

USING POLICY, SYSTEMS AND ENVIRONMENTAL IMPROVEMENTS TO PREVENT CHRONIC DISEASE AMONG THE FOOD INSECURE POPULATION IN SCHENECTADY COUNTY

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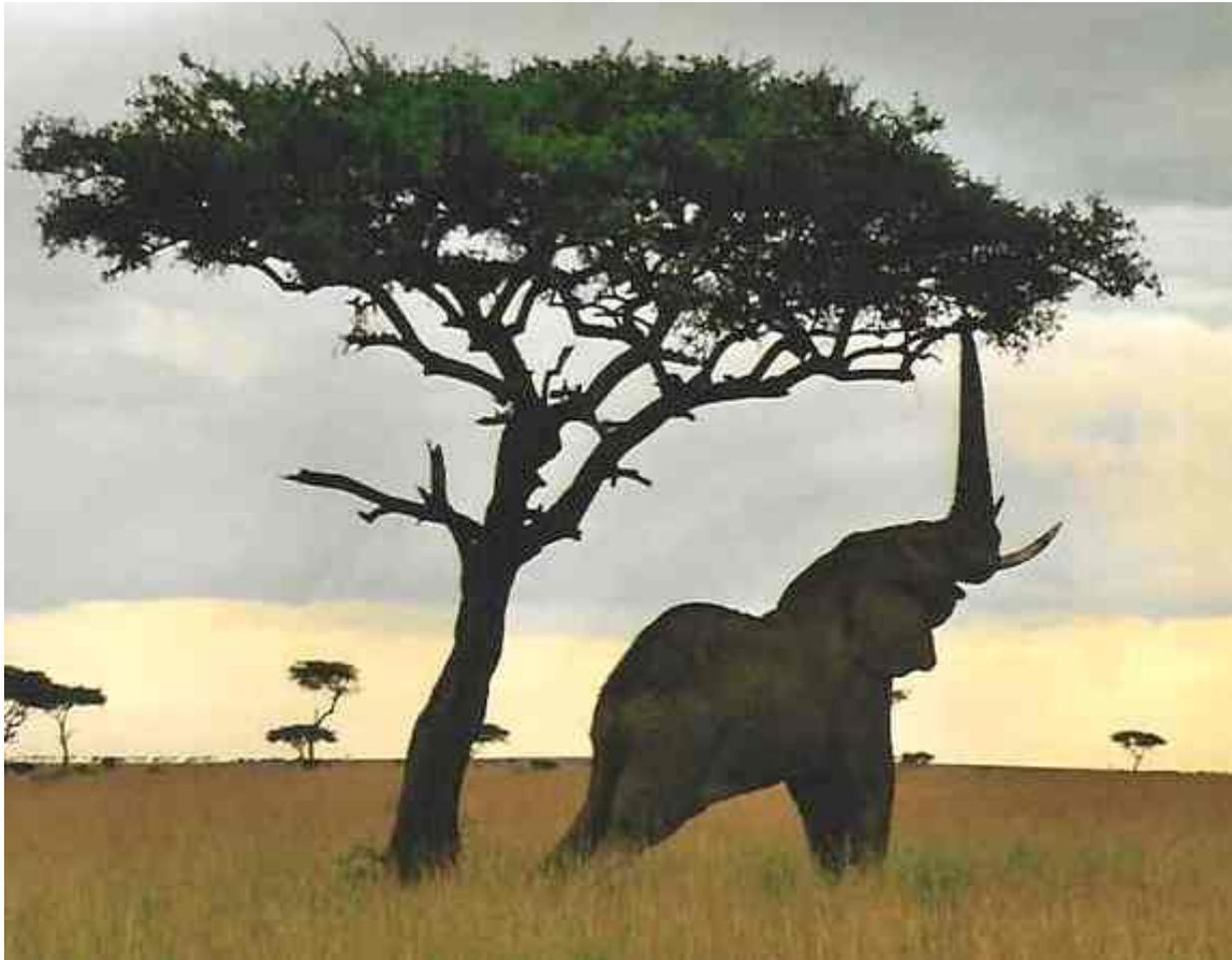
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Cornell University
Cooperative Extension
of Schenectady County

Ellis
MEDICINE





More Complex and Longer Timeframe



Hospital Data
ESRD -> Million Dollar Patients

Public Health Data
Obesity -> Diabetes -> ESRD

Community Survey Data
Food Insecurity -> Obesity



Better Health and Reduced Cost

Overview

- Early collaboration
- 2013 CHA priorities and outcomes
- 2016 CHA process and priorities
- Diabetes/Obesity Interventions
- Evaluation
- Next Steps

UMatter Survey

- A city-wide, neighborhood-level, boots-on-the ground community health assessment
- Goal was to acquire neighborhood-level data and to use those to identify city needs and health disparities
- Collected over 2000 surveys from residents in the City of Schenectady over 3 month period



Obesity

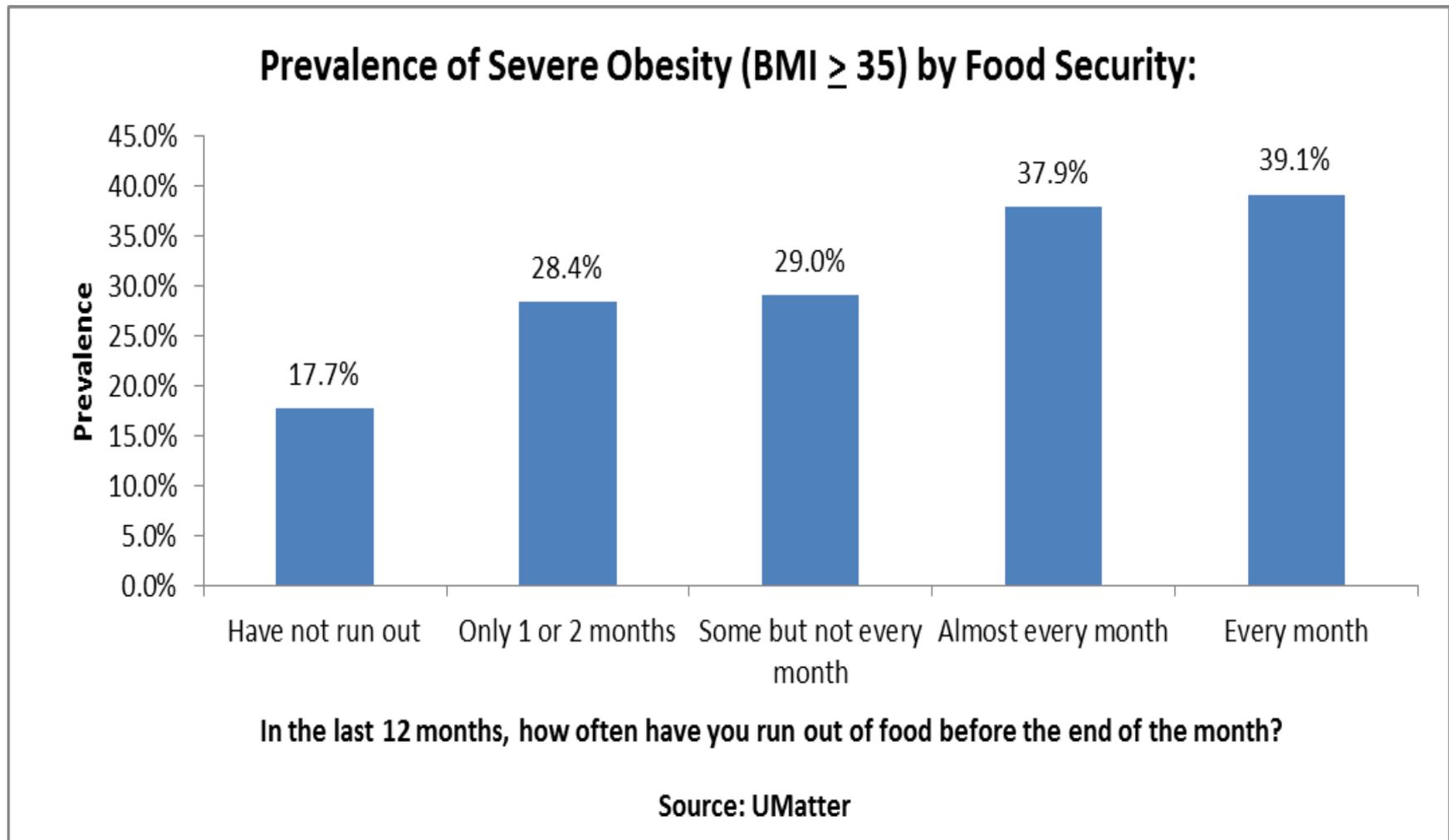
BMI Classification	Percent
Underweight (BMI < 18.5)	1.4 %
Normal (BMI: 18.5 – 24.9)	22.8 %
Overweight (BMI: 25.0 – 29.9)	30.9 %
Obese (BMI: 30 – 34.9)	22.0 %
Severe Obese (BMI \geq 35)	23.0 %

BMI

N = 2013

Mean = 30.6

Food Insecurity and Obesity



Schenectady Coalition for a Healthy Community

- American Cancer Society of Northeastern New York
- Asthma Coalition of the Capital Region
- Bethesda House
- Bigelow Corners Partnership
- BOCES Capit
- Boys and Girls Clubs of Schenectady
- Capital District Center for Independence
- Capital District Child Care Coordinating Council
- Capital District Physicians Health Plan
- Capital District Tobacco Free Coalition
- Capital District Transportation Authority
- Catholic Charities
- City Mission of Schenectady
- City of Schenectady
- Community Fathers, Inc.
- Cornell Cooperative Extension of Schenectady County
- Ellis Medicine
- Fidelis Care
- Girls Inc.
- Guyanese American Association of Schenectady
- Habitat for Humanity of Schenectady County, Inc.
- Healthy Capital District Initiative
- Hometown Health Center
- League of Women Voters of Schenectady County
- Mohawk Ambulance Service
- MVP Health Care
- Northeast Parent and Child Society
- Optimum Health Chiropractic
- Parsons Child and Family Center
- Planned Parenthood
- Price Chopper
- Rainbow Access Initiative
- Rehabilitation Support Services, Inc.
- SAFE, Inc.
- Schenectady ARC
- Schenectady City School District
- Schenectady Community Action Program
- Schenectady County Community College
- Schenectady County Department of Social Services
- Schenectady County Department of Probation
- Schenectady County Human Rights
- Schenectady County Office of Community Services
- Schenectady County Public Health Services
- Schenectady County Senior and Long Term Care Services
- Schenectady Day Nursery
- Schenectady Free Health Clinic
- Schenectady Inner City Ministry
- Schenectady Municipal Housing Authority
- Schenectady Stand Up Guys
- Schenectady United Neighborhoods
- Seton Health Center for Smoking Cessation
- Sunnyview Rehabilitation Hospital
- The Albany Damien Center
- The Chamber of Schenectady County
- The Schenectady Foundation
- Union College
- Union Graduate College
- United Way
- University at Albany, School of Public Health
- Visiting Nurse Service of Schenectady and Saratoga Counties, Inc.
- YMCA of the Capital District
- YWCA

2013 Prevention Agenda Priorities

Prevent Chronic Disease

- Reduce obesity in children and adults
 - Create community environments that promote and support healthy food and beverage choices and physical activity

Promote Mental Health and Prevent Substance Abuse

- Strengthen Infrastructure across Systems
- Prevent Substance Abuse and other Mental Emotional Behavioral Disorders
 - Prevent and reduce occurrence of mental, emotional and behavioral disorders among youth and adults

2013 Outcomes

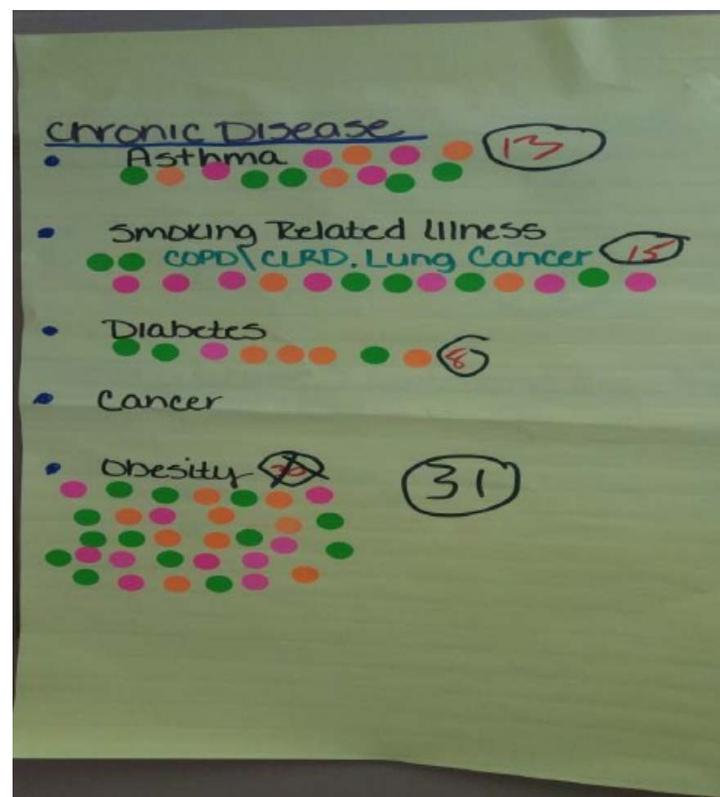
- Formed a food insecurity workgroup of the Coalition
- Worked with a community coach through RWJF and University of Wisconsin Population Health Institute
 - Community asset mapping
 - Survey of food insecure population
- Schenectady County Public Health Services received a Partnerships to Improve Community Health (PICH) grant from the CDC in 2014
 - Two primary objectives:
 - **Increase the number of people with improved access to healthy food**
 - Increase the number of people with improved opportunities for chronic disease prevention, risk reduction, or management with a focus on diabetes

2016-2018 CHIP/CSP Cycle: Data Review

- Worked with coalition to review data from regional Community Health Needs Assessment
 - The County's adult obesity rate of 32.8% and childhood obesity rate of 18.0% were both higher than Rest of State (27.0% and 17.3%)
 - Schenectady's diabetes mortality rate of 19.2/100,000 was significantly higher than Rest of State (15.6)
 - The County's diabetes short-term complication hospitalization rate (8.5/10,000) was significantly higher than Rest of State (5.8) and increased 70% from 2009 to 2013
 - Hamilton Hill neighborhood had 6.9 times the diabetes ED rates and 3.2 times the diabetes hospitalization rates compared to Rest of State

2016-2018 CHIP/CSP Cycle

- Selected Focus Areas
 - Prevent Substance Abuse and other Mental, Emotional, and Behavioral Disease
 - Reduce Obesity and Diabetes in Children and Adults



“Dot-mocracy” exercise example

2016-2018 CHIP/CSP: Goals and Strategies

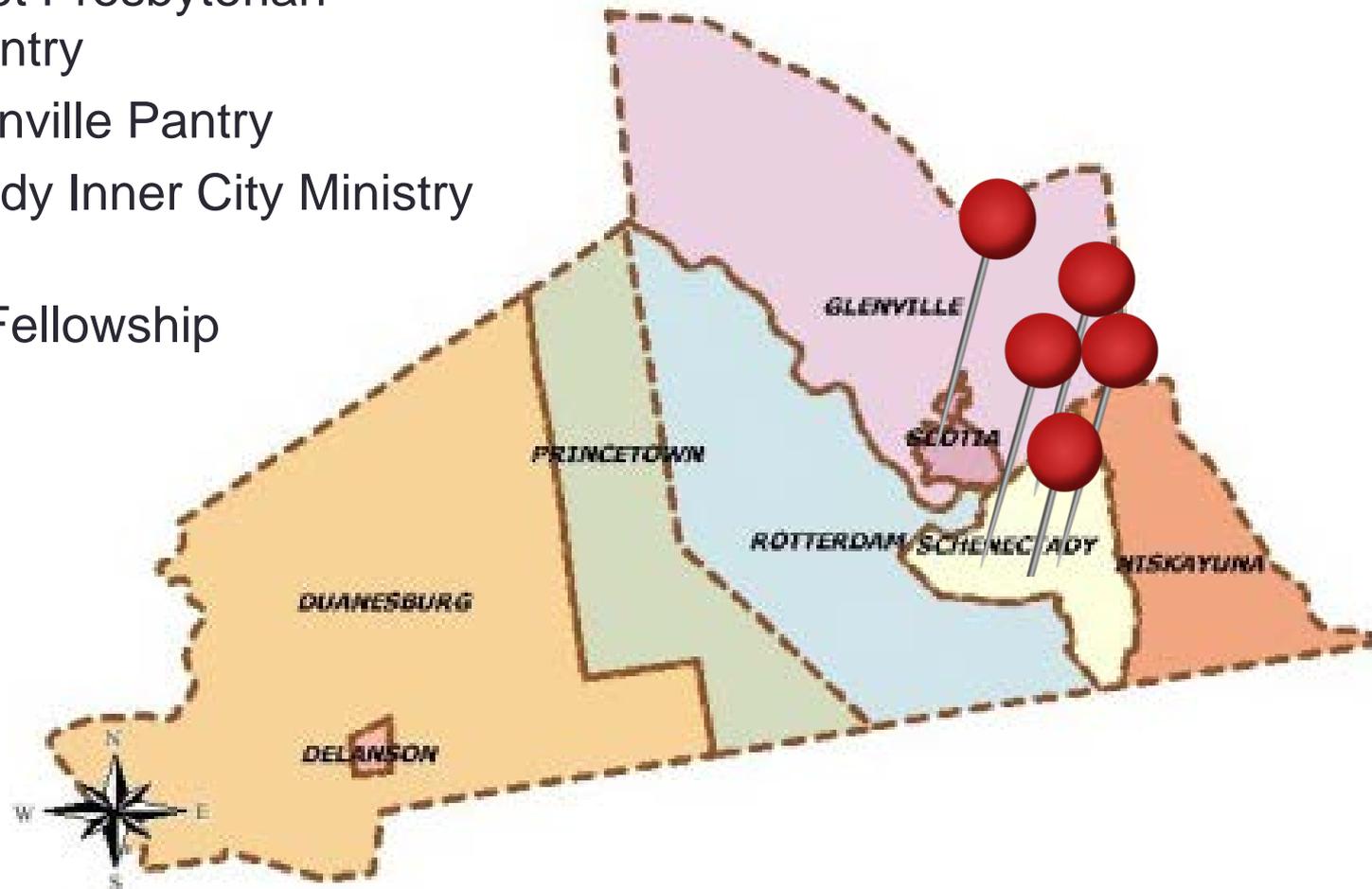
- Diabetes/Obesity
 - Create community environments that promote and support healthy food and beverage choices and physical activity.
 - Increase retail availability of affordable healthy foods, especially for those with limited access (including availability of healthy foods for emergency food providers)
 - Expand the role of health care and health service providers and insurers in obesity prevention
 - Offer Diabetes Prevention Programs (DPP) in the community
 - Offer Diabetes Self-Management Education (DSME) programs in the community

Partnerships

- Key to successful community initiatives
- Many partners work with food system in Schenectady County
 - Schenectady Food Providers
 - Regional Food Bank
 - Food Pantries for the Capital District
 - Cornell Cooperative Extension, Schenectady County
 - Schenectady County Public Health Services
 - Schenectady Inner City Ministry
 - Capital Roots
 - Schenectady Community Action Program
 - United Way of the Greater Capital Region
 - Ellis Medicine

Healthy Food Pantry Initiative

- Bridge Christian Church Pantry
- State Street Presbyterian Church Pantry
- Scotia-Glenville Pantry
- Schenectady Inner City Ministry (SICM)
- Harmony Fellowship



Evaluation of Healthy Food Pantry Initiative

- Interviews with pantry coordinator (paid and volunteer)
- Pre-intervention surveys with food pantry clients (n= 305) to measure availability and consumption of fruits and vegetables

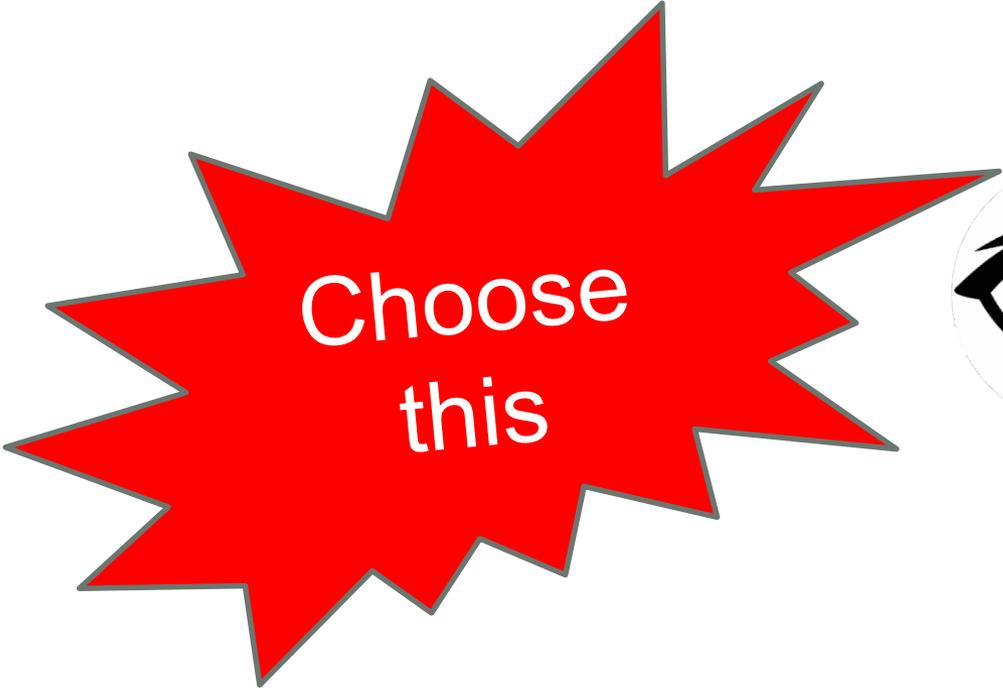


Also measured health status

- 74% were overweight or obese
- 69% one or more chronic conditions
- Few meet the daily recommended servings of fruits and vegetables

Healthy Food Pantry

- Behavioral Economics



Choose
this



Healthy Food Pantry cont.

Examples of interventions being implemented

- Promoting healthy food drives
- Onsite nutrition education
- Environmental signage to highlight healthy options
- Layout changes to highlight healthy options
- Food procurement policies
- Training for volunteers and paid staff about policies

Healthy Food Drives

- Promote healthy food donations
- Donation bags, posters, and shopping lists
- Spreads the message beyond the pantry



NOURISH YOUR NEIGHBOR
A Healthy Food Drive Initiative

SHOPPING LIST

FRUITS (No-Sugar Added)

- Fruit Cups
- 100% Fruit Juice
- Raisins/Dried Fruit
- Applesauce

VEGGIES (Low-Sodium)

- Canned Peas, Corn, Carrots etc...
- 100% Tomato Juice
- Salsa

GRAINS (Whole Grains)

- Whole-Wheat Pasta
- Brown Rice
- Whole-Grain Crackers
- Rolled Oats
- Quinoa

PROTEIN (Lean Protein)

- Dried Beans
- Unsalted Nuts
- Peanut Butter
- Canned Chicken & Tuna (in water)

DAIRY (No-Fat or Low-Fat)

- Powdered Milk
- Shelf-Stable Rice & Soy Milk

OTHER

- Baby Food
- Baby Formula
- Tea/Coffee



Nutrition Education

- Menu planning
- Nutrition for chronic disease
- Cooking demonstrations



Signage



- Draw attention
- My Plate food groups with nutrition message





Layout



- East to see-Visibility
- Easy to reach-Convenience
- Nice to look at-Appearance

Example: SICM



Before

After

Example: Bridge Pantry



Policy plans

Interventions

- Promoting healthy food drives
- Onsite nutrition education
- Environmental signage to highlight healthy options
- Layout changes to highlight healthy options
- Food Procurement guide



Early Impact

- Interventions have directly benefited the approximately 1,000 families served by these five pantries each month
- Follow up client surveys in Spring 2017 to assess change in health status and availability and consumption of fruits and vegetables post-interventions (~ 1 year)



Next Steps

- Policies will be implemented at each participating pantry incorporating the changes already established
- Follow up environmental scans and interviews with pantry staff and volunteers to measure fidelity to the interventions
- Training on policies and best practices
- Working with regional partners
- Expansion to other pantries through other grants