

## **NEBRASKA LOCAL HEALTH DEPARTMENT HEALTHY COMMUNITIES GRANTS**

### **Central District Health Department**

#### Healthy Works

Sixty-seven and a half percent of the adult population in the Central District Health Department (CDHD) region is either overweight or obese. This statistic continues to worsen with time. Adding to this, many individuals are not consuming nutritious foods, including fruits and vegetables, at the level suggested to maintain a healthy body weight. The environment in which we live often supports the intake of high calorie food and beverages and can discourage the choice of healthier foods. A recently conducted community health assessment (MAPP-Mobilizing for Action through Planned Partnerships) identified the need to address obesity with a focus on lifestyle choices. "Healthy Works" is a project aimed to address this concern being delivered through Central District employers with the assistance of a community advisory group and local health department staff. The newly formed community advisory group will be comprised of a diverse group of community leaders. The project will take a community-supported approach to change the environment and policies in worksites related to foods being offered and served. Changes in the worksite food environment and support from area leaders will build capacity and sustainability in the project. The long-term impact of the project will reach beyond the boundaries of the worksite to Central Nebraska families.

### **Douglas County Health Department**

#### Diabetes Prevention Alliance

The Douglas County Health Department's Diabetes Prevention Alliance project strives to improve Douglas County's ability to decrease diabetes-related health disparities in Eastern Douglas County (east of 72nd Street). This will be achieved through the development of a Diabetes Prevention Alliance, completing a needs assessment and creating a strategic plan based on evidence-based practice from Diabetes Today training and The Community Tool Box from the University of Kansas. Project staff will work collaboratively with the American Diabetes Association in leading the community through a planning process.

## **East Central District Health Department**

### **NAP SACC**

The ECDHD service area target population of children under the age of five in child care facilities is at high risk for obesity due to the risk factors in the general population of the district. Addressing obesity is important because it is a risk factor for cardiovascular disease and cancer, which are the two leading causes of death in the United States.

NA SACC is an evidence-based program that focuses on child care facilities or preschools to lower the obesity rate in children. The ultimate purpose of this proposal is to reduce obesity rates in the East Central District Health Department services area by providing a comprehensive educational program for child care facilities to reach children ages two to five and their families. The innovation that ECDHD can offer in the NAP SACC implementation planning is the roll-out of this program tailored to two unique community sub-sets 1) a high Hispanic/Latino community; and 2) a rural population that has a low rate of educational attainment and a high rate of children in poverty.

## **Elkhorn Logan Valley Public Health Department**

### **Workers on the Move**

The target population for the project will be area businesses in the Elkhorn Logan Valley Public Health Department's (ELVPHD) coverage area of Madison, Stanton, Cuming, and Burt Counties. Our project will address the alarming rates of cardiovascular disease by focusing on improving the health of individuals in the work environment. The Nursing and Wellness Unit Manager with ELVPHD will serve as the project coordinator. The program will begin with the development of worksite wellness teams for each business consisting of multiple members from the workplace who are concerned about the health and wellness of their workers. The teams from each business will then complete a worksite wellness assessment tool and the employees of the selected businesses will participate in a health risk assessment (HRA) to gather baseline employee health data. After completing the worksite wellness assessment and the HRA, the teams will be able to work on developing policy and environmental changes that affect multiple levels within the worksite setting. These changes will focus on improvements in areas such as physical activity, nutrition, safety or the reduction of environmental tobacco smoke. These changes will be sustainable and will have a significant impact on the worksite.

## **Four Corners Health Department**

### Worksite Wellness

Four Corners Health Department (FCHD) was established in February 2003 and serves the counties of Butler, Polk, Seward, and York. Four Corners' mission statement is to "promote health, prevent disease, and protect the environment, improving the health of the Four Corners community." With growing evidence that worksite wellness programs can impact the health of employees, FCHD proposes to increase its capacity toward becoming a leader in worksite wellness for the four county area, with the long term goal of decreasing the number of deaths due to cardiovascular disease in the Four Corners District.

## **Lincoln Lancaster County Health Department**

### Growing the Worksite Health Movement

Provision of effective worksite health promotion is a recognized strategy to improve the health of employees and family members. The aggregate results of thousands of Health Risk Appraisals (HRA) completed by employees at worksites in the Lincoln area consistently indicate that their priority health issues include overweight/obesity, physical inactivity, tobacco use, and stress. When the leadership of a business determines that improved employee health is a priority business strategy as well as the "right thing to do" and takes the appropriate steps to implement and evaluate a quality worksite wellness program, the health indicators of employees show improvement. These improvements are especially evident in fewer employees reporting to be overweight or obese, fewer using tobacco, and more being physically active. Additional benefits are lowered blood pressure, lowered blood cholesterol, and decreased symptoms of arthritis.

WorkWell, Inc. is one of three worksite councils in Nebraska and is a program of the LLCHD. WorkWell provides service to businesses in Lincoln and Lancaster County and a few businesses in Southeast Nebraska. It has existed for 25 years and has a membership of 125 companies representing more than 65,000 employees. LLCHD provides staff for WorkWell. A Board of Directors, made up of business leaders from a variety of business sizes and types, serves in an advisory capacity to WorkWell staff. This partnership of health department and businesses has proven to be very effective in providing worksite health strategies that are improving the health of employees. WorkWell utilizes a health risk appraisal for its members that were developed in partnership with DHHS and WorkWell staff. WorkWell also provides training, resources, and guidance to businesses in the development and implementation of individualized wellness plans based on the priority health issues identified by the HRA.

Because of the expertise of the WorkWell staff and the improved health outcomes achieved as a result of worksite health efforts, the momentum for implementation of worksite health programs has escalated in the WorkWell service area and across the state. This proposal seeks additional staffing to assist with WorkWell's efforts in the risk areas of tobacco use and consumption of fruits/vegetables, especially in environment and policy change at the worksite including benefit plan design. Additional staffing will also allow the WorkWell director to provide mentoring to other health departments in the area of worksite health promotion. Benefits of this mentoring include consistency in how worksite health programs are designed, implemented, and evaluated.

### **Loup Basin Public Health Department**

Loup Basin Project LEAN (Leaders Encouraging Activity and Nutrition)

The Loup Basin Public Health Department and MAPP focus groups have identified adolescent health as a top priority for the district, sighting indicators such as poverty, access to healthy foods at school, and limited opportunities for physical activity as threats to the health of the area's youth. To address this issue, Loup Basin Public Health Department is seizing the opportunity to impact the health of the students and school staff in the district through a Loup Basin Project LEAN (Leaders Encouraging Action and Nutrition). The health department is currently working with several schools, the Nebraska Department of Education and UNL Extension Educators in the coordinated school health approach. These partnerships need to be expanded into more schools in the region, as Youth Behavioral Risk Survey data indicate that 40% of high school girls describe themselves as overweight, the proportion of adolescents who engage in moderate physical activity for at least 30 minutes in Nebraska is not meeting the 2010 objective, and 18.3% of LBPHD high school students use spit tobacco. The Loup Basin Project LEAN initiative will address concerns surrounding nutrition (healthy weight), physical activity, and tobacco use as well as the growing threat of chronic diseases, such as cardiovascular disease and diabetes, which have a negative effect on the health of adolescents.

### **North Central District Health Department**

Wellness Connection

The community of O'Neill lies prominently in the north-central region of Nebraska and sits almost directly in the center of Holt County. The 3,300 people that live here come from many backgrounds and values and have settled into life here throughout many generations. Beginning through humble means in farming and ranching reminiscent of

the climate and active culture of Ireland, this community has grown to support the skills and growth of the people living here today. Like many communities, the people of O'Neill have evolved from a life of physical labor to that of a more sedentary lifestyle of service and technology. Almost 80% of the people living here drive themselves to where they work, which on average takes fourteen minutes, while the remainder of people work at home. This is a community of very few walkable areas, with two major highways crossing through the center of town where most business is located and then again crossing through the west section of the community. People drive their children to school, drive to work, and drive to go have lunch, drive back to work, drive to pick up their children from school, and then drive home.

With a larger percent of the population in the work force, this leaves less time at home to be active with children and prepare nutritious meals. Convenience foods have become the norm within the workplace and at home. The Wellness Connection project will begin as a pilot project for worksite wellness designed to connect, or reconnect, our working people with the knowledge and skills to live a healthy, balanced life. The Wellness Connection project will pilot in North Central District Health Department (NCDHD), along with an additional business based in the community of O'Neill, to bring a comprehensive worksite wellness process to the working people of O'Neill. Wellness Connection is designed to decrease the risk factors of chronic disease (diabetes, cardiovascular disease, and cancer) by improving the health of community members and creating a healthy work environment provided through worksite wellness.

## **Panhandle Public Health District**

### Healthy Communities through Worksite Wellness

More than a third of Panhandle residents are overweight and 25 percent are obese. Eighty percent do not eat a proper diet and nearly half do not get enough physical activity. About 17-25 percent use tobacco. These individuals are the poster children for cardiovascular disease – a problem in the Panhandle due to poor diet, inadequate physical activity and tobacco use/exposure. With a large percentage of the population in the Panhandle employed, worksite wellness activities have the potential to reach a large audience.

Healthy Communities through Worksite Wellness will address the risk factors for cardiovascular disease through policy, systems, and environmental change in the workplace. The use of policy, systems, and environmental change at worksites will have the highest reach with a lower expenditure of resources. Wellness coordinators from Panhandle Public Health District and Scotts Bluff County Health Department will work directly with businesses, through the Panhandle Worksite Wellness Council, to provide

technical assistance in developing worksite wellness plans, policies and systems or environmental change aimed at prevention.

Working along a continuum of change, coordinators will assess employees' wellness needs through health risk appraisals and interest surveys, review and identify the top priorities through high risk and interest areas and align those priorities with evidence-based practices. The coordinators will assist the worksite wellness teams in writing a wellness plan, complete with objectives, interventions, outcomes and measurements and an implementation plan. Ongoing technical assistance will assure the wellness plan activities are conducted with fidelity. Formative and summative evaluations will "complete" the continuum and lead to ongoing assessment, review, etc.

### **Public Health Solutions**

Farmers Market Coalition of Southeast Nebraska

Studies show that eating at least five servings of fresh fruits and vegetables daily can help to lower the risk of many chronic diseases including diabetes, cardiovascular disease, certain types of cancers and obesity. Healthy food consumption is important to residents of Gage, Saline, Thayer, Fillmore and Jefferson counties as evidenced by the high priority placed on nutrition and chronic disease prevention during recent MAPP assessments. The Farmers Market Coalition (FMC) of Southeast Nebraska Project will provide resources to existing farmers markets throughout the district as well as develop new community markets in under-served areas. The goal is to increase the amount of fresh, locally grown produce that is available in communities and provide education and incentives to consume more of these healthy foods. Farmers markets help communities by providing fresh produce as well as giving local growers a source of additional income.....a win-win for everyone!

### **South Heartland District Health Department**

Heartland Alliance for Healthy Schools as Healthy Workplaces

The Heartland Alliance for Healthy Schools as Healthy Workplaces project targets administrative, faculty and staff employees of public school districts within the South Heartland District Health Department (SHDHD) service area of Adams, Clay, Webster and Nuckolls Counties. The 2007-2008 Nebraska DHHS, Area Profile – SHDHD data reports 4.4 percent of South Heartland citizens over age 16 have coronary heart disease compared to the 3.7 percent state average; 35.2 percent have been told they have high cholesterol as compared to the state average of 31.9 percent. Thirty-four percent of

students attending the Alliance Project pilot district schools have a Body Mass Index (BMI) indicating that they are overweight or obese.

SHDHD's 2007 MAPP process stakeholders identified obesity and overweight, particularly in youth, as important health concerns for the service area. From 2000-2004, cardiovascular disease was the leading cause of death in the four-county South Heartland Health District (Nebraska Vital Statistics Report 2004). Compared to Nebraska as a whole, heart disease in South Heartland was associated with both a greater proportion of deaths (32 percent vs. 26.7 percent) and a substantially higher age-adjusted mortality rate (222.5 vs. 205.1/100,000) (Nebraska DHHS, Area Profile – South Heartland Health District, 2005).

The current project will build on and expand the success of previous projects through targeting the mentors of the children impacted in the previous project with a two-fold outcome: improving the health status of school staff builds and enhances healthy modeling for students by key adults which reinforces the student progress made in past projects. Secondly, improving the health status of staff increases productivity and retention, enhances staff morale and reduces absenteeism due to health conditions.

## **Two Rivers Public Health Department**

### **Working for Wellness**

More than one-quarter of adults in the Two Rivers Public Health Department (TRPHD) district (26.3 percent) are considered obese (BMI of 30.0 or higher); an additional 39.9 percent of adults are classified as overweight (BMI of 25.0-29.9). One-fourth of all surveyed adults in the district (25 percent) admitted that they had not participated in any leisure-time physical activity outside of work in the past month. Just over half of adults (52 percent) reported engaging in the recommended level of moderate and/or vigorous physical activity in a usual week, and less than one-fifth (16.9 percent) consumed five or more servings of fruits and/or vegetables per day. These alarming statistics are proven to contribute to high incidences of diabetes, cardiovascular disease, stroke, and cancer, driving TRPHD and its Mobilizing for Action through Planning and Partnerships (MAPP) partners to persist in their efforts to lower overweight and obesity rates and help TRPHD residents lead healthy lifestyles.

Working for Wellness is a pilot program that will assist local businesses and workplaces in establishing worksite wellness programs. It will provide those businesses' designated staff and wellness team members with appropriate training and resources to enable and empower them to incorporate evidence-based worksite wellness programs, tailored to the staff, budget, and other needs of participating businesses in the seven counties within the TRPHD district. The program will work with businesses and workplaces to

address cognitive skills, policy and environmental changes regarding healthy nutrition, physical activity, and health assessment monitoring. Once employees embrace healthy lifestyle choices, the health climate at work will reflect their new awareness. Environmental and policy changes made by employers and employees will have a long-term impact on the lifestyle choices of their families and the community as a whole.

## **West Central District Health Department**

### Healthy Schools - Healthy Kids

One-fourth (26.8 percent) of students in the West Central District Health Department (WCDHD) three-county service area are either overweight or at risk for being overweight and 38.5 percent are obese. In addition, two of the five risky behaviors identified in Nebraska's 2007-2008 Behavioral Risk Factor Survey and MAPP Community Themes and Strengths Survey for the WCDHD service area were (1) obesity and (2) lack of exercise. The Healthy Schools - Healthy Kids program was piloted in 2009-2010, targeting elementary and middle school children. WCDHD has expanded the program to partner with six schools (one middle school and five elementary schools) and work with those schools to form wellness teams that will utilize the School Health Index (SHI) assessment and planning guide to (1) identify the strengths and weaknesses of their school health promotion policies and programs; (2) develop an action plan for improving student health; and (3) involve teachers, parents, students and the community in improving school policies, programs, and services. Environmental and policy changes made by the schools will have a long-term impact on the lifestyle choices of students and families.