



Travis County Commissioners Court Agenda Request

Meeting Date: January 31, 2012

Prepared By/Phone Number: David A. Salazar 854-4107

Elected/Appointed Official/Dept. Head: Sherri E. Fleming,
County Executive for Health and Human Services and Veterans Service

Commissioners Court Sponsor: Judge Samuel T. Biscoe

AGENDA LANGUAGE:

Receive Update from County Staff on Communities Putting Prevention to Work (CPPW) Initiative and Joint City/County Implementation of Community Transformational Grant (CTG) Program and Take Appropriate Action.

BACKGROUND/SUMMARY OF REQUEST AND ATTACHMENTS:

City and County staff would like to update members of the Court as to the progress and planning efforts in connection with the Community Transformational Grant received from the Center for Disease Control through funds made available under the Patient Protection and Affordable Care Act. The program seeks to create healthy and safe physical environments, build capacity, and allow communities to improve the health of their residents through prevention, changes in local policy, environment and infrastructure.

As Austin and Travis County were one of 35 communities receiving funds under this program, staff sees this as an opportunity to make great strides in the health of our community and create programming that will serve as a model for other communities to replicate. As a precursor to the Community Transformational Grant program, Travis County and the City of Austin have partnered in the educational and implementation piece of the Tobacco Cessation Initiative funded through the Communities Putting People to Work program and have used lessons learned from gathering data, public meetings and implementation in the formulating the proposed implementation of the Community Transformational Grant program across all of Travis County with a focus on "Health Equity" in the following sectors:

AGENDA REQUEST DEADLINE: All agenda requests and supporting materials must be submitted as a pdf to Cheryl Aker in the County Judge's office, Cheryl.Aker@co.travis.tx.us by **Tuesdays at 5:00 p.m.** for the next week's meeting.

- Healthcare
- Worksite
- School/Child Care/Higher Learning
- Community

STAFF RECOMMENDATIONS:

Staff would like to inform the Court of the anticipated positive impact of the Tobacco Cessation/Communities Putting People to Work Initiative and the planned implementation for the Community Transformational Grant, as well as seeking the Court's direction with regard to serving the interests of employees and residents at the County level.

ISSUES AND OPPORTUNITIES:

Recently, the City of Austin was one of 35 communities across the nation selected for implementation-level funding under the Patient Protection and Affordable Care Act and was awarded a Community Transformational Grant by the Center for Disease Control. The County's current Interlocal with the City, which includes funding for this initiative in the amount of \$200,000, expires on February 29, 2012. The City anticipates receiving \$1,026,158 (\$1 per capita for Travis County) during Year 1 of the 5-year grant program to provide prevention-funding programs aimed at creating healthier communities in five strategic areas:

- Tobacco-free living
- Active living and healthy eating
- High impact evidence-based clinical and other preventive services to address hypertension and high cholesterol
- Social and emotional wellness

FISCAL IMPACT AND SOURCE OF FUNDING:

Approving this request will not increase the County Budget.

REQUIRED AUTHORIZATIONS:

Mary Etta Gerhardt
Diana Ramirez

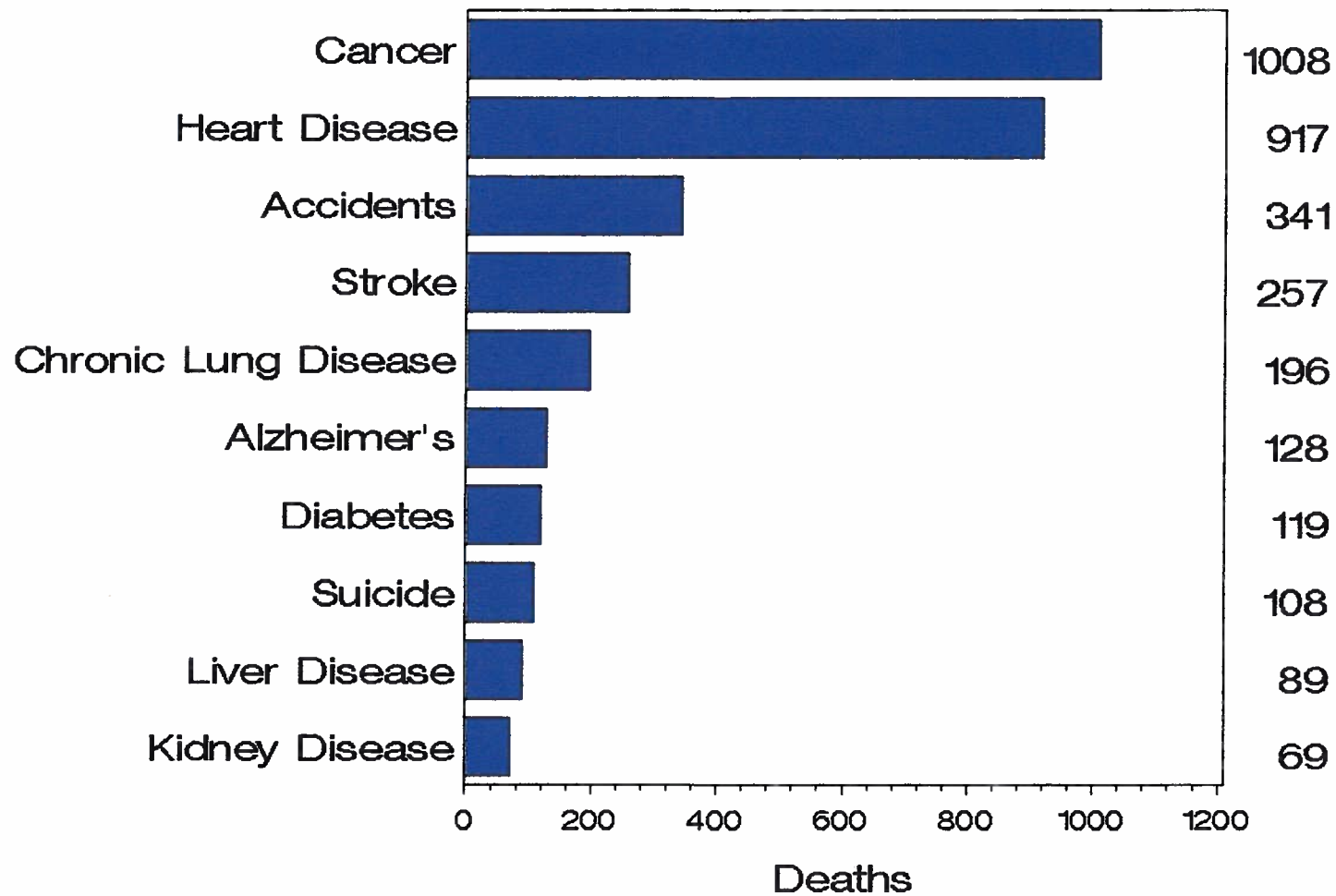
AGENDA REQUEST DEADLINE: All agenda requests and supporting materials must be submitted as a pdf to Cheryl Aker in the County Judge's office, Cheryl.Aker@co.travis.tx.us by **Tuesdays at 5:00 p.m.** for the next week's meeting.

**Travis County
Commissioners Court
Presentation**

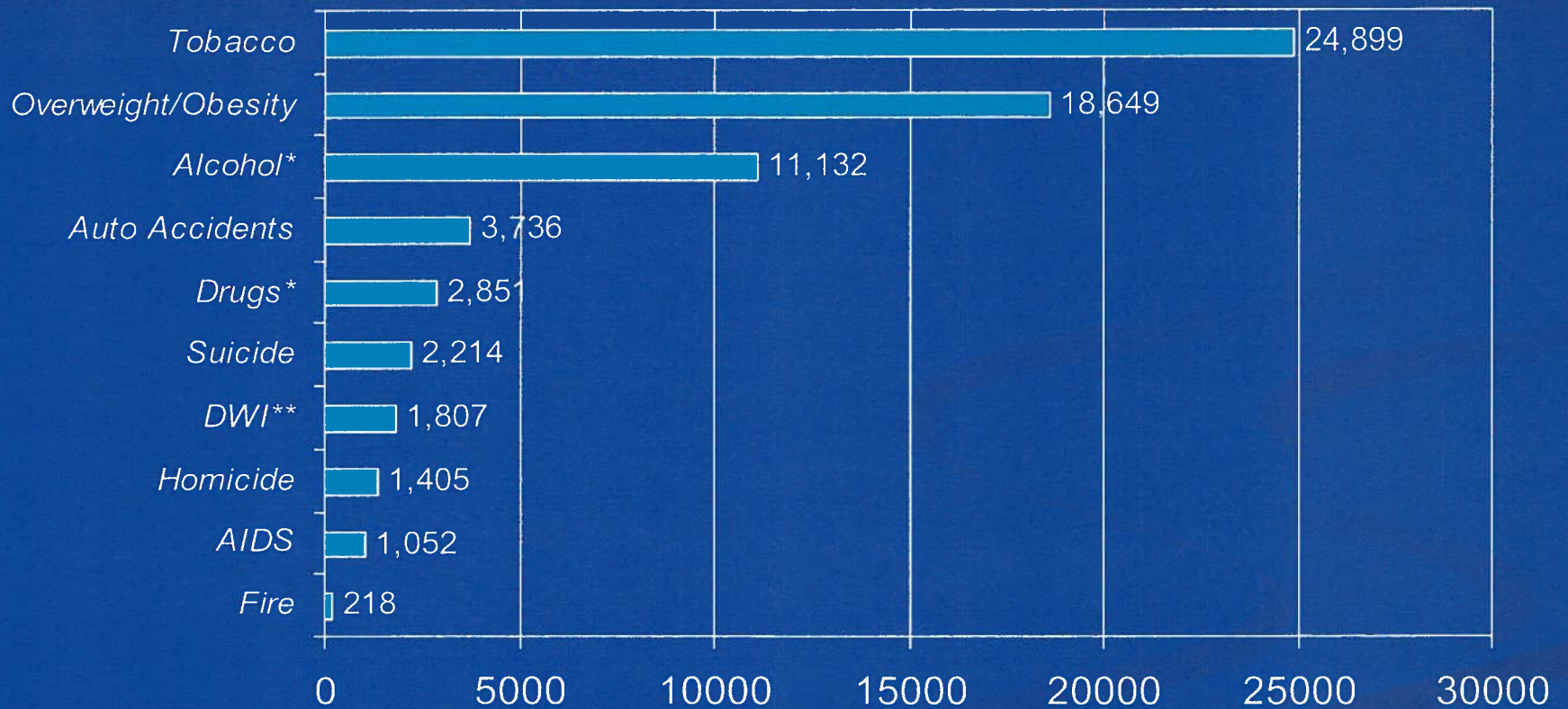
January 31, 2012

Leading Causes of Death

Travis County 2008



Actual Causes of Death, Texas 2001



Source: Vital Statistics, TDH; * Texas Commission for Alcohol and Drug Abuse; **Mother's Against Drunk Driving

CPPW Most Recent Wins

- Austin Community College to go 100% smoke-free campus January 2012.
- COA Libraries implementing 100% tobacco-free campus February 1, 2012.
- Survey of City Department Directors, October 2011 – Over 31 City departments and offices are ready to move forward with tobacco-free campus policies.

Most Recent Wins/Current Activities (Cont.)

- Cap Metro – Smoke-free bus stops passed by Cap Metro Board on Nov. 17, 2011
- Parks and Recreation – Smoke-free parks and recreation passed unanimously by Council vote on Dec. 15, 2011.

Tobacco-free Policies

- Capital Metro
- Austin/Travis County Integral Care
- Huston-Tillotson University
- Seton Family of Hospitals
- St. David's Healthcare
- Austin Community College
- Mexican Consulate
- Centrl Health/CommUnityCare
- Austin/Travis County HHSD
- People's Community Clinic
- ACTIVE Life Inc.
- Austin Volunteer Health Clinic
- Austin Recovery
- African American Men & Boys Harvest Foundation
- Yogagroove
- Austin Fit Magazine
- Cadence Marketing
- ZuZu
- RunTex
- Power to Perform
- Green Ribbon Schools
- Juice Homes
- My Fit List
- Somaspace Pilates
- Texas Certified Development Company
- Wild Basin Wilderness Preserve
- 360 Signs
- The Arc of Capital Area

Success of CPPW has
positioned us well to implement
the Community Transformation Grant

Community Transformation Grant Program

- Authorized under Patient Protection and Affordable Care Act of 2010
- *Purpose:* To create healthier communities by:
 - Building capacity to implement evidence- and other practice-based policy, environmental, programmatic, and infrastructure changes
 - Supporting implementation of interventions in five strategic directions.
 - Tobacco-free living
 - Active living and healthy eating
 - High impact evidence-based clinical and other preventive services to address hypertension and high cholesterol
 - Social and emotional wellness
 - Healthy and safe physical environment
 - **Guiding Principles:**
 - Maximize health impact through prevention
 - Improve health equity
 - Use and expand the evidence base for local policy, environmental, and infrastructure changes that improve health

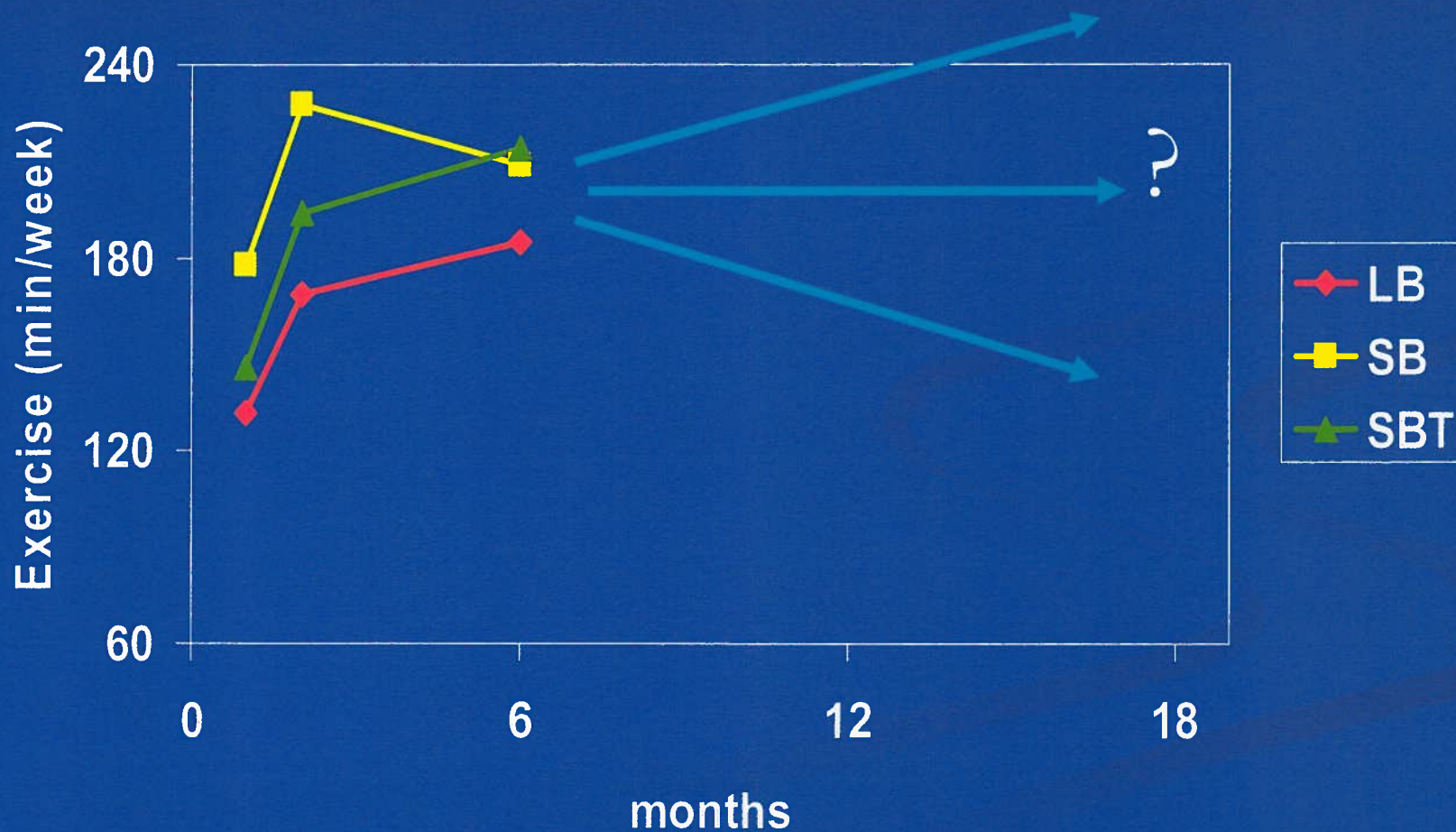
Policy, Environmental & Infrastructure Changes

What they mean is,
overcome the Stickiness
Problem.

Exercise Participation

Effect of Short Bouts, Home Treadmills

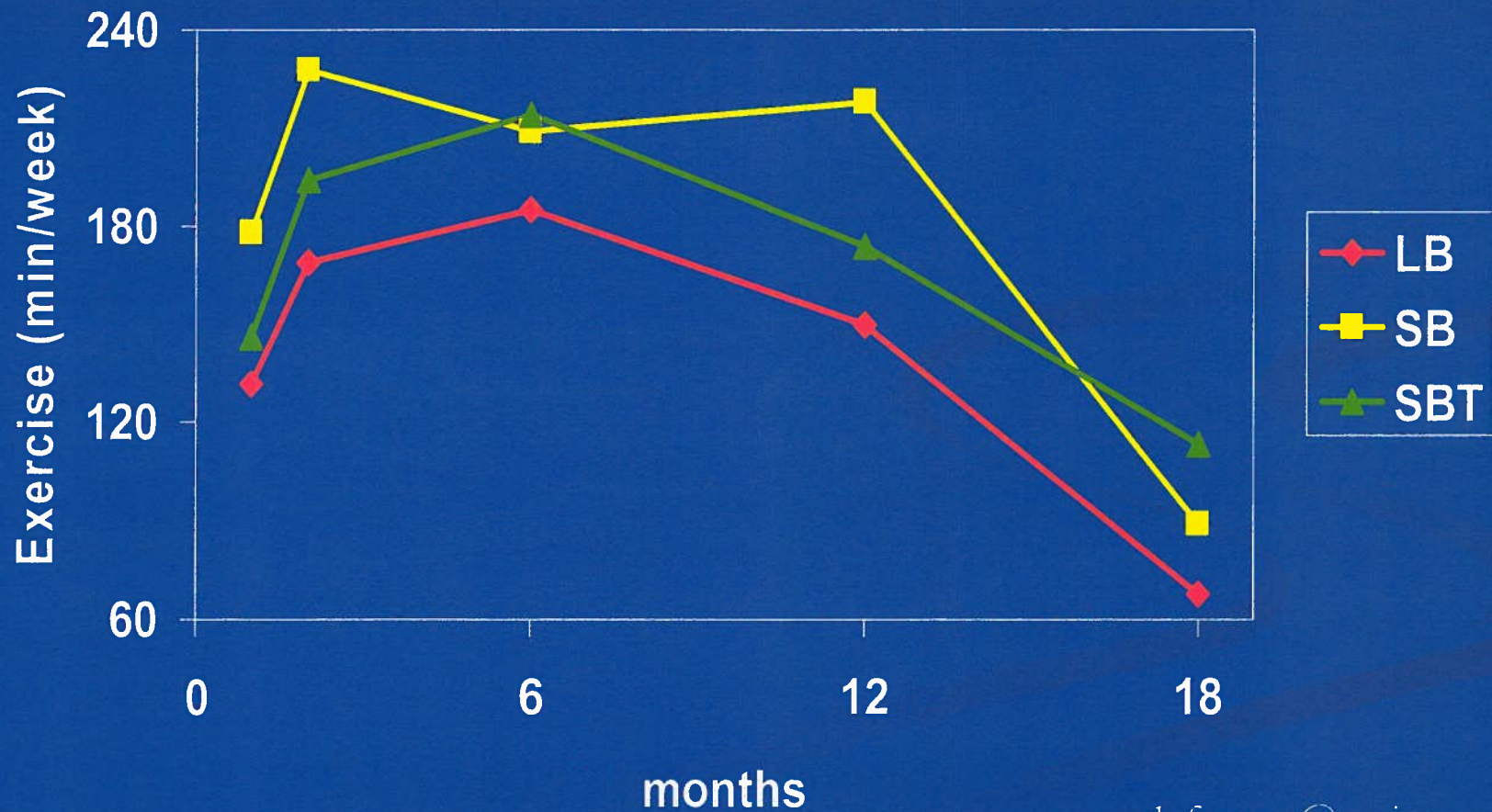
(Jakicic et.al., JAMA 282, 16)



Exercise Participation

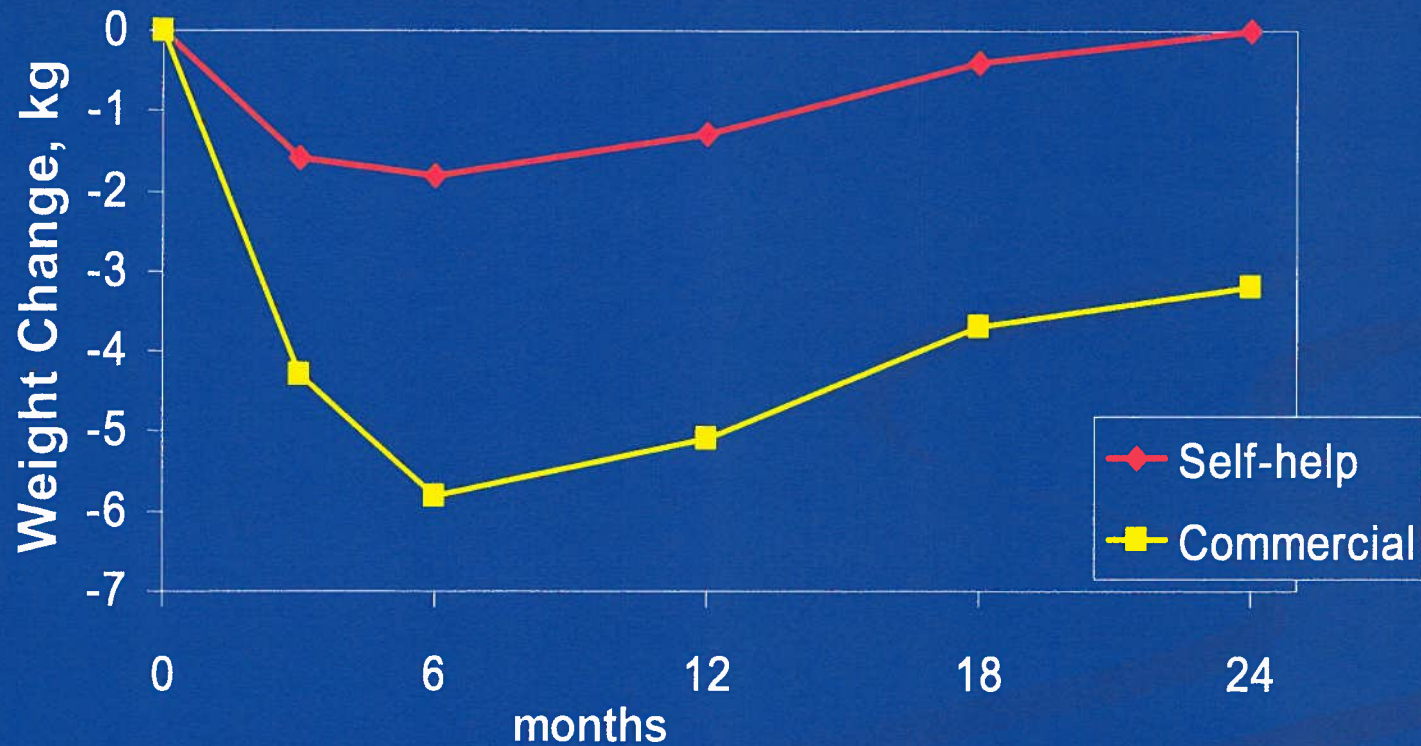
Effect of Short Bouts, Home Treadmills

(Jakicic et.al., JAMA 282, 16)



Self-help vs. Commercial Weight Loss Programs

(Heshka et.al., JAMA 289, 14; April 9, 2003)



Austin/Travis County CTG

- Out of 244 applicants, Austin was one of 35 communities selected for implementation-level funding. An additional 26 communities are receiving capacity-building funds.
- The City will receive \$1,026,158 (\$1 per capita for Travis County) for the Year 1 budget of a 5-year grant program.
- Funding for Years 2-5 is dependent on the federal budget continuing the prevention-funding program of the Patient Protection and Affordable Care Act.

Core Principles

Use & Expand Evidence Base

- Utility of Proven Strategies
- Enhance Community Efforts
- Fill Gaps

Maximize Health Impact

- Jurisdiction-wide
- Policy & Environmental Change Strategies

Advance Health Equity

- Impact All Members of the Community

Core Activities: “the three buckets”

POLICY AND ENVIRONMENTAL CHANGE

Improve nutrition & physical activity in schools, worksites, communities

HEALTH SYSTEMS CHANGE

Improve delivery & use of selected clinical preventive services

COMMUNITY-CLINICAL LINKAGES

Support chronic disease self-management & improve quality of life

CTG Implementation (Summary)

- Efforts are jurisdiction-wide (meaning all of Travis County – including outside COA) with focus on health equity across the following sectors:
 - Healthcare
 - Worksite
 - School/Child Care/Higher Learning
 - Community
- Collaborate with community partners to leverage resources



What Austin/Travis County can do to prevent obesity

Schools/child care

- Require and improve physical activity/education programs
- Increase extracurricular physical activity
- Reduce screen time
- Increase walking/cycling to school
- Reduce calories/beverage by promoting water and reducing sugar sweetened beverage consumption

Worksites

- Worksite wellness programs including physical activity (e.g., stairs instead of elevators and walking/cycling) and nutrition education
- Health care benefits to include lifestyle management counseling
- Increase availability/affordability of healthier food
- Standards for foods to procure and provide

Communities

- Increase access to healthier food
- Eliminate healthy food deserts
- Expand purchase of locally produced food
- Community design to promote physical activity and active transport (parks, safety, public transport, road/community design, etc.)
- Procurement guidelines

Health care

- BMI measurement
- Increase support for breastfeeding
- Counseling to support increasing physical activity and improving nutrition
- Referral to structured lifestyle change programs such as the Chronic Disease Self-Management and National Diabetes Prevention Programs

Leverage federal, state, community, and other resources

Rigorous Monitoring

Austin/Travis County CTG

- Specific Planned Activities Include:
 - Incorporation into the City's 30-year comprehensive "Imagine Austin" Plan to develop and implement a "Healthy City Code" with transfer of best practices to Travis County
 - Increasing the number of neighborhoods in Austin/Travis County with access to grocery stores or markets selling high-quality fresh fruits and vegetables; promotion of urban farms, community gardens, farmers' markets, and/or farm-to-sale programs;
 - Promotion of tobacco-free living and protection from secondhand smoke
 - Increasing the availability of healthy foods sold/used by restaurants, schools, worksites, and healthcare facilities
 - Clinical system changes to improve outcomes related to high blood pressure and high cholesterol

Questions?