



The State of Chronic Disease in Coastal Georgia & Some Good News!

Presentation to: SBG Wellness Workshop

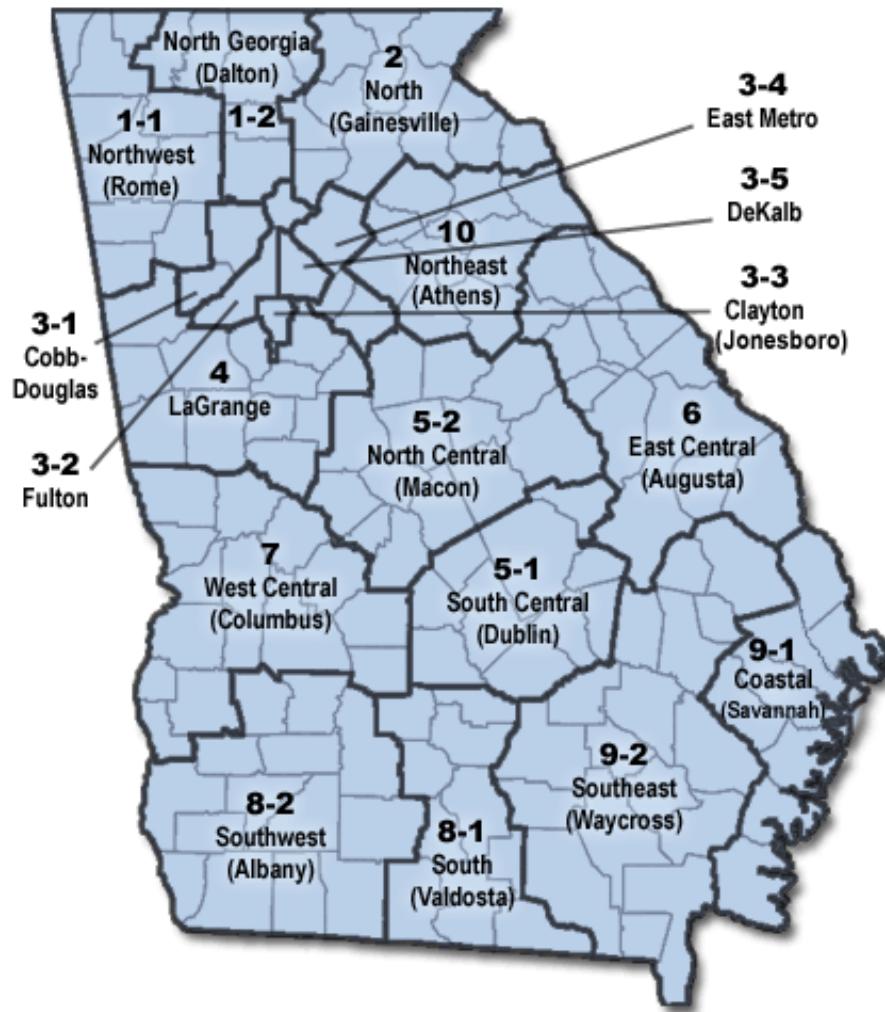
Presented by: Ekta Patel

Date: 06/29/2016



We Protect Lives.

The Coastal Health District



We Protect Lives.

Chronic Disease Prevention: Promoting Healthy Behaviors

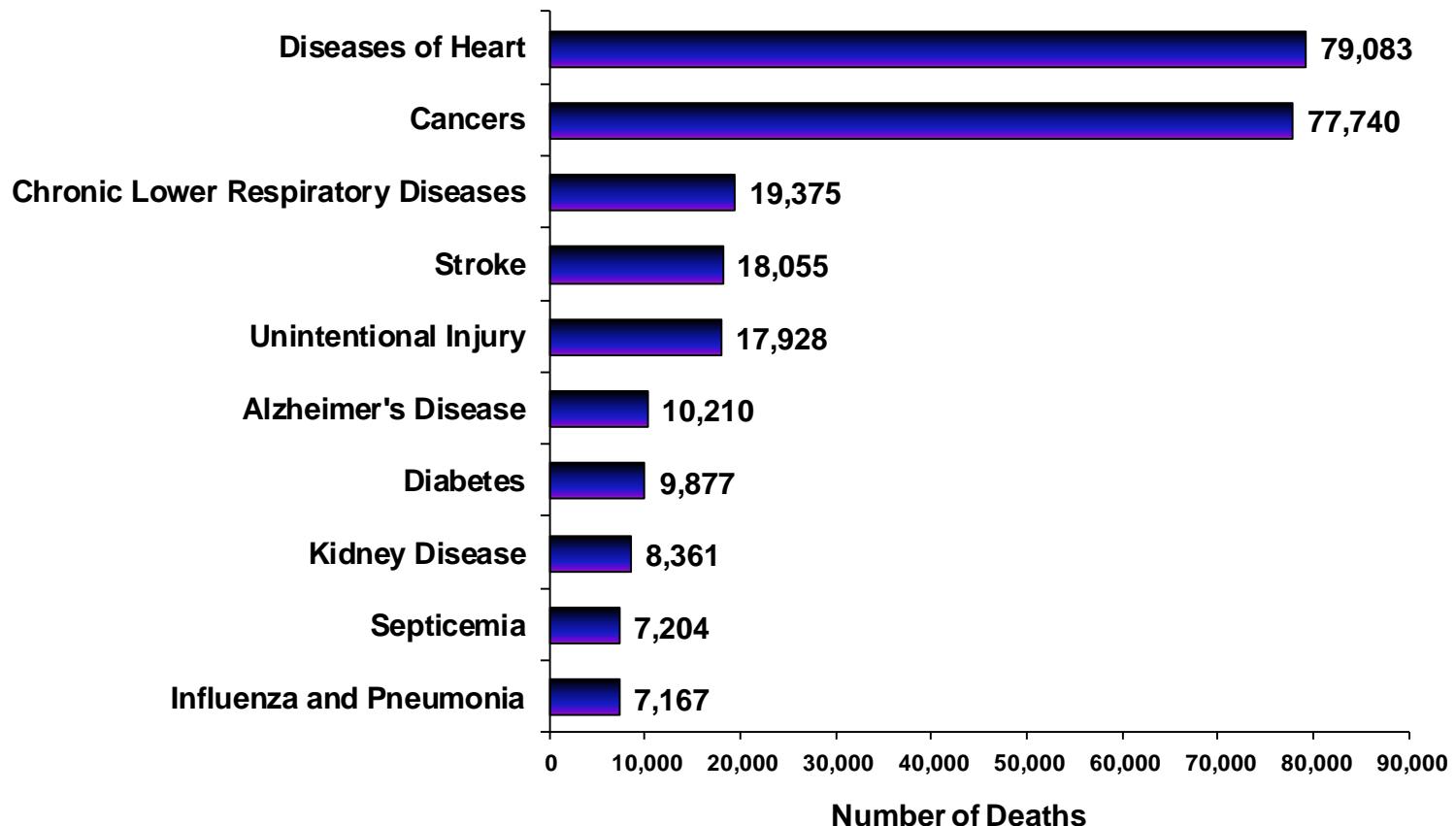
**we're
smoke
free**



- Smoke-Free Living
- Healthy Eating
- Regular Physical Activity
- Healthy Communities

Leading* Causes of Death, Georgia

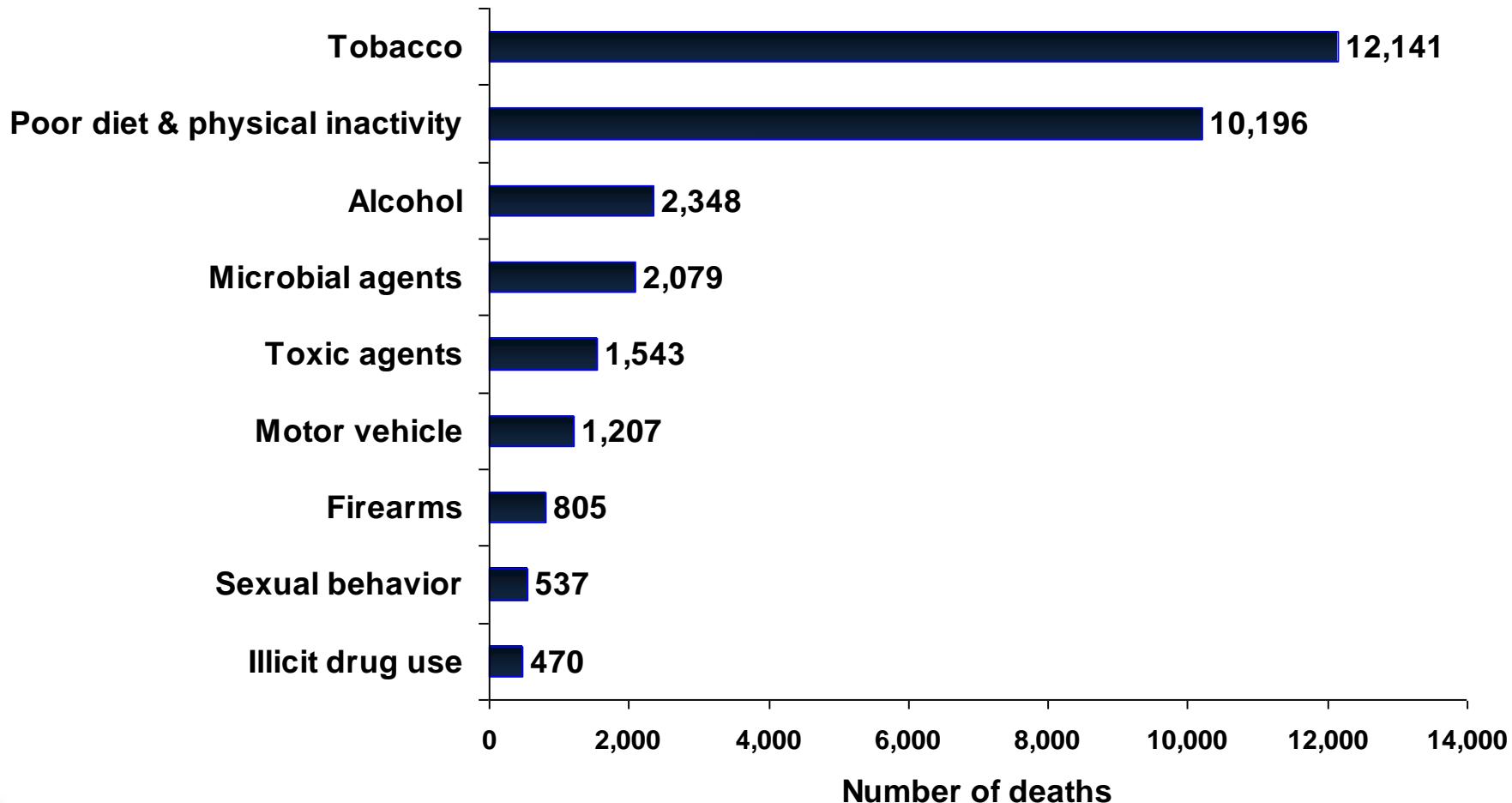
Number of Deaths 2009-2013



Source: Georgia Department of Public Health, Office of Health Indicators for Planning (OHIP), OASIS Dashboard <http://oasis.state.ga.us>

* Cause categories are the National Centers for Health Statistics (NCHS), rankable causes of deaths applied to Georgia.

Leading Actual Causes of Death*, Georgia



Source: Georgia Department of Public Health, Vital Records Death File, 2006 – Based on methodology by Foege and McGinnis.

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What Makes Us Healthy



What We Spend On Being Healthy



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Burden of Heart Disease

- Cardiovascular Disease (CVD) is the leading cause of death in Georgia and in all the Coastal Health District counties
- In 2010, ~137,000 hospitalizations occurred among Georgia Residents due to CVD
- The average charge per CVD-related hospitalization: \$40,135
- Total hospital charges for CVD in GA increased from \$3.4B to \$5.5B between 2003-2010
- In 2007, the cost of CVD in GA: ~\$7.5B (direct + indirect costs)

Deaths & Death Rates, Major Cardiovascular Diseases 2014

	Deaths	Death Rates
Georgia	22,454	222.4
Bryan	56	165.2
Camden	108	207.6
Chatham	703	248.1
Effingham	108	194.9
Glynn	225	273.8
Liberty	97	148.8
Long	33	192.8
McIntosh	22	175.9

Deduplicated Hospital Discharges & Rates, Diabetes 2014

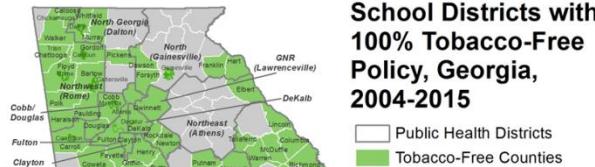
	Discharges	Discharge Rate
Georgia	13,770	136.4
Bryan	41	120.9
Camden	40	76.9
Chatham	506	178.6
Effingham	78	140.7
Glynn	130	158.2
Liberty	79	121.2
Long	22	128.6
McIntosh	18	126.6

Protective Factors

- Partnerships with local FQHCs for healthcare quality improvement (case management for pre-diabetic patients; active identification of pre-diabetics)
- Certified Diabetes Educator training for local healthcare staff
- CHD Diabetes Awareness Campaign



Protective Factors vs. Tobacco



The Georgia Department of Public Health observes the **Great American SmokeOut**
dph.georgia.gov/GTQL
www.quitsmokingga.org

Policies & Cessation Support

- 100% Tobacco-Free Schools Policies
- 100% Tobacco-Free Campus Policies
- Smoke-Free Ordinances (City of Savannah, Chatham County, City of Pooler)
- Free smoking cessation classes offered at all CHD Health Departments
- Georgia Tobacco Quit Line: 2 weeks supply of NRT (patches or gum)

DPH WELLNESS PARK

Georgia Department of Public Health
Chatham County Health Department

Prepared for the Chatham County Health Department
July 10, 2014

EISENHOWER DRIVE



Raised Vegetable Garden



Pollinator Meadow



Outdoor Classroom



Shaded Picnic and Workshop Area



Human Powered Water



Outdoor Exercise Stations



Wetland Exhibit Stations



Wetland Plant Walk



Prepared by Mandel Design, LLC

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Current Chronic Disease Prevention Projects

- Worksite Wellness
- Head Start Mapping, Focus Groups – Bryan, Camden, Chatham, Effingham Glynn, Liberty, Long, McIntosh Counties
- Partnerships with FQHCs – undiagnosed hypertension, pre-diabetes, smoking cessation support
- Smoke-Free Ordinances

CDC Worksite Health ScoreCard.

- Contains 125 questions.
- Total overall score: 264
- Employers can use this tool to assess how a comprehensive health promotion and disease prevention program if offered to their employees, to help identify program gaps, and to prioritize across the following health topics:
 - Organizational Supports (18)
 - Tobacco Control (10)
 - Nutrition (13)
 - Lactation Support (6)
 - Physical Activity (9)
 - Stress Management (6)
 - Depression (7)
 - High Blood Pressure (7)
 - High Cholesterol (6)
 - Diabetes (6)
 - Weight Management (5)
 - Signs and Symptoms of Heart Attack and Stroke (4)
 - Emergency Response to Heart Attack and Stroke (9)
 - Occupational Health and Safety (10)
 - Vaccine-Preventable Diseases (6)
 - Community Resources (3: not scored)

CDC Worksite Health ScoreCard: Coastal Health District

- Gaps:
 - Stress Management (1/14)
 - High Blood Pressure (2/17)
 - High Cholesterol (2/15)
 - Diabetes (3/15)
 - Weight Management (5/12)
 - Nutrition (6/21)
 - Depression (6/18)
 - Physical Activity (8/24)
 - Occupational Health and Safety (8/22)

Coastal Health District
overall Score:

130

STEPS TOWARD BEING HEALTHY AT CHATHAM COUNTY HEALTH DEPT.

- Monthly physical fitness challenges.
- Bi-weekly physical fitness coach for staff: 30 minutes.
- Conducted Zumba Fitness classes.
- During NPHW: CCHD closed for 3 hours for Low Country Boil.
 Dance, food, chit-chat, mingle with everyone
- More participation in 30 minute physical activities a day.
- Changed Vending machine to a healthier option vending machine at CCHD
- CCHD started provided healthy meals for meetings.
- Offered nutrition class lunch/learn during NPHW.
- Got Recipes project: Employee can submit a healthy recipe to win a bag of organic vegetables from our very own onsite organic garden.



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ORGANIC GARDEN



- Our Organic Garden is for WIC clients and our staff who submits a healthy recipe.
- All year round vegetables.
- 15 Planters
- In 2015: we produced over 5000lbs of vegetables that were given to WIC clients
- Nutritionist conduct nutrition classes once a week using our vegetables to educate our clients.
- Current produce: Mustard greens, Collard greens, Kale, Red Cabbage, Radishes, Jalapenos, Cucumber, Okra, Long Lima Beans, Peas,
- Other donations: Everybody Eats Fresh FREE Fridays, Health Fairs, Organization Such as: Savannah Summits



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Any Questions?



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