

1305 Highlights

North Dakota Department of Health

Introduction



In 2013 the North Dakota Department of Health (NDDoH) received a five year grant from the Centers for Disease Control and Prevention (CDC) titled State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health (1305). The grant uses a coordinated approach to promote health and prevent chronic diseases and their risk factors through collaboration between these four programs: 1) Diabetes Prevention and Control, 2) Heart Disease and Stroke Prevention, 3) Nutrition, Physical Activity and Obesity, and 4) School Health.

Physical Education and Physical Activity (PE/PA) Professional Development in Schools



NDDoH partnered with the ND Department of Public Instruction (NDDPI) to provide Be Fit 2 Learn II, Schools Alive!, and Brain Boosters professional development trainings to classroom teachers. Trainings focused on improving academic achievement by helping teachers understand the importance and benefits of daily school-wide physical activity. Since the grant's beginning, 82 public school Local Education Agencies (LEAs) have had representation at one or more trainings.

Local School Recess/Physical Education Policies



NDDoH partnered with NDDPI to develop the Model Policy on Physical Activity in North Dakota Schools document that outlines state requirements and national recommendations for PE/PA minutes for students. The North Dakota Society for Health and Physical Educators (NDSHAPE) provided expertise in reviewing the document before it was taken to the North Dakota School Boards Association (NDSBA), where it was adopted for their physical activity and recess regulations with plans to also print it in their school regulation handbooks. The model policy can be found at https://www.nd.gov/dpi/uploads/31/Physical_Activity_4.pdf and will be disseminated through factsheets, newsletters, websites, and in NDSBA's policy handbook. The document will promote the importance of PE/PA in schools and encourage school districts to adopt the national recommendations.

Mid Dakota Education Cooperative Project in Schools



NDDoH partnered with the Mid Dakota Education Cooperative (MDEC) Regional Education Association to hire a Health and Wellness Coordinator to work in the north central region of North Dakota targeting 12 school districts (34 schools) serving 10,989 children. The coordinator provided professional development trainings and technical assistance to districts to help them create supportive nutrition environments and promote physical activity in schools. The coordinator formed a regional wellness committee with members from each district to evaluate and improve the health and wellness environment in their schools. School districts completed various assessment tools to identify current policies, practices, gaps and needs. The committee is using assessment results to brainstorm ways to improve wellness policies and programs.

Nutrition and Physical Activity Changes in Early Care and Education Facilities (ECEs)



NDDoH contracted with Child Care Aware of North Dakota, a non-profit organization working to help families find affordable and accessible child care providers statewide, to work with 25 child care providers to improve the nutrition and increase physical activity in ECEs (home and center type settings).



Child Care Aware consultants helped providers complete a survey based on the Let's Move! Child Care Checklist an assessment which rates ECEs on nutrition and physical activity best practices. ECEs chose nutrition and physical activity goal areas to work on, and consultants provided technical assistance to successfully meet their goals. A total of 22 ECEs made at least one nutrition change (impacting up to 720 non-school age children) and 21 made at least one physical activity change (impacting up to 484 non-school age children). A total of 43 nutrition and 50 physical activity changes were made across the ECEs combined!

Worksite Wellness Initiatives



NDDoH partnered with the Healthy North Dakota Worksite Wellness Program to assist in planning and conducting a worksite wellness summit in the spring of 2015. NDDoH also partnered with the ND Comprehensive Cancer Program to provide technical assistance and funding to a community partner who selected worksite wellness as one of their areas for improvement. The worksite focused on enhancing their environment to make it easier to be physically active during the workday.

Health Systems Assessment



NDDoH developed a health systems assessment survey to understand how health systems operate and manage their patients with hypertension, prediabetes, and diabetes. The survey assessed electronic health record (EHR) system capabilities, use of multi-disciplinary team approaches, patient self-management, referrals to CDC-recognized lifestyle change programs, medication adherence, health systems challenges and solutions. NDDoH piloted the assessment in March 2015 with one of the tertiary health systems in North Dakota and plans to expand its completion to other tertiary health systems. Results will identify gaps and opportunities to partner to improve outcomes for patients with hypertension, prediabetes, and diabetes. For more information please visit <http://www.ndhealth.gov/heartstroke/>.

Hypertension Grants



In alignment with the Million Hearts initiative to prevent one million heart attacks and strokes by 2017, NDDoH provided grants to three tertiary health systems to improve their system of care for better identification and control of hypertension. Projects included development of a hypertension registry, physician education and patient self-monitoring of blood pressure tied to clinical support. For more information please visit <http://www.ndhealth.gov/heartstroke/>.

Diabetes Self-Management Education Programs



NDDoH promoted patient participation in Diabetes Self-Management Education (DSME) programs by reaching out to providers to increase referrals and improve access to DSME programs. NDDoH informed the public and providers about the benefits of DSME and how to use it. Plans are underway to support DSME programs through educational offerings, networking opportunities and resources, and adding programs in counties where there are none. A survey of North Dakota's DSME programs was completed by DSME coordinators to assess strengths, challenges, opportunities, needs and trends in utilization. Results will be used to partner with DSME programs on increasing their use in North Dakota. For more information, please visit the program's webpage at www.diabetesnd.org. The redesigned website is slated to launch late 2015 so check back often!

Prediabetes and Lifestyle Intervention Programs



NDDoH worked with partners to increase referrals and access to the Weigh 2 Change ~ Diabetes Prevention Program (W2C ~ DPP). This program is a part of the CDC-led National Diabetes Prevention Program, a well-established and proven program. W2C~DPP is a year-long program consisting of 16 weekly sessions, six monthly follow-up sessions and hosted by trained lifestyle coaches who empower participants to take charge of their health. North Dakota has 11 W2C ~ DPPs across the state with plans to increase access and referrals to these programs. For more information, please visit the program's webpage at www.diabetesnd.org. The redesigned website is slated to launch late 2015 so check back often!