



Infancy to Adulthood—The Continuum of Health and Wellness

Susan Cooper, MSN, RN

Commissioner

Veronica L. Gunn, MD, MPH

Chief Medical Officer



TDOH Mission

The Mission of the Department of Health is to promote, protect, and improve the health of persons living in, working in, or visiting the state of Tennessee



Child Health in TN

- Annie E. Casey Foundation *2007 Kids Count* (2004 data)
 - 43rd in overall child health
 - 46th in pre-term births
 - 43rd in infant mortality
- Estimated 26% of high school students smoke (2006 Trust for America's Health)
- About 43% are overweight or at risk of becoming **overweight** (TN Coordinated School Health, Department of Health Body Mass Index screening data).



Life Continuum



**WIC, HUGS, Folic acid program
birth spacing/family planning,
FIMR, PRAMS**

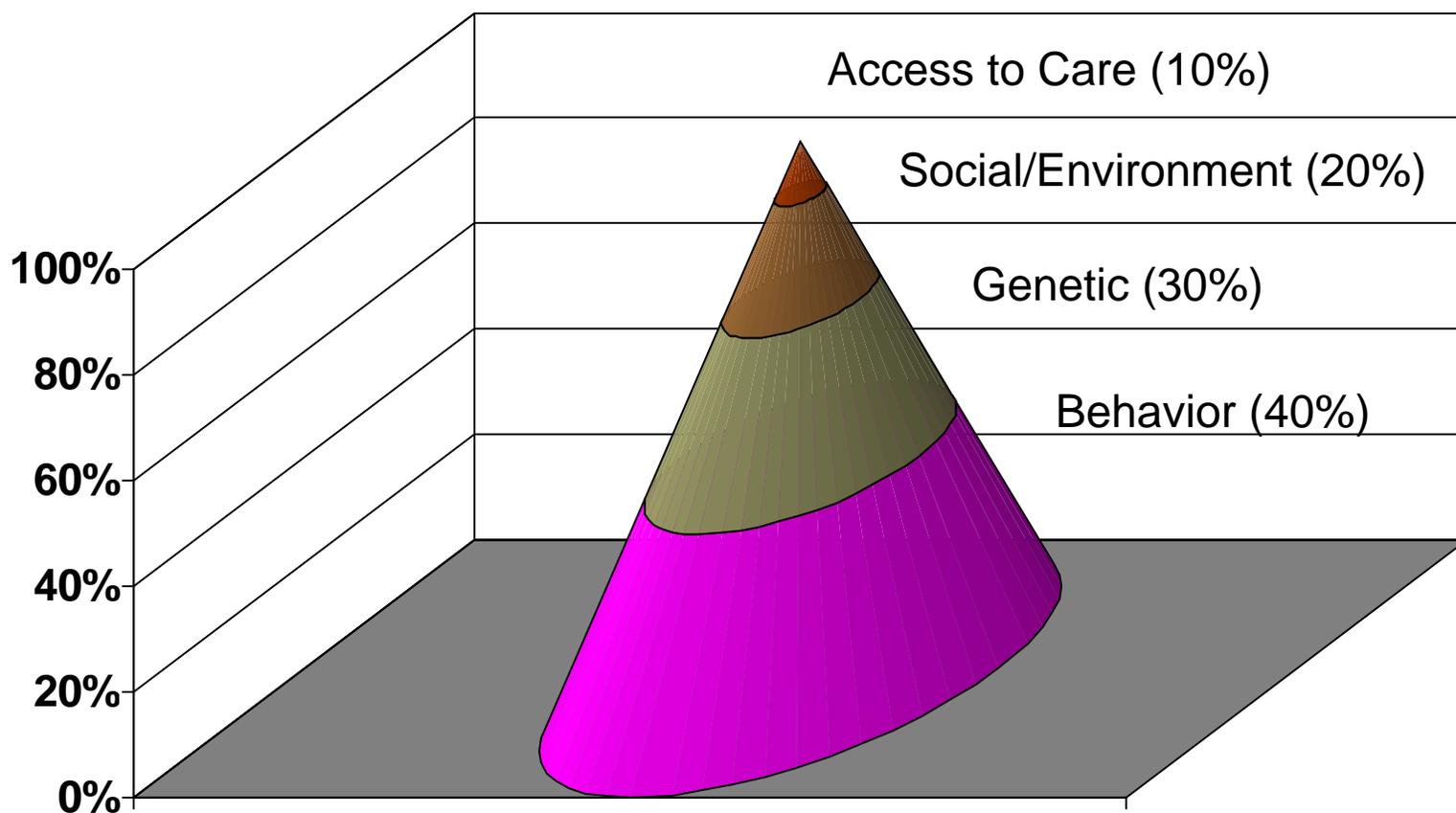
**WIC, TENNderCare, Oral
health, GoTrybe, Youth
prevention initiative, Get Fit TN**

**Newborn screening, HUGS, WIC,
TENNderCare, Golden Sneaker**

**TENNderCare, GoTrybe, Get Fit
TN, Tobacco use prevention &
cessation, Project Diabetes**

INTERVENTIONS

Determinants of Health



McGinnis JM et al. Health Affairs 2002;21(2):78-93



Life Continuum

BEHAVIORS

- Tobacco use
- Poor nutrition
- Physical inactivity
- Risky alcohol use



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INTERVENTIONS

Golden Sneaker



- Developed to enhance policy related to physical activity and nutrition within licensed child care facilities across Tennessee.
- Collaboration amongst DOH, DHS, CCRR
- Policies regarding:
 - Physical activity: ↑ activity, ↓ sedentary
 - Nutrition: healthy choices, portion size, breastfeeding





GoTrybe-Tennessee

- Interactive, web-based program to promote child and adolescent physical activity
- 3 Components:
 - Physical Fitness
 - Nutrition
 - Wellness/health promotion
- Piloting in 17 school systems in NE TN



GoTrybe-Tennessee

- Individualized
 - Secure log-on
 - Set up avatar
 - Track physical activity
- Teacher-driven
 - Class or group enrollment
 - Teacher can track student participation
 - Daily and yearly progress recorded

Youth Smoking Prevention



- \$15,789 DOH endowment grant to each of 95 county governments
- Encouraged collaboration with local agencies to implement programs and policies to prevent:
 - Second-hand smoke exposure in homes, autos, places of entertainment
 - Youth initiation of tobacco use
- Estimated 1,000-2,000 school-aged youth per county

Get Fit Tennessee



- ❑ Statewide awareness program developed by Governor Phil Bredesen
- ❑ Addresses rising epidemic of Type 2 diabetes and risk factors that lead to diabetes, like obesity
- ❑ Educates adults and children how to delay or prevent Type 2 diabetes by increasing physical activity and eating a healthier diet



Get Fit TN

- Join the 400+ persons on Team TN
 - Commit to healthier lifestyle
- Enroll in online Fitness Tracker
 - Set health goals
 - Track progress
- Consult a dietician and/or fitness trainer



<http://www.getfittn.com/>



Diabetes in Tennessee

- ❑ One of the highest in the nation for those diagnosed with diabetes ⁽¹⁾
- ❑ 6th leading cause of death; 3rd for African Americans ⁽²⁾
- ❑ 30% per capita increase for those diagnosed with diabetes ⁽³⁾
 - Per capita \$10,071 in 1997 to \$13,243 in 2002
 - Per capita medical expenses for those without diabetes \$2,560

(1) National Diabetes Education Program, <http://www.ndep.nih.gov/> Accessed January 27, 2006.

(2) Tennessee Department of Health, "Diabetes Fact Sheet",
http://www.tennessee.gov/health/itsabouttime/diabetes_fact_sheet.pdf.

(3) American Diabetes Association, "Direct and Indirect Costs of Diabetes in the United States- 2002 data",
<http://www.diabetes.org/diabetes-statistics/cost-of-diabetes-in-us.jsp>



Project Diabetes

- Make funds available to support implementation of innovative, evidence-based programs focused on the prevention and/or treatment of diabetes
- Competitive funding
 - \$50,000 planning
 - \$250,000 implementation



Project Diabetes-Goals

- Decrease overweight/obesity across the State to prevent or delay the onset of Type 2 diabetes and/or its consequences
- Educate the public about current and emerging health issues linked to diabetes
- Promote community, public-private partnerships to identify and solve regional health problems related to obesity and diabetes

Project Diabetes-Goals



- ❑ Advise and recommend policies and programs that support individual and community health improvement efforts
- ❑ Evaluate the effectiveness of improvement efforts/programs that address overweight, obesity, prediabetes and diabetes
- ❑ Disseminate best practices for diabetes prevention and health improvement



Project Diabetes

- For 2007-2008:
 - \$2,772,014 in grant funding awarded
 - \$878,900 for planning and implementation grants targeting nearly 8000 youth





Resources

- Golden Sneaker:
<http://health.state.tn.us/goldsneaker.htm>
- Get Fit TN: <http://www.getfittn.com/>
- Smoking cessation/prevention resources:
<http://health.state.tn.us/tobaccoquitline.htm>
- Project Diabetes Future funding opportunities:
<http://health.state.tn.us/Downloads/ProjectDiabetesFFO.pdf>