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

Demonstrated success in accomplishing activities & strategies

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

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)

LONG-TERM OUTCOMES

Improved prevention and control of hypertension

Improved prevention & control of diabetes

Improved prevention and control of overweight and obesity