

Healthy SI Delta Network—Goals for 2015

Overall Goal: Reduce cardiovascular disease morbidity and mortality by expanding cardiovascular disease prevention programs in the lower 16 counties of Illinois.

Goals	Objectives for southern Illinois	Regional Strategies
<p>I. Prevent and control overweight/ obesity related chronic disease in southern Illinois.</p>	<p>1. Decrease the prevalence of obesity among adults to 25%. <i>Baseline: 27.1%</i></p> <p>2. Increase the prevalence of adults who meet or exceed the moderate activity standards to 50%. <i>Baseline: 43.5%</i></p> <p>3. Increase the number of schools with at least 50% of PE class time with moderate-to-vigorous physical activity to 106. <i>Baseline: 26 CATCH schools</i></p> <p>4. Increase the prevalence of adults consuming more than five servings of fruits and vegetables per day to 25%. <i>Baseline: 17.1%</i></p>	<p style="text-align: center;">Physical Activity and Nutrition</p> <p>Schools</p> <ul style="list-style-type: none"> • Increase the number of schools that implement the CATCH program with a special focus on the physical education and nutrition components including training for school food service staff. <p>Community</p> <ul style="list-style-type: none"> • Implement walking programs and paths in non-traditional places. • Hold community wide mass media campaigns to increase physical activity and improve nutrition for both children and adults. • Promote farmer’s markets. <p>Worksites</p> <ul style="list-style-type: none"> • Develop partnerships with the business community to advance worksite wellness programs. • Increase the number of businesses that provide rewards for employees for physical activity and that display signage for walking or biking paths. • Offer worksite wellness programs and events.
<p>II. Reduce tobacco use and eliminate exposure to second hand smoke in southern Illinois.</p>	<p>1. Reduce the prevalence of smoking in adults to 18% and in high school students to 18%. <i>Baseline: 23.2% adults</i> <i>Student data not available</i></p> <p>2. Eliminate exposure to secondhand smoke.</p> <p>3. Promote tobacco use cessation among adults and youth through use of the Quitline. <i>Baseline: 2331 calls in FY08</i></p>	<p style="text-align: center;">Tobacco</p> <p>Schools</p> <ul style="list-style-type: none"> • Provide evidence-based tobacco prevention education. <p>Community</p> <ul style="list-style-type: none"> • Increase compliance with and counter efforts to weaken the Smoke Free Illinois law. • Promote Illinois Tobacco Quitline. <p>Worksites</p> <ul style="list-style-type: none"> • Increase compliance with Smoke Free Illinois law.
<p>III. Increase awareness of conditions related to the development of cardiovascular disease in southern Illinois.</p> <p>Goals and Objectives were adapted from Illinois Strategic Plans for Obesity and Tobacco Control</p>	<p>1. Conduct media campaigns increasing awareness of cardiovascular risk factors</p> <p>2. Increase the number of individuals being screened for elevated cholesterol, elevated blood pressure, and diabetes. <i>Baseline: data not available</i> Behavioral data from 16 counties compiled from BRFSS, 2004-2006</p>	<ul style="list-style-type: none"> • Implement region-wide mass media campaign which promotes screening day and awareness of cardiovascular risk factors. • Annually coordinate region-wide screening day.