Chronic Disease Prevention

- Increase the percentage of adults and children who are at a healthy weight.
- Increase access to resources that promote healthy behaviors.
- Reduce chronic disease morbidity and mortality.
- Reduce illness, disability and death related to tobacco use and secondhand smoke exposure.
Restaurant Initiative Overview

Leyanne Perez, R.D., L.D.N.
The American Healthy Weight Alliance
To support the Florida State Surgeon, Dr John H. Armstrong #1 concern

“the challenge of weight”

www.healthiestweightflorida.com
Healthiest Weight Florida Initiative

FACTS

• Only 35% of Floridians are at a healthy weight
• 65% of adults are overweight or obese

COST

• Diabetes, Heart Disease, High Blood Pressure, Arthritis, Cancer

Estimated cost $34 billion over the next 17 years

KEY

• By bending projected BMI curve 5%, thousands of new cases of chronic disease can be prevented and saving millions of healthcare costs
Interesting findings…

• Miami-Dade County demographics
  2.5 million residents in MDC
  1.6 million are obese or overweight

• 420,649 people
  1 in 4 are ready to make healthy changes

• 841,298 people
  50% are in pre-contemplation stage
50% food budget is consumed away from home

45% adults consider restaurants part of their lifestyle

Frequency of dining out is related to higher fat, sodium and sugar intake

65% belief that to lose weight you should consume healthy choices
HEALTHY HAPPENS HERE
Restaurant Initiative

- Tool for MDC residents to find healthful foods and beverages that support a healthy weight.

- Encourages voluntary participation of Restaurant owners to offer 3-4 healthy meals as part of their regular menus.

- Registered Dietitians help design the healthy menu by analyzing existing recipes and modifying or creating new recipes, educating restaurant owners, and providing educational tools.

- Aligns with the New Federal Law Patient Protection and Affordable Care Act; Section 4205
Special Supplemental Nutrition Program for Women, Infants, & Children (WIC)

Eriko Grover, MS-MPH, RD, LD/N
Miami-Dade WIC Program Director
Florida Department of Health in Miami-Dade County
Miami-Dade WIC & Nutrition Program

What?
- Nutrition education
- Nutritious foods
- Breastfeeding education & support
- Healthcare referrals

Who?
- Income eligible pregnant, post-partum, infants, and children (up to age 5)
Obesity in WIC Children (U.S.)

FIGURE. Prevalence of obesity* among WIC participants aged 2–4 years, overall and by race/ethnicity — United States,† 2000–2014

Stacked Line Chart
- Overall
- Black, non-Hispanic
- Hispanic
- American Indian/Alaska Native
- White, non-Hispanic
- Asian/Pacific Islander

Percentage of children with obesity


Abbreviation: WIC = Special Supplemental Nutrition Program for Women, Infants, and Children.
* Defined as sex-specific body mass index-for-age ≥95th percentile based on 2000 CDC growth charts.
† Includes data from all the WIC state agencies in 50 states (except for Hawaii data in 2002 and 2004), the District of Columbia, and five U.S. territories.
Overweight and Obesity in WIC Children (Miami-Dade)

Percentage of WIC children ≥ 2 yrs Who are Overweight / Obese by Agency FFY 2016

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Chronic Disease Prevention

Healthy Active & Fit WIC Kids

Breastfeeding Initiatives

Body Mass Index (BMI) Chart for Adults

- Obese: BMI 30 & Above
- Overweight: BMI 25-29
- Normal: BMI 18.5-24.9
- Underweight: BMI < 18.5

ChooseMyPlate.gov

Florida HEALTH

Breastfeeding Support
Close to Mothers
Chronic Disease Prevention

Access to Healthy Foods
Children Issues Committee Overview

Alina Soto
Statewide Quality Liaison
Florida Department of Children and Families
Chronic Disease Prevention

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