

Attachment 3: Strategic Directions and Examples of CDC-Recommended Evidence- and Practice-Based Strategies Table

Strategic Direction 1: Tobacco Free Living Goal: Prevent and Reduce Tobacco Use		
CDC Recommended Evidence- and Practice-Based Strategies	Links to Guidance Documents	Healthy People 2020 Health Outcome Targets*
<ul style="list-style-type: none"> Implement evidence-based strategies to protect people from second-hand smoke. 	<p> CDC. Evaluation Toolkit for Smoke-Free Policies (2008). http://www.cdc.gov/tobacco/basic_information/secondhand_smoke/evaluation_toolkit/index.htm </p> <p> Tobacco The Business of Quitting: An Employer’s website for Tobacco Cessation http://www.businessgrouphealth.org/tobacco/ developed by the National Business Group on Health and supported by the CDC provides tools and resources for workplaces to establish a culture of health, select tobacco cessation benefits, establish workplace policies, communicate with employees and evaluate the effectiveness of the programs, policies, and practices. </p> <p> Tobacco-Free Workplace Campus Initiative This toolkit provides guidance for assessing, planning, promoting, implementing, and evaluating a tobacco-free campus (TFC) initiative that includes a policy and comprehensive cessation services for employees. http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/tobacco/index.htm </p> <p> http://www.cdc.gov/healthyhomes/Healthy_Homes_Manual_WEB.pdf US. Department of Housing and Urban Development (HUD): </p> <p> Optional Smoke-Free Housing Policy Implementation (Sept. 15, 2010) http://portal.hud.gov/portal/page/portal/HUD/program_offices/administration/hudclips/notices/hsg/files/10-21hsgn.pdf </p>	<p> Tobacco Use 2: Increase the proportion of persons covered by indoor worksite policies that prohibit smoking. 20: Increase the proportion of smoke-free homes </p>

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	<p>Housing Interventions and Health: A Review of the Evidence http://journals.lww.com/jphmp/toc/2010/09001#-1750774083</p>	
Implement evidence-based strategies to prevent and reduce tobacco use among youth and adults.	<p>http://www.thecommunityguide.org/tobacco/index.html http://www.cdc.gov/tobacco/</p>	
<p>Increase types of outdoor venues where tobacco use is prohibited.</p> <ul style="list-style-type: none"> • Implement smoke-free parks. • Implement smoke-free schools and campuses. 	<p>Tobacco-free sports http://www.cdc.gov/tobacco/youth/sports/index.htm</p> <p>CDC School Health Guidelines</p>	<p>Tobacco Use 12: Increase tobacco-free environments in schools.</p>
Tobacco Free Living Innovative Proposals	Recipient will provide	Recipient will link to HP2020 objective
<p>Strategic Direction 2: Active Living and Healthy Eating</p> <p>Goals: Prevent and Reduce Obesity, Increase Physical Activity; Improve Nutrition in Accordance with the Dietary Guidelines for Americans 2010</p>		
<p>Improve jurisdiction-wide nutrition, physical activity, and screen time policies and practices in early child care settings.</p>	<p>Preventing Childhood Obesity in Early Care and Education Programs Selected Standards from Caring for our Children: National Health and Safety Performance Standards (Selected Standards Book, 2010). This book provides is the new set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs. The standards are for ALL types of early care and education settings centers and family child care homes. The Third Edition (CFOC, 3rd Ed.) is projected to be released in 2011. http://nrckids.org/CFOC3/PREVENTING_OBESITY/index.htm</p> <p>Farm to Preschool Farm to Preschool programs connect child care providers and local food producers and processors, with the goal of serving healthy meals to children, providing agriculture, health and nutrition education opportunities, and supporting local and</p>	<p>Nutrition and Weight Status 19: Increase the number of States with nutrition standards for foods and beverages provided to pre-school aged children in childcare.</p>

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	<p>regional farmers. Food and garden-based education in preschools increases access to fresh fruits and vegetables. Resources include: National Farm to School Network http://www.farmtoschool.org</p>	
<p>Increase the number of designated Baby-friendly hospitals.</p>	<p>The CDC Guide to Breastfeeding Interventions. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2005. http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf</p>	<p>Maternal, Infant and Child Health 28: Increase the percentage of live births that occur in facilities that provide recommended care for lactating mothers and their babies.</p>
<p>Increase policies and practices to support breastfeeding in health care, community, workplaces, and learning and childcare settings.</p>	<p>Ten Steps to Healthy Breastfeeding Friendly Child Care Centers Guide http://www.dhs.wisconsin.gov/health/physicalactivity/pdf_files/BreastfeedingFriendlyChildCareCenters.pdf This guide is designed to help child care centers improve existing breastfeeding policies and practices and their current compliance with the requirements for the Breastfeeding Friendly designation.</p> <p>Purchaser’s Guide to Clinical Preventive Services provide summary plan description language that benefits managers can use to purchase recommended breastfeeding counseling coverage (USPSTF B Recommendation) http://www.businessgrouphealth.org/preventive/topics/breastfeeding.cfm</p> <p>Investing in Workplace Breastfeeding Program and Policies: An Employer’s Toolkit This National Business Group on Health toolkit provides information for assessing, planning, promoting, implementing, and evaluating a worksite lactation support program. http://www.businessgrouphealth.org/benefitsttopics/breastfeeding.cfm</p>	<p>Maternal, Infant and Child Health 12: Increase the proportion of mothers who breastfeed their babies 26: Increase the percentage of employers who have worksite lactation programs.</p>

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	<p>The CDC Guide to Breastfeeding Interventions. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2005.</p> <p>Included in this guide are breastfeeding interventions that are practice and evidence based, with a focus on selecting community and other interventions that address disparities within specific population groups</p> <p>http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf</p>	
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<p>Improve nutrition quality of foods and beverages served or available in schools consistent with the Institute of Medicine’s Nutrition Standards for Foods in Schools.</p> <ul style="list-style-type: none"> • Increase access to fruits and vegetables in schools. • Decrease amount of sodium in foods in schools. • Reduce access to competitive low nutrition foods and beverages. • Ensure availability of plain, cold drinking water throughout the day at no cost to students. 	<p>Institute of Medicine Report: Nutrition Standards for Foods in Schools http://www.iom.edu/Reports/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth.aspx</p> <p>Sodium Procurement Guide http://www.cdc.gov/salt/pdfs/DHDSP_Procurement_Guide.pdf</p> <p>NPLAN’s Developing Healthy Vending Beverage Agreements http://www.nplanonline.org/sites/phlpnet.org/files/nplan/HealthyVendngAgrmnt_FactSheet_FINAL_090311.pdf</p> <p>CSPI’s Sweet Deals—School Fundraising can be Healthy and Profitable http://cspinet.org/new/pdf/schoolfundraising.pdf</p> <p>NPLAN’s Model Wellness Policy Language for Water Access in Schools http://www.nplanonline.org/childhood-obesity/products/water-access</p> <p>CDC Guide to Fruit and Vegetables Strategies to Increase Access, Availability and Consumption http://www.cdph.ca.gov/SiteCollectionDocuments/StratstoIncreaseFruitVegConsumption.pdf</p> <p>USDA’s Be Salt Savvy—Cut Back on Sodium for Healthier School Meals Fact Sheet http://smartsavor.com/Images/USDA%20Sodium%20Fact%20Sheet.pdf</p>	<p>Nutrition and Weight Status</p> <p>6: Increase the contribution of fruits to the diets of the population aged 2 years and older.</p> <p>18: Increase the number of States that have State-level policies that incentivize food retail outlets to provide foods that are encouraged by the Dietary Guidelines.</p> <p>20: Increase the percentage of schools that offer nutritious foods and beverages outside of school meals.</p>
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<p>Improve the quality and amount of physical education and physical activity in schools.</p> <ul style="list-style-type: none"> • Increase the amount of time students spend in moderate or vigorous physical activity during physical education class. • Increase the total number of physical activity opportunities implemented at school facilities, including daily recess, intramurals/physical activity clubs, and walk or bicycle to and from school. • Increase number of public places (e.g. schools) accessible to the public for physical activity. 	<p>The Community Guide Physical Activity chapter www.thecommunityguide.org</p> <p>CDC’s Physical Education Curriculum Analysis Tool http://www.cdc.gov/healthyyouth/pecat</p> <p>CDC’s Strategies to Improve the Quality of Physical Education http://www.cdc.gov/healthyyouth/physicalactivity/pdf/quality_pe.pdf</p> <p>NASPE’s National Standards for PE http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm</p> <p>CDC’s Youth Physical Activity Guidelines Toolkit http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm#1</p> <p>NASPE’s Position Statement on Comprehensive School PA Programs http://www.aahperd.org/naspe/standards/upload/Comprehensive-School-Physical-Activity-Programs2-2008.pdf</p> <p>NPLAN’s Joint Use Agreement Resources http://www.nplanonline.org/childhood-obesity/products/nplan-joint-use-agreements</p> <p>KidsWalk-to-School: A Guide to Promote Walking to School http://www.cdc.gov/nccdphp/dnpa/kidswalk/resources.htm#guide</p> <p>National Center for Safe Routes to School Guide, Toolkit, and Other Resources http://www.saferoutesinfo.org/resources/</p> <p>DHHS Physical Activity Guidelines http://www.health.gov/paguidelines/</p>	<p>Physical Activity and Fitness</p> <p>2: Increase the proportion of schools that require daily physical activity for all students.</p> <p>3: Increase daily school physical education.</p> <p>4: Increase the proportion of adolescents who spend at least 50 percent of school physical education class time being physically active.</p> <p>7: Increase the proportion of adolescents that meet current physical activity guidelines</p> <p>10, 11: Increase the proportion of trips made by walking and bicycling.</p> <p>12: Increase the proportion of States and school districts that require regularly scheduled elementary school recess.</p> <p>13: Increase the proportion of school districts that require or recommend elementary school recess for an appropriate time period.</p>
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*Complete Healthy People 2020 Objectives can be found at: <http://www.healthypeople.gov/hp2020/Objectives/TopicAreas.aspx>
Additional guidance is available at www.cdc.gov and at specific programmatic links at the CDC website.