

# Building a Healthy



*Genesee County*

Mark Valacak, MPH, Health Officer  
Genesee County Health Department

[mvalacak@gchd.us](mailto:mvalacak@gchd.us)

# Genesee County Health Department

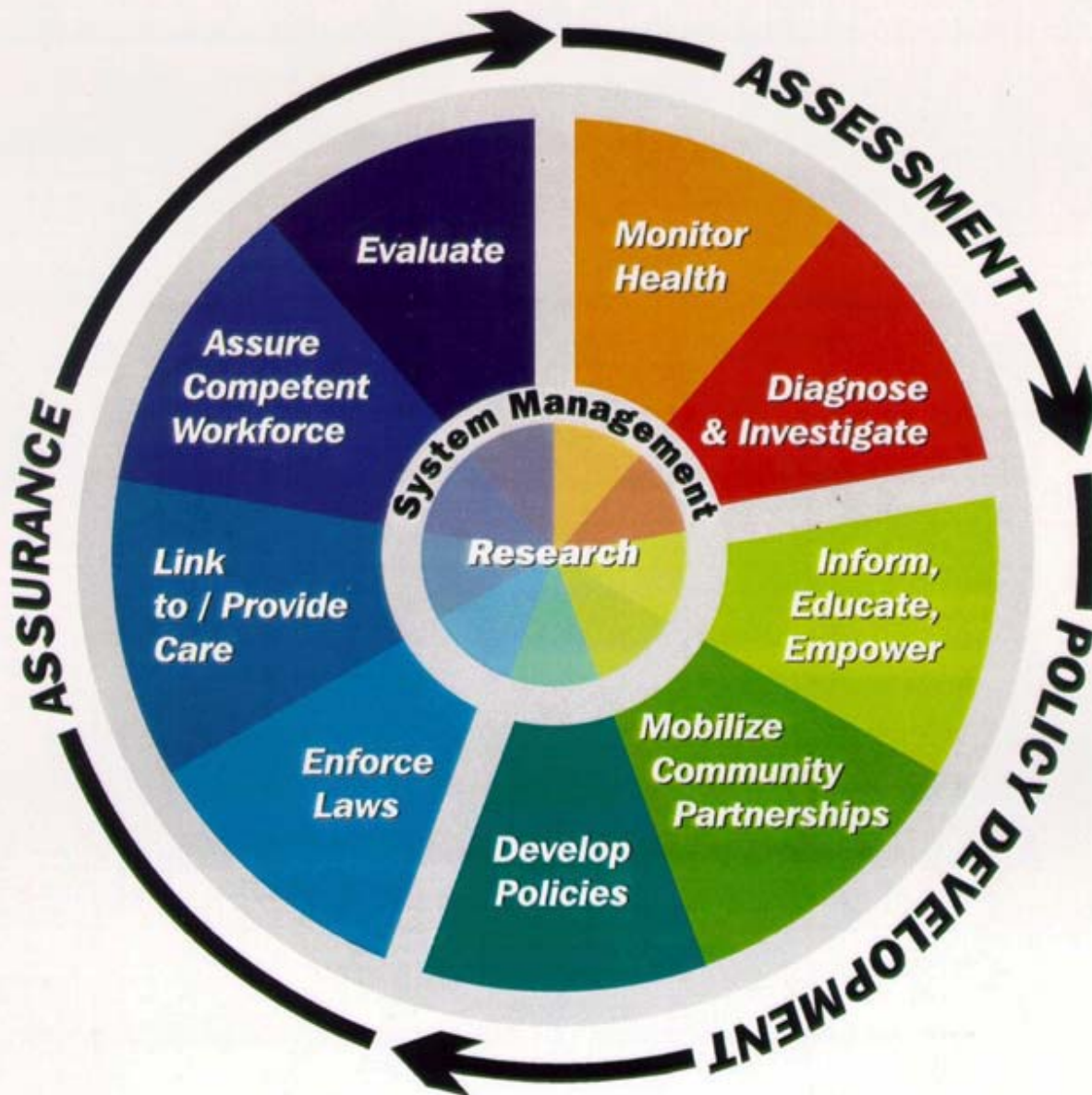
## Our Mission

To improve the quality of life in Genesee County by preventing disease, promoting health, and protecting the public from environmental hazards to health.



**Public Health**  
Prevent. Promote. Protect.

# Public Health in America



Public health  
is a  
continuous  
process...

24 hours  
7 days a week  
365 days a  
year

# From Chrome to Rust



## 10 Most Obese Metro Areas

	<b>% Obese</b>
NATIONAL AVERAGE	26.5
Montgomery, AL	34.6
Stockton, CA	34.6
Visalia/Porterville, CA	34.1
York/Hanover, PA	34.0
→ Flint, MI	33.9
McAllen/Edinburg/Mission, TX	33.7
Bakersfield, CA	33.6
Lynchburg, VA	33.0
Huntington/Ashland, WV/KY/OH	33.0
Kingsport/Bristol, TN/VA	32.9

**#5**

Gallup-Healthways Well-Being Index

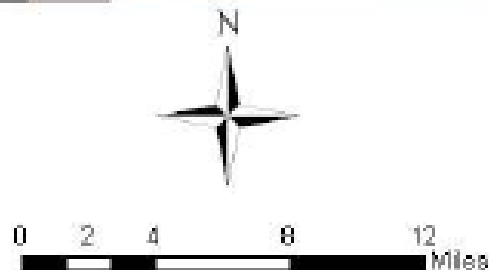
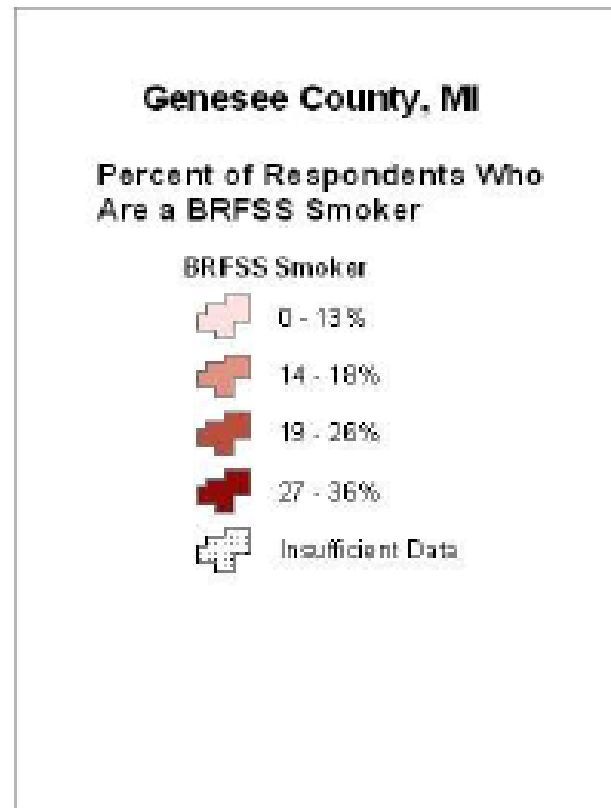
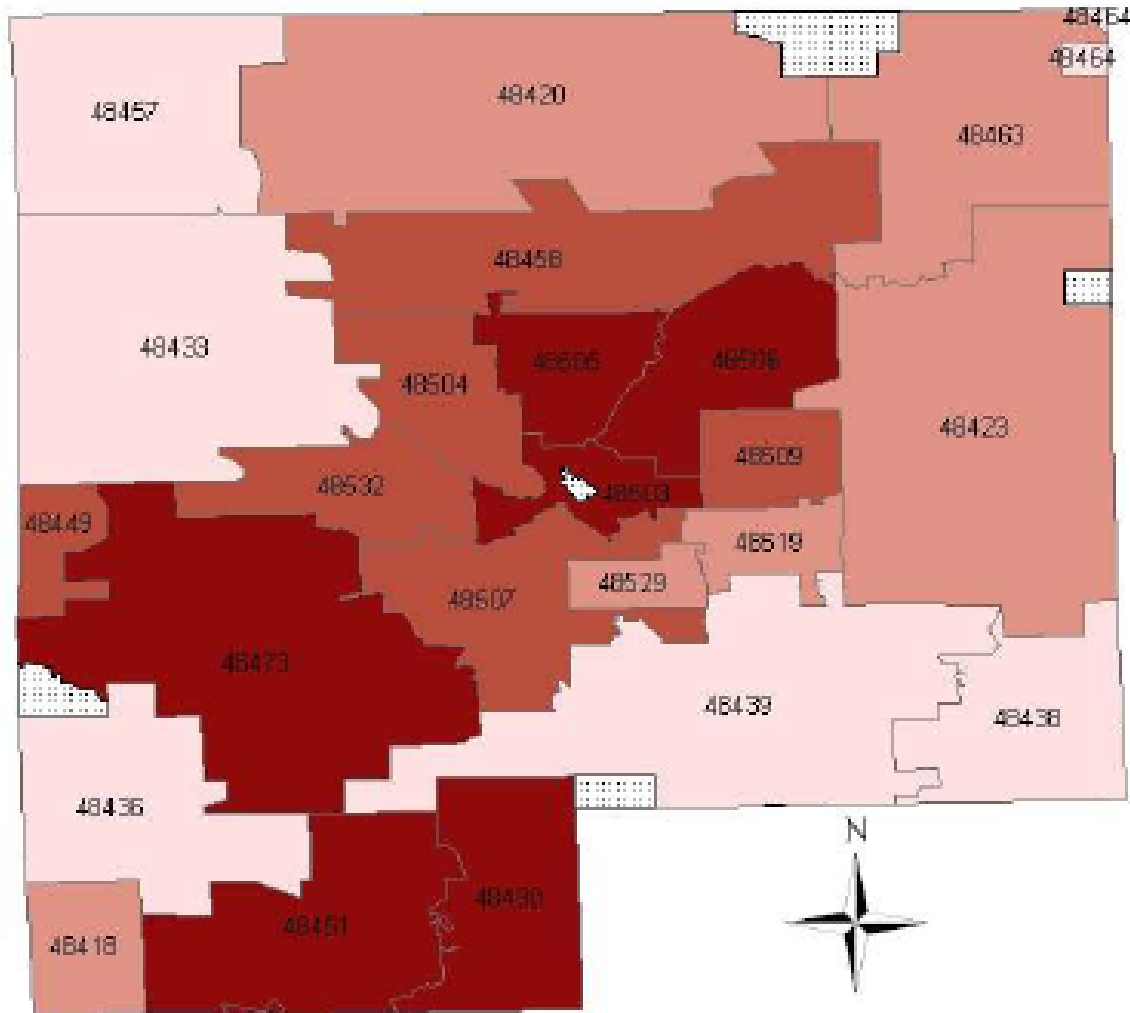
# Causes of Obesity

- Poor Nutrition
- Bigger Portions
- Dining Out More
- Lack of Physical Activity
- Increases in “Screen Time”
- Parents’ Perceptions and Roles
- Lack of Sleep
- School Environments
- Barriers in Healthcare Settings
- Marketing of Unhealthy Foods to Kids

# Disparities

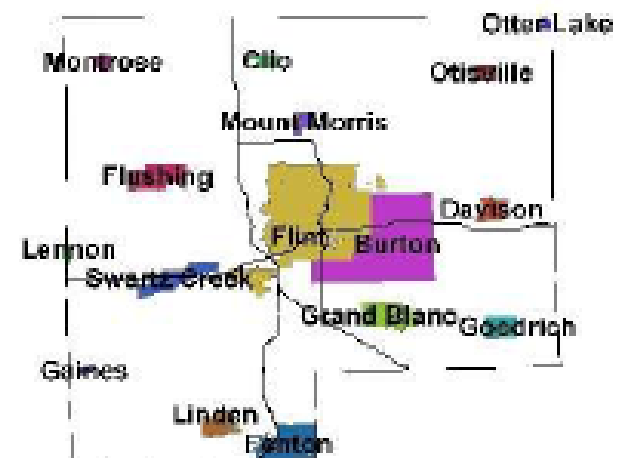
Minority neighborhoods tend to have  $\frac{1}{2}$  as many supermarkets as other neighborhoods





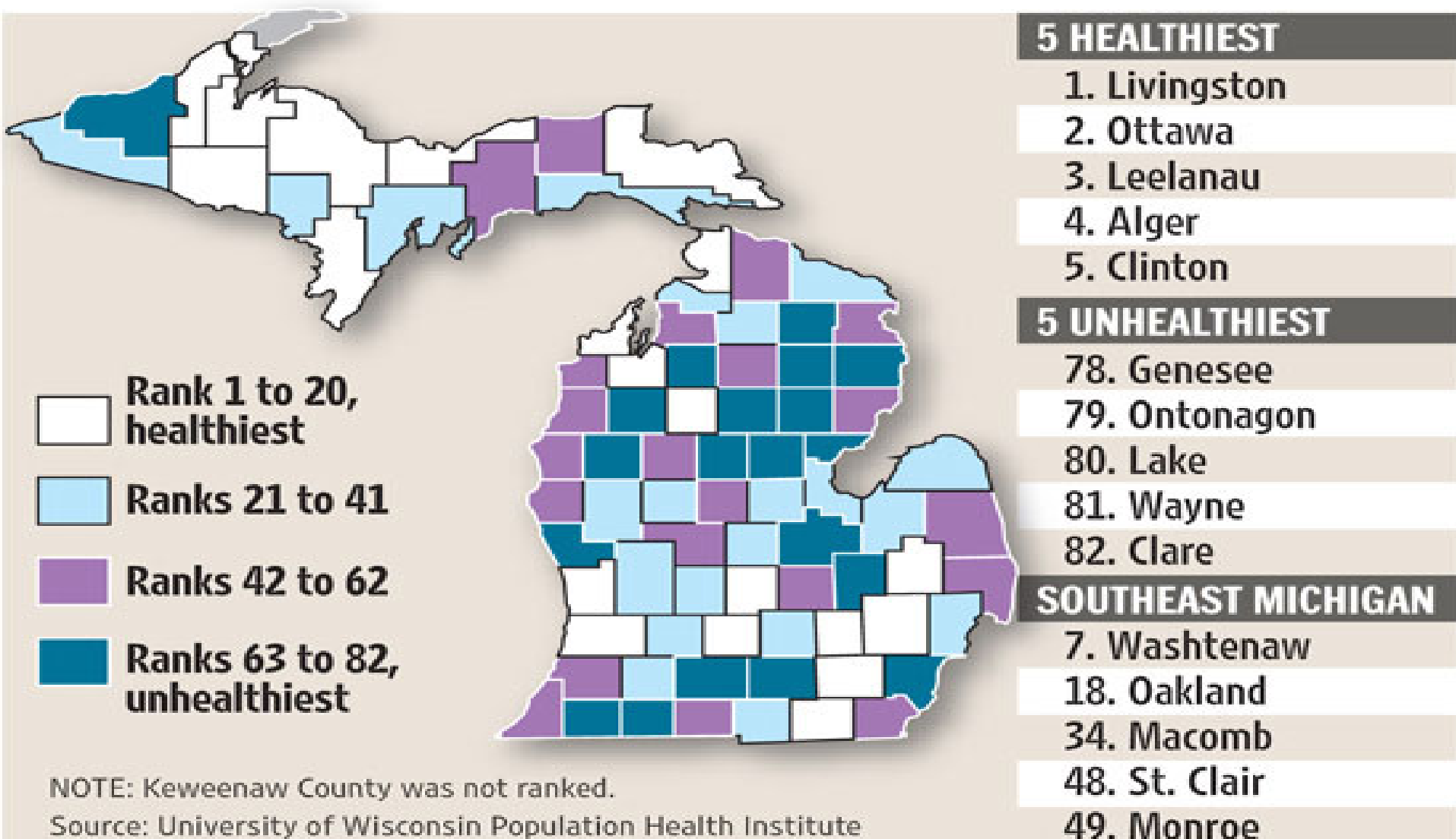
Insufficient data refers to US Zip Codes with less than five respondents.

Data were divided into quartiles for the purposes of this map, meaning, there is an equal number of census tracts in each class.



# Health evaluation by county

A new report used dozens of variables — from air quality to mortality rates to number of liquor stores — to compare 82 of Michigan's 83 counties. The report doesn't specifically grade each county nor does it say how Michigan compares nationwide.



# Achieving Desired Health Outcomes Using the Socio-Ecologic Model

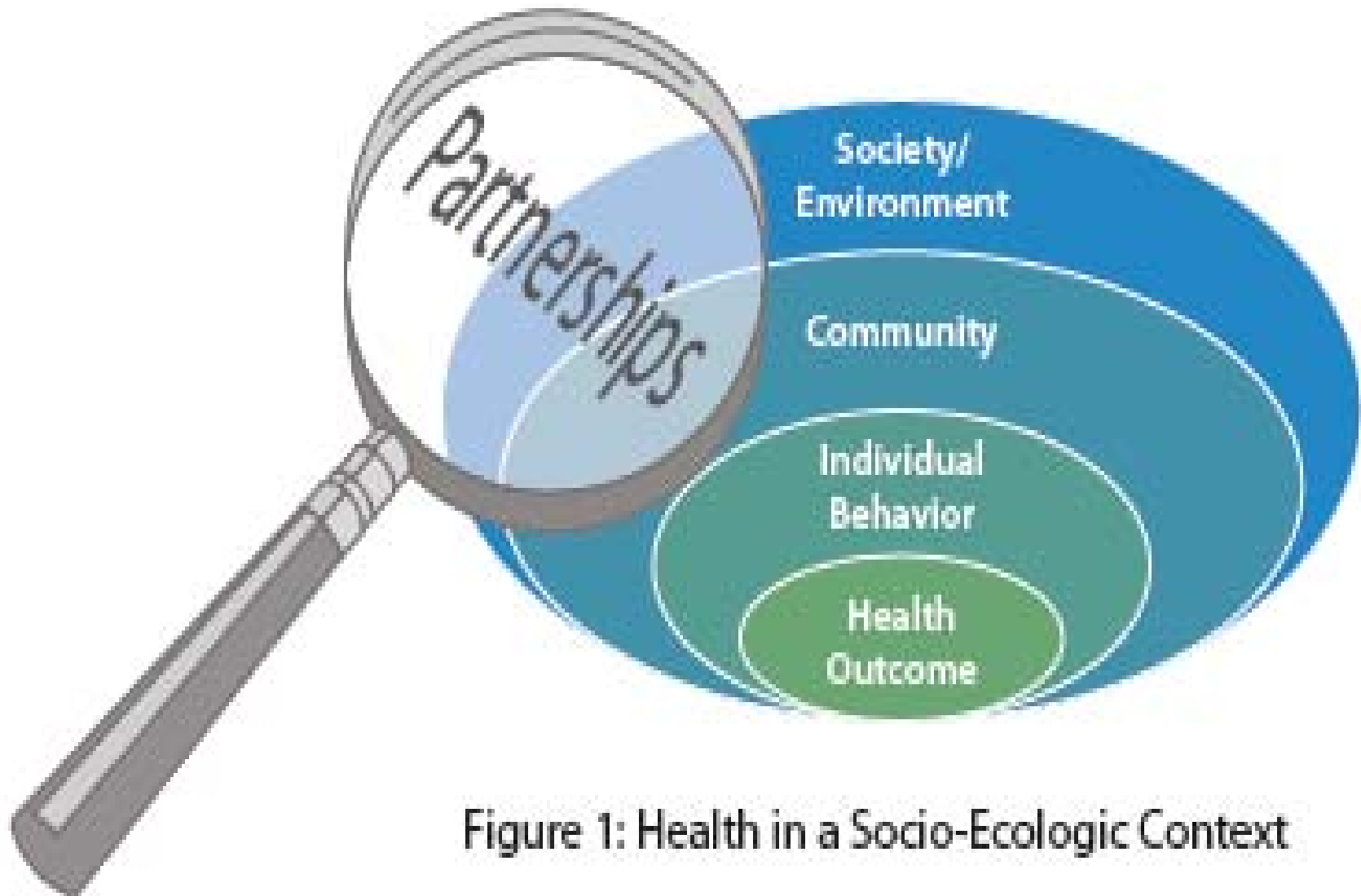
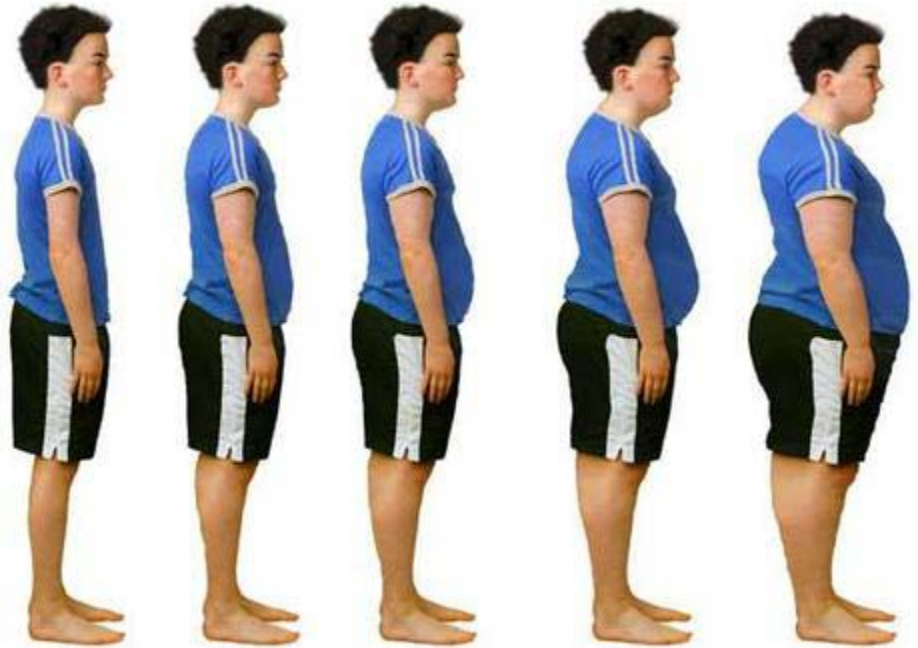


Figure 1: Health in a Socio-Ecologic Context

# Consequences of Obesity

- Being overweight can negatively impact a child's self-esteem, behavior, friendships, and academic performance





Steering Prevention-Reducing Obesity-Utilizing Teamwork

# SPROUT

The SPROUT Coalition is a group of community organizations, institutions and community members that are working together to address the issue of childhood obesity in Genesee County.

# <http://www.sproutgc.org/>

Home SPROUT Events News Contact



## sprout

Steering Prevention-Reducing Obesity-Utilizing Teamwork

Physicians &  
Professionals

Teachers

Parents

Youth

### HOME

SPROUT

#### Mission:

To improve the health and well-being of Genesee County children by addressing ways to reduce and prevent childhood obesity.

#### Vision:

Creating a community that fosters and supports healthy lifestyles for children and families.



@SPROUTGC

Our Twitter News Feed:

- Be a good role model – set a good example for children by eating fruit every day with meals or as snacks. 145 days ago

#### News:

Visit our *News Page* for the full Articles.

- *Third Blog Post 8/5/2011*  
I just need something published on the blog so that...
- *Second Blog Post test*  
Feel free to Delete this post once you start getting...
- *First News post*  
Hi there! Welcome to our news feed. This is where...



## Clinical Toolkits

### [Child & Adolescent Obesity Provider Toolkit](#)

A comprehensive toolkit with office resources, billing and prevention codes, patient education resources, patient provider communication, and community intervention resources.

### [Physician Toolkits and Resources](#)

Description: toolkits and resources for physicians that include a School Presentation Toolkit, Speaker's Bureau Manual and various Power Point presentations.

### [Activity and Nutrition Child and Adolescent Healthcare Provider Toolkit](#)

This Tool Kit is for healthcare providers treating youth in their practice.

### [Childhood Obesity Tools](#)

A toolkit to assist clinicians in providing quality care for children who are at risk for being overweight, or are overweight. This toolkit provides basics tools for primary care practice teams to deliver coordinated, integrated, and multidisciplinary services to both prevent overweight and improve care for children who are already overweight or at risk for overweight.

### [Pediatric Healthy Weight Toolkit](#)

A toolkit for health professionals focusing on how to help kids and teens develop healthy weight management skills, eating habits, and physical activity.

### [3 Steps to Initiate Discussion about Weight Management with your Patients](#)

Tip for physicians about starting weight management conversations with patients.

### [A Childhood Obesity Resource Toolkit for Health Professionals](#)

A toolkit of resources for health professionals dealing with childhood obesity.

I just need something published on the blog so that...

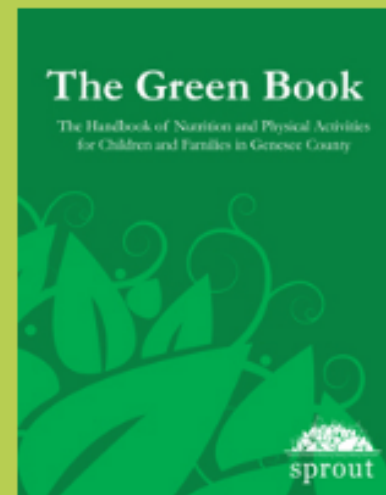
- *Second Blog Post test*  
Feel free to Delete this post once you start getting...
- *First News post*  
Hi there! Welcome to our news feed. This is where...



## Green Book:

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Click the cover for a free PDF copy of the Green Book, the Handbook of Nutrition and Physical Activity Resources for Children and Families in Genesee County.



# Take Action!



Get involved in the efforts to reduce childhood obesity

## *Everyday*

- 5 – Eat 5 or more fruits and vegetables
- 2 – Spend 2 hours or less on the computer or playing video games (“Screen Time”)
- 1 – Be physically active for at least one hour
- 0 – Avoid sugary drinks. Drink more water & low-fat milk instead



# A STOP SMOKING RESOURCE GUIDE

Call the agencies below for information about stop smoking classes, materials, or support groups.

## TOBACCO INFORMATION & MATERIALS

American Cancer Society (810) 733-3702

Genesee County Health Department  
Smoke-free, Multi-Agency Resource Team (SMART) (810) 341-5898

## STOP SMOKING COUNSELING & RESOURCES

American Lung Association  
Internet-based stop smoking counseling  
Freedom From Smoking (On-Line) [www.ffsonline.org](http://www.ffsonline.org)

American Lung Association  
Free Telephone Counseling & Lung Health (800) 548-8252

Comprehensive Counseling Center  
Clinical Hypnosis and Addiction Counseling (810) 720-3120

Genesys Hurley Cancer Institute  
Stop Smoking Support Group (810) 762-8226

I Can Quit - Michigan Tobacco Quit Line  
Free nicotine patches for eligible enrollees (800) QUIT-NOW

Laser Therapy Solutions  
Laser Smoking Cessation (866) 733-8055

Legacy  
Become An Ex [www.BecomeAnEx.org](http://www.BecomeAnEx.org)

National Cancer Institute  
Quit Smoking Support for Teens [www.teen.smokefree.gov](http://www.teen.smokefree.gov)  
or text QUIT to iQUIT (47848)

The cessation resources are not affiliated with the Genesee County Health Department (GCHD) and GCHD does not imply any endorsement of these resources.

ARE YOU READY TO QUIT SMOKING?

# Making Genesee County a great place to live, work and play



Welcome to The Official Website of the "Back to the Bricks" Cruise Weekend - Flint, Michigan.





# Decide if you're Tigger or Eeyore

