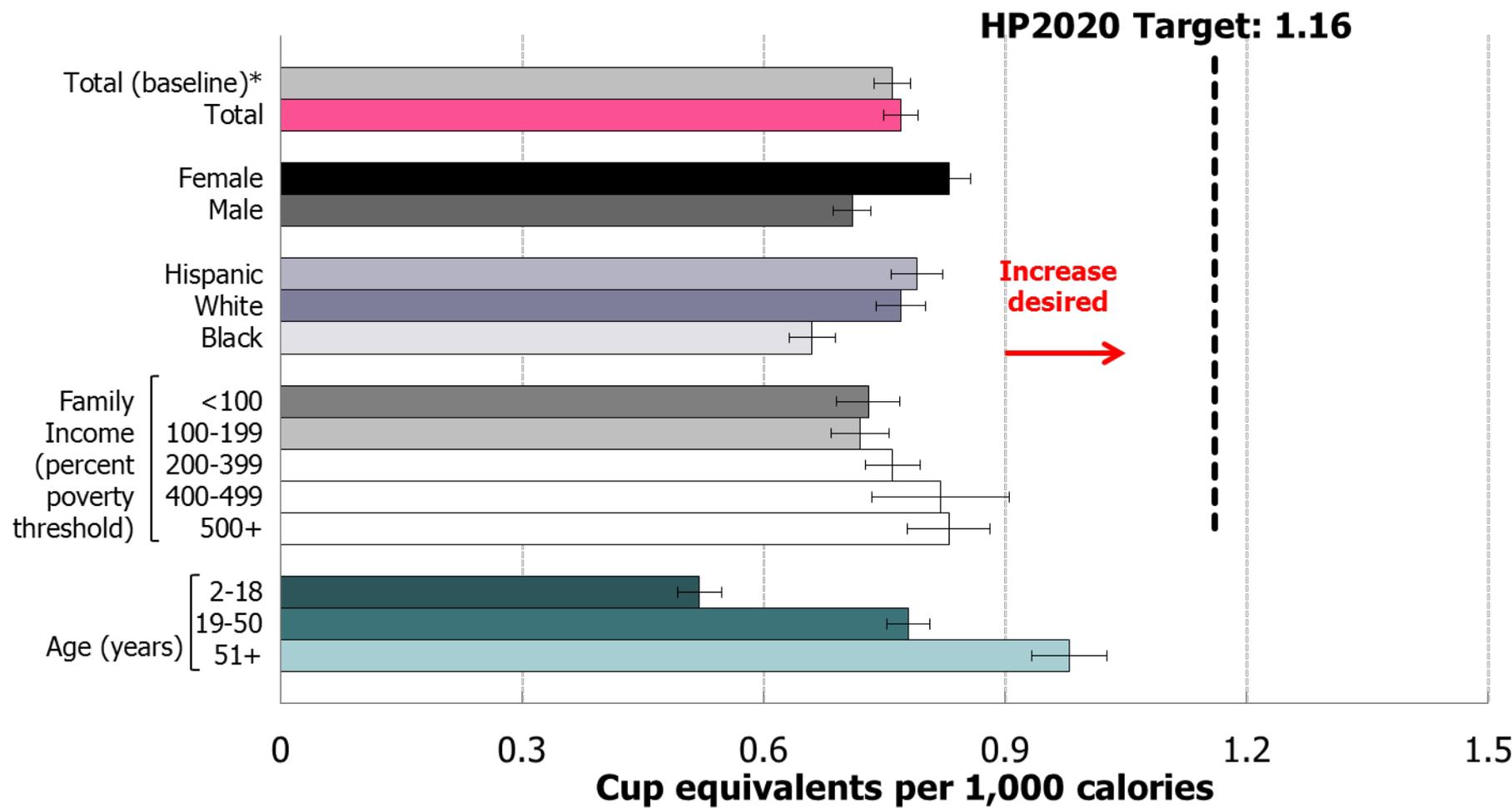


NOTES: Obesity defined as BMI ≥ 30 kg/m² for adults and BMI-for-age ≥ 95 th percentile on the sex specific 2000 CDC Growth Charts for 2-19 years. Data for adults are age adjusted to the 2000 standard population.

SOURCE: National Health and Nutrition Examination Surveys (NHANES), CDC/NCHS.

Objs. NWS-9, 10.4
Decrease desired

Total Vegetable Consumption, 2009–2012



NOTES: ⇐ = 95% confidence interval. *Baseline: 2005–2008. Data are for mean daily intake of cup equivalents of total vegetables per 1,000 calories by persons aged 2 years and older based on a single 24-hour dietary recall. Cup equivalents were calculated using the Food Patterns Equivalents Database (FPED), USDA/ARS. Except for age specific groups, data are age adjusted to the 2000 standard population. Respondents were asked to select one or more races. The categories black and white include persons who reported only one racial group and exclude persons of Hispanic origin. Persons of Hispanic origin may be of any race.

SOURCE: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.

Division of Nutrition, Physical Activity, and Obesity:

Physical Activity



Strategic Priorities

- Infants and Toddlers (0-5 years)
 - Breastfeeding
 - Early care and education
 - Infant and young child nutrition (New)
 - Micronutrient malnutrition
- Healthy Eating
 - Healthy food environment (food service guidelines, restaurants, grocery)
- Active Living
 - Community planning (walking, walkability) and worksites
- State , Tribal, Local, and Territorial

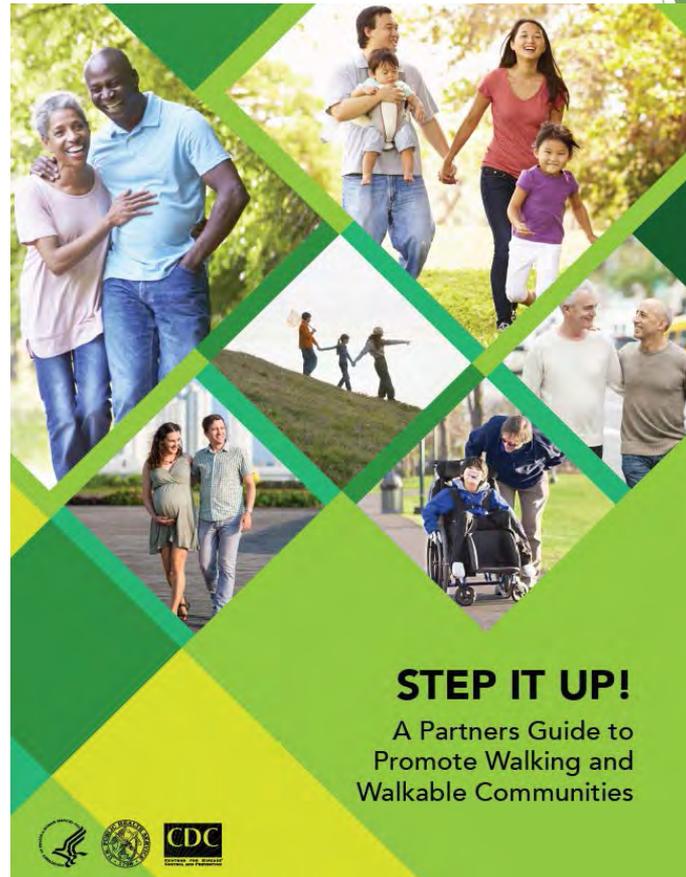
Physical Activity: An Essential Ingredient for Health

Children and Adolescents	Adults
<ul style="list-style-type: none">▪ Improved cardiorespiratory and muscular fitness▪ Improved bone health▪ Improved cardiovascular and metabolic health biomarkers▪ Favorable body composition▪ Reduced symptoms of depression	<ul style="list-style-type: none">▪ Prevents premature death▪ Lower risk of chronic diseases (e.g., coronary heart disease, stroke, type 2 diabetes, depression and some types of cancer)▪ Prevention of weight gain▪ Positive mental health▪ Healthy aging

STEP IT UP!
THE SURGEON GENERAL'S CALL TO ACTION
TO PROMOTE WALKING
AND WALKABLE COMMUNITIES



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES



STEP IT UP!
A Partners Guide to
Promote Walking and
Walkable Communities



*Step it up! The Surgeon General's Call to Action
to Promote Walking and Walkable Communities*
www.surgeongeneral.gov/stepitup

Why Focus on Walking?

- Easy way to start and maintain a physically active lifestyle
- A common form of physical activity
- Multipurpose
- Benefits communities



Goals

1. Make walking a national priority.
2. Design communities that make it safe and easy to walk for people of all ages and abilities.
3. Promote programs and policies to support walking where people live, learn, work, and play.
4. Provide information to encourage walking and improve walkability.
5. Fill surveillance, research, and evaluation gaps related to walking and walkability.

STEP IT UP!

EVERYONE CAN HELP
MAKE OUR COMMUNITIES
MORE WALKABLE



Sectors

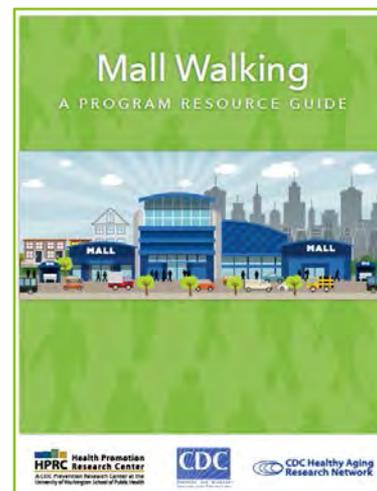
- Worksites
- Parks and Recreational facilities
- Transportation, land use, and community design
- Health care professionals
- Public health
- Volunteer and nonprofit organizations
- Media
- Schools
- Individuals & families

Step it up! Help make your community more walkable. Learn how by visiting
www.SurgeonGeneral.gov



Relevant Project Investments

- Partnerships
- Networks
- Trainings
- Toolkits and Guides



For More Information

Division of Nutrition, Physical Activity, and Obesity

<http://www.cdc.gov/nccdphp/dnpao/index.html>

Division of Nutrition, Physical Activity, and Obesity *State and Local Programs*

<http://www.cdc.gov/nccdphp/dnpao/state-local-programs/index.html>

Currently funded activities through the CDC's National Center for Chronic Disease Prevention and Health Promotion

<http://www.cdc.gov/chronicdisease/about/foa.htm>



Turning the Tide on Childhood Obesity through the Communities Putting Prevention to Work (CPPW) Initiative

Nadine L. Chan, PhD, MPH

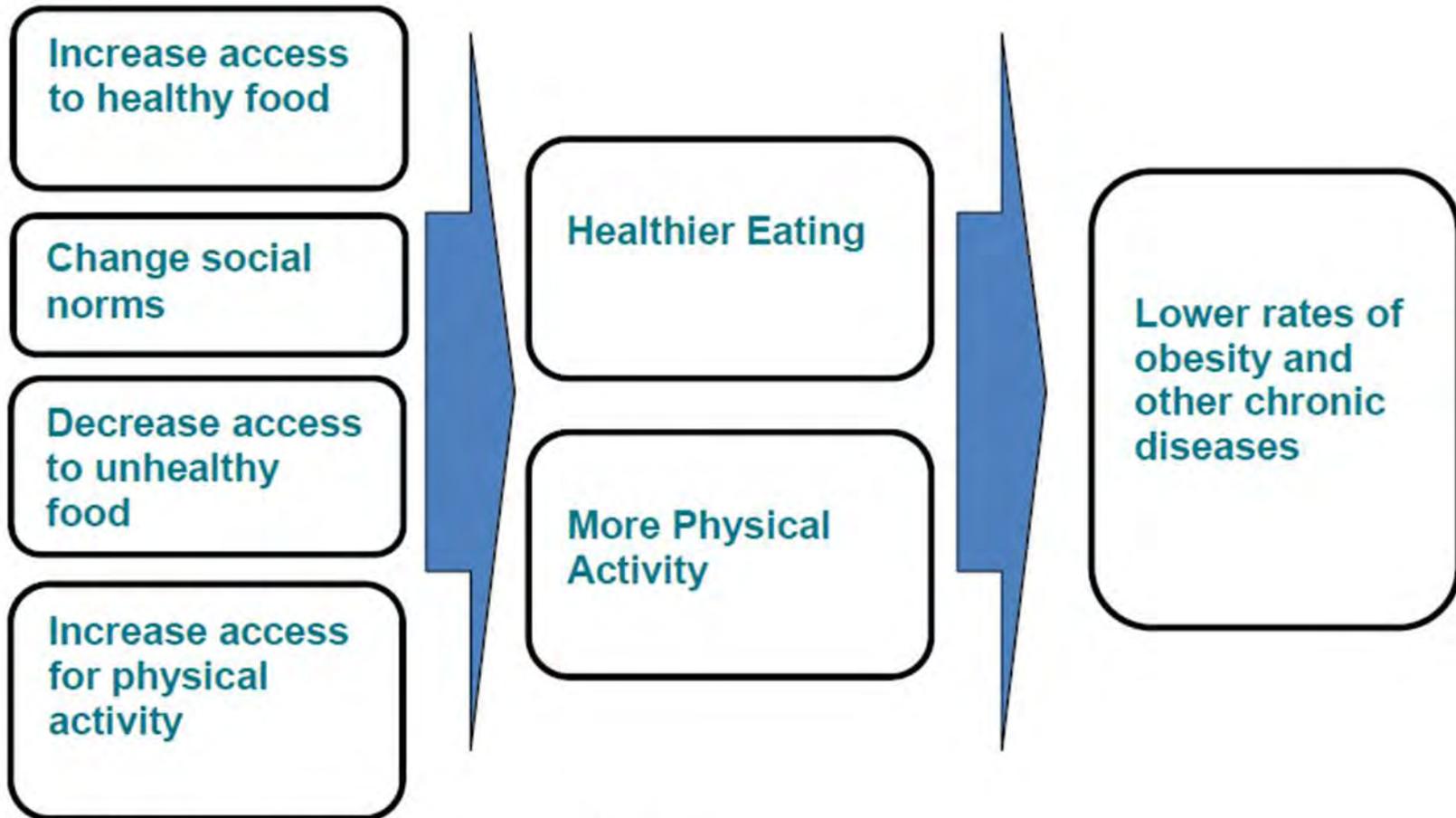
Seattle/King County, Washington

Nutrition, Physical Activity, Obesity

Leading Health Indicators

November 19, 2015

How policies, systems, environments (pse) influence health

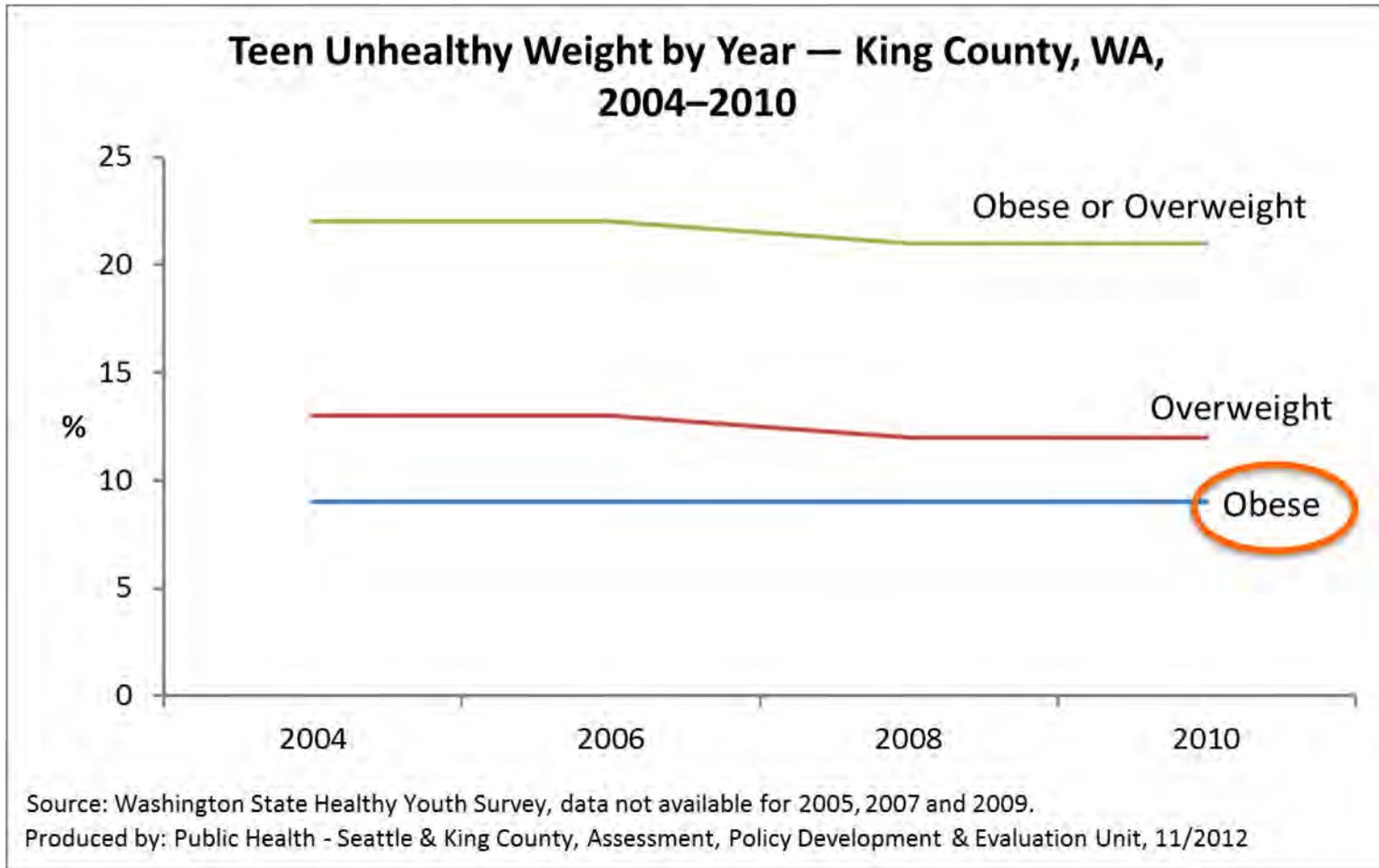


How PSE influences health behaviors and health outcomes



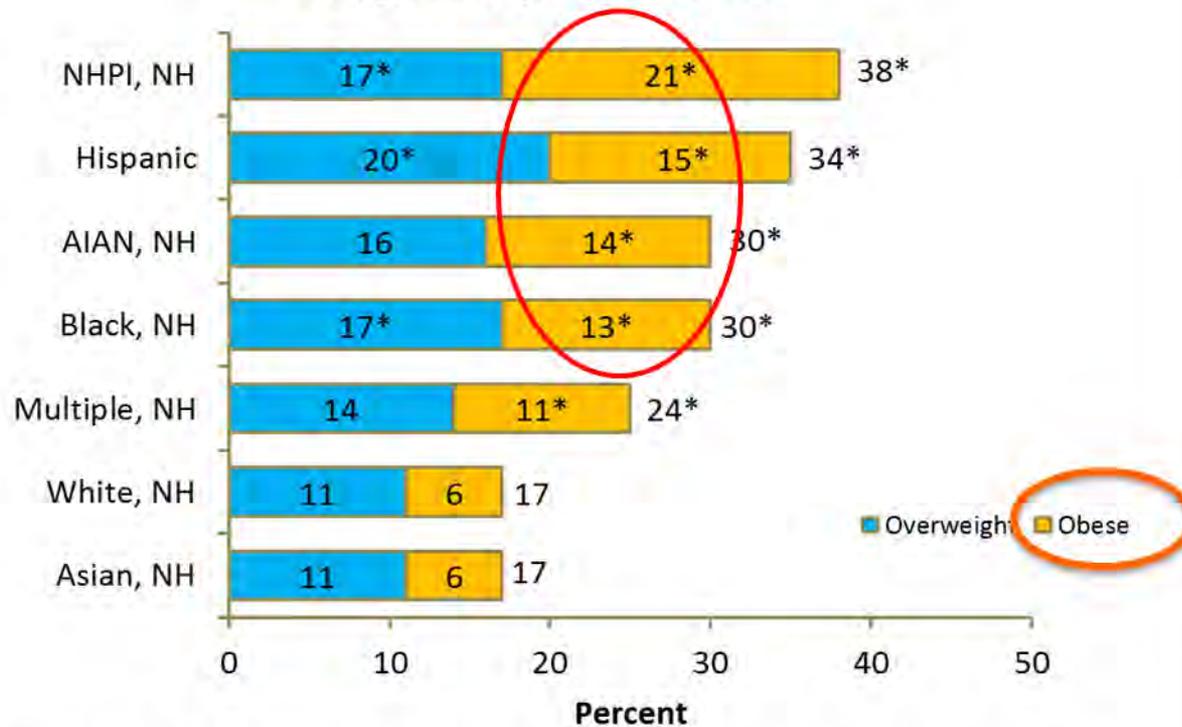
What did local data show?

No change in obesity rates among teens



Obesity by race/ethnicity - teens

**Teen Overweight and Obesity by Race/Ethnicity
King County, WA — 2010**



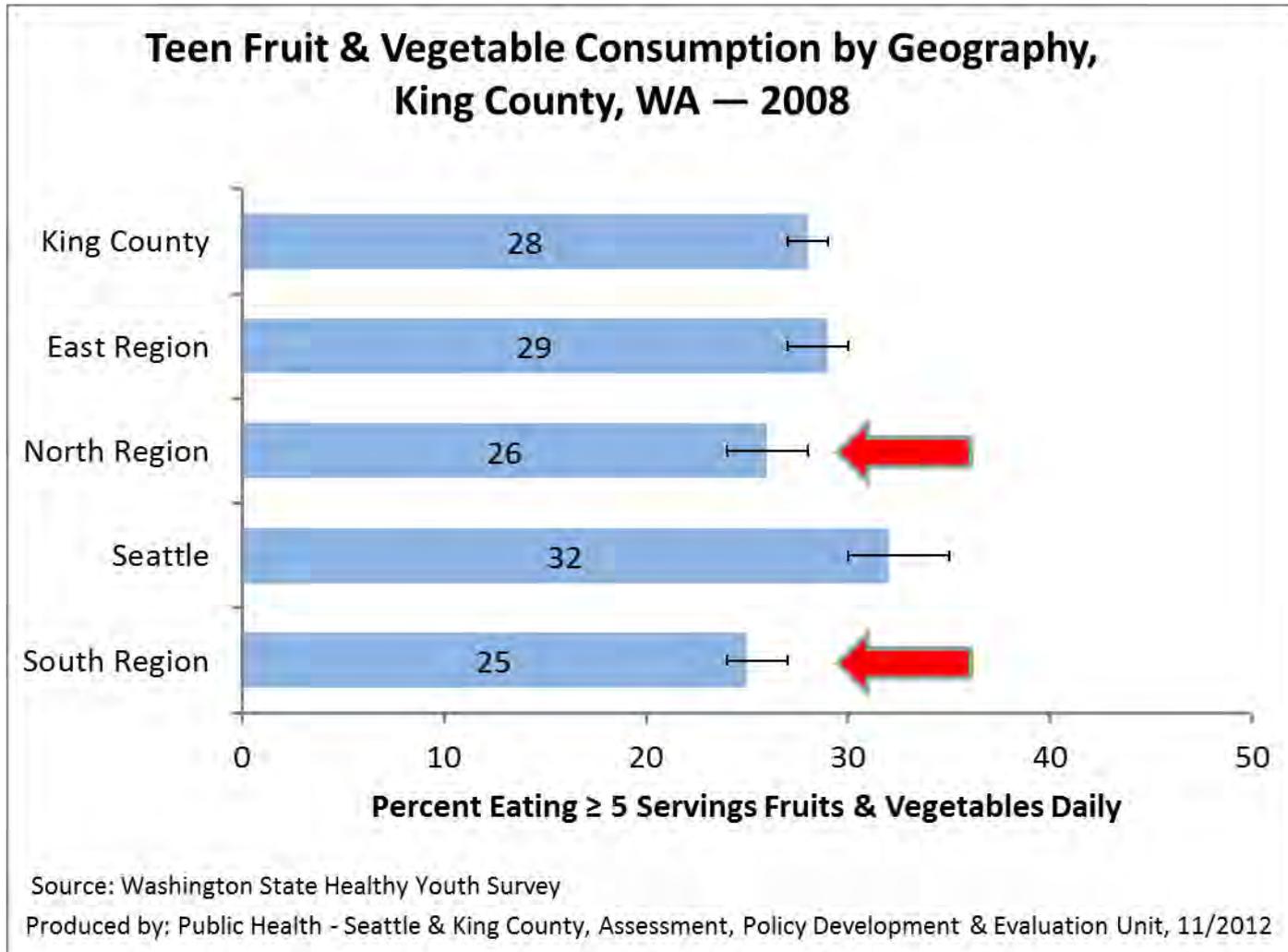
Source: Washington State Healthy Youth Survey

*Statistically significantly higher than white, non-Hispanic students. May not sum to total due to rounding.

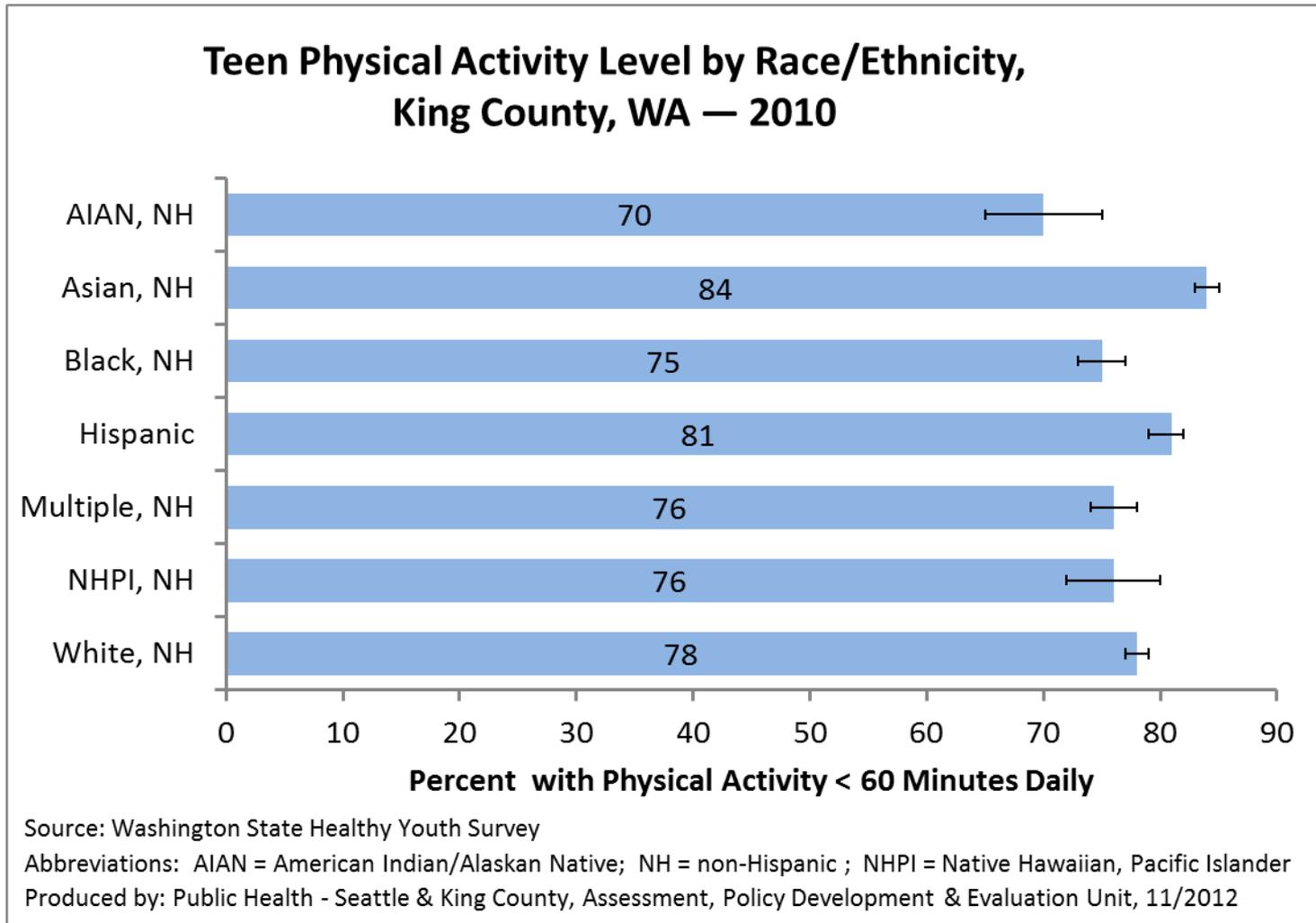
Abbreviations: NHPI = Native Hawaiian, Pacific Islander; NH = non-Hispanic; AIAN = American Indian/Alaskan Native

Produced by: Public Health - Seattle & King County, Assessment, Policy Development & Evaluation Unit, 11/2012

Fruit and veggie consumption by region - teens

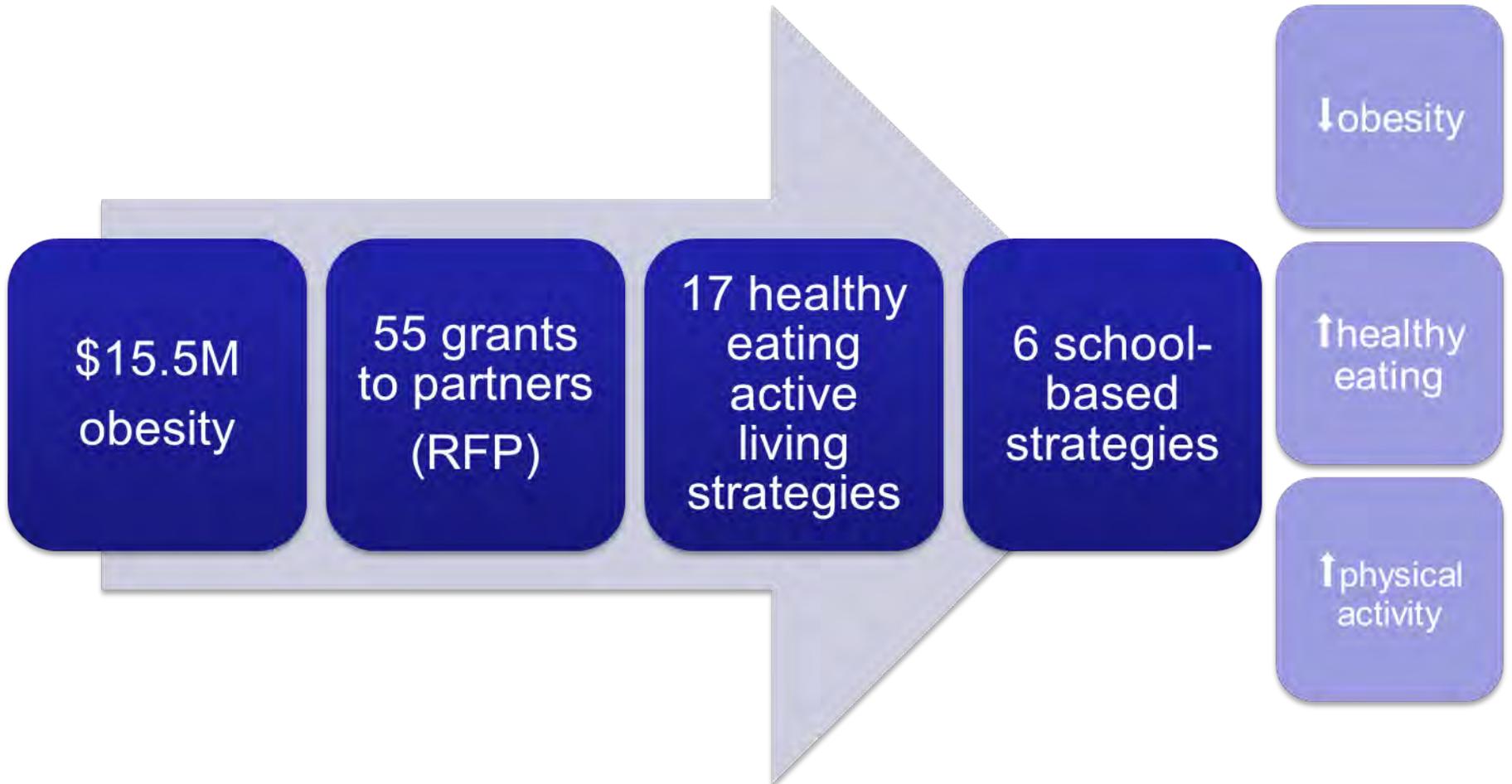


Not enough physical activity by race/ethnicity



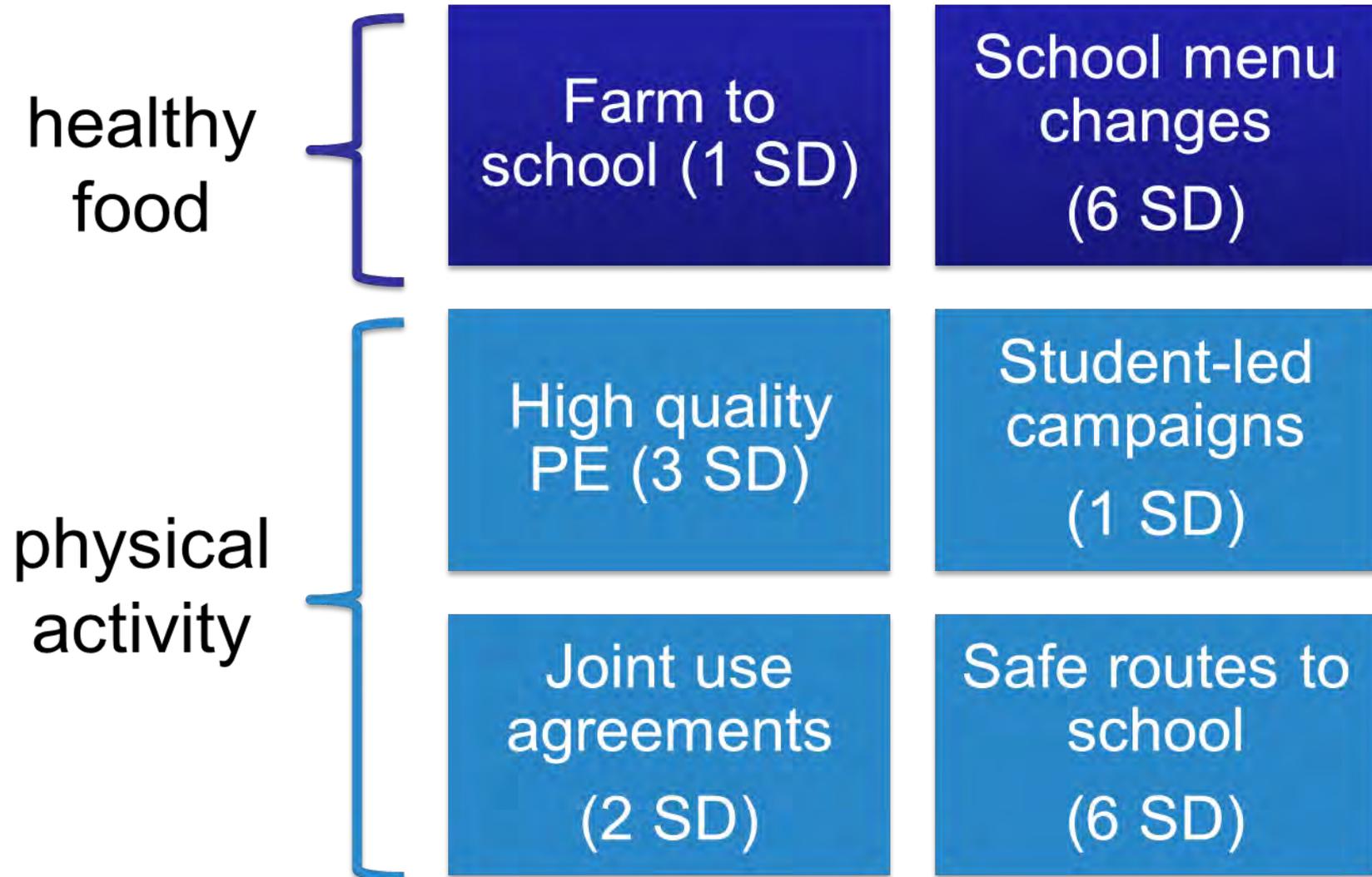
What did we do?

Communities Putting Prevention to Work 2012 – 2012 (2013)



Making changes to the environment, policies, and systems so that healthy choices are easier to make

School-based strategies



SD = school district

School menu changes in 6 school districts

- Adopted new nutrition standards
- Installed digital menu board
- Featured locally grown food monthly
- Trained 432 cafeteria staff in whole foods cooking
- Added 5 new whole food recipes to menu cycle
- Adopted 10 new scratch recipes



Quality physical activity

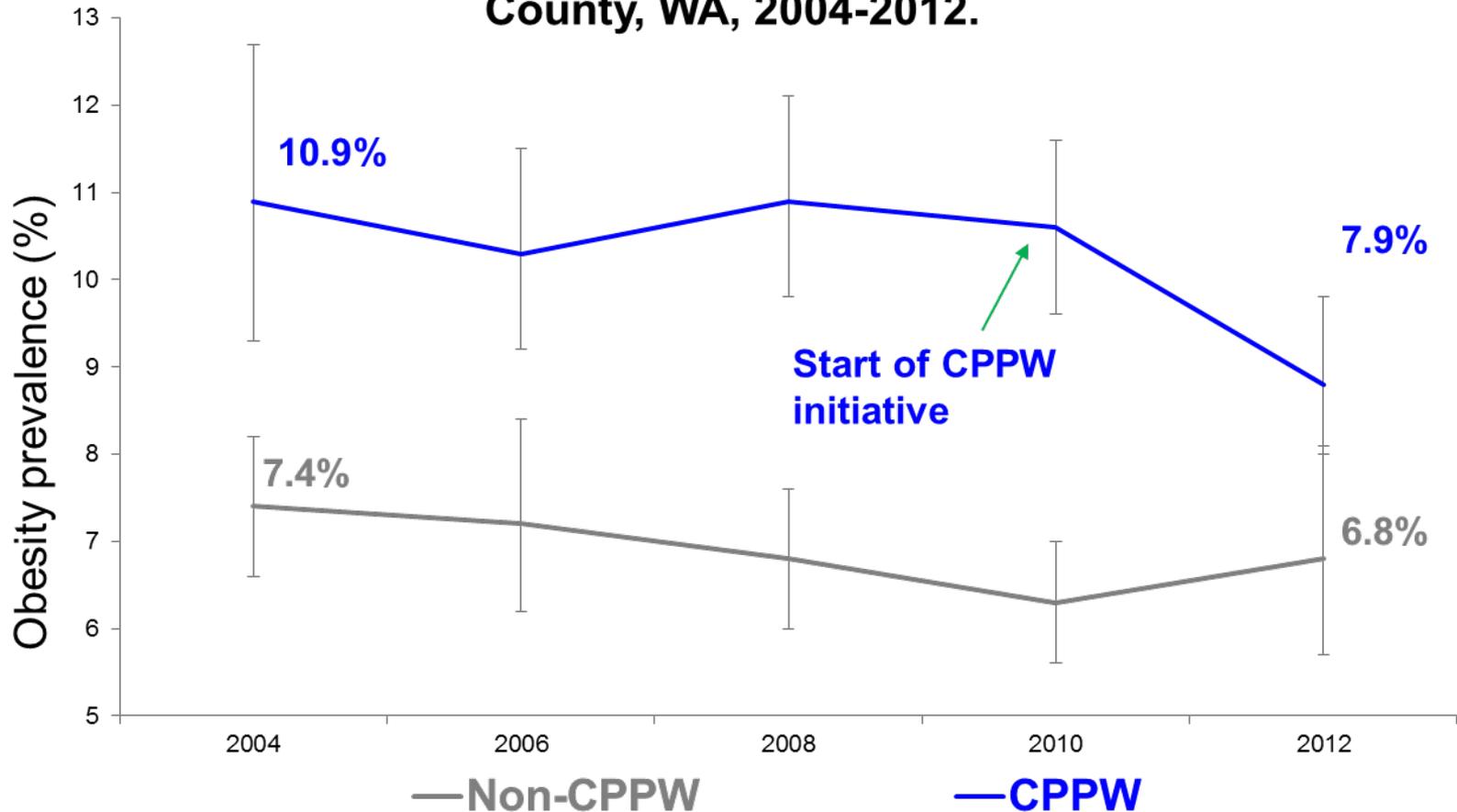
- Implemented a high-quality PE curricula re-aligned with state PE requirements
- Installed Fitnessgram assessment software
- Trained PE teachers and bought equipment (47 schools)
- Student-led marketing campaign to change the school culture related to physical activity and nutrition
- 4,000 students and staff signed up to participate



**Did it make a
difference?**

Teen obesity declined in school districts where we invested in CPPW

Teen obesity by **school district CPPW status**, King County, WA, 2004-2012.



For more information

- Healthy community initiatives in King County, Washington
<http://www.kingcounty.gov/healthservices/health/about/healthycommunities.aspx>
- Kern et al. Declines in student obesity prevalence associated with a prevention initiative—King County, Washington, 2012. MMWR. 2014;63 (7)
- Cheadle et al. Promoting policy, systems, and environment change to prevent chronic disease: lessons learned from the King County Communities Putting Prevention to Work Initiative. J Public Health





Healthy People 2020 Spotlight on Health Webinar



Join us on December 10, 2015, from 12:30 pm to 2:00 pm ET for
Empowering People to Manage Their Diabetes:
A Healthy People 2020 Spotlight on Health Webinar

Learn about evidence-based recommendations to manage diabetes and how communities are conducting diabetes self-management education.

Register at www.healthypeople.gov





Continuing Education Opportunity



Check out our HealthyPeople eLearning lesson.

Earn free continuing education while learning how one community is using a cross-sector approach to address childhood obesity by visiting, <http://www.healthypeople.gov/2020/tools-and-resources/Healthy-People-eLearning>.

CECH & CEU available



Stay Connected

- Visit healthypeople.gov to learn more about the Healthy People 2020 Leading Health Indicators.
- To receive the latest information about Healthy People 2020 and related events, visit our website to:
 - Join the Healthy People 2020 Consortium
 - Share how your organization is working to achieve Healthy People goals



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