

A Tale of Three Programs: **A Collaborative Approach to** **Reducing Childhood Obesity**

OPHA

October 14, 2019

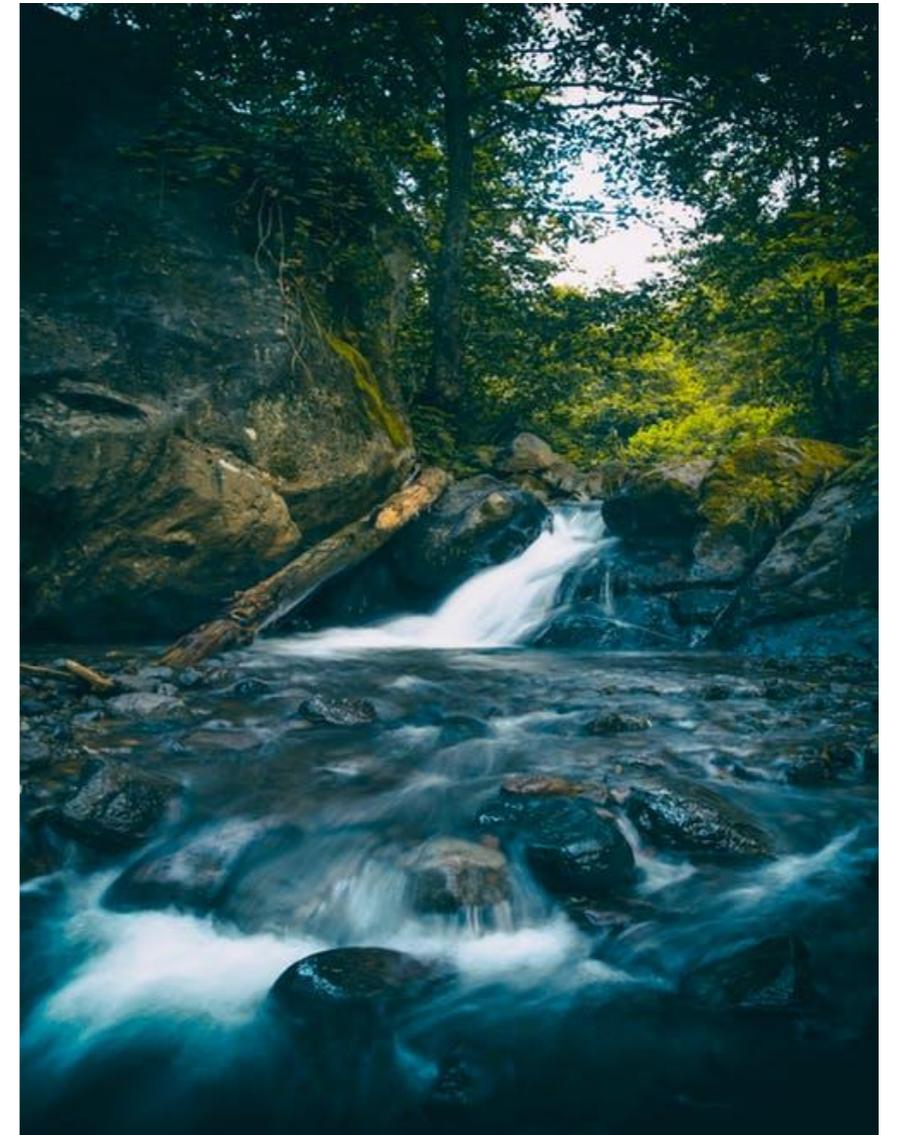
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Trillium Community Health Plan's Investment in Prevention

- Began in 2012
- Trillium has committed \$1.33 per member, per month to primary prevention strategies
- Addresses most prevalent and costly health conditions affecting OHP members in Lane County



Trillium + Lane County Public Health Partnership

- Trillium contracts with Lane County Public Health to develop and evaluate a robust prevention plan
- Prevention (Px) plan is informed by CHIP
- Programs are implemented by community agencies, schools, consultants
- LCPH provides oversight, planning, assessment, and evaluation





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CCO Prevention (Px) Priorities

Conditions with highest cost and prevalence

<u>Chronic Disease</u>	<u>Behavioral Health Conditions</u>
<ul style="list-style-type: none">• Heart disease• Cancer• Diabetes• Chronic obstructive pulmonary disease	<ul style="list-style-type: none">• Depression• Anxiety• Post-traumatic stress disorder• Bi-polar disorder• Substance abuse

Modifiable Risk Factors

<ul style="list-style-type: none">• Tobacco use• Obesity• Adverse childhood experiences	<ul style="list-style-type: none">• Family conflict• Anti-social behavior• Adverse childhood experiences
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CCO Prevention Strategies

<u>Healthy Families</u>	<u>Healthy Schools</u>
<ul style="list-style-type: none">• QTiP (Quit Tobacco in Pregnancy)• Triple P• Parenting Education Support• Double Up Food Bucks	<ul style="list-style-type: none">• Botvin Life Skills Training• CATCH• Good Behavior Game• NAP SACC



Evidence-based Strategies

1. Double Up Food Bucks
2. Nutrition and Physical Activity Self-Assessment (NAP SACC)
3. Coordinated Approach to Child Health (CATCH)



Double-Up Food Bucks

In 2016-2018 market seasons, LCPH invested CCO-Px in Food For Lane County to:

- Ensure adequate Market Match funding for several markets
- Support staff to provide assistance and pursue sustainable funding sources
- Aligns with CHIP strategy: availability of affordable healthy food



Nutrition and Physical Activity Self-Assessment (NAP SACC)



- Creates healthy environments in early childhood by targeting child care providers
- Self-assessment followed by goal-setting/action plan
- 5 in-person training modules:
- Ongoing support, site visits from coordinator



Coordinated Approach to Child Health (CATCH)

- “Program” + “process” to create healthy school environments
- Seeks to improve healthy eating & physical activity behaviors
- Engages teachers, staff, parents, community members/agencies
- LCPH provides stipend, supplies, technical support



CATCH[®]
COORDINATED APPROACH TO CHILD HEALTH



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Participation

- As a result of DUFEB, additional farmers markets in rural Lane County were able to participate in the SNAP match program
- Since 2013, NAP SACC has served more than 40 CAFPP providers
- As of 2018-19, 20 schools have implemented CATCH in Lane County



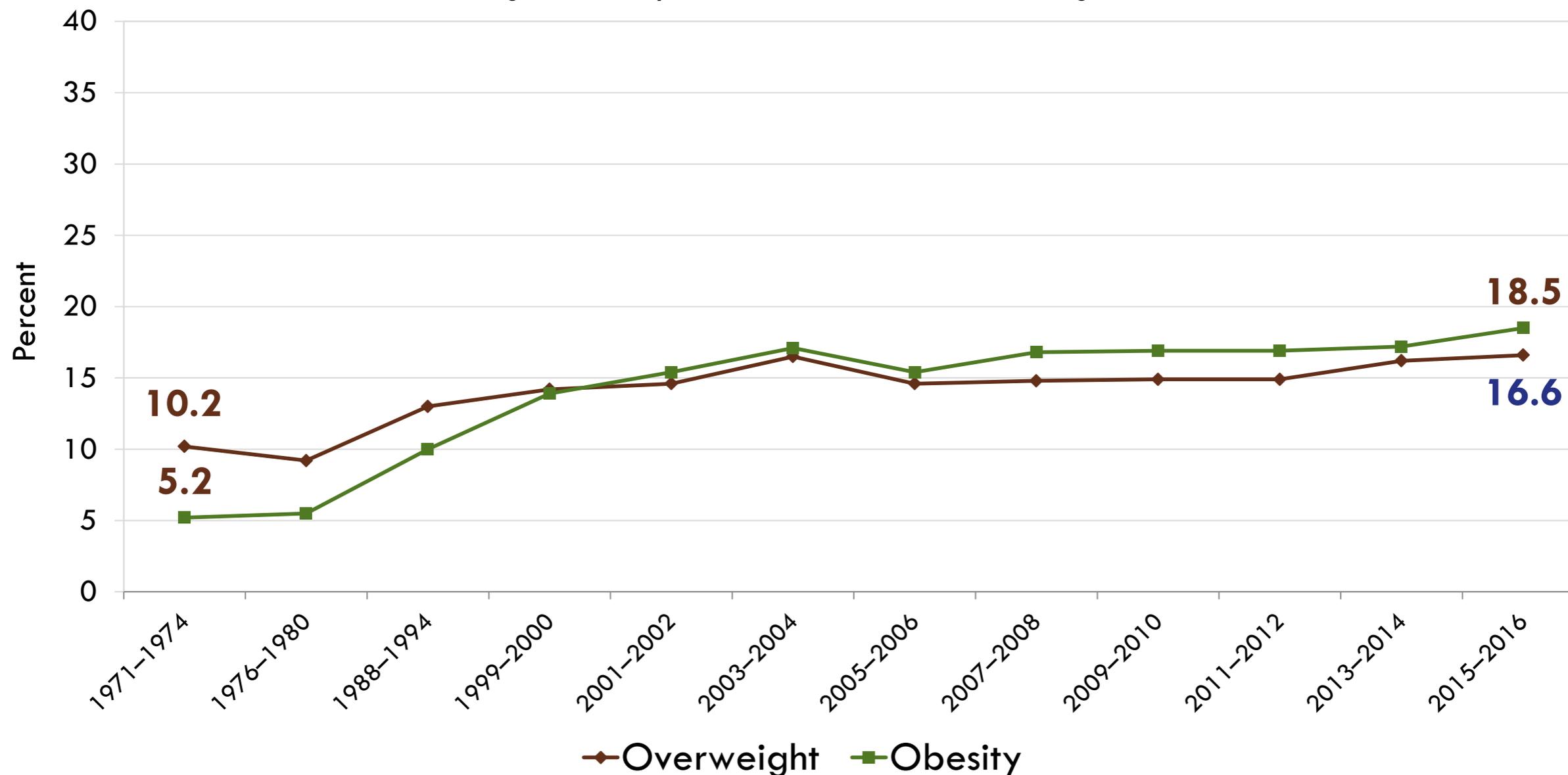
Program Findings

- Because of DUFEB, the amount of fruits and vegetables folks buy has increased some or greatly (89% of respondents)
- In childcare settings, nutrition scores showed significant improvement
- K-5 students are able to identify healthy foods and have increased F&V consumptions



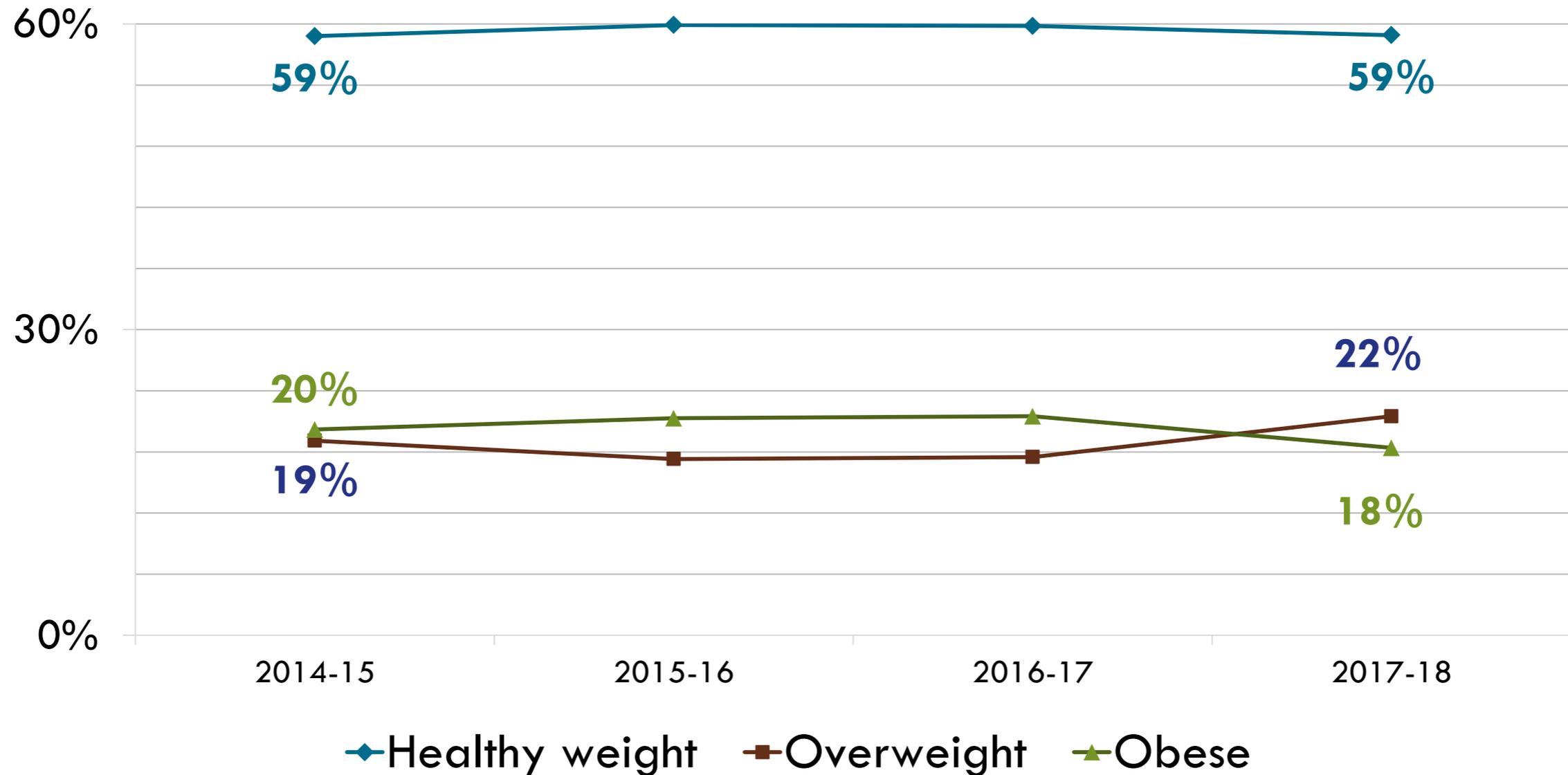
Childhood Obesity Prevalence

National Health Examination Survey: Prevalence of overweight and obesity among children and adolescents aged 2–19 years: U.S., 1971–1974 through 2015–2016



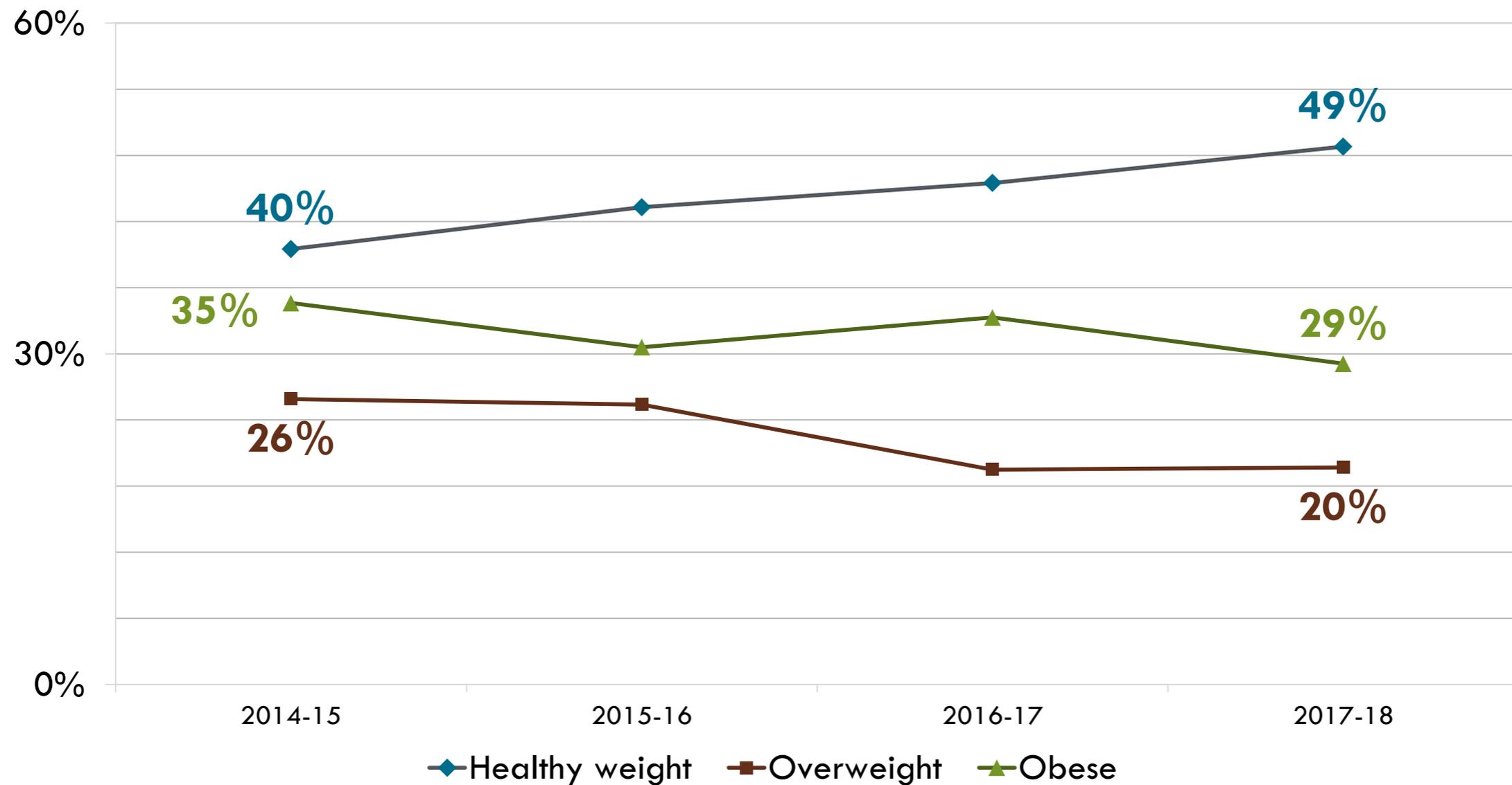
Obesity Prevalence – Lane County CATCH

Rates of **obesity** and **overweight** remain stable for all students in Cohort 1



Obesity Prevalence – Lane County CATCH

For Hispanic/Latinx students in Cohort 1, rates of **obesity** and **overweight** dropped slightly, while the rate **healthy weight** increased steadily.



2020 and Beyond!

- CCO 2.0: Trillium Community Health Plan and Pacific Source Community Solutions
- Future of DUFEB
- Family-style meals module for NAP SACC
- CATCH Middle Schools
- Obesity Prevention Policy



About Lane County Public Health

- ***Our mission*** is to promote and protect the long-term health and well-being of individuals, families and our community.
- ***Our vision*** is optimal health for all people in Lane County.
- Learn more: lanecounty.org/publichealth



Thank you!

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