

Prevention Action Steps for Individuals

Prevention for the Health of North Carolina

http://www.nciom.org/projects/prevention/prevention_report.shtml

Healthy individuals are more likely to lead longer, more productive, and healthier lives. The choices you make today will affect your health tomorrow. The 10 Prevention Action Steps below will help you make your lifestyle a healthier one.

✓ Be tobacco-free.

Tobacco is the leading cause of preventable death in North Carolina. Other tobacco products like chewing tobacco and snuff are also dangerous to your health. If you don't smoke or use other tobacco products, don't start. If you use tobacco and want to quit, talk with your health care provider and contact the NC Quitline at 1-800-QUIT-NOW (1-800-784-8669).



✓ Eat smart.

Good nutrition is essential to good health. A good diet can protect you from heart disease, high blood pressure, and type 2 diabetes. You can improve your diet. Eat more fruits and vegetables. Cook at home instead of eating out. Drink water in place of soda and sweet tea. Talk with a health care provider or nutritionist for more help. Visit <http://www.myeatssmartmovemore.com> for more ideas.

✓ Move more.

Physical activity is important to your health. Adults need to be active 30 minutes every day on most days, or for at least 150 minutes a week. Go for a walk, play a game of soccer with your family, or plant a garden. These activities should get your heart pumping and make you breathe faster. Add in activities like yoga that strengthen your muscles at least two times each week. Children need 60 minutes of moderate to vigorous physical activity every day of the week. You can be active with your children, and that will be good for all of you. Visit <http://www.myeatssmartmovemore.com> for more ideas.

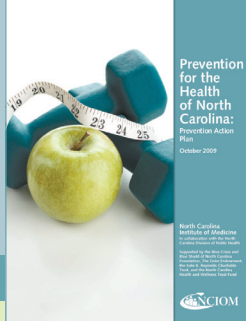


✓ Practice safe sex.

North Carolina's rates of unintended pregnancy, sexually transmitted diseases (STDs), and HIV are among the highest in the nation. Use protection such as condoms if you're sexually active. You should also know your HIV and STD status. Your doctor or local health department can test you for HIV and STDs and talk to you about how to avoid pregnancy. The only way to avoid STDs or unintended pregnancies is to not have sex. If you are a parent, talk to your kids about the risks that come from being sexually active. If your child is sexually active, teach him/her about protection.

✓ Be drug-free, and free from dependence on alcohol.

Alcohol and drug abuse can ruin your life. Even prescription drugs can be a problem if they are not used correctly. Drink in moderation if you drink, and never drink and drive. Talk to your doctor, faith leader, a counselor, or a trusted friend if you think you have a problem with drugs or alcohol. Talk to your kids about the importance of not using drugs or alcohol. If you need help with drugs or alcohol, call North Carolina's CARE-LINE Information and Referral Service at 1-800-662-7030. Call 911 if you suspect an overdose.



Prevention Action Steps for Legislators

Prevention for the Health of North Carolina

http://www.nciom.org/projects/prevention/prevention_report.shtml

North Carolina ranks in the bottom third of almost all state health rankings. The North Carolina General Assembly can enact policies and fund evidence-based programs to improve the overall health status of North Carolinians. The North Carolina Institute of Medicine, in collaboration with the Division of Public Health (DPH), convened a task force to develop a state *Prevention Action Plan*. The Task Force developed recommendations to address the state's 10 leading preventable causes of death and disability. The cost of implementing all priority recommendations would be approximately \$19 million; however, the *Prevention Action Plan* includes revenue-generating recommendations equaling \$354 million, which is more than enough to cover the costs of all recommendations in the *Prevention Action Plan*.¹ Report recommendation numbers are in parentheses.

1. Create a tobacco-free North Carolina.

Tobacco use is the state's leading cause of preventable death. Tobacco users are more likely to die prematurely and have poor health and higher medical care costs. There is no safe level of secondhand smoke exposure. To address tobacco use, the NCGA should:

- ✓ Increase state tobacco taxes to the national average and invest the revenues in prevention. Increasing the tax on a pack of cigarettes to the national average of \$1.38 (as of April 2, 2010) would generate \$349.0 million in new revenue annually. A comparable tax increase on other tobacco products to 55% of wholesale would generate \$58.7 million annually. (Rec. 3.2)

2. Reduce obesity by helping North Carolinians eat smart and move more.

North Carolina is currently the 10th most overweight/obese state in the nation. Two out of three North Carolinians are overweight. Be Active North Carolina estimates the overall annual cost of excess weight to the state is more than \$15 billion in medical costs, prescriptions drug costs, and lost productivity. To reduce obesity, the NCGA should:

- ✓ Appropriate \$6.5 million in recurring funds beginning in SFY 2011 to DPH to implement the Eat Smart, Move More NC Obesity Prevention Plan, \$4 million in non-recurring funds for demonstration projects for youth and community-wide interventions, and \$5 million in recurring funds to support a social marketing campaign. (Rec. 4.5)

3. Improve the weight status and health of North Carolina's school-aged children.

Over 30% of children in the state ages 2-18 are overweight or obese. Only about half of high school and middle school students get the recommended amount of physical activity each week. More needs to be done to improve nutrition, physical activity, and the health of children in this state. To improve youth health, the NCGA should:

- ✓ Ensure students receive appropriate amounts of time receiving high-quality physical education and evidence-based health education.² (Rec. 4.3)
- ✓ Appropriate \$1.2 million in recurring funds in SFY 2011 to DPI to ensure use of evidence-based health curricula in the Healthful Living Standard Course of Study. (Rec. 12.2)
- ✓ Appropriate \$1.73 million in recurring funds in SFY 2011 to DPI (increased by an additional \$1.5 million in recurring funds in each of the following five years) to enhance the ability of local education agencies to implement the coordinated school health program. (Rec. 12.1)

4. Prevent injuries among North Carolinians.

Motor vehicle-related injuries and other unintentional injuries, such as falls and unintentional poisonings, are the fourth leading cause of death in North Carolina. Intentional injuries including domestic violence and child maltreatment are also serious health concerns. To prevent injury and family violence, the NCGA should:

- ✓ Create a statewide task force to focus on reducing injuries and violence. (Rec. 8.4)

¹ The amount of funding needed does not include the funds necessary to implement high-quality physical education and Healthful Living in all schools as described in number 3 above (Rec. 4.3).

² The Department of Public Instruction (DPI) should report to the NCGA the costs of implementing high-quality physical education in all schools.

5. Prevent substance abuse and promote mental health among North Carolinians.

Approximately 800,000 North Carolinians ages 12 and older were dependent on drugs or alcohol in 2006-2007. Approximately 17% of 18-25 year olds and 10% of people ages 26 and older reported having serious psychological distress in the past year. People with substance abuse issues are at increased risk of premature death and disability, while depression is linked to increased workplace absenteeism and reduced productivity, and exacerbation of other health conditions. To prevent substance abuse and promote mental health, the NCGA should:

- ✓ Appropriate \$1.95 million in recurring funds in SFY 2011 and \$3.72 million in recurring funds in SFY 2012 to the Division of Mental Health, Developmental Disabilities, and Substance Abuse Services to develop a comprehensive plan focusing on preventing substance use and improving emotional well-being. (Rec. 6.1)
- ✓ Increase the excise tax on beer and wine and use the increased revenues to support substance abuse prevention efforts, and appropriate \$2 million in recurring funds in SFY 2011 to support a comprehensive alcohol awareness education and prevention campaign. (Rec. 6.1)
- ✓ Direct insurers to review reimbursement policies to support co-location of primary care and behavioral health providers, case management, and consults between primary care and behavioral health providers. (Rec. 6.2)

6. Prevent infectious diseases among North Carolinians.

Infectious diseases were the 10th leading cause of death in the state in 2007. Many infectious diseases can be prevented by vaccines. For every dollar spent on childhood vaccines, \$5 are saved in direct costs (i.e., health care costs) and \$11 are saved in indirect costs (i.e., lost work days, lost productivity, disability). To prevent infectious diseases, the NCGA should:

- ✓ Appropriate \$1.5 million in recurring funds in SFY 2011 to DPH to conduct an aggressive outreach campaign to increase immunization rates. (Rec. 9.1)

7. Improve economic security & increase high school graduation rates among North Carolinians.

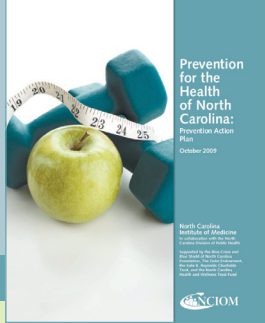
Studies show strong correlations between health outcomes and income, housing conditions, educational achievement, and race/ethnicity. Thirty-five percent of North Carolinians have low incomes (i.e., below 200% of the federal poverty guidelines, or \$41,300/year for a family of four in 2007). In 2008-09, the four-year cohort graduation rate was 71.7%. To improve economic security and education achievement levels, the NCGA should:

- ✓ Promote economic security by increasing the state Earned Income Tax Credit (EITC) to 6.5% of the federal EITC and expand outreach to encourage eligible low-income families to enroll in the Supplemental Nutrition Assistance Program. (Rec. 11.1)
- ✓ Support evidence-based strategies implemented by the State Board of Education and DPI to increase the four-year high school graduation rate. (Rec. 11.4)

By implementing the priority recommendations of the *Prevention Action Plan*, the North Carolina General Assembly can make significant improvements in the health and well-being of North Carolinians.

The above Action Steps were excerpted from recommendations in *Prevention for the Health of North Carolina: Prevention Action Plan*, a collaborative project of the North Carolina Institute of Medicine and the North Carolina Division of Public Health, and have been modified for specific audiences. **The full report is available at http://www.nciom.org/projects/prevention/prevention_report.shtml.** Generous support for this project was provided by the Blue Cross and Blue Shield of North Carolina Foundation, The Duke Endowment, the North Carolina Health and Wellness Trust Fund, and the Kate B. Reynolds Charitable Trust. Any opinion, finding, conclusion, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view and policies of the North Carolina Health and Wellness Trust Fund Commission, the Blue Cross and Blue Shield of North Carolina Foundation, The Duke Endowment, or the Kate B. Reynolds Charitable Trust.





Prevention Action Steps for Health Care Professionals

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Doctors and other health care professionals play an important role in helping to improve individual health. Health care professionals can influence their patients' health by talking with them about practicing healthy behaviors and getting recommended preventive care. By following the Prevention Action Steps below, you can help your patients lead healthier lives.

Screen all adults and pregnant women for tobacco use.

- ✓ Offer tobacco cessation services including counseling and cessation medications.
- ✓ Refer all tobacco users to the NC Quitline at 1-800-QUIT-NOW (1-800-784-8669).

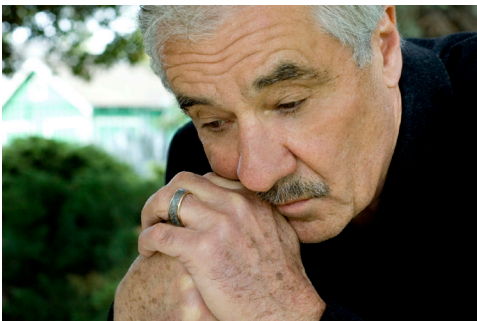
Screen all adults for obesity.

- ✓ Offer counseling and behavioral interventions for patients identified as obese.



Address sexual health and behavior in adolescents and adults.

- ✓ Educate sexually active patients at increased risk about STDs, proper condom use, female contraception, and offer behavioral counseling to prevent STDs.
- ✓ Educate sexually active adolescents about the safety and efficacy of condoms and other forms of contraception to prevent unintended pregnancy.
- ✓ Implement opt-out HIV screenings for all adult patients.



Screen patients for substance abuse.

- ✓ Use the Screening, Brief Intervention, and Referral into Treatment (SBIRT) model to determine if patients are beginning to misuse tobacco, alcohol, or other drugs; offer motivational counseling to those at risk of having a substance abuse problem; and refer those with more significant problems to specialized providers.

Screen for major depressive disorders in children, adolescents, and adults.

- ✓ Screen patients ages 12 and older for major depressive disorders and refer into psychotherapy as needed.
- ✓ Have an on-site behavioral health provider at your clinic to ensure that patients can easily access adequate treatment and follow-up.

Stay up to date on current recommendations and clinical guidelines.

- ✓ Attend continuing medical education courses that enhance your knowledge about current evidence-based practices for tobacco use, nutrition, obesity, alcohol and substance abuse, injury, depression, and STDs/HIV.
- ✓ Stay abreast of the most current recommendations from the US Preventive Services Task Force.

Offer and promote recommended vaccines.

- ✓ Discuss recommended vaccines and immunizations with patients as appropriate.



STATE RESOURCES

General

- NC Prevention Partners, NC Good Health Directory. <http://www.ncpreventionpartners.org/dnn/WhatWeDo/Resources/NCGoodHealthDirectory/SearchResources/tabid/168/Default.aspx>

Tobacco

- NC Quitline. 1-800-QUIT-NOW (1-800-784-8669). <http://www.quitlinenc.org>

Nutrition and Physical Activity

- Eat Smart, Move More North Carolina. <http://www.eatsmartmovemorenc.com>

NATIONAL RESOURCES

Clinical Guidelines

- US Preventive Services Task Force. <http://www.ahrq.gov/CLINIC/uspstfix.htm>

Sexual Health

- American Medical Association, Promoting Teenage Sexual Health. http://www.ama-assn.org/ama1/pub/upload/mm/15/ph_sexualhealth_pres.pdf
- American College of Obstetricians and Gynecologists, Took Kit for Teen Care. <http://www.acog.org/departments/adolescentHealthCare/TeenCareToolKit/ACOGPreventCare.pdf>
- CDC Adolescent Health Registries of Programs Effective in Reducing Youth Risk Behaviors. <http://www.cdc.gov/HealthyYouth/AdolescentHealth/registries.htm>
- CDC Recommendations for HIV Testing of Adults, Adolescents, Pregnant Women. <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5514a1.htm>

Mental Health and Substance Abuse

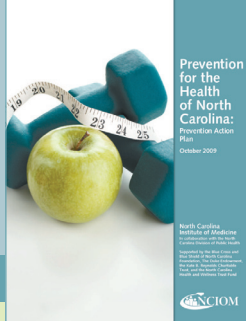
- Substance Abuse and Mental Health Services Administration (SAMHSA), SBIRT (Screening, Brief Intervention, and Referral to Treatment). <http://sbirt.samhsa.gov/about.htm>
- SAMHSA National Registry of Evidence-based Programs and Practices. <http://www.nrepp.samhsa.gov/find.asp>
- National Institute on Drug Abuse Screening for Tobacco, Alcohol other Drug Use. <http://www.drugabuse.gov/nidamed/screening>

Vaccines

- Centers for Disease Control and Prevention, Recommendations and Guidelines: Advisory Committee on Immunization Practices. <http://www.cdc.gov/vaccines/recs/ACIP/default.htm>

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Prevention Action Steps for Schools & Local School Boards

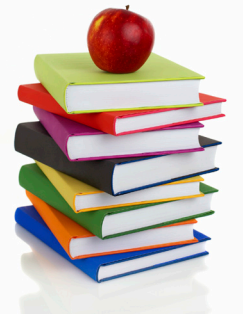
Prevention for the Health of North Carolina

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Students learn and perform better when they are mentally and physically healthy. Schools have a unique opportunity to promote health among students since young people spend a significant amount of time in school. The healthy behaviors learned and practiced in youth are carried into adulthood. Schools can support healthy behaviors through a coordinated school health approach that addresses education, food options, activities, and policies. Healthy student behaviors are linked to educational achievement, which leads to better health outcomes. By following the Prevention Action Steps below, you can help students lead healthier and more productive lives.

Help students eat smart and move more.

- ✓ Implement healthy child nutrition standards in all elementary, middle, and high schools, and ensure that all foods and beverages sold or offered in school are healthy, including those in the cafeteria, all vending machines, and school stores.
- ✓ Ensure students receive high-quality physical education.
- ✓ Create joint-use agreements between school recreational facilities and parks to provide all community members with more places to be active. Encourage and facilitate walking and biking to school using the Safe Routes to School program.



Keep schools and students tobacco-free.

- ✓ Actively enforce 100% tobacco-free policies on school grounds and at school events.
- ✓ Promote the NC Quitline at 1-800-QUIT-NOW (1-800-784-8669) for students and staff and encourage current tobacco users to call for help in quitting.

Ensure that students receive reproductive health and safety education.

- ✓ Institute an opt-out consent process for reproductive health and safety education.

Help students be alcohol and drug free.

- ✓ Implement a comprehensive substance abuse prevention plan that includes early intervention and offer evidence-based substance abuse prevention courses as part of the Healthful Living curricula.

Promote mental health and well-being.

- ✓ Review current mental health prevention services and policies to ensure they are effective and appropriate for your student population. Offer Healthful Living curricula proven to be effective in improving students' emotional well-being.

Support health data collection to ensure validity of statewide estimates.

- ✓ Participate in the Youth Risk Behavioral Survey and School Health Profiles Survey if selected.

Keep the school environment safe for your students.

- ✓ Use the US EPA's Tools for Schools Program to assess and address environmental contaminants in your school.

Provide support to address socioeconomic barriers that prevent children from succeeding in school.

- ✓ Enroll low-income children in the free and reduced-price meals programs, and link them to other public programs such as Medicaid, NC Health Choice, and the Supplemental Nutritional Assistance Program (otherwise known as SNAP and formerly known as "food stamps").

Increase the graduation rate.

- ✓ Support a school environment that promotes school connectedness, improves student attendance, and decreases truancy.
- ✓ Explore and implement customized learning options for students.

Use evidence-based health education curricula.

- ✓ Use the Health Education Curriculum Analysis Tool (HECAT) and Physical Education Curriculum Analysis Tool (PECAT) to assess current curricula.
- ✓ Implement evidence-based curricula for Healthful Living courses when available.

Make creating a healthy school environment a community priority.

- ✓ Involve teachers, staff, parents, and community members in a coordinated school health approach to create a healthy school environment.



STATE RESOURCES

Coordinated School Health Approach, NC Youth Risk Behaviors, NC School Profiles

- NC Healthy Schools Partnership. <http://www.nchealthyschools.org>

Tobacco

- NC Tobacco-free Schools. <http://www.nctobaccofreeschools.com>
- NC Quitline. 1-800-QUIT-NOW (1-800-784-8669). <http://www.quitlinenc.org>

Nutrition and Physical Activity

- NC DPI Child Nutrition Services. <http://www.dpi.state.nc.us/childnutrition>
- Eat Smart, Move More North Carolina. <http://www.eatsmartmovemorenc.com>
- North Carolina Action for Healthy Kids. <http://www.ncactionforhealthykids.org>
- North Carolina Alliance for Athletics, Health, Physical Education, Recreation, and Dance. <http://www.ncaahperd.org>
- National Association for Sport and Physical Education. <http://www.naspe.org>

General School Resources

- North Carolina Healthy School's Coordinated School Health Partnership. <http://www.nchealthyschools.org>
- North Carolina State Board of Education. North Carolina State Board of Education. <http://www.dpi.state.nc.us/stateboard/hrstudents>

NATIONAL RESOURCES

Community Prevention Strategies

- CDC Guide to Community Preventive Services. <http://www.thecommunityguide.org/index.html>

Youth Risk Behaviors

- CDC Adolescent Health Registries of Programs Effective in Reducing Youth Risk Behaviors. <http://www.cdc.gov/HealthyYouth/AdolescentHealth/registries.htm>

Mental Health and Substance Abuse

- Department of Health and Human Services National Registry of Evidence-based Programs and Practices. <http://www.nrepp.samhsa.gov/find.asp>
- US Department of Justice's Model Programs Guide. <http://www2.dsgonline.com/mpg>

Education and Drop-Out Prevention

- US Department of Education's What Works Clearing House. <http://ies.ed.gov/ncee/wwc>
- US Department of Education's Drop Out Prevention Guide. http://ies.ed.gov/ncee/wwc/pdf/practiceguides/dp_pg_090308.pdf
- US Department of Justice's Model Programs Guide. <http://www2.dsgonline.com/mpg>

Environmental Health

- US Environmental Protection Agency's (EPA) Tools for Schools (TfS) Program. <http://www.epa.gov/iaq/schools>

Physical Activity

- Safe Routes to School. <http://www.saferoutesinfo.org>
- Action for Healthy Kids. <http://www.actionforhealthykids.org>

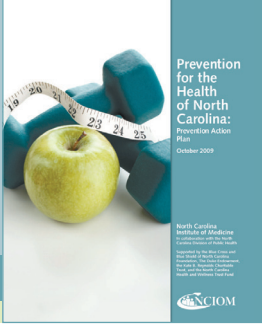
HECAT and PECAT

- Centers for Disease Control and Prevention. <http://www.cdc.gov/HealthyYouth/DTrain/FAQ.htm>

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Prevention Action Steps for Insurers

Prevention for the Health of North Carolina
<http://www.nciom.org>

Insurers can play an important role in helping to improve the health of North Carolinians. The health of members is significantly influenced by their ability to access and pay for preventive services. Prevention, early detection, and treatment can improve health outcomes, reduce long-term health consequences, and decrease health care expenditures. By following the Prevention Action Steps listed below, you can better support optimal health among your members.

Help tobacco users quit.

- ✓ Include comprehensive cessation services including counseling and medications in all insurance plans.

Prevent and reduce overweight and obesity and related conditions.

- ✓ Promote and cover adult obesity screenings, and cover intensive counseling and behavioral interventions for those identified as obese.



Support mental health and prevent substance abuse.

- ✓ Promote and cover substance abuse and mental health treatment that is comparable to coverage for physical illnesses.
- ✓ Reimburse primary care and other health care professionals to screen, counsel, provide brief intervention, and refer patients to treatment for tobacco, alcohol, and drug use, and mental health disorders.
- ✓ Reimburse primary care and other health care professionals for co-location of behavioral health and primary care providers, case management services, and consults between primary care providers and behavioral health specialists.
- ✓ Reimburse providers for screening patients ages 12 and older for major depressive disorders and for referral into psychotherapy as needed.



Increase immunization rates.

- ✓ Provide first dollar coverage for recommended vaccines that cover the cost and administration of the vaccine.

Expand health insurance coverage.

- ✓ Offer parents the option to continue dependent coverage of their children until the age 26, regardless of student status.



Ensure coverage includes all recommended preventive services.

- ✓ Cover the current US Preventive Services Task Force's recommendations for screening, counseling, and treatment, related to tobacco use, nutrition, obesity, alcohol and substance abuse, depression, and STDs/HIV.

Protect against sexually transmitted diseases.

- ✓ Cover behavioral counseling for prevention of STDs/HIV in all adolescents and adults who are at increased risk.



STATE RESOURCES

General

- NC Prevention Partners, Preventive Benefits Profile. <http://www.ncpreventionpartners.org/dnn/WhatWeDo/Resources/PreventiveBenefitsProfile/tabid/79/Default.aspx>

Tobacco

- NC Quitline. 1-800-QUIT-NOW (1-800-784-8669). <http://www.quitlinenc.org/>

Nutrition and Physical Activity

- Eat Smart, Move More Plan to Prevent Overweight, Obesity, and Related Chronic Diseases. <http://www.eatsmartmovemorenc.com>

NATIONAL RESOURCES

Clinical Guidelines

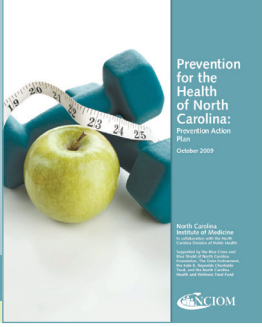
- US Preventive Services Task Force. <http://www.ahrq.gov/CLINIC/uspstfix.htm>

Prevention and Business

- National Business Group on Health. <http://www.businessgrouphealth.org/publications/index.cfm> and *The Business Case for Prevention: Why Investing in Prevention is Good for Business*. <http://www.businessgrouphealth.org/preventive/businesscase/index.cfm>

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Prevention Action Steps for Employers

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A healthy employee is a more productive employee. Healthy employees have fewer sick days and lower medical costs. Employee health is influenced by the work environment, worksite policies, and health insurance offered. A key component to keeping employees healthy is to make preventive services easily accessible and affordable. By following the Prevention Action Steps listed below, you can improve the health of your employees and your business.

Keep employees tobacco-free.

- ✓ Develop and enforce 100% tobacco-free policies at your worksite, campus-wide.
- ✓ Offer health insurance coverage and incentives to motivate employees and their families to quit tobacco use.
- ✓ Promote the NC Quitline at 1-800-QUIT-NOW (1-800-784-8669) and encourage tobacco users to call for help in quitting.



Promote good nutrition.

- ✓ Promote healthy foods and drinks in cafeterias, break rooms, and vending machines at all times.
- ✓ Ensure healthy foods are visible and accessible to everyone.
- ✓ Post nutrition information at point-of-selection and use icons to identify healthy items.
- ✓ Modify and/or establish vendor contracts to bring in healthy foods and beverages.
- ✓ Regularly host a farmers' market or provide a farm stand.



Promote physical activity.

- ✓ Implement worksite policies and practices that promote physical activity among your employees such as:
 - Posting signs by elevators and at stairwells to encourage employees to use the stairs.
 - Providing on-site exercise facilities or benefits to encourage physical activity, such as discounts to a local gym.

Create a safe working environment.

- ✓ Reduce environmental risks and potential hazards that can cause injury in the workplace.
- ✓ Enforce all environmental standards and provide a safe working environment, such as ensuring that smoke alarms and carbon monoxide detectors work.

Provide coverage for preventive services.

- ✓ Be sure the health insurance you offer covers the current US Preventive Services Task Force's recommendations for screening, counseling, and treatment, including those for tobacco use, nutrition, obesity, alcohol and substance abuse, depression, and STDs/HIV.
- ✓ Encourage your employees to get the recommended preventive health care services.



Implement a comprehensive worksite wellness program.

- ✓ Provide health education and health promotion programs to support behavior change.
- ✓ Create a social and physical environment that supports healthy behaviors and reduces risks.
- ✓ Make worksite wellness a part of your organizational structure.
- ✓ Link comprehensive worksite health promotion to related programs such as employee assistance programs.
- ✓ Provide worksite screenings with follow-up education and appropriate referrals.

STATE RESOURCES

General

- NC Prevention Partners, NC Good Health Directory. <http://www.ncpreventionpartners.org/dnn/WhatWeDo/Resources/NCGoodHealthDirectory/SearchResources/tabid/168/Default.aspx>

Worksite Wellness Assessment Tools

- NC Prevention Partners, WorkHealthy Assessment. <http://www.ncpreventionpartners.org/dnn/WhatWeDo/Programs/WorkplaceHealthInitiative/tabid/75/Default.aspx>
- Eat Smart, Move More North Carolina Worksite Wellness Toolkit. <http://www.eatsmartmovemorenc.com/Worksites.html>

Tobacco

- NC Quitline. 1-800-QUIT-NOW (1-800-784-8669). <http://www.quitlinenc.org>

Nutrition and Physical Activity

- Eat Smart, Move More North Carolina. <http://www.eatsmartmovemorenc.com>

NATIONAL RESOURCES

Worksite Prevention Strategies

- CDC Guide to Community Preventive Services. <http://www.thecommunityguide.org/worksite/index.html>

Worksite Prevention Guides and Health-related Publications

- Partnership for Prevention Workplace Guide. <http://www.prevent.org/content/view/133>
- National Business Group on Health. <http://www.businessgrouphealth.org/publications/index.cfm> and *The Business Case for Prevention: Why Investing in Prevention is Good for Business*. <http://www.businessgrouphealth.org/preventive/businesscase/index.cfm>

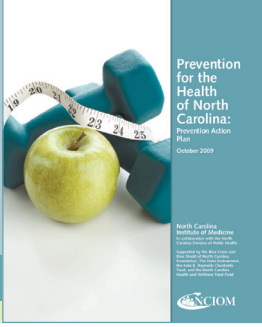
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- US Preventive Services Task Force. <http://www.ahrq.gov/CLINIC/uspstfix.htm>

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Prevention Action Steps for Hospitals

Prevention for the Health of North Carolina

http://www.nciom.org/projects/prevention/prevention_report.shtml

Hospitals play an important role in supporting the health of North Carolinians. Since hospitals are both employers and providers of health care, they have a unique opportunity to influence health statewide by promoting prevention among employees, patients, and visitors. In addition, having healthier employees means having a more productive workforce. By following the Prevention Action Steps below, you can help employees, patients, and visitors lead healthier lives.

Be a prevention leader in your community.

- ✓ Become involved in your local Healthy Carolinians chapter.
- ✓ Work with other leaders in the community, such as faith-based or lay health workers, to ensure the prevention message reaches everyone.
- ✓ Work with local public health leaders and employee groups to improve population health.

Be tobacco-free.

- ✓ Enforce 100% tobacco-free campus policies to eliminate secondhand smoke and encourage tobacco users to quit.
- ✓ Offer insurance coverage that includes counseling and cessation medications to employees who use tobacco.
- ✓ Promote the NC Quitline at 1-800-QUIT-NOW (1-800-784-8669) and encourage tobacco users to call for help in quitting.



Create a healthy food environment.



- ✓ Promote healthy food options in cafeterias, break rooms, and vending machines at all times.
- ✓ Ensure healthy foods are visible and accessible to everyone.
- ✓ Post nutrition information at point-of-selection and use icons to identify healthy items.
- ✓ Modify and/or establish vendor contracts to bring in healthy foods and beverages.
- ✓ Regularly host a farmers' market or provide a farm stand.

Promote physical activity.

- ✓ Implement physical activity policies and practices that promote physical activity among your employees such as:
 - Posting signs by elevators and at stairwells to encourage employees to use the stairs.
 - Providing on-site exercise facilities or benefits to encourage physical activity, such as discounts to a local gym.

Promote hand hygiene.

- ✓ Encourage frequent hand washing and make hand sanitizer easily accessible.



Encourage providers to be prevention-oriented.

- ✓ Promote use of the current US Preventive Services Task Force's recommendations for screening, counseling, and treatment, including those for tobacco cessation, nutrition, obesity, alcohol and substance abuse, depression, and STDs/HIV.

Encourage recommended vaccines.

- ✓ Encourage providers to discuss recommended vaccines with patients.
- ✓ Ensure health care workers receive recommended vaccines.
- ✓ Encourage and educate community members to receive recommended vaccines.



Encourage physicians to address substance abuse in the emergency department setting.

- ✓ Use the evidence-based Screening, Brief Intervention, and Referral into Treatment (SBIRT) method to help patients with substance abuse problems.

Help patients learn their HIV status.

- ✓ Institute opt-out HIV testing.

STATE RESOURCES

General Prevention

- NC Prevention Partners, NC Good Health Directory. <http://www.ncpreventionpartners.org/dnn/WhatWeDo/Resources/NCGoodHealthDirectory/SearchResources/tabid/168/Default.aspx>

Nutrition and Physical Activity

- Eat Smart, Move More Plan to Prevent Overweight, Obesity, and Related Chronic Diseases. <http://www.eatsmartmovemorenc.com>
- NC Prevention Partners, Healthy Hospital Initiative. <http://www.ncpreventionpartners.org/dnn/WhatWeDo/Programs/FocusonHospitals/tabid/73/Default.aspx>

Tobacco

- NC Prevention Partners, Healthy Hospital Initiative. <http://www.ncpreventionpartners.org/dnn/WhatWeDo/Programs/FocusonHospitals/tabid/73/Default.aspx>
- NC Quitline. 1-800-QUIT-NOW (1-800-784-8669). <http://www.quitlinenc.org>

Healthy Carolinians

- <http://www.healthycarolinians.org/>

NATIONAL RESOURCES

Clinical Guidelines

- US Preventive Services Task Force. <http://www.ahrq.gov/CLINIC/uspstfx.htm>

Community Prevention Strategies

- CDC Guide to Community Preventive Services. <http://www.thecommunityguide.org/index.html>

Mental Health and Substance Abuse

- Substance Abuse and Mental Health Services Administration (SAMHSA), SBIRT (Screening, Brief Intervention, and Referral into Treatment). <http://sbirt.samhsa.gov/about.htm>

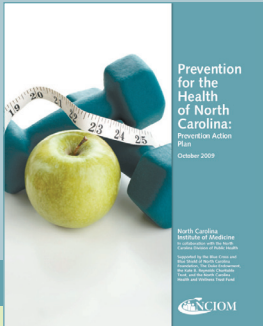
Prevention and Business

- National Business Group on Health. <http://www.businessgrouphealth.org/publications/index.cfm> and *The Business Case for Prevention: Why Investing in Prevention is Good for Business*. <http://www.businessgrouphealth.org/preventive/businesscase/index.cfm>

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Prevention Action Steps for Communities

Prevention for the Health of North Carolina

http://www.nciom.org/projects/prevention/prevention_report.shtml

Healthy communities support healthy individuals. Individual health is affected not only by the choices people make, but by the places where they work and go to school, the environment they live in, and public policies. Communities that promote healthy lifestyles and health in general can help people live longer and more productive lives. By following the Prevention Action Steps listed below, you can help North Carolinians lead healthier lives.

Promote tobacco-free policies throughout the community.

- ✓ Support campaigns that educate community members about the risks of tobacco use.
- ✓ Promote the NC Quitline at 1-800-QUIT-NOW (1-800-784-8669) and encourage tobacco users to call for help in quitting.
- ✓ Ban smoking in public places including worksites (NCGS §130A-497).



Encourage all residents to eat smart and move more.

- ✓ Encourage and support local school boards and schools to serve only healthy foods and beverages and to implement quality physical education programs.
- ✓ Encourage child care centers and after-school programs to incorporate healthy eating and physical activity into their practices.
- ✓ Promote menu labeling among restaurants so that nutrition information is readily available for consumers. Encourage farmers' markets or farm stands at worksites and meeting places of faith-based organizations.
- ✓ Build active communities by making sidewalks, greenways, and biking and hiking trails safe and easy to use. Create joint-use agreements between school recreational facilities and parks to provide all community members with more places to be active.
- ✓ Develop and implement an evidence-based obesity prevention plan.

Promote safe sex, family planning, and address STDs/HIV.

- ✓ Provide access to family planning services and screenings for STDs and HIV. Increase use of rapid testing for HIV among high-risk populations.
- ✓ Provide opt-out HIV testing in county jails.
- ✓ Encourage local school boards to adopt an opt-out consent process for reproductive health and safety education.
- ✓ Expand adolescent pregnancy prevention programs.

Prevent alcohol and drug abuse.

- ✓ Implement a comprehensive evidence-based substance abuse prevention plan targeting youth and their parents that includes early intervention activities.

Ensure healthy home and school environments.

- ✓ Implement a HUD/CDC Healthy Homes Initiative to minimize the risks for indoor air quality, mold and moisture, carbon monoxide, lead-based paint, radon, asbestos, drinking water, hazardous household products, pesticide exposure, pest management, and to promote general home safety.
- ✓ Encourage local boards of education and schools to use the EPA's Tools for Schools program to reduce environmental hazards.



Prevent intentional and unintentional injuries.

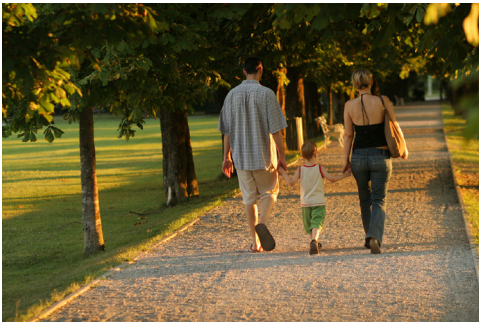
- ✓ Make sure local law enforcement enforces all traffic safety laws such as those that address seatbelt use, speeding, and DWI.
- ✓ Educate community members and implement evidence-based programs to prevent intentional injury, such as family violence, and unintentional injuries, such as falls and motor vehicle injury.

Promote recommended vaccines.

- ✓ Educate community members about the importance of getting vaccinations and publicize the availability of vaccines.

Improve opportunities for all people to be healthy.

- ✓ Address the needs of low-income families by raising awareness about the state Earned Income Tax Credits (EITC), the Supplemental Nutrition Assistance Program (SNAP), Medicaid, and NC Health Choice.
- ✓ Help build affordable housing.
- ✓ Support the efforts of local school boards and schools to prevent drop-out and increase high school graduation rates.
- ✓ Expand opportunities for high-quality childhood education and health programs.
- ✓ Involve community leaders such as faith-based ministers and lay health advisors who can reach out to diverse groups and educate them about prevention and health promotion.



Use evidence-based practices to keep your community healthy.

- ✓ Implement evidence-based strategies to improve the health of your community members by using the CDC's *Guide to Community Preventive Services*.

STATE RESOURCES

Tobacco

- NC Quitline. 1-800-QUIT-NOW (1-800-784-8669). <http://www.quitlinenc.org>

Nutrition and Physical Activity

- Eat Smart, Move More North Carolina. <http://www.eatsmartmovemorenc.com> Eat Smart, Move More: Plan to Prevent Overweight, Obesity, and Related Chronic Diseases. <http://www.eatsmartmovemorenc.com>

Vaccinations

- North Carolina Immunization Branch. <http://www.immunizenc.com>

NATIONAL RESOURCES

Community Prevention Strategies

- CDC Guide to Community Preventive Services. <http://www.thecommunityguide.org/index.html>
- Robert Wood Johnson Foundation Leadership for Healthy Communities. <http://www.leadershipforhealthycommunities.org>

Youth Risk Behaviors

- CDC Adolescent Health Registries of Programs Effective in Reducing Youth Risk Behaviors. <http://www.cdc.gov/HealthyYouth/AdolescentHealth/registries.htm>

Healthy Homes

- CDC Healthy Homes Initiative. <http://www.cdc.gov/nceh/Lead/healthyhomes.htm>

Substance Abuse and Mental Health

- Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices. <http://www.nrepp.samhsa.gov/find.asp>

Physical Activity

- Active Living by Design. <http://www.activelivingbydesign.org>

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✓ **Take care of your mental health.**

Your mental health is just as important as your physical health. Mental health problems can interfere with your daily routine at home, work, or school. If you feel like you have depression or anxiety, talk with your doctor or call North Carolina's CARE-LINE Information and Referral Service at 1-800-662-7030.

✓ **Use common sense to avoid injuries, and seek help if there is violence within your home.**

Many injuries can be prevented. Remember to follow traffic safety laws, drive the speed limit, and never drink and drive. If you need help because you or someone you know is being abused, call North Carolina's CARE-LINE Information and Referral Service at 1-800-662-7030.

✓ **Get recommended immunizations.**

Immunizations and vaccines are important for kids and adults. Ask your doctor about the shots you need. Also, check with your child's pediatrician to make sure he/she is up-to-date with all recommended vaccines.



✓ **Finish high school.**

Increase your chances for a healthier life by graduating from high school. Your options in life will increase even more if you go to technical/vocational school or college.

STATE RESOURCES

General

- NC Prevention Partners, NC Good Health Directory. <http://www.ncpreventionpartners.org/dnn/WhatWeDo/Resources/NCGoodHealthDirectory/SearchResources/tabid/168/Default.aspx>
- Local Health Departments. <http://www.ncalhd.org/county.htm>

Mental Health, Substance Abuse, and Family Violence

- NC Care-Line. 1-800-662-7030
- NC Care Link. <https://www.nccarelink.gov>

Tobacco

- NC Quitline. 1-800-QUIT-NOW (1-800-784-8669). <http://www.quitlinenc.org>

Nutrition and Physical Activity

- Eat Smart, Move More North Carolina. <http://www.myeatssmartmovemore.com>

Poison/Emergency

- Carolinas Poison Center. 1-800-222-1222
- 911

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