State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health Program Logic Model

**Inputs: Funding, guidance and support from DDT, DHDSP, DNPAO, DPH**

### Activities

- Partnership engagement
- Workforce development
- Guidance and support
- Strategic communication
- Surveillance/Epidemiology
- Evaluation

### Basic Strategies

- Promote the adoption of food service guidelines/nutrition standards, which include sodium
- Promote the adoption of physical education/physical activity (PE/PA) in schools
- Promote adoption of PA in early care and education (ECE) and worksites
- Promote reporting of blood pressure and A1C measures; and as able, initiate activities that promote clinical innovations, team-based care, and self-monitoring of blood pressure
- Promote awareness of high blood pressure among patients
- Promote awareness of prediabetes among people at high risk for type 2 diabetes
- Promote participation in DSME programs

### Basic Accomplishments

- Increased adoption of healthy food service guidelines/nutrition standards
- Increased adoption of PE/PA in schools
- Increased adoption of PA in ECE and worksites
- Increased reporting of blood pressure and A1C measures; and as able, increased initiation of activities that promote clinical innovations, team-based care, and self-monitoring of blood pressure
- Increased awareness of high blood pressure among patients
- Increased awareness of prediabetes among people at high risk for type 2 diabetes
- Increased participation in DSME programs (officially recognized, accredited and/or licensed)

### Enhanced Strategies

**Environmental approaches to promote health and support and reinforce healthful behaviors**

- Access to healthy food and beverages
- Food service guidelines/nutrition standards where foods and beverages are available. Guidelines and standards should address sodium
- Supportive nutrition environments in schools
- Physical activity access and outreach
- Physical activity in ECE
- Quality physical education and physical activity in K-12 schools
- Access to breastfeeding friendly environments

**Health system interventions to improve the effective delivery and use of clinical and other preventive services**

- Quality improvement processes in health systems
- Use of team-based care in health systems

**Community clinical linkages to support CVD and diabetes prevention and control efforts**

- Use of diabetes self-management programs in community settings
- Use of lifestyle intervention programs in community settings for the primary prevention of type 2 diabetes
- Use of health-care extenders in the community in support of self-management of high blood pressure and diabetes
- Use of chronic disease self-management programs in community settings
- Policies, processes, and protocols in schools to meet the management care needs of students with chronic conditions

### Short-Term Outcomes

- Increased state, community, worksite, schools, and ECE environments that promote and reinforce healthful behaviors and practices across the life span related to diabetes, cardiovascular health, student health, physical activity and healthful foods and beverages, obesity, and breastfeeding
- Improved quality, effective delivery and use of clinical and other preventive services to address prevention and management of hypertension and diabetes
- Increased community clinical linkages to support prevention, self-management and control of diabetes, hypertension & obesity

### Intermediate Outcomes

- Increased consumption of nutritious food and beverages and increased physical activity across the life span
- Increased breastfeeding initiation, duration and exclusivity
- Improved medication adherence for adults with high blood pressure and adults with diabetes
- Increased self-monitoring of high blood pressure tied to clinical support
- Increased use of diabetes self-management & primary prevention programs

### Long-Term Outcomes

- Improved prevention and control of hypertension
- Improved prevention & control of diabetes
- Improved prevention and control of overweight and obesity