

## Community Health Administration Obesity Plan

Million Hearts Learning Collaborative  
November 16, 2022

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- ❖ Certificates of completion will be emailed within 10-12 business days of course completion.

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<b>Company</b>	No Financial Disclosures	No Financial Disclosures	No Financial Disclosures
<b>Nature of relationship</b>	N/A	N/A	N/A



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- Describe trends in obesity and diabetes in Washington, DC
- Explain the Obesity State Plan goals and five focus areas
- Critique the anticipated implementation and proposed impact of the Obesity State Plan on DC residents

# DC Health Obesity and Diabetes Prevention State Plan

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Stakeholder Feedback Sessions

# Agenda

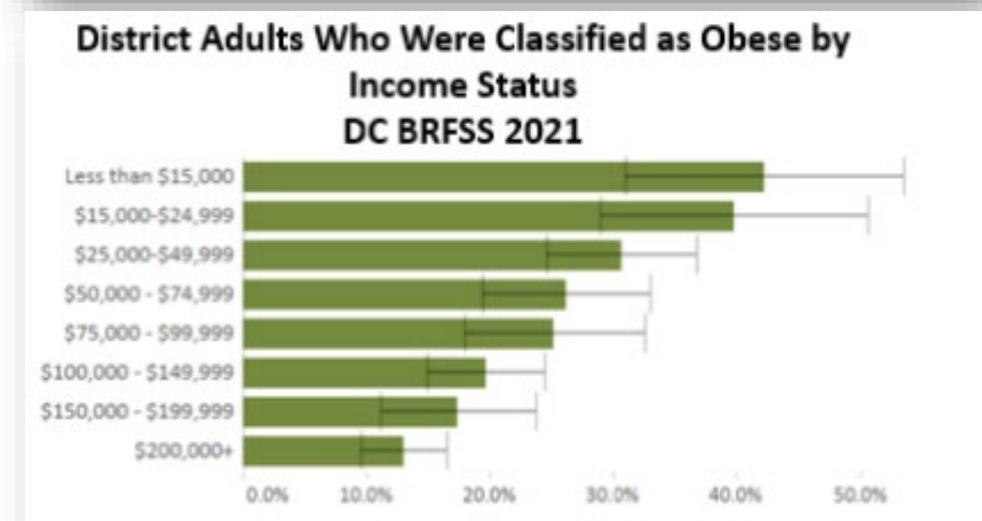
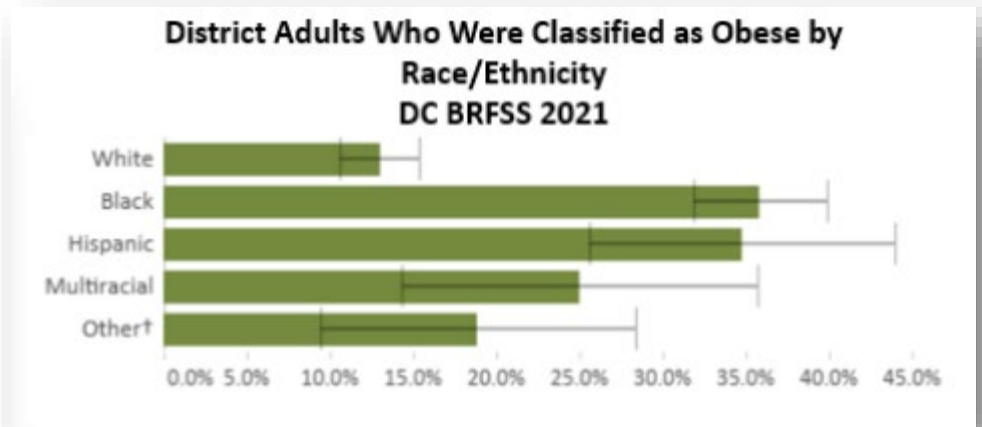
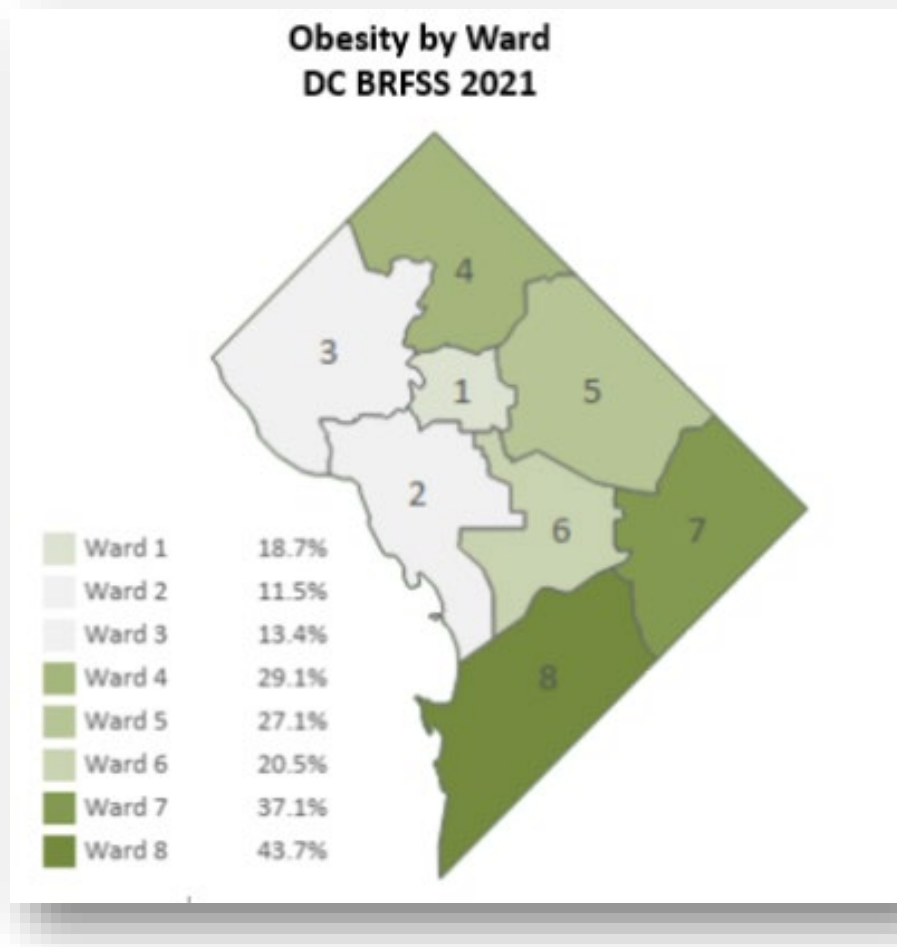
- ▶ Welcome and Introductions
- ▶ Impact of Obesity and Diabetes on the District
- ▶ Obesity and Diabetes Prevention State Plan
  - Food and Nutrition Environments
  - Breastfeeding/Chestfeeding
  - Physical Activity and the Built Environment
  - Health Systems
  - Clinical and Community Preventive Services
- ▶ Feedback Session

# Obesity and Diabetes Overview

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# Trends in Obesity in Washington, D.C.

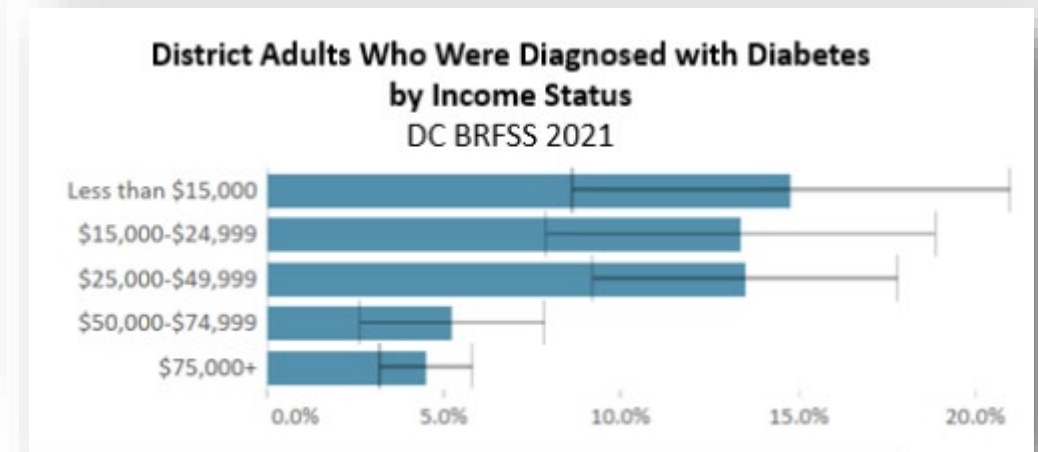
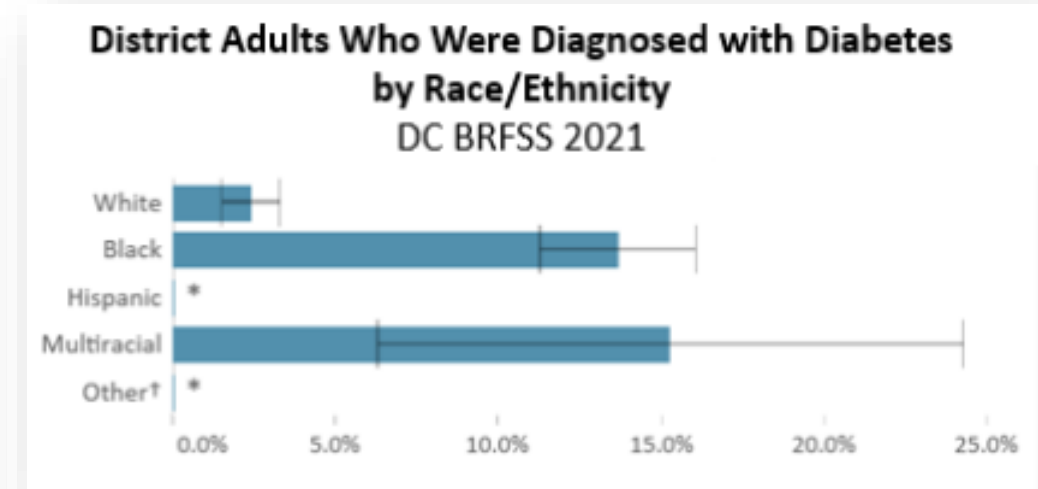
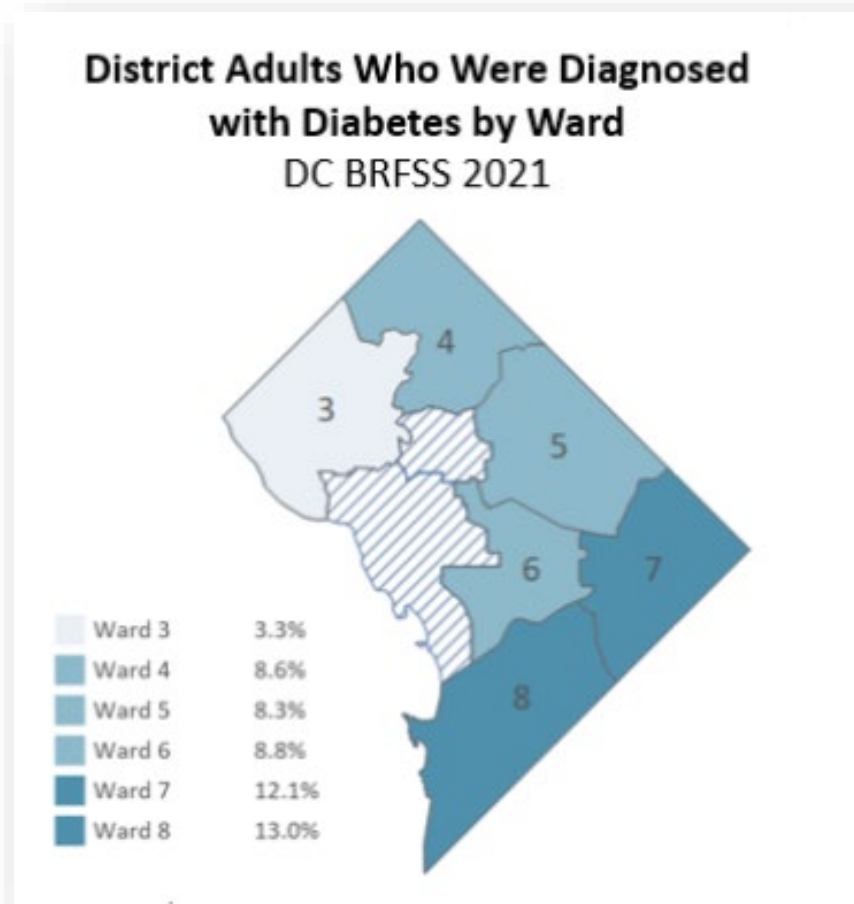
Obesity disproportionately affects **Black residents**, residents in **Wards 7 and 8**, and residents with **low-incomes** in Washington, D.C.



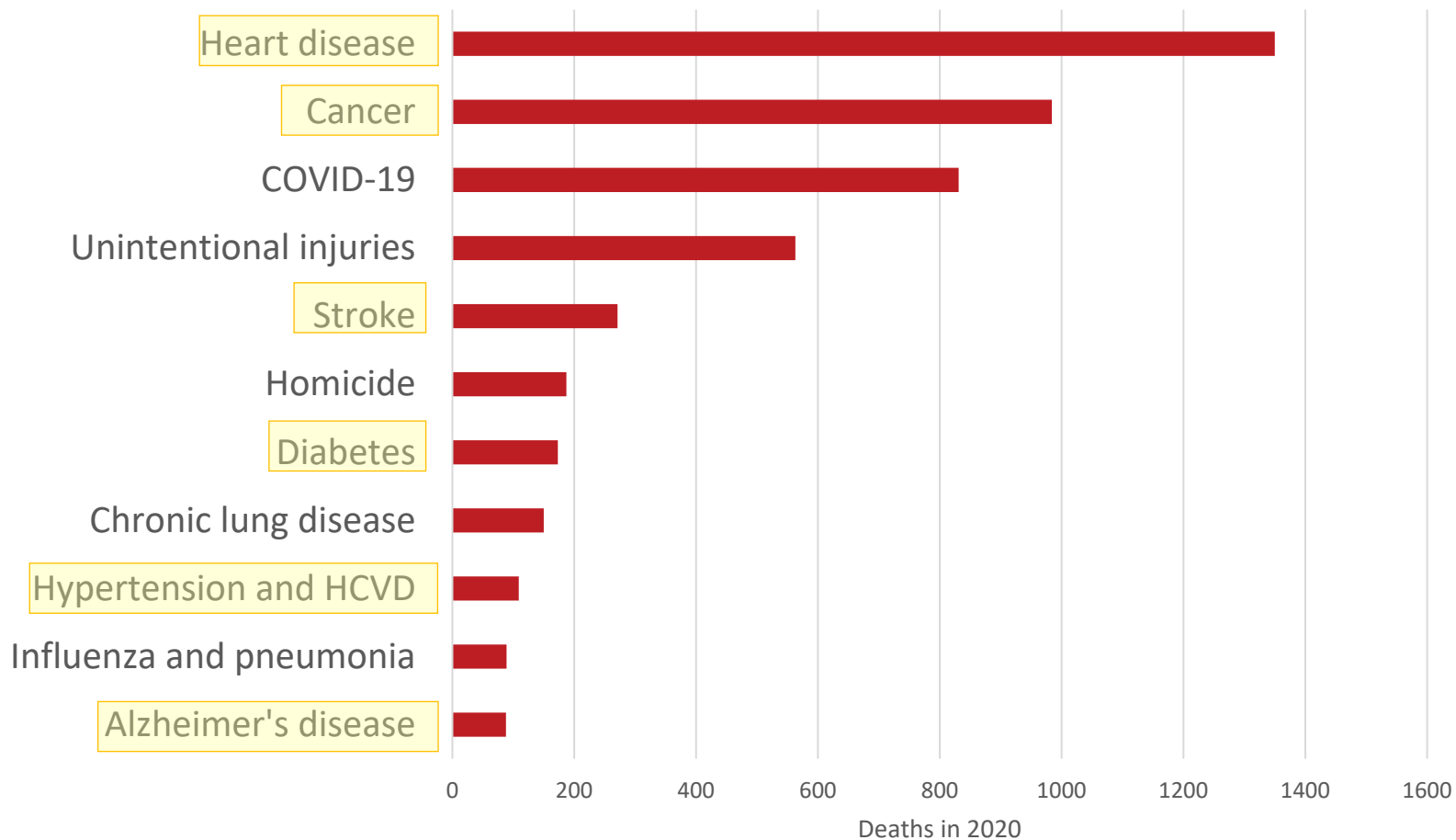


# Trends in Diabetes in Washington, D.C.

Diabetes disproportionately affects **Black residents**, residents in **Wards 7 and 8**, and residents with **low-incomes** in Washington, D.C.



# Obesity is a risk factor for **six** leading causes of death in Washington, D.C.



Source: DC BRFSS, 2020

# State Plan Overview

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# Overview of the State Plan

- The Obesity and Diabetes Prevention State Plan is a long-range planning document focusing on strategies that will reduce obesity and diabetes in Washington, D.C.
- The Plan focuses on five main strategy areas:
  - Nutrition and Food Environment
  - Breast/Chestfeeding
  - Physical Activity and Built Environment
  - Health Systems
  - Clinical and Community Preventative Service

# Health and Racial Equity

- Health disparities (preventable difference in health outcomes between communities, place a greater obesity and diabetes burden on the most vulnerable DC Residents.
- Racial equity is achieved when race no longer predicts social or health outcomes.
- DC Health will prioritize health and racial equity as core principles in the obesity and diabetes plan.

# Why are we asking for feedback?

- Hear from residents, community-based organizations and government agencies about obesity and diabetes
- Make sure the Plan is community and person-centered

# What type of feedback are we asking for?

- Think about yourself, your friends, your family, or the residents that you serve. What are the biggest challenges that they face in living a healthy, active life?
- What actions can be taken to make living a healthy, active life easier for District residents?

# What will we do with the information?



# Feedback Session

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# Nutrition and Food Environment

**Goal:** Ensure consistent access, availability, and affordability of foods and beverages that promote health and prevent disease for all District residents.

## Why focus on the Nutrition and Food Environment?

- Access to healthy and affordable food helps people make healthy food choices.
- When healthy food choices are not available, people may buy unhealthy food that is high in calories and low in nutritional value.
- Eating healthy foods like fruits, vegetables, and lean proteins can improve a person's diet and lower the risk of obesity and other chronic diseases.

# Breast/Chestfeeding

**Goal:** Promote practices and policies that support breast/chestfeeding in worksites, schools, childcare institutions, and healthcare settings across the District.

## Why focus on the Breast/Chestfeeding?

- Breast/chestfeeding has many health and mental health benefits for mother and baby
- Many mothers face challenges to breast/chestfeed when returning to work
- Black mothers in particular face challenges to breast/chestfeed
- Schools and daycares need to support breast/chestfeeding
- Ob-gyn offices and hospitals need to support breast/chestfeeding

# Physical Activity and Built Environment

**Goal:** Improve health, fitness, and quality of life for District residents through equitable physical activity environments

## **Why focus on the Physical Activity and Built Environment?**

- Physical activity can reduce the risk of obesity and diabetes
- Being physically active can strengthen bones and muscles, improve brain health, and support weight management
- Built environments, like transportation systems and public parks, provide opportunities for residents to engage in physical activity

# Health Systems

**Goal:** Strengthen health system capacity and infrastructure to provide quality service to residents with or at risk for obesity.

## Why focus on the Health System?

- The healthcare system includes providers in hospitals and clinics, health plans, and health insurers.
- The healthcare system plays a critical role in identifying risk factors and diagnosing disease.

# Clinical and Community Preventive Services

**Goal:** Ensure that people with or at high risk of chronic diseases have access to the resources they need to prevent or manage these diseases.

## Why focus on the Clinical and Community Preventive Services?

- Clinical and Community Preventive services refer to programs and services focused on preventing, delaying, and managing chronic disease.
- When clinical and community sectors work together, they can improve care and better support patients.

# Contact Information

To submit additional comments:

- Jo-Ann Jolly  
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Nutrition and Physical Fitness Bureau  
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**Thank you for your participation!!**

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# 1. To what extent did the session meet the stated objectives?

(1 - not at all to 5 - met all objectives)

- Describe trends in obesity and diabetes in Washington, DC
- Explain the Obesity State Plan goals and five focus areas
- Critique the anticipated implementation and proposed impact of the Obesity State Plan on DC residents

# 2. How would you rate the session overall?

(1 - poor to 5 - excellent)



We are here to help you !

- ✓ For 1:1 site specific coaching, contact an HMA team member.
- ✓ To access previously recorded sessions and tools, visit <https://livingwell.dc.gov/page/million-hearts-providers> or see the technical assistance inventory document sent via email.



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## December and into 2023

- Facilitated Discussions with Grantees to share lessons learned, barriers encountered, and promising or best practices.
- *December: Patient Engagement*
- *January: Sustainability*

## **Intro to De-escalation, Bystander Intervention, and Personal Safety Webinar on November 17th at 2pm ET**

- **Training Overview:** This introductory training focuses on effective skills for assessing, de-escalating, and diffusing a harmful or inappropriate behavior (bullying, harassment, physical violence...). It provides participants with the tools they need to quickly recognize situations, evaluate the consequences for everyone involved, and to take constructive action. DCPCA is working with DC Peace Team who's training sessions promote nonviolent approaches for defusing harmful situations and engaging with the aggressor and those subject to harmful acts. Sessions are interactive and designed to fit the needs of health center participants. Content includes examples, goals, key factors, strategies, tactics (ex. centering, dialogue and empathy, distraction, dignity phrases, delegate, peel away, and interposition, etc.), and role-plays. Register [here](#). For more information, please contact Oumou Ly at [Oly@dcpca.org](mailto:Oly@dcpca.org).

## **Save the Date: Tobacco Treatment Specialist Virtual Training Program on March 6th to 9th**

- Health centers are invited to participate in a comprehensive 4-Day live virtual Tobacco Treatment Specialist Training held March 6th to March 9th, 2023. Sponsored by DCPCA and led by the Memorial Sloan Kettering Cancer Center (MSK), this training is designed to train multidisciplinary clinicians who work in various healthcare and community settings including primary care, behavioral health, addictions and rehabilitation settings, public housing, oncology settings, specialty medical care such e.g., pulmonary medicine, cardiology, oncology), and worksite wellness settings. Be on the lookout for registration details! For more information, please contact Sabah Sumo at [ssumo@dcpca.org](mailto:ssumo@dcpca.org).

