

Health Care Sector List of Questions

The following pages list the questions for each module (demographic, physical activity, nutrition, tobacco, chronic disease management, and leadership) of the Health Care sector. The questions are provided in the Excel spreadsheets of the CHANGE tool; below is an example of a Health Care spreadsheet.

Health Care: Tobacco

Based on your team's knowledge or observations of the community, use the following Policy and Environment scales to indicate the most appropriate responses for each statement. Position the cursor over each rating option to see further explanation and an example (examples provided are for item #1).

In the two response columns, please indicate the appropriate number (#) from the scales below that best represents your answers for each item. Provide both a Policy Response # and Environment Response # for each statement in the appropriate column, with supporting documentation in the corresponding comment boxes. Response # 99 should be used only when the strategy is not applicable at the site (e.g., stair promotion not suitable in one-story building).

Response #	Policy	Environment
1	Not identified as problem	Elements not in place
2	Problem identification/gaining agenda status	Few elements in place
3	Policy formulation and adoption	Some elements are in place
4	Policy implementation	Most elements are in place
5	Policy evaluation and enforcement	All elements in place
99	Not applicable	Not applicable

To what extent does the health care facility:		Policy Response #	Environment Response #
1. Institute a <u>smoke-free policy 24/7</u> for indoor public places?			
2. Institute a <u>tobacco-free policy 24/7</u> for indoor public places?			
3. Institute a <u>smoke-free policy 24/7</u> for outdoor public places?			
4. Institute a <u>tobacco-free policy 24/7</u> for outdoor public places?			
5. Assess patients' tobacco use as part of written checklist or screening used in all routine office visits?			
6. Assess patients' exposure to tobacco smoke as part of written checklist or screening used in all routine office visits?			
7. Provide advice and counseling about the harm of tobacco use and exposure during all office visits?			
8. Implement a <u>referral system</u> to help patients access tobacco cessation resources and services, such as a <u>quitline</u> (e.g., 1-800-QUIT-NOW)?			
9. Provide access to free or low cost <u>pharmacological quitting aids</u> for their patients?			
10. Implement a <u>provider-reminder system</u> to assess, advise, track, and monitor tobacco use?			
COLUMN TOTAL:		0	0
TOBACCO USE SCORE:		0.00%	0.00%

Please remember to answer every item. Do not leave any item blank.

Demographic Information / Physical Activity / Nutrition / **Tobacco** / Chronic Disease Management / Leadership

As an example, these are the questions asked in the tobacco module. The following pages list all questions asked in all modules of the Health Care sector.

Demographic

1. Number of staff:
fewer than 20, 20 – 99, 100 – 249, 250 – 499, 500 – 999, 1,000 – 1,499, 1,500+
2. Type of health care organization:
medical/physician office, clinic, hospital, ambulatory care, home health agency, health maintenance organization (HMO), local health department, federally qualified health center (FQHC), other
3. Number of patients:
average number of patients on monthly basis
4. Sector type:
private, public
5. Profit type:
for-profit, not-for-profit

Physical Activity

To what extent does the health care facility:

1. Promote stairwell use (e.g., make stairs appealing, post motivational signs near stairs to encourage physical activity) to patients, visitors, and staff?
2. Assess patients' physical activity as part of a written checklist or screening used in all routine office visits?
3. Provide regular counseling about the health value of physical activity during all routine office visits?
4. Implement a referral system to help patients' access community-based resources or services for physical activity?

Nutrition

To what extent does the health care facility:

1. Implement breastfeeding initiative for future or current moms?
2. Assess patients' nutrition as part of a written checklist or screening used in all routine office visits?
3. Provide regular counseling about the health value of good nutrition during all routine office visits?
4. Provide free or low cost weight management or nutrition programs?
5. Implement a referral system to help patients access community-based resources or services for nutrition?
6. Institute healthy food and beverage options in vending machines?
7. Institute healthy food and beverage options served to their patients?
8. Institute healthy food and beverage options in the onsite cafeteria and food venues?
9. Institute pricing strategies that encourage the purchase of healthy food and beverage options?
10. Institute healthy food purchasing (e.g., to reduce the caloric, sodium, and fat content of foods offered) for cafeteria and onsite food venues?

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CDC's Healthy Communities Program

<http://www.cdc.gov/healthycommunitiesprogram/tools/change.htm> 2/26/10

11. Institute healthy food preparation practices (e.g., steaming, low fat, low salt, limiting frying) in onsite cafeteria and food venues?
12. Institute nutritional labeling (e.g., 'low fat,' 'light,' 'heart healthy,' 'no trans fat') at the onsite cafeteria and food venues?
13. Ban marketing (e.g., counter advertisements, posters, other print materials) of less than healthy foods and beverages onsite?
14. Provide smaller portion sizes in onsite cafeteria and food venues?

Tobacco

To what extent does the health care facility:

1. Institute a smoke-free policy 24/7 for indoor public places?
2. Institute a tobacco-free policy 24/7 for indoor public places?
3. Institute a smoke-free policy 24/7 for outdoor public places?
4. Institute a tobacco-free policy 24/7 for outdoor public places?
5. Assess patients' tobacco use as part of written checklist or screening used in all routine office visits?
6. Assess patients' exposure to tobacco smoke as part of written checklist or screening used in all routine office visits?
7. Provide advice and counseling about the harm of tobacco use and exposure during all office visits?
8. Implement a referral system to help patients access tobacco cessation resources and services, such as a quitline (e.g., 1-800-QUIT-NOW)?
9. Provide access to free or low cost pharmacological quitting aids for their patients?
10. Implement a provider-reminder system to assess, advise, track, and monitor tobacco use?

Chronic Disease Management

To what extent does the health care facility:

1. Implement a referral system to help patients access community-based resources or services for chronic disease management?
2. Provide routine follow-up counseling and education to patients to help address chronic diseases and related risk factors (e.g., poor nutrition, physical inactivity, hypertension, high cholesterol, elevated blood sugar levels, tobacco use and exposure)?
3. Provide screening for chronic diseases in adults with risk factors (e.g., poor nutrition, physical inactivity, hypertension, high cholesterol, elevated blood sugar levels, tobacco use and exposure)?
4. Measure weight and height, and calculate appropriate body mass index (BMI) for every patient at each visit?
5. Adopt a plan or process to increase patient adherence to chronic disease (e.g., cardiovascular disease, diabetes) treatment?
6. Institute a systematic approach to the processes of diabetes care?
7. Institute the latest emergency heart disease and stroke treatment guidelines (e.g., Joint National Committee 7, American Heart Association)?
8. Provide access to resources and training for using a stroke rating scale?

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9. Provide specialized stroke care units?
10. Provide specialized heart disease units?

Leadership

To what extent does the health care facility:

1. Participate in community coalitions and partnerships (e.g., food policy council, tobacco-free partnership, neighborhood safety coalition) to address chronic diseases and related risk factors (e.g., poor nutrition, physical inactivity, tobacco use and exposure)?
2. Participate in the public policy process to highlight the need for community changes to address chronic diseases and related risk factors (e.g., poor nutrition, physical inactivity, tobacco use and exposure)?
3. Enhance access to childhood overweight prevention and treatment services to reduce health disparities?
4. Promote high standards of modifiable risk factor (e.g., poor nutrition, physical inactivity, tobacco use and exposure) practice to healthcare and provider associations?
5. Institute standardized treatment and prevention protocols that are consistent with national evidence-based guidelines to prevent heart disease, stroke, and related risk factors?
6. Institute an electronic medical records system and patient data registries to provide immediate feedback on a patient's condition and compliance with the treatment regimen?
7. Adopt the Chronic Care Model in hospitals?
8. Provide patient services using provider care teams that cross specialties (e.g., physician/pharmacist teams)?
9. Provide access to medical services outside of regular working hours (e.g., late evenings, weekends)?
10. Promote collaboration between health care professionals (e.g., physicians and specialists) for managing chronic diseases (e.g., cardiovascular disease, diabetes)?
11. Partner with community agencies to provide free or low cost chronic disease health screenings, follow-up counseling, and education for those at risk?
12. Institute annual cultural competence training for all health workers for optimal care of all patients (regardless of their race/ethnicity, culture, or background)?

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