

Creating Synergy



MaryCatherine Jones, MPH

Healthy Living through Environment, Policy, and Improved Clinical Care
(EPICC) Program

Utah Department of Health

What is SYNERGY?

What is SYNERGY?

[sin-er-jee] noun, plural syn·er·gies.

1. the interaction of elements that when combined produce a total effect that is greater than the sum of the individual elements, contributions, etc.; synergism.

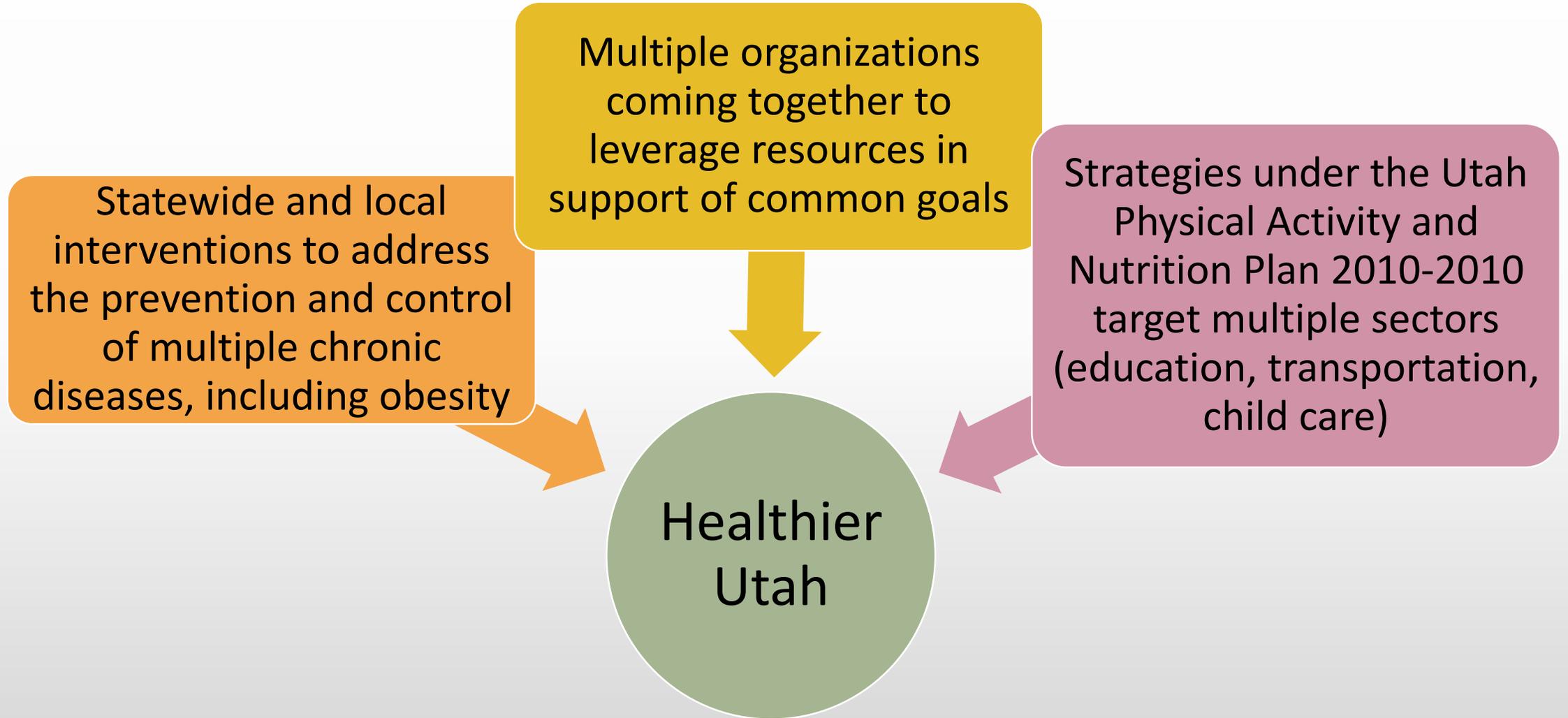
<http://dictionary.reference.com/browse/synergy>

What are some examples of synergy?



Why is synergy important to increasing physical activity and improving nutrition in Utah?

Synergies Taking Place Here and Now



Synergies of the EPICC Program

**Utah Department of Health
Bureau of Health Promotion**

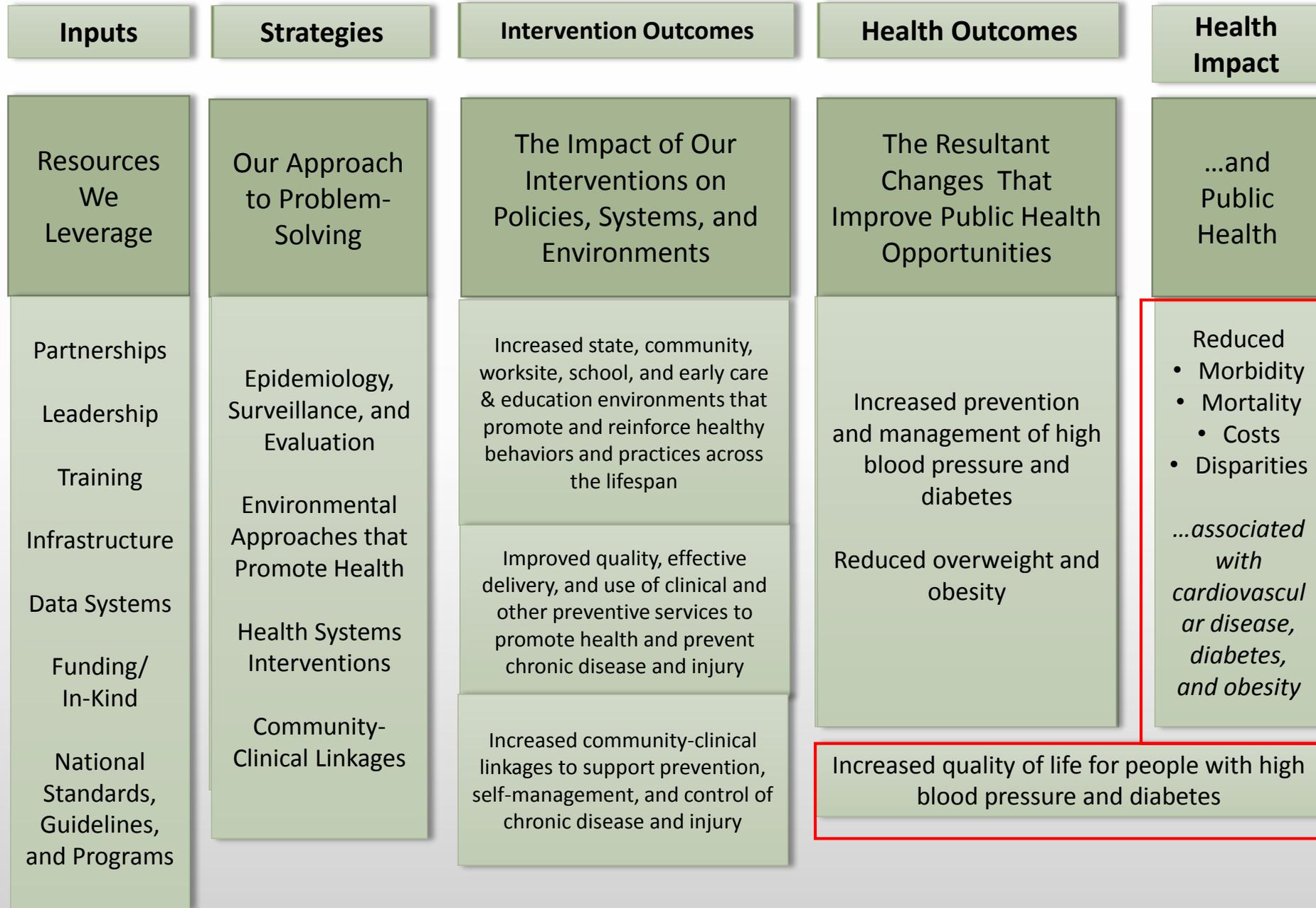
Heart Disease and Stroke Prevention Program
(HDSPP)
Diabetes Prevention and Control Program (DPCP)
Physical Activity, Nutrition and
Obesity Program (PANO)
School Health
Program

**Healthy Living
through
Environment,
Policy and
Improved
Clinical Care
(EPICC)**

Utah EPICC Logic Model



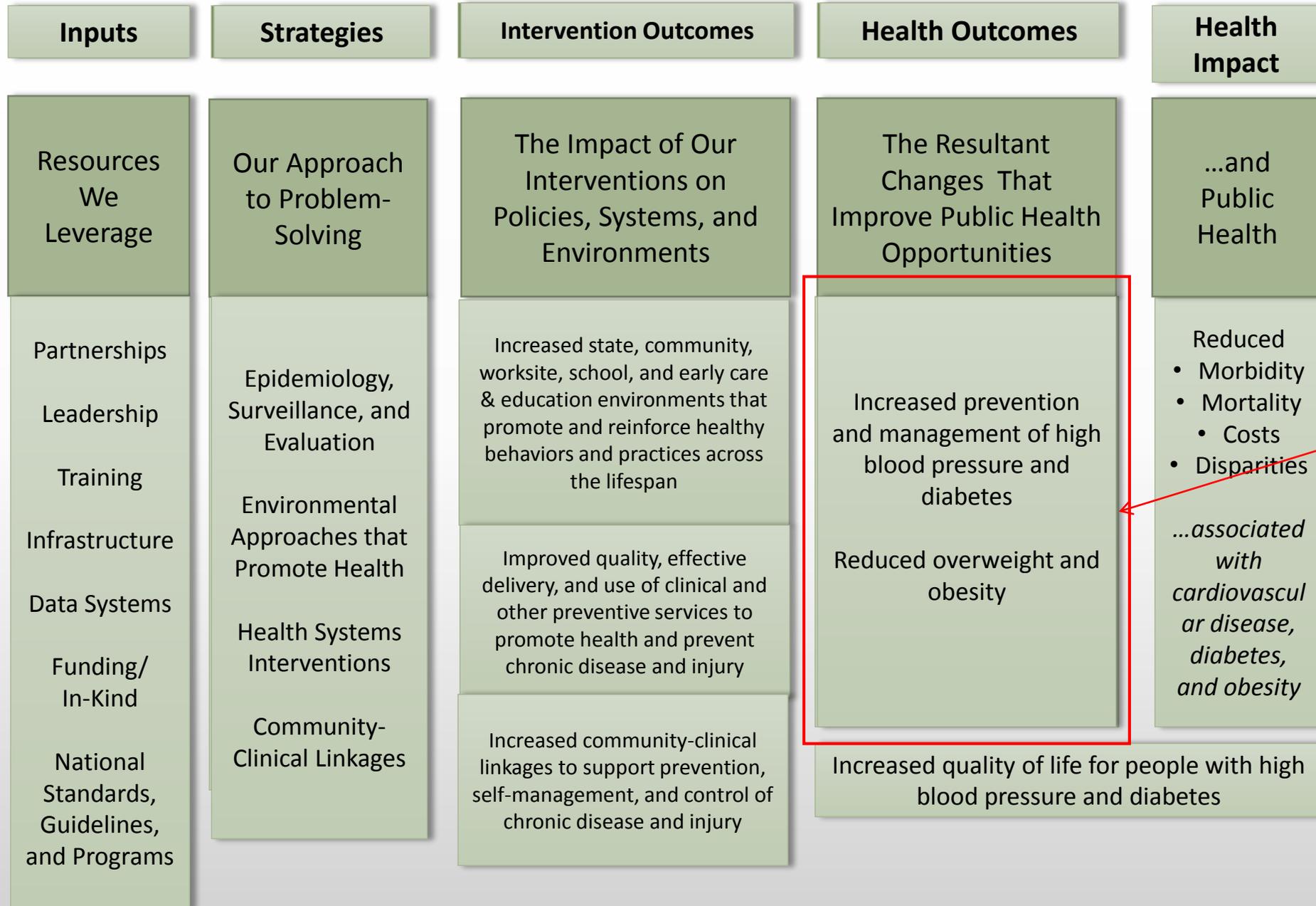
Utah EPICC Logic Model



What we want; our end goal



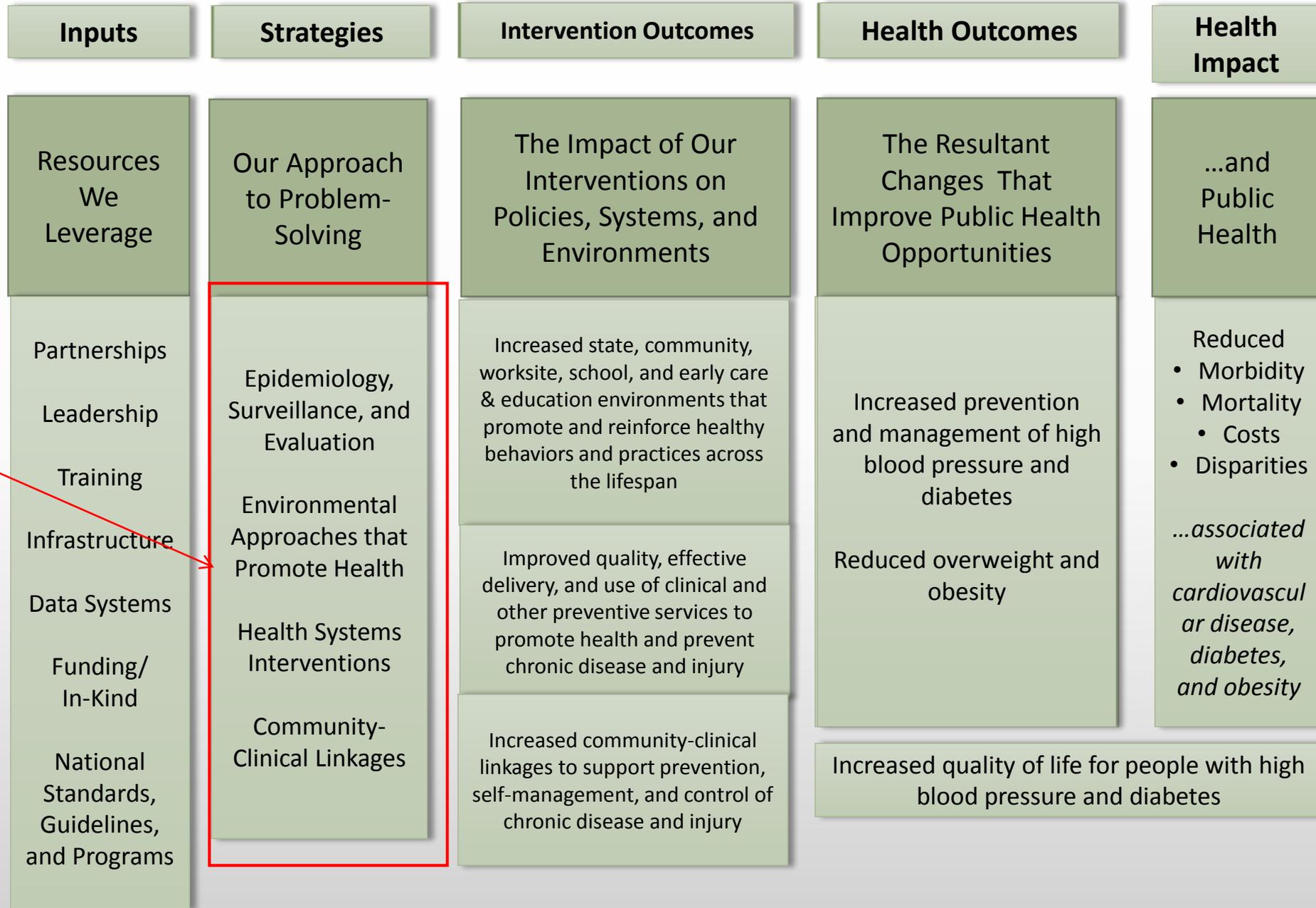
Utah EPICC Logic Model



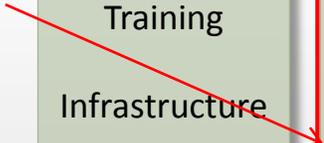
What we expect will happen first



Utah EPICC Logic Model



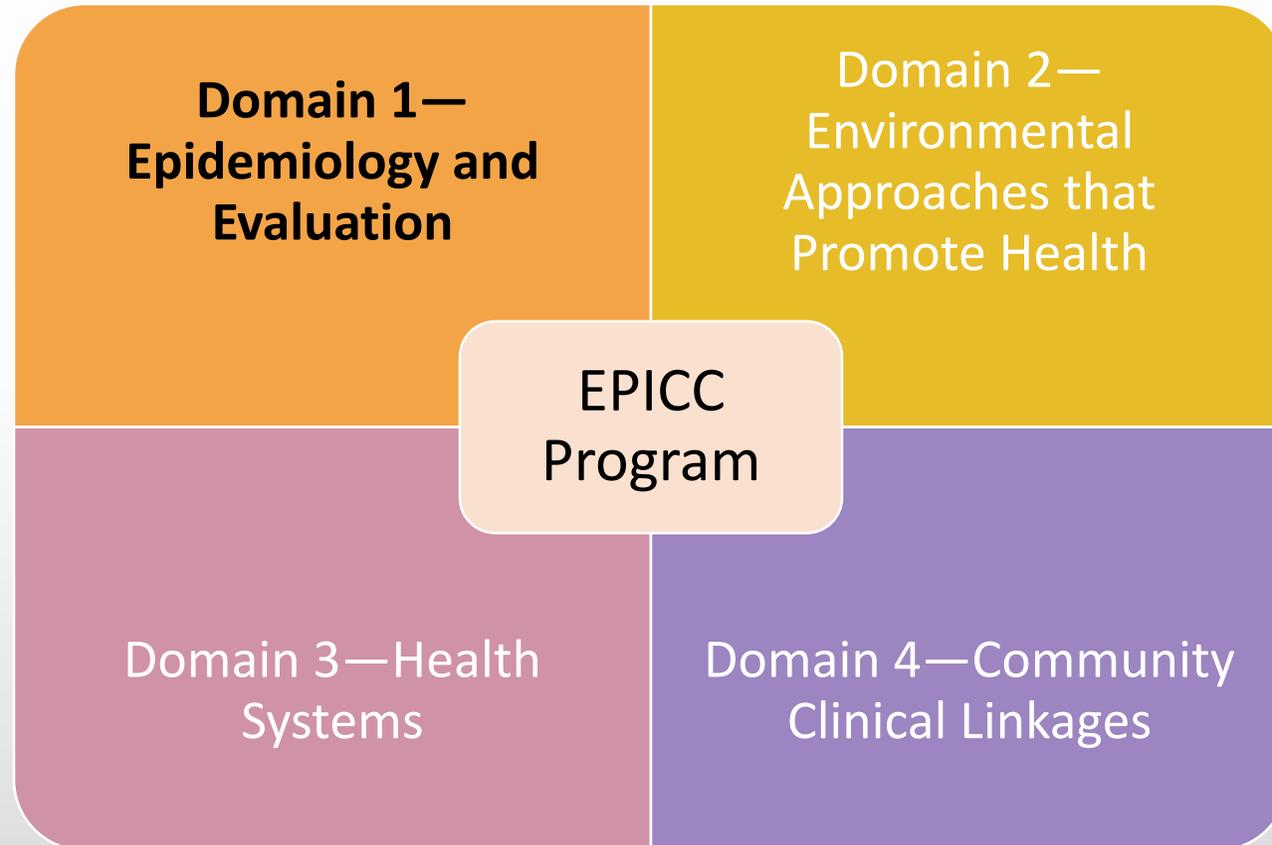
What we do to get there



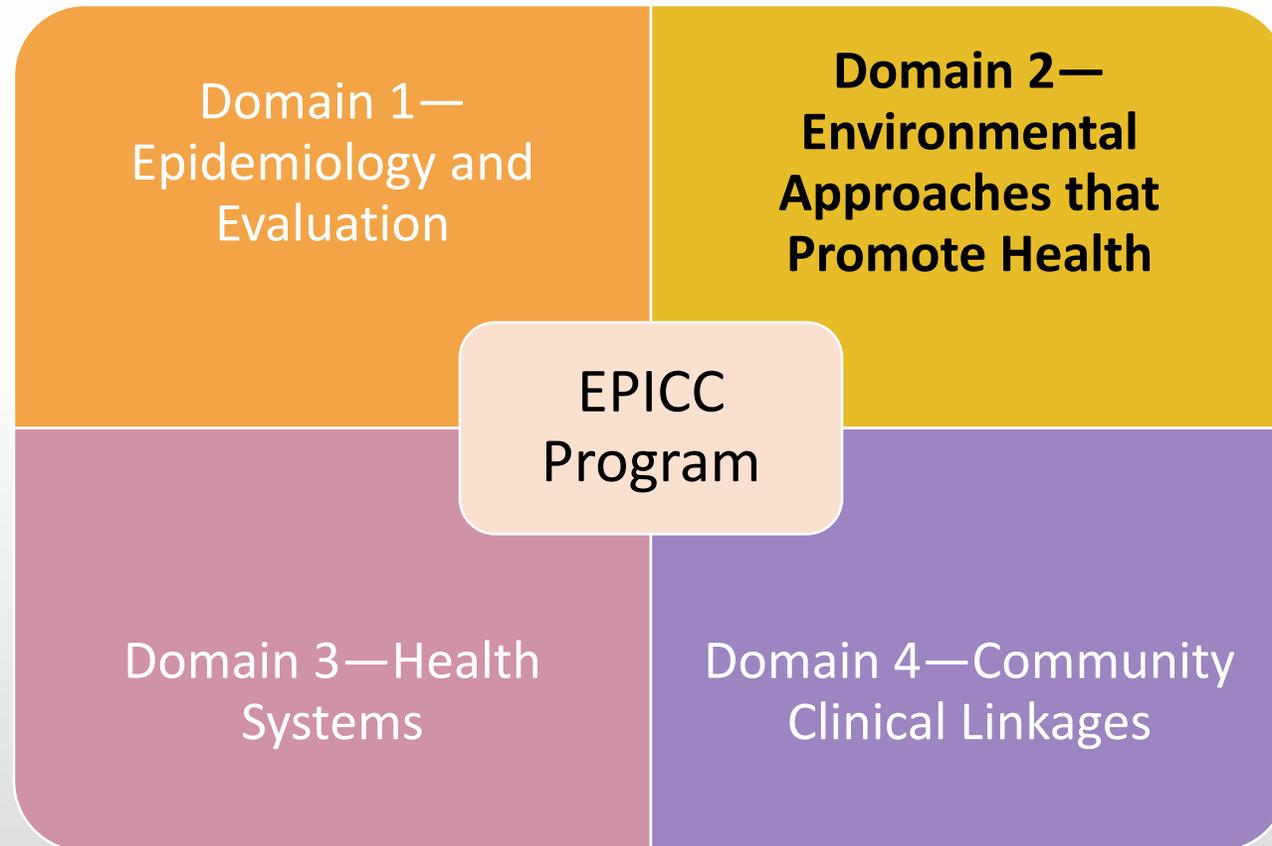
Introduction to the EPICC Program “Domains”

EPICC and partners have the right data at the right time:

- To describe the impact of disease and risk factors in our state
- To effectively plan and evaluate efforts to prevent and manage disease

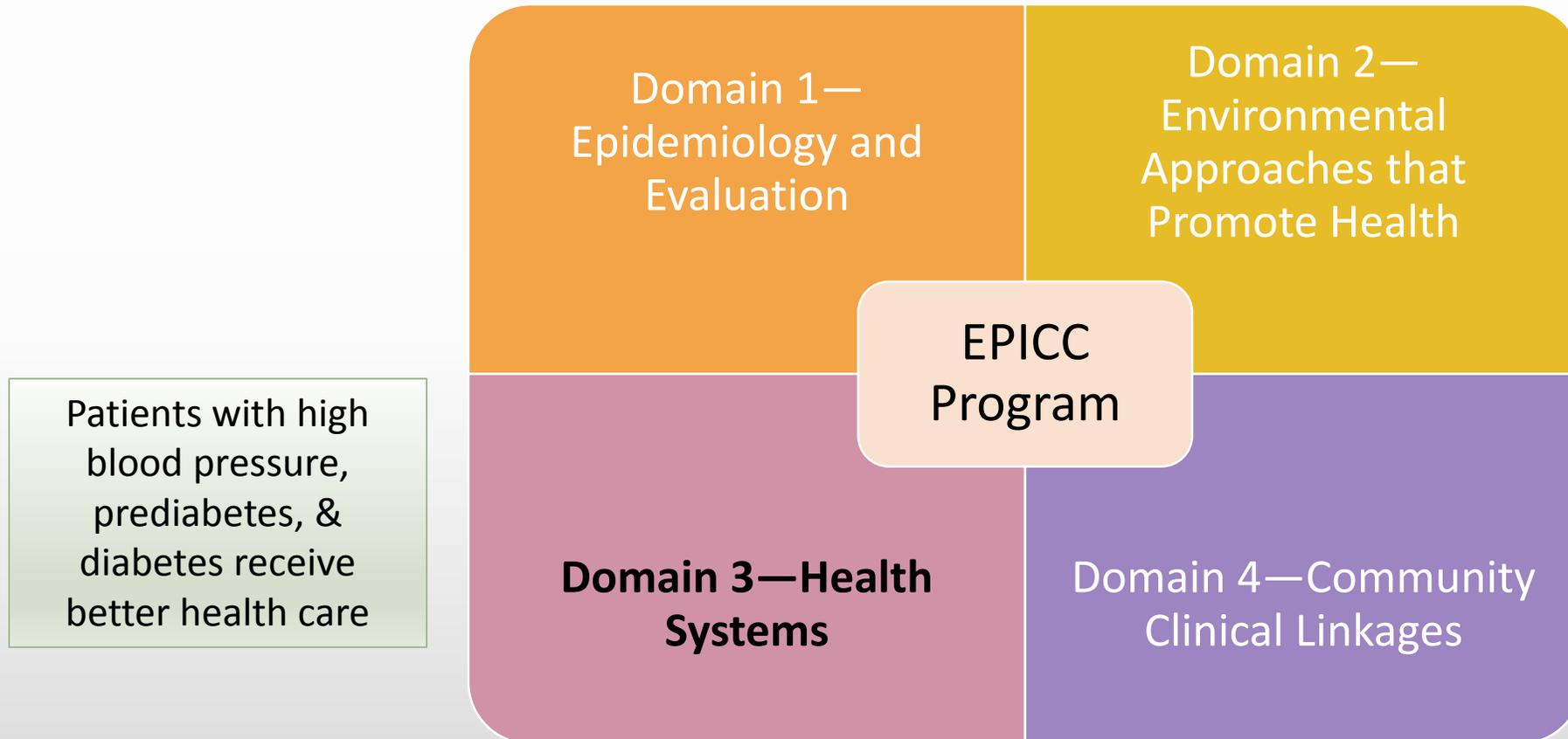


Introduction to the EPICC Program “Domains”

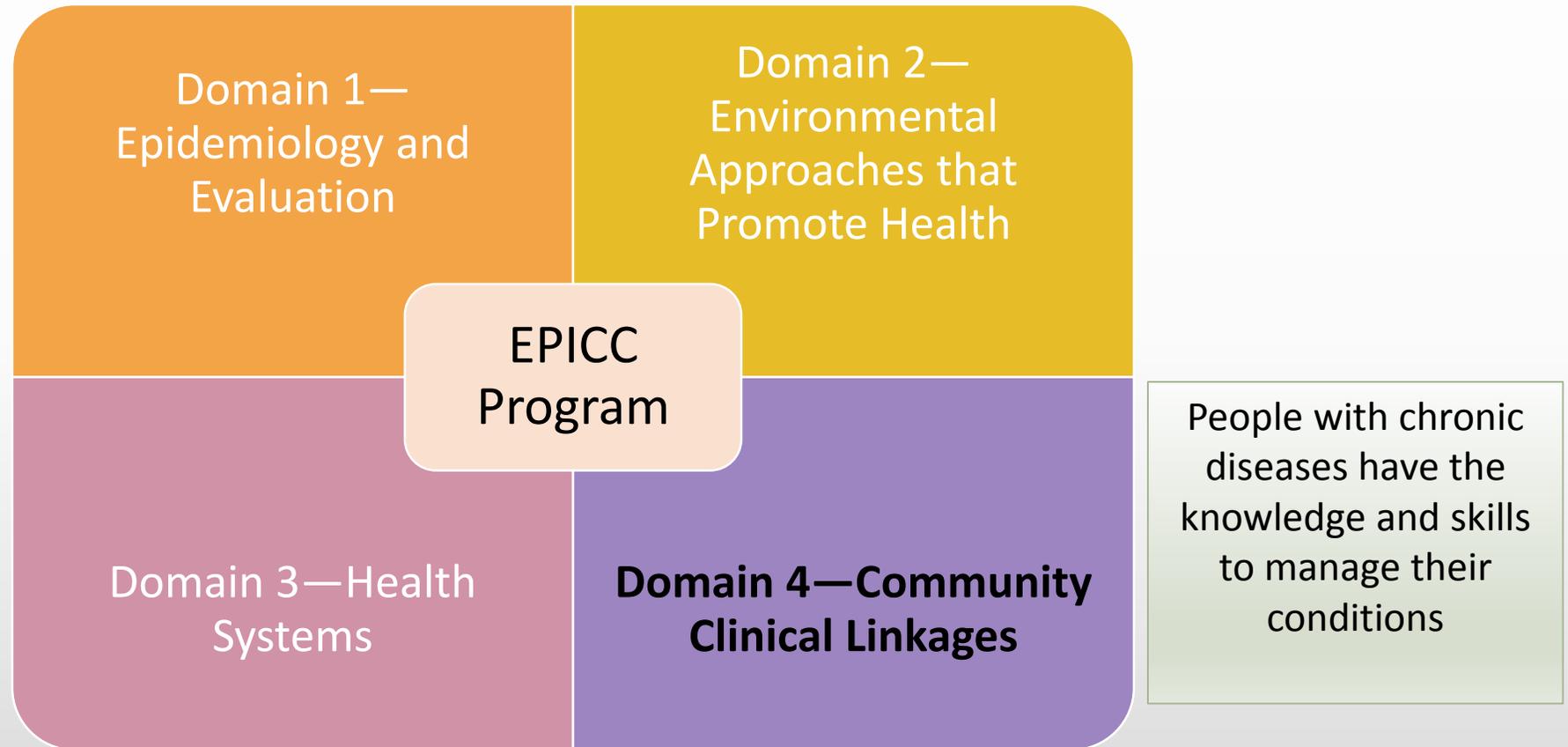


Utahns have more access to healthy foods and beverages; physical activity; quality physical education; breastfeeding friendly environments

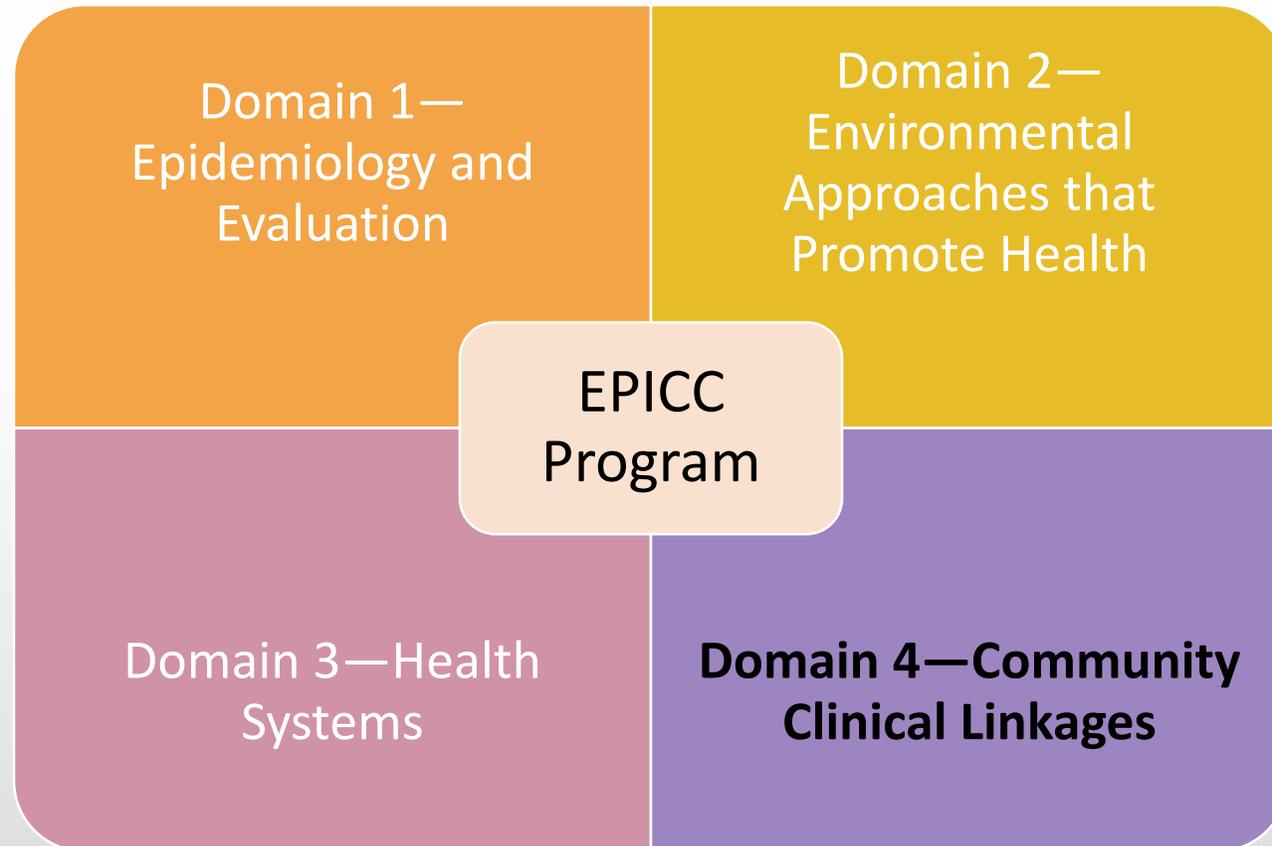
Introduction to the EPICCC Program “Domains”



Introduction to the EPICC Program “Domains”



Introduction to the EPICC Program “Domains”



Schools more effectively meet the management and care needs of students with chronic conditions

Our Population

The Salt Lake Tribune | Politics
Wednesday, May 21, 2014 | Last Updated: 02:57 pm

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[U.S. Census Records](#)
ancestry.com/Census
Search the U.S. census collection 1790-1940. Find millions of names.

Utah population hits 2.9 million as second-fastest growing state

Census estimates » State's population gains 46K residents, with immigration a factor.

By Lee Davidson | The Salt Lake Tribune
First Published Dec 30 2013 03:00 pm • Last Updated Dec 30 2013 10:38 pm

Utah just crossed a significant threshold: It now has just over 2.9 million residents — barely, according to [estimates released Monday](#) by the U.S. Census Bureau.

The exact number, as of July 1, was 2,900,872.

That is an increase of 46,001 people in a year, the equivalent of adding a city the size of Murray.

Utah was the second-fastest growing state in the nation over the past year with a growth rate of 1.6 percent — which demographers say is a sign that Utah's economy is recovering faster than other states and starting to attract immigrants again.

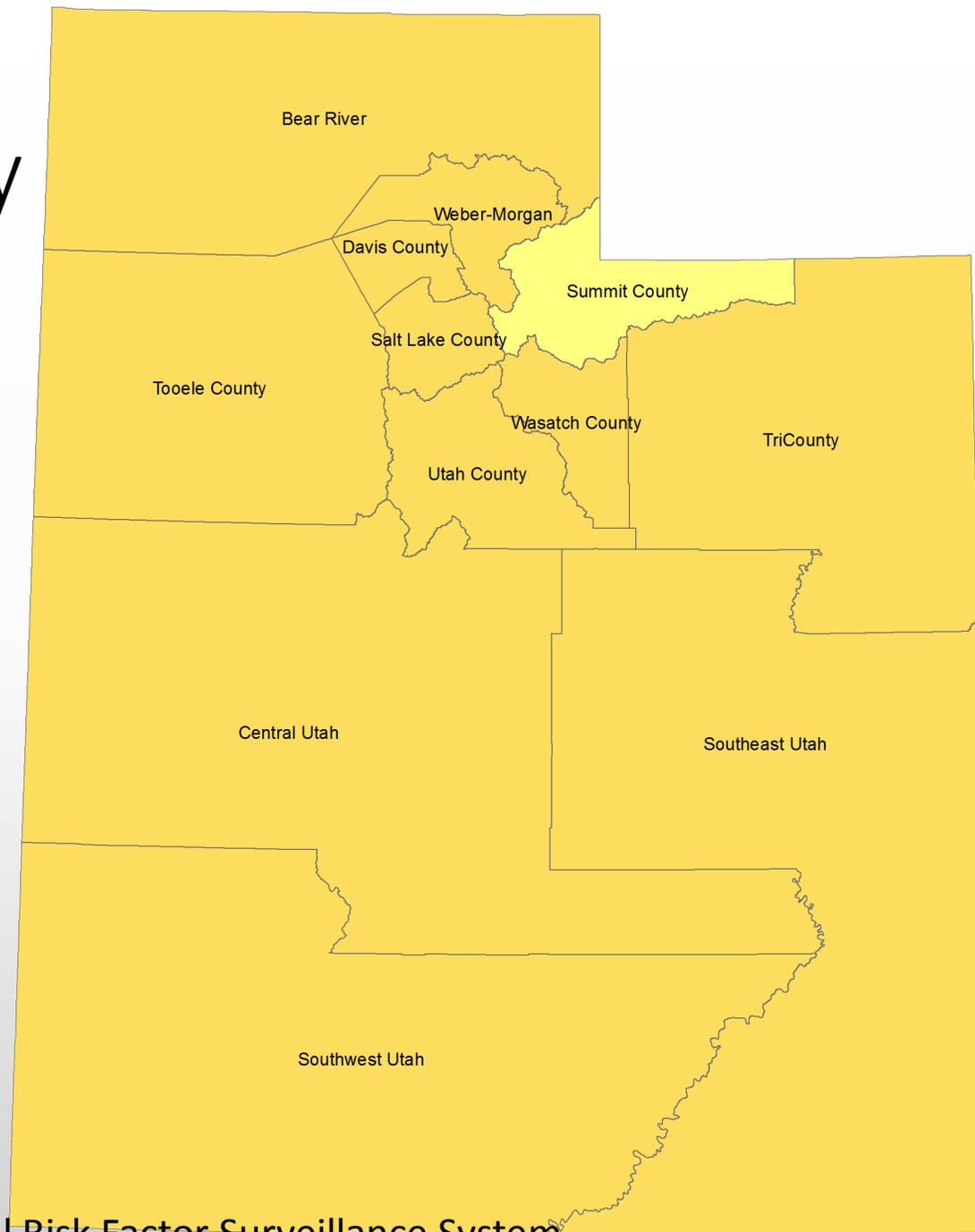
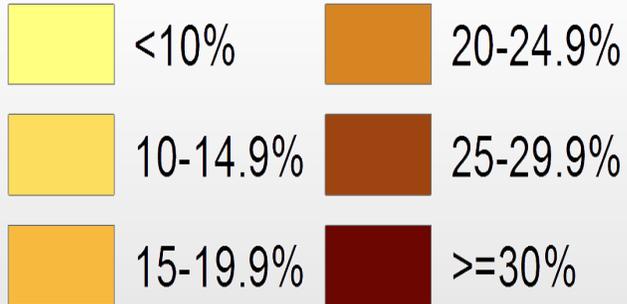
At a glance

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Adult Obesity

1989-1995

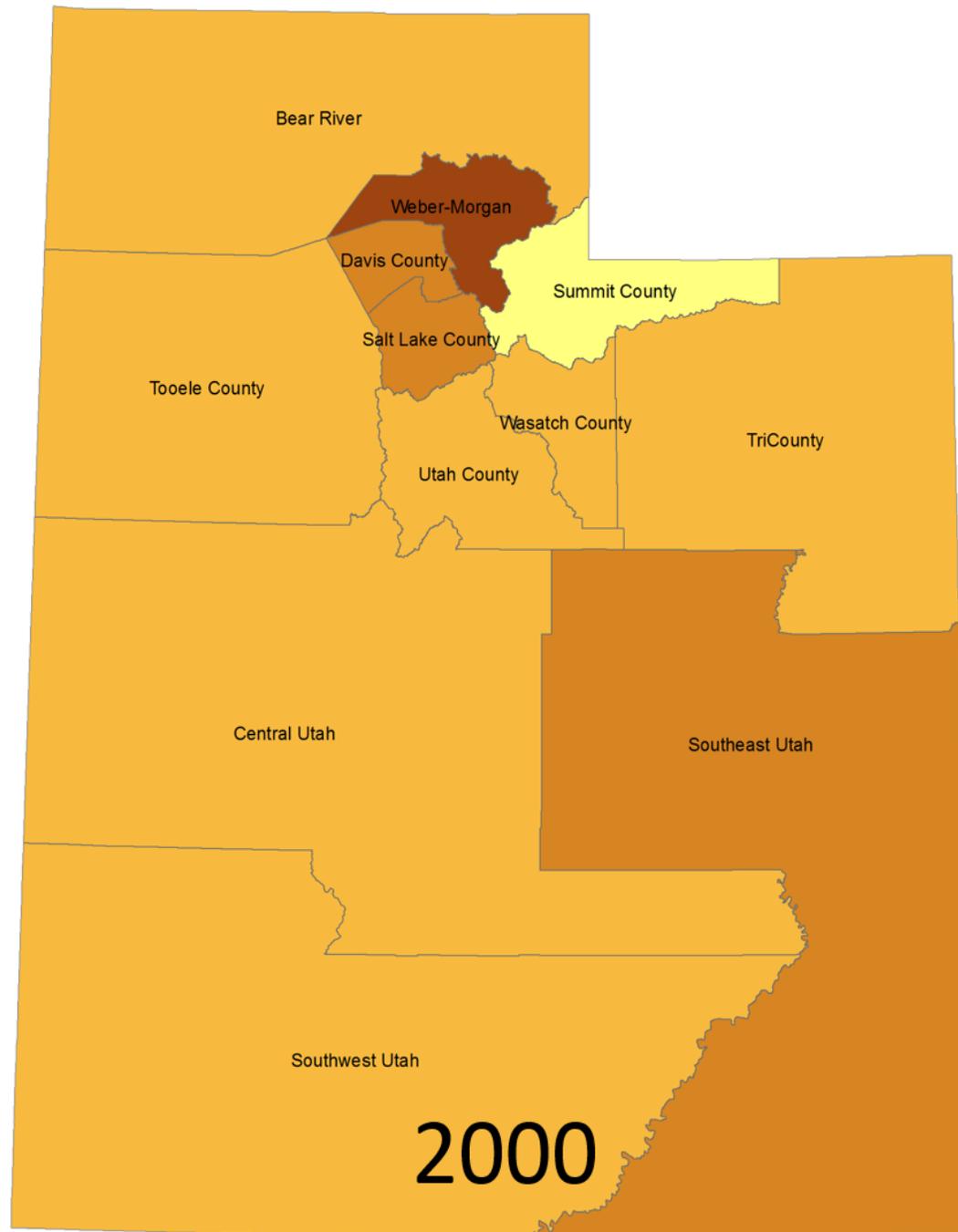
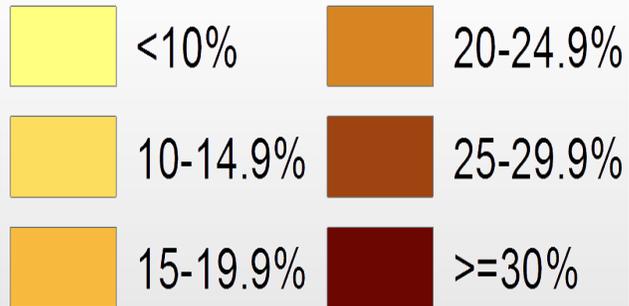
Legend



Adult Obesity

2000

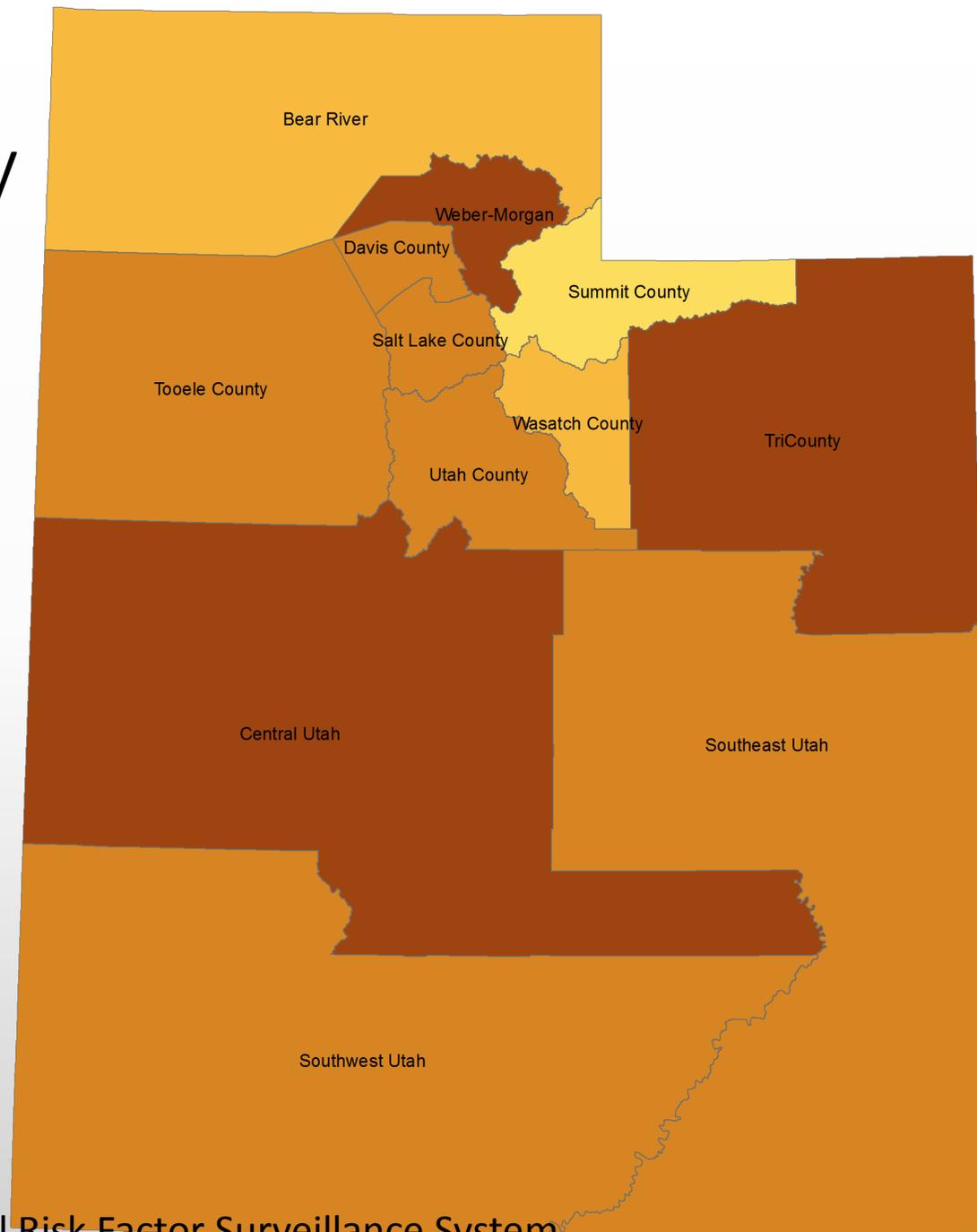
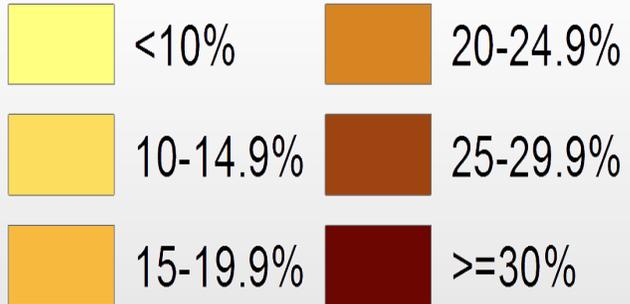
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Adult Obesity

2005

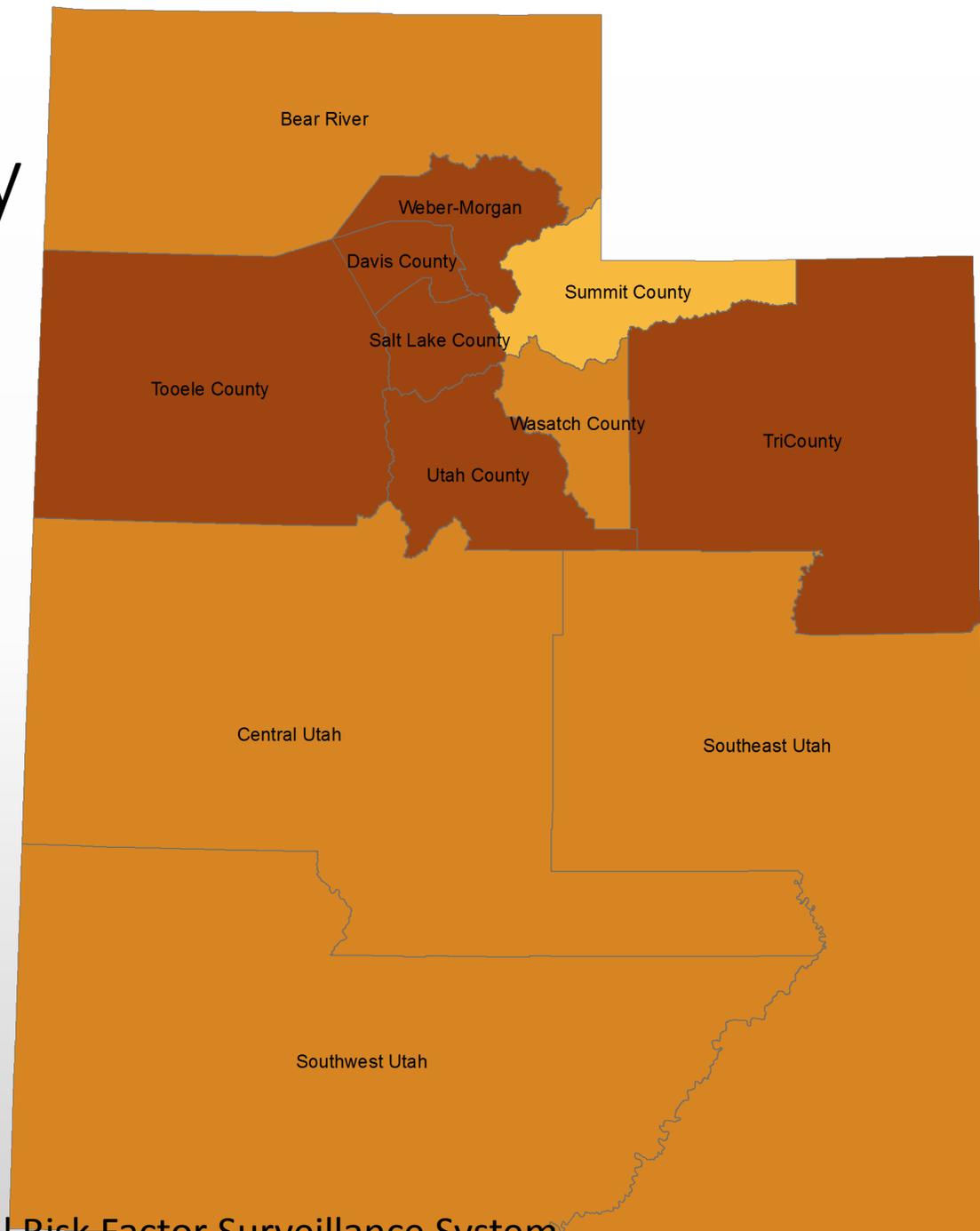
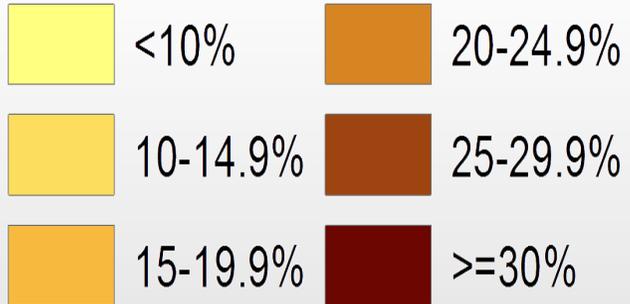
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Adult Obesity

2010

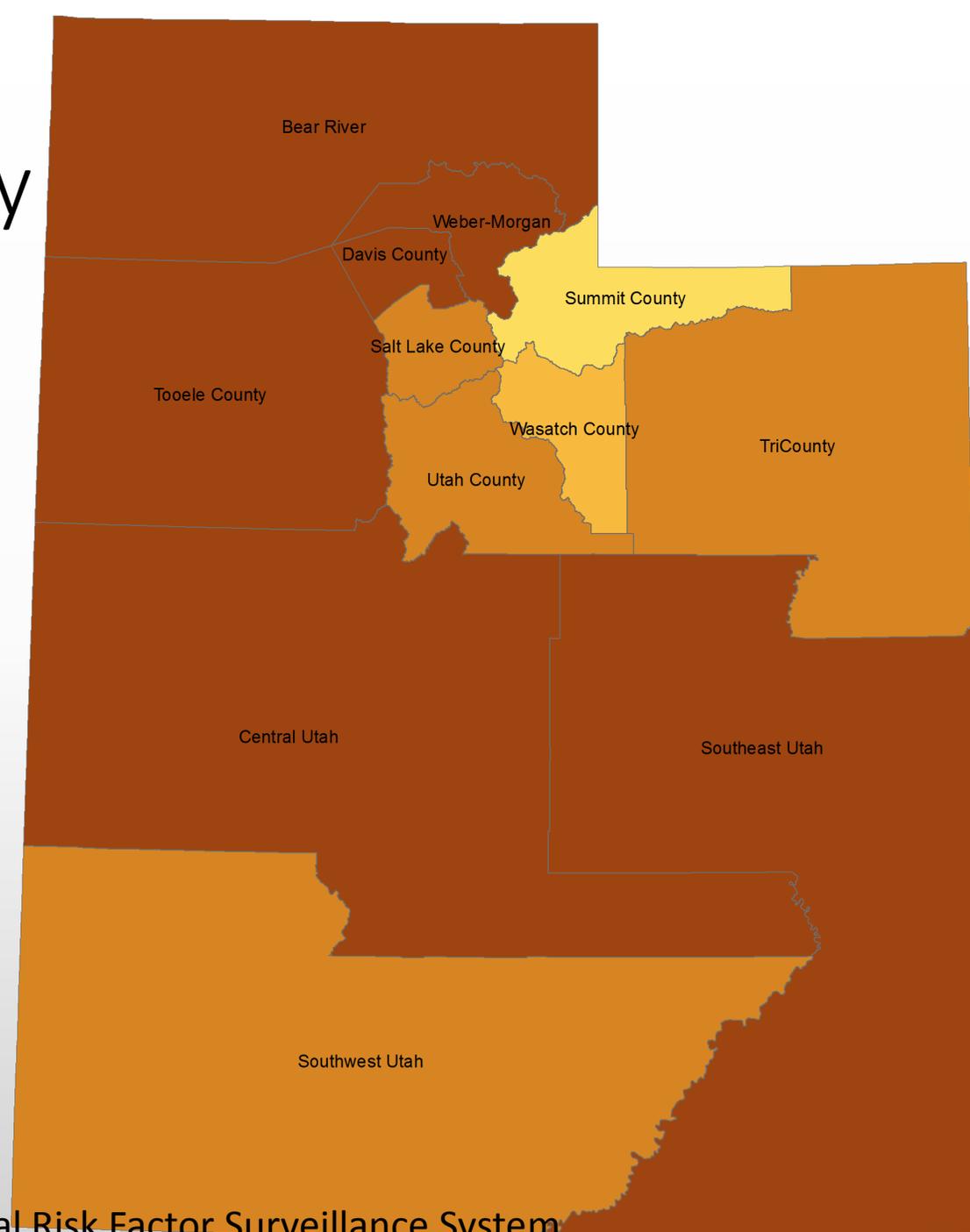
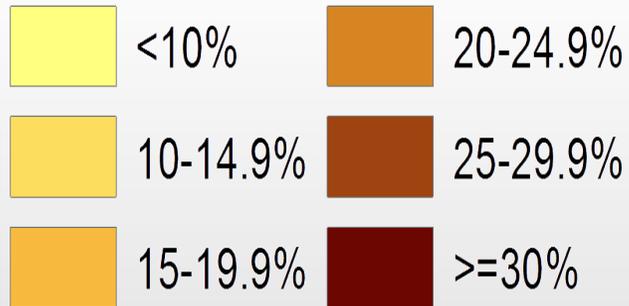
Legend



Adult Obesity

2012

Legend



Co-occurrence of Chronic Disease

Consequences of obesity include heart disease and stroke, high blood pressure, diabetes, and other chronic diseases.

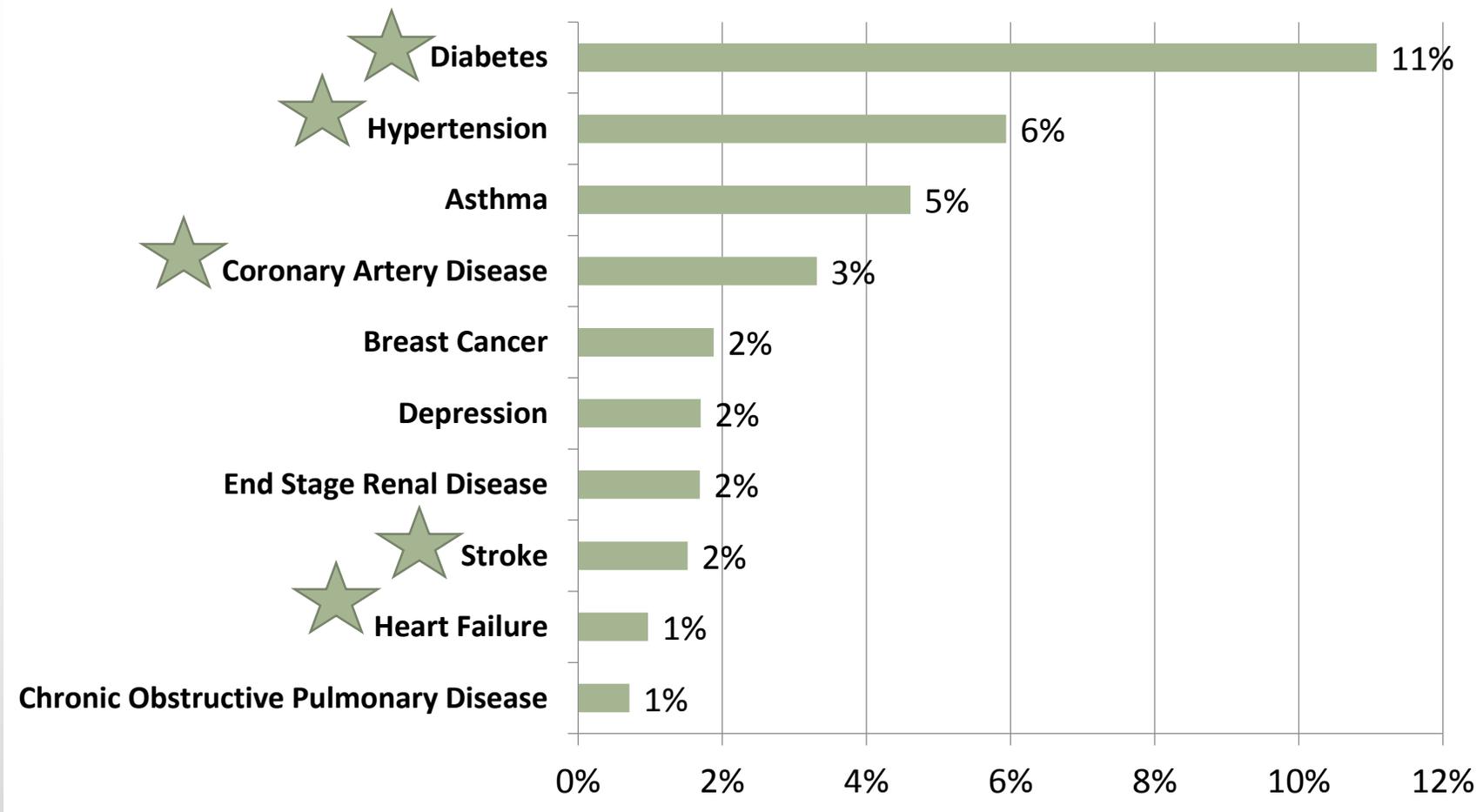
These conditions often occur together.

Co-occurrence of Chronic Disease

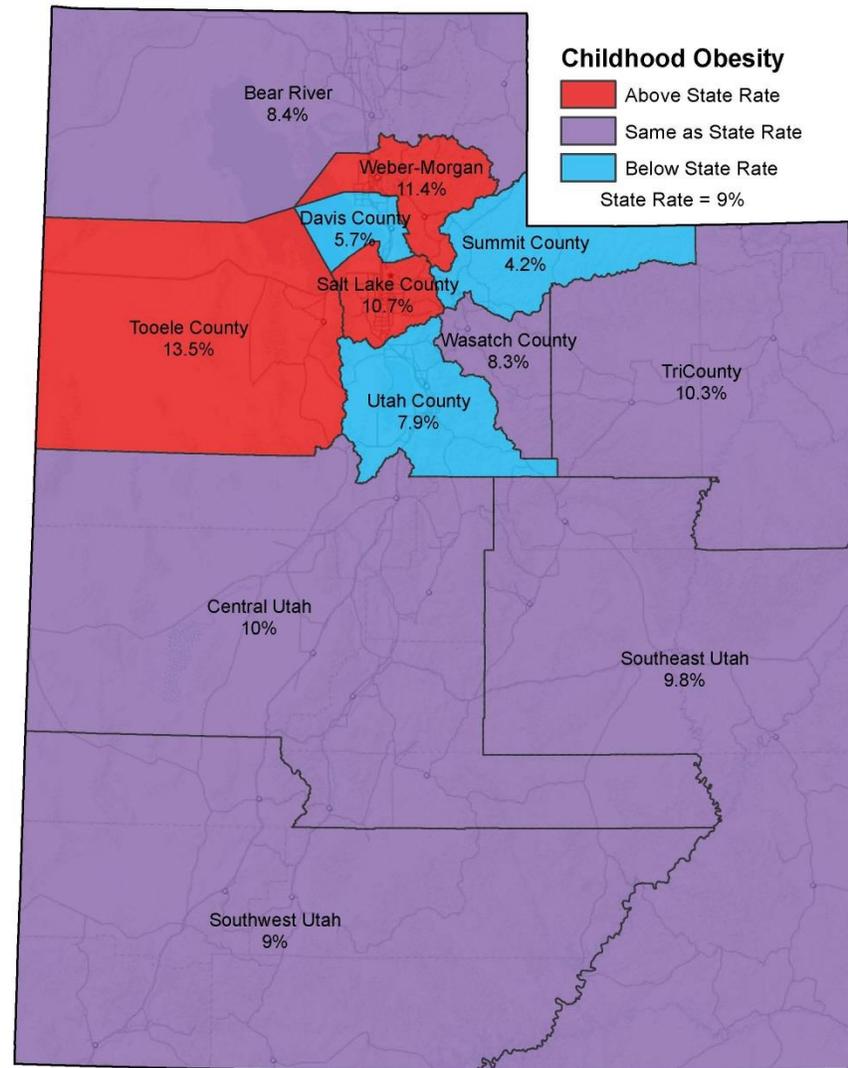
Examples

- The rate of diabetes is
 - 7.2% among all Utah adults
 - 15.8% among Utah adults who are obese
- The rate of obesity is
 - 23.3% among all Utah adults
 - 36.8% among Utah adults with high blood pressure

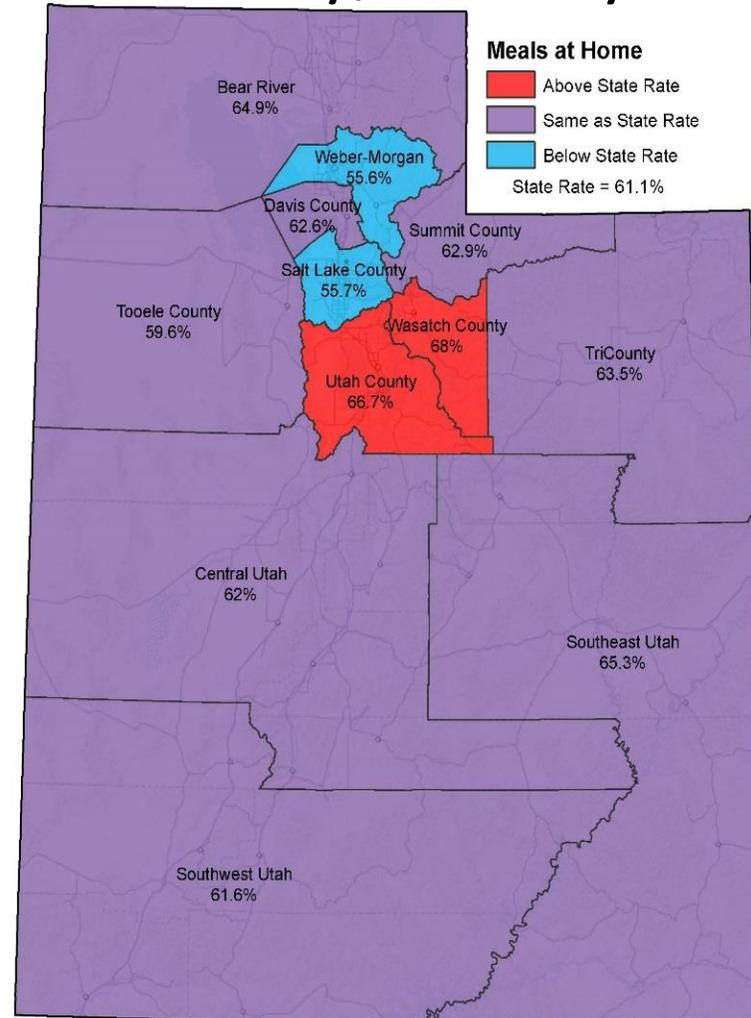
Preventing obesity and controlling hypertension and diabetes can reduce costs associated with the most expensive chronic diseases in Utah



Childhood Obesity in Utah



≥ 1 Family Meal Per Day, 5 Days Per Week



School Health

- 87.1% of Utah schools allowed unhealthy foods to be sold in vending machines or school stores
- Only 22.8% of high schools and 53.3% of middle schools included physical activity breaks in the classroom
- Only 37.4% of middle and high schools had a school improvement plan to increase student physical activity

Health Care

- Prediabetes almost always precedes Type 2 Diabetes. An estimated 1 in 3 Utah adults has prediabetes, but only 7% are aware of their condition.
- Less than 2/3 of Utah adults with diabetes have ever participated in diabetes self-management education classes.
- Utah adults with high blood pressure do not have their blood pressure adequately controlled. Even among insured adults with high blood pressure, only 2 in 3 have their condition under control.

How healthy we are often depends not only on personal habits but on where we live, work, and play.

An Opportunity

Schools, early care & education (ECEs), worksites, communities, and health care all have a role in promoting good health and preventing injury.

E

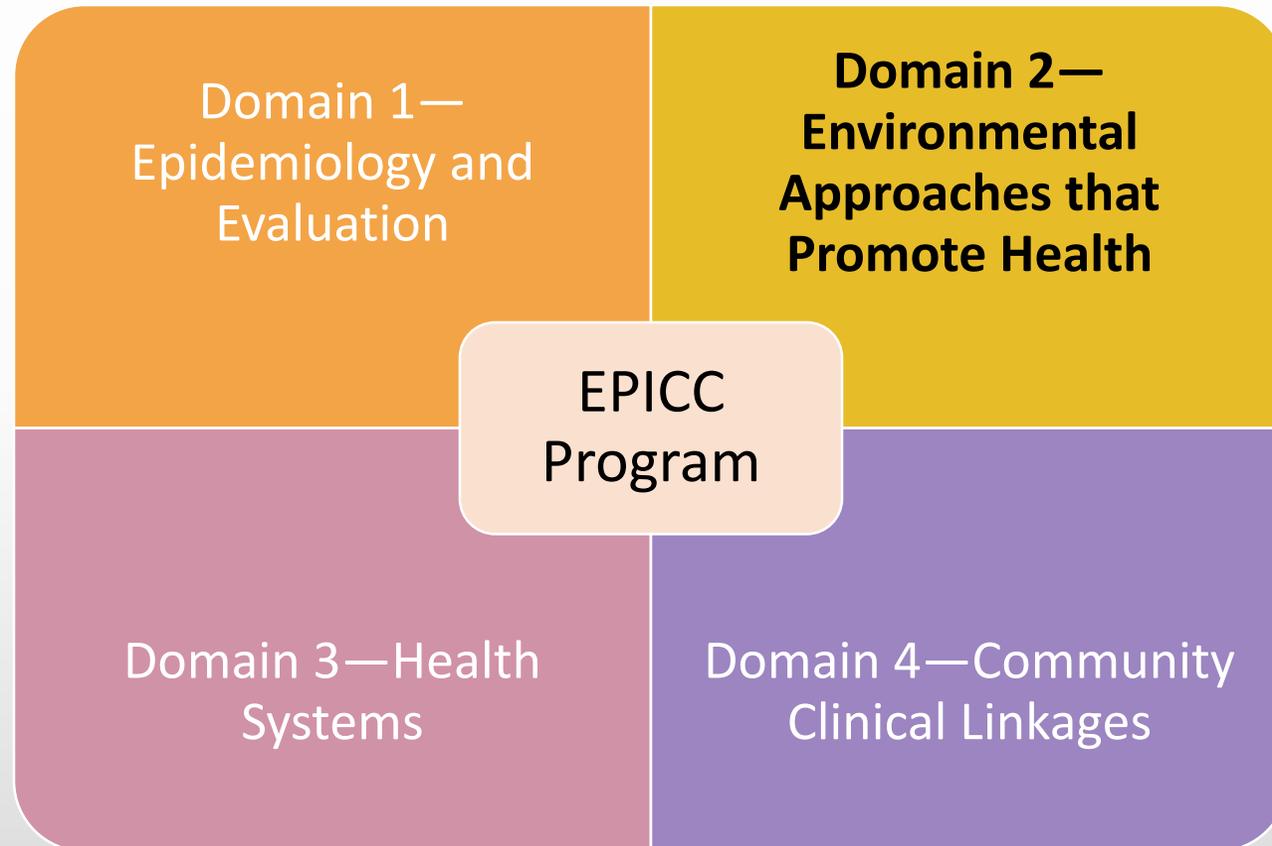
UPAN

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EPICC and U-PAN



Increased access to healthy foods and beverages; physical activity; quality physical education; breastfeeding friendly environments

Reduce or
stabilize obesity
rates among
adults and
children



Reduced
prevalence of
chronic
disease

Increased
health equity

EPICC Domain 2—Environmental Approaches that Promote Health

Utah Medical Association Healthy Lifestyles Group
Health Care Workgroup

Utah Council for Worksite Health Promotion
Worksite Workgroup

Action for Healthy Kids (AFHK)
Schools Workgroup

Utah Physical Activity and Nutrition Plan (U-PAN) Steering Committee

includes representative(s) from:
Local Health Departments
Utah Partnership for Healthy Weight

Childcare Obesity Prevention Workgroup

ULACHES Healthy Living Workgroup
Community Workgroup

Each workgroup
EPICC Program

U-PAN Priorities

- Increase physical activity
- Decrease screen time
- Increase consumption of fruits and vegetables
- Decrease consumption of sugar-sweetened beverages
- Reduce consumption of high-energy-dense foods
- Increase breastfeeding



Precious People Daycare, Draper, UT

Alignment

U-PAN State Plan Objectives	EPICC Workplan Objectives
Increase physical activity	Increase access to physical activity and quality physical education in K-12, ECE, worksites, and communities
Decrease screen time	
Increase consumption of fruits and vegetables	
Decrease consumption of sugar-sweetened beverages	
Increase breastfeeding initiation, exclusivity, and duration	
Reduce consumption of high energy-dense foods	

ECE=early care & education, aka child care

Alignment

U-PAN State Plan Objectives	EPICC Workplan Objectives
Increase physical activity	
Decrease screen time	
Increase consumption of fruits and vegetables	Increase adoption of nutrition guidelines and standards in worksites, ECE, and K-12
Decrease consumption of sugar-sweetened beverages	
Reduce consumption of high energy-dense foods	
Increase breastfeeding initiation, exclusivity, and duration	

ECE=early care & education, aka child care

Alignment

U-PAN State Plan Objectives	EPICC Workplan Objectives
Increase physical activity	
Decrease screen time	
Increase consumption of fruits and vegetables	
Decrease consumption of sugar-sweetened beverages	
Reduce consumption of high energy-dense foods	
Increase breastfeeding initiation, exclusivity, and duration	<ul style="list-style-type: none">• Implement practices supportive of breastfeeding in birthing facilities• Ensure worksite compliance with federal lactation accommodation law

Synergy: A Closer Look

[TOP Star Success Story](#)

Synergy in Action: TOP Star

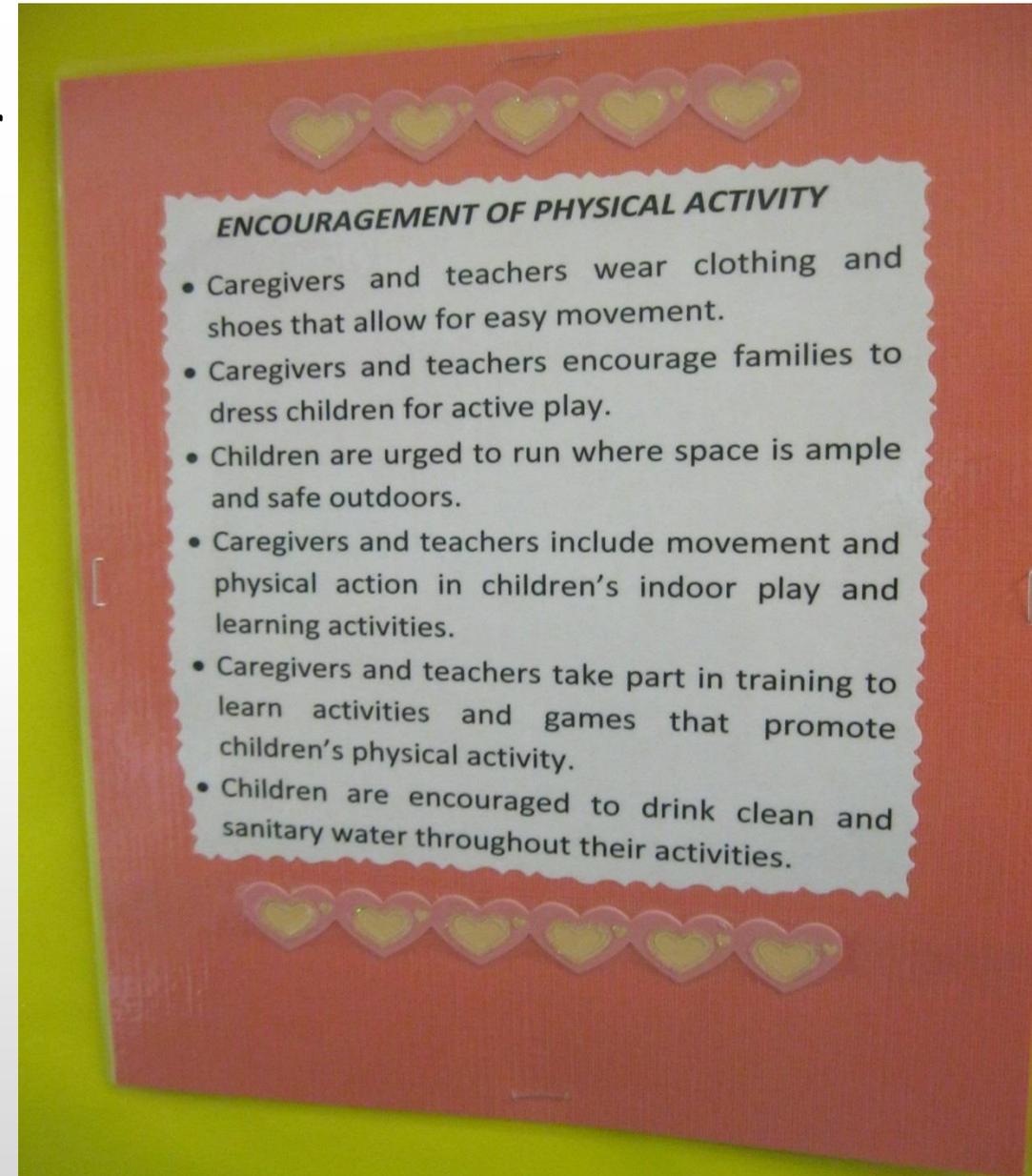
- Targeting Obesity in Preschools and Child Care Settings
- Developed by the Childcare Obesity Prevention Workgroup
- Addresses all of the U-PAN priorities: Nutrition, physical activity, screen time, and breastfeeding.



Classroom promotion of fresh fruits and vegetables
Precious People Daycare, Draper, UT

Synergy in Action: TOP Star

- Helps child care providers improve their nutrition and physical activity environments through
 - self-assessment
 - goal-setting
 - training and technical support from local public health professionals.



Physical activity policy

Precious People Daycare, Draper, UT

Synergy in Action: TOP Star

- By targeting the very young and very vulnerable population, this program helps to establish healthy eating habits and environments over the life course



Breastfeeding area in infant room
Precious People Daycare, Draper, UT

Synergy in Action: TOP Star

- The TOP Star partnership list is extensive: EPICC program, local health departments, other members of the Childcare Obesity Prevention Workgroup (COPW), and child care providers



Precious People Daycare, Draper, UT

Synergy in Action: TOP Star

- Although children are the target of the program, participating child care providers have reported that staff have made changes in their own eating and physical activity habits as a result of the program.

[Staff changes as a result of TOP Star](#)

EPICC's Support to TOP Star

- EPICC provides technical assistance and resources to local health departments implementing TOP Star
- EPICC has selected TOP Star as a priority project for its five-year evaluation. EPICC will monitor the evolution of TOP Star and provide feedback to the COPW and organizations participating in TOP Star implementation.
- Evaluation will include surveys, interviews, and site visits and regular reporting.

Other Evaluation Support

- EPICC has also selected the implementation of the K-12 Comprehensive K-12 School Physical Activity Program (CSPAP) for its five-year evaluation plan.
- U-PAN members are encouraged to provide input in appropriate evaluation questions and methods.



Utah's Community Transformation Efforts

- Funded from 2012-2014
- Focused on Healthy Eating, Active Living, Tobacco Free Living, and Access to Clinical Services
 - Conducted Community Health Needs Assessment
 - Developed Policy Database
 - Convened Utah Leaders for Health
 - Created Community Transformation Implementation Plan (CTIP)
 - Still going...



**Communities
Transforming**

To make healthy living easier

Conclusions

- Because the problems we are seeking to address are complicated, a singular, simple approach is unlikely to resolve them.
- Each partner brings something valuable to the table.
- The U-PAN Plan is a critical tool for moving forward, especially as we welcome new partners.
- A unified, synergistic approach to planning and implementation enables us to have the greatest efficiency and impact.



Worksite Breastfeeding/Pumping Room
Utah Department of Health

Seven Blind Mice by Ed Young

- [Seven Blind Mice](#)

Thank You

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