IMPACT of the CDASH Grant

How do we create a lasting impact on reducing chronic disease?

> EARLY CHILDHOOD CENTERS, schools, hospitals, and others worked to improve nutrition and physical activity.
In DuPage County, we made an impact through community collaboration to create policy, systems, and environmental changes. The DuPage County Health Department (DCHD) received $200,000 in funding from the Illinois Department of Public Health to address Chronic Disease and School Health (CDASH) over three years (September 2015 – June 2018). Through this grant, the health department worked with early childhood centers, schools, hospitals, worksites, and other community providers to improve nutrition and physical activity among children and adults, create awareness around diabetes and high blood pressure, and ultimately decrease chronic disease rates in DuPage County.

**EARLY CHILDHOOD CENTERS**

15 early childhood centers in DuPage County worked to improve their nutrition and physical activity environment by completing the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) and action plans. NAP SACC training was provided to **285 staff** and **1239 children** were impacted through positive changes at the centers.

**Changes:**
- Outdoor vegetable gardens
- More vegetables during snack time
- Portable play equipment indoors and outdoors
- Increased amount of teacher-led physical activity
- Improved understanding of “full” and “hungry” among children
- Implemented family nights to educate on physical activity and nutrition

**SCHOOLS**

Three schools from District 4 in Addison improved school nutrition, physical activity, and wellness; **2,305 children were impacted.**

We convened diverse school wellness committees that meet regularly, completed the School Health Index nutrition and physical activity assessment, completed the Smarter Lunchroom Assessment, and developed action plans.

**Changes:**
- Improved lunchrooms, with student artwork displays, improved fruit and vegetable offerings, and music during lunchtime
- Increased access to free drinking water. Filled 12,000 bottles of water between Fall 2016 – Fall 2017 at a single school.
- Increased opportunities for physical activity
  - Trained 150 teachers in implementing Brain Breaks (short movement breaks taken at regular intervals throughout the day to increase physical activity and achieve optimal learning)
  - Made portable soccer nets available for use during recess and intramurals after school
  - Promoted indoor recess activities

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HOSPITALS

DCHD worked with eight hospitals in DuPage County, and one hospital in Cook County, to complete the CDC’s Healthy Hospital Food and Beverage Environment Scan and implement sodium reduction strategies in cafeterias, vending, and patient menus. Today, all hospitals participating in the CDASH grant have made significant changes to reduce sodium and improve healthy food and beverage options.

Participating Hospitals:
- AMITA Health Adventist Medical Center GlenOaks
- AMITA Health Adventist Medical Center Hinsdale
- AMITA Health Adventist Medical Center La Grange
- Advocate Good Samaritan Hospital
- Edward Hospital
- Elmhurst Hospital
- Linden Oaks Behavioral Health
- Marianjoy Rehabilitation Hospital
- Northwestern Medicine Central DuPage Hospital

Outcomes:
- Edward Hospital and Linden Oaks Behavioral Health participate in the American Heart Association’s 20 by 20 initiative to reduce calories, fat, and sodium 20% by 2020. They were able to achieve an average 8% reduction of calories, fat, and sodium in menu items in one year.
- Increased salad bar sales
- Increased sales in healthy snack options
- Increased sales in healthier beverage choices

Changes:

Proportion of Healthier Food:
- Increased proportion of healthy menu, snack, and vending options
- Updated physician lounges with healthier food options
- Updated catering menus with healthier options

Signage and Labeling:
- Improved labeling and signage to highlight low sodium and healthy options in cafeterias, vending areas, and inpatient menus

Incentives:
- Added fruits and salad to combo meal deals
- Provided discounts to employees purchasing healthy food options

Making the Healthy Choice the Easy Choice:
- Upgraded, more visible salad bar with increased proportion of healthy options
- Moved salt shakers from tables to condiment bar
- Replaced unhealthy snacks with healthy options at check-out
- Made whole grain options the default choice on menu items

It’s nice to see customers pick up a piece of fruit, water bottle, or whole grain granola bar while they are in line at the cash register rather than candy or salty snacks.”
- AMITA Clinical Nutrition Manager

Our physicians and physician leadership have welcomed the changes in the lounges. They have been very vocal in their requests for more wholesome options.”
- Central DuPage Hospital Clinical Nutrition Manager
WORKSITES

By implementing changes to improve worksite wellness, DCHD improved its CDC Worksite Health Scorecard by 44% between 2016 and 2017.

Changes:

- Making Desk Cycles available to increase opportunities for physical activity at work
- Using competitions to support employee wellness
- Promoting free education and incentives available through insurance
- Sponsoring more social events throughout the year
- Providing stress management programs and resources

COMMUNITY-BASED CHRONIC DISEASE PREVENTION

In February 2017, B.R. Ryall YMCA in Glen Ellyn launched the YMCA’s Diabetes Prevention Program, a National Institute of Health and CDC-recognized lifestyle change program that reduces the risk of developing type 2 diabetes by 58%, or 71% in people over 60. CDASH funding was used to assist with marketing and program materials.

Goals of the program include losing 5-7% of body weight and 150 minutes of physical activity a week.

Between February 2017-June 2018, there were 25 participants in BR Ryall YMCA’s DPP program. On average, 88% of participants reached the goal of 150 minutes of activity per week and at least 7% weight loss.

Research* has found that even after 10 years, people who completed a diabetes prevention lifestyle change program were one third less likely to develop type 2 diabetes.

References