

Active Living is Essential for All Delawareans

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DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Presentation Overview

- About the Division of Public Health
- Public Health Priorities
- Importance of Physical Activity
- Relationship between Active Living and Priorities
- Changing the Paradigm from Health Care to Health



About DPH

- **One of 12 divisions under the Delaware Department of Health and Social Services**
- **DPH's mission is to protect and enhance the health of the people of Delaware by:**
 - **Working together with others;**
 - **Addressing issues that affect the health of Delawareans;**
 - **Keeping track of the state's health;**
 - **Promoting positive lifestyles;**
 - **Responding to critical health issues and disasters; and**
 - **Promoting the availability of health services.**



DE's Public Health Priorities

- **Promoting Healthy Lifestyles**
 - Focus on health behaviors (e.g. healthy eating, physical activity, smoking prevention/cessation, etc.) to prevent disease
 - Place more emphasis on prevention instead of treatment
 - Reduce burden of disease and reduce treatment costs
- **Eliminating Health Disparities**
 - Prevent differences in the burden of disease, injury, violence, or opportunities
 - Related to race/ethnic, gender, age, socioeconomic status, geography, etc.
- **Health Reform**
 - Involve health systems to advance support for disease prevention and health promotion
 - Emphasis on prevention and population health



"Simply put, in the absence of a radical shift towards prevention and public health, we will not be successful in containing medical costs or improving the health of the American people."

- President Obama

Plan for a Healthier America



Benefits of Physical Activity

- **Controls weight**
 - Energy consumption and energy expenditure
- **Reduces risk of chronic diseases**
 - Heart disease and stroke
 - Hypertension
 - Diabetes
 - Some cancers (breast and colon)
- **Strengthens muscles and bones**
 - Can slow the loss of bone density
 - Reduces risk of fractures
 - Increase muscle strength and mass



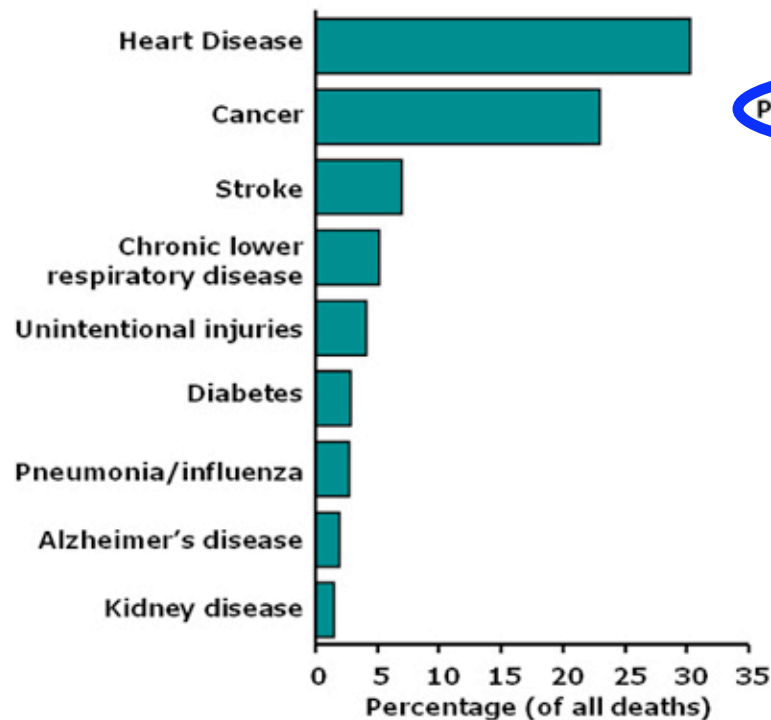
Benefits of Physical Activity

- **Improves mental health and mood**
 - Keep your thinking, learning, and judgment skills sharp with age.
 - Reduce risk of depression and anxiety.
 - Improve sleep.
- **Improves daily activities and prevents falls**
 - If you're a physically active middle-aged or older adult, you have a lower risk of functional limitations than people who are inactive.
 - Physical activity improves strength, coordination, and balance -- all factors that prevent falls.
- **Increases your chances to living longer**
 - Reduce your chances of premature death due to heart disease and some cancers.

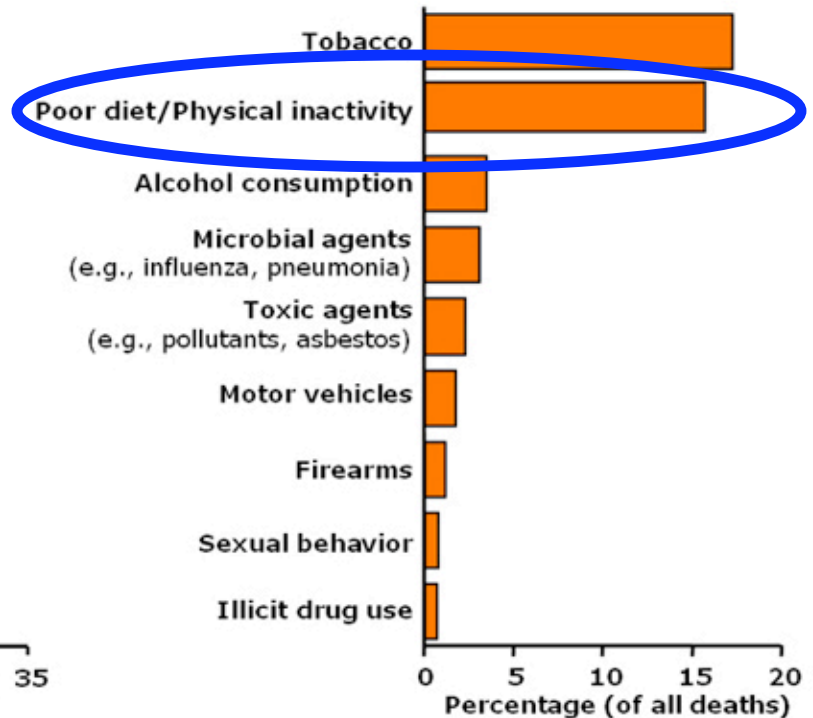


Promoting Healthy Lifestyles

Leading Causes of Death*
United States, 2000



Actual Causes of Death†
United States, 2000

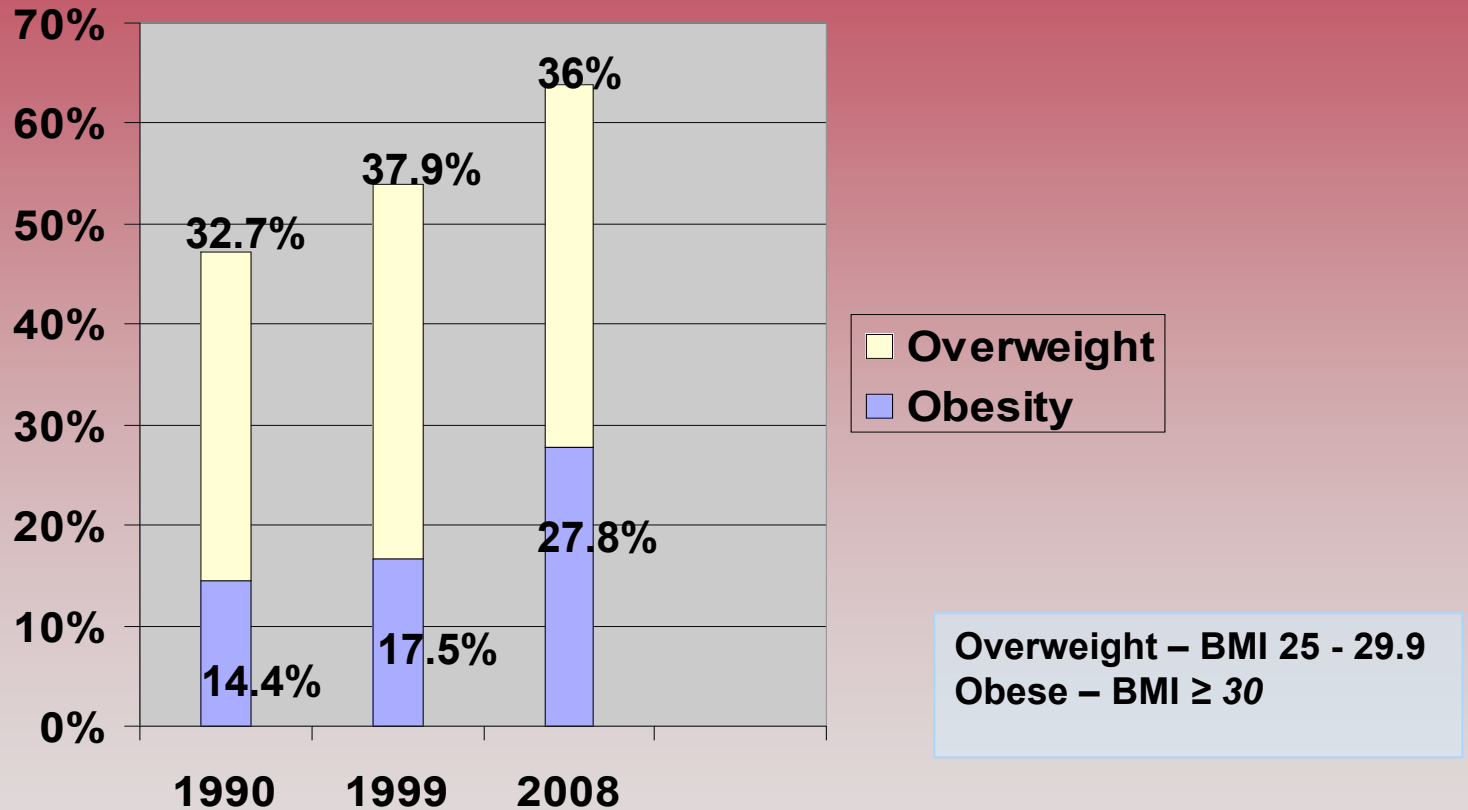


* Miniño AM, Arias E, Kochanek KD, Murphy SL, Smith BL. Deaths: final data for 2000. National Vital Statistics Reports 2002; 50(15):1-120.

† Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. JAMA. 2004;291(10):1238-1246.



The Rise of Overweight and Obesity Among Delaware Adults, 1990 - 2008



Sources: *DHSS, DPH, Behavioral Risks in Delaware, 2007-2008; and 2002 Delaware Behavioral Risk Factor Survey Data Summary*



Supporting Physical Activity

- **Placing an emphasis on health promotion through healthy lifestyles**
 - People who are inactive can improve their health and well-being by becoming even moderately active on a regular basis.
 - Active living \neq Exercise
 - Community design allows the healthy choice to be the easy choice.



Promoting Healthy Lifestyles

“Neighborhood environment is one of the strongest predictors of whether a person will be physically active.”

- Brownson, et al 2001



Eliminating Health Disparities

- Lower SES and minority groups:
 - Have less access to physical activity facilities
 - Are less physically active
 - Are more likely to be overweight and obese
- It is a fundamental principle of public health that targeting services to those people at higher risk will help to improve population health.



Reducing Health Disparities through Community Design

- **Gentrification**

- Contributes to displacement which creates disparities in vulnerable populations

- **Accessibility**

- Poorly designed communities make it difficult for people with disabling conditions and mobility impairments to get around their environment.
- Poorly designed communities make it inconvenient for individuals and families to engage in physical activity due to lack of public spaces or poor transportation to public spaces.



Reducing Health Disparities through Community Design

- **Elderly**

- There is growing elderly population who are more active and independent. Community design needs to reflect the changing the lifestyles and physical capabilities of the aging population. After retirement, people have more time to enjoy parks, community facilities, and recreational activities.

- **Children**

- Designing, building, and renovating schools promotes health and school performance. Planning parks and opportunities for safe physical activity in community designs are strategies that foster health and nurturance.



Priority: Health Reform

- Healthcare Reform vs. Health Reform
- Much attention is in payment reimbursement and insurance (healthcare)
- Public health agenda includes:
 - Improve access to preventive health services
 - Promote wellness
 - Improve population health
 - Integrate public health, medical care systems



Changing the Paradigm from Health Care to Health

- Focuses beyond direct services for individuals
- Focuses upstream
- Places emphasis on population health
- Engages partners that influence physical activity opportunities through environmental and policy change strategies
 - Urban/town planners
 - Parks and Recreation facilities
 - Transportation workgroups
 - Economic development
 - Municipal officials



Health Reform and Community Design

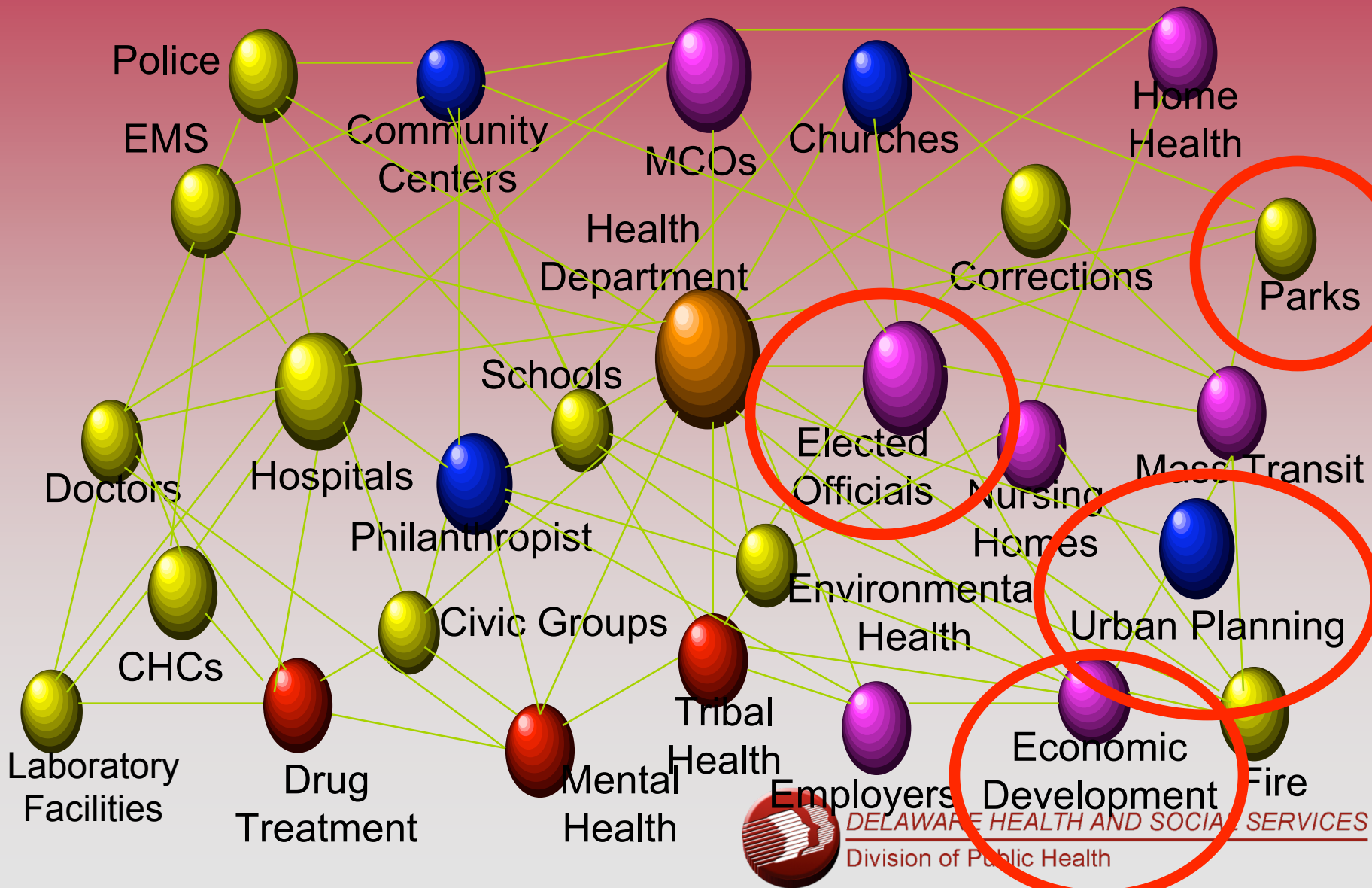
“We must integrate our concepts of ‘public health issues’ with ‘urban planning issues’. Urban planners, engineers, and architects must begin to see that they have a critical role in public health. Similarly, public health professionals need to appreciate that the built environment influences public health as much as vaccines or water quality.”

- Jackson & Kochtitzky, 2001



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The Public Health System



Active Living across the Lifespan

- Active living has many health, social, and environmental benefits.
- Anyone at any age can have an active lifestyle.
- Individuals need to have opportunities in order to choose healthy behavior.
- The opportunity to engage in an active lifestyle requires cooperation and collaboration from many partners across many disciplines.



Thank you!

Questions/Comments

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