



Ohio Department of Health Priority: **Reducing Obesity**

The Ohio Department of Health will focus on preventing and reducing obesity during a critical time in Ohioan's lives: the first five years.

ODH will partner with communities and those that have the biggest impact in the lives of young Ohioans by raising awareness around the importance of increased physical activity and improved nutrition.

Nationally, 20% of children under 6 years old are already considered overweight or obese. These data support the reality that one-third of children born today will develop diabetes in their lifetime, more than doubling the rate of diabetes in Ohio by 2030. To reverse this trend, obesity prevention efforts should focus on improving both adult and childhood health.

ODH seeks to establish an early childhood obesity prevention grant program to fund high-need counties and build on existing community-based obesity prevention efforts. Because childhood health and behaviors are directly influenced by parental health and behaviors, the program will also focus on identifying those parents at risk for or currently diagnosed with a chronic disease such as diabetes and cardiovascular disease. These parents will be referred to community resources to reduce their risk for or improve their control of their chronic disease, including the evidence-based Chronic Disease and Diabetes Self-Management program and the Diabetes Prevention Program, as well as community providers including patient-centered medical homes and Federally Qualified Health Centers.

Each funded grantee will be expected to have an existing coalition of stakeholders and partners working to improve opportunities for physical activity and nutrition in multiple settings. This proposal will increase the reach of these coalitions, while focus efforts on early childhood health within their community's most at-risk populations. Successful applicants will need to associate these planned activities with their community health improvement plan process.

*More than **1/3** of children in the U.S. are overweight or obese*

*Ohio ranks as the **12th worst** state for childhood obesity*

Efforts to reduce childhood obesity and improve overall childhood health must be centered within the home, schools, workplaces and communities



Reducing Obesity



Because of the role that families, social networks, schools, workplaces and communities play in the health of the child, ODH will work to expand the Creating Healthy Communities program into more high-need counties in Ohio. This nationally recognized program works through community-led coalitions of public and private partners working to improve opportunities for active living and healthy eating and to reduce the use and exposure of tobacco in schools, healthcare centers, workplaces and the general community. Communities identify their needs, use evidence to develop strategies, and implement and evaluated environmental changes to make the healthy choice the easy choice.

Finally, ODH will continue to convene Ohio's State Health Improvement Plan-Chronic Disease (SHIP-CD) Workgroup. The statewide collaborative is made up of public and private partners from multiple sectors working to develop priority action steps to reduce the burden of chronic disease for all Ohioans. With more than 60 members, this group will continue to implement, refine and expand the SHIP-CD to ensure all Ohioans have access to health foods and places to be active, can go to school and college without being exposed to tobacco, have access to community-based chronic disease prevention and management resources, and are receiving optimum preventive services through the healthcare system.

A New Paradigm for Reducing & Preventing Obesity & Chronic Disease in Ohio:

- *Connect, develop and expand data systems to improve the dissemination and use of chronic disease, risk factor and disparity data*
- *Working with communities to provide opportunities for all Ohioans to be active, eat healthy and live tobacco free*
- *Ensure all Ohioans have access to high-quality preventive services to prevent and identify risk factors for chronic disease and obesity*
- *Expand chronic disease and obesity prevention and management services within the community.*

