

**Benchmark Activity: 10.2**

**The local health department shall carry out or assist others agencies in the development, implementation and evaluation of health promotion/disease prevention programs and educational materials targeted to groups identified as at-risk in the community health assessment.**

**Durham County Board of Health  
Agenda Item Summary**

Meeting Date: February 12, 2015

Agenda Item Subject: Nutrition Division Presentation

Attachment (s): PowerPoint Presentation/Handout

Staff or Board Member Reporting: Kimberly Barrier, Morgan Medders, Kelly Warnock, Rachael Elledge

Purpose:                      Action  
                    X          Information only  
                                Information with possible action

**Program Description:**

**Objectives:**

- Describe the programs/services provided by the Nutrition Division of the Durham County Department of Public Health
- Give examples of program outcomes.

**Summary Information:**

The Nutrition Division of the Durham County Department of Public Health provides clinical and school and population based services. Services are funded through county, grants, fees for service, and third party payer reimbursements. The Division is divided into three sections: The DINE for Life Program, Communications/Health Promotion, and Clinical Services. Descriptions of the sections are provided below.

## DINE Team

- DINE serves the adult Durham community as well as the schools with a community team composed of two part-time Nutritionists and a school team composed of one Adolescent Nutritionist and three full-time and two part-time elementary school nutritionists. Additional groups are served through summer programming.
- The goal of the program is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and the USDA food guidance.
- Because of SNAP-Ed funding requirements, all teams serve populations that are composed of at least 50% SNAP-Ed recipients.
- DINE services including nutrition lessons, cooking classes or demonstrations, directly reached 4637 individuals, many of them multiple times, for a total of 21, 396 contacts in the last program year. In addition, through health fairs, displays, tabling events, DINE reached many thousands more.
- Members of the DINE team collaborate with a number of community groups to extend the reach of their messages.

## *DINE Community Program*

- This program serves adults and offers services in sites including homeless shelters, food pantries, Head Start centers, Durham Housing Authority sites, faith-based organizations and community centers.
- Programming includes nutrition education and culinary workshops, health fairs, grocery store tours, cooking demonstrations on topics including healthy eating on a budget, heart health, healthy weight, label reading, and food safety.
- Additional outreach is done through the quarterly Alive! Newsletter, which is sent to all 17,848 SNAP-recipient households in Durham County, bus ads, and the Durham Moms Know Best Facebook page, along with other displays.

## *DINE Adolescent Nutrition Education Program*

- Middle school is the primary setting for the adolescent program.
- Nutrition education is nutrition and culinary skills-based and generally done in after-school programming through a program called Junior Iron Chef Durham (JICD). Students learn basic nutrition and apply what they've learned in cooking healthy foods. The culmination of many JICD series is a "Battle" in which two teams compete in front of judges to cook the best healthy, tasty dish.
- Adolescent programming also takes place in sites like public libraries and Boys and Girls Clubs and occasionally in high schools.

## *DINE Elementary School Program*

- Elementary program is traditionally classroom based, with an eight-lesson series curriculum classes including lessons, hands-on activities and games, taste tests, lesson-specific handouts for parents and students, and incentives to reinforce lesson messages.
- Enhanced programming includes cooking-based nutrition education, school garden programming (including work with the DPS Hub Farm), and work with school wellness committees.
- In cooking-based nutrition education students receive nutrition education and then apply it in a cooking activity that teaches a particular skill like measuring or cutting and allows students to taste healthy foods that they have prepared themselves.

## *DINE Outcomes—see separate handout*

## Communication and Health Promotion

- Nutrition Communications and health promotion team consists of three positions: a program manager, and two nutrition specialists funded by the DINE grant. Current initiatives of this team include:
- Division Communications. In the past year, this team has produced 14 newspaper articles, 3 TV news stories, and one radio interview.
- Managing the DCoDPH nutrition interns. This academic year, the division accepted 11 interns from schools including NCCU, Duke, and UNC.
- Leads faith-based and worksite wellness initiatives that do not qualify for DINE programming, including DCoDPH's WOW! Program.
- Involved in the formation of Durham's food policy council, Durham Farm and Food Network. The first community forum for the council attracted over 100 community organizations and residents. Assist with grant writing, leadership and outreach.

### *DINE Healthy Environments Program.*

- The focus of this program is to improve Durham's food environment through increasing access to healthy foods and marketing healthy foods.
- DCoDPH continues to support and assist Veggie Van in its outreach, education and marketing. With financial support from the county, Veggie Van will expand to four new sites this fiscal year. Will launch the Veggie Prescription Program on Feb 13, 2015.
- DCoDPH continues to support Double Bucks, a program that doubles SNAP dollars at farmers markets and mobile markets. Assisting with grant writing, marketing and outreach. Trying to expand program to mobile markets like Grocers on Wheels. Working with DATA to increase access to the farmers markets.
- DCoDPH continues to work with grocery stores and corner stores to make the healthy choice the easy choice. Currently we are partnering with Los Primos, Save a Lot, and Express Mart. We are organizing a county-wide coalition and trying to engage community members in these efforts.

### *DINE in Childcare*

- DINE in Childcare is a new SNAP ED funded position that has been vacant for one year. The program will run in 14 childcare centers and homes in the East Durham Children's Initiative zone. The program will be based on the NAP SACC model, which aims at improving preschool children's the nutrition and physical activity through policy, systems and environmental changes.

## Clinical Nutrition Services

### *Individual Medical Nutrition Therapy (MNT)*

- Nutrition assessment and counselling on topics such as weight management, inappropriate growth in children, diabetes and gestational diabetes, cardiovascular disease, and obesity.
- Studies have shown that medical nutrition therapy can result in significant health benefits and cost savings, improve feelings of self-worth, lessen depression, and foster positive changes in family's diet and lifestyle.
- 2015 recommended fee for 1 hour of initial MNT is approximately \$140.00. DCoDPH provides an opportunity for people uninsured or underinsured to obtain MNT services. The Nutrition clinic bills third parties, such as BC/BS, Duke Select/Basic, and Medicaid. RD's will soon be billable providers for Medicare Part B. If adults lack insurance, payment for service is calculated based on a sliding scale.

- DCoDPH was awarded funding from the North Carolina Department of Health and Human Services to provide MNT services to children who have no payer source, removing a barrier to care. In special circumstances, the funds allow for home visits.

*Group Diabetes Self-Management Program (DSME)*

- The Nutrition Division offers a Diabetes Self- Management Training Program for Durham county residents and employees who have type-2 diabetes. The American Diabetes Association recognized DSME program facilitates diabetes self-care by providing participants with the knowledge and skills needed to manage their disease. Participants receive individual counseling and attend group classes for a total of 10 hours of program education. Interactive instruction is given on nutrition and fitness, weight control, lab values, medications, and prevention of diabetes related health concerns. The overall objective of diabetes self-management education is to support: self-care, active collaboration with the health care team, improved health status, and improved quality of life.
- DSMT participant’s average HgbA1c decreased by 2% points from 10.33 to 8.43

*Nutrition Counseling- DCoDPH Clinics*

- Nutritionists collaborate with DCoDPH clinics to identify DCoDPH customers who may be in need of nutrition services. DCoDPH nutritionists provide nutrition counselling in the Pregnancy/Postpartum/Family Planning Clinics, Centering Classes, Dental Clinic, and the Early Intervention Clinic.

*Partnerships and Community Collaboration*

- School Health Clinics, CC4C, EDCI, Universities – UNC, NCCU, Duke, Meredith, UNC-G
- LATCH, Duke Perinatal Clinic, Head Start, Women Infant’s and Children’s program (WIC), Lincoln Community Health Center, Duke Children’s Primary Care, North Carolina Public Health Foundation- DSMT program, North Carolina Board of Nutrition and Dietetics; International Board of Certified Lactation Consultants; Advisory Board, YMCA of Triangle, Diabetes Prevention; Local Interagency Coordinating Council, Autism Society of North Carolina; Academy of Nutrition and Dietetics

*Planned Initiatives/Changes in FY 15-16*

- Continue to maximize collaboration with community partners.
- Maximize reimbursement opportunities for MNT, including Medicaid, Medicare Part B and third party insurances.

**Recommended Action:**

- \_\_\_\_\_ Approve
- \_\_\_\_\_ Approve & forward to Board of Commissioners for action
- \_\_\_\_\_ Approve & forward to \_\_\_\_\_
- \_\_\_\_\_ Accept as information
- \_\_\_\_\_ Revise & schedule for future action
- \_\_\_\_\_ Other (details): \_\_\_\_\_