

# Taking a Landscape View to Healthy Living



*How our surroundings influence our ability to live healthy, and what changes Healthy Start programs can make to support living healthy at all levels*



Supporting communities to give every child a Healthy Start.

Healthy Start EPIC Center

June 22, 2017 3-4:30 PM ET

A row of books of various colors and thicknesses is shown against a blurred background of more books and a colorful bokeh light. A semi-transparent grey box is overlaid on the books, containing the text "Let's start with a story...".

Let's start with  
a story...





5 fruits and  
vegetables every day?

150 minutes of  
physical activity per  
week?



“You are pregnant and this is important for your health and the health of your baby! You need to be a good role model for your kids!”

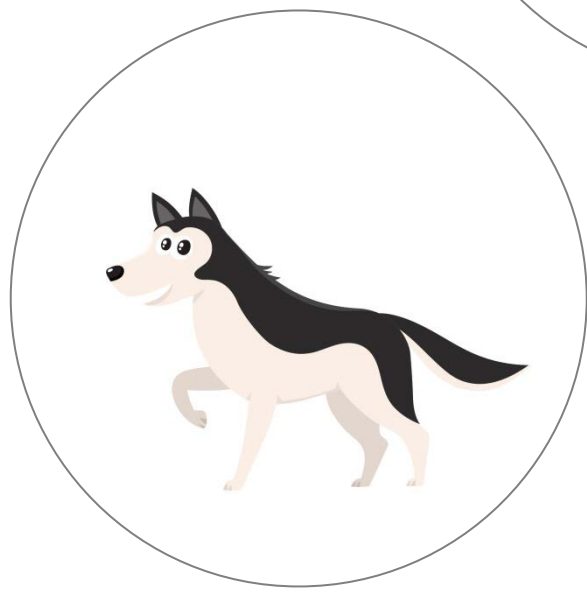
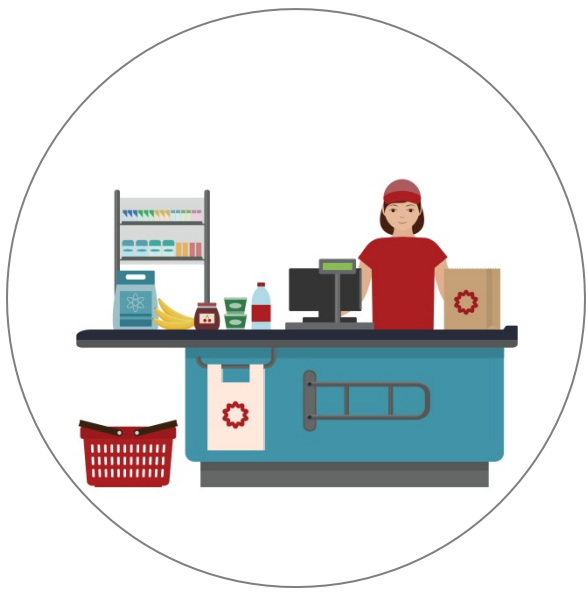
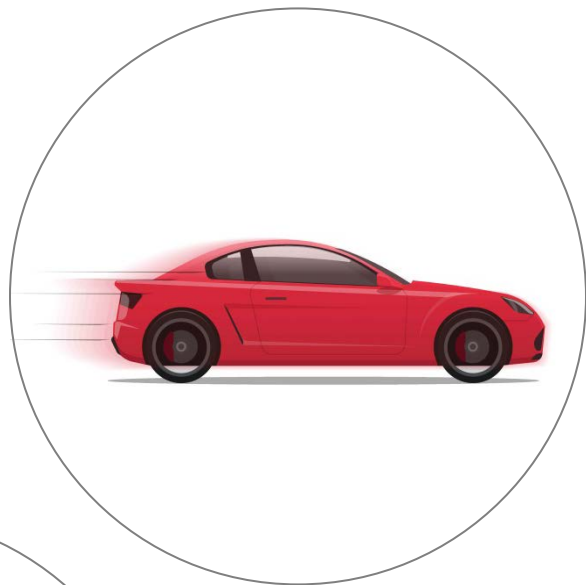


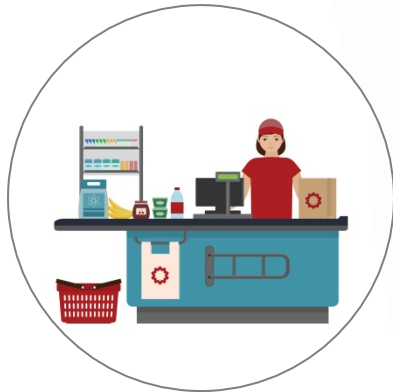
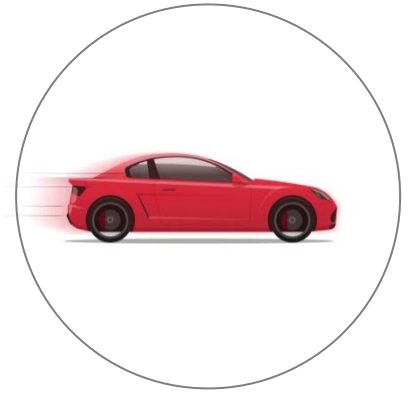


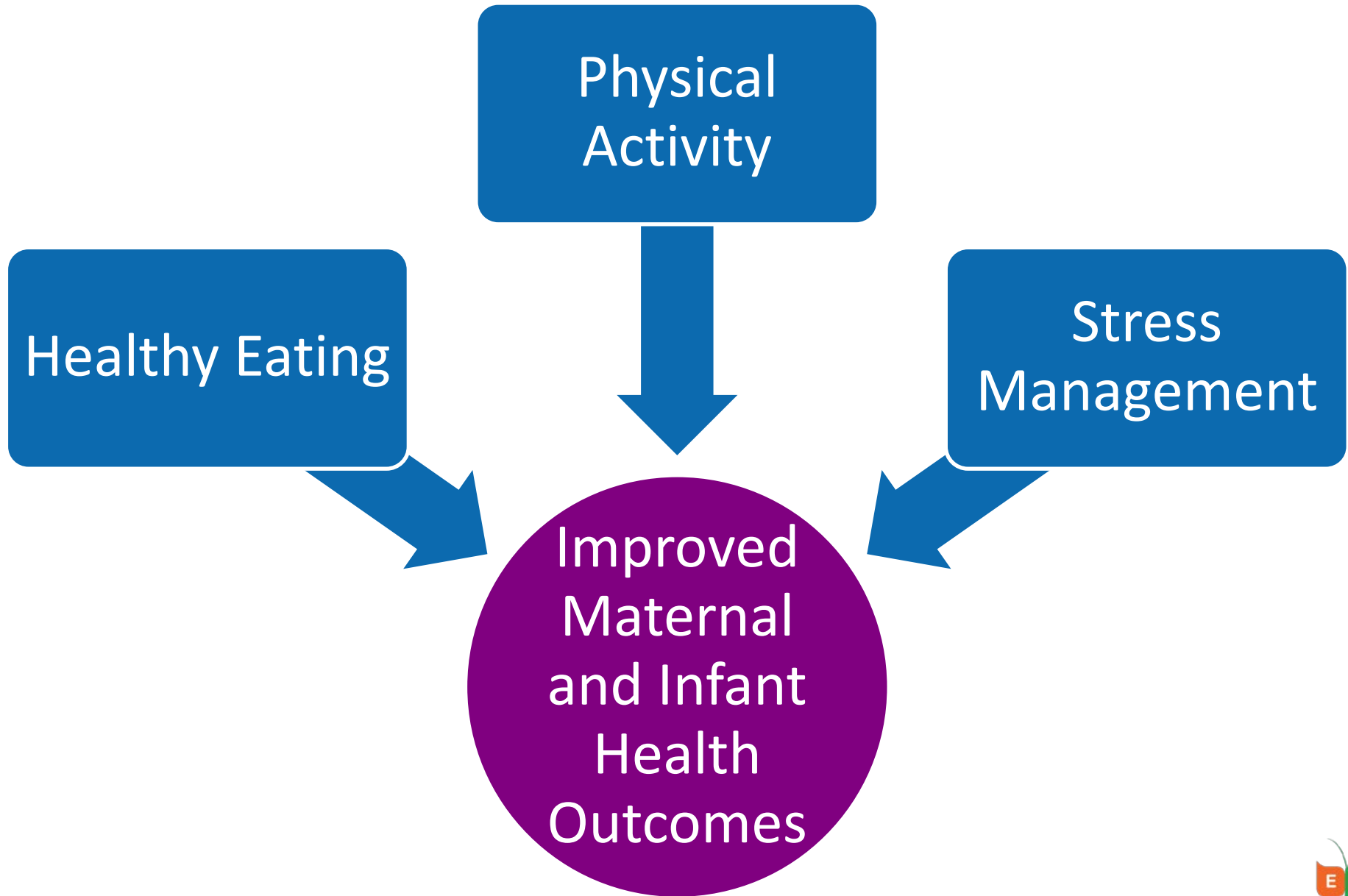




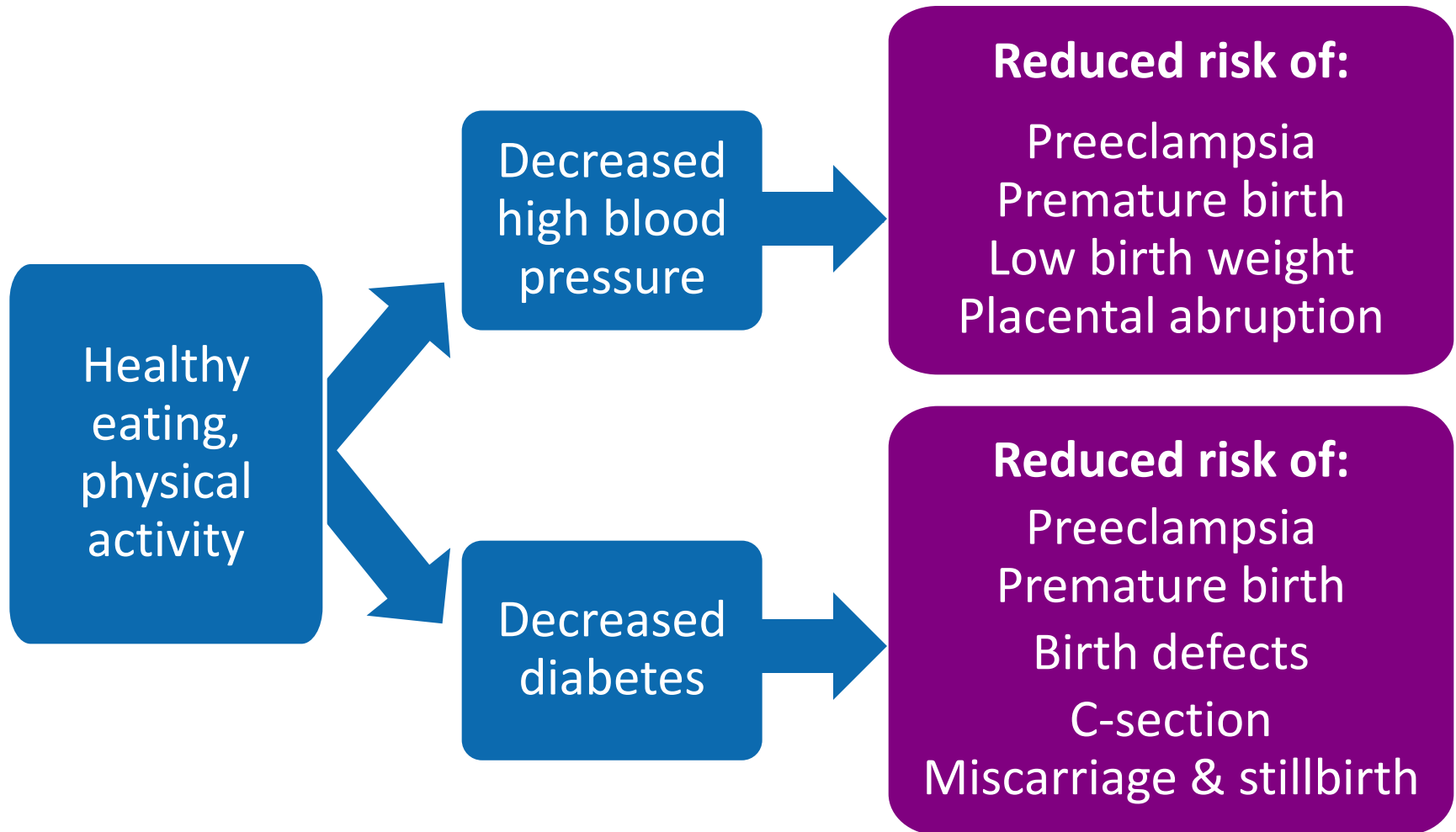




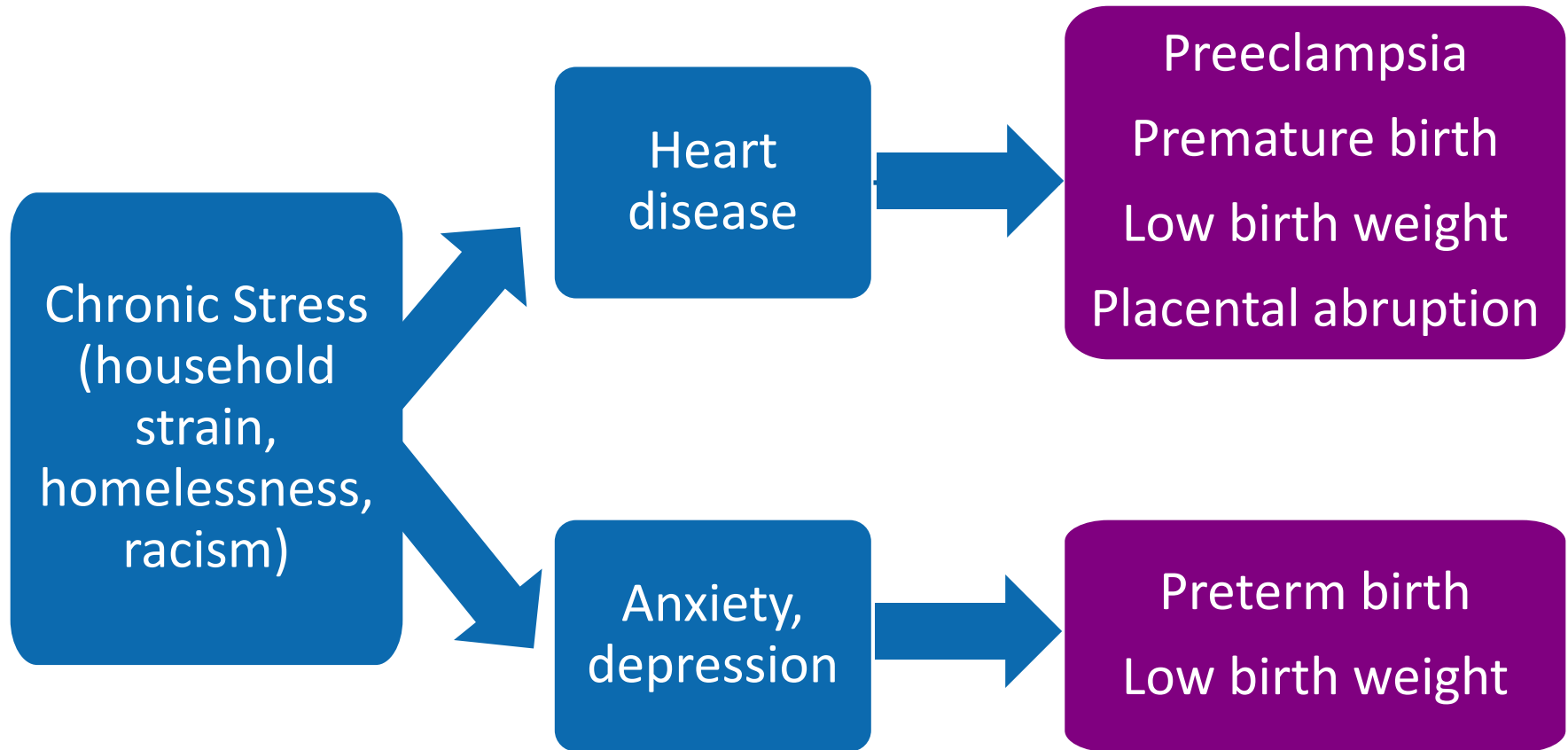




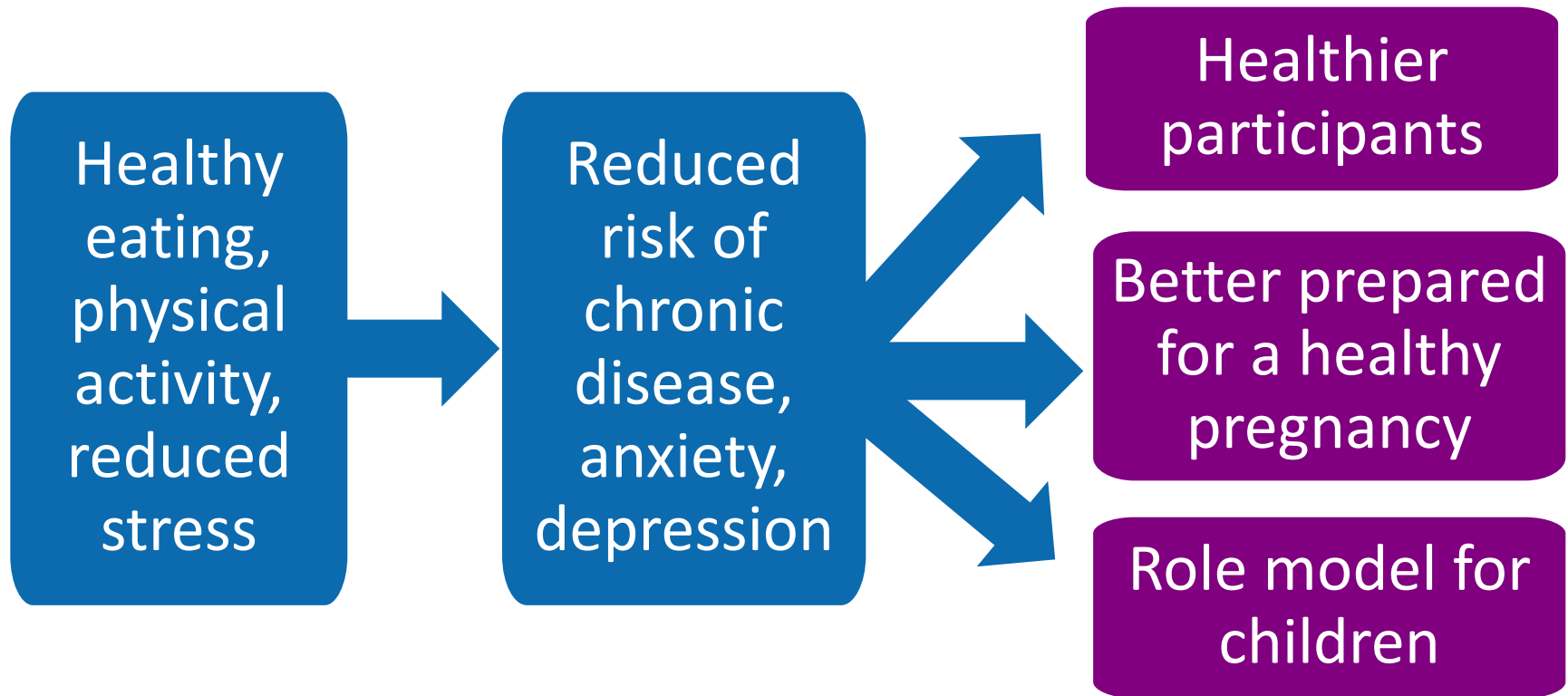
# Why does this matter?



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Physical activity reduces depression and anxiety, increase self-esteem<sup>1</sup>

Stress is associated with less healthy eating<sup>2,3</sup>

What we eat can impact depression and anxiety<sup>4-6</sup>

Mindfulness is associated with healthy eating<sup>7</sup>

Engaging in physical activity facilitates improved fruit and vegetable consumption<sup>8</sup>



1. Fox, K. R. (1999). The influence of physical activity on mental well-being. *Public Health Nutrition*, 2(3A), 411–418

2. Fowles, E. R., Stang, J., Bryant, M., & Kim, S. (2012). Stress, depression, social support, and eating habits reduce diet quality in the first trimester in low-income women: a pilot study. *Journal of the Academy of Nutrition and Dietetics*, 112(10), 1619–1625.

3. El Ansari, W., Adetunji, H., & Oskrochi, R. (2014). Food and mental health: relationship between food and perceived stress and depressive symptoms among university students in the United Kingdom. *Central European Journal of Public Health*, 22(2), 90–97.

4. Xu, Y., Wang, C., Klabnik, J. J., & O'Donnell, J. M. (2014). Novel Therapeutic Targets in Depression and Anxiety: Antioxidants as a Candidate Treatment. *Current Neuropharmacology*, 12(2), 108–119.

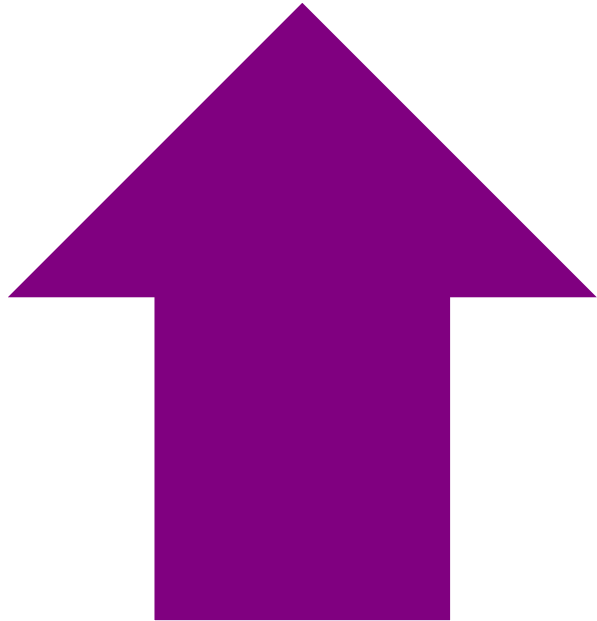
5. Kiecolt-Glaser, J. K., Belury, M. A., Andridge, R., Malarkey, W. B., & Glaser, R. (2011). Omega-3 supplementation lowers inflammation and anxiety in medical students: a randomized controlled trial. *Brain, Behavior, and Immunity*, 25(8), 1725–1734.

6. White, B. A., Horwath, C. C., & Conner, T. S. (2013). Many apples a day keep the blues away—daily experiences of negative and positive affect and food consumption in young adults. *British Journal of Health Psychology*, 18(4), 782–798.

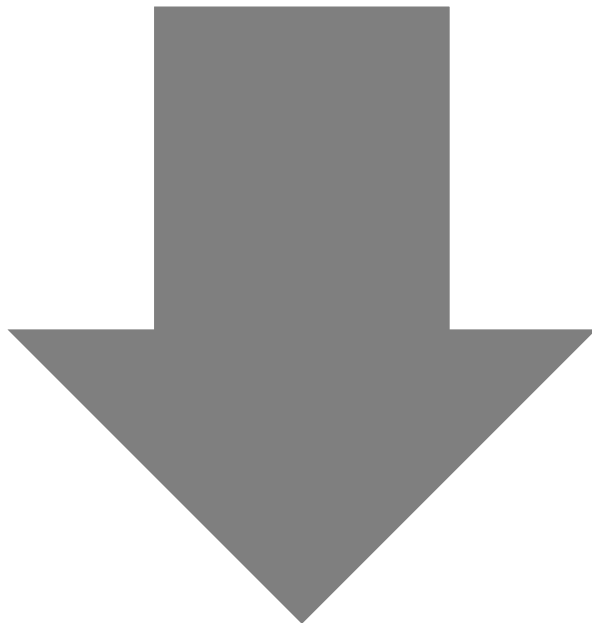
7. Murphy, M. J., Mermelstein, L. C., Edwards, K. M., & Gidycz, C. A. (2012). The benefits of dispositional mindfulness in physical health: a longitudinal study of female college students. *Journal of American College Health: J of ACH*, 60(5), 341–348.

8. Wasantha P. Jayawardene, Mohammad R. Torabi, and David K. Lohrmann. (2016) Exercise in Young Adulthood with Simultaneous and Future Changes in Fruit and Vegetable Intake. *Journal of the American College of Nutrition* Vol. 35 , Iss. 1, 2016





Physical, mental  
and emotional  
health and well-  
being



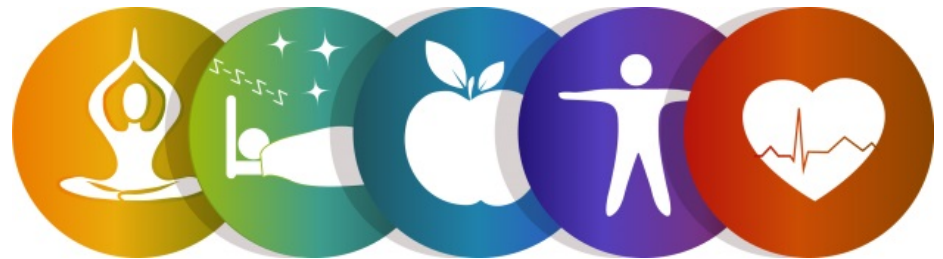
Other challenges

# Healthy Living

The purpose of this Healthy Living Initiative is to help Healthy Start grantees support their participants and staff to be healthy in all areas of their life – physically, mentally and emotionally.

## Healthy Living:

- Healthy eating
- Active living
- Stress management



Across 4 Ps (pre- and inter-conception, prenatal, postpartum, and parenting)



## Complementary Activities

- Other webinars: emotion-based interviewing
- Regional meeting activities
- Community training: compassion fatigue

## Topical Webinars: Healthy Eating, Physical Activity, Stress Management

- Go in depth
- Provide specific examples about what works, how to engage participants
- Hear from you!

## Foundational Webinar: Taking a Landscape View

- Provide context & overview
- Hear from other HS programs who are leading this work



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## Foundational Webinar: Taking a Landscape View

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- Hear from other HS programs who are leading this work

We are here!

# Working Group

## Healthy Start Programs

**Shawn Taylor**, Healthy Babies Strong Families Healthy Start Program in Denver

**Nathifa Miller**, Healthy Babies Strong Families Healthy Start Program in Denver

**Lauren Clark**, Health Education Coordinator, Missouri Bootheel Regional Consortium, Inc.

## DHSPS

- Christina Lottie
- Sandra Mathloslah

## EPIC Center

- Katie DeAngelis
- Megan Hiltner
- And others!



# Goals of the Series

## By the end of the series, participants will:

- Be able to **describe the importance** of healthy eating, active living, and stress reduction to maternal health
- Recognize **how our surroundings impact** our ability to live healthy
- Be able to **use appropriate messaging** regarding healthy living (healthy eating, active living, stress reduction)
- Have **specific and culturally relevant examples** of what staff can give/share/do with participants, and to support staff wellness



# Objectives for Today

By the end of today's session, we hope you will be able to:

- Describe how **healthy eating, active living, and managing stress impacts health** throughout all phases of life
- Describe how our ability to live healthy is **influenced by our surroundings**
- Identify **examples of changes** that can be made at the community, organizational, and individual/relationship levels that can improve health
- Identify **one action step** to support healthy living at your Healthy Start program



An aerial, top-down view of a densely packed urban neighborhood. The buildings are multi-story and closely situated, with various roof colors and architectural styles. A semi-transparent grey rectangular box is overlaid in the center of the image, containing white text. The background shows a mix of concrete, brick, and some greenery between the buildings.

# How Our Surroundings Impact Health



Community

Organizational

Interpersonal

Individual





Availability of grocery stores, safe places to walk and play

Organizational culture, supports for healthy behaviors

Compassion, supportive relationships

Behaviors

# What the Data Says...

## People walk more when there is:

- Local recreational facilities
- Cycling infrastructure
- Close proximity/Access to shops
- High density of residences
- Well-maintained pavement, other aesthetics
- Public transportation stops
- Perceived safety from traffic
- Highly connected streets



# What the Data Says...

## People eat healthier when there is:

- Fewer fast food restaurants
- Less marketing of unhealthy foods (among young children and teens)
- More food stores selling a full range of products (e.g., grocery stores)
- Pricing to make healthier foods more competitive



# What the Data Says...

**People have higher rates of stress and depression when neighborhoods have:**

- Poorly maintained, vacant buildings
- Social disorder (drug use, illicit activity)
- Violence



**“Pull yourself up  
by your  
bootstraps”**

**“The  
American  
Dream”**

**“You own your  
own success”**

**“Anyone can be  
anything in  
America”**

Not eating 5 fruits  
and vegetables?



Eat more!

Not being  
physically active?



Go for a walk! Parents  
should make their kids  
exercise!

Feeling stressed  
or anxious?



Deal with it!

Individual  
Problems



Individual  
Solutions

“Individual is lacking  
correct information,  
discipline, will  
power”



“We need to  
educate more, help  
them change their  
habits and priorities”



Individual  
Problems



Individual  
Solutions


Want to learn more? Check out  
Frameworks Institute

[http://frameworksinstitute.org/assets/files/PDF\\_communityhealth/framingmanualfoodfit.pdf](http://frameworksinstitute.org/assets/files/PDF_communityhealth/framingmanualfoodfit.pdf) and

Berkeley Media Studies Group

[http://www.bmsg.org/pdfs/Talking\\_Upstream.pdf](http://www.bmsg.org/pdfs/Talking_Upstream.pdf)



A large, rugged mountain peak with a sharp summit, surrounded by a green valley under a cloudy sky. The mountain is composed of dark, rocky terrain with some sparse vegetation. The sky is filled with soft, grey clouds. The foreground shows a lush green valley with some low-lying vegetation.

This will only  
get us so far!

Community  
Problems



Community  
Solutions

“The community  
isn’t designed to  
help us to live  
healthy lives”



“We need to work  
together to change  
that!”



Not eating 5 fruits and vegetables?



What kind of access to healthy foods exist?

Not being physically active?



What safe places for being active are nearby?

Feeling stressed or anxious?



What social support is available?

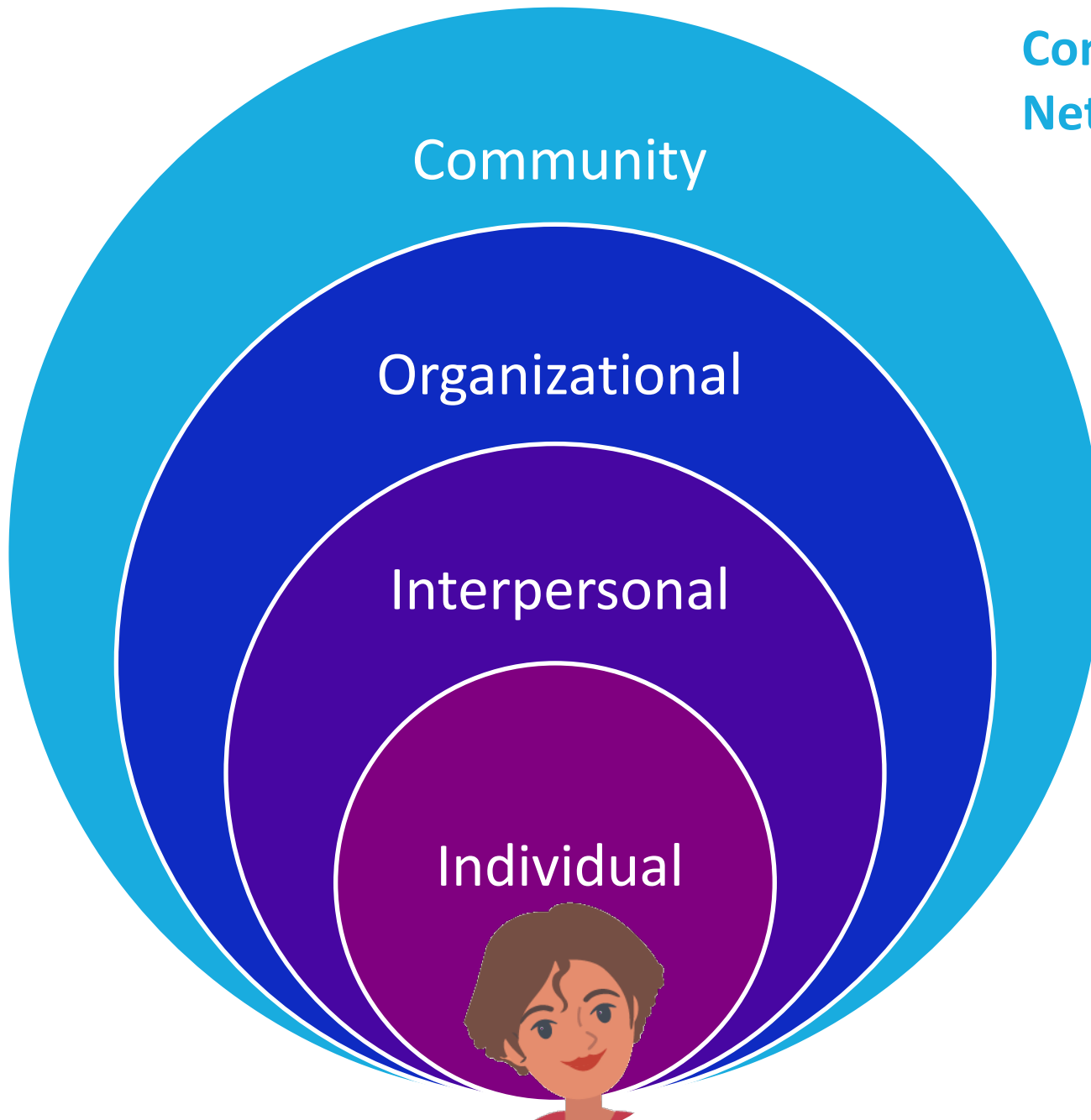






We're all in this  
together!





## Community Action Network priorities

Healthy Start program  
organizational culture,  
supports for healthy behaviors

Compassionate, supportive relationships between participants and Healthy Start program staff



# Yes, the CAN can!

**Are there safe places to walk and play?**

- Playgrounds, parks sidewalks

**Where are healthy , affordable foods available?**

- Corner stores, farmers markets

**How does the community support mental health?**

- Social support groups, other services

# Yes, the CAN can!

## Some first steps

- Conduct a walking audit with CAN partners to find out: where are there opportunities for participants to find healthy, affordable foods? Where are there issues of safety and accessibility?
- Discuss with CAN partners how you see the impacts of our surroundings on our ability to be healthy

# What about YOU?

Think of all the ways your program environment impacts people daily:

- Staff who come to work every day
- Participants coming for intake, case management meetings
- Participants attending classes
- Participants and their families attending events

# What about YOU?

## Some questions to consider:

- What foods are we serving? Are we offering healthy foods at our events for participants? Does the vending machine have healthy options in it?
- Do we support and champion being physically active? Do we have events that get us active - like walking groups or bowling nights?
- Do we build physical activities into our ongoing group activities for participants--e.g. Expecting moms' group, mom and baby group, fathers' group?



# What about YOU?

## Some questions to consider:

- How do we support participants' mental health?
- How do we support and address our own staff stress levels in order to best meet participant needs?
- What group norms are we fostering?



## The CDC Worksite Health ScoreCard:

An Assessment Tool for Employers to Prevent Heart Disease, Stroke, & Related Health Conditions



### Health ScoreCard Manual

Updated January 2014

National Center for Chronic Disease Prevention and Health Promotion  
Division for Heart Disease and Stroke Prevention



## Physical Activity



<i>Physical Activity</i> During the past 12 months, did your worksite:	Yes	No	Score
48. Provide an exercise facility on-site?	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	
49. Subsidize or discount the cost of on-site or offsite exercise facilities?	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	
50. Provide environmental supports for recreation or physical activity? <i>Answer "yes" if, for example, your worksite provides trails or a track for walking/jogging, maps of suitable walking routes, bicycle racks, a basketball court, open space designated for recreation or exercise, a shower and changing facility.</i>	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	
51. Post signs at elevators, stairwell entrances or exits and other key locations that encourage employees to use the stairs? <i>Answer "no" if your worksite is located in a one-story building.</i>	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	
52. Provide organized individual or group physical activity programs for employees (other than the use of an exercise facility)? <i>Answer "yes" if, for example, your worksite provides walking or stretching programs, group exercise, or weight training.</i>	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	
53. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the benefits of physical activity? <i>Answer "yes" if these health promotion materials address the benefits of physical activity as a single health topic or if the benefits of physical activity are included with other health topics.</i>	<input type="checkbox"/> (1 pt.)	<input type="checkbox"/> (0 pts.)	
54. Provide a series of educational seminars, workshops, or classes on physical activity? <i>Answer "yes" if these sessions address physical activity as a single health topic or if physical activity is included with other health topics. These sessions can be provided in-person or online; on-site or off-site; in group or individual settings; through vendors, on-site staff, health insurance plans or programs, community groups, or other practitioners.</i>	<input type="checkbox"/> (2 pts.)	<input type="checkbox"/> (0 pts.)	

# Support Participants

## Keep it simple

- “Natural and whole foods”

## Offer feasible changes

- Affordable substitutions (canned beans, frozen vegetables, brown rice)

## Approach with compassion

- How would these changes be for you? How can we support you?



Chat in your stories to  
share on future  
sessions!















FAMILIES FORWARD RESOURCE CENTER

»»» *Strong Families, Strong Communities*

# Healthy Babies Strong Families Healthy Start Program

***Vision:*** Safe, healthy and prosperous communities in Northeast Denver and North Aurora

***Mission:*** To enrich entire families lives through partnership and services that create a safe, healthy and connected community



While Healthy Babies Strong Families(HBSF) is providing services to address all factors of social determinants of health, we have determined that one missing link is the health (physical environment) component. Because this factor impacts the participants overall success and well-being.

60

***NOTE:*** health is tied into depression, social isolation, caring for child(ren), and sustaining a livelihood.

# HBSF offers the following programs.

## New-Ro-Fit

*Zumba, Cardio & Dance  
Classes*



## Cooking Matters

*Empower families with  
skills to stretch their  
food budget and cook  
healthy meals*



## Fit Body & Soul

*Behavioral Lifestyle program for  
diabetes Prevention*

61



Personal  
Trainer



Nutritionist



Life  
Coach

# Lesson Learned

- ❖ We (staff) model the created activities
- ❖ Recognize the challenges with getting participants engaged
- ❖ Remove the barriers and make things simple and fun

# Thank You

Felicia Allen: Family Advocate  
[Felicia@familiesforwardrc.org](mailto:Felicia@familiesforwardrc.org)

Nathifa Miller: Collective Impact Coordinator  
[Nathifa@familiesforwardrc.org](mailto:Nathifa@familiesforwardrc.org)

Shawn Taylor: HBSF Program Director  
[shawn@familiesforwardrc.org](mailto:shawn@familiesforwardrc.org)



# MISSOURI BOOTHEEL HEALTHY START

## HOW WE ARE ENCOURAGING WELLNESS

- Maternal Wellness Program
- Knitting/Healthy Family Class
- First Love Yourself Women's Support Group



Missouri Bootheel Healthy Start

# MATERNAL WELLNESS PROGRAM

- Travel throughout the Bootheel to community centers & churches
- Educate communities we travel to about how to lead a healthier lifestyles
- Our goal was to change the health behaviors of women 15-44
- Healthier Women equals Heathier Families
- Realized men were also interested learning about healthier lifestyles
- Getting health professionals involved throughout the Bootheel
- Workshops – Strategic Community Workshop
- Southeast Missouri Maternal Child & Family Health Coalition (SMCFHC)



FOOD

# Faith & HERITAGE

*in the Bootheel*

MISSOURI BOOTHEEL REGIONAL CONSORTIUM'S  
MATERNAL WELLNESS TOOL FOR A HEALTHY LIFESTYLE



Like us on Facebook

Funding for this project was provided in whole by The Missouri Foundation For Health. The Missouri Foundation for Health is a public benefit organization whose mission is to improve the health of the people in the communities it serves.



*Fans Too!*

# OVER 500 REACHED





# Close Knit Families

Healthy Family  
CLASSES

A Healthy Family class series

## NUTRITION DURING BREASTFEEDING AND PREGNANCY

Thursday, July 20th, 6-7:30 PM

Missouri Bootheel Regional Consortium

903 S. Kingshighway

Sikeston, MO 63801

Each session will include knitting instruction, dinner, and an educational topic.  
Many sessions will be taught by guest experts.

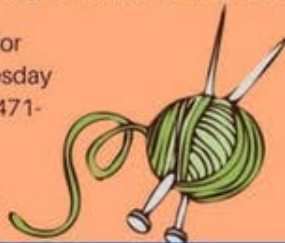
Supplies and instruction will be provided to assist every participant to finish a  
knitting project over the course of the series - a baby hat or nursing shawl  
Attendance for this event is limited to parents living in Dunklin, Mississippi, New  
Madrid, Pemiscot, and Scott Counties between the ages of 14 and 45.

MBRC will reimburse childcare for children of Healthy Start Case Management clients, two children under  
the age of ten at \$10.00 per child. Mileage will be reimbursed for out of town participants only,  
at the rate of .50 cents per mile. Residents of Sikeston will not receive mileage reimbursement. Transportation  
is available for Healthy Start clients.

Space for this program is limited! Please R.S.V.P. for  
attendance and transportation no later than the Tuesday  
before class with the MBRC office. R.S.V.P. at (573)471-  
9400 or toll-free at 1(888)317-4949



Like us on Facebook  
to stay up to date  
on news and events!



# REVAMPED HEALTHY FAMILY CLASSES

- Providing a healthy meal with each class
- Knitting education for stress relief
- Area experts for each topic
- Working on goal setting



- The Importance of Prenatal and Pediatric Care
- Breastfeeding and Available Support
- Nutrition
- Smoking Cessation, Stress Management
- Post-Partum Depression and Anxiety Disorders





## FIRST LOVE YOURSELF SUPPORT GROUP

First Love Yourself (FLY) Women's Support Groups are dedicated exclusively for Healthy Start Consumers, Parents and Consortium members ages 18 and over. The group meetings support and are not limited to the following key topics: Self Esteem, Health and Wellness, Attitude, Preparedness and Empowerment.



# ANNUAL FISHING CLINIC AND TAKE A KID FISHING DAY

- August 5th, 2017 will be the 19th annual
- Fishing, Archery, Boat Rides
- Get the whole family outdoors and active
- Work with the National Guard and Missouri Department of Conservation



# What to do now?

## 1. Talk to your staff

- Engage your staff in a discussion about these topics
- What challenges do you think your participants are facing in these areas? What might you be able to do to support them?
- Every program will need a champion for these changes. It could (should) be you!

# What to do now?

## 2. Think about what you're doing as a program

- Explore the CDC Worksite Health Scorecard modules on physical activity and nutrition
- How are you doing as an organization?
- What are 1 or 2 small things you might be able to do differently to make your program more supportive of healthy living?

# What to do now?

3. Discuss as a team what resources you have in your community.

**Places and Programs that Support Healthy Eating and Active Living: Resources in Our Community for Families**  
*Find out as much as you can about places and programs in your community that make it easier for families to eat healthy, be physically active and manage daily stress. Seek out and visit programs in your community. Ask friends and family, other Healthy Start team members, and your Healthy Start participants for their ideas. This sheet includes some ideas to get you started. Use this sheet to keep a list of what you find out.*

**Places and Programs that Help with Food Security and Healthy Eating**

**Enrollment in SNAP & WIC**  
*All participants who are eligible should be enrolled in WIC and SNAP to receive food purchasing assistance and nutrition education for themselves and their families. Keep the contact information for these programs handy here, to help participants with completing their applications and to get answers to questions about benefits.*

<b>WIC Program Local Contact:</b>	<b>SNAP Program Local Contact:</b>
<b>Address:</b>	<b>Address:</b>
<b>Phone Number:</b>	<b>Phone Number:</b>
<b>Days/Hours:</b>	<b>Days/Hours:</b>
<b>Notes:</b>	<b>Notes:</b>

**Food Stores**  
*(Include supermarkets, corner stores, ethnic food stores and any other locations where participants can shop for food. Make notes about availability of fresh fruits and vegetables, discount days, whether the store accepts SNAP or WIC, etc.)*

<b>Store Name:</b>	<b>Store Name:</b>
<b>Address:</b>	<b>Address:</b>
<b>Phone Number:</b>	<b>Phone Number:</b>
<b>Days/Hours:</b>	<b>Days/Hours:</b>
<b>Notes:</b>	<b>Notes:</b>

# What to do now?

## 4. Tell us what you are doing!

Email [healthystartepic@jsi.com](mailto:healthystartepic@jsi.com) if you have any other ideas to highlight of future webinars

Month	Webinar Topic
Sept	Healthy Eating
Oct	Active Living
Nov	Stress Management and Mindfulness

**June 29 3:00-4:00pm: Screening Tools Initiative:  
EPIC Online Screening Tool Update**

**Regional Meetings June-September**





*Thank You*

Contact us!  
[healthystartepic@jsi.com](mailto:healthystartepic@jsi.com)