

Creating Healthy Communities

Improving Outcomes in Health Care Settings

What is the Creating Healthy Communities Program?

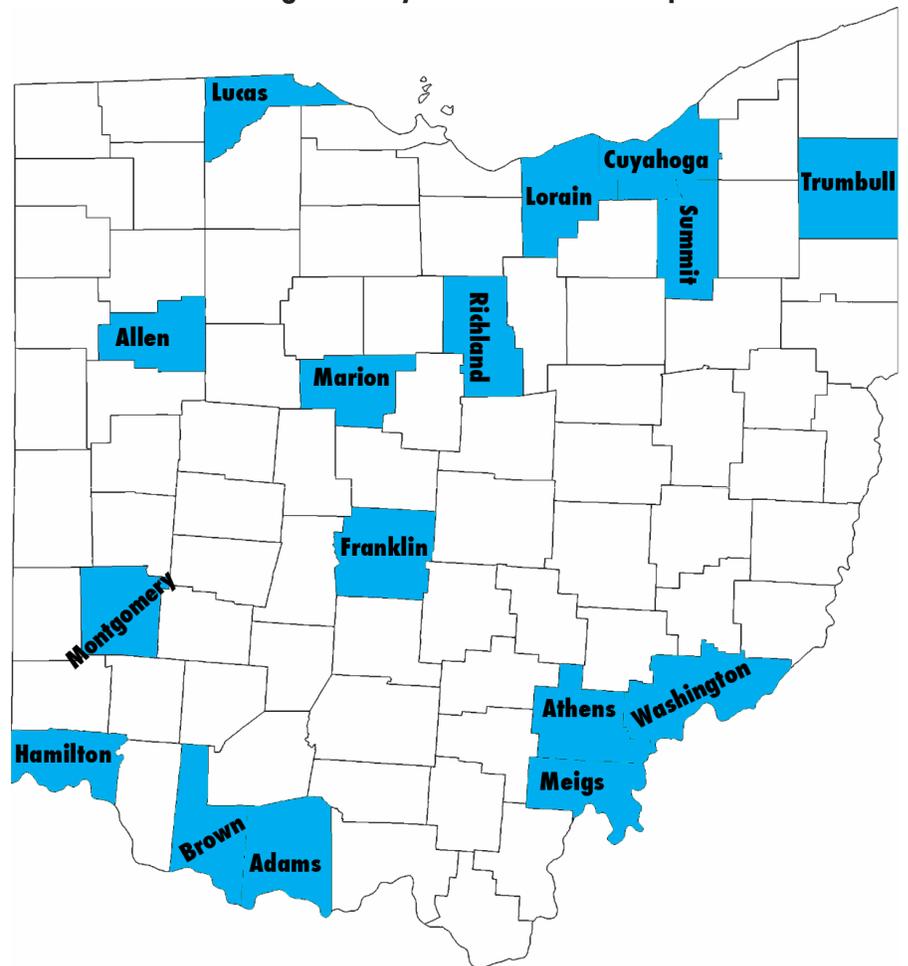
The Creating Healthy Communities (CHC) Program provides \$1.7 million in funding from the CDC's Preventive Health and Health Services Block Grant (PHHSBG) to 16 Ohio counties to address the risk factors of poor nutrition, tobacco use, sedentary lifestyle and chronic disease in schools, worksites, health care and community settings. The CHC Program uses a population-based approach to expand and enhance a community's ability to develop policies, systems and environmental changes to reduce the incidence of chronic disease and obesity.



Get the Facts...

- Obesity and chronic disease are the most common causes of death and disability in Ohio, with an economic impact of approximately **\$56.8 billion** per year.¹
- The financial savings of population-based, public health interventions can surpass that of traditional health care spending and may be as high as **\$6 returned for every \$1 spent**.²
- In 2010, CHC counties adopted 44 policy or systems changes to improve the way primary care physicians prevent and identify obesity in children, **impacting over 100,000 consumers**.

Creating Healthy Communities Projects



Success in the Health Care Setting

Allen County Improves Emergency Care for Stroke Patients

The highest EMS run times for stroke in the state of Ohio were found in the Appalachian counties and the counties in the northwest region of Ohio, which includes Allen County. Identifying stroke symptoms and aiming to decrease run times could significantly improve a stroke patient's chance of survival and lessen the chance of permanent disability. With assistance from the CHC program, a total of 395 personnel from all 13 of Allen County's EMS departments and all 3 of the local hospital emergency departments received comprehensive stroke training.



In addition to the stroke training, updates to the stroke protocol were approved by the Regional Physicians Advisory Board. This would allow Allen County EMS departments to update their policy on treating stroke patients which would decrease run times for stroke patients and improve patient health outcomes.

Ounce of Prevention in Marion County

Ounce of Prevention is a training program partnered with the American Academy of Pediatrics, Ohio Department of Health, Ohio Dietetic Association, Nationwide Children's Hospital, and American Dairy Association Midwest. This program provides physicians with resources to address excessive weight gain, educate and empower families about lifelong nutrition and physical activity, and measure BMI percentile annually. Key messages include portion sizes, excessive juice/sweetened beverages, fruit and vegetable intake, family mealtime and more. Resources are provided to physicians for ages birth to 18.

Smith Clinic Pediatrics is a pediatric office in Marion, Ohio with six full time physicians and one physician assistant. They have an average of 18-20,000 patient visits a year and roughly 75% of their patient census has Medicaid as their primary insurance carrier. In June 2010, the CHC program coordinated an Ounce of Prevention training for office staff. The training was conducted by Dr. Amy Sternstein from Nationwide Children's Hospital and county information, such as BMI data, was presented by CHC Program Director Amy Gorenflo.

In mid-2011 the pediatric office updated their system to electronic medical records. At this time an office policy was developed that all patients receive Ounce of Prevention guidance at each visit. Each child also has their BMIs plotted as part of their electronic records, making tracking growth easy and graphically. A refresher training and open forum with office staff and physicians was held on July 13, 2011. The physicians reported the program is an asset to their practice. They use materials as a visual and practical way to discuss nutrition and physical activity with parents and grandparents.

For more information on the Creating Healthy Communities Program and other Office of Healthy Ohio initiatives, please visit our website at:

www.healthyohioprogram.org

The Preventive Health and Health Services Block Grant

The Creating Healthy Communities Program is funded by the CDC's Preventive Health and Health Services Block Grant (PHHSBG). The President's FY 2012 budget request eliminates the PHHSBG, a grant that provides \$4.5 million in funding to ODH allowing the state to address vital public health needs and challenges in innovative and locally defined ways. **Loss of this funding will result in the elimination of the CHC Program.**