

Introduction

The North Dakota Department of Health (NDDoH) completed its third year implementing 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). This 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. Grant projects and outcomes are able to be accomplished because of the breadth and depth of NDDoH's partners, some existing prior to 1305 and others developed since the grant's inception. NDDoH has worked with 47 partners since the grant began. In Year 3 NDDoH actively worked with 44 partners, 13 of which were brand new partner developments during Year 3.

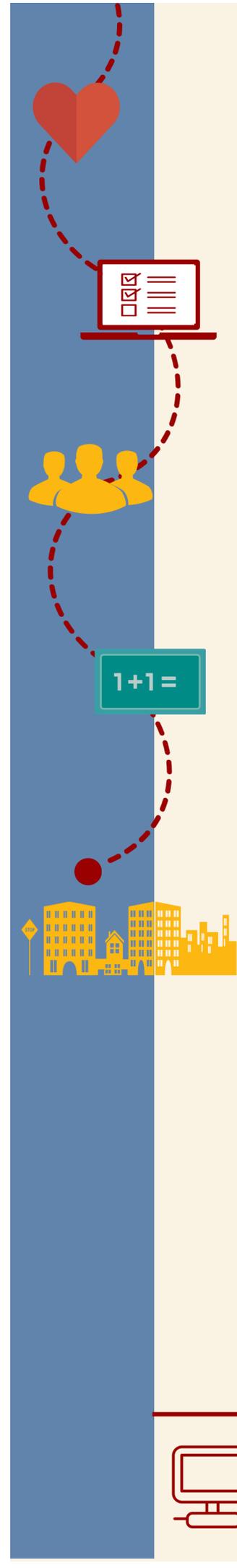
The 1305 grant has three areas of focus: Environmental Approaches, Health Care Systems, and Community Clinical Linkages. The following report summarizes the grant's projects and outcomes for each of these areas during Year 3 (July 2015 – June 2016).

Environmental Approaches

Addressing nutrition and physical activity (PA) in school districts, early care and education centers (ECEs), and worksites is key to improving the health of children and adults since these are places where they spend a large portion of their day. Training and technical assistance is provided to these entities to help them implement policies and practices that will support healthy choices and healthy behaviors.

Year 3 Accomplishments:

- Worked with worksites and partners to implement physical activity strategies in worksites; since the beginning of 1305, a total of 154 worksites have implemented physical activity strategies, providing access for an estimated 68,921 employees! In Year 3, this happened through:
 - Assisting Healthy ND Worksite Wellness Program in conducting the Worksite Wellness Summit
 - Supporting NDDoH Comprehensive Cancer Program in funding and assisting a community partner in improving physical activity for its employees
 - Promoting a worksite walking program which uses pedometers to track physical activity
 - Helping plan activities that encourage NDDoH employees to move more throughout the day (e.g. walking challenges, yoga classes, promotion of walking meetings)
- Provided funding for Child Care Aware consultants to provide technical assistance to 25 ECEs in completing the Let's Move! Childcare Checklist to identify and implement nutrition and physical activity best practices. Almost all ECEs made at least one nutrition and one physical activity change, impacting over 650 children.
- Partnered with the Mid Dakota Education Cooperative (MDEC) Health and Wellness Coordinator to work with 12 school districts (34 schools) serving 11,158 children. Professional development training and technical assistance was provided to districts to help create supportive nutrition environments and promote physical activity in schools.
- Partnered with the North Dakota Department of Public Instruction to provide physical education and physical activity professional development training to classroom teachers to help them increase physical activity in their classrooms.
- Worked to coordinate a meeting of Physical Education/Health Education university department chairs to address and improve physical/health education curriculum for upcoming teachers in North Dakota university systems.



Health Care Systems

Health systems play a large role in the prevention, early diagnosis and quality management of chronic diseases, including hypertension, prediabetes and diabetes. By implementing systems and practice changes in health systems, more North Dakotans will obtain accurate and timely diagnoses and proper management of their conditions.

Year 3 Accomplishments:

- Completed the health systems assessment for hypertension and diabetes with Trinity Health.
- Worked with six rural critical access hospitals to improve their ability to identify and diagnose hypertension in their patient population.
- Provided funding to Altru Health System to enhance their online patient portal, resulting in patients now able to report their home blood pressure and glucose readings directly to their primary care provider.
- Held the first annual Hypertension Summit with 120 health care providers in attendance. Topics included management of resistant hypertension, lifestyle changes to reduce hypertension and success stories from across the state.

Community-Clinical Links

Strategies that link community and clinical services help ensure that people with or at high risk of chronic diseases have access to the resources they need to prevent or manage these diseases. Community-clinical linkages increase referrals and access to chronic disease prevention and management programs in communities by working closely with providers and health facilities as they manage patients with these conditions. In North Dakota, the emphasis for community-clinical links has been to promote and support Diabetes Self-Management Education programs (DSME) and National Diabetes Prevention Programs (NDPP) which help improve quality of life for those with or at risk for this chronic condition. Through collaboration with health systems and providers, work is being done to increase referrals and improve access to these programs. Currently, there are 47 DSME and 16 NDPP sites in North Dakota.

Year 3 Accomplishments:

- Increased public awareness of the NDPP through an ad campaign, distribution of prediabetes awareness materials, and through public speaking events.
- Supported diabetes education and prevention through technical assistance to sites developing accredited or recognized Diabetes Self-Management Education (DSME) programs, recognized National Diabetes Prevention Programs (NDPP) or Diabetes Education and Empowerment Programs and provided continuing education to diabetes educators and lifestyle coaches. Worked to strengthen educator and lifestyle coach collaboration through the Dakota Diabetes Coalition.
- Created a report entitled "Diabetes in North Dakota 2016" and presented a summary of the report to the legislative Interim Health Services Committee. Presented a cost/benefit summary of the NDPP to the State Health Officer.
- Developed a business case for offering the NDPP as a covered health benefit and encouraged health plans who do not currently cover the NDPP to begin doing so.
- Funded school district employees to attend the 30th Annual Roughrider Health Promotion Conference and provided technical assistance to school districts who are developing work plans which address diabetes prevention by promoting healthy eating and physical activity strategies.

Please visit the following websites for more information:



Environmental Approaches: <https://www.ndhealth.gov/NutrPhyAct/>

Health Care Systems: <https://heartstroke.health.nd.gov/>

Community-Clinical Links: <http://www.diabetesnd.org/>

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