

# Chronic Disease Prevention

October 2010



## RIDE THE DRIVE, TAKE 3 -- A SUCCESS!

The sun rose this past August 29<sup>th</sup> over Lake Monona, illuminating a sight rarely seen on John Nolen, or any other downtown street. Walkers, joggers, bikes, strollers and skaters swarmed all lanes, no cars in sight.

It was only the third time that a six-mile loop of downtown roadway was opened to all non-motorized means of getting around, and car traffic re-routed.

It's not a new idea: In Chicago and Portland, it's Sunday Parkways, in NYC, Summer Sundays.

Some may have thought the event was only for bikers. Not true: the day included such diverse activities as hula hoop making (and using), Mad Rollin' Dolls' Skate Skool, kite-making (and flying), and rowing machines, courtesy Camp Randall Rowing Club. Not having a bike isn't a barrier, either: free bike rental provided by DreamBikes.

PHMDC's Kathy Andrusz partnered with City of Madison Information Technology, Trek Bicycle Company, Wisconsin Bike Federation, City of Madison Parks, Madison School Community Recreation, YMCA of Dane County and DreamBikes to create the event. Participants included Schwinn, Madison Metro (demonstrating use of the bus bike rack), and Madison Area Community Supported Agriculture Coalition (MACSAC).

Public Health's ongoing role in the event is twofold: To assure the event is accessible to all with special outreach to underserved populations, and to help everyone rediscover the innate enjoyment of being physically active outdoors.



### Chronic Disease Prevention Staff

Susan Webb-Lukomski (.5 FTE)

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## Update: Chronic disease improvement project

As you may recall from the May staff meeting, we are working on improvements in our chronic disease prevention services, including activities performed by Community Health Division staff in other programs.

Sue has met with program managers, and created a list of recommended improvements, in priority order. The managers have agreed to the first wave of improvements, which are now underway. Stay tuned for these and more:

- Re-distribution of blood pressure equipment and refresher training if needed
- Guidelines for perinatal program PHNs whose clients have diabetes, asthma, hypertensive disorders or obesity, and training and materials if needed
- Updated PHN practice guidelines related to tobacco, and refresher training if needed
- Motivational interviewing refresher training
- Updates and additions to the PHMDC website
- An easy to find spot on the F drive for chronic disease-related practice guidelines, teaching tools and reference documents
- Updates to the electronic card file used by reception and intake staff to direct calls
- Presentation and assignment of projects to UW and Edgewood student nurses

## Healthy Communities Award Summer 2010

As a part of obesity prevention efforts, PHMDC has established recognition awards for Dane County youth-serving organizations that adopt and sustain practices to promote healthy eating and physical activity. Funded by Group Health Cooperative of South Central Wisconsin, the program's goals are that organizations will:

- Examine the food and beverages available at programs, opportunities for physical activity, and other health-related messages to the youth,
- Work to make healthier changes, and
- Sustain and build on these changes to promote healthy options for youth in the program and beyond.

This summer, six organizations were selected from 14 applicants to receive \$250 to support their changes. The awards are chosen based on criteria set by an advisory board made up of local experts in physical activity, nutrition and after-school programs.

Awardees:

**Bayview Community Center**—Yoga mats and veggie and fruit snacks

**Bridge Lake Point Waunona Neighborhood Center**—healthier snacks and a 'pantry audit'

**Cambridge Community Activity Program**—fruit and vegetable challenge and soccer tournaments

**Goodman Community Center**—portable stoves for cooking activities and stir fry veggies

**Neighborhood House**—soccer goals, pedometer program and training for a 5K

**Wisconsin Youth and Family Program**—gardening equipment, pedometer program



Youth from Goodman Community Center enjoying outdoor activity

October 2010

## Youth data drives the work

The 2008 Dane County Youth Assessment provides rich data to focus and target our work. The data is examined by gender, race and community. Here's what we know about Dane County 7<sup>th</sup>-12<sup>th</sup> graders overall:

**1 out of 4 is overweight or obese**

**Only about 40% take part in school or recreational sports**

**Only 50% are active on their own (biking, skating, playground ball, etc.)**

**1 out of 5 is very inactive, getting 20 minutes of activity on only 0-2 days a week**

**Only 1 out of 10 eats the recommended 5 servings of fruit or veggies a day. 22% eat 0-1 serving most days.**

**43% drink at least 1 regular soda or other heavily sweetened "junk" drink per day**



## Expanding capacity through community coalitions and student projects

Examination of public health data points us to many more chronic disease prevention needs and projects than chronic disease staff can accomplish alone. Two ways we increase our capacity to get the work done are to serve as a field project site for students and by working through community coalitions.

Sue Webb-Lukomski has worked with the **Dane County Asthma Coalition** (DCAC) to develop it as an effective coalition, launch a website, and expand its projects beyond its original clinical care focus. DCAC projects include asthma management training of child care providers, Madison Asthma Camp, and asthma surveillance and environmental projects. The DCAC will soon begin a project to improve air quality at schools by reducing bus and car idling.

Over the past two years, Sue has facilitated formation of the **Hmong Health Council of South Central Wisconsin** (HHC). PHMDC staff Shoua Herr is a leader of the HHC and Fuechou Thao is also actively involved. The HHC has developed its organizational structure and rules of operation, elected leaders, and conducted an assessment and planning process to focus its work. The HHC is now ready to begin projects and has chosen diabetes prevention as its initial focus. Work is underway with PHMDC and its students, school and community partners to increase physical activity levels in Hmong youth.

Currently, two senior student nurses from UW and two from Edgewood College are working with Sue on related projects on Madison's north side. The UW students are focused on improving the nutrition environment at the Northport Community Learning Center, including helping the center to receive ongoing state funds to improve after school snacks and establish a community meal program. The Edgewood students are working to expand physical activity opportunities for youth, based on results of a neighborhood-level youth survey done last year. Expanded no-cost soccer for elementary aged youth and a new volleyball league for the Asian clubs of eight Dane County high schools are in the works. They are also looking at other barriers, including lack of sports skills, equipment, and parent awareness of programs and fee waiver systems.

Next semester, a Master of Public Health candidate from the UW School of Medicine and Public Health will work on a diabetes prevention project with the Hmong community and the Hmong Health Council. The project will be a social marketing campaign aimed at shifting the Hmong diet from white rice to brown rice, which is less diabetogenic. The Wisconsin Department of Health Services - Diabetes Prevention and Control Program is funding the project.



## October Recipes



### Squash Apple Bake

Microwave a butternut squash for a few minutes until it's soft enough to cut into. Remove the seeds and scoop out the squash. Cube and mash it with a tablespoon of butter and a tablespoon of brown sugar. Add salt and pepper as desired. Peel and slice apples and place them on the bottom of a baking dish. Top with the squash. Then top with granola, cinnamon and sugar. Bake.



### Green Tomato Salsa

Got a bunch of green tomatoes to use up? Chop in a food processor along with garlic, cilantro, onion, a few slices of pickled jalapenos along with a bit of their liquid and/or fresh lime juice, a little oil, and salt to taste. If too acidic for you, drain and "dilute" with corn, beans, etc. Or just take an antacid. 😊

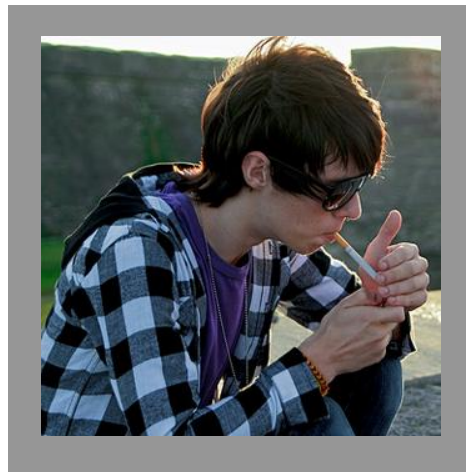
## Guidelines and recipes for healthy community meals are available

If you are working with a community organization that provides community meals, receives donated food, or runs a concession operation at special events, consider sharing the **PHMDC nutrition guidelines** and healthy, large-quantity recipe resources. Contact Sue or Kathy.



## Now, that's a tough audience!

Have you ever taught a roomful of teens who are sentenced to your class? Sue Webb-Lukomski and Lyle Burmeister do it, and they even enjoy it!



In 2005, at the request of the Madison Police Department and Madison Municipal Court, Sue developed a tobacco diversion program for youth ticketed for tobacco possession. From 2005 through 2009, she taught the program with staff at East Madison Community Center. Lyle Burmeister Youth Tobacco Program Coordinator joined in 2008.

This year, Sue and Lyle are going it alone, teaching the class three times a year in the EWO community room. Youth pay \$50 to PHMDC for the class, instead of their more expensive citation.

After evaluating the program this year, Sue and Lyle hope to offer it to other Dane County communities.

***"Knowing is not enough; we must apply.  
Willing is not enough; we must do."***

—Goethe