

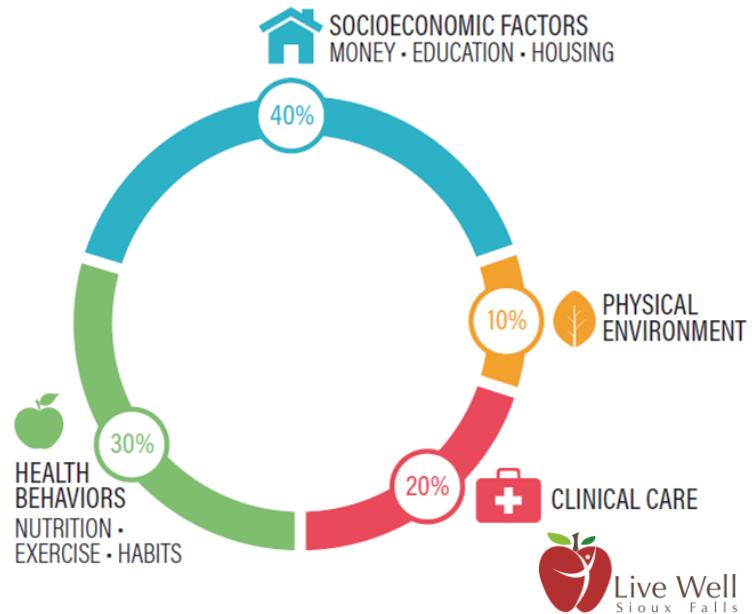
From Information to Implementation: You Have the Data...What's Next?

Alyssa Gehle and Mary Michaels

Sioux Falls Health Department



What Makes Us Healthy?



Social Determinants of Health



Jobs



Neighborhood



Education



Nutrition



Community Support



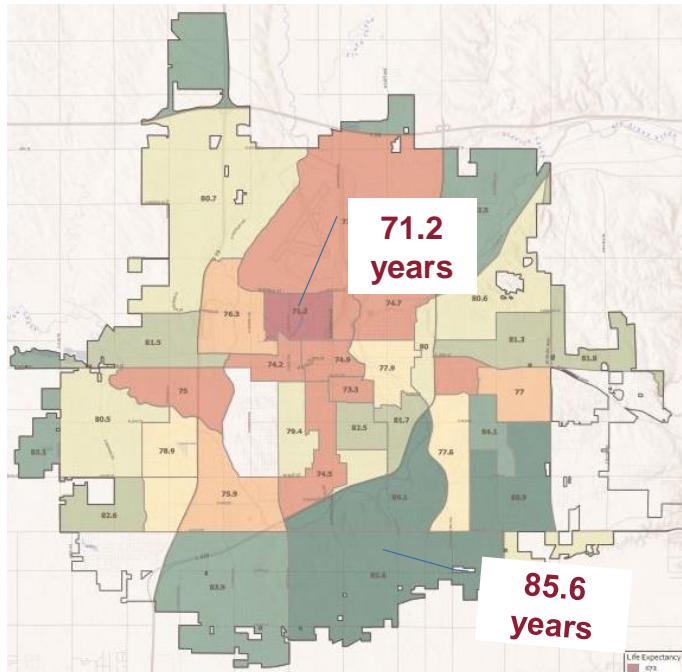
Access to Care



Housing



Transportation



Zip Code Matters

Average Life Expectancy

- Minnehaha County
76.97 years
- Lincoln County
83.03 years
- South Dakota
79.1 years
- United States
78.6 years



Priority Health Areas

- Access to Care
 - Affordable care, patient navigation, health literacy, long-term care, transportation
 - Behavioral Health & Substance Use
 - Access to services, cost, stigma
 - Chronic Disease Prevention
 - Focus on social determinants and prevention strategies



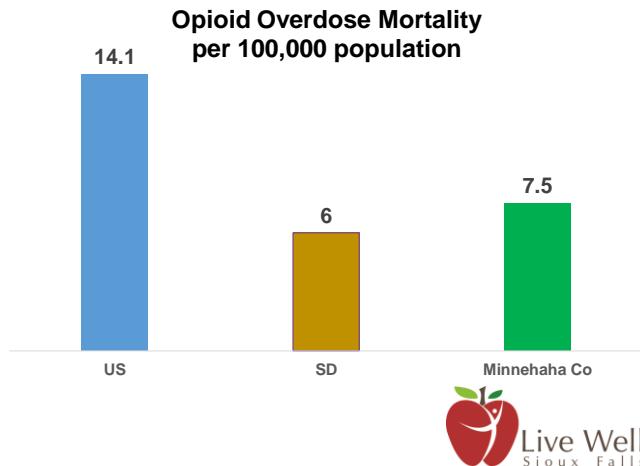
Priority Area 1: Access to Care

64% of residents cite cost and access as health barriers.

16% said care was delayed due to cost or insurance concerns.



Priority Area 2: Behavioral Health and Substance Use



Priority Area 3: Chronic Disease Prevention

- Obesity ↑ from 31% to 37%
- Low fruit and vegetable consumption
- Majority are not physically active
- Nearly half of adults have high blood pressure
- Good news: smoking rate ↓

Six in ten adults in the US have a chronic disease and **four in ten adults** have two or more.



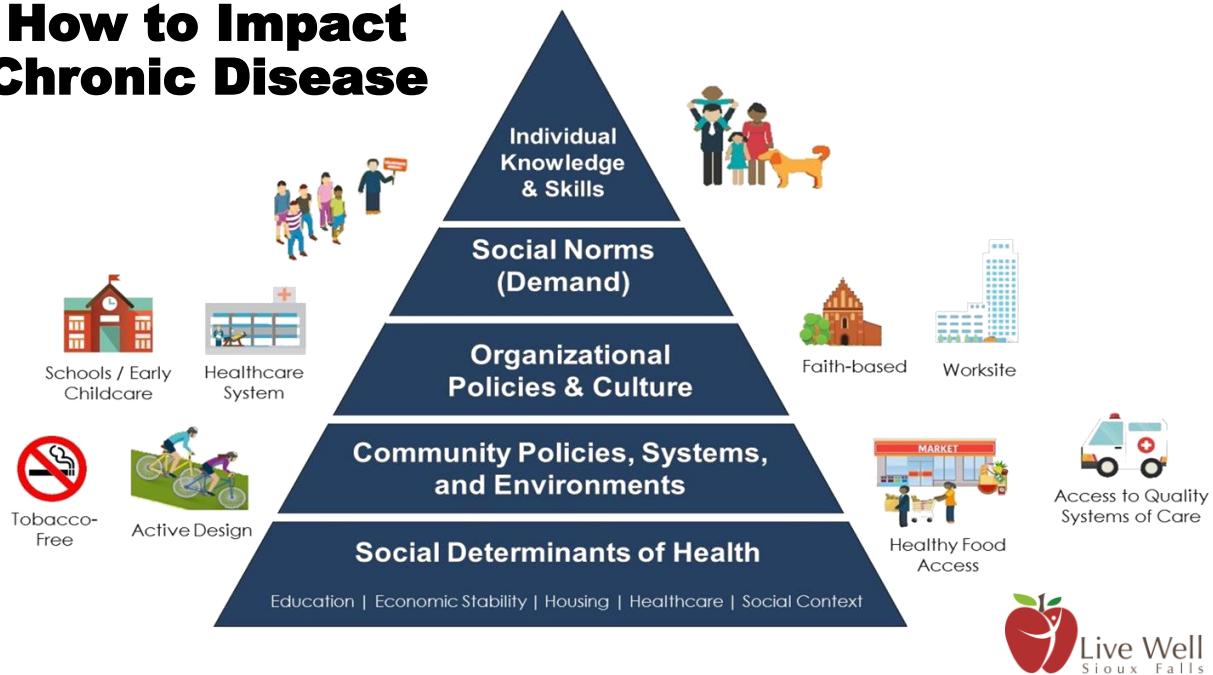
Moving the Needle

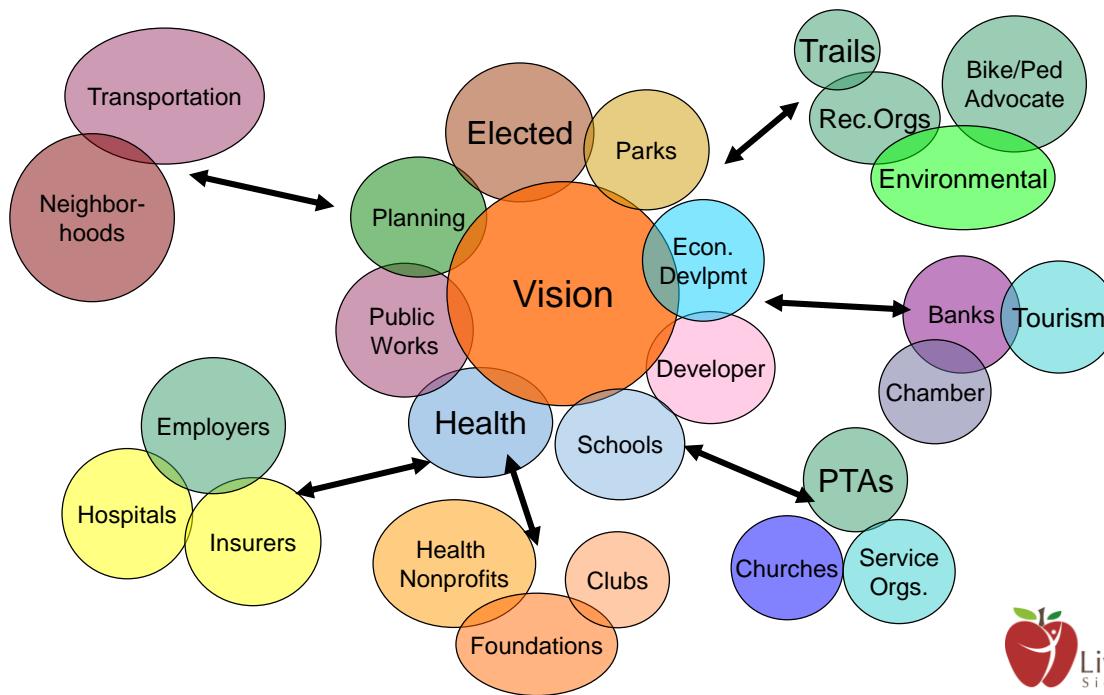
Organized and informed community action can combat the prevalence of chronic disease, reduce health risk factors, and reduce health disparities.

- Policy, Systems & Environmental Change = Healthy Choice is the Easy Choice
- Health in All Policies



How to Impact Chronic Disease





Moving Evidence Into Action - Activity

- Choose one or more health indicators
- Brainstorm community-level strategies

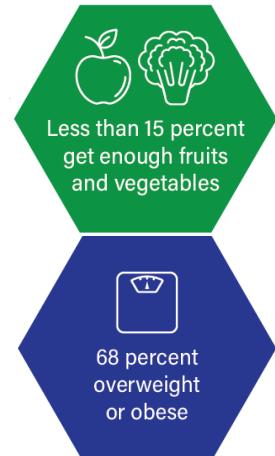


Collaborative Strategies

1. Support development of the Triage Center
2. Behavioral Health Awareness
3. Increase Residents Living at a Healthy Weight
4. Address Social Determinants of Health and Actively Support One Sioux Falls



Indicators: Fruit & Vegetable Consumption, Obesity Rate



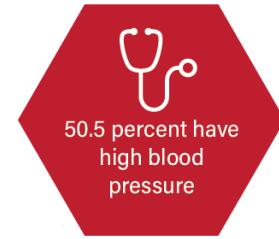
Indicator: Adult Smoking Rate



Indicator: Blood Pressure Data



www.thebigsqueezesf.org



Know Your Numbers. Take Action.



www.thebigsqueezesf.org

Blood Pressure Categories



High blood pressure accounts for the second largest number of preventable deaths after heart disease and is associated with stroke, heart attack, and kidney disease. Only 1 in 3 adults who have high blood pressure are aware they have it.

It's important to "check in" because often there are no symptoms, despite the fact that it significantly increasing the risk for heart attack and stroke.

The American Heart Association recently released new guidelines for identifying

New Guidelines: What You Need to Know



Under the previous guidelines, 1 in 3 adults were considered to have high blood pressure.

With the new guidelines, many more (46%) of adults have high blood pressure.

The new guidelines also mean that more people will benefit from treatments like blood pressure medications.

For more information about the new guidelines, visit www.heart.org/bloodpressure.

Return on Investment



High blood pressure increases the risk for heart attack and stroke. Reducing high blood pressure saves money and improves quality of life. For example, heart disease and stroke are not taken as prescribed, and 20% of adults with high blood pressure don't take their medicine.

According to the American Heart Association, heart disease and stroke cost the United States \$555 billion each year.

Reducing high blood pressure by 5 to 10 points can reduce these costs by 5 to 10 percent.

What Can I Do?



A healthy diet and physical activity are key to reducing high blood pressure. For example, a diet rich in fruits and vegetables, low in salt and saturated fat, and cholesterol-free or low-fat dairy products can lower blood pressure by 10 to 30 mmHg.

Physical activity, such as brisk walking, swimming, cycling, and strength training, can also help reduce blood pressure.

Medications can also help reduce blood pressure. The daily recommendation is to take medicine as directed. For example, if you have high blood pressure, the average American currently consumes about 100 mg of salt per day, which is twice the recommended sodium intake by just 400 mg a day, our bodies need only 2,300 mg of sodium per day.

For more information about high blood pressure, visit www.heart.org/bloodpressure.

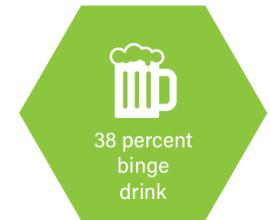
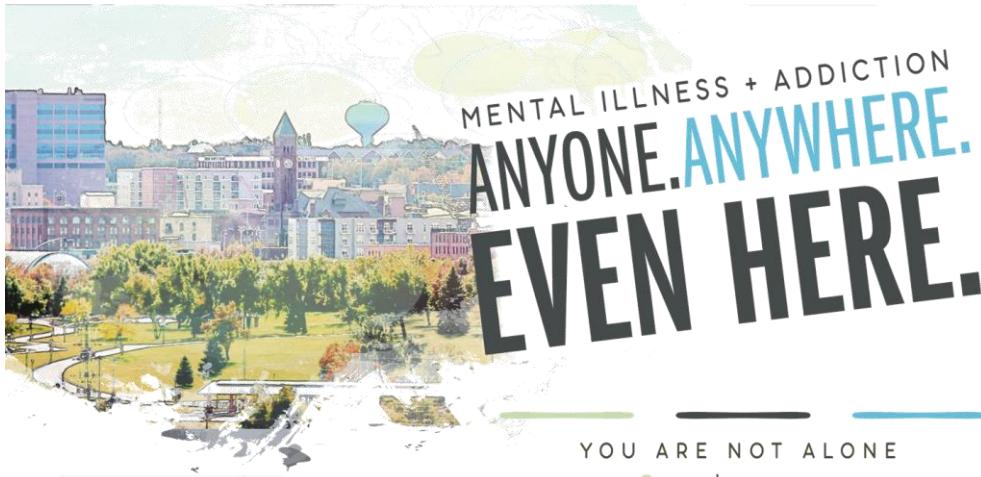
Conclusion



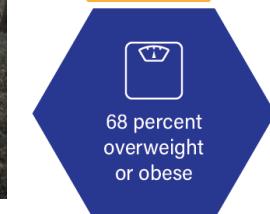
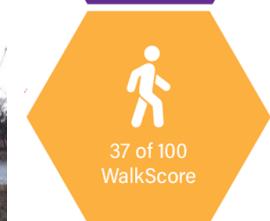
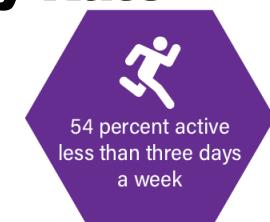
High blood pressure is a serious health condition that can lead to heart attack and stroke. By taking simple steps to reduce your risk, you can live a longer, healthier life.

For more information about high blood pressure, visit www.heart.org/bloodpressure.

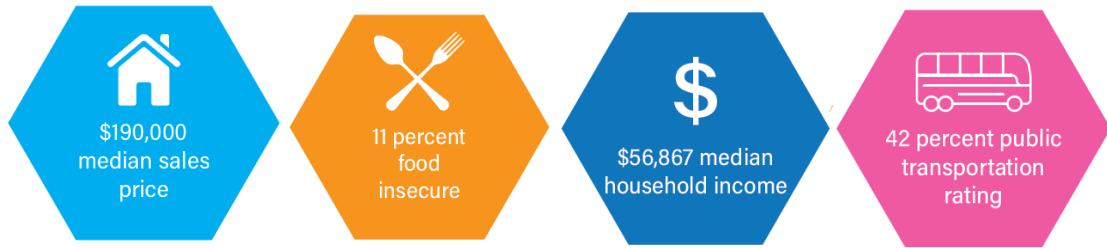
Indicators: Behavioral Health and Substance Use



Indicators: Physical Activity, Obesity Rate and WalkScore



Other Collaborations





As it relates to our health, our zip code may be more important than our genetic code, our school files may be more telling than our medical files, the time spent in our office at work may be more relevant than the time spent at our doctor's office, and the places we play may be more crucial than those where we get treated...an apple a day may help keep the doctor away, but that assumes you can find an apple in your neighborhood."

James S. Marks, Robert Wood Johnson Foundation Health Group

Resources

Good & Healthy SD

www.goodandhealthysd.org

Healthy HometownSM

www.goodandhealthysd.org/about/healthy-hometown

Live Well Sioux Falls Community Health Needs Assessment

www.livewellsiouxfalls.org/about-us/

AARP Livable Communities

www.aarp.org/livable-communities

Livable 605

www.livable605.org

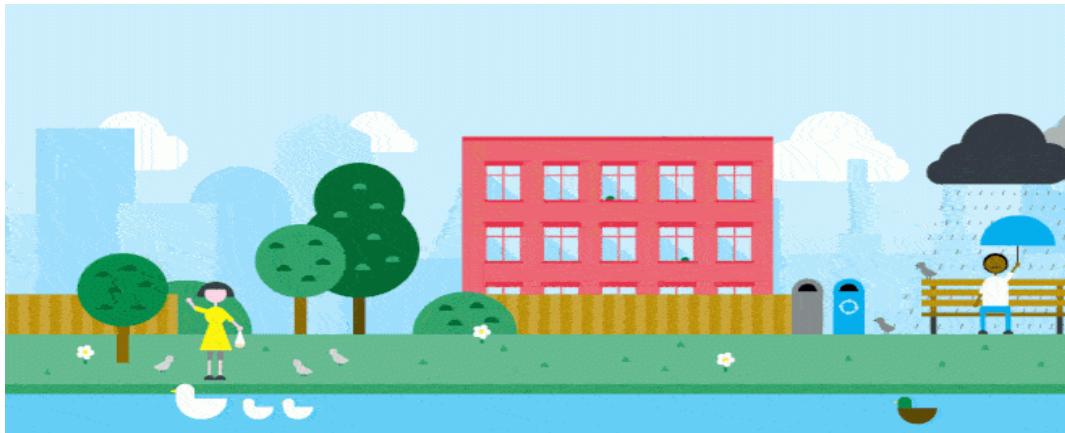
Collaboration for Impact (Collective Impact)

<https://www.collaborationforimpact.com/collaborative-approaches/>

Robert Wood Johnson Foundation Culture of Health

<https://www.rwjf.org/en/how-we-work/building-a-culture-of-health.html>





Alyssa Gehle
agehle@siouxfalls.org
605-367-8031

Mary Michaels
mmichaels@siouxfalls.org
605-367-8286

