

Division of Health Promotion

Board of Health Presentation

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Always working for a safer and healthier community

HP Division Overview

- HP works to:
 - Help make the healthy choice the easy choice
 - Improve knowledge and awareness
 - Collaborate with partners
 - Address the 80% of health care costs
 - 80% of the health care costs are related to unhealthy behaviors

Breast, Cervical, Colon Health Program

The BCCHP works to prevent, detect early and treat cancers through promotion of regular screenings across a nine-county region. Eligible men and women who are uninsured or underinsured receive assistance in paying for these services.



Community Health Worker Program (CHW)

The CHW program works to enhance the emerging CHW workforce by training and connecting the variety of CHWs to information, resources and each other through a network system.



Supplemental Nutrition Assistance Program – Education (SNAP-Ed)

The SNAP-Ed program works to improve the likelihood that low-income adults who are eligible to receive SNAP food assistance benefits will make healthy food choices and lead physically active lifestyles.



Supplemental Nutrition Program for Women Infants and Children (WIC)

The WIC program serves income-eligible pregnant, postpartum and breastfeeding women, infants and children, by providing essential nutrition and health-related information, breastfeeding support and counseling and vouchers for healthy foods like fresh fruits and vegetables and whole grain options. Registered Dietitians offer enhanced services such as high-risk assessment and evaluation to address chronic disease. Kids who were on the WIC program enter school ready to learn and show better cognitive performance.



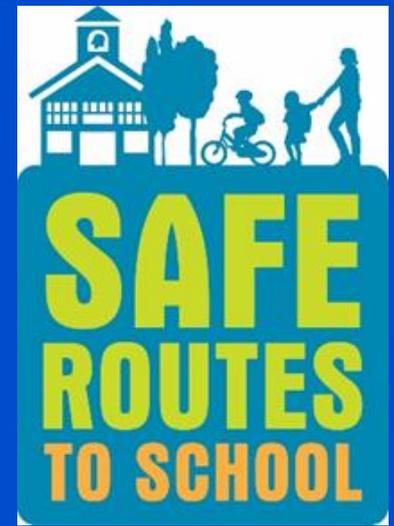
Walk Bike Bus



The Walk Bike Bus (WBB) program, an individualized behavior change program, was adopted and tailored from other successful programs nationwide. The primary goal of the WBB program is to increase the number of walking, biking, or bus trips in place of driving a vehicle.

Safe Routes to School

Safe Routes to School is a multifaceted program to promote walking and biking to school safely at 7 schools between 2014 and 2017. SRHD staff assists each school in launching a SRTS program for 2 or 3 semesters, trains an internal team how to run the program, recruits volunteers, and provides materials and support.



Shaping Active Living



Staff has long worked with local jurisdictions to influencing active transportation policies in the Spokane area. Basing recommendations on best practices and expert analysis of current local policies staff promotes addressing health through transportation.

Sodium Reduction in Communities

In Spokane County the focus is on reducing sources of sodium for employees and customers of 10 worksite cafeterias and a targeted non-chain pizza restaurant. The project also focuses on implementing the Executive Order 13-06 nutrition standards that are compatible with state agencies, are food based and reasonable to achieve. Americans on average consume 3500 mg of sodium per day and the recommendation is 2500 mg.

Healthy Eating Environments



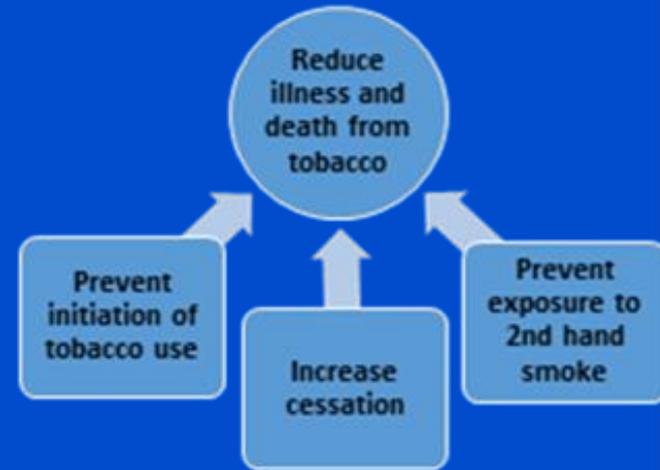
The Healthy Eating Environments projects use behavioral economics and the power of persuasion to encourage people to make healthier food selections. Placing the healthier items so they are easier to reach, are the first noticed, are highlighted and are promoted to help individuals choose these items more often.

Senior Falls Prevention

SRHD facilitates the area's Fall Free Coalition that includes people from many types of organizations such as home health care agencies, pharmacies, retirement living, home modification services, fitness organizations, physical/occupational therapist clinics and university/colleges. The nine counties of the East Region EMS are invited to attend the coalition.

Tobacco Cessation

When health care providers promote quitting cigarettes to their patients, it is one of the most effective ways to help people quit. SRHD is mobilizing the health care community to focus more on tobacco cessation so that people who use tobacco are frequently offered opportunities to quit in ways that are convenient, effective and affordable.



Youth Tobacco Prevention

SRHD is the regional lead (nine counties) and fiscal agent of the youth tobacco work funded through DOH and CDC. The work focuses on building youth leadership skills so they know how to encourage and persuade their peers to not use tobacco or vape. Youth are also involved in educating community leaders on their needs for non-smoking environments



Preventing Second Hand Smoke Exposure

Policies are the broadest spectrum tool to eliminate exposure to secondhand smoke. Washington passed the Smoking in Public Places (SIPP) Law in 2005 as a major step forward. Children are among the most vulnerable to this exposure, especially those living in apartments where smoke flows through ducts, into windows, under doors, and enters openings



Youth Marijuana Prevention and Education Program



SRHD is the lead organization and fiscal agent for the Youth Marijuana Prevention and Education Program grant from DOH for the six-county Better Health Together region. The project partners are Adams, Lincoln, and Northeast Tri-County health jurisdictions, Spokane Public Schools, ESD 101, Greater Spokane Substance Abuse Council, Odyssey Youth Movement, and WSU College of Nursing. The project is part of the I-502 legislation supporting community-based marijuana prevention. It includes vaping devices due to marijuana being used in these devices. The project starts April 1, 2016.

In summary . . .

- The Division's main purpose is to prevent disease, illness, or injury **BEFORE** it occurs.
- Collaborate with partners to make the healthy choice the easy choice.
- Help increase knowledge and awareness.