



Healthy Nashville

The logo graphic for Healthy Nashville, featuring a stylized green leaf on the left and a blue circular shape on the right that contains a white, curved, ribbon-like element.

Healthy Living Report

NASHVILLE AND DAVIDSON COUNTY

Spring 2009



Healthy Nashville Leadership Council

Healthy Living Recommendations, Spring 2009

The Healthy Nashville Leadership Council (HNLC) has focused their first Healthy Nashville report on Healthy Eating and Active Living (HEAL). This decision is driven by facts that indicate nearly two out of three adults in Nashville are overweight or obese. The numbers have risen dramatically over the last 25 years. Obesity and overweight can lead to chronic diseases such as heart disease, diabetes and cancer. Diabetes prevalence has doubled in the last 10 years, largely as a result of obesity. Obesity-related disease causes significant disability and reduced quality of life, as well as significant medical costs. Obesity is second only to tobacco as a leading cause of premature mortality.

Healthy Nashville History

Healthy Nashville is concerned with improving health status and quality of life for those who live, work, learn, worship and play in Nashville.

After formation of the Healthy Nashville Leadership Council in 2003, the Council and numerous community representatives conducted a series of assessments to determine those issues Nashville must address in order to become a healthier community. The strategic issues prioritized were:

1. Obesity and Overweight
2. Tobacco Use
3. Racial and Ethnic Disparities in Health

Healthy Nashville conducted a partial reassessment in 2006, and selected the same priorities. The Healthy Nashville Leadership Council endorsed and supported passage of the “Non-Smoker’s Protection Act” in 2007, along with an increase in the tobacco tax. This was a significant step toward better health for Nashville and for the state.

The current Healthy Nashville Leadership Council was appointed by Mayor Karl Dean in October of 2008 through Executive Order O25. The Leadership Council is charged to assess health status and quality of life for Davidson County residents. It also must establish strategic priorities and mobilize community initiatives to achieve improvements in health. This Healthy Living Report is the first community report from the Leadership Council.

In 2008 the Leadership Council chose to use a ‘report card’ as a tool for communicating about Nashville’s progress on key indicators and making recommendations to the Mayor and Nashville community.

With regard to racial and ethnic disparities in health, the Leadership Council has chosen to study and review local data and trends and to gather additional community input. A Healthy Nashville report on health disparities and health equity in Nashville will be developed in the near future.

Recommendations Development

In developing the Healthy Living Report, HNLC reviewed recommendations and strategies from Mayor Dean's Green Ribbon Committee, Nashville's Agenda, and other local groups, as well as practices considered effective by the Task Force on Community Preventive Services (<http://www.thecommunityguide.org/index.html>).

As part of the recommendation determinations, Healthy Nashville used the following criteria:

- Actions that have the potential to be game changers and significantly impact the health of the people in Nashville.
- Actions based on evidence-based best practices.
- Actions that can be built and improved over time.
- Actions that will benefit from the Mayor's endorsement and leadership.

Healthy Eating and Active Living

Overall Recommendations

- Focus strategies on increasing healthy eating and active living rather than on obesity or weight loss.
- Emphasize strategies that increase the accessibility and appeal of healthy choices, such as policies and environmental changes that make it easier to eat well and be physically active.

Recommendation 1: Summit

In Fall of 2009, Join the Metro Public Health Department and partners in sponsoring a conference/summit on healthy eating and active living. The goals of the summit are:

- To encourage information sharing and networking among advocates and organizations promoting healthier living.
- To promote the formation of a broad 'alliance' of organizations that ties together and recognizes contributions of a wide range of community efforts toward citywide goals of active living and healthy eating.

(Short timeframe, low cost)

Recommendation 2: Campaign

Beginning in January 2010, launch an inclusive, community-wide 'campaign' to promote physical activity and healthy eating.

The campaign may include media but also a variety of other efforts to inform and mobilize the Nashville community to create and enjoy opportunities for healthy eating and active living.

Involve many community sectors and include highly visible, broad-based, varied strategies including social support, education and awareness, health education, and especially policy and environmental changes that make healthy choices easier.

Adopt a community-wide theme and message that supports healthy eating and active living.

(Long timeframe, moderate cost)

Recommendation 3: Develop a policy agenda that fosters a healthier food system

Engage appropriate Metro agencies and community stakeholders in the development of a food policy agenda, and support sustained policy efforts to ensure that everyone in Nashville has access to healthy food.

(Long timeframe, low cost)

Recommendation 4: Promote healthier work places, starting with Metro government

Develop and support evidence-based healthy worksite programs for Metro government employees as a model for other Nashville area employers.

(Short timeframe, low cost)

Recommendation 5: Improve the built environment in Nashville to encourage active living

Increase mileage of sidewalks, bike lanes and greenways to encourage more active living. Prioritize access to “corridors” where sidewalks/bikelanes serve as transportation to schools, business districts, stores, greenways and medical facilities. Prioritize areas with high rates of diabetes.

Increase number and accessibility of park sports fields.

(Long timeframe, high cost)

Recommendation 6: Improve opportunities for healthy eating and active living for children

Establish routine measurement in schools, beginning with recording of height and weight for every MNPS student entering kindergarten every year.

Increase physical activity in MNPS to meet a goal of 150 minutes of enjoyable moderate or vigorous physical activity per week.

Expand school and community recreational sports leagues.

Work with MNPS, parents, and stakeholders to assure a healthy breakfast and lunch for every student every day.

Promote awareness and education in the schools and other institutions about where food comes from (food system), calorie balance, and preparation of healthy meals.

Develop a “Mayor’s Physical Activity Challenge” between schools and between students

- Promote training so students can achieve their personal best
- Integrate physical activity with learning
- Promote innovative and enjoyable opportunities
- Promote “fun” versus “drill”
- Monitor progress
- Recognize successes

(Long timeframe, moderate cost)

Obesity and Physical Activity

GOALS	ACTUAL	TREND*	TARGET	RESULTS	DISPARITY#
Reduce the proportion of adults in Davidson County who are obese	26.3%	↑	15.0%	●	1.2
Increase the proportion of adults that participate in physical activities within the past 30 days	75.9%	↔	77.4%	●	1.0
Reduce the percent of adolescents who perceive themselves to be overweight	29.0%	↔	29.3%	●	1.1
Increase the proportion of adolescents who participate in daily school physical education	31.3%	↔	50.0%	●	1.0

Tobacco Use

GOALS	ACTUAL	TREND*	TARGET	RESULTS	DISPARITY#
Reduce cigarette smoking by adults in Davidson County	22.4%	↔	12.0%	●	1.3
Reduce cigarette smoking by adolescents in Davidson County	21.3%	↔	16.0%	●	0.6
Increase smoking cessation attempts by adult smokers	49.2%	↓	75.0%	●	0.6

Select Social Determinants of Health

GOALS	ACTUAL	TREND*	TARGET	RESULTS	DISPARITY#
Increase the proportion of persons with health insurance	86.9%	↔	100.0%	●	1.0
Increase high school completion	72.6%	↔	90.0%	●	^
Increase years of life expectancy	76	^	78.1	●	^

* Trend is determined from the previous year of report. A trend is declared increasing ↑ or decreasing ↓ if the current number is at least 10% higher or lower than the previous reported number. ↔ indicates the numbers are about the same as the previous year of report.

^ Data is not available

● Meeting Target ● Within 10% of target ● Not within 10% of target

Targets reported are from *Healthy People 2010* or the US.

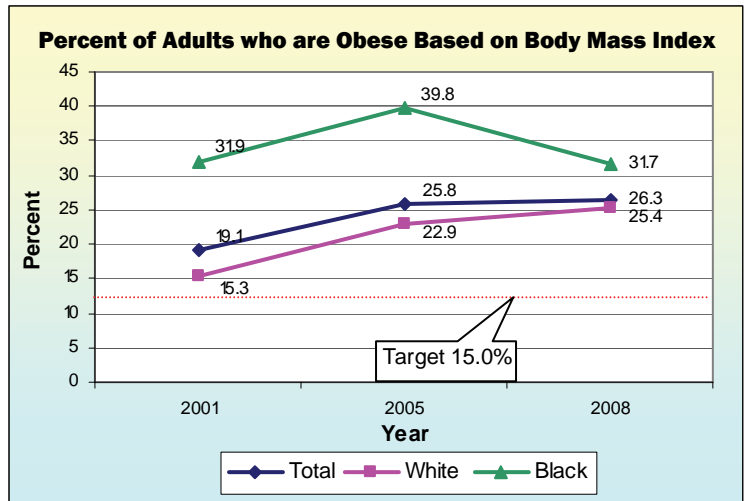
Disparity numbers measure the racial difference rates between persons who are black and persons who are white. A 1.0 indicates no disparity. A number greater than 1.0 indicates that black rates are higher than white rates. A number less than 1.0 indicates white rates are higher than black rates.

Sources: 2008 Behavior Risk Factor Survey, 2007 Youth Risk Behavioral Study, Vital Records, Schools

Obesity, Active Living, and Healthy Eating

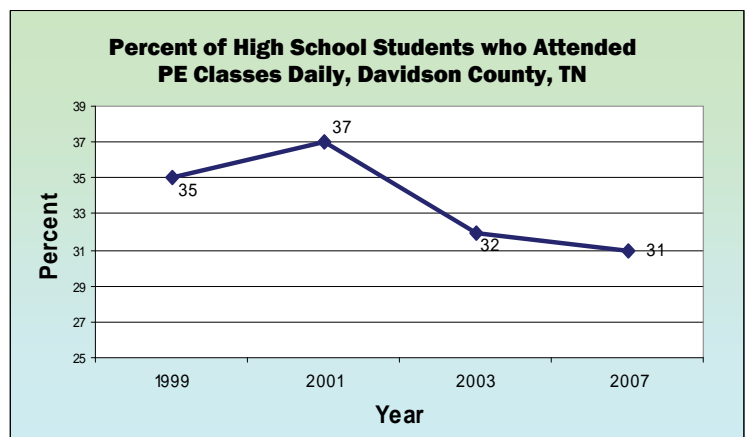
Why are Obesity, Active Living, and Healthy Eating important?

- Obesity (significantly overweight) is a growing public health issue for Nashville.
- Obesity is responsible for one out of every eight deaths.
- Nearly two out of three adult Nashville residents are obese or overweight, of those 26.3% are obese.
- Obesity related medical costs in Tennessee were \$1.84 billion dollars in 2003.
- Lack of physical activity and unhealthy foods are primary causes of obesity.
- Obesity can lead to many preventable diseases including heart disease, diabetes and cancer.
- Obesity can shorten life spans and cause poor quality of life.



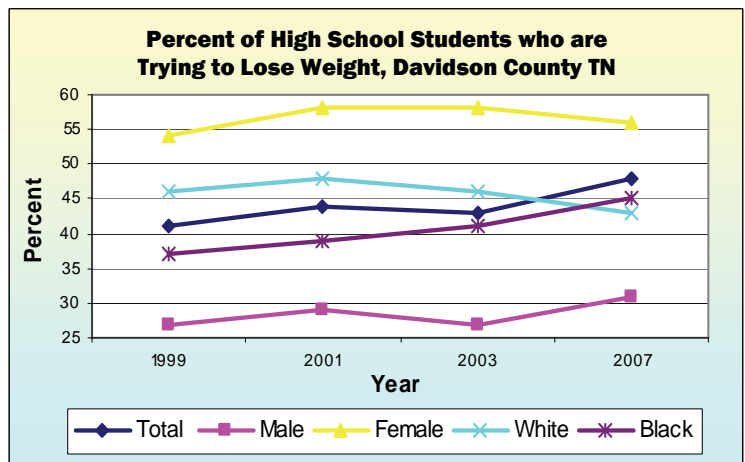
How is Nashville's performance?

- In 1996 49% of Nashville adults were overweight or obese.
- In 2008 that rate had grown to almost 61% of Nashville residents.
- High school students who perceive themselves to be overweight have remained steady at just under 30% since 1999.
- More white students perceive themselves to be overweight than black students.
- Only about 1/3 of high school students have daily physical education classes in school.
- Adults who are not physically active include one out of four Nashville residents.



What else influences this issue?

- Access to healthy and affordable foods influence eating choices and habits.
- Environments that support physical activity and healthy eating are important in schools, work sites, and neighborhoods.
- Safe sidewalks, parks, bike lanes, and social supports can contribute to more healthy and fulfilling lifestyles.



Strategies moving forward

- Identify specific community level indicators to assess the food and physical activity environments in Nashville.
- Target efforts on improving specific environments in schools, work sites and neighborhoods.

What can you do about Obesity, Active Living, and Healthy Eating?

- Make healthy choices in your own life and be a role model for our children.
- If you are not physically active, start now and continue activity every day.
- Advocate for healthy, affordable, and accessible foods for all Nashville residents. Be aware that fast foods can add too many calories to your diet.
- Promote safe, accessible, and affordable opportunities for physical activity for Nashville children, youth, adults, and seniors.
- Advocate for work sites and schools that support healthy eating and active living for employees and students.

Tobacco Use

Why is Tobacco Use important?

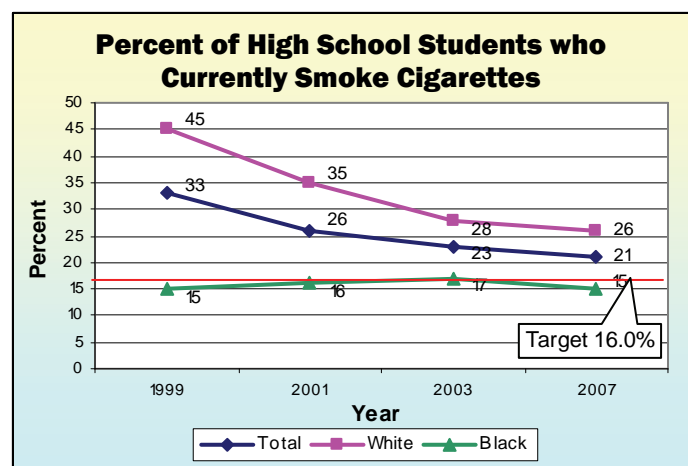
- Tobacco use is the largest cause of preventable disease and death in the US.
- Tobacco use is responsible for more than 400,000 deaths in the US each year, almost 10,000 adults in Tennessee.
- Tobacco use is the primary cause of lung cancer and contributes to other chronic diseases such as heart disease.
- Tobacco use medical costs for Tennessee are about \$2.16 billion dollars each year.
- Second-hand smoke is also a major cause of lung and heart chronic diseases.
- Tobacco related disease can cause disability and death.
- Second-hand smoke is especially harmful to the health of children.

How is Nashville's performance?

- One out of five Nashville residents is a smoker.
- More Nashville males, especially blacks, are likely to smoke.
- Access to the state's quit line is available to anyone (1-800-QUITNOW).
- Adults between the ages of 18 to 24 and 45 to 54 are more likely to smoke.
- Passage of the "Non-Smokers Protection Act" is a major step to ban tobacco in work places.

What else influences Tobacco Use?

- Unwillingness to adopt expanded regulations can hinder tobacco bans and cessation in some areas.
- Lack of finances to support tobacco cessation efforts can prohibit individual efforts to quit.
- The tobacco industry spends \$13.4 billion dollars each year to promote tobacco.

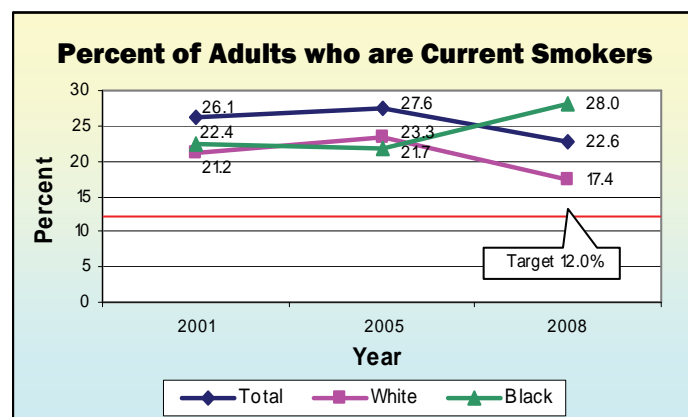


Strategies moving forward

- Advocate for higher tobacco taxes.
- Support mass media efforts to reduce the number of children who use tobacco.
- Advocate for the active support of medical professionals to promote tobacco cessation.
- Advocate for smoking bans in work sites and personal automobiles.
- Increase the number of adults who quit.

What can you do about Tobacco Use?

- If you smoke now, stop. If you don't smoke, don't start.
- Advocate for affordable and accessible tobacco cessation programs.
- Work with your employer to provide a smoke-free environment.
- Limit exposure to tobacco smoke for children.



Select Social Determinants of Health

Why are Access and Social Determinants important?

- Health status is impacted by what people do, or not do, as they go about their daily living.
- Some negative conditions are found more often in one race than another.
- Most diseases are more serious among persons with lower income and education.
- Where a person lives can have an impact on diseases and health status.
- High school completion equips a person to make better choices.
- Access to health insurance is important to provide opportunities for medical care.

How is Nashville's performance?

- Access to health insurance is about the same as last measured; about 13% are without insurance.
- Inadequate use of medical services, especially prevention services, is often a cause of poor health.
- Tennessee showed the most improvement in school graduation rates during 2002-2006 period.
- In Nashville, there were still about one out of four students that did not graduate.

What else influences these issues?

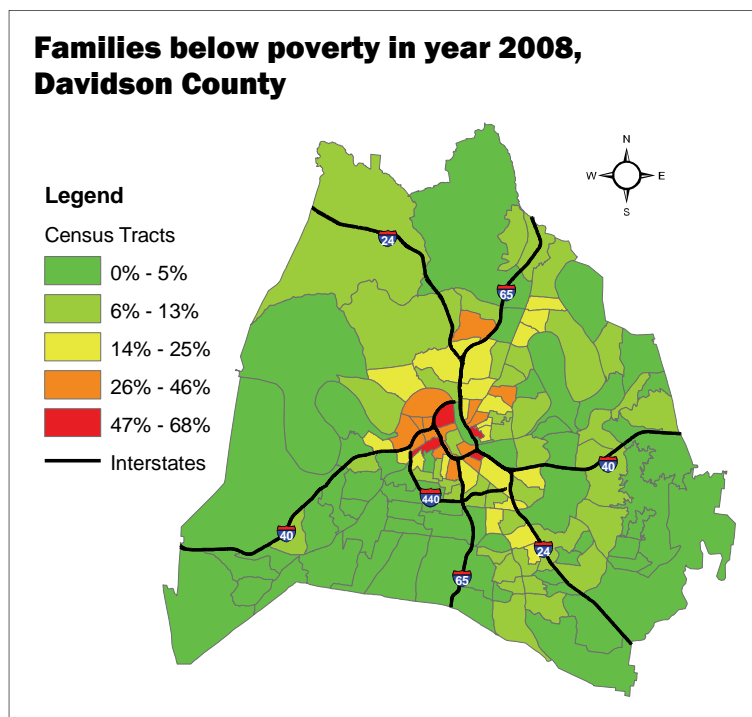
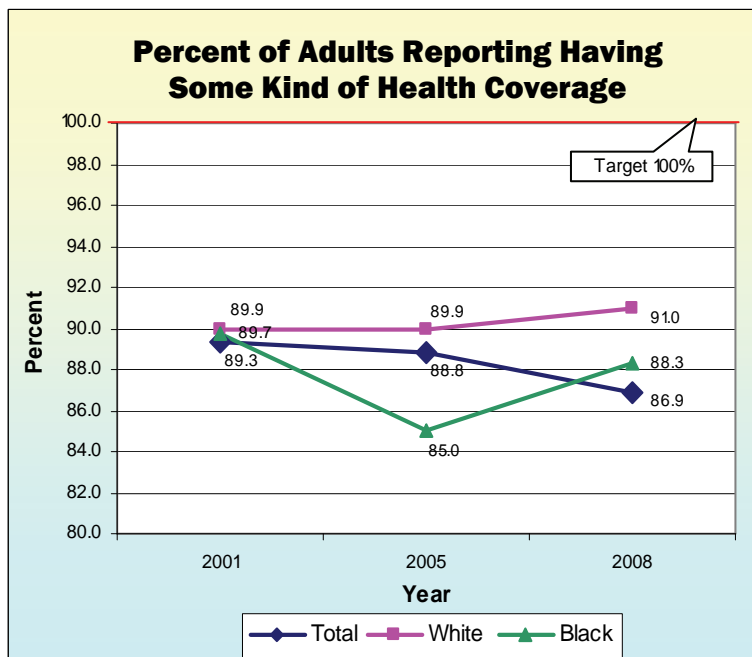
- Poverty has a major impact on health status.
- Poor social and economic circumstances effect health throughout life.
- Lack of control over work and home can have powerful effects on health.

Strategies moving forward

- Nashville must acknowledge that health is effected by more than access to medical care.
- Nashville must mobilize to improve the underlying causes of poor health.
- Nashville must assure that programs aim at social, economic, and health problems in particular neighborhoods.

What can you do?

- Advocate for health insurance availability for all.
- Encourage students to graduate from high school.



The Healthy Nashville Leadership Council, appointed by Mayor Karl Dean, has identified three strategic issues the Nashville community must address in order to become a healthier city. The three strategic issues are:

1. Overweight and Obesity
2. Disparities in Heart Disease, Diabetes, and Cancer
3. Tobacco Use

In addition, the Healthy Nashville Leadership Council recognizes the importance of environment and social support as they relate to health status and quality of life. Also important are gender, age, race, income, education, and where a person lives in Nashville. The mission for Healthy Nashville is *to improve health status and quality of life for those who live, work, learn, worship, and play in Nashville.*

The Healthy Nashville Leadership Council encourages **you** to do the following to improve your health and the health of Nashville:

- Advocate for healthy, affordable, and accessible foods for all Nashville residents.
- Promote safe, accessible, and affordable opportunities for physical activity.
- Advocate for work sites that are tobacco free and promote employee wellness.
- Make healthy choices in your own life and be a role model for our children.

The Healthy Living Report is the first in a series of reports about the health of Nashville.



Data and information provided by Metro Public Health Department Epidemiology Division.



For more information, visit the Metro Public Health Department website at www.health.nashville.gov or call 340-5641.

Healthy Nashville Leadership Council March 2009

MAPP Community Participant Categories

Community Representatives (COM)
Residents of Davidson County

Government (GOV)

Social Services (SOC)

Mental Health/Substance Abuse (MH)

Medical (MED)

Education (EDUC)

Criminal Justice (LAW)

Faith Community (REL)

Business Community (BUS)

Public Safety (SAFE)

Environment (ENV)

Youth (YOU)

Senior (65+)

International (INT)

Media (NEWS)

Other (OTH)

Dr. William Paul, Chair
Metro Public Health Department

Janet Younts
Physical Therapist

Dr. Tom Cook
Vanderbilt University

Adetokunbo Omishakin
Mayor's Office

Dr. John Harkey
Health Research

Jerry Maynard
Minister, Metro Council

Janie Parmley
Metro Board of Health

John Morse
Nashville Aquatics Club

Joanne Pulles
HCA Foundation

Cassi Johnson
Food Security Partners

Dr. Miguel Ruiz-Aviles
Austin Peay State University

Dr. Alfred Shaw
General Surgeon

Dr. Robert Wingfield
Fisk University

Joseph Johnson
Marathon Fitness

Roy Wilson
Metro Parks

Chris Sanders
MBA Academy



For more information visit
the Metro Public Health Department

website:

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