Healthy Georgia Initiative: Nutrition and Physical Activity Program Overview

Thursday, May 12, 2015
1:30-3:00pm
Kelsey McDavid
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
The 4 Domains of Chronic Disease Prevention

Domain 1: Epidemiology and Surveillance
Monitor trends, track progress, provide information for action.

Domain 2: Environmental Approaches
Improve communities to support healthy choices and behaviors.

Domain 3: Health Care Systems Intervention
Improve care to facilitate prevention, early diagnosis, and quality management of chronic diseases.

Domain 4: Community-Clinical Links
Support self-management of chronic conditions to improve quality of life.

We Protect Lives.
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
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 Worksites!

Post Clings

Share!

Georgia. Working on Health Network

School  Worksite  Retail  ECE  School  Retail  Worksite  ECE
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
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
SCHOOLS
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**
  - Select Summit Date/Location
  - Recruit Schools
  - Host Summit
  - Follow up with attendees
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
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!
EARLY CHILDCARE EDUCATION (ECE)
Growing Fit

• Growing Fit: Wellness policies in Georgia’s Early Care Environment
  – Guide Early Care Environments in the development or improvement of polices 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

Making the Case for Wellness in Early Care Environments

ABC’s of Wellness Policies

• Assessing Policies and Practices
• Building an Improvement Plan
• Create Implement and Evaluate

Next Steps and Resources

We Protect Lives.
Growing Fit Training

• **Follow up with Centers**
  – Check in with centers one month following training then as needed thereafter
    • 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
Network of Partners
HealthMPowers

Celebrating 15 years

We Protect Lives.
Children’s Healthcare of Atlanta
Georgia Organics
Department of Agriculture

We Protect Lives.
Alliance for a Healthier Generation

Healthy Schools Program

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