

Nearly 3 out of 10 El Paso children overweight (Center for Disease Control)

Health Eating and Active Living (HEAL) Summary of the Resolution January 6, 2011

Introduction:

- Makes obesity prevention a priority
- Empowers all city staff to recommend policies for improved healthy eating and active living

Built Environments:

- Review codes/plans and propose action for a healthier city
- A Health Impact Assessment for large developments
- Review and revise policies to promote use of parks and recreation facilities

Access to Healthy food:

- Promote breastfeeding, community gardening, farmers' markets, transportation, etc.
- Propose recommendations to promote consumption of nutritious foods
- Revise city contracts to promote access to healthy food

Employee Wellness:

- Propose enhancements to the city's employee wellness program
- Report to city council the estimated costs and savings for the enhancements

HEAL Coalition:

- Encourage departmental representation on the Healthy Eating and Active Living (HEAL) Coalition
- Report potentially beneficial policy
- Recommendations

Implementation:

- 5 years
- Report progress annually
- Recommend policies to City Council



El Paso Diabetes Association
Henry Brutus Jr., Legacy Project Director
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Email: hbrutus@epdiabetes.org

**CITY OF EL PASO, TEXAS
AGENDA ITEM
DEPARTMENT HEAD'S SUMMARY FORM**

DEPARTMENT: Department of Public Health
AGENDA DATE: CCA January 6, 2011
CONTACT PERSON/PHONE: Michael Hill – Director, (915) 771-5702
DISTRICT(S) AFFECTED: All

SUBJECT:

A resolution making obesity prevention a priority for the City of El Paso, commits to developing programs geared to improve nutrition and increase physical activity, make policy recommendations toward obesity prevention, and directs the City Manager or designee to implement the five-year Obesity Prevention Action Plan and report progress annually to City Council.

BACKGROUND / DISCUSSION:

The Healthy Eating Active Living (HEAL) Coalition is made up of members from various organizations throughout El Paso including the Department of Public Health, the Paso del Norte Health Foundation, the Pan American Health Organization, Centro San Vicente, the El Paso Diabetes Association, the El Paso Independent School District, and the YMCA. The Coalition organized in early 2010 and their first task was to work on obesity prevention. Rather than tackle the issue from a negative stand point, the coalition chose to take proactive, positive approaches. This resolution is one such approach and is not only being presented in El Paso, but also in Socorro and Horizon with other municipalities in the region to follow. According to the latest Behavioral Risk Factor Surveillance System Survey, in El Paso, 29% of adults reported themselves as obese and another 37% reported themselves as overweight. The rate of overweight and obesity in children is also rising and there is concern that this generation of children will not live as long as their parents. The opportunity to change these statistics lies in part with creating healthy places for people to live, helping them to have access to healthy foods and encouraging physical activity. The resolution empowers staff and calls upon City departments to make policy recommendations that Council may consider.

PRIOR COUNCIL ACTION:

N/A

AMOUNT AND SOURCE OF FUNDING:

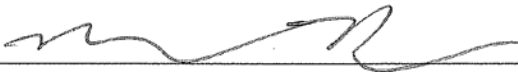
N/A

BOARD / COMMISSION ACTION:

N/A

*****AUTHORIZATION*****

DEPARTMENT HEAD:



RESOLUTION

WHEREAS, in El Paso, Texas 29% percent of adults reported themselves obese and another 37% reported themselves as overweight according to the Behavioral Risk Factor Surveillance System; and

WHEREAS, obesity and overweight are primarily a consequence of poor nutrition and physical inactivity; and

WHEREAS, improved nutrition and physical activity have benefits beyond weight control; and

WHEREAS, infants who are breastfed are less likely to become obese children or adults; and

WHEREAS, individual effort alone is insufficient to combat obesity's rising tide and significant societal and environmental changes are needed to support individual efforts to make healthier choices; and

WHEREAS, improvements to the "built environment"— including, bike and pedestrian friendly streets, adequate public transportation, access to healthy food retailers, access to parks, trails and grocery stores, or the lack thereof – have a significant impact on obesity rates;

NOW, THEREFORE, BE IT RESOLVED, that the City of El Paso hereby recognizes that poor nutrition and lack of physical activity are serious threats to the health and well-being of adults, children, and families in El Paso. As a result, the City of El Paso makes obesity prevention a priority, commits to developing programs geared to improve nutrition and increase physical activity, make policy recommendations toward obesity prevention, and directs the City Manager or designee to implement the five-year Obesity Prevention Action Plan attached hereto as Exhibit "A", and report progress annually to City Council.

ADOPTED this the _____ day of _____, 20_____.

CITY OF EL PASO

John F. Cook
Mayor

ATTEST:

Richarda Duffy Momsen
City Clerk

APPROVED AS TO FORM:

APPROVED AS TO CONTENT:

Josette Flores
Assistant City Attorney

Michael Hill, Director
Department of Public Health

EXHIBIT "A"

Obesity Prevention Action Plan

1. Built Environment

a. The City Manager shall review comprehensive plans, zoning ordinances, subdivision regulations, smart growth policies, and other plans, codes, policies, and regulations, and report to the El Paso City Council proposed action that could increase access to healthy foods, and increase opportunities for physical activity.

b. The City Manager shall request a Health Impact Assessment from the Director of Public Health for any new large-scale development project. Such assessment will study the potential effect of a development project on physical activity, availability of nutritious foods, and other potential impacts on population health in the area of the development project.

c. The City Manager shall review and revise all policies that might erect unnecessary barriers to use of local parks, recreation facilities, physical activity programs or any related activities.

2. Access to Healthy Food

a. The City Manager shall review and revise all policies and practices that might erect unnecessary barriers to breastfeeding, community gardening, farmers' markets, or related activities.

b. The City Manager shall identify any transportation barriers to accessing supermarkets or farmers' markets and determine where there are opportunities to increase access to healthy food through public transportation.

c. The City Manager shall review existing beverage, snack, and food service contracts, and upon renewal, revise these contracts to reduce access to sugar-sweetened beverages and food high in sugar and fat, and replace them with beverages and food that support good health and nutrition, and shall report findings to the El Paso City Council.

3. Employee Wellness Program and Policies

a. In order to promote employee wellness within the City of El Paso, and to set an example for other businesses, the City Manager shall work with key stakeholders to enhance the

municipal employee wellness program emphasizing improved nutrition, physical activity, and safety. In addition to recommending any new wellness policies or practices for employee wellness, the City Manager shall report estimated program costs and estimated potential savings from improved employee health and well-being.

4. Community Involvement for Improved Nutrition and Physical Activity

a. The City of El Paso will seek various City departments' representation on the Paso del Norte Healthy Eating and Active Living Coalition. Participating City Departments shall report back to the City Manager potentially beneficial policy recommendations from said Coalition.

5. Implementation

a. The City Manager will evaluate and report annually regarding steps taken to implement this Resolution, additional steps planned, and any desired actions that would need to be taken by El Paso City Council to promote proper nutrition and physical activity.

Are you a smoker?

Do you need the help and support to quit?



The IHCRC's Health and Wellness Department will be offering a six-week smoking cessation class held Wednesday night starting January 19th through February 23rd. We ask participants to attend all six sessions. Interested participants are eligible to receive Chantix if they attend/participate in four of six sessions. Individual appointments also available during working hours.

What: Smoking Cessation Classes

When: January 19th and 26th
February 2nd, 9th, 16th and 23rd

Where: IHCRC's Satellite Office
1630 S. Main

Time: 5:30 - 7:00 PM

To sign up or to make an appointment please contact:
Clayton Tselee at (918) 382-2224 or ctselee@ihcrc.org



INDIAN HEALTH CARE
RESOURCE CENTER OF TULSA





Northeastern Tribal Health System

If we can do it!



You can do it!

Diabetes & Wellness Center

Shawnee Community Bldg.

108 Eight Tribes Trail

Miami, OK 74354

918-675-2044



Northeastern Tribal Health System

**Stay Active
for Life!**



Diabetes & Wellness Center

Lawnee Community Bldg

108 Eight Tribes Trail

Miami, OK 74354

741-675-2044

CHICKEN
EYES





Health Promotion / Disease Prevention

Shawnee Community Bldg.
108 Eight Tribes Trail
Miami, OK 74354
918-675-2044



Indian Health Care Resource Center of Tulsa

March 23rd is National Kick Butts Day

Quitting Tobacco: You can do it!

Do you smoke or use chewing tobacco? Rarely a day goes by without a magazine, newspaper, or TV news report carrying a message about tobacco-related medical problems – the dangers of lung disease, cancer, heart problems and low-birth weight babies. Perhaps you even tune out those messages because you don't want to quit just yet or you think you can't.

Tobacco is harmful to your mouth, not to mention your social life. Here are just a few reasons why: Smelly breath, stained teeth, loss of teeth and jawbone, loss of taste, gum recession, outrageous cost, oral cancer, mouth sores and wrinkles!

Tobacco's negative effects on the body, particularly the mouth, are well documented. Smoking impairs the body's defense mechanisms and makes users more susceptible to infections like gum disease. Smoking also interferes with healing, a particular problem for patients who need treatment for periodontal disease. Once the ingredients in tobacco get into the bloodstream, they reduce the delivery of oxygen and nutrients to mouth tissues.

Chewing (spit) tobacco is not a safe substitute for smoking. It can cause oral cancer and lead to addiction. The bloodstream quickly absorbs the extremely addictive nicotine. Chewing tobacco users have similar or even higher levels of nicotine than the smoker who uses a pack or more a day. Chewing tobacco users are more susceptible to tooth decay due to the product's higher sugar content. And, chewing tobacco contains at least 28 known cancer-causing chemicals.

It's no secret that tobacco use is difficult to stop -- it takes willpower and determination. Tobacco use is not just a habit; it's an addiction. You have to be ready to face this challenge before you commit to quit.

Remind yourself of the benefits of quitting. You'll reduce the risk of cancer. You'll taste and enjoy food again. You'll feel more relaxed without the jitters of nicotine. You won't be plagued by "smoker's breath." Your sense of smell will be sharper. Your family and friends will thank you.

Here are some tips to get you started:

Get help from loved ones, friends and co-workers when going through the quitting process. Ask another smoker to quit with you. Call organizations such as the American Cancer Society for support groups in your area. Get ready by setting a date to quit. Get help by talking to your dentist or physician about nicotine cessation aids. For more tips on quitting, call the American Cancer Society's toll-free number at 1-800-4-Cancer.

Source: American Cancer Society

Timeline of Quitting Benefits

- At 20 minutes after last cigarette: blood pressure and pulse rate drops; body temperature rises toward normal.
- At 8 hours after quitting: carbon monoxide level in blood drops to normal; oxygen level rises to normal.
- At 24 hours after quitting: chance of a heart attack decreases.
- At 48 hours after quitting: nerve endings start regrowing; ability to smell and taste is enhanced.
- After 2 weeks to 3 months: circulation improves; walking becomes easier; lung function improves.
- After 1 to 9 months: decrease in coughing, sinus congestion, fatigue, shortness of breath.
- After 1 year: excess risk of coronary heart disease is decreased to half that of a smoker.
- After 5 to 15 years: stroke risk is reduced to that of people who have never smoked.
- After 10 years: risk of lung cancer drops to as little as one-half that of continuing smokers; risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases; risk of ulcer decreases.
- After 15 years: risk of coronary heart disease is now similar to that of people who have never smoked; risk of death returns to nearly the level of people who have never smoked

Source: www.kickbuttsday.org

IHCRC Tobacco Cessation Classes

The IHCRC Health and Wellness Department offers a six-week set of smoking cessation classes. Classes meet at the IHCRC Satellite Office, 1630 S. Main and are held on Wednesday evenings from 5:30-7 pm. We ask participants to attend all six sessions. Interested participants are eligible to receive Chantix nicotine replacement therapy patches if they attend at least four of the six sessions. IHCRC will see patients on a one-on-one basis as well, as scheduling permits.

Beginning in spring 2011, IHCRC plans to conduct the Tobacco Cessation classes at the main IHCRC facility, located at 550 S. Peoria. Both afternoon and evening classes are planned to be offered. For more information or to enroll in the six-week Tobacco Cessation Class, contact Clayton Tselee, IHCRC Tobacco Prevention Educator, at (918) 588-1900 ext. 3224.

Upcoming Wednesday Evening Tobacco Cessation class dates:

January 19 and 26

February 2, 9, 16 and 23

April 13, 20 and 27

May 4, 11 and 18

