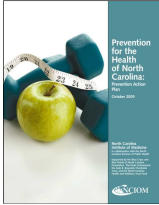



Prevention for the Health of North Carolina: Prevention Action Plan




American Public Health Association
 Session: *Community Health Planning and Policy to Address Disease Impact*

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Presenter Disclosure Statement

Jennifer Hastings

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose







NC Institute of Medicine


- o Quasi-state agency chartered in 1983 by the NC General Assembly to:
 - Be concerned with the health of the people of North Carolina
 - Monitor and study health matters
 - Respond authoritatively when found advisable
 - Respond to requests from outside sources for analysis and advice when this will aid in forming a basis for health policy decisions


NCGS §90-470




 **NCIOM Prevention Task Force**


- Initiated at the request of the Blue Cross and Blue Shield of North Carolina Foundation, The Duke Endowment, the North Carolina Health and Wellness Trust Fund, and the Kate B. Reynolds Charitable Trust
- A collaboration with the NC Division of Public Health (DPH)
- Charged with developing a prevention action plan for the state



 **Why Focus on Prevention?**


- North Carolina ranks 37th in overall health status and 40th in premature deaths (the state with the best health status ranked 1st).
- North Carolina ranks in the bottom third for many health indicators including:
 - Adults who are current smokers (37th).
 - Obese adults (41st).
 - Air pollution (36th).
 - 4-year high school graduation rate (37th).

 Source: America's Health Rankings, (2009) United Health Foundation <http://www.americashealthrankings.org/yearcompare/2008/2009/NC.aspx>

 **Developing the Prevention Action Plan**

In developing the Prevention Action Plan, the Task Force identified:

- 1) The diseases and health conditions with the greatest impact on death and disability.
- 2) The underlying preventable risk factors that contribute to the leading causes of death and disability.
- 3) Evidence-based strategies that can prevent or reduce the risk factors.
- 4) Multi-level interventions based on the socioecological model of health behavior to include in recommendations.



#1) Identify the Leading Causes of Death and Disability

NCIOM staff identified the leading causes of premature death (years of life lost) and years of life lost to a disability.

Together, these are considered DALYS: disability adjusted life years.

#2) Identify Major Preventable Risk Factors

Diseases and Conditions Leading to Greatest DALYs in North Carolina and Their Underlying Preventable Causes


	Tobacco use	Diet, physical inactivity, overweight/obesity	Risky sexual behavior	Alcohol and drug use	Emotional and psychological factors	Exposure to chemicals and environmental pollutants	Unintentional and intentional injuries	Bacteria and infectious agents	Racial and ethnic disparities	Socioeconomic factors
Cancer	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Heart disease	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Non-motor vehicle injury	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chronic lower respiratory disease	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Alcohol and drug use	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Motor vehicle injuries (MVI)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cerebrovascular disease	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Infectious diseases	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Diabetes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Unipolar major depression	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Underlying Preventable Risk Factors: Study Areas

- Tobacco use
- Diet, physical inactivity, overweight/obesity
- Risky sexual behavior
- Alcohol and drug use
- Emotional and psychological factors
- Exposure to chemical and environmental pollutants
- Unintentional and intentional injuries
- Infectious agents
- Racial and ethnic disparities
- Socioeconomic factors



#3) Identify Evidence-Based Strategies

- Evidence-based strategies have been subject to rigorous evaluation and shown to produce positive outcomes.
- The Task Force examined the work of national organizations that review the evidence of intervention effectiveness and determine the strength of the evidence.
 - Examples: US Preventive Services Task Force, US Task Force on Community Preventive Services



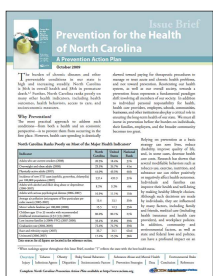

#4) Identify Interventions for Recommendations

- The Task Force recognized that health outcomes are often influenced by personal behaviors and choices.
- However, people do not act in a vacuum. Their actions are influenced by:
 - Interpersonal relationships, clinical care, community and environment, and public policies.


Prevention Task Force Recommendations

- 45 total recommendations addressing the 10 preventable risk factors
 - 11 priority recommendations


● ● ● **Prevention Action Plan**

- The result is a common plan intended to guide state and local level prevention activities by
 - Providing guidance for
 - New legislation and legislative funding
 - Foundation grantmaking
 - Helping to prioritize prevention efforts of
 - State and local agencies such as the North Carolina Division of Public Health and local health departments
 - Others, including advocacy and community organizations, and health care and public health professionals and associations

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● ● ● **Prevention Action Plan**

- The Prevention Action Plan is a blueprint for prevention work in the state that will lead to improved population health in North Carolina, if implemented.
- No single recommendation is the "silver bullet," but each is integral to a multilevel approach to address preventable risk factors.
- Streamlining efforts and resources is essential to make improvements in population health, especially in the current economic landscape.




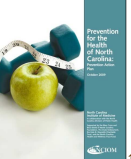
● ● ● **Prevention Action Plan**

- Since the release of the Prevention Action Plan
 - The NC legislature passed the Smoke-Free Restaurants and Bars Law (S.L. 2009-27 [G. S. 130A-496])
 - A state-led worksite wellness collaborative has been formed
- The Prevention Action Plan has been used by
 - The State Health Director to request legislative support of the NC Healthy Youth Act (which directs public schools to offer comprehensive sexuality education)
 - Advocacy groups from across the state
 - Various groups, including state agencies, to respond to foundation and federal funding opportunities

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● ● ● **Healthy NC 2020**


- The Governor's Task Force for Healthy Carolinians asked the NCIOM to partner with them to develop the state's 2020 objectives and targets. This project is called Healthy NC 2020.
 - Uses a consensus-based process
 - Goal to have a limited number of objectives
- Used the work of the NCIOM Prevention Task Force to develop the framework for developing objectives

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● ● ● **Healthy NC 2020 Focus Areas**

1. Tobacco use	7. Infectious disease/ food-borne illness
2. Nutrition and physical activity	8. Mental health
3. Sexually transmitted diseases/unintended pregnancy	9. Social determinants of health
4. Substance abuse	10. Oral health
5. Environmental risks	11. Maternal and infant health
6. Injury	12. Chronic disease
	13. Cross-cutting measures




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● ● ● **Healthy NC 2020: Process Used in Developing Objectives**

- Identified three objectives per focus area
- Identified one target for each objective
 - Targets are aspirational, achievable, measurable in 10 years, and were selected using prescribed methodologies


40 total objectives in 13 focus areas



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Healthy NC 2020: Process Used in Developing Objectives

- Development of the 2020 objectives and targets has been an inclusive process and has included input from various stakeholder groups and **more than 135** people representing:
 - Governor's Task Force for Healthy Carolinians
 - NC Division of Public Health
 - Other state departments and divisions
 - Local health departments
 - Healthy Carolinians partnerships
 - Advocacy groups
 - Academic institutions



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Next Steps

- Healthy NC 2020 objectives will be released in January 2011 at the State Health Director's annual meeting.
- The NC Division of Public Health will produce annual reports measuring progress towards meeting the 2020 objectives/ targets.
- The Prevention Action Plan and Healthy NC 2020 form the foundation of a campaign to make North Carolina a healthier state.




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Next Steps

- The Prevention Action Plan: Our roadmap
- Healthy NC 2020 Objectives: Our destination
- Annual progress reports: Our "GPS"


Broad stakeholder engagement is key to successfully implement the Prevention Action Plan and reach the Healthy NC 2020 targets.




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 **Collaborating Partners and Supporters**

- NCIOM Prevention Task Force
 - Partner: NC Division of Public Health
 - Supporters: Blue Cross and Blue Shield of North Carolina Foundation, Kate B. Reynolds Charitable Trust, North Carolina Health and Wellness Trust Fund, The Duke Endowment
- Healthy NC 2020 Project
 - Partners: NC Division of Public Health, Office of Healthy Carolinians and Health Education, State Center for Health Statistics
 - Supporters: Kate B. Reynolds Charitable Trust, North Carolina Health and Wellness Trust Fund, The Duke Endowment



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