

Chronic Disease Prevention Goals and Outcomes (draft)

<p>EXTENT OF THE PROBLEM</p>	<p>Chronic illnesses cause Americans to miss 2.5 billion days of work each year, resulting in lost productivity totaling more than \$1 trillion (National Prevention Strategy)</p> <p>Cancer: Leading cause of death in Lewis and Clark County; rate 201.0 per 100,000 people compared to 187.2 in nation. Prostate, lung, breast, and colorectal cancers accounted for 57% of all reported cancers in MT</p> <p>Heart disease: 2nd leading cause of death; 21.3% of deaths in county attributable to heart disease; heart disease and stroke are among the most widespread and costly health problems facing the nation today</p> <p>Asthma: 15% of adults told they have or had it; 19.5% of high school students. The prevalence of asthma has increased since 1980. Environmental factors (mold, tobacco smoke, wood smoke) exacerbate asthma. (National Prevention Strategy)</p> <p>Diabetes: 5.9% of adults in county report having (6.2% MT)</p> <p>Pedestrian deaths: Lewis and Clark County ranks 3rd in state for number of pedestrian deaths</p>
<p>RISK FACTORS</p>	<p>Poor nutrition: 74.9% of adults in southwest region report eating insufficient fruits and vegetables; 11.5% of high school students reporting eating no fruit in past week; 18.3% report drinking 1 or more non-diet sodas a day during past week</p> <p>Physical inactivity: 20.3% of adults report being physically inactive; 49.4% of high school students report not having at least 1 hour of physical activity on at least 5 of the past 7 days</p> <p>Tobacco use: 18.4% of adults in the county report smoking most days; 18.9% of high school students; tobacco use is single most preventable cause of death and illness and a contributor to many chronic diseases. Healthy People 2020 Target: 12.0% adults, 16.0% adolescents.</p> <p>Asthma: Risk factors for asthma currently being investigated include: <ul style="list-style-type: none"> Having a parent with asthma Sensitization to irritants and allergens Respiratory infections in childhood Overweight </p> <p>Environmental factors: Air quality rated “watch” on 24 days, “poor” on 11 days in county in 2010</p>

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GOALS	OBJECTIVES	STRATEGIES
<p>Reduce incidence of cancer, heart disease, asthma and diabetes through prevention, detection and treatment</p>	<p>Increase number of people who participate in wellness screenings, education and self-management training for cancer, heart disease, asthma and diabetes screenings</p>	<p>Home visiting programs – home based multi-trigger, interventions with an environmental focus for children and adolescents with allergies and asthma</p> <p>Diabetes and prediabetes education and management programs</p> <p>Collaboration between private and public health care providers to ensure availability, accessibility and affordability of health screenings</p> <p>Promote Worksite wellness programs that allow time off for screenings, offer tobacco use cessations information, and other health promotion initiatives and practices</p>
<p>Promote respiratory health through policies to reduce environmental risk factors</p>	<p>Reduce tobacco use in adults and youth</p>	<p>Promote policies that support tobacco- free /smoke- free environments</p> <p>Increase prevention and cessation policies, supports and education, particularly on 2nd-hand and 3rd-hand smoke. (multiunit housing, public outdoor spaces, playgrounds, campuses)</p> <p>Media campaign targeting high school students and especially boys on prevention of tobacco (chew) use</p>
	<p>Reduce number of days of “poor” or “watch” air quality</p>	<p>Reduce the number of non-compliant wood stoves in the county</p> <p>Reduce prolonged vehicle idling</p> <p>Increase use of active transportation alternatives to reduce vehicle emissions</p>

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<p>Increase physical activity and healthy nutrition by residents of all ages and ability</p>	<p>Increase the number of policies that support residents in achieving a healthy diet</p>	<p>WIC nutritional support and education</p> <p>Breast – feeding policy supports in hospital and workplaces</p> <p>Workplace policies on requiring Healthy foods in vending machines and at staff and site-sponsored events</p> <p>Increase healthy foods served in day care settings and schools</p>
	<p>Implement policies that support increased physical activity</p>	<p>Support implementation of Complete Streets policy that increases safety, accessibility and convenience for daily walking and bicycling</p> <p>Increase the frequency of public transit routes</p> <p>Educate and support motorists, pedestrians, and bicyclists on share-the-road skills and practices</p> <p>Support Prescription Trails program</p>