



## Chronic Disease and Injury Prevention Team Fact Sheet

The Chronic Disease and Injury Prevention Team (CDIPT) is a multi-divisional, collaborative team at Tri-County Health Department (TCHD). CDIPT comes together to share resources, increase internal communication and collaboration, and integrate chronic disease and injury risk factors into programs agency-wide.

### **CDIPT Purpose:**

To foster chronic disease and injury prevention integration efforts in a variety of TCHD programs serving all age groups; To increase TCHD's capacity to address chronic disease and injury prevention risk factors.

### **CDIPT Goals:**

1. Facilitate collaboration between TCHD programs that address chronic disease and/or injury risk factors.
2. Disseminate cohesive key messages regarding chronic disease and injury risk factors for TCHD programs targeting multiple populations.
3. Identify areas to expand TCHD chronic disease and injury prevention activities.
4. Integrate and sustain chronic disease and injury risk factor prevention strategies agency-wide.

### **Highlights of Accomplishments:**

- Expanded original committee into current team which includes 10 TCHD programs/services.
- Increased communication and collaboration among member programs housed in different divisions and office locations who have traditionally never worked together.
- Successfully integrated fall prevention into a majority of member programs in 2009. This included balance testing in Peak Wellness clinics, childhood fall prevention education in WIC clinics, occupational fall prevention education for TCHD employees, and additional fall prevention outreach and educational materials to schools and communities.
- Successfully sustained several parts of integrated fall prevention programs and policy changes.
- Successfully applied for and received \$10.5 million Communities Putting Prevention to Work grant through the Centers for Disease Control and Prevention.

## Chronic Disease and Injury Prevention Team Member Programs

Aging Initiatives: Works to improve care, promote health and wellness, prevent injury and illness, and increase and extend the quality of life for the growing population of adults, ages 65 and older.

Communities Putting Prevention to Work: Promotes sustainable policy, systems, and environmental changes in schools and communities to address healthy eating and physical activity.

Core Nursing: Provides education and case management about healthy pregnancy, nutrition, breastfeeding, tobacco, etc.; Includes blood pressure monitoring and immunizations.

Environmental Health: Promotes health and prevents disease through environmental exposures, including restaurants, public pools, schools, body art establishments, child care centers, septic systems, landfills, etc.

Healthy Schools Task Force: Coordinates TCHD's roles and activities within schools relating to various aspects of health and wellness.

Land Use Program: Works with local governments, developers, other agencies, and the public to routinely protect and promote public health through land use policies and development activities. A major focus is promoting healthy behaviors such as regular physical activity and nutrition through changes to the built environment.

Outreach/Marketing: Coordinates all outreach and marketing efforts for TCHD, including community events/health fairs.

Peak Wellness: Screening and interventions for breast and cervical cancer, as well as cardiovascular disease risk factors such as obesity, diabetes, high blood pressure, high cholesterol, smoking, physical activity, and nutrition in women ages 40-64.

WIC: Provides screening, referrals, nutrition education including breastfeeding support, and nutritious foods to supplement a person's regular diet. The program has been successful in improving the health of pregnant women, infants, and children and in reducing health care costs.

Worksite Wellness: Promotes healthy lifestyles among TCHD employees, including physical activity, nutrition, smoking cessation, stress reduction, and injury prevention, among others.

### **Additional Resources provided by non-program-representative Team members:**

Health Disparities

Planning and Evaluation

Tobacco Prevention