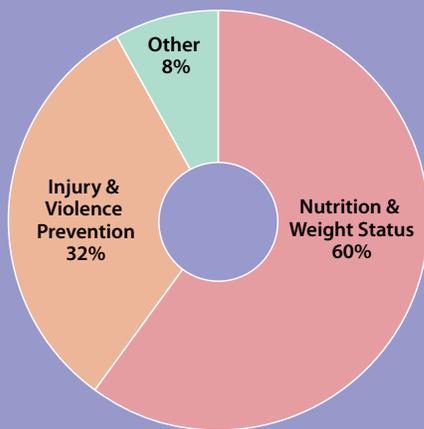


Preventive Health and Health Services Block Grant

Utah

How Utah Invested PHHS Block Grant Funding

Total FY 2015 Funding: \$1,411,798



Utah's children in TOP Star childcare facilities spend much less time watching TV and more time playing.

Fighting Obesity Starts Early with Childcare

Healthy behaviors, like exercising and eating well, can help children avoid weight-related health problems and obesity when they are older. Using a portion of its 2014 Preventive Health and Health Services (PHHS) Block Grant funding, the Utah Department of Health (UDOH) supported coordinators at local health departments in implementing the UDOH's Targeting Obesity in Preschools and Childcare Settings (TOP Star) Program.

As part of this program, health education specialists work with childcare providers to find ways for the children in their care to be healthier. Utah's 49 TOP Star-endorsed childcare facilities serve healthy food like fruits and vegetables, support breastfeeding moms and their babies, set aside more time for children to run and play, and turn off the TV screens for most of the day.

One of the TOP Star childcare facilities—the Imagination Time childcare center in West Point, Utah—takes care of more than 20 children every day. Before the TOP Star program started at Imagination Time, the TV was kept on all day to entertain the children and provide background noise. Imagination Time's manager used TOP Star to help create a weekly schedule with outdoor play time, field trips, games, and art projects. New play equipment was also added to the backyard, and TV time for the children was reduced to only 30 minutes per week.

Imagination Time's manager also made changes in the food provided for the children. Whole grains, dried fruit, and fat-free milk replaced white bread, cookies, and 2% milk. Once a week, the facility also served a new food for the children to try.

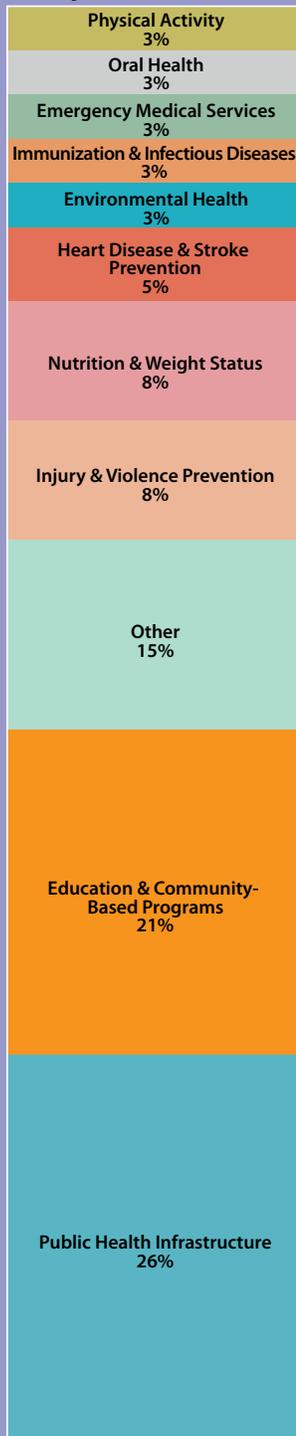
As improvements like the ones at Imagination Time show, Utah's work with the PHHS Block Grant is helping its youngest residents live healthier lives by supporting important early steps to prevent obesity.



Centers for Disease Control and Prevention
Office for State, Tribal, Local and Territorial Support

Preventive Health and Health Services Block Grant

2015 Top-Funded Health Areas



Excludes all non-discretionary funding: administrative costs (up to 10%), direct assistance, and funds set aside for sexual violence (rape prevention).

What is the PHHS Block Grant?

The Preventive Health and Health Services (PHHS) Block Grant provides flexible federal funding to 61 states, tribes, and US territories. These grantees use the funding to meet vital public health needs within their jurisdictions that align with national priorities—the Healthy People (HP) 2020 objectives.

Block Grant Investment Across the Nation

In fiscal year 2015, the 61 grantees received about \$126 million from the PHHS Block Grant to support critical programs and services. Most funds (85%) supported HP 2020 objectives in 10 key areas: 1) Public Health Infrastructure, 2) Education and Community-Based Programs, 3) Injury and Violence Prevention, 4) Nutrition and Weight Status, 5) Heart Disease and Stroke Prevention, 6) Environmental Health, 7) Immunization and Infectious Diseases, 8) Emergency Medical Services, 9) Oral Health, and 10) Physical Activity.

Public Health Infrastructure was the most funded area (26% of total funding); 43 grantees directed funds toward public health systems assessment, health improvement planning, accreditation, quality improvement, laboratory services, and other infrastructure activities. Education and Community-Based Programs was the second-most funded area (21% of total funding); 29 grantees directed funds toward community-based primary prevention services, worksite health promotion programs, and culturally appropriate community health programs.

Grantees also directed funds toward supporting local organizations working to improve community health (27% of total funding) and reduce health disparities (23% of total funding).