Taking a Landscape View to Healthy Living

How our surroundings influence our ability to live healthy, and what changes Healthy Start programs can make to support living healthy at all levels

June 22, 2017 3-4:30 PM ET
Let’s start with a story...
5 fruits and vegetables every day?
150 minutes of physical activity per week?
“You are pregnant and this is important for your health and the health of your baby! You need to be a good role model for your kids!”
Improved Maternal and Infant Health Outcomes

Physical Activity

Healthy Eating

Stress Management
Why does this matter?

Healthy eating, physical activity

- Decreased high blood pressure
  - Reduced risk of:
    - Preeclampsia
    - Premature birth
    - Low birth weight
    - Placental abruption

- Decreased diabetes
  - Reduced risk of:
    - Preeclampsia
    - Premature birth
    - Birth defects
    - C-section
    - Miscarriage & stillbirth

Why does this matter?

Chronic Stress (household strain, homelessness, racism)

- Heart disease
- Anxiety, depression

Preeclampsia
- Premature birth
- Low birth weight
- Placental abruption

Preterm birth
- Low birth weight

Why does this matter?

- Healthy eating, physical activity, reduced stress
- Reduced risk of chronic disease, anxiety, depression

- Healthier participants
- Better prepared for a healthy pregnancy
- Role model for children

http://www.mayoclinic.org/healthy-lifestyle/getting-pregnant/in-depth/preconception/art-20046664
https://www.choosemyplate.gov/ten-tips-be-a-healthy-role-model
Physical activity reduces depression and anxiety, increase self-esteem\(^1\)

Stress is associated with less healthy eating\(^2,3\)

What we eat can impact depression and anxiety\(^4-6\)

Mindfulness is associated with healthy eating\(^7\)

Engaging in physical activity facilitates improved fruit and vegetable consumption\(^8\)

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Physical, mental and emotional health and well-being

Other challenges
The purpose of this Healthy Living Initiative is to help Healthy Start grantees support their participants and staff to be healthy in all areas of their life – physically, mentally and emotionally.

Healthy Living:

- Healthy eating
- Active living
- Stress management

Across 4 Ps (pre- and inter-concept, prenatal, postpartum, and parenting)
Complementary Activities

Topical Webinars: Healthy Eating, Physical Activity, Stress Management

- Other webinars: emotion-based interviewing
- Regional meeting activities
- Community training: compassion fatigue

Foundational Webinar: Taking a Landscape View

- Go in depth
- Provide specific examples about what works, how to engage participants
- Hear from you!

- Provide context & overview
- Hear from other HS programs who are leading this work
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We are here!
## Working Group

### Healthy Start Programs

**Shawn Taylor**, Healthy Babies Strong Families Healthy Start Program in Denver

**Nathifa Miller**, Healthy Babies Strong Families Healthy Start Program in Denver

**Lauren Clark**, Health Education Coordinator, Missouri Bootheel Regional Consortium, Inc.

### DHSPS

- Christina Lottie
- Sandra Mathloslah

### EPIC Center

- Katie DeAngelis
- Megan Hiltner
- And others!
By the end of the series, participants will:

- Be able to **describe the importance** of healthy eating, active living, and stress reduction to maternal health.
- Recognize **how our surroundings impact** our ability to live healthy.
- Be able to **use appropriate messaging** regarding healthy living (healthy eating, active living, stress reduction).
- Have **specific and culturally relevant examples** of what staff can give/share/do with participants, and to support staff wellness.
By the end of today’s session, we hope you will be able to:

- Describe how healthy eating, active living, and managing stress impacts health throughout all phases of life.
- Describe how our ability to live healthy is influenced by our surroundings.
- Identify examples of changes that can be made at the community, organizational, and individual/relationship levels that can improve health.
- Identify one action step to support healthy living at your Healthy Start program.
How Our Surroundings Impact Health
Individual

Interpersonal

Organizational

Community

Availability of grocery stores, safe places to walk and play

Organizational culture, supports for healthy behaviors

Compassion, supportive relationships

Behaviors
People walk more when there is:

- Local recreational facilities
- Cycling infrastructure
- Close proximity/Access to shops
- High density of residences
- Well-maintained pavement, other aesthetics
- Public transportation stops
- Perceived safety from traffic
- Highly connected streets
People eat healthier when there is:

- Fewer fast food restaurants
- Less marketing of unhealthy foods (among young children and teens)
- More food stores selling a full range of products (e.g., grocery stores)
- Pricing to make healthier foods more competitive
People have higher rates of stress and depression when neighborhoods have:

- Poorly maintained, vacant buildings
- Social disorder (drug use, illicit activity)
- Violence

What the Data Says...

“Pull yourself up by your bootstraps”

“The American Dream”

“You own your own success”

“Anyone can be anything in America”
Not eating 5 fruits and vegetables? Eat more!

Not being physically active? Go for a walk! Parents should make their kids exercise!

Feeling stressed or anxious? Deal with it!
Individual Problems

“Individual is lacking correct information, discipline, will power”

Individual Solutions

“We need to educate more, help them change their habits and priorities”
Want to learn more? Check out
Frameworks Institute
http://frameworksinstitute.org/assets/files/PDF_communityhealth/framingmanualfoodfit.pdf and
Berkeley Media Studies Group
http://www.bmsg.org/pdfs/Talking_Upstream.pdf
This will only get us so far!
Community Problems

“The community isn’t designed to help us to live healthy lives”

Community Solutions

“We need to work together to change that!”
Not eating 5 fruits and vegetables?

What kind of access to healthy foods exist?

Not being physically active?

What safe places for being active are nearby?

Feeling stressed or anxious?

What social support is available?
We’re all in this together!
Community Action Network priorities

Healthy Start program organizational culture, supports for healthy behaviors

Compassionate, supportive relationships between participants and Healthy Start program staff
Yes, the CAN can!

Are there safe places to walk and play?
- Playgrounds, parks, sidewalks

Where are healthy, affordable foods available?
- Corner stores, farmers markets

How does the community support mental health?
- Social support groups, other services
Some first steps

- Conduct a walking audit with CAN partners to find out: where are there opportunities for participants to find healthy, affordable foods? Where are there issues of safety and accessibility?

- Discuss with CAN partners how you see the impacts of our surroundings on our ability to be healthy.
What about YOU?

Think of all the ways your program environment impacts people daily:

- Staff who come to work every day
- Participants coming for intake, case management meetings
- Participants attending classes
- Participants and their families attending events
What about YOU?

Some questions to consider:

- What foods are we serving? Are we offering healthy foods at our events for participants? Does the vending machine have healthy options in it?

- Do we support and champion being physically active? Do we have events that get us active - like walking groups or bowling nights?

- Do we build physical activities into our ongoing group activities for participants--e.g. Expecting moms’ group, mom and baby group, fathers’ group?
What about YOU?

Some questions to consider:

- How do we support participants’ mental health?
- How do we support and address our own staff stress levels in order to best meet participant needs?
- What group norms are we fostering?
### Physical Activity

**During the past 12 months, did your worksite:**

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<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Score</th>
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<tbody>
<tr>
<td>Provide an exercise facility on-site?</td>
<td>☐</td>
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<td>(3 pts.)</td>
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<td>Subsidize or discount the cost of on-site or offsite exercise facilities?</td>
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<td>Provide environmental supports for recreation or physical activity?</td>
<td>☐</td>
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<td>Post signs at elevators, stairwell entrances or exits and other key locations that encourage employees to use the stairs?</td>
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<td>(3 pts.)</td>
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<td>Provide organized individual or group physical activity programs for employees (other than the use of an exercise facility)?</td>
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<td>Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the benefits of physical activity?</td>
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<td>Provide a series of educational seminars, workshops, or classes on physical activity?</td>
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Support Participants

Keep it simple

- “Natural and whole foods”

Offer feasible changes

- Affordable substitutions (canned beans, frozen vegetables, brown rice)

Approach with compassion

- How would these changes be for you? How can we support you?
Chat in your stories to share on future sessions!
Healthy Babies Strong Families
Healthy Start Program
Vision: Safe, healthy and prosperous communities in Northeast Denver and North Aurora

Mission: To enrich entire families lives through partnership and services that create a safe, healthy and connected community
While Healthy Babies Strong Families (HBSF) is providing services to address all factors of social determinants of health, we have determined that one missing link is the health (physical environment) component. Because this factor impacts the participants' overall success and well-being.

**NOTE:** health is tied into depression, social isolation, caring for child(ren), and sustaining a livelihood.
HBSF offers the following programs.

**New-Ro-Fit**
Zumba, Cardio & Dance Classes

**Fit Body & Soul**
Behavioral Lifestyle program for diabetes Prevention

**Cooking Matters**
Empower families with skills to stretch their food budget and cook healthy meals

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Personal Trainer

Nutritionist

Life Coach
Lesson Learned

- We (staff) model the created activities
- Recognize the challenges with getting participants engaged
- Remove the barriers and make things simple and fun
Thank You

Felicia Allen: Family Advocate
Felicia@familiesforwardrc.org

Nathifa Miller: Collective Impact Coordinator
Nathifa@familiesforwardrc.org

Shawn Taylor: HBSF Program Director
shawn@familiesforwardrc.org
MISSOURI BOOTHEEL HEALTHY START

HOW WE ARE ENCOURAGING WELLNESS

- Maternal Wellness Program
- Knitting/Healthy Family Class
- First Love Yourself Women’s Support Group
MATERNAL WELLNESS PROGRAM

- Travel throughout the Bootheel to community centers & churches
- Educate communities we travel to about how to lead a healthier lifestyles
- Our goal was to change the health behaviors of women 15-44
- Healthier Women equals Heathier Families
- Realized men were also interested learning about healthier lifestyles
- Getting health professionals involved throughout the Bootheel
- Workshops – Strategic Community Workshop
- Southeast Missouri Maternal Child & Family Health Coalition (SMCFHC)
Food Faith & Heritage in the Bootheel

Missouri Bootheel Regional Consortium’s Maternal Wellness Tool for a Healthy Lifestyle

Fans Too!

Over 500 Reached
Close Knit Families
A Healthy Family class series

NUTRITION DURING BREASTFEEDING AND PREGNANCY

Thursday, July 20th, 6-7:30 PM
Missouri Bootheel Regional Consortium
903 S. Kingshighway
Sikeston, MO 63801

Each session will include knitting instruction, dinner, and an educational topic. Many sessions will be taught by guest experts.

Supplies and instruction will be provided to assist every participant to finish a knitting project over the course of the series - a baby hat or nursing shawl.

Attendance for this event is limited to parents living in Dunklin, Mississippi, New Madrid, Pemiscot, and Scott Counties between the ages of 14 and 45.

MBRC will reimburse childcare for children of Healthy Start Case Management clients; two children under the age of ten at $10.00 per child. Mileage will be reimbursed for out of town participants only at the rate of $.50 cents per mile. Residents of Sikeston will not receive mileage reimbursement. Transportation is available for Healthy Start clients.

Space for this program is limited! Please R.S.V.P. for attendance and transportation no later than the Tuesday before class with the MBRC office. R.S.V.P. at (573) 471-9400 or toll-free at (888) 317-4949.

- The Importance of Prenatal and Pediatric Care
- Breastfeeding and Available Support
- Nutrition
- Smoking Cessation, Stress Management
- Post-Partum Depression and Anxiety Disorders

REVAMPED HEALTHY FAMILY CLASSES

- Providing a healthy meal with each class
- Knitting education for stress relief
- Area experts for each topic
- Working on goal setting
FIRST LOVE YOURSELF SUPPORT GROUP

First Love Yourself (FLY) Women's Support Groups are dedicated exclusively for Healthy Start Consumers, Parents and Consortium members ages 18 and over. The group meetings support and are not limited to the following key topics: Self Esteem, Health and Wellness, Attitude, Preparedness and Empowerment.
ANNUAL FISHING CLINIC AND TAKE A KID FISHING DAY

- August 5th, 2017 will be the 19th annual
- Fishing, Archery, Boat Rides
- Get the whole family outdoors and active
- Work with the National Guard and Missouri Department of Conservation
1. Talk to your staff

- Engage your staff in a discussion about these topics
- What challenges do you think your participants are facing in these areas? What might you be able to do to support them?
- Every program will need a champion for these changes. It could (should) be you!
2. Think about what you’re doing as a program

- Explore the CDC Worksite Health Scorecard modules on physical activity and nutrition
- How are you doing as an organization?
- What are 1 or 2 small things you might be able to do differently to make your program more supportive of healthy living?
3. Discuss as a team what resources you have in your community.
What to do now?

4. Tell us what you are doing!

Email healthystart epic@jsi.com if you have any other ideas to highlight of future webinars

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<thead>
<tr>
<th>Month</th>
<th>Webinar Topic</th>
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<tbody>
<tr>
<td>Sept</td>
<td>Healthy Eating</td>
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<tr>
<td>Oct</td>
<td>Active Living</td>
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<tr>
<td>Nov</td>
<td>Stress Management and Mindfulness</td>
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June 29 3:00-4:00pm: Screening Tools Initiative: EPIC Online Screening Tool Update

Regional Meetings June-September
Thank You

Contact us!
healthystartepic@jsi.com