

Testimonials from Successful Public Health Interventions

- The Arkansas Department of Health developed the pilot worksite wellness program, Healthy Employee Lifestyle Program, for employees in the Arkansas Department of Health and the Department of Human Services. It offered health risk appraisals, incentives, education, healthy eating and activity challenges, walking groups and changes to vending snacks. Program success led Governor Mike Beebe to expand the program to all state agencies: *“This effort means not only that our workforce will be healthier—they’ll be more productive, too. This is a truly progressive program, and will pay us benefits for years to come in our state.”*
Source: http://www.chronicdisease.org/files/public/SSS_AR_worksite_WEB.pdf
- The California Osteoporosis Prevention and Education Program, part of the California Department of Health Services, funded Faces of Osteoporosis, a book documenting the stories of people living with this chronic condition. *“After reading this book, you will no longer see osteoporosis in the face of a stooped, older woman who walks with a cane. These profiles of osteoporosis are a compelling reminder that osteoporosis can affect anyone,”* says Senator Elaine Alquist.
Source: http://www.chronicdisease.org/files/public/SSS_CA_osteoporosis_WEB.pdf
- The [California] Diabetes Information Resource Center (DIRC) is an online, information management system created with stakeholder input that addresses information related to the national objectives for state diabetes programs and Healthy People 2010. A user describes its value this way: *“Thank you so much for your excellent work building DIRC! I sincerely believe you and your team deserve an award for excellence in public service.”*
Source:
http://www.chronicdisease.org/files/public/SSS_CA_Diabetes_Info_Center_WEB.pdf
- An existing Plática Project [Colorado] was expanded to include diabetes prevention. The project brings accessible, bilingual health education to Hispanic residents at home, with their family and friends. One-on-one instruction in migrant fields is also provided. The experience of the project’s promotora, a leader from the Hispanic community who developed diabetes during the course of the project, reflects the program’s benefits: *“Teaching others helped me learn to eat better and exercise and my diabetes is better controlled now. Several people in the Platica group told me they’re taking their own small steps to change diet and activity because of my example.”*
Source:
http://www.chronicdisease.org/files/public/SSS_CO_Steps_Weld%20County_WEB.pdf
- The faith-based workgroup of the Take Charge of Your Health Georgia Task Force developed the Live Healthy in Faith tool kit to assist faith communities in implementing healthy eating and physical activity strategies to decrease the burden of overweight and obesity. Tool kit users say, *“The toolkit helped us to get the buy in we needed from*

leadership to expand our wellness outreach efforts” and “We LOVE your Live Healthy in Faith resource guide.”

Source:

http://www.chronicdisease.org/files/public/SSS_GA_LiveHealthyinFaith_WEB.pdf

- Funded by the Centers for Disease Control and Prevention, the Great Lakes Regional Stroke Network [Illinois and region] collaborates with over forty hospitals, state heart disease and stroke prevention programs, and Paul Coverdell National Acute Stroke Registries on a work group that reviewed screening for swallowing disorders, stroke and dysphagia literature and testing methods for swallowing screening tests. These comments show:
 - The workgroup resources have *“increased the understanding of all members, especially related to the testing and evidence needed to build a safe screening tool.”*
 - *“We have developed our dysphagia screening tool based on input from that work group.”*
 - *“This group is an excellent source of expertise, protocol sharing and evidenced-based practice to which individual institutions do not have access.”*
 - *“As a result of working with the dysphagia work group...I will be incorporating a nurse driven bedside swallow program in our hospital with the goal of increasing our dysphagia performance measure...”*

- The Lexington Fayette County [Kentucky] Health Department organized the Tweens Nutrition and Fitness Coalition, dedicated to improving the health of youth ages 9-13. The coalition developed the *VERB Summer Scorecard*, building on CDC’s national VERB™ campaign which encourages youth to be physically active every day. One mother explained the benefit of the Scorecard campaign this way: *“I never thought about if my kids exercised or not. The Scorecard made me think about it every day. And now I’m still checking.”*
Source: http://www.chronicdisease.org/files/public/SSS_KY_VERB_Score_WEB.pdf

- The Barren River District Health Department conducts an annual community wide “5 A Day Challenge” to get residents of the eight-county district in south central Kentucky to eat at least five servings of fruits and vegetables every day. The personal impact of the campaign on one participant shows that the contest: *“...caused me to realize I was not eating as well as I used to and got me back on the path. Also, I notice when I eat so many fruits and vegetables (I was trying for 9 a day), I don’t have room for so much fattening food.”*
Source:
http://www.chronicdisease.org/files/public/SSS_KY_BarrenRiver_5ADay_WEB.pdf

- The Dodge the Punch: Live Right™ program [Michigan] trains barbers as lay health advisors to talk with clients about the impact of uncontrolled high blood pressure and diabetes on their kidneys and to promote preventive steps related to activity, nutrition, smoking cessation and medical care. A barber and a client explain the value of the program: *“The barbers I work with are truly committed to helping their clients stay*

healthy. It's not always easy to get people to make a lifestyle change but when the advice is given by someone just like themselves they take it to heart" says Detroit barber Oliver Milton. And a client - *"I never would have known I have high blood pressure without this program. Now I can deal with my blood pressure and get it under control."*

Source:

http://www.chronicdisease.org/files/public/SSS_MI_barbershopkidneydisease_WEB.pdf

- The Nebraska Cardiovascular Health Program and the Nebraska Stroke Foundation partnered to implement *Strike Out Stroke*®, a campaign designed to raise awareness of stroke signs and symptoms among children and adults. Participant insights on the benefits of the campaign are reflected in these comments:
 - *"I never really thought about having a stroke or what I should do if it happens."*
 - *"I've learned that a stroke happens in the brain, not some other part of the body."*
 - *"Seeing a 17 year old stroke victim throwing out the first pitch at the ball game makes me realize it's not just an old person's disease."*

Source: http://www.chronicdisease.org/files/public/SSS_NE_stroke_WEB.pdf

- A group of partners developed the Albuquerque [New Mexico] Prescription Trails Pilot Program which provides a prescription tool on walking and wheelchair rolling for health care practitioners to give to patients along with a guide to suggested routes in the local community. As one provider describes the benefit, *"I can give you medicine that will treat one condition and cost money or I can give you a prescription for physical activity that will help prevent a whole range of diseases, is free, and will last a lifetime."*

Source: http://www.chronicdisease.org/files/public/SSS_NM_diabetesRxTrails_WEB.pdf

- The Bronx [New York] Health REACH Coalition for Diabetes Prevention developed and implemented a faith- based health and fitness program called "Fine, Fit and Fabulous," which empowers participants to reduce diabetes risk by increasing physical activity, making healthier food choices and using the positive reinforcement of prayer and scriptural references. The experience of one church member highlights the success of this effort: Jeanne, an African American in her thirties, was obese, with high blood pressure and a family history of diabetes. Her extra weight damaged her knees and she used a cane. Her pastor encouraged her to join the "Fine, Fit and Fabulous" program where she learned simple exercises, and healthful eating habits. She lost 119 lbs, her blood pressure is normal and she no longer suffers knee pain. She has maintained this weight loss for over six months with her motto "plan, pray and prepare." As another said in a letter to the program, *"I learned to be more disciplined, exert more self-control to resist temptations more....I will continue with my program."*

Sources:

http://www.chronicdisease.org/files/public/SSS_NY_Block_faithbased_WEB.pdf and http://www.chronicdisease.org/files/public/SSS_NY_Bronx_diabetes_WEB.pdf

- St. Vincent's Hospital Healthy Heart Program, with funding from the New York State Healthy Heart Program, worked with employers in New York, Kings, Queens and Richmond counties to create worksite wellness programs and increase opportunities for physical activity and access to healthy food at worksites for twenty-four thousand

employees. Wellness coordinators shared: *“Many participants lost weight, are feeling better about themselves, developed friendships, starting eating healthy ... and are drinking more water and sharing fruit instead of cake in the lunch room....”*

Source:

http://www.chronicdisease.org/files/public/SSS_NY_HH_StVincentsoverall_WEB.pdf

- The Heart Links Project of Suffolk and Nassau Counties, funded by the New York State Health Department’s Healthy Heart Program, teamed up with twenty-seven school districts encompassing 137 schools. District Superintendent Dr. Elizabeth Lison says, *“From exercise to diet and nutrition, the relationship between the district and Heart Links has changed the way our parents, students and professional community think about health.”*

Source: http://www.chronicdisease.org/files/public/SSS_NY_HH_Stonybrook_WEB.pdf

- The Community Diabetes Regional Outreach Partnership is a coalition of upstate New York counties committed to raising awareness and educating the community about diabetes risk and prevention. As one participant says, *“this was the most informative session I have ever experienced.”*

Source:

http://www.chronicdisease.org/files/public/SSS_NY_diabetes_CDRPO2_WEB.pdf

- The Pennsylvania Heart Disease and Stroke Program partnered with the Department’s Bureau of Emergency Medical Services and the American Heart Association, to educate residents on heart disease and stroke risk factors, signs of a heart attack or stroke, when to call 911, and what to expect once the call is made. One Pennsylvania woman’s story highlights the important benefit to the community of this program:
 - A 71-year old woman resident attended a presentation by the Danville Ambulance Service at a local senior center. The next day she called 911 to report personal stroke signs of dizziness and weakness. That very ambulance service transported her to Geisinger Medical Center where she was treated immediately for a stroke. After a few days at the local Rehabilitation Center, she is living back in her own home.

Source:

http://www.chronicdisease.org/files/public/SSS_PA_CVH_2005_HDSP_EMS_WEB.pdf

- KidShape® [Pennsylvania] is an evaluated program for overweight children ages 6–14 and children at risk of becoming overweight, and their families. Families describe what they’ve gained from the program as:
 - We learned *“as a family to watch portions and slow down when eating.”*
 - *“Portion-size opened my eyes, as did the pedometers. I thought I walked more (in) a day (than I actually do)!”*
 - *“I am much more aware.”*

Source: http://www.chronicdisease.org/files/public/PA_FayetteCounty_WEB.pdf

- The Health Education and Information Program of the Pennsylvania Department of Health, through the Wellness Committee, provided technical assistance, information and

resources to support breastfeeding in the state's Health and Welfare Building which is among state government buildings with the largest percentage of women workers. As one working mother expressed it, *"This room and the electric hospital-grade breast pump have proven to be instrumental in my continued breastfeeding of my daughter since I have returned to work."*

Source: http://www.chronicdisease.org/files/public/SSS_PA_MomsRoom_WEB.pdf