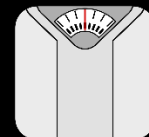




4.b.ii

Increase Access to High Quality Chronic Disease Preventive Care and Management in Both Clinical and Community Settings Obesity Prevention



Obesity Project goal

Immediate: Develop resource guide to support facilitation of access to programs which support residents' adoption of healthy eating and physical activity habits to achieve and maintain a healthy weight.

Long-term: Create community environments that promote and support healthy food access, food and beverage choices and physical activity, including worksites, corner stores, schools, parks/recreational facilities, by supporting agencies in Suffolk County working towards this goal with other funds. Such support to include facilitating promotion of events and increased awareness of positive changes in the built environment or in policies.

Obesity Interventions

- Create form to be completed by network partners to identify programs and resources; distribute to committee members and their networks to ascertain information on programs and resources.
- Develop web based resource guide based on survey information; promote website among health care and prevention teams in provider network and community.
- Health Care and prevention teams to introduce patients to the resource guide (provide link) and help navigate with patient to locate at least one appropriate resource for patient.
- Identify agencies working on environmental and policy changes to support healthy eating and physical activity with other funding, such as Cornell Cooperative Extension, Western Suffolk BOCES, Sustainable Long Island, SBM Nutrition Division, Suffolk County Department of Health Services, Suffolk County Cancer Prevention and Health Promotion Coalition.
- Request that such agencies submit changes and updates to program as they occur. Work with them to increase awareness and promote such changes, especially among primary care providers and care coordinators.

- Project team suggests that health care and prevention teams increase awareness and promote such environmental and policy changes among their patients and the communities they serve so as to shift cultural norms regarding food and physical activity in a healthy direction.
- Identify education materials (USDA materials including new Dietary Guidelines to be released within year); educate providers on effective use of such material. Health care and prevention teams educate patients using identified resources.

Obesity Education Material

Patient education materials

"Eat more, weigh less?"

"How to avoid portion size pitfalls to help manage your weight"

"Rethink your drink"

10 Tips Nutrition Education Series

10 Tips Nutrition Education Series

Obesity References/Guidelines

Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions (September 2018). <https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/obesity-in-adults-interventions1>