



**Request to support restoration of
\$300,000 CHAMPPS obesity
prevention funding**

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VDH – Obesity needs similar approach as opiate problem

In January 2013, Vermont's Governor Peter Shumlin made headlines across the country and the world by dedicating his entire State of the State address to the impact of opiates on our state. This spotlight on a critical health issue galvanized our state to address the opiate issue in a comprehensive way across all sectors of our state and communities.

Obesity, and the resulting health issues of coronary heart disease, diabetes and stroke, needs a similar approach.”

Prevention spending can control Medicaid spending by reducing chronic diseases

Of the people in Vermont:

- **Over 60% of adults and 30% of children are overweight/obese**
- **25% of adults are obese**
- **Nearly one in ten have been diagnosed with diabetes**

Vermonters with low incomes:

- **Have two times the rate of obesity**
- **Are four times more likely to have a heart attack**
- **Are two and a half times more likely to have a stroke**
- **Are three times more likely to have diabetes**

Of the pregnant women in Vermont:

- **43% are overweight or obese when they find out they are pregnant**

Without prevention, Vermont will continue to pay for climbing health care expenses from increased chronic diseases

- **Vermont spends \$290 million each year treating obesity-caused diseases**
- **Since 2005, the legislature has repeatedly recognized obesity as a health care cost driver:**
 - **2005/2009/2014 – Ken Thorpe/Emory University**
 - **2007 Health Care Reform Commission Report**
 - **2010 – Vermont Attorney General Task Force**
- **But the legislature last year moved backwards and cut \$300,000 in CHAMPPS obesity grants**

Please support restoring the \$300,000 in CHAMPPS grant funding at a minimum for addressing obesity

VDH, in a recent grant application to the CDC, estimates the cost of a comprehensive effort to be approximately \$2 million.

Part of this would have expanded on the great work done by community coalitions throughout Vermont who were funded with \$300,000 from CHAMPPS (Coordinated Healthy Activity Motivation and Prevention Program) obesity prevention grants.

Communities impacted by CHAMPPS cut

Brattleboro Area Prevention Coalition – Youth Services, Inc.

**The Collaborative – Mt. Communities Supporting Education, Inc.
(South Londonderry)**

**Community Connections/Central Vermont New Directions –
Washington Central Friends of Education**

**Deerfield Valley Community Partnership – Windham Southwest
Supervisory Union**

Franklin County Caring Communities – Northwest Medical Center

Lamoille Prevention Coalition -- Lamoille Family Center

Milton Community Youth Coalition

Northeast Kingdom Learning Services

Rutland Area Prevention Coalition – Rutland Community Programs

Winooski Coalition for a Safe and Peaceful Community

Physical activity directives



- **Develop residential areas and community centers that support physical activity and access to healthy food**
- **Enhance or improve bicycle facilities by installing bike racks and improving bike lane signage and safety.**
- **Create and maintain sidewalks, street lighting, trails, greenways, and paths**
- **Support and protect safe and attractive recreational facilities such as parks, playgrounds, and open spaces accessible to all residents**

Nutrition directives



- **Establish practices to require healthy food to be offered at municipal venues and events**
- **Establish community farmers markets for underserved**
- **Ensure farmers markets are accessible to low income residents and accept EBT**
- **Establish community gardens that are accessible to low income residents**
- **Support local farm to plate efforts**

Local example of success – Franklin County

- **A cold storage facility has opened and an additional grant was secured to purchase a refrigerated truck for transport.**
- **9 schools in “Safe Routes to School” and hundreds in “Walking School Bus”**
- **Working to develop Fairfield Pond beach and the new community center in Fairfax**
- **Finding ways to bring the community to the Alburgh Senior Center and Community Center while making the green space adjacent to it an active park**
- **Supporting Enosburg’s efforts to create an off-road pedestrian path from Village to the Recreation Fields.**

Local example of success – Rutland

- **Focused on maintaining and growing community gardens in Rutland.**
- **Taping a series of shows to be broadcast on the local cable access station to demonstrate basic gardening techniques.**
- **The coalition has a Glean Team to prevent food waste. It has distributed thousands of pounds of fresh produce to community programs.**
- **They work to improve the physical activity of the community through trail development and maintenance. A map of the region identifying trails is being developed by this coalition**

Local example of success – Community Connections

- **Trying to ensure that everyone in their community has access to affordable, quality food by working with the Central Vermont Food Systems.**
- **Enhancing the parks in the region to make them better physical activity resources. Among these areas being enhanced are the Wrightsille Beach Recreation area in Middlesex and Montpelier's North Branch Park.**
- **Working with municipal leaders to design healthier communities by increasing the appeal and safety of walking, outdoor recreation, and public transportation.**

Local example of success – Winooski

- **The coalition is focused on making Winooski a safer place and encouraging physical activity around the community.**
- **The WCSPC is improving parks and trails to increase use and access, lessen isolation, and increase physical activity in the community.**
- **They are installing more bike racks throughout the city to normalize biking as a transportation mode, alleviate the congestion from cars, and increase physical activity.**

Without an investment in obesity prevention, health care spending on chronic diseases will be unsustainable

According to the Robert Wood Johnson State of Obesity report, if Vermont takes no action:

- Vermont's 38,000 cases of heart disease will climb to 190,000 in the next 15 years.
- The 50,000 cases of diabetes will rise to 77,000
- Obesity-related cancer cases will increase from 10,200 to 27,700