

1305 Key Highlights

Chronic Disease Prevention and Control Program

NEBRASKA

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Overview

The Chronic Disease Prevention and Control (CDPC) Program at the Nebraska Department of Health and Human Services (NDHHS) is in its fifth year of implementing a five-year grant from the Centers for Disease Control and Prevention (CDC), titled State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health (1305). To maximize efficiency, states engage in cross-cutting activities that capitalize on the similarities of these chronic diseases and many of the methods to prevent and/or control them. These areas include implementing environmental approaches to support healthful behaviors, health system interventions to improve effective delivery of care, community-clinical linkages to support prevention and management of high blood pressure and diabetes, and collecting and analyzing data to guide work.

The 1305 grant has four areas of focus: Epidemiology and Surveillance, Environmental Approaches, Health Care Systems Interventions, and Community-Clinical Linkages. The following report summarizes the grant's projects and outcomes for each of these areas during June 2013 – March 2018.

Epidemiology and Surveillance

In all areas of the grant it is important to gather, analyze, and disseminate data and information as well as conduct evaluations to inform, prioritize, deliver, and monitor programs and population health. Making the investment in epidemiology and evaluation provides states with the necessary expertise to collect data and information and to develop and use effective interventions, identify and address gaps in program delivery, and monitor and evaluate progress in achieving program goals.

Accomplishments

- In 2014, the Diabetes Prevention and Control Program, the Heart Disease and Stroke Prevention Program, and Nutrition and Physical Activity for Health merged into one program, the CPDC Program, to address chronic health conditions more collaboratively and effectively in the state.
- The CDPC Program has worked with nearly 148 partners since the grant began, with roughly 30 of them actively working on grant initiatives all five years.
- Over 120 performance measures were reported to CDC, utilizing 35 data sources to monitor programs and population health.
- Of the 20 strategies in the grant, four were evaluated throughout the entirety of the grant, although evaluation was incorporated into nearly all of them.
- The epidemiologist and evaluator met with each domain quarterly to review progress and outcomes.





Environmental Approaches

This area promotes nutrition, physical activity, and breastfeeding policy, system and environment (PSE) changes in schools, early childhood education, worksites, and access to walkable communities and healthy food retail. More specifically, the CDC Program provides technical assistance and trainings in collaboration with other partners to help address physical activity and nutrition in those venues since those locations are where children and adults spend most of their day.



Accomplishments

- Four (Bellevue, Omaha, Hastings, Lincoln) Nebraska communities have complete streets policies. Three new communities (Sidney, Grand Island, and Scottsbluff) have been trained on complete streets policies.*
- As of Jan. 2018, 680 child care programs completed the physical activity and outdoor play Go Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) pre-assessments. By the end of Go NAP SACC, 261 child care programs were meeting 50% or more of best practices for physical activity and outdoor play, impacting approximately 6,935 children. Additionally, 692 child care programs completed the nutrition Go NAP SACC pre-assessment. Following Go NAP SACC, 236 child care programs were meeting 50% or more of best practices for nutrition, impacting 5,806 children.
- According to the Nebraska Worksite Wellness Survey, there's been a 3% increase in the number of worksites that provide space and time for nursing mothers to express breast milk from 2013 to 2016 (43.5% to 46.5%).
- Over 70 worksites have received mini-grant funding (ranging from \$100-\$250) through the three Nebraska worksite wellness councils, to implement breastfeeding, nutrition and/or physical activity strategies, impacting an estimated 34,052 employees.
- As of March 2018, there are now 30 retail venues engaging in the healthy food retail initiative, Choose Healthy Here, to increase access to healthy foods and beverages.*† Approximately 292,805 individuals now have increased access to healthier foods through this intervention.
- Partnered with Nebraska Department of Education (NDE) and SHAPE Nebraska to provide eight types of nutrition, physical education and physical activity professional development trainings to educators, reaching 28 public school districts and approximately 72,210 students.



Health Care Systems Intervention

Health systems play a large role in the prevention, early diagnosis and quality management of chronic diseases, including hypertension, prediabetes and diabetes. By implementing systems and practice changes in health systems, more Nebraskans will obtain accurate and timely diagnoses and proper management of their conditions.

Accomplishments

- Engaged with 37 clinics through Remedy HealthCare Consulting to conduct quality improvement initiatives, resulting in improved health care for people with high blood pressure and type 2 diabetes.





- Provided funding to Bryan Health to improve diabetes care at five clinics resulting in 72% of diabetes being well controlled (A1c <8), and 258 patients completing diabetic education.
- Approximately 77% of surveyed providers in Nebraska provide blood pressure monitoring “drop-in” services for patients, with 44% of them documenting readings in the patient’s medical charts.
- A total of 324 healthcare professionals completed online accurate blood pressure reading modules from October 2015 to March 2018, and 224 individuals have participated in an in-person blood pressure measurement training (Sept. 2015 - 159; Nov. 2017 - 65).*
- Through a partnership with Remedy HealthCare Consulting, 16 collaboratives have been offered in five counties since March 2014.*



Community-Clinical Links

When clinical and community sectors work in tandem, they can improve care and support patients better than either of these sectors could do alone. Types of clinical-community linkages include coordinating services at one location, coordinating services between different locations, and developing ways to refer patients to resources.



Accomplishments

- In 2017, the CDPC Program launched Living Well with Diabetes (Stanford’s Diabetes Self-Management Program) in Nebraska, and three workshops have been held already.
- As of December 2017, there are 56 AADE-accredited or ADA-recognized Diabetes Self-Management Education (DSME) sites in 36 counties.
- As of January 2018, 1,331 individuals have participated in the CDC-recognized National Diabetes Prevention Program (NDPP) and there are now 40 active CDC-recognized sites.*
- From June 2013 to January 2018, 932 individuals have taken a Living Well (Stanford’s Chronic Disease Self-Management Program) workshop, with a 72% completion rate (attending four of six sessions) among the 93 workshops.
- In partnership with New York State Department of Health, the CDPC Program developed a free Community Health Worker online training program. As of January 2018, 21 individuals have completed at least one of the five online training modules.
- Created three videos highlighting the return on investment and overview of Community Health Workers. Those have now received national attention, and a similar video for DSME was created.



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Notes:

*CDC Grant 1422 funds also contributed to this outcome.

[†]Douglas County’s healthy food retail program is called Healthy Neighborhood stores.