



Updates and Next Steps

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Chronic Disease Brief Workgroup

2020-2021

Be Healthy Campaign Social Media Toolkit

Purpose

- ▶ The campaign was designed to remind South Dakotans about the importance of staying healthy and to practice self-care and prevention despite COVID-19. The long-term impact of COVID-19 on chronic disease and associated risk factors is not yet known, but we want to remind people of the importance of being healthy.

Campaign

- ▶ Sample Messaging
- ▶ Sample Social Media Graphics
- ▶ Topics
 - ▶ Physical Activity, Nutrition, Stress, Diabetes, Cardiovascular Disease, Tobacco, Sleep, Mental Health, Chronic Disease, Obesity, Chronic Disease Management
- ▶ Monthly Health Observances

Be Healthy Campaign Social Media Toolkit – Sample Message & Image

INSTAGRAM

Keto, paleo, raw food, whole food.
Fad diets might work for some but
often are not sustainable.

HealthySD.gov guides you in the right
direction. Get healthy. Stay healthy.

#BeHealthySD [https://healthysd.gov/
healthy-eating-101/?hilite=](https://healthysd.gov/healthy-eating-101/?hilite=)



Self-Care at Work

- Focused on elevating self-care at the workplace and activities that employees can do throughout the day, month, and/or year.
- Disseminated through WorkWell listserv and partners.
- Available on healthsd.gov

SELF-CARE at WORK

Take a little time throughout the day to prioritize yourself. It can help reduce stress, prevent chronic disease, and help you maintain a healthy lifestyle. Try these ideas to boost your wellness level.

EMOTIONAL & MENTAL

Get in the zone with a positive state of mind. **Try this:**

- Ask for help
- Practice deep breathing for at least 5 minutes a day
- Keep a daily gratitude journal

INTELLECTUAL

Your mind needs exercise, too! Flex your brain. **Try this:**

- Boost learning and read or listen to a podcast
- Enhance productivity and write a daily to-do list
- Organize your workspace
- Complete a task you've been putting off

SOCIAL

It feels good to contribute and belong. **Try this:**

- Make time to meet a new person at the workplace
- Attend workplace social events and connect with colleagues
- Do something nice for a coworker such as sharing your appreciation for them

PHYSICAL

A healthy lifestyle helps balance body, mind, and spirit. **Try this:**

- Every hour, take an activity break – go for a walk, stretch, or climb stairs
- Drink half your body weight in ounces of water
- Pack a healthy lunch that includes 1/2 cup fruit and 1/2 cup vegetables

FINANCIAL

Tackle financial stress by taking responsible steps toward future goals. **Try this:**

- Track daily spending
- Plan for retirement by exploring investment and savings opportunities

To learn more about self-care, health, and wellness, visit HEALTHYSD.GOV

Live Better. Grow Stronger.

RESOURCES THAT SUPPORT SELF-CARE

EMOTIONAL & MENTAL

- SD Suicide Prevention:** Learn how to help yourself or others considering suicide and view recent data. Educators can enroll in suicide prevention training. sduttsdprevention.org
- National Alliance on Mental Health South Dakota:** An organization of families, friends, and individuals whose lives have been affected by mental illness. namlouthsdakota.org
- 211 Helpline Center, Suicide Prevention & Crisis Support:** Offers a variety of suicide prevention trainings, crisis support, and survivor services that include grief support for individuals who have lost a loved one to suicide. helplinecenter.org/suicide-and-crisis-support

INTELLECTUAL

- South Dakota State Library:** Provides reading, braille, and talking book programs; offers a collection of free online research and databases specifically curated for elementary, middle and high schools, and a variety of educational topics for all ages. library.sd.gov
- Other Lifelong Learning Institute at the University of South Dakota:** The scholarship program is designed for people aged 50 and over, but is open to all ages and education levels. usd.edu/education/otherlifelonglearninginstitute
- 211 Helpline Center, Community Events:** Resource calendars provide a central intersection of information regarding basic needs, events, and professional training opportunities in our communities. helplinecenter.org/2-1-1-community-resources/community-events

PHYSICAL

- HealthySD:** Provides information, inspiration, and tips on nutrition, physical activity, and health and wellness for all South Dakotans. healthy.sd.gov
- SDSU Extension:** Access SDSU Extension's team of nutritionists and dietitians to learn about healthy and balanced nutrition, as well as programs and resources to help support good nutrition. extension.sdstate.edu/foodnutrition-health
- Better Choices, Better Health:** Offers chronic disease self-management education workshops that are designed to help adults living with ongoing physical and/or mental health conditions and caregivers understand how healthier choices can improve quality of life, boost self-confidence, and inspire positive lifestyle changes. goodandhealthy.org/bchh
- 211 Helpline Center, Community Resources:** Volunteer or find help with food, clothing, shelter, education, employment, transportation, healthcare, mental health, suicide prevention, substance abuse, support groups or legal assistance. helplinecenter.org/2-1-1
- American Heart Association:** Recommends at least 150 minutes of exercise a week. Find out how to keep your heart healthy and stay hydrated. heart.org/en/healthy-living/fitness/fitness-basics/askexp-healthy-staying-healthy

SOCIAL

- National Institutes of Health:** Provides a Social Wellness Toolkit outlining six strategies for improving your social health in English and Spanish. nih.gov/health-information/social-wellness-toolkit
- 211 Helpline Center, Community Resources:** Volunteer or find help with food, clothing, shelter, education, employment, transportation, healthcare, mental health, suicide prevention, substance abuse, support groups or legal assistance. helplinecenter.org/2-1-1

FINANCIAL

- LSS Center for Financial Resources:** Access counseling, resources, and education to develop healthy financial habits and support financial needs. lssd.org/hut-we-do-center-for-financial-resources
- SDSU Extension:** Access information and resources on personal finance. extension.sdstate.edu/electronicpersonal-finance
- 211 Helpline Center, Community Resources:** Volunteer or find help with food, clothing, shelter, education, employment, transportation, healthcare, mental health, suicide prevention, substance abuse, support groups or legal assistance. helplinecenter.org/2-1-1

To learn more about self-care, health, and wellness, visit healthy.sd.gov/self-care-at-work

HEALTHYSD.GOV
Live Better. Grow Stronger.

100 copies of this document have been printed by the SD Dept of Health at a cost of \$14 each.

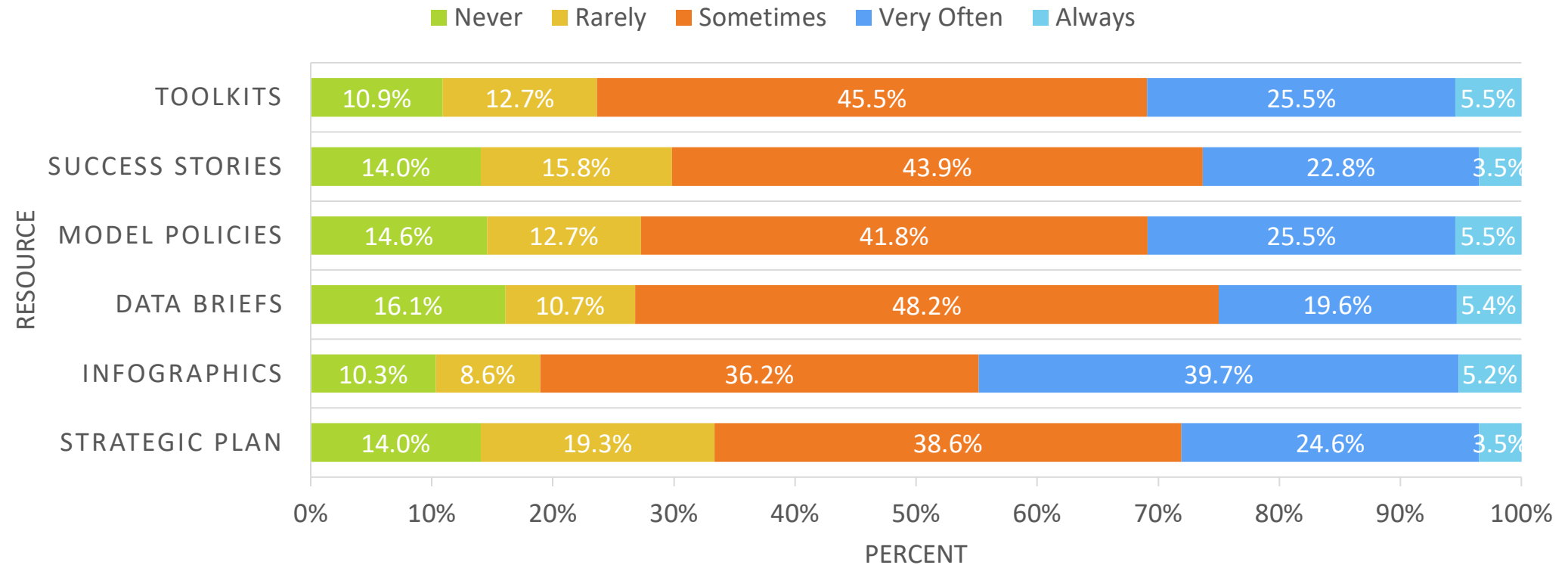
2019 Partner Survey

FINDINGS, EBDM PRACTICE

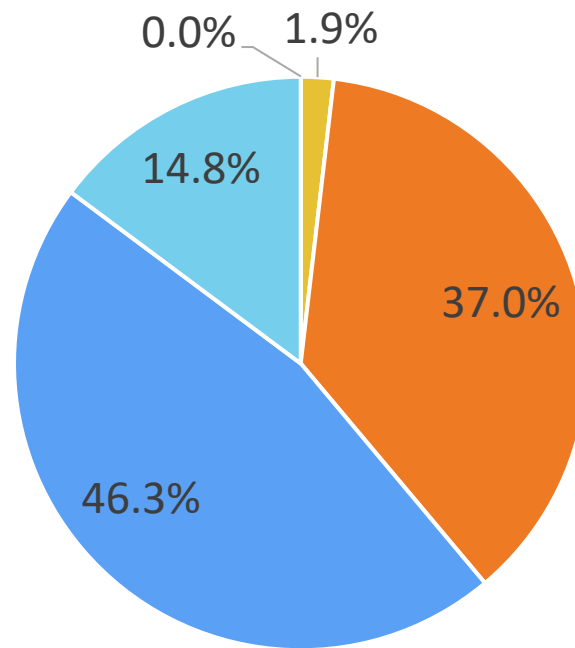
Participant Characteristics

- ▶ Sample = 65 participants
- ▶ Organization type represented by participants (N = 46)
 - ▶ State Government = 32.6% (n = 15)
 - ▶ Local Government = 4.4% (n = 2)
 - ▶ Education = 6.5% (n = 3)
 - ▶ Tribal/IHS = 4.4% (n = 4)
 - ▶ Health Systems = 21.7% (n = 10)
 - ▶ Non-profit = 17.4% (n = 8)
 - ▶ Self-employed, 2.2% (n = 1)
 - ▶ Other (Volunteer, Tribal Health Board, Other non-profit/state government) = 10.9% (n = 5)

USE OF RESOURCE FOR WORK (N = 58)

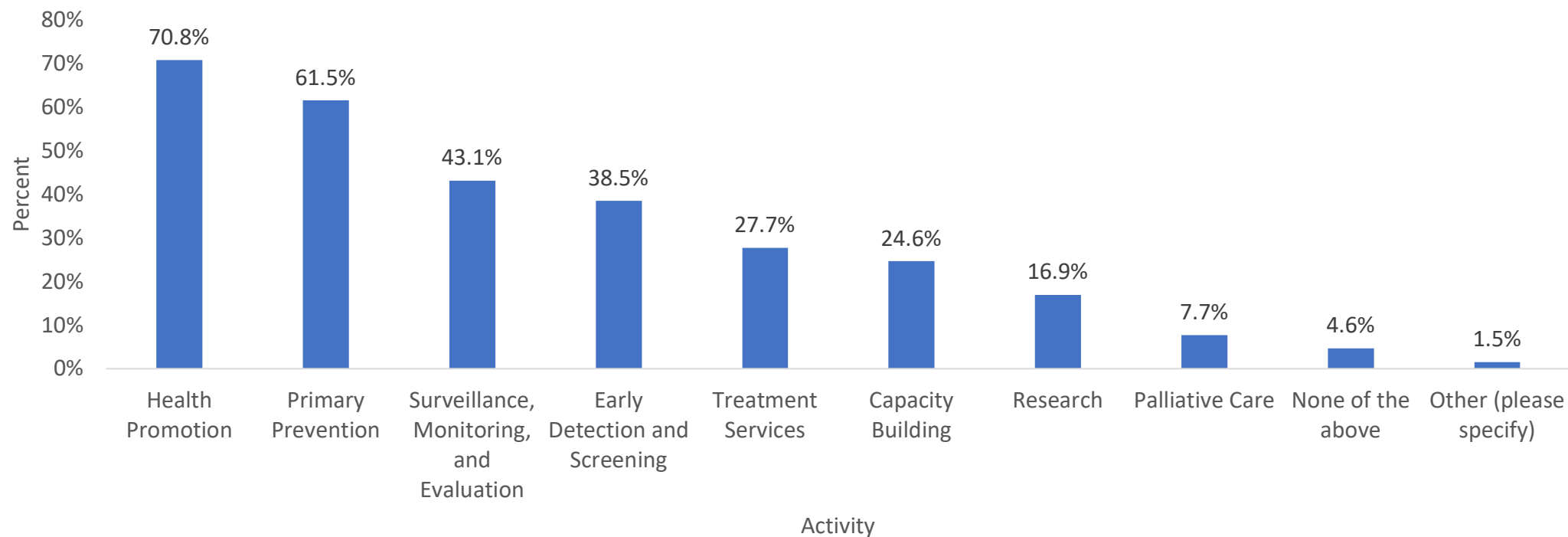


QUALITY OF COLLABORATION OF CHRONIC DISEASE PARTNERS WITH OTHER COMMUNITY AGENCIES (N = 54)



■ Very Poor ■ Below Average ■ Average ■ Above Average ■ Excellent

CHRONIC DISEASE AND RISK FACTOR ACTIVITIES INCLUDED IN YOUR ORGANIZATIONAL BUDGET (N = 93)



Strengths of Resource Management (N = 24)

| Theme | Example |
|--------------------------------------|--|
| Collaborations | "Relationships, collaborations, Efforts, Innovation", Helps to uncover areas of opportunity for collaboration and reduces waste and redundancy. |
| Financial Support | "Grants to Community Agencies" |
| Interorganizational Resource Sharing | "A strength is having the knowledge of what partners and other programs are doing and having that worldly knowledge and resources. " |
| Diverse Stakeholders | "Variance in locations and experiences" |
| Quality Circles | "Its a small world in South Dakota. The odds are good that there is an advocate in a community that wants to promote positive health messages and or activities. In other words, human skills and people connections in communities are needed to be successful. " |

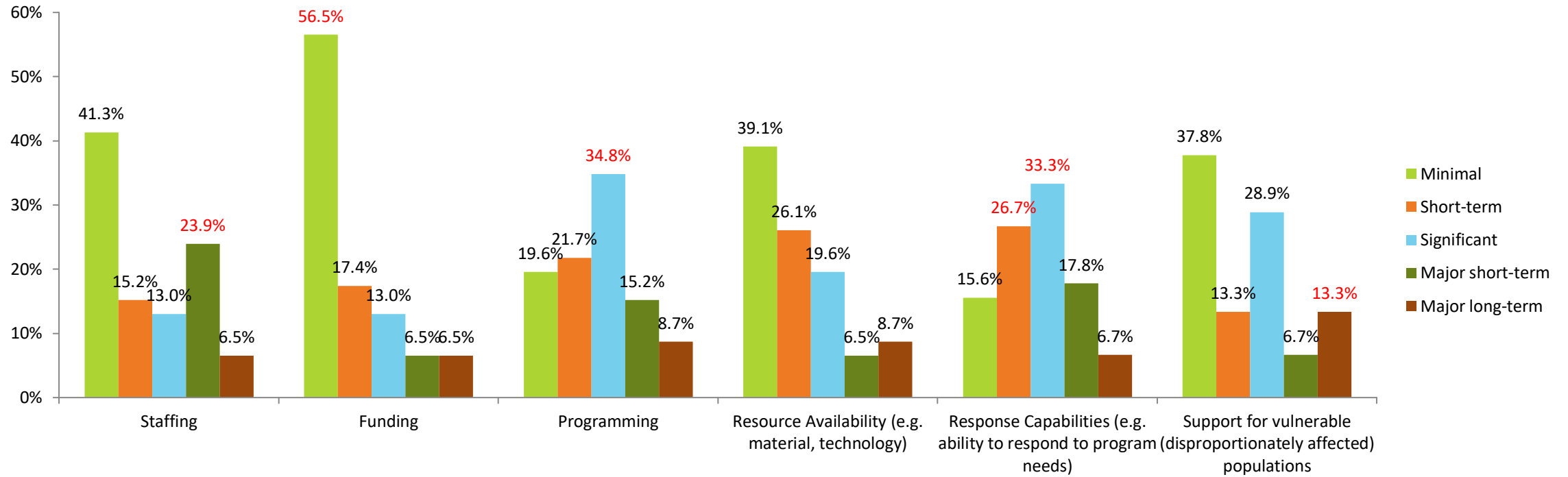
Weaknesses of Resource Management (N = 21)

| Theme | Example |
|------------------------------|--|
| Health Professional Shortage | "Shortage of human capital." |
| Collaboration | "Finding unique partners within communities; leveraging the collaborations created during the COVID-19 pandemic." |
| Healthcare Access | "Geography." |
| Public Health Capacities | "The distribution of the resources to communities; many people are unaware of such resources." "financial resources, human skills, lack of coordination, lack of ability to partner." |

Recommendations to Strengthen Resource Management (N = 17)

| Theme | Example |
|-----------------------------------|---|
| Knowledge Development | "Ensure educational resources are up to date and available." |
| Collaboration | "Continue to actively engage CD partners", "Develop a plan for partners to communicate with community-based groups" |
| Interorganizational Communication | Regularly seek input from new team members for ideas and leadership continue communicating with team members |
| Other | "Perhaps fund very focused pilot projects with specific partners that could lead to success stories and lessons learned." |

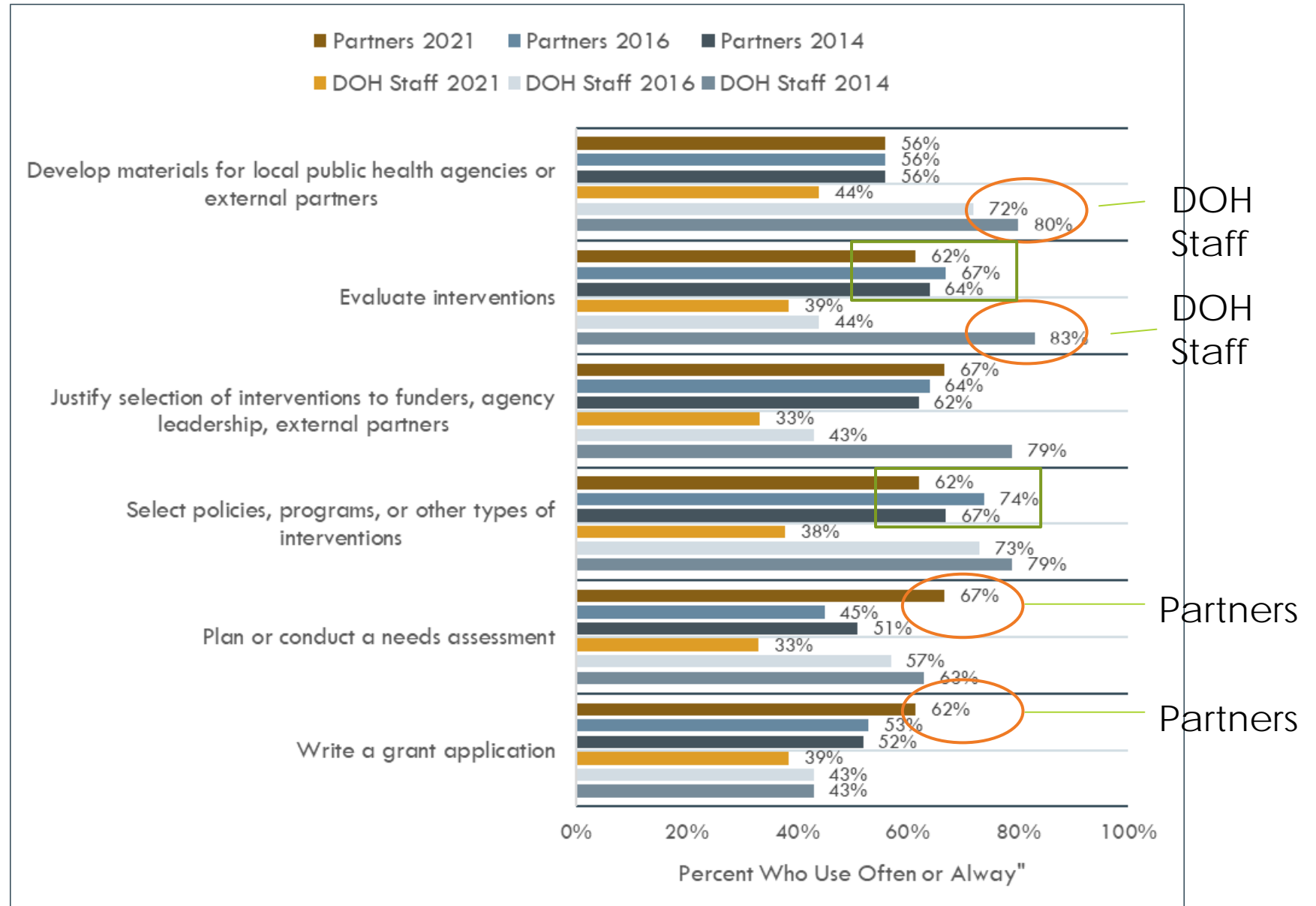
Impact has COVID-19 had on your job role specific to the following areas (N = 46)

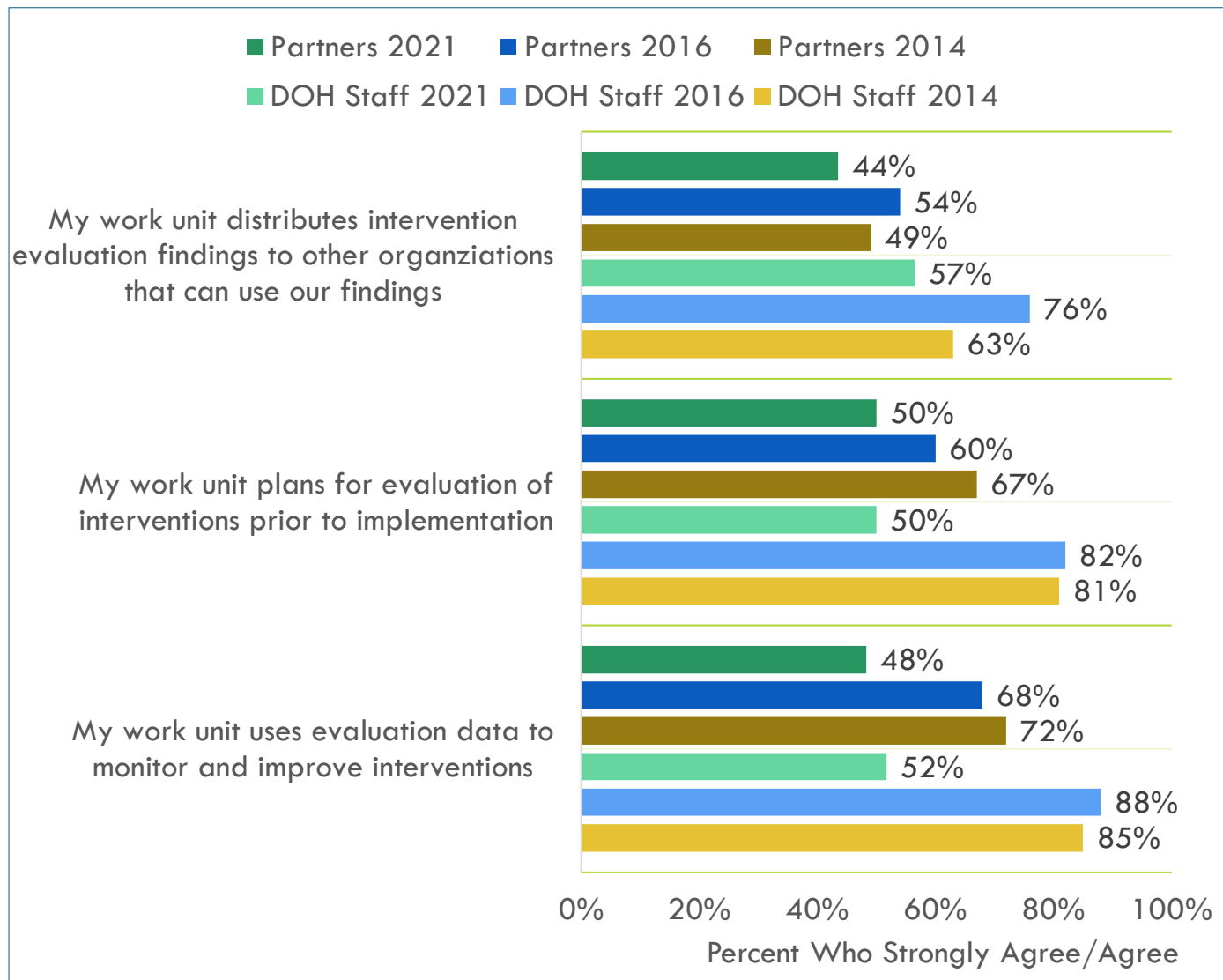


EBDM Practice

2014, 2016, 2021

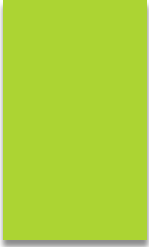
Use of Research Evidence to Complete Tasks



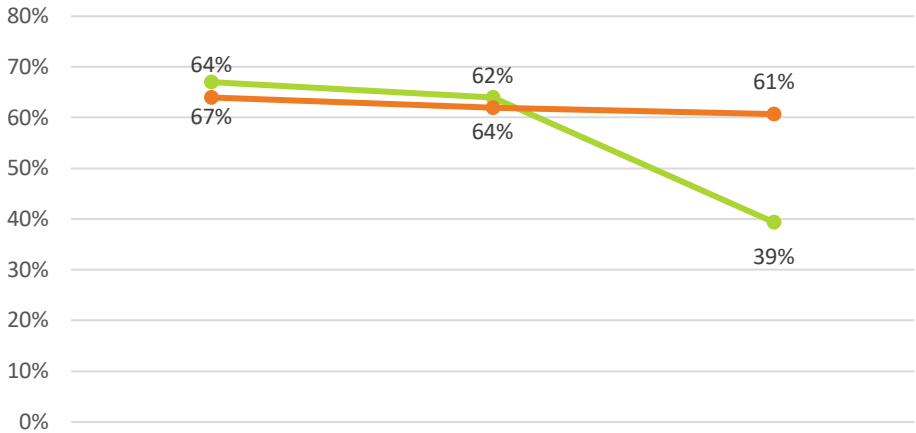


Program Evaluation

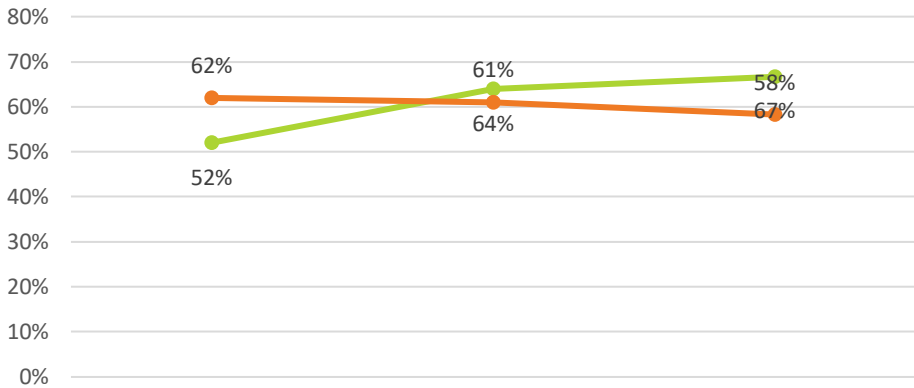
Perceptions of Participant Work Unit Support for EBDM, 2014, 2016, 2021



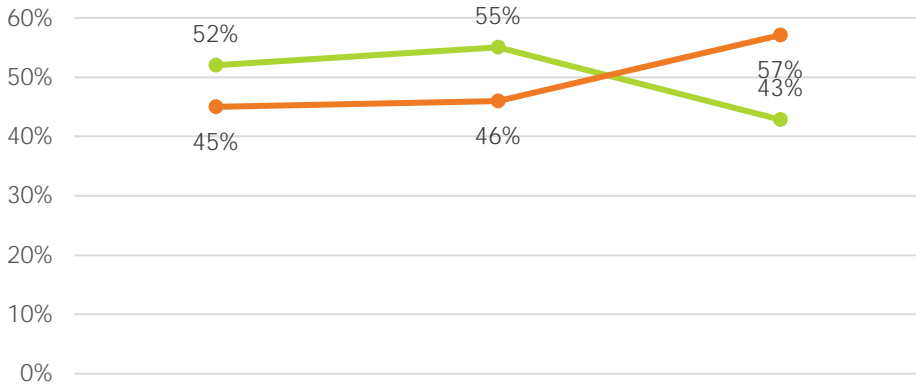
My work unit has access to current research evidence for EBDM.



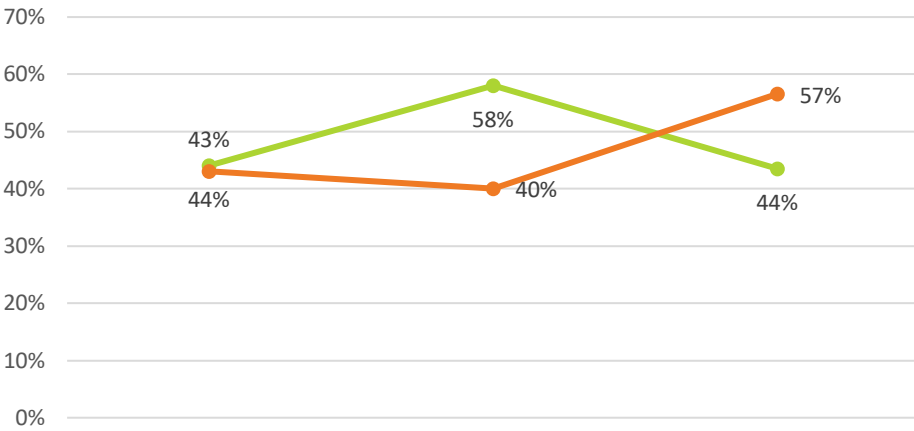
Informational resources (e.g. academic journals, guidelines, and toolkits) are available to my work unit to promote the use of EBDM



My work unit currently has the resources (e.g. staff, facilities, partners) to support application of EBDM

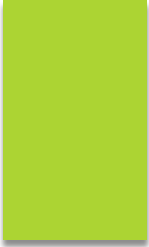


The staff in my work unit have the necessary skills to carry out EBDM

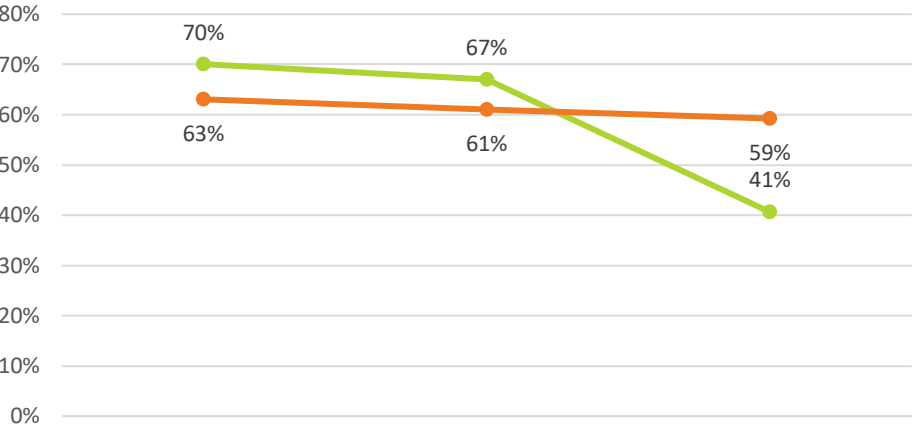


— DOH
— Partners

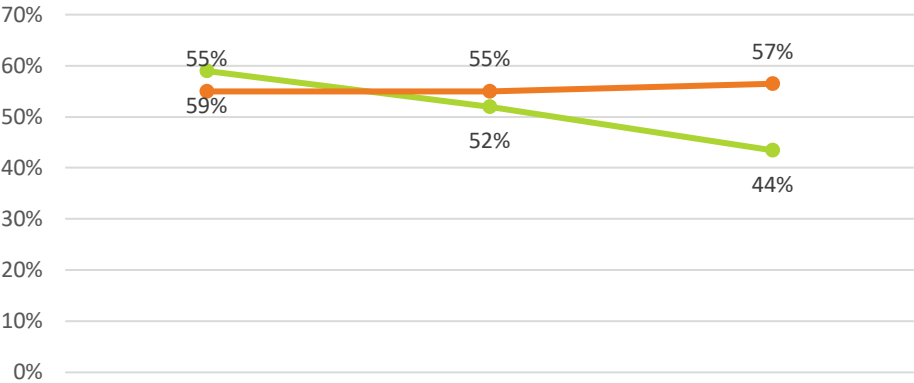
Perceptions of Participant Work Unit Support for EBDM, 2014, 2016, 2021



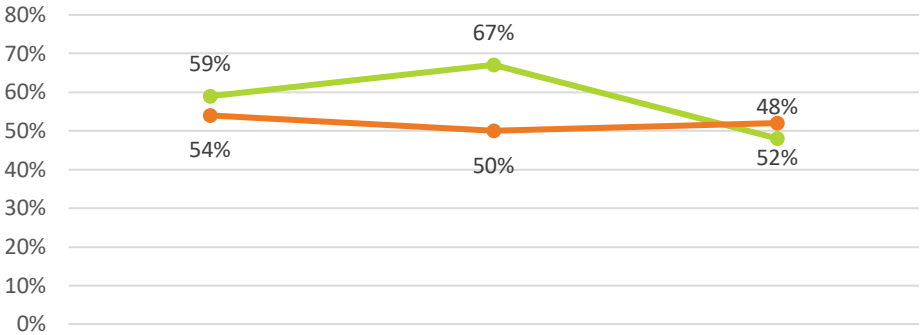
When decisions are made within my work unit, program staff members are asked for input



Information is widely shared in my work unit so that everyone who makes decisions has access to all available knowledge



My work unit engages a diverse external network of partners that share resources for EBDM (e.g. staff, facilities, data, toolkits, journal articles, access to training)



— DOH
— Partners

Public Health Research

- Methods use to learn about current findings in public health research (Top 10)

1. Seminars or workshops (phone, webinars, or in-person)
2. Academic Journals
3. Face-to-face meetings with stakeholders
4. Newsletters
5. Policy Briefs
6. Email alerts
7. Professional associations
8. Other conferences
9. Press Releases
10. Academic conferences

Steps to Improve Capacity



Education and Training



Partnerships and Collaboration



Integration of EBDM to Guide
Practice



Evidence-Based Literature

OCDPHP Strategic Planning 2021- 2023

LOOKING FORWARD

Purpose

- ▶ Enhance coordination of chronic disease prevention and health promotion activities statewide through upstream approaches.
- ▶ Build on the statewide infrastructure for interventions and policies to achieve measurable improvements across chronic diseases.

Process

- ▶ Timeline
 - ▶ November 2021- early 2022
- ▶ Methods
 - ▶ Survey to collect baseline understanding of current activities, identify opportunities to advance upstream efforts.
 - ▶ Host online forums with partners to discuss opportunities.
 - ▶ Prioritize actions.
 - ▶ Develop overarching model to guide action.
 - ▶ Engage partners to support action.

Contact Information

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