Promoting Health and Prevention in Delaware

Community characteristics of the integration: • Nemours defined the population geographically: children ages 2-17 in DE; and included the following partners - child care, schools, primary care and other community settings.

**Partners Involved:** State and Local Health Agencies; Academic Institutions; Child care, Schools, Primary Care and Other Community Settings

**Description of the Integration:** Key elements of the integration: • reducing prevalence of overweight and obesity by 2015 for children in DE, ages 2-17; • establishing multi-sector partnerships where kids live, learn and play, which involved working with child care, schools, primary care and other community settings; • pursuing policy changes, particularly systems changes, including capacity/infrastructure in multiple sectors, and licensing and regulation requirements – e.g. Child and Adult Care Food Program • pursuing practice changes through the establishment of learning collaboratives in various sectors (e.g. schools, child care and primary care), developing and/or adapting tools to promote practice change and adoption of new policies in multiple sectors, and providing tools and technical assistance to providers, and state professional associations, including train-the-trainer model.

- **Resources Required:** Foundation Funding
- **Results:** Integration is being evaluated along the goals mentioned above. Health outcomes being measured include overweight/obesity, which leveled off since the survey was first administered in 2006.
- **Key Elements for Success:** Nemours’ Evidence of System Impact: • In SCHOOLS where they piloted 150 minutes of physical activity, students were 1.5 times more likely to achieve an indicator of physical fitness than students in the control group. Recent data show a clear and consistent relationship between fitness and academic achievement and fitness and student behaviors. • In CHILD CARE, 100% of participants in the first learning collaborative made significant changes in healthy eating or physical activity; 81% made significant changes in both. • In PRIMARY CARE, Nemours EMR data indicate that lifestyle counseling related to healthy eating/physical activity was provided to 95% of our primary care patients; almost double the national average of 54.5%.

- **Lessons Learned:**

**Movement on the Integration Scale:** Start: isolation; Finish: partnership; Desired: merger

**Website Links:**

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