



Georgia Department of Public Health

Healthy Georgia Initiative: Nutrition and Physical Activity Program Overview

Thursday, May 12, 2015

1:30-3:00pm

Kelsey McDavid



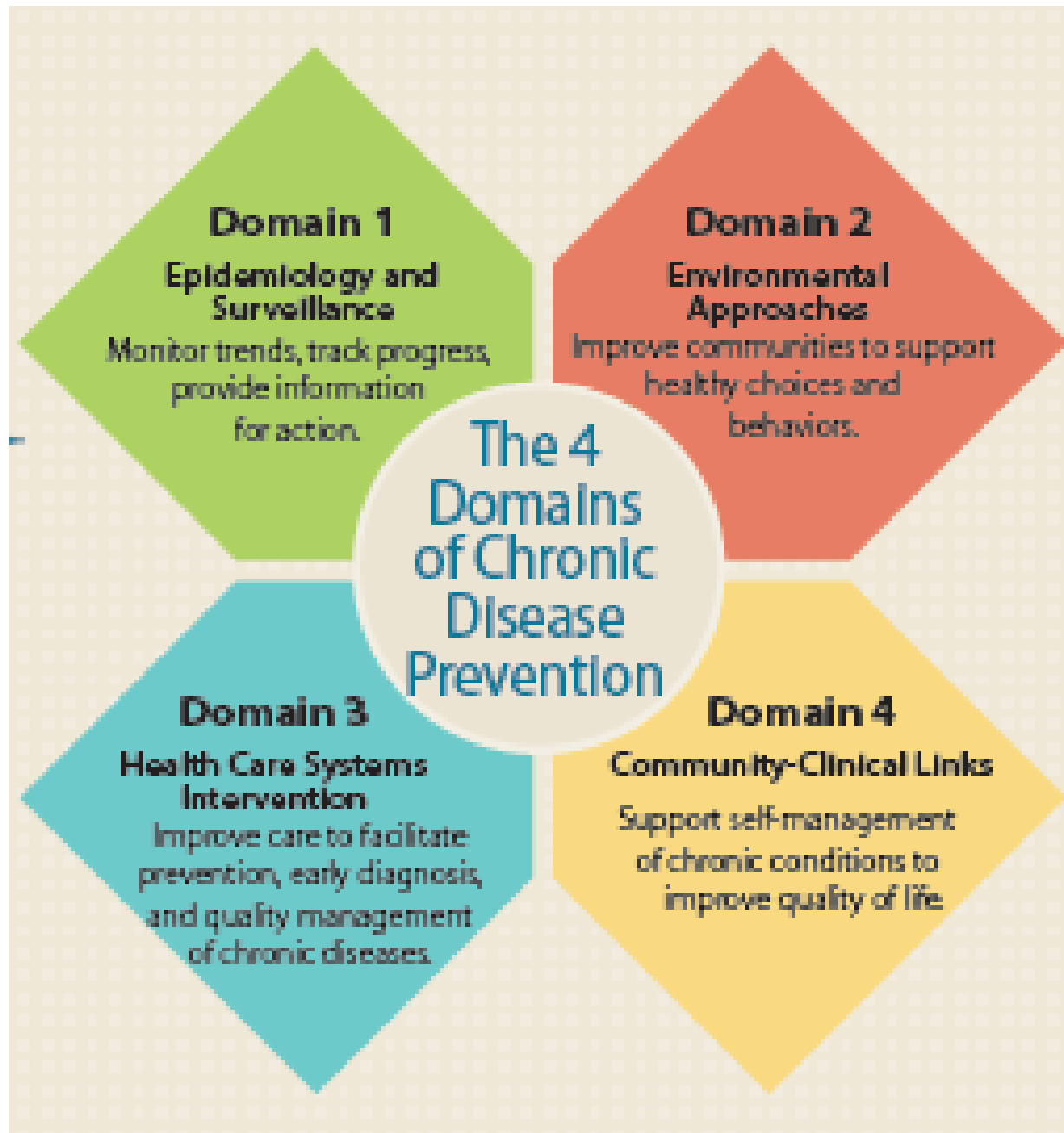
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OVERVIEW

- Introduction to 1305
- Nutrition and Physical Activity: Wellness Policies
 - Worksites
 - Early Childcare
 - Schools
- Shape Network
- Wrap Up: Q/A

1305 OVERVIEW

- Four divisions – ONE Cooperative Agreement
 - Domain 1- Epidemiology and Surveillance
 - Domain 2- Environmental Approaches
 - Domain 3- Health Care System Interventions
 - Domain 4- Community Programs Linked to Clinical Services



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Domain 2 Objectives

- Overview:
 1. Improve environments in worksites, schools, and early childhood education services to promote healthy behaviors.
 2. To expand access to healthy choices for people of all ages related to diabetes, cardiovascular health, physical activity, healthy foods and beverages, obesity, and breastfeeding.

WORKSITES

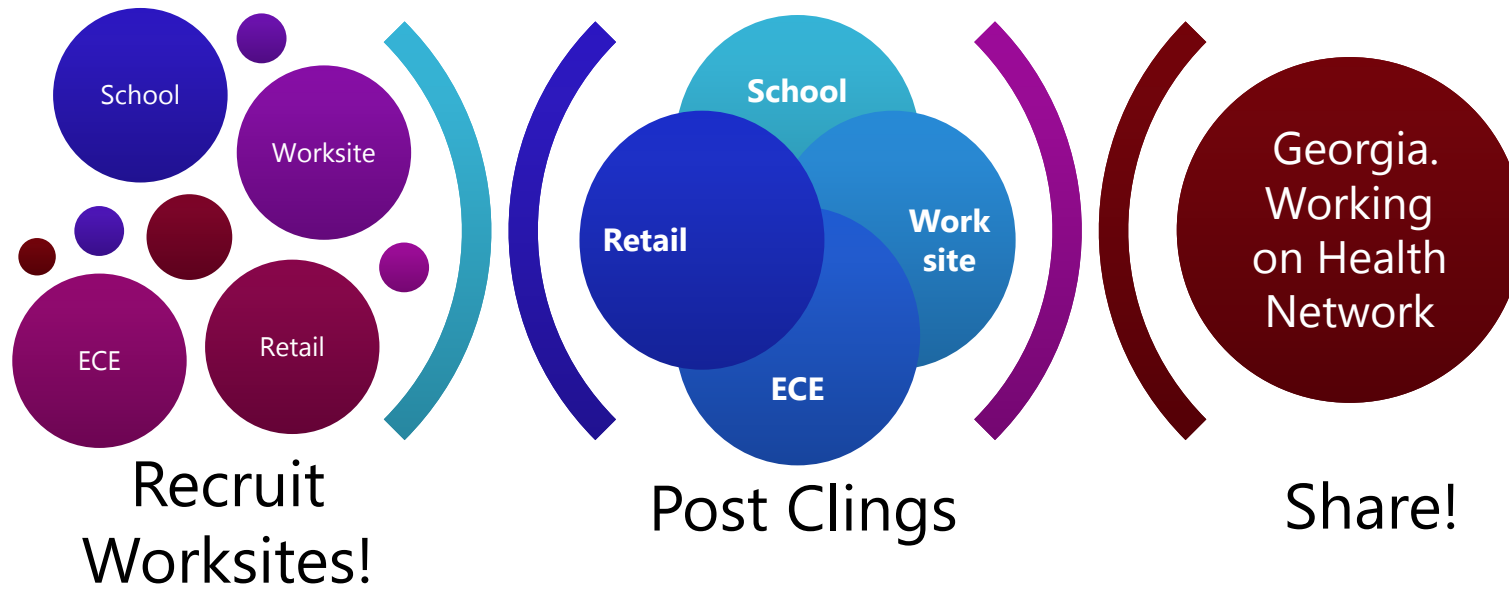
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Georgia. Working on Health

As a part of the "Georgia. Working on Health Initiative," Promote the adoption of healthy workplace behaviors through the distribution of commitment letters and window clings to denote a school, worksite, early care setting, or retail establishment agreeing to support breastfeeding, increase physical activity and create a healthy eating environment, and/or become tobacco free.

PROMOTING WORKSITE HEALTH



Recruit Sites to take the Pledge!

- Promote the adoption of one or more healthy workplace behaviors, policies and practices by disseminating:
 - Pledge forms
 - One-pagers



Brenda Fitzgerald, MD, Commissioner | Nathan Deal, Governor

2 Peachtree Street NW, 15th Floor
Atlanta, Georgia 30303-3142
dph.ga.gov

Dear Business Owner,

Thank you for considering posting the "Get Active Eat Healthy" window cling! By posting this sign, you are telling your customers that you recognize and support your employees in selecting healthier food options and leading physically active lifestyles. |

Poor nutrition and lack of physical activity is the second leading cause of preventable death in Georgia. Although eating healthy and being active is an individual choice, the workplace environment can have a significant impact on health-related behaviors.

By posting the window cling you are acknowledging that your business will--

- Adapt a healthy meeting policy to encourage healthy eating behaviors and have access to at least one of the following:
 - o Fruits and vegetables throughout the day as a smarter snack substitute
 - o Space to store and heat-up healthy meals (including a refrigerator)
- Adapt a policy to encourage employees to engage in physical activity during work hours by allowing all employees access to at least one of the following:
 - o Flexible work hours to allow for at least 30 minutes of physical activity during the day
 - o Clean, safe, and appealing stairwells
 - o 2-3 micro stretch or movement breaks.

Employees eat about one-third of their meals during the workday and spend on average 3,000 hours or 130,000 minutes at work. It only takes 30 minutes of exercise per day and a setting to make more nutritious choices to move employees towards a stronger healthier life.

By creating an environment that supports healthy habits, you are impacting your employees, their families, the community and creating a healthier workforce.

Thank you for your efforts in creating a healthier workforce and healthier Georgia.

Sincerely,

Jean O'Conner, JD, DrPH
Chronic Disease Prevention Director
Georgia Department of Public Health



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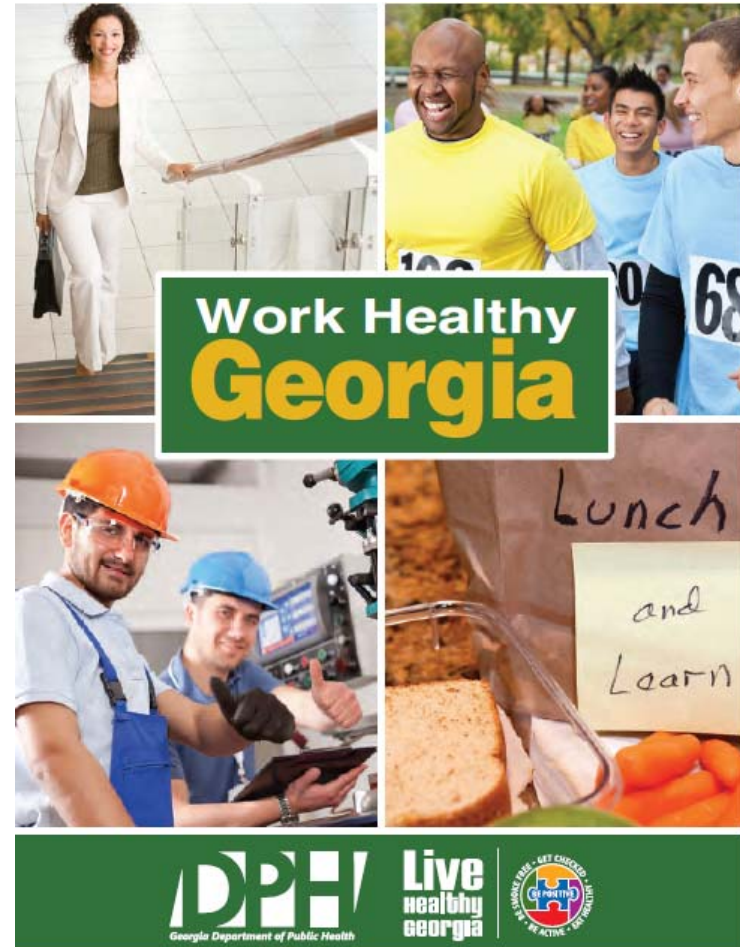
Posting Clings

- Collect Pledges
- Disseminate Clings



Share!

- Following up with worksites:
 - Provided resources
 - Provided assistance in action plan development
 - Created a working on health network
 - email list serve to update community
 - share success stories



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SCHOOLS

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School Health Summit

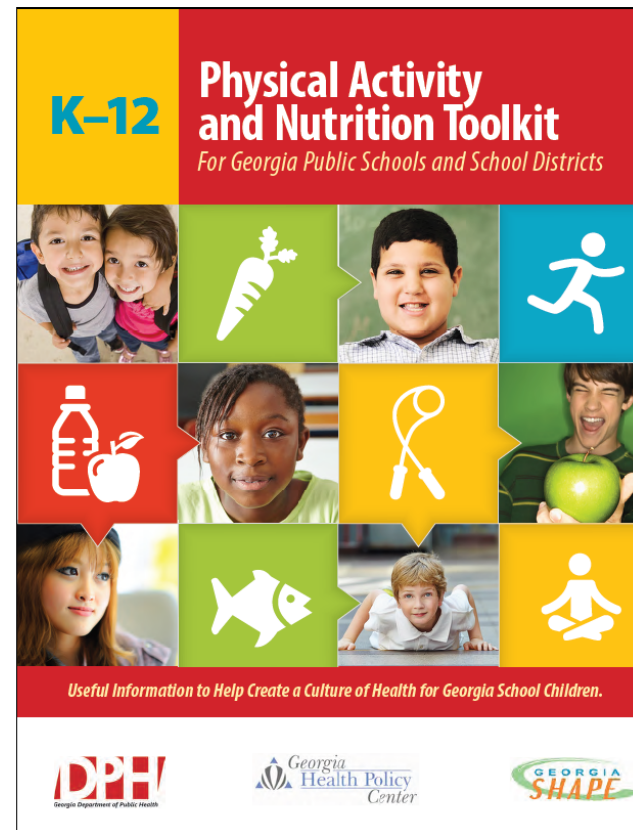
- Objective- Provide resources and promote:
 - Wellness and the adoption of evidence-based wellness policies to prevent youth obesity
 - Physical Activity
 - Healthy School Nutrition Environment
- Timeline



School Health Summit

Summit Overview (Morning)

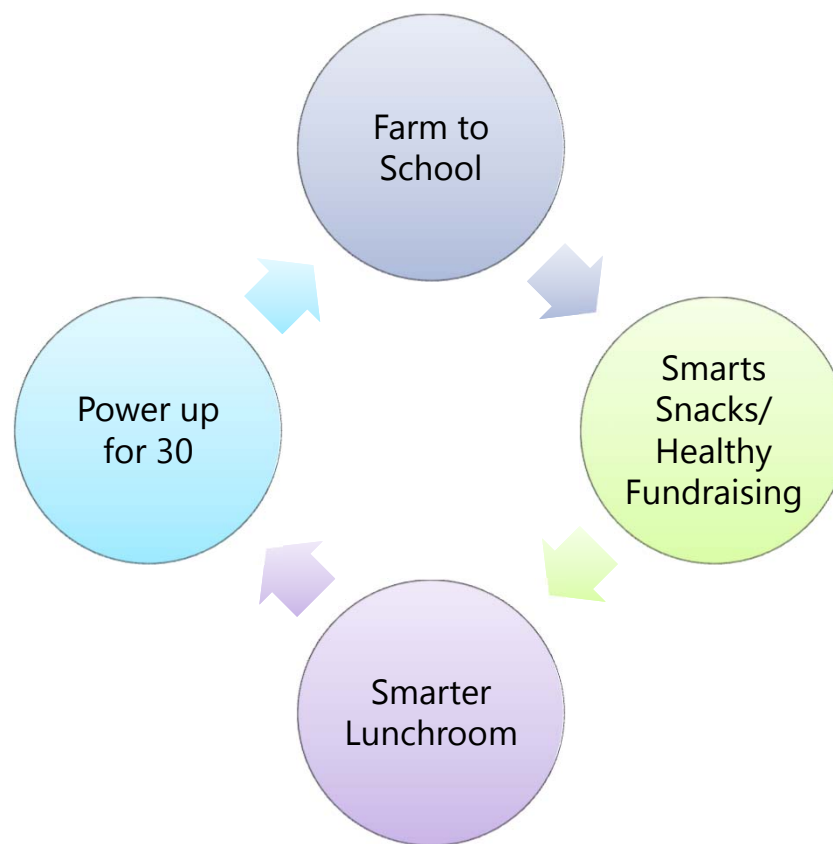
- Provide
 - Tools to develop, execute, sustain and assess wellness policies
 - Mechanisms to improve school nutrition and increase physical activity
- Walk through
 - Georgia Physical Activity and Nutrition Toolkit
 - Shape School Grant Application and Grant Writing Techniques
 - Worksite Wellness



School Health Summit

Summit Overview (Afternoon)

- Provide resources from various leaders about their programs
 - Power Up for 30
 - Wellness Champions
 - Nutrition Panel



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School Health Summit

- **Follow up with attendees**

- Set up additional trainings with Partners
 - Power Up for 30, Strong4Life, Smart Snacks/Healthy Fundraising, Farm to School, Alliance for a Healthier Generation
- Distribute Resources/ Assessments
 - Nutrition
 - Physical Activity
 - Worksite Health
- Share success!



Southeast Health District Farm to School

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EARLY CHILDCARE EDUCATION (ECE)

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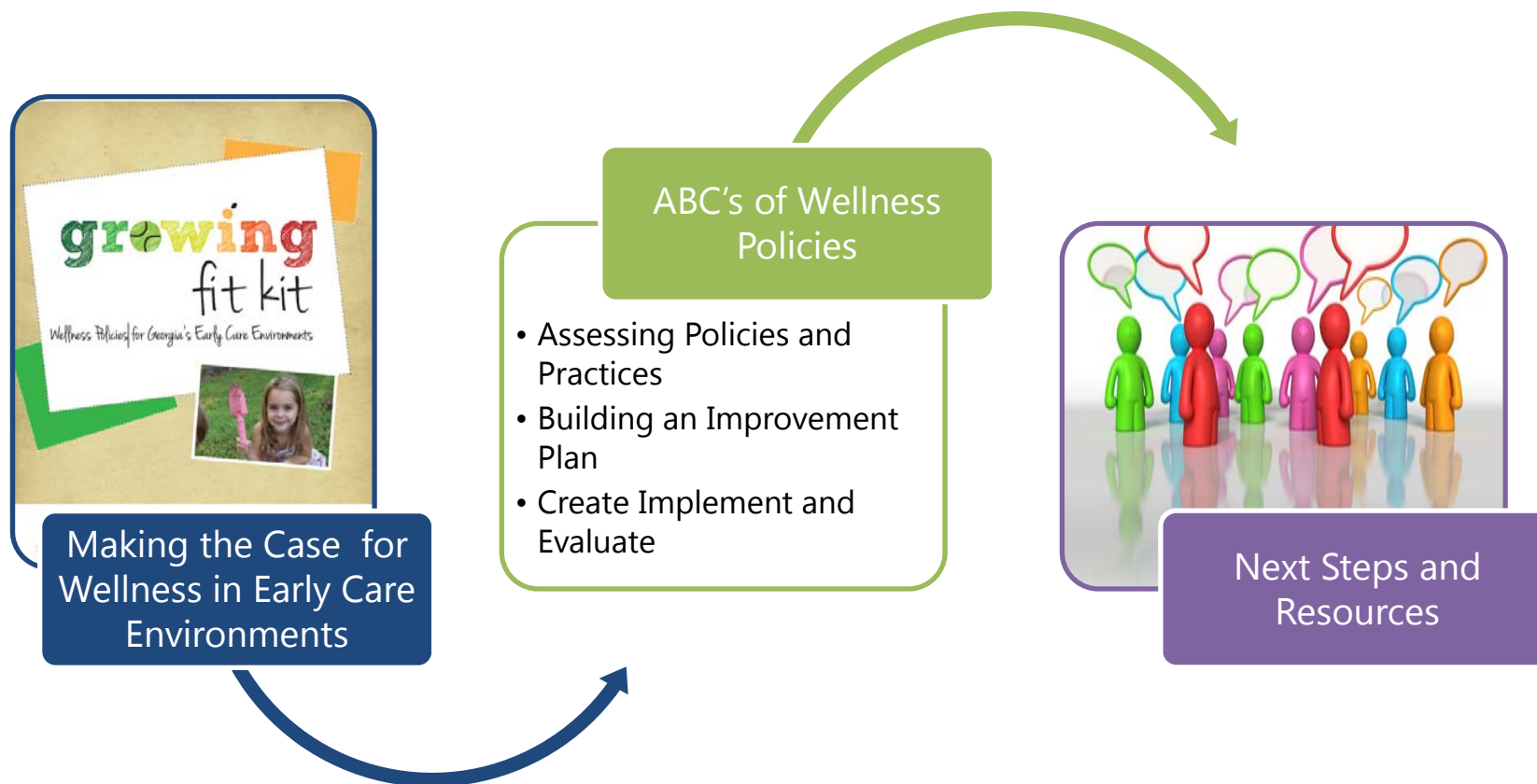
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Growing Fit

- Growing Fit: Wellness policies in Georgia's Early Care Environment
 - Guide Early Care Environments in the development or improvement of policies around nutrition and physical activity.
 - Move toward achievement of Quality Rated standards
 - Toolkit and Training help them meet what the Department of Early Care and Learning (DECAL) refers to as Quality Rated Portfolio Standard 2.1.



Growing Fit Training



Growing Fit Training

- **Follow up with Centers**
 - Check in with centers one month following training then as needed there after
 - Offer assistance in implementing action plans developed during training
 - Collect success stories and pictures
 - Create a training cohort network/ listserv (Include DPH)
 - Share resources and best practices on creating a nutrition environment



Southeast Health District Farm to Preschool

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Network of Partners

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HealthMPowers



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Georgia Health Policy Center



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Children's Healthcare of Atlanta



STRONG⁴LIFE

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Georgia Organics



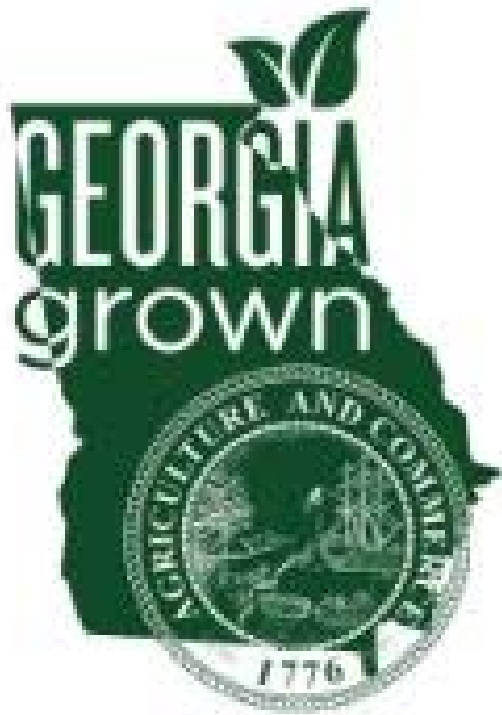
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Department of Education



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Department of Agriculture



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Healthways: State Provider



HEALTHWAYS

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Alliance for a Healthier Generation



Healthy Schools Program

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Contact Information

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