Focus: Healthy eating and food security

<table>
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<tr>
<th>Project</th>
<th>Description</th>
<th>Target Population</th>
<th>Interventions</th>
<th>Expected Outcomes</th>
<th>Partners and Resources</th>
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<tr>
<td>BCHD WIC 1</td>
<td>Focus Area 1: Healthy eating and food security</td>
<td>Adults living in low-income communities, adults with obesity, children aged 2-4 years</td>
<td>BCHD WIC Peer Counseling Program and WIC guidelines and/or food procurement policies</td>
<td>Decreased portion sizes, increased consumption of fruits and vegetables, decreased fat WIC food packages</td>
<td>BCHD, UHS, Lourdes Hospitals, Cornell Cooperative Extension, local media</td>
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<td>BCHD WIC 2</td>
<td>Focus Area 1: Healthy eating and food security</td>
<td>School-age children who are WIC participants</td>
<td>BCHD school-based snack packages with healthy food options</td>
<td>Increased healthy eating and exercise for all WIC children once each year</td>
<td>BCHD, UHS, Lourdes Hospitals, Cornell Cooperative Extension, local media</td>
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<tr>
<td>BCHD WIC 3</td>
<td>Focus Area 1: Healthy eating and food security</td>
<td>BCHD WIC Peers</td>
<td>BCHD WIC Peer Counseling Program and WIC guidelines and/or food procurement policies</td>
<td>Increased healthy eating and exercise for all WIC children once each year</td>
<td>BCHD, UHS, Lourdes Hospitals, Cornell Cooperative Extension, local media</td>
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Notes:
- BCHD WIC Peer Counseling Program and WIC guidelines and/or food procurement policies to address healthier nutrition standards for food and healthy meals.
- BCHD WIC Peers to continue to promote healthy public awareness around healthy eating, healthy lifestyle education, and increased physical activity for all WIC children once each year.
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**Focus Area 4: Preventive care and Disparities**

### Objectives

Dr. Yvonne Johnston, Mary McFadden

Lourdes and UHS Diabetes Prevention Programs will focus on early identification and follow-up of patients with diabetes or elevated blood sugar for counseling and support. The programs will work to prevent chronic diseases (arthritis, asthma, CVD, diabetes) who have been identified and referred to take a course or present for screening.

### Partner Role(s) and Resources

**Goal 4.1 Increase cancer screening rates**

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<tr>
<th>Priority</th>
<th>Planning Report Liaison</th>
<th>E-mail</th>
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<tbody>
<tr>
<td>Adult HC, OB/GYN</td>
<td><a href="mailto:yvonne.johnston@broomecounty.us">yvonne.johnston@broomecounty.us</a></td>
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<td>Prevention programs</td>
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**Goal 4.2 Increase diabetes prevention and management**

- **Diabetes Prevention Program** by Stamford throughout high need areas in Broome County.
- **Diabetes Prevention Program** by Lourdes Diabetes Prevention in Endwell.
- **Diabetes Prevention Program** by Endwell Family Health.

**Goal 4.3 Increase hypertension management and monitoring**

- **Diabetes Prevention Program** by Lourdes Diabetes Prevention in Endwell.
- **Diabetes Prevention Program** by Endwell Family Health.

**Goal 4.4 Increase chronic disease management and self-management**

- **Chronic Disease Self-Management Program** by Lourdes Diabetes Prevention in Endwell.
- **Chronic Disease Self-Management Program** by Endwell Family Health.

**Goal 4.5 Increase mental health and substance use**

- **Diabetes Prevention Program** by Lourdes Diabetes Prevention in Endwell.
- **Diabetes Prevention Program** by Endwell Family Health.

### Interventions

#### Prevention Douche Control

- **Intervention:** Evidence-based self-management interventions like evidence-based medical management for chronic diseases in accordance with national guidelines, conducting follow up through chronic disease self-management programs. **Population:** Adults with Type II Diabetes. Utilize the Lourdes Diabetes Prevention Program by Stamford throughout high need areas in Broome County.

#### Prevention Control and Management

- **Intervention:** Evidence-based medical management for chronic diseases like diabetes and CVD in accordance with national guidelines, conducting follow up through chronic disease self-management programs. **Population:** Adults with Type II Diabetes. Utilize the Lourdes Diabetes Prevention Program by Stamford throughout high need areas in Broome County.

#### Prevention Diabetes and refer to Lourdes Diabetes Prevention

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#### Prevention Diabetes and refer to local

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