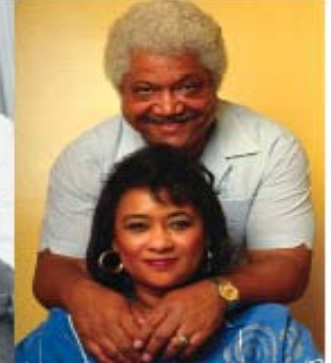
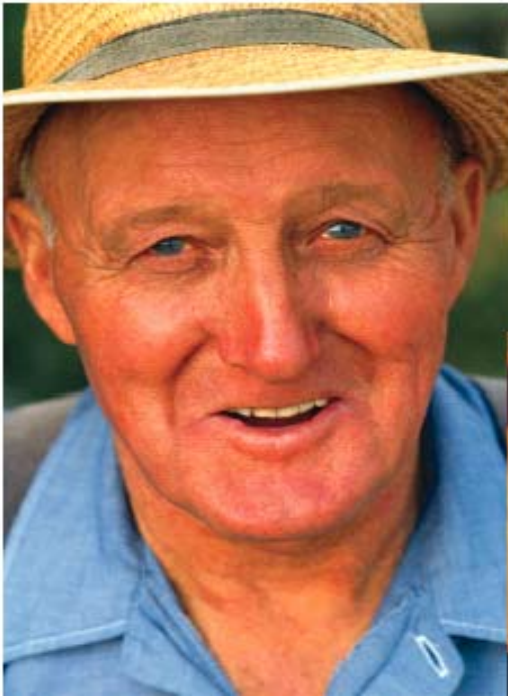


Chronic Disease in Washoe County: The Opportunity for Prevention



Jennifer Stoll-Hadayia, MPA
Public Health Program Manager
Washoe County District Health Department (WCDHD)

DISTRICT HEALTH



DEPARTMENT

EXHIBIT T-1 Health Care

Document consists of 18 slides

- ☒ Entire document provided.
- ☐ Due to size limitations, pages _____ provided.

A copy of the complete document is available through the Research Library
(775/684-6827 or e-mail library@lcb.state.nv.us). Meeting Date: May 9, 2006

Outline

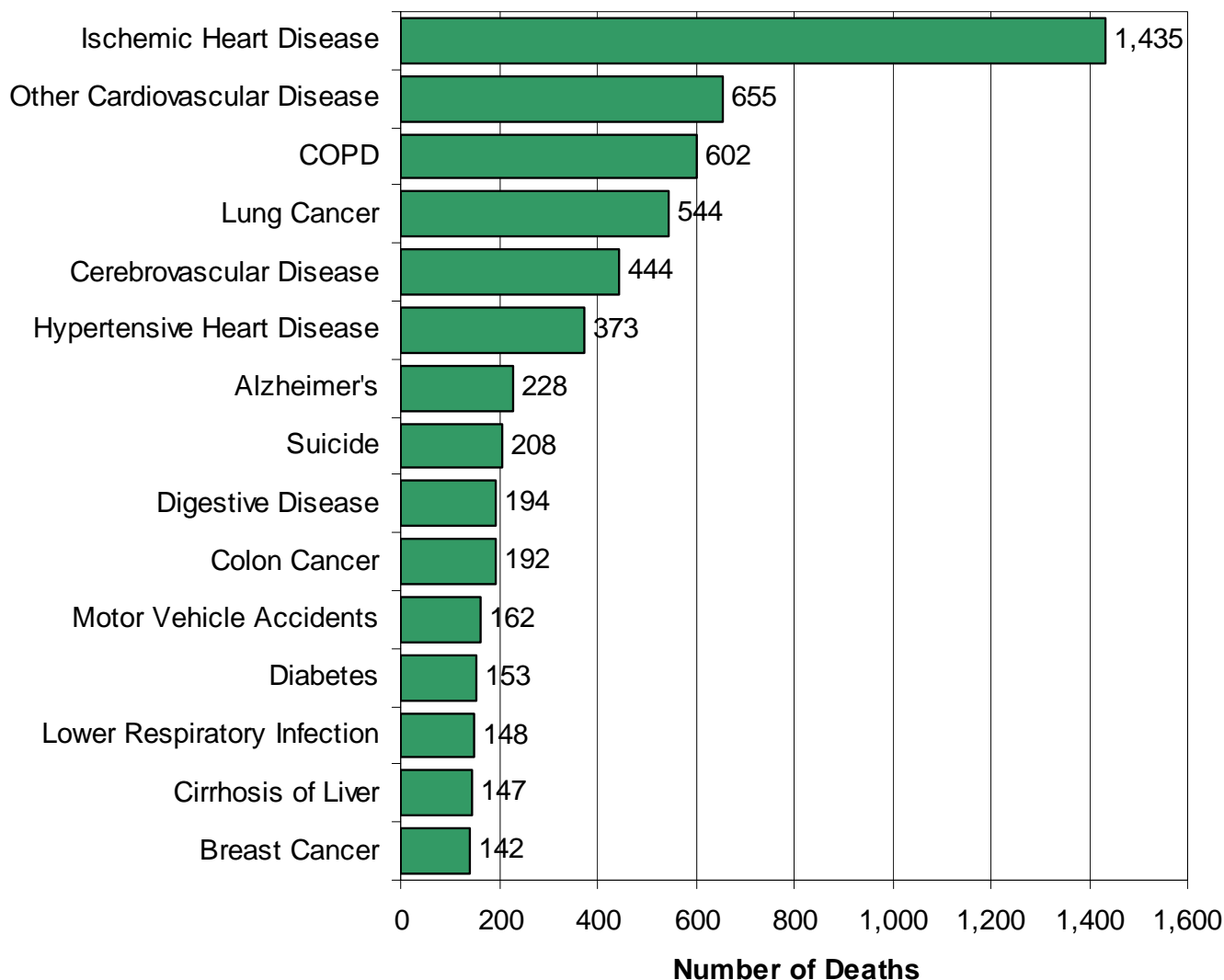


- Problem: The Burden of Chronic Disease in Washoe County
- Opportunity: Risk Factors and a Prevention-Based Approach
- Solution: The WCDHD Chronic Disease Prevention Program
 - Get Healthy Washoe “Umbrella” Campaign
 - Washoe County Chronic Disease Coalition

Facing the Facts



Leading Causes of Death, Washoe County (2000 – 2002)

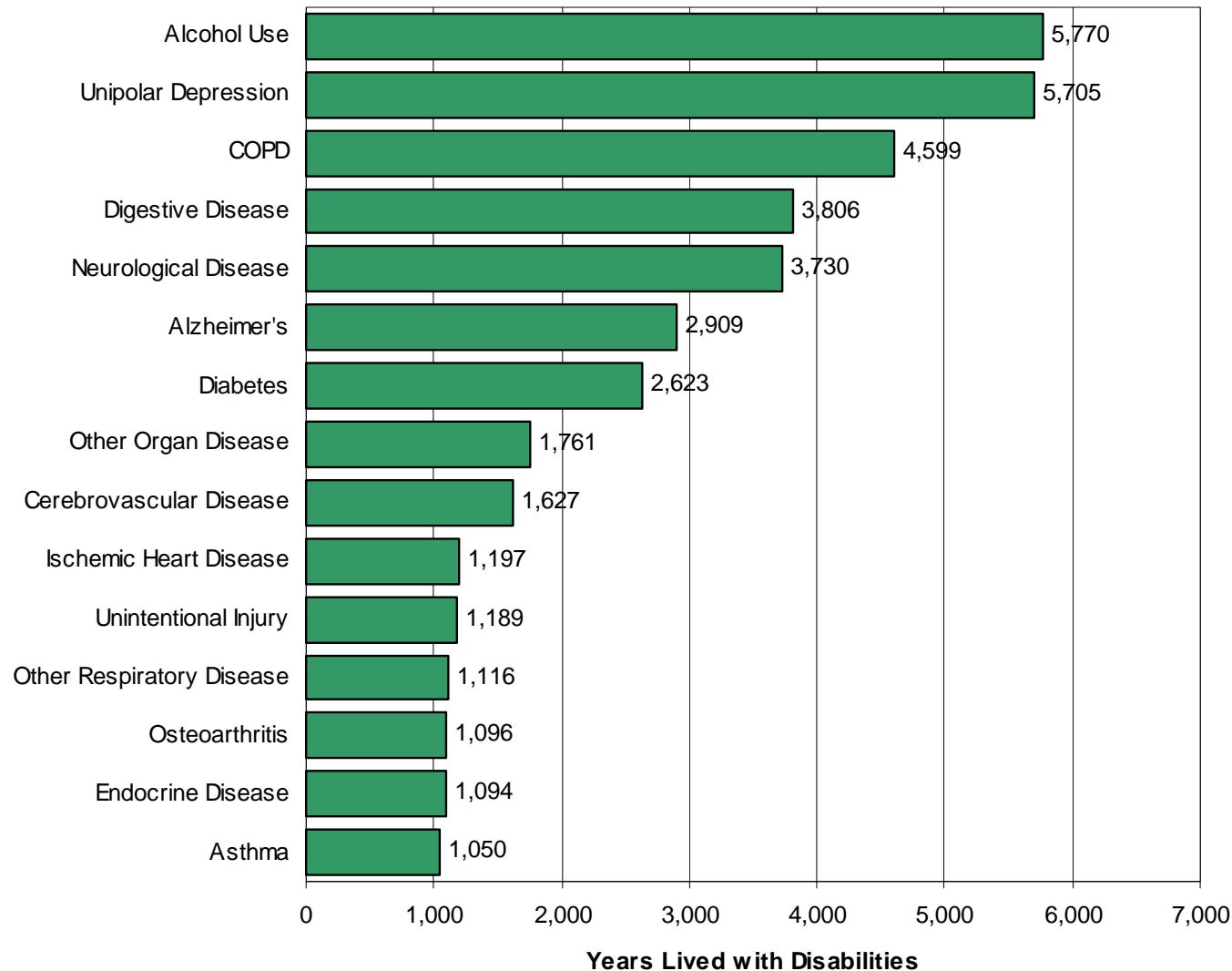


Source: Reiter, R.
Analysis of
Residential Death
Tables (2000 – 2002)

Facing the Facts



Leading Causes of Disability, Washoe County (2000 – 2002)



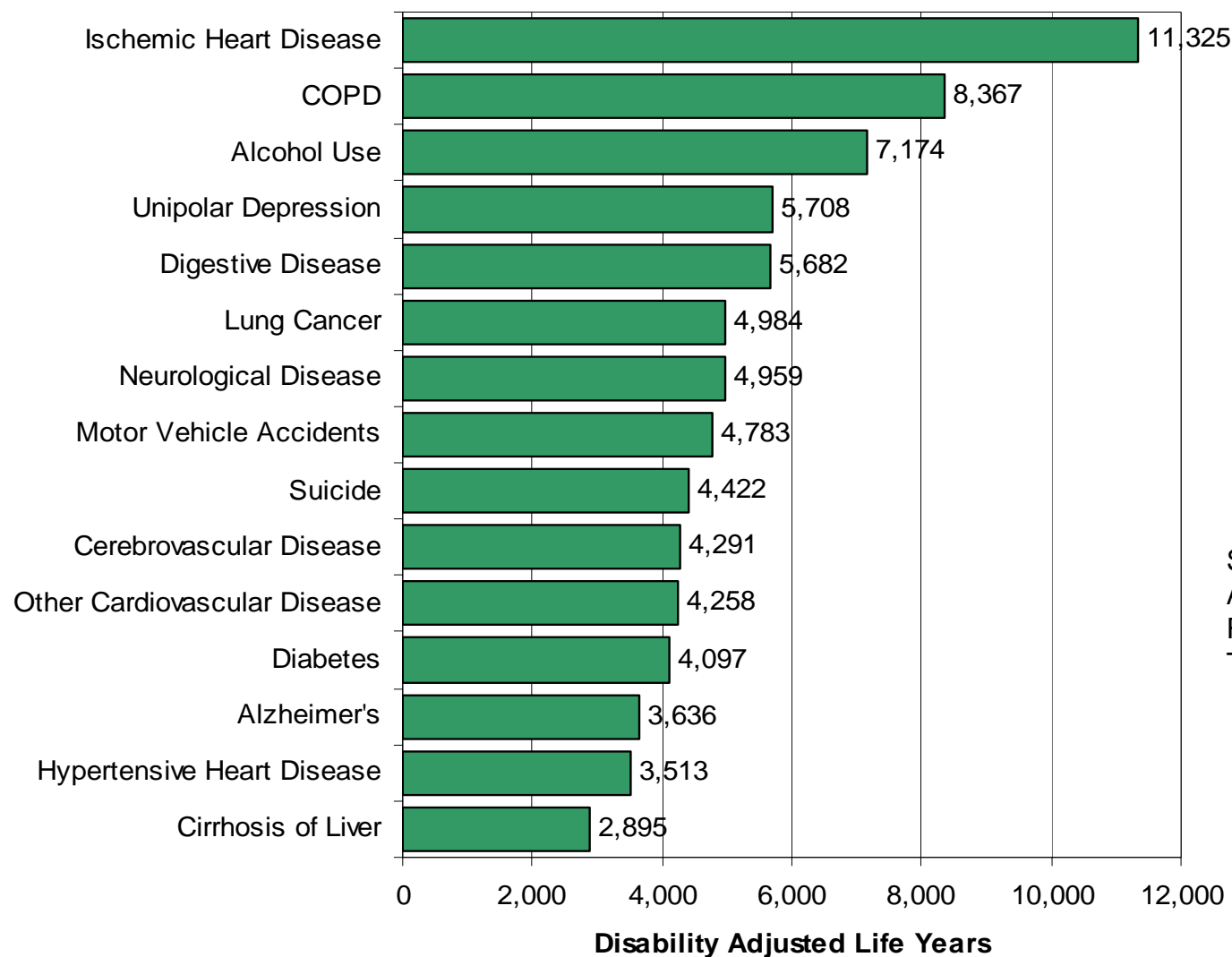
Source: Reiter, R.
Analysis of
Residential Death
Tables (2000 – 2002)



Facing the Facts



Overall Burden of Disease, Washoe County (2000 – 2002)



Source: Reiter, R.
Analysis of
Residential Death
Tables (2000 – 2002)

Tracking the Data



- Causes of Death
 - Centers for Disease Control and Prevention (CDC WONDER)
 - Nevada Interactive Health Database System
- Causes of Morbidity
 - Commissioned analyses of residential death tables (2000 - 2002)
- Risk Factors
 - Behavioral Risk Factor Surveillance System (BRFSS)
 - Youth Risk Behavior Surveillance (YRBS)

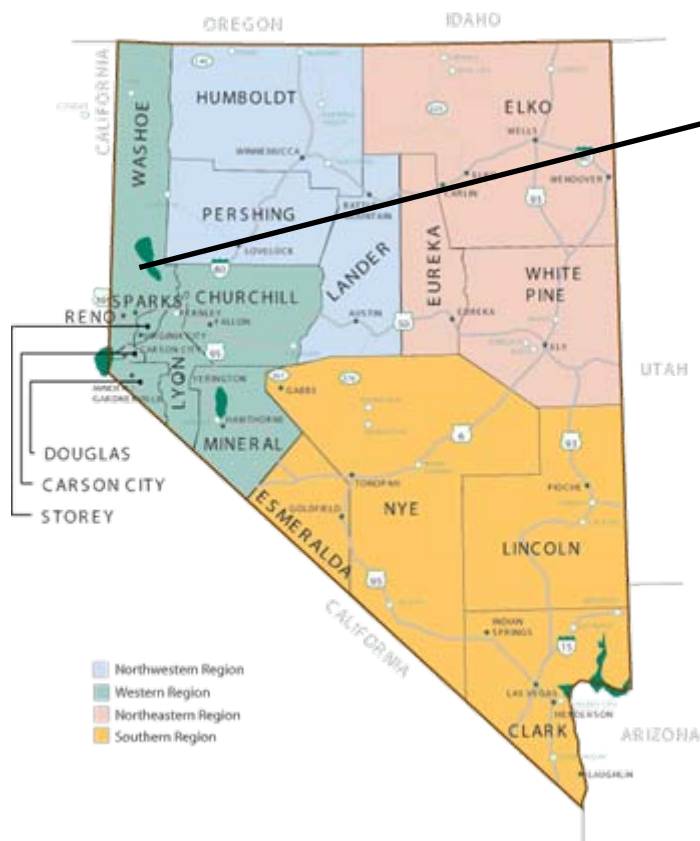
What Got Us Here?



“Three modifiable health-damaging behaviors—tobacco use, lack of physical activity, and poor eating habits—are responsible for much of the inordinate suffering and early death of millions of Americans. In fact, approximately 33% of all U.S. deaths in the United States can be attributed to these behaviors.”

Centers for Disease Control and Prevention. *The Power of Prevention. Reducing the Health and Economic Burden of Chronic Disease*. Atlanta: U.S. Department of Health and Human Services; 2003.

What Got Us Here?



In Washoe County:

- 22% of residents are smokers
- 16% of residents engage in no leisure-time physical activity
- 76% of residents do not eat enough fruits and vegetables

DISTRICT HEALTH



DEPARTMENT

An Opportunity



“Despite the evidence that prevention works, the focus in our health care system over the past century has not been on prevention of chronic disease, but on treatment of short-term, acute health problems. As a nation, we have emphasized expensive cures for disease rather than cost-effective prevention.”

Centers for Disease Control and Prevention. *The Power of Prevention. Reducing the Health and Economic Burden of Chronic Disease*. Atlanta: U.S. Department of Health and Human Services; 2003.

Our Program



Chronic Disease and Injury Prevention:

A Strategic Plan
for Washoe County



January 2005



Washoe County District Health Department

Community and Clinical Health Services

Chronic Disease and Injury Prevention Program



A Prevention Approach



Strategies



- ❶ Initiate collaboration with community members, coalitions, and stakeholders
- ❷ Educate the public effectively about chronic disease and their risk factors
- ❸ Enact and support policies that promote healthy environments
- ❹ Promote health and wellness programs at schools, worksites, and other community settings
- ❺ Conduct ongoing and reliable evaluation

Indicators



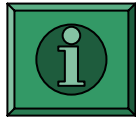
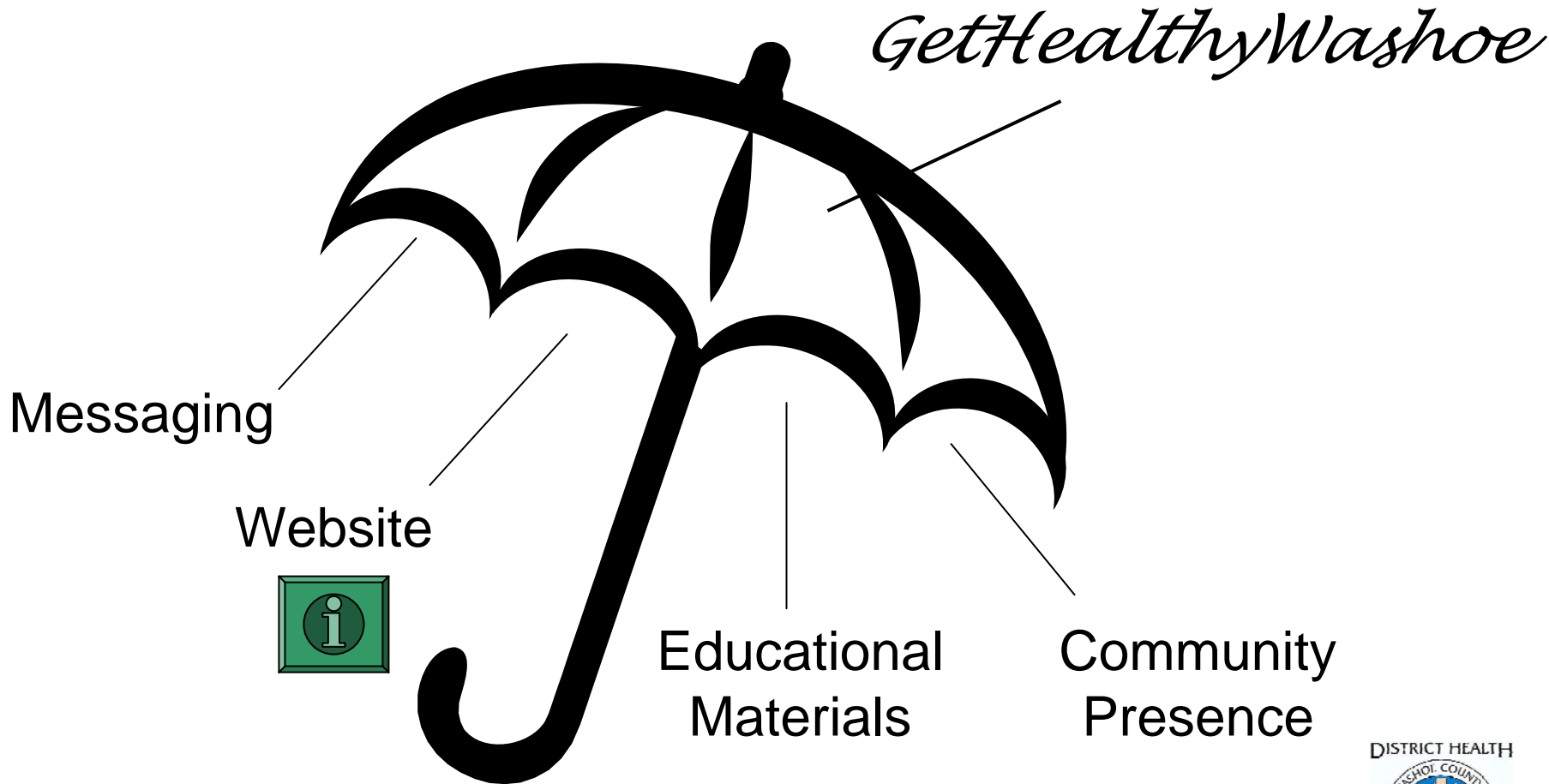
- Healthy People 2010
- National CDC Indicators
- Nevada State Plans
 - Diabetes Performance Improvement Plan
 - State of Nevada Comprehensive Cancer Plan
 - State Obesity Plan (*in publication*)
 - State Tobacco Prevention and Control Plan (*pending*)

Indicators



- Nutrition
 - Percentage of adults who consume at least five fruits and vegetables a day
- Physical Activity
 - Percentage of adults who meet the recommended guidelines for moderate physical activity
 - Percentage of adults who meet the recommended guidelines for vigorous physical activity
- Tobacco
 - Percentage of adult who smoke
 - Percentage of 18-24 year-olds who smoke
 - Exposure to secondhand smoke

Examples of Activities



[English](#) | [Español](#)

GetHealthyWashoe.Com



[Events](#) - [Did You Know?](#) - [Contact Us](#) - [Home](#) -

[Health Topics](#) - [Getting Involved](#) - [Community Partners](#) - [News Room](#)

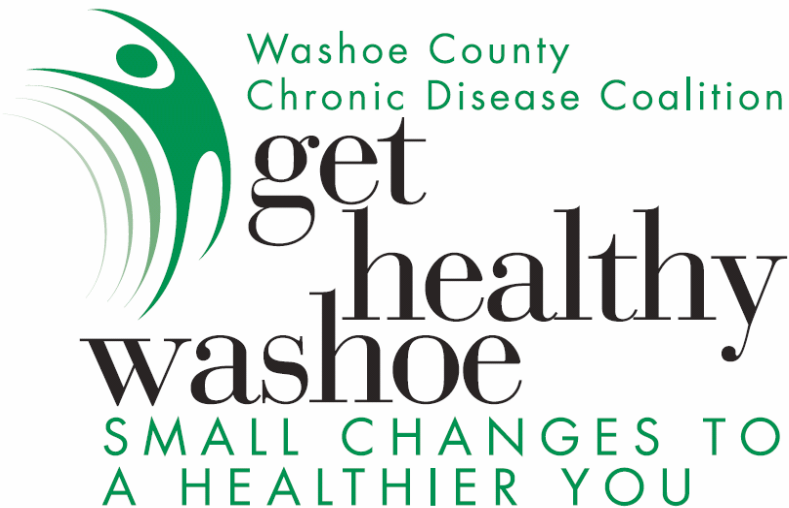
Getting Healthy Starts Here.



Photo By Rick Gunn

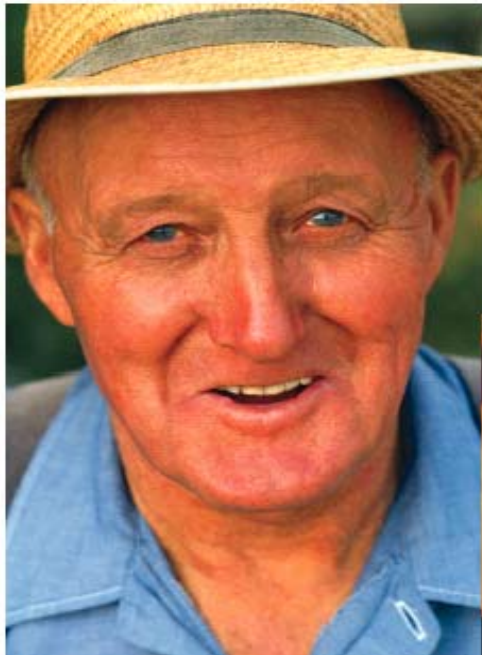
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Examples of Activities



- 71 members, representing 39 agencies
- Nontraditional partners
- Promoting a consistent chronic disease prevention message
- Initiatives on:
 - Workplace wellness
 - Access to care
 - Data access
 - Community education

“Many Americans could enjoy 5–7 additional years of healthy life and avoid the costs associated with chronic disease if we improve access to quality health care services, *emphasize healthy behavior*, and focus on broad policies and strategies that offer the greatest good for the greatest number of people at the lowest cost.”



Centers for Disease Control and Prevention. *The Power of Prevention. Reducing the Health and Economic Burden of Chronic Disease*. Atlanta: U.S. Department of Health and Human Services; 2003.

