

Lincoln-Lancaster County Health Department

# 2017-18 CHIP Update: Chronic Disease

Update of 2015 CHIP from 2015 MAPP & CHA Process

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## **Chronic Disease Prevention**

**Vision:** People in Lancaster County live in communities designed to support healthy behaviors across the lifespan enabling healthy eating, being physically active, reducing risk of injury, maintaining healthy weight, participating in routine health screening and emphasizing chronic disease self-management.

- Goals:**
1. Increase active living for all in Lancaster County
  2. Increase healthy eating for all in Lancaster County
  3. Decrease the rates of obesity and those overweight in Lancaster County
  4. Decrease tobacco use in Lancaster County

**Progress Report:** The City of Lincoln is home to 133 miles of trails and more than 125 parks and green spaces on over 6,000 acres of public land. Lincoln's trail system consistently ranks among the best in the country. Numerous partnerships exist throughout the community to promote and encourage active living through bike lanes, bike racks on public/city buses, public pools, recreation centers, city golf courses, dog parks, skateboarding parks, signage/public awareness campaigns, and community and neighborhood events. The community has created the Lincoln-Lancaster County Food Policy Council, a diverse group of farmers, gardeners, businesses, organizations, and individuals working together to develop integrated policies that promote a healthy and sustainable local food system. Lincoln also has a number of progressive non-profit organizations working to improve food access, such as Community Crops, Foodnet, and the Lincoln Food Bank.

Lancaster County has a number of initiatives, coalitions, and working groups promoting and utilizing evidence-based strategies to increase preventive screenings and the adoption of healthy lifestyles. Outreach is being done in the community to conduct basic health assessments and provide brief, individualized health coaching sessions. Emphasis is on linking individuals to ensure they have a medical home where they can receive high-quality preventive screening, follow-up, and treatment services. In addition, Lincoln is fortunate to have a community coalition dedicated to reducing the harms of tobacco. The Tobacco Free Lancaster County (TFLC) coalition exists to protect the public's health by eliminating exposure to secondhand smoke, preventing youth from starting to use tobacco, providing tobacco education to all populations, and encouraging people to quit.

The Chronic Disease CHIP Committee met once since the last update and subsequently provided updates and feedback through email over the past few months. The following are examples that capture just a fraction of the great things happening in Lancaster County to meet these CHIP goals.

## **Physical Activity**

### **Promote active transportation (walking and biking) with schools, worksites and the community.**

- WorkWell/Nebraska Safety Council are helping implement active transportation with worksites. Training and action planning assistance are being provided to implement the 'Walk It Guide'. The Guide is a list of evidence-based strategies for worksites to plan, implement and evaluate initiatives targeted to get employees active and moving through walking based activities.
- The Nebraska Sports Council launched the NE150 Challenge, a free web-based activity-tracking program, on Jan. 1, 2017. Thousands of Lincolniters are enrolled and logging miles, and dozens of Lincoln companies are promoting participation as an activation component in their wellness plan.

- Public Transportation, in general, promotes an active lifestyle and improvements to the City of Lincoln bus system have occurred this past year including a new crosstown route, additional mid-day trips and additional evening service. Ridership increases of 10 to 20% have already been realized.
- YMCA offers a Bike Commuter pass during the summer months for individuals that commute to work via bike. The pass provides the use of locker rooms for showering and changing purposes, before going to work. Also partnered with BicycLincoln every Friday during the summer months, by offering a free day pass to try the Y for individuals and families that biked to the Y and showed their bike helmet.

**Promote the use of existing parks, trails, recreational facilities, fitness centers, and sports programs to help people reach the recommended 150 minutes of moderate-intensity aerobic activity every week.**

- The Lincoln City Planning Department hosts and maintains the [Bike Lincoln website](#) with information on biking in the community, trail news and updates, and bike safety resources.
- The Lincoln-Lancaster County Health Department developed a Healthy Community Resource map to help families find free or low-cost physical activity opportunities in the community. There are plans to have an online version of the map in the near future with more community collaboration.

**Promote community-wide campaigns using brand messages or taglines (i.e. 5-4-3-2-1 Go! childhood obesity message; Share the Road tagline for bike, pedestrian, and motorist educational messages).**

- The 5-4-3-2-1 GO!® childhood obesity prevention message continues to be integrated into programming and displayed throughout community partnership buildings to promote physical activity and good nutrition.
- City Departments (Health, Planning, Parks and Rec. and Public Works) have collaborated to develop PSAs and materials that are available on the [Bike Lincoln website](#) to promote safety and encourage usage of the trail system, ‘Share the Road’ campaign.
- Partnership for a Health Lincoln has promoted ‘Rethink Your Drink’ in the community to reduce sugar-sweetened beverage consumption.

**Enhance community planning and design practices through the City’s Complete Streets policy to improve connectivity for bike lanes, sidewalks, paths, and trails through neighborhoods and among communities to increase access to physical activity opportunities and to move more people safely.**

- The [City’s Complete Streets Committee](#) meets regularly to discuss upcoming projects to determine how all users can be accommodated within the transportation system. The Committee is currently assisting with the development of an [On-Street Bicycle Facilities Plan](#).
  - The Complete Streets Committee provided \$5,000 to fund bicycle parking. Partnership for a Healthy Lincoln (PHL) had available funds to provide for an additional \$10,000. The new bike racks were installed in city right-of-way and on-street in the downtown area in early 2017.
  - The City of Lincoln Public Works and Utilities Department re-evaluated and changed the signal timing on the N Street Cycle Track to improve the experience for bicyclists along the separated bike lane while not completely impacting negatively the operations for vehicles.

## **Explore possible local data sources to develop ways to better measure walking and biking as a mode of transportation.**

- City Planning and Public Works Departments are responsible for measuring walking and biking as a mode of transportation (and recreation) with [trail counters](#). Several counters are located along the N Street Protected Bikeway and five permanent counters are installed around the community. There is also one mobile counter that is moved around to take short-term counts.

## **Establish, support and promote a community-wide public bicycle sharing program.**

- The City of Lincoln will be launching the [bike share program](#) in April 2018. There will be 18 stations and 100 bikes in the initial launch. Financial support has been received from several organizations including a federal grant from Nebraska Department of Roads and sponsorship funds from University of Nebraska – Lincoln; Lincoln Community Foundation; Spreetail; and Nebraska Blue Cross Blue Shield.

## **Areas for further development (physical activity):**

- Ensure access to and affordability of opportunities for physical activity before and after school
- Provide teachers and child care providers with professional development and education to integrate physical activity and reduce screen time during the day
- Work with youth sports and recreation programs to establish measures for trend data of youth participants
- Utilize point-of-decision prompts to encourage use of stairs and parking farther from entrances at worksites, shopping centers and other businesses
- Establish safe neighborhood level walking routes with maps and distances
- Develop new measures to track physical activity levels in the community (i.e. trail counters for pedestrian and bicycle use, adult PACER tests, Parks and Rec youth programs, YMCA, youth sports programs, CLCs, others)

## **Healthier Eating**

### **Ensure accessibility and affordability to farmers' markets including SNAP and WIC benefits.**

- During the 2017 season, the Old Cheney Road Farmers' Market (OCRFM) received grant funding and the Fallbrook Farmers' Market (FBFM) received sponsor funding which allowed the markets to provide matching funds (up to \$10) for customers running their SNAP/EBT cards at the markets.
- Starting in June of 2017, both the OCRFM and FBFM participated in a pilot program called Double Up Food Bucks (DUFB). This program was managed by the UNL Extension Office and offered an additional match of up to \$10 for customers running their SNAP/EBT cards at the markets.

### **Identify possible areas of Lincoln that have higher issues with food insecurity and work with neighborhood residents, local businesses and other community members to help reduce this burden.**

- The Lincoln-Lancaster County Food Policy Council is serving as a network hub where various food system stakeholders can come together and communicate about food issues.

- In collaboration with Nebraska Extension and the City’s Urban Development Department, the Community Health Endowment of Lincoln (CHE) created a Healthy Food Access map showing areas where healthy food options are less available and vehicle ownership is low. The areas of lowest access to healthy food occurred in the north central and north east part of the city.



**Support further development of the Local Foodshed Working Group, a diverse group of farmers, gardeners, organizations and individuals promoting healthier, more active living, raising awareness about local food, and completing a local food assessment in Lincoln.**

- The Local Foodshed Working Group completed the Lincoln-Lancaster County Community Food Assessment in June 2016 and reformed as a new organization, the Lincoln-Lancaster County Food Policy Council. The Food Policy Council is a diverse group of farmers, gardeners, businesses, organizations, and individuals. The organizational mission statement is: “We develop integrated policies that promote a healthy and sustainable local food system.”

**Support efforts to sustain the Summer Food Service Program in low income neighborhoods where high percentages of children who qualify for free or reduced cost meals live.**

- CHE has convened a working group to examine the feasibility of establishing a community kitchen and/or mobile food trucks to enhance summer feeding to low income children.

**Promote healthier beverage consumption to reduce sugar-sweetened beverage intake community-wide.**

- Partnership for a Healthy Lincoln is promoting the Healthy Beverages at Work initiative -- helping businesses and organizations of all sizes to institute healthy beverage options, including vending policies, through the use of the Nebraska's Guide to Healthy Beverages at Work.
- City of Lincoln and Lancaster County government offices utilize “Choose Your Fit” First Choice Vending signs on all beverage vending machines. “Side-by-Side” beverage posters near the beverage vending machines that encourage employees to choose a lesser calorie option are also being implemented.

**Identify resources to support gardens through local farmers, professionals to encourage links between schools and child care, community garden programs, and local businesses.**

- Lincoln made changes in zoning regulations to allow more farming inside the City limits.
- Through community partnerships including LPS, Community Crops, LLCHD, PHL, and UNL Extension, a document was developed to help guide schools through the process of applying for and building their own garden on site, called the [Lincoln Public Schools Garden Manual](#). NeighborWorks wrote a grant to restart/grow gardens at Everett School and F St. Rec. F St. gardens supply some of the produce for the senior and youth lunches/dinners. Everett uses produce in after school snacks and parents take home extra produce.
- CHE funded a project to continue support for Community Crops to operate a mobile farmers’ market on the Health 360 campus which is also the location of a Head Start facility serving 59 children from low-income families. It also established a market with local produce at Park Middle School, located in an area of high poverty and childhood obesity in the city. CHE continued funding a project with the Food Bank of Lincoln to increase the availability of fruits and vegetables at public school markets.
- CHE funded a project to examine the feasibility of establishing a community kitchen that would increase access for child care facilities to healthy food.

- Foodnet provides mostly perishable foods such as fruits, vegetables, dairy products, bread, etc. These are items not usually found at a dry goods food pantry, but are still in demand. Food is donated by businesses and it is given away to those in need and kept out of the landfill.
- Community Crops, a Lincoln nonprofit, now has 12 garden sites in Lincoln, a total of 1.5 acres, where around 250 families grow their own vegetables. Sixty people have started farming after training through Community Crops Growing Farmers Training Program and 40 farmers have gone on to farm at the Prairie Pines incubator program.
- There are at least seven active farmers markets in the city. Nearly 30% of Open Harvest Grocery Co-Op's sales were locally grown, with a growing number of grocery outlets purchasing some local food.

**Work with government agencies and community worksites to improve procurement of healthier foods and beverages, such as, fruits and vegetables, water, and 100% fruit juices sold in vending and cafeterias.**

- WorkWell member companies representing over 4,800 employees have documented a number of worksite wellness initiatives and policies to improve nutrition, including efforts in nutrition label education; portion control; meeting guidelines/policies for food procurement; healthier vending options.
- First Choice Vending is providing the option of removing vending machines and installing a kiosk, more commonly known as a micro market, with healthier options. The micro market allows for many different items that will not vend out of a machine. The customer is able to pick up the package and read the nutritional information. It allows them to touch and feel the package to make a purchasing decision. A wide variety of fresh sandwiches, salads, nuts, breakfast bars, fruits and beverages can be sold from the micro market.
- LinPepCo - First Choice Vending has introduced vending machines branded "Hello Goodness." Pepsi Cola has initiated the branding of these machines and also the products that are allowed in them. All sales are transmitted back to New York where they are tracked. Corporate Pepsi restricts any products from the machine that isn't on their healthier list. This type of machine does not fit all worksite/customer profiles, but is offered as an alternative machine in large locations.

**Establish, expand, and promote community level based network of peer and professional support people and resources for breastfeeding.**

- Lincoln Community Breastfeeding Initiative (LCBI) works with health care providers across the city to establish policies and practices that encourage breastfeeding education, support consistent messages, and guide mothers to appropriate breastfeeding assistance as it is needed.
- MilkWorks continues to work closely with Partnership for a Healthy Lincoln on the culturally diverse community breastfeeding educator project. Another education course is planned for early 2018 for another 8-10 Certified Breastfeeding Educators.

**Areas for further development (healthier eating):**

-- Encourage schools and child care facilities to conduct self-assessments and develop action plans aimed at improvements that they can make in their policies, practices, and/or environments towards healthier food and beverage options.

-- Establish other data sources for tracking breastfeeding initiation and duration, such as hospital discharge data.

## **Tobacco**

**Utilize local data such as the Nebraska Adult Tobacco Survey (ATS), Behavioral Risk Factor Surveillance Survey (BRFSS) and Youth Risk Behavior Survey (YRBS) to establish baseline data for assessing youth and adult e-cigarette use in Lancaster County.**

- According to YRBS 2015 vs 2017, there was a decrease in youth who reported using an electronic vapor product in the last 30 days (23.8% 2015; 11.1% 2017)
- 5.2% of BRFSS respondents reported being current e-cigarette users (2.3% using every day and 2.9% using some days).
- Vapor product were incorporated into tobacco compliance checks beginning spring 2017.

**Utilize school, community and law enforcement collaborations to prevent youth initiation of tobacco products, including tobacco retailer compliance checks.**

- The City of Lincoln had a 90.5% compliance rate during 2016 tobacco retailer compliance checks. Rural Lancaster County had 90% compliance rate.
- Vapor product non-compliance among independent vapor shops was 25%.

**Implement community and organizational policies for smoke free/tobacco free environments primarily where people live, work and play.**

- CVS Pharmacy on 14th & Superior has made their drive thru pharmacy lanes no smoking.
- Gateway Mall established a Tobacco Free Campus policy (20 foot protected area from the property).
- A Tobacco-free Campus Policy Summit was held in October 2016 for Nebraska colleges, universities, and businesses. The summit was videotaped for posting on YouTube, LNK Health, and 5 City TV.

**Encourage worksites to include e-cigarettes in new smoke free/tobacco free campus policies and add into existing policies.**

- Gateway Mall prohibited the use of electronic vapor products as part of its tobacco-free campus policy.
- El Centro de Las Americas visited 23 businesses in 2016, providing them with no smoking/no e-cigarette stickers to display in their stores.
- In 2017, Lincoln Housing Authority prohibited electronic cigarettes in all of their smoke-free properties. Currently there are 7,527 units registered on the TFLC smoke-free housing registry.

**Provide child care agencies and worksites asthma management education and an asthma-friendly site assessment to emphasize tobacco avoidance and smoke-free entrances and/or tobacco-free campus policy as strategies to avoid tobacco triggers.**

- Asthma Management clinics were held monthly with an average of 50 families in attendance to yield a total of 300 in 2016 and continue in 2017.
- Community Asthma Education Initiative reached 172 staff and families when they provided presentations to 7 child care centers on asthma management education and center policy strategies.
- The Asthma Report Card was published and disseminated to healthcare provider offices, libraries, coaches, child care sites, and work sites.

**Expand and enhance collaboration among health care providers and community tobacco cessation resources aimed at improving promotion, referral and utilization.**

- Over 20 family practice offices and behavioral health providers received the Nebraska Tobacco Quitline information and materials over the past year.