The HPDP section has the responsibility for prevention and control of chronic diseases and their associated risk factors. Through our programs, we are dedicated to addressing persistent and growing inequities that contribute to less than optimal health outcomes for Delawareans.

Our prevention, control and chronic disease programs offer statewide support and services for evidence based interventions across the state and facilitate many of our successes through collaborations with community, state and federal partners.

HPDP recognizes the importance of aligning resources and policies to help the state improve quality and control health care spending.
Program Overview
Tobacco Prevention and Control

- Tobacco use is the leading preventable cause of death in Delaware.
- The Tobacco Prevention and Control Program structures activities to reduce and prevent tobacco use according to *CDC’s Best Practices for Tobacco Control Programs*.
- The best practices categories are: State and Community Interventions; Mass-Reach Health Communication Interventions; Cessation Interventions; Surveillance and Evaluation; and Infrastructure.
The Diabetes and Heart Disease Prevention and Control Program

• The program collects, analyzes & publicizes current and relevant information, develops evidence-based approaches for reducing the impact of uncontrolled diabetes, cholesterol and blood pressure.

• It also promotes healthy lifestyle habits for prevention and control, linking of clinical and community resources, coordinate health-related efforts of public/private health organizations.

• It supports practice transformation & develops methods for quality improvement utilizing Health Information Technology such as Electronic Health Records among patients and clients.
Physical Activity, Nutrition and Obesity Prevention

• The Physical Activity, Nutrition and Obesity (PANO) program is connected to and working within extensive statewide efforts focused on healthy eating and active living, while supporting coordinated school health and wellness, worksite wellness, and promoting healthier lifestyles.

• PANO collaborates with various agencies involved in implementing policy, systems, and environmental change strategies and program initiatives throughout the state.
Self-Management Programs

Four free six-week, step-by-step self-management workshops are offered to adult Delawareans who are either living with or caring for someone who suffers from chronic pain, cancer, diabetes or multiple chronic conditions.

| Chronic Disease Self-Management Program (CDSMP) | Diabetes Self-Management Program (DSMP) |
| Chronic Pain Self-Management Program (CPSMP)   | Cancer: Thriving and Surviving (CTS)    |

To register for a free six-week self-management program, please browse our offerings below. For more information or questions about program registration, please call 302-990-0522.
Obesity Among Delaware Adults: 2011 - 2018 Trend

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2011-2018.
Prevalence of Delaware Adults Diagnosed with Diabetes, 1995-2018

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 1995-2018
Current Cigarette Smoking Prevalence Compared to Current Use of Other Products, Delaware H.S. Students, 2017

- 6.2% Smoke Cigarettes
- 7.3% Smoke Little Cigars
- 13.6% "Vape" e-Cigarettes

38% of high school students reported trying e-cigarettes in 2017

Source: DHSS, Division of Public Health, Youth Risk Behavior Survey (YRBS), 2015.
Current Strategies to Address Chronic Diseases
Delaware Community Mini-Grants Program

- DPH partnership with the American Lung Association in Delaware, via a contract to facilitate the mini-grant process.

- Proposals must conduct tobacco prevention programs, physical activity, nutrition promotion and obesity prevention (PANO) programs, and/or implement policy, systems, or environmental (PSE) changes within their organizations and/or communities related to Tobacco and PANO.

- Established in 2001, over 100 organizations have received funding ranging from $2,000 to $12,000.

Previous Grantees Include:

1. Boys & Girls Clubs (NCC, Kent & Sussex)
2. Caesar Rodney High School (Dover)
3. Dover High School Wellness Center (Kent)
4. City of Wilmington
5. Concord High School (Wilmington)
6. Delaware Early Childhood Center
7. Rose Hill Community Center
8. Mental Health Association
9. Smyrna School District
10. Delaware Interscholastic Athletic Association
**A Plan for Tobacco-Free Delaware goals:** During FY19, over two-thirds of events and campaigns worked to prevent the initiation and use of tobacco.

- Prevent the initiation and use of tobacco and emerging products among Delawareans: 68%
- Decrease the social acceptability of tobacco, e-cigarettes and emerging products: 58%
- Increase quitting and quit attempts among Delawareans who use tobacco products: 47%
- Eliminate exposure to secondhand smoke, vapors and other emissions: 41%
- Strengthen and cultivate Delaware’s leadership in all levels in comprehensive tobacco prevention and control: 24%

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**PANO goals:** During FY19, nearly half of events and campaigns worked to strengthen community or organizational capacity to promote health, and to prevent obesity through increased knowledge, skills and healthy behaviors.

- Strengthen community or organization capacity to promote a healthy built environment, health in all policies, and health equity: 45%
- Prevent obesity through increased knowledge, skills and behaviors of healthy eating and physical activity and its impact on chronic disease: 45%
- Increase access or opportunities for daily physical activity for children and families: 39%
- Increase the number of organizations adopting policies and/or practices promoting federal nutritional guidelines and physical activity standards: 15%
Coordinated School Health Approach

- The **Whole School, Whole Community, Whole Child**, or WSCC model (CDC’s framework for addressing health in schools)
- Places the **child at the center**
- Takes a **comprehensive approach** to supporting learning and health
- Calls for **greater cross-sector collaboration**

[https://www.cdc.gov/healthyschools/wccc/index.htm](https://www.cdc.gov/healthyschools/wccc/index.htm)
FITNESSGRAM®

• A national, evidence-based physical fitness assessment, education, and reporting tool based on Healthy Fitness Zone Standards.

• Created by Cooper Institute, the software features powerful data management and statistical reporting tools that support data-driven decision making.

• In 2017, only half of Delaware public middle school students reported physical activity that meets national recommendations.

• A series of assessments are conducted for all students in grades 4 and 7 and in grades 9 or 10.

• Implemented in 2007 in accordance with Delaware Department of Education, Regulation 503 Instructional Program Requirement.
Why is FITNESSGRAM® so important?

• For the 3rd consecutive report, the U.S. received a D- for the indicator that measures the percentage of children and youth who meet the physical activity guidelines for Americans.
  • Recommendation: children and youth accumulate at least 60 minutes of daily to moderate-to vigorous physical activity.

• Percentage of PE class time children spent in moderate to vigorous intensity physical activity - on average - was less than half (45%).

## Diabetes and Heart Disease Prevention and Control Program

<table>
<thead>
<tr>
<th>Strategies &amp; Activities</th>
<th>Brief Description</th>
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<tbody>
<tr>
<td>Quality improvement work in clinical settings (including all activities below)</td>
<td>MOUs signed and work implemented in 112 provider offices consisting of 302 providers with 353,652 patients.</td>
</tr>
<tr>
<td>Bi-directional referral</td>
<td>Supports communication between the participating health system and YMCA National Diabetes Prevention Program (NDPP) lifestyle change program. Other partners: YMCA NDPP, Quality Insights, Allscripts, MedAllies, &amp; BowLink Technologies.</td>
</tr>
<tr>
<td>Conducting of referral letter campaign using practices EHRs</td>
<td>Locating patients with diabetes/ prediabetes, referrals appropriate programs (DSMP, DSME or National Diabetes Prevention Program (NDPP)). Follow-ups done by Community Health Workers.</td>
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<tr>
<td>Screening African Americans for hypertension</td>
<td>Utilize Blood Pressure Ambassadors for improving health outcomes among hypertensive patients. As of August 2019: 264 participants were screened; 137 active BP Ambassadors; working in 8 medically underserved high risk census tracks in NCC.</td>
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</tbody>
</table>
# Self-Management Programs

<table>
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<tr>
<th>SMP Modules</th>
<th>Brief Description</th>
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| Chronic Disease Self-Management Program (CDSMP)  | Includes conditions such as arthritis, asthma, diabetes, lung disease, heart disease and osteoporosis. Classes provide tools to help self-manage their condition.  
259 Delawareans completed this program FY19 |
| Diabetes Self-Management Program (DSMP)          | This complex, chronic illness requires ongoing monitoring to slow/prevent complications. Classes offer tools to promote confidence building in ability to manage their own health and live an active and fulfilling life.  
414 Delawareans completed FY19                   |
| Chronic Pain Self-Management Program (CPSMP)     | Defined as pain that lasts six months or longer. Affects a person physically but also alters their ability to plan for day-to-day challenges. Program teaches skills to self-manage pain in coordination with their health care team.  
326 Delawareans completed FY19                   |
| Cancer: Thriving and Surviving (CTS)             | Workshop helps those affected by cancer to live a healthier lifestyle. Topics include how to take care of your health, set priorities, and enhance relationships with loved ones and your health care team.  
114 Delawareans completed FY19                   |
Thank you!

Division of Public Health
Health Promotion and Disease Prevention
(302) 744-1000