American Public Health Association’s Role as a CTG National Network Dissemination Grantee and Examples of Successful Worksite/Community Partnerships
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CTG Focusing on Priorities for Healthier Living

CTG concentrates on the causes of chronic disease, with awardees improving health and wellness through strategies that focus on areas such as:

- Active living and healthy eating
- Tobacco Free Living
- Clinical and community preventive services to prevent and control high blood pressure and high cholesterol
- Twenty percent of all CTG program funding is directed at programs in rural or frontier areas.
APHA Business Sector Activities to date:

In partnership with PHI and NBCH, develop and disseminate *Prevention Means Business* brief and Infographic

Community Health

According to the County Health Rankings, an annual breakdown of the health of counties in every state, there are a multitude of factors that influence health, including where people live, learn, work, and play! Improving the health of a community should be everyone’s business, and employers play a critical role in helping to build healthy communities and promote a healthy population. This Action Brief outlines the scope of community health; how health plans are addressing the issues based on data from eValue8™ — a resource used by purchasers to track health plan performance — and actions employers can take to partner with others and invest in the health of a community through sustainable and evidence-based interventions.

WHAT’S THE ISSUE?

THE AFFORDABLE CARE ACT’S PREVENTION AND PUBLIC HEALTH FUND IS WORKING TO ADDRESS FACTORS THAT

▶ For every $1 spent on prevention, $5.60 is saved in health spending, a $16 billion savings within five years.™
Other Activities:

• Webinars directed towards public health and business community and need for effective partnerships

• Utilize champions in business community to highlight workplace and community based health improvement strategies.

• Work with partnerships to disseminate information and garner support for use of findings from information and tools within the business community.
<table>
<thead>
<tr>
<th>Initiative</th>
<th>Objective</th>
<th>Public Health Sponsor</th>
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<tbody>
<tr>
<td>Million Hearts™</td>
<td>Reduce number of heart attacks and strokes by 1 Million by 2017</td>
<td>US Dept of Health &amp; Human Services</td>
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<tr>
<td>CDC Worksite Health ScoreCard</td>
<td>Provide evidence-based evaluation tool for assessing workplace wellness</td>
<td>CDC Div for Heart Disease and Stroke Prevention</td>
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<tr>
<td>Quitline</td>
<td>Free tobacco cessation resource – frequently incorporated into employer wellness programs</td>
<td>US Dept of Health &amp; Human Services and State Health Departments</td>
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<tr>
<td>Healthiest State Initiative (Iowa)</td>
<td>Inspire Iowans to improve their health and happiness through a privately led public initiative</td>
<td>Iowa Department of Public Health</td>
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<tr>
<td>Healthiest Maryland Businesses</td>
<td>Foster collaboration between business and public health to improve employee health</td>
<td>Maryland Dept of Health &amp; Mental Hygiene</td>
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<tr>
<td>Healthy Maine Partnerships Good Work! Toolkit</td>
<td>Help worksites develop low-cost / no cost strategies to support employee health and productivity. (primary target small to midsize businesses)</td>
<td>Maine Department of Health and Human Services</td>
</tr>
<tr>
<td>LiveWell Lancaster County</td>
<td>To encourage healthier lifestyle choices and promote better health among community residents (including worksites)</td>
<td>Lancaster General Health</td>
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</tbody>
</table>
For information about CTG dissemination, or CTG activities in your community, contact:

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MoveWELL

*Click here to download the MoveWELL brochure.*

Goals:
- Prevent and reduce obesity
- Increase physical activity

Lancaster County Priorities:
- Bicycle friendly businesses
- School Physical Activity Challenge
- Workplace weight loss challenge
- Fact based physical fitness initiatives

Lancaster County Data:
- Percent of school districts that indicate that all or most of their schools have a walk or bike to school initiative
- Number of bicycle friendly business applications
- Number of workplaces that offer incentives to employees who walk or bike to work
- Physicians who write prescriptions for physical activity

LiveWELL Lancaster County Initiatives:
- Bicycle Friendly Business Designations
- School Physical Activity Challenge
- Weight Loss Challenge
- Congregations in Motion

Get Involved

How You Can Help:
- Implement a Stairwell physical activity initiative in the workplace
- Establish a workplace wellness committee
- Implement policy to increase physical activity at work, including exercise breaks and walking meetings
- Adopt a comprehensive employee wellness program
- Adopt a policy that showers will be available to employees.
- Fund physical activity programs
- Participate in a community coalition addressing physical activity.

Resources:
- Lighten Up Lancaster County
- Centers for Disease Control and Prevention
- CDC Stairwell to Better Health
- American Public Health Association
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