

# Chronic Disease Prevention

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- ❑ Increase the percentage of adults and children who are at a healthy weight.
- ❑ Increase access to resources that promote healthy behaviors.
- ❑ Reduce chronic disease morbidity and mortality.
- ❑ Reduce illness, disability and death related to tobacco use and secondhand smoke exposure.

# Restaurant Initiative Overview

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Leyanne Perez, R.D., L.D.N.

The American Healthy Weight Alliance

# Health Promotion and Disease Prevention Committee



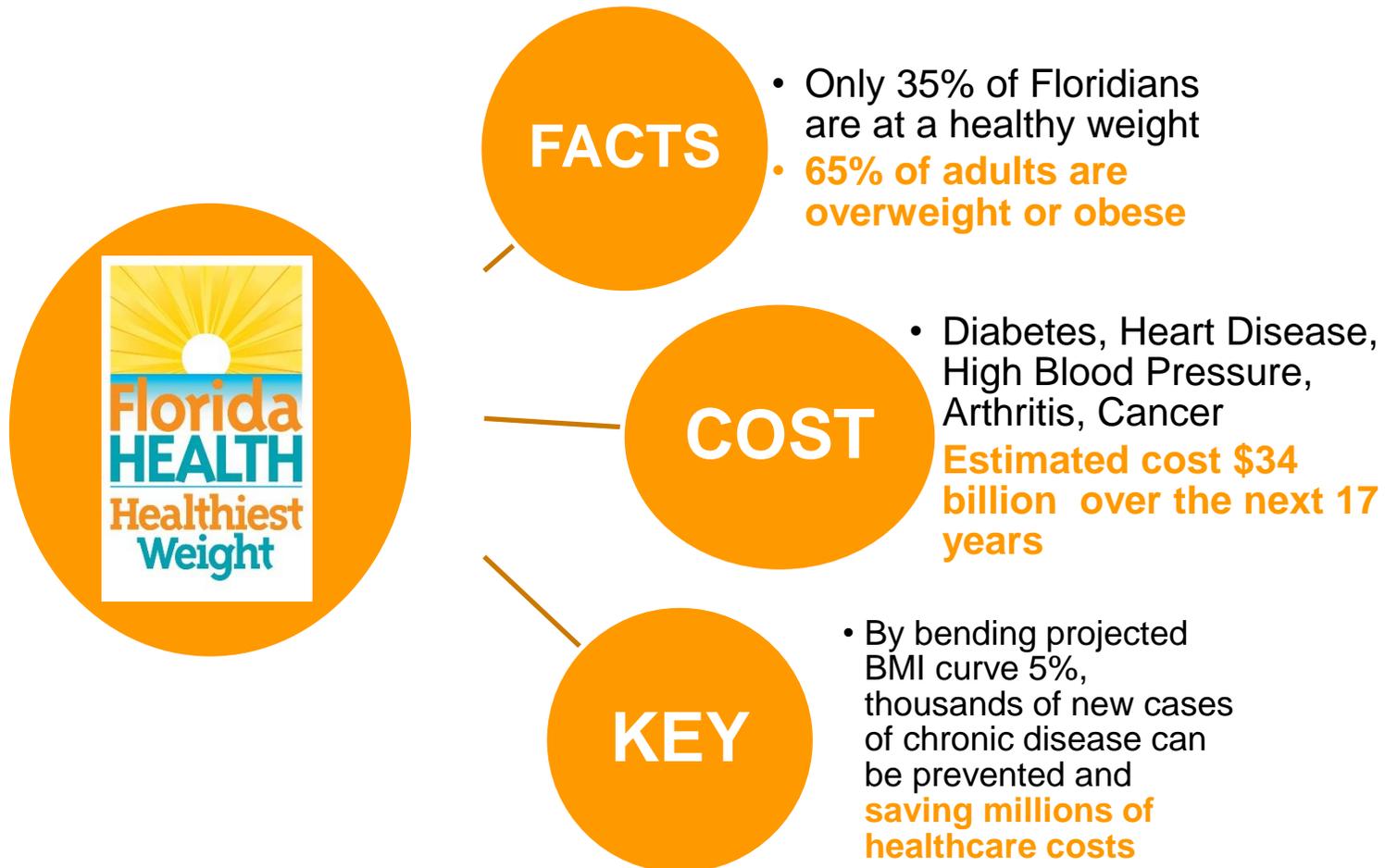
- To support the Florida State Surgeon, Dr John H. Armstrong #1 concern

“the challenge of weight”



[www.healthiestweightflorida.com](http://www.healthiestweightflorida.com)

# Healthiest Weight Florida Initiative





# Interesting findings...

- Miami-Dade County demographics



2.5 million residents in MDC

1.6 million are obese or overweight

- 420,649 people



1 in 4 are ready to make healthy changes

- 841,298 people



50% are in pre-contemplation stage

# Survey Says...

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50% food budget is consumed away from home



45% adults consider restaurants part of their lifestyle



Frequency of dining out is related to higher fat, sodium and sugar intake



65% belief that to lose weight you should consume healthy choices

# HEALTHY HAPPENS HERE

## Restaurant Initiative

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- ❑ Tool for MDC residents to find healthful foods and beverages that support a healthy weight.
- ❑ Encourages voluntary participation of Restaurant owners to offer 3-4 healthy meals as part of their regular menus.
- ❑ Registered Dietitians help design the healthy menu by analyzing existing recipes and modifying or creating new recipes, educating restaurant owners, and providing educational tools.
- ❑ Aligns with the New Federal Law Patient Protection and Affordable Care Act; Section 4205

# Special Supplemental Nutrition Program for Women, Infants, & Children (WIC)



Eriko Grover, MS-MPH, RD, LD/N  
Miami-Dade WIC Program Director  
Florida Department of Health in Miami-  
Dade County

# Miami-Dade WIC & Nutrition Program

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## □ What?

- Nutrition education
- Nutritious foods
- Breastfeeding education & support
- Healthcare referrals

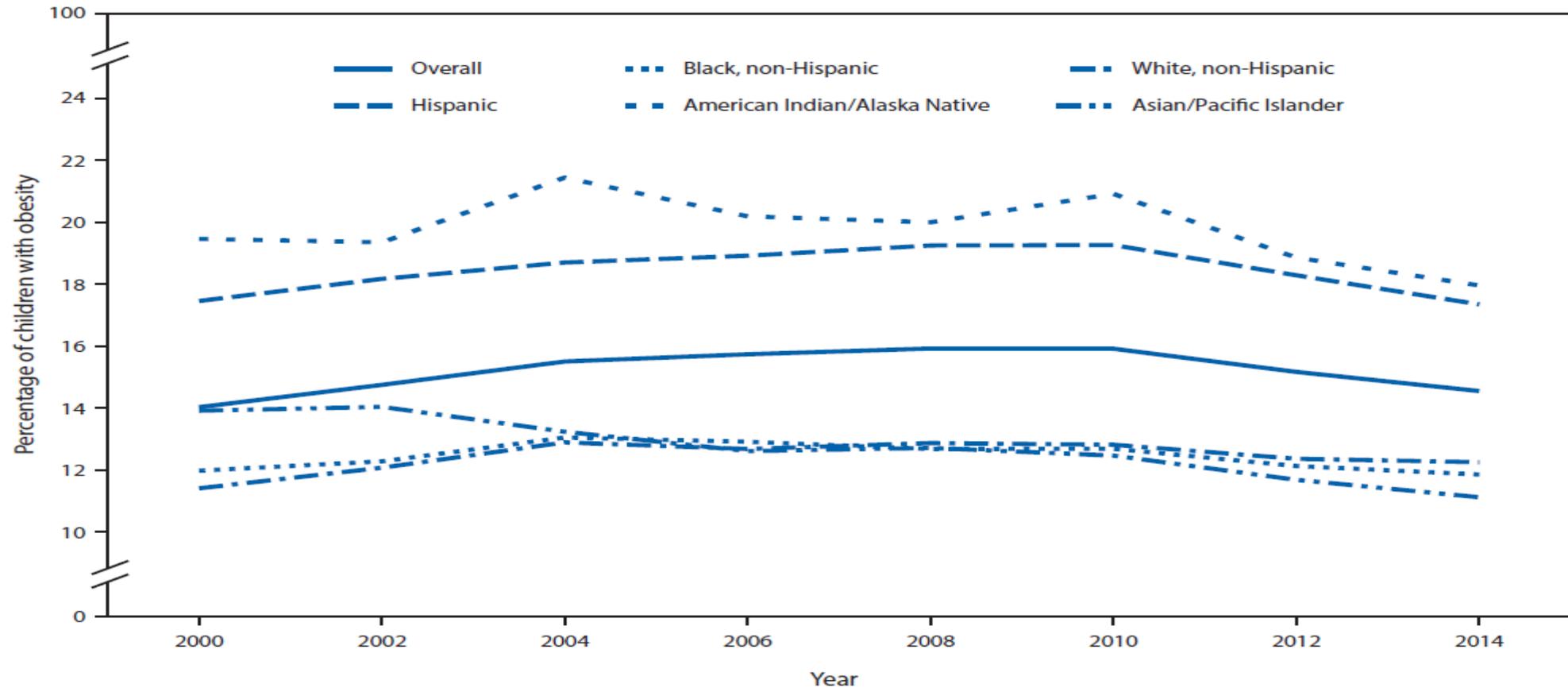
## □ Who?

- Income eligible pregnant, post-partum, infants, and children (up to age 5)



# Obesity in WIC Children (U.S.)

FIGURE. Prevalence of obesity\* among WIC participants aged 2–4 years, overall and by race/ethnicity — United States,† 2000–2014



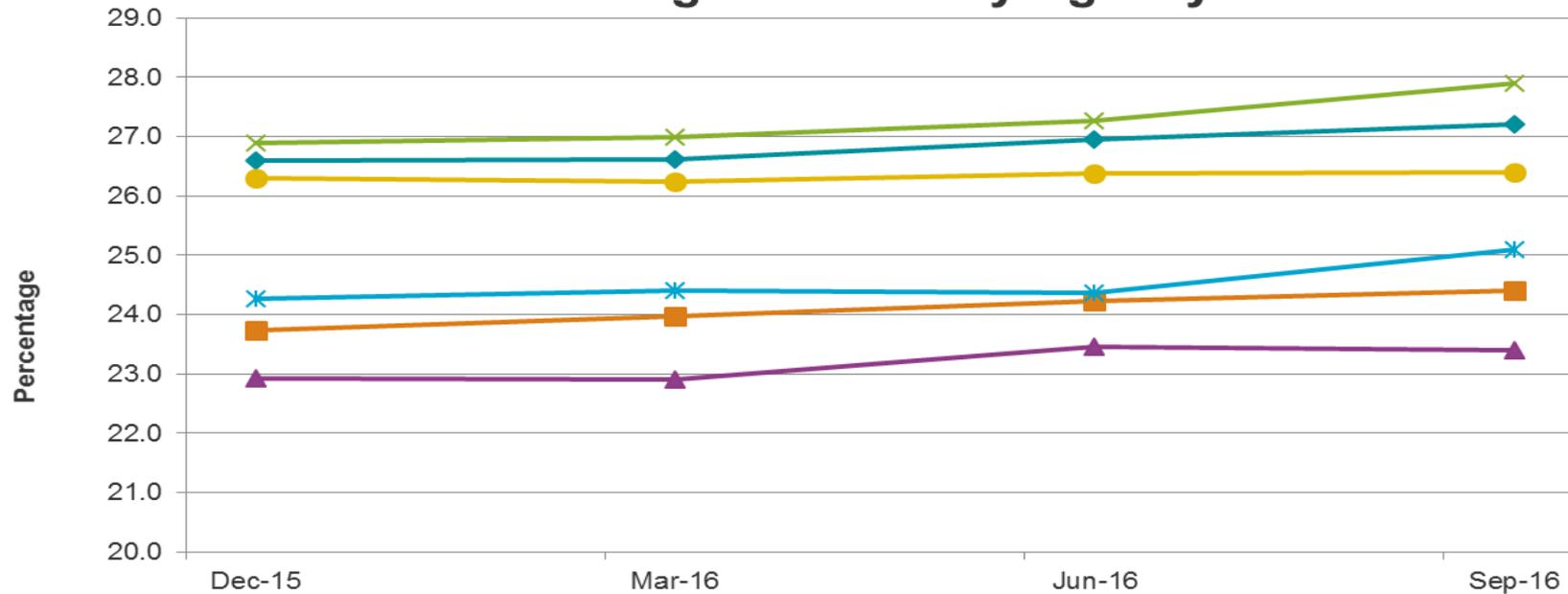
Abbreviation: WIC = Special Supplemental Nutrition Program for Women, Infants, and Children.

\* Defined as sex-specific body mass index-for-age  $\geq 95$ th percentile based on 2000 CDC growth charts.

† Includes data from all the WIC state agencies in 50 states (except for Hawaii data in 2002 and 2004), the District of Columbia, and five U.S. territories.

# Overweight and Obesity in WIC Children (Miami-Dade)

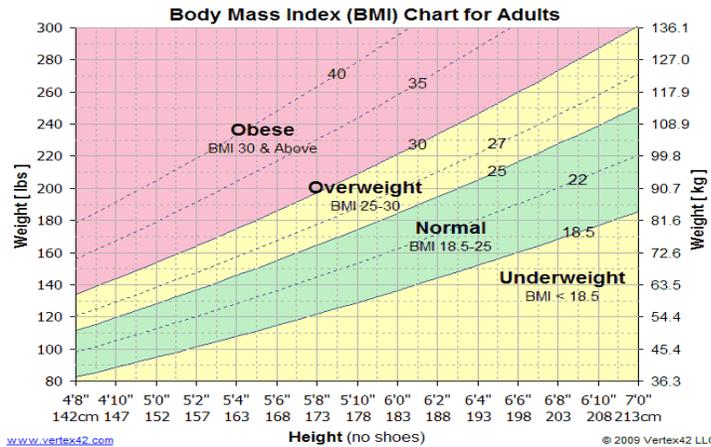
**Percentage of WIC children  $\geq$  2 yrs  
Who are Overweight / Obese by Agency FFY 2016**



	Dec-15	Mar-16	Jun-16	Sep-16
—■— Broward	23.7	24.0	24.2	24.4
—◆— Dade	26.6	26.6	27.0	27.2
—▲— Duval	22.9	22.9	23.5	23.4
—×— Hillsborough	26.9	27.0	27.3	27.9
—*— Orange	24.3	24.4	24.4	25.1
—●— State	26.3	26.2	26.4	26.4

# Chronic Disease Prevention

## Healthy Active & Fit WIC Kids

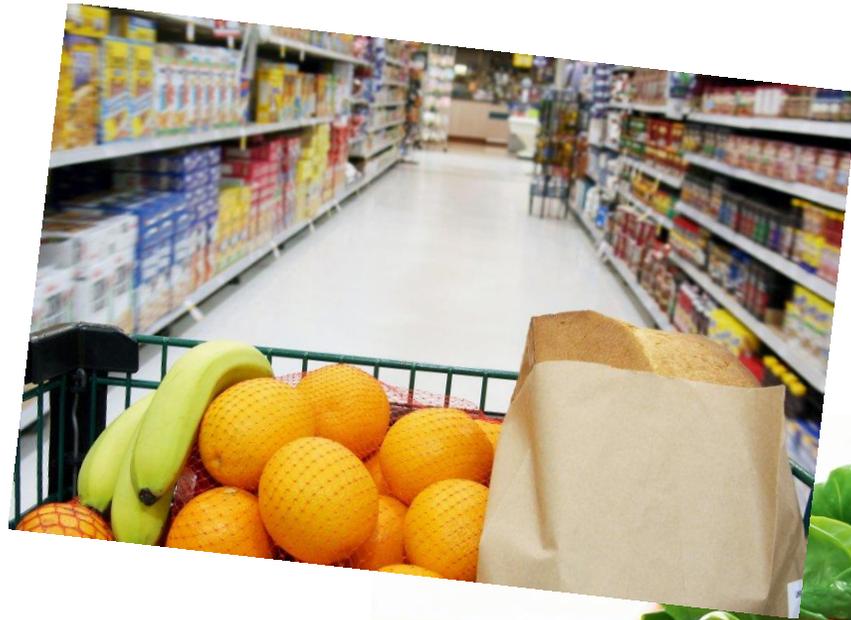


## Breastfeeding Initiatives



# Chronic Disease Prevention

## Access to Healthy Foods



# Children Issues Committee Overview

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Alina Soto

Statewide Quality Liaison

Florida Department of Children and Families



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