

PRIORITY: OBESITY

GOAL: Promote health and reduce chronic disease risk through achievement and maintenance of healthy body weight.

Current Situation

The proportion of overweight or obese adults in Washtenaw County has increased from 44% in 1995 to nearly 60% in 2010 (HIP 1995 and 2010 Surveys). Groups reporting rates higher than the county average are blacks or African Americans (67%), those with activity limitations (69%), and those without health insurance (82%) (HIP 2010 Survey). However, there may be some good news: the latest 3-year average for overweight or obese in Washtenaw County is 56.2% (Michigan Behavioral Risk Factor Survey 2011-2013). For children, there has also been a decrease in the proportion of overweight or obese low income preschool children, from 28% in 2010 to 24% in 2014 (Washtenaw County WIC).

Looking ahead in 2015, WCPH plans to add a new Maternal and Child Health Epidemiologist position. This will increase capacity to work with community and health system partners to convene a countywide obesity prevention workgroup, further develop the Washtenaw County childhood BMI surveillance system, and analyze aggregate childhood BMI data sets. The resulting partnerships and data will be used to further refine this plan.

Alignment with State or National Initiatives

Michigan Health and Wellness Plan

MyPlate.gov

National Association of City and County Health Officials – recommends health departments work with local governments to eliminate soda in vending machines.

Source/Evidence Base

The Guide to Community Prevention Services

Policy Component (Y/N and Explanation)

Yes, see strategies related to healthy vending, Washtenaw Food Policy Council, YMCA's statewide Pioneering Healthier Communities, and Healthy Kids Healthy Michigan's workgroups.

Objective 1:

Decrease the proportion of adults who are overweight or obese from 59% to 40%.

Outcome Indicator	2010 Baseline	2014 Update	2020 Target	Data Sources
Adult overweight or obese rate	59%	56.2%*	40%	HIP Survey

**2011-2013 Michigan BRFSS Regional & Local Health Department Estimates, October 2, 2014. No new HIP Survey data available. Next survey scheduled for 2015; data will be available 2016.*

Action Plan:

Program Activities	Baseline	Person/Group Responsible	Timeline	Performance Indicator
Coordinate Countywide Obesity Workgroup, identify gaps in services to high risk populations	Ongoing	Washtenaw County Public Health, St. Joseph Mercy Health System, University of Michigan Health System	2014-2015	# meetings per year, Meeting minutes, list of members, revised action plan with input of this group
Participate on the Healthy Communities Chelsea, Manchester, Dexter local coalition and collaborate with 5 Healthy Towns coalitions	Ongoing	Washtenaw County Public Health, St. Joseph Mercy - Chelsea, Chelsea Area Wellness Foundation	2013-2018	# meetings attended per year, meeting minutes
Advocate for healthy vending policies within municipalities and agencies such as Washtenaw County, cities/townships, health systems, parks, etc.	Ongoing	Washtenaw County Public Health	2013-2015	# policy changes, copies of new polices
Coordinate the Prescription for Health program which provides low-income patients with nutrition counseling and coupons for produce at farmers' markets	Ongoing	Washtenaw County Public Health, local safety net clinics, local farmers markets	2014-2015	Copy of annual reports, # participants enrolled, increase program participants consumption of fruit and vegetables by 1 cup (pre/post)
Maintain inventory of nutrition education programs for low-income residents. Analyze for gaps, duplication, etc. in order to improve access and facilitate networking between agencies.	Ongoing	Growing Hope, Washtenaw County Public Health	2014-2015	Copy of inventory dated 2015
Maintain resource guide of obesity prevention programs; disseminate to organizations that serve groups with high rates of obesity	Ongoing	Washtenaw County Public Health	2014-2015	Copy of resource guide; list of organizations distributed to; update annually
In collaboration with the Washtenaw Food Policy Council (WFPC), advocate for strategies identified on 2014 WFPC policy agenda	Ongoing	Washtenaw County Public Health, Washtenaw Food Policy Council, and community partners	2014-2018	# executive committee meetings attended, # policy action team meetings attended, # meeting agendas, # meeting minutes

Objective 2:

Decrease the proportion of overweight or obesity rate in low income preschool children from 28% to 20%.

Outcome Indicator	2010 Baseline	2014 Update	2020 Target	Data Sources
Low-income preschool overweight or obesity rate	28%	24%	20%	WIC data

Action Plan:

Program Activities	Baseline	Person/Group Responsible	Timeline	Performance Indicator
Participate on YMCA's statewide Pioneering Healthier Communities (policy level childhood obesity initiatives such as nutrition and physical activity standards in child care settings)	Ongoing	Y of Ann Arbor, Washtenaw County Public Health	2014-2015	# meetings attended per year, meeting minutes,
Participate on Healthy Kids Healthy Michigan's (HKHM) workgroups (policy level childhood obesity prevention)	Ongoing	Washtenaw County Public Health, St Joe's, UMHS, CCH, others	2014-2015	# meetings attended per year, meeting minutes
Advocate that Washtenaw County's childhood obesity surveillance system becomes a model for other counties statewide	Ongoing	Washtenaw County Public Health, St. Joseph Mercy Health System, University of Michigan Health System	2014-2015	Copies of new WCPH BMI surveillance reports; presentations to MDCH Epidemiology Department and to HKHM workgroups
Advocate for Washtenaw County schools to participate in Safe Routes to School activities and create Safe Routes to School teams	Ongoing	Washtenaw County Public Health, Washtenaw Area Transportation Study, Safe Kids Coalition	2014-2016	# new SRTS plans developed
Participate in Ypsilanti Community Schools Coordinated School Health Team	Ongoing	Washtenaw County Public Health	2014-2015	# of meetings attended per year, # meeting minutes
Support the Washtenaw Food Policy Council Policy priorities related to improving food environments in schools	New	Washtenaw County Public Health	2014-2015	WFPC Access Policy Action Team # of meetings and meeting minutes