Healthy eating and active living across the lifespan play a critical role in individual and population health, chronic disease and obesity prevention, and overall enjoying a high quality of life.

The Nutrition Division is pleased to present its 2015 Annual Report providing an overview of the programs and activities taking place over the 2015 calendar year.

The Nutrition Division has eight programs: Baby and Me Tobacco Free, Breastfeeding Peer Counselors, Community Nutrition, Dietetic Internship, Healthy Beverage Partnership, The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and two Worksite Wellness Programs: TCHD Worksite Wellness and Achieving Health through Worksites.

In 2015 we added two new programs through the Cardiovascular, Cancer, and Chronic Pulmonary Disease (CCPD) Grant through CDPHE - Healthy Beverage Partnership and Achieving Health through the Workplace.

The Nutrition Division continues to advocate for the implementation of evidence-based programming and model policies while working with various community partners, including health care providers, businesses and community-based organizations to make the healthy choice the easy choice for our clients and communities.

We look forward to continuing to work with partners to improve health outcomes and reduce the burden of obesity and chronic disease across the lifespan.
Baby and Me Tobacco Free:

Baby and Me Tobacco Free is a smoking cessation program that helps pregnant women quit smoking and stay quit after the delivery of their baby. Participants receive smoking cessation information at four prenatal education sessions and take a carbon monoxide (CO) breath test to verify smoking status. If a woman quits smoking before delivery, she is eligible to take a CO breath test monthly and receive $25 worth of diapers each month up to one year as long as she stays quit! If she is smoke free at her 3rd and 4th prenatal education session she can receive an additional 2 diaper vouchers.

In 2015, TCHD enrolled 211 women and completed 564 prenatal visits and 241 postpartum visits. The program distributed 266 vouchers or $6,650 in diapers to help pregnant and postpartum moms stay smoke free.

TCHD has enrolled a total of 386 women since December 2013.

Breastfeeding Support:

TCHD recognizes breastfeeding as an important and effective preventive measure to protect the health of mothers and their infants.

Research shows that breast milk is the best nutrition for a child’s first year of life and provides significant benefits to families, the community and the environment.

TCHD Nutrition Division supports breastfeeding mothers with staff highly trained in breastfeeding; we have 3 International Breastfeeding Certified Lactation Consultants on staff, 17 Certified Lactation Consultants and 56 Lactation Management Specialists (a certification provided through CDPHE WIC program).

We have also had success by partnering with our community health care providers, providing a breastfeeding peer counselor program (BFPC) to provide peer to peer counseling for our WIC moms, and a pump loan program.

The WIC BFPCs had a total of 11,253 client contacts. WIC also loaned out a total of 1,264 Lactina electric pumps, 120 Symphony electric pumps and provided 143 single user pumps to WIC mothers.

Our hard work shows in our improved breastfeeding rates from 2014 to 2015 in our initiation rate of 82% and duration rates of 26% at 6 months and 16% at 12 months.

<table>
<thead>
<tr>
<th>Breastfeeding Rates</th>
<th>2014</th>
<th>2015</th>
<th>Healthy People 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initiation</td>
<td>81%</td>
<td>82%</td>
<td>81.9%</td>
</tr>
<tr>
<td>Duration at 6 months</td>
<td>24%</td>
<td>26%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Duration at 12 months</td>
<td>14%</td>
<td>16%</td>
<td>34.1%</td>
</tr>
</tbody>
</table>

Breastfeeding Rates
Community Nutrition:

Nutrition Division professionals provide education and partnership in a variety of settings across the lifespan in early childhood, schools, worksites and senior centers to promote healthy lifestyles through evidence-based nutrition and physical activity practices.

Services include community classes, health fairs, train-the-trainer sessions, education for medical and nutrition students, lesson plan development and national, state and local conference presentations.

In 2015, we provided 97 classes/events to 4,435 community members.

Registered Dietitians, worksite wellness specialists, and policy specialists bring a public health lens to community organization boards and committees, and actively collaborate on Healthy Eating and Active Living messaging and policy change at the organizational level as well as providing data and subject matter expertise to public policy networks.

Examples include serving on early childhood council boards, school wellness committees, chamber of commerce committees, parks and recreation collaborative, leadership and advocacy training teams, and other community coalitions.

Dietetic Internship Program:

TCHD’s dietetic internship provides a comprehensive and integrated 10 1/2 month experience with its core concentration area in public health and community nutrition.

Each intern has a minimum of a bachelor’s degree in dietetics, nutrition or other related discipline. Interns pay tuition to TCHD and complete 40 hours of non-paid supervised practice per week at TCHD and metro area hospitals, schools and other healthcare facilities.

A minimum of 1200 supervised practice hours are required by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) to prepare the intern as an entry level dietitian.

Completing over 1500 hours in supervised practice, the dietetic interns bring multiple in-kind benefits to TCHD providing approximately $10,000 in quantifiable benefits per intern which is invested back to TCHD programs and the community we serve. TCHD’s dietetic internship is accredited through ACEND of the Academy of Nutrition and Dietetics.

TCHD’s 5-year first-time pass rate on the national examination for Registered Dietitians is 100%. (The national first-time pass rate in 2015 was 85%.)

TCHD interns scored an average of 28.83 on the Dietetic Registration Exam compared to the national average of 27.35.

Program graduates are employed in public health, hospitals, school districts, long-term care and business settings.
Healthy Beverage Partnership Grant:

Sugary drinks are the largest source of added sugar in the U.S. diet and the single largest contributor to daily caloric intake, contributing to type 2 diabetes, obesity, heart disease, and tooth decay.

Health implications of sugary drinks disproportionately impact low-income communities and people of color. TCHD is one of six Denver Metro public health and environmental health departments working together as the Healthy Beverage Partnership (HBP) to collaborate on a regional effort to assess nutrition environments and policies, implement a messaging campaign about sugary beverages, and promote the adoption of healthy organizational policies in government settings, hospitals, schools, recreation centers and other public venues.

In July 2015, the HBP received a three-year grant through CDPHE’s CCPD grant program.

Using these funds, TCHD was able to hire a Healthy Food and Beverage Policy Specialist, work regionally to define nutrition standards and develop a food/beverage environment and policy assessment, and begin establishing local coalitions to drive food/beverage policy change. Work also began on TCHD’s healthy meeting policy.

Worksite Wellness:

External - Achieving Health through Worksites
– A 3-Year Project funded by the Cancer, Cardiovascular and Chronic Pulmonary Disease Grant

The goal of the worksite wellness project is to improve the health of our community by engaging individuals where they spend the majority of their waking hours, the workplace.

The grant award covered two full-time Worksite Wellness Specialist positions to work across our three counties. The scope of work for the project involves the formation of locally based coalitions, hosted by Chambers of Commerce or other established business organizations. Employers are recruited to join their local coalition where they receive education and resources to help them adopt the best practices and policies in worksite wellness.

To date, three coalitions have been established in local Chambers located in Aurora, South Denver Metro and Castle Rock. Each coalition has a leadership team and includes ten or more employers to date. Two additional coalitions will be organized in 2016 within Adams County.

A video was created to promote the project. It includes interviews from each of the three chamber presidents as well as statements of support from local employers. The video was produced pro-bono by Catch it in Time, a leading member of the Aurora Chamber coalition.

2015 Reach through three Chambers of Commerce: Partners on worksite wellness coalitions: 20 Worksites represented on worksite wellness coalitions: 40 Number of employees reached: 2,201 Sites completing assessment of worksite wellness policies and practices: 110 (10,000 + employees)

Internal – TCHD Employee Wellness Program

In addition to popular wellness challenges and events, TCHD was able to add two significant and evidence-based programs to the Employee Wellness Program in 2015 at no cost to employees or the agency.

The programs include a web-based employee wellness platform provided by Pinnacol Assurance. The platform is an interactive tool that includes a Health Risk Assessment and personal wellness tracking and challenges.

41% of staff (123 employees) are actively utilizing the tool with over 20 million cumulative steps recorded during the first 3 months. Additionally, in partnership with Cigna, TCHD employees were offered onsite health screenings. A total of 124 employees and family members took advantage of this benefit.
**WIC:**

WIC is a supplemental nutrition program that works to prevent nutrition related illness and improve overall health outcomes through nutrition education and access to community resources.

The program serves pregnant, breastfeeding, and up to six months postpartum women and their children until their fifth birthday who qualify based on income and are at nutritional risk.

When participating in TCHD WIC, clients not only receive beneficial nutrition education, breastfeeding support and healthy food vouchers that stimulate our economy when used, they are also exposed to other community partner programs to promote a healthy lifestyle.

In 2015, 680 WIC clients participated in the community garden program, harvesting 3,552 pounds of fresh fruits and vegetables to take home or donate to local food pantries.

This program offers clients a chance to learn gardening techniques, engage in their community and have access to fresh fruits and vegetables all while getting physical activity.

Other programs WIC offers include grocery store tours, tasting cafes, tobacco cessation through Baby and Me Tobacco Free, motherhood support groups and early childhood literacy programs.

Client caseload trends indicate a decline for TCHD clinics, however, these trends closely follow state and national data.

There are many reasons that contribute to the decreased caseload in WIC including, but not limited to, decreased birth rate, stigma of participating in the program and an improving economy.

TCHD WIC served an average monthly caseload of 24,021 clients monthly through 112,842 client contacts in 2015.

Despite the dropping caseload last year, it is estimated that WIC still serves one of every two babies born in the United States and stimulates our local economy by providing clients with $16.7 million dollars to spend on healthy groceries, including fresh fruits and vegetables at local grocery stores.

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**Joining the Conversation:**

In 2015, the Nutrition Division worked to maintain their Facebook pages, Pinterest Page, and provided tweets for the health department Twitter account.

The Dietetic Internship Facebook page provides aspiring dietitians information about the internship program offered at TCHD.

Breastfeeding mothers can access the Breastfeeding Facebook page as a platform to share ideas and locate current news and information about breastfeeding.

The Pinterest page offers a variety of recipes for any occasion or picky eater, shopping tips and other public health topics.

Currently, the Dietetic Internship page has 319 likes, Breastfeeding Support has 189 likes and the Pinterest page has 245 followers. In 2016 WIC also launched its own Facebook page.

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Scan the code to visit our social media pages
Nutrition Programs and TCHD internal Worksite funds and student fees and tuition; Community The Dietetic Internship is funded through general Department of Agriculture (USDA).

The Nutrition Division is funded through a variety of revenue sources. The largest program of the Nutrition Division is the WIC Program. The WIC Program is federally funded by the United States Department of Agriculture (USDA).

The Dietetic Internship is funded through general funds or county and state per capita dollars.

The Healthy Beverage Partnership and Achieving Health through Worksites is funded through the Amendment 35 grant or the CCPD grant. The majority of the division funding goes directly to staffing of our programs followed by operational costs.

Financial Reports:

The Nutrition Division is funded through a variety of revenue sources. The largest program of the Nutrition Division is the WIC Program. The WIC Program is federally funded by the United States Department of Agriculture (USDA).

The Dietetic Internship is funded through general funds and student fees and tuition; Community Nutrition Programs and TCHD internal Worksite Wellness program is funded through general funds or county and state per capita dollars.

The Healthy Beverage Partnership and Achieving Health through Worksites is funded through the Amendment 35 grant or the CCPD grant. The majority of the division funding goes directly to staffing of our programs followed by operational costs.

Nutrition Division Accomplishments:

USDA Gold Loving Support Award of Excellence for Exemplary Breastfeeding Support Practices

Co-hosted 1st Annual Parks and Recreation Summit

Colorado Public Health Association
• Public Health of the Rockies- Making an Impact Collectively, Public Health and Parks & Rec Making Inroads
• Marijuana Use Among WIC Clients, Presentation

National WIC Association National Conference
• Social Media in WIC Poster
• Clinic Hours Survey Poster
• Legalization of Recreational Marijuana: Use and Educational Needs of WIC Clients

NACCHO Annual Conference
• Marijuana Use Among WIC Clients, Presentation

Marijuana Use Among Pregnant and Breastfeeding Women in Colorado

1) Introduction
In January 2014, Colorado was the first state to remove the system to report teratogenic medications that have teratogenic risk to the state’s health professionals. The Colorado Pregnancy and Infant Mortality and Maternal Mortality Review Committees (PIMMRC) are leading the effort to ensure that all healthcare providers are aware of known teratogenic medications and the potential risks they pose to pregnant and breastfeeding women.

2) Response
A pilot project was initiated in 2014 to provide a web-based tool that allows healthcare providers to report cases of teratogenic medications. The project included the development of a website that provides information on the use of marijuana, and evidence about the use of marijuana and its effects on them and their baby. In January 2014, Colorado was the first state to remove the system to report teratogenic medications that have teratogenic risk to the state’s health professionals.

3) Key Findings
• Clinic Hours Survey Poster
• Social Media in WIC Poster
• Legalization of Recreational Marijuana: Use and Educational Needs of WIC Clients
• Marijuana Use Among WIC Clients, Presentation

4) Results
Wellness program is funded through general FY15 Nutrition Division Revenue Total: $6,474,058

Federal Pass Through Funds 86.2% 86.2%
General Funds 10.1% 10.1%
State Funds 1.7% 1.7%
Grants 1.2% 1.2%
Fees 0.8% 0.8%

Salary & Benefits 98.0% 98.0%
Indirect 1.5% 1.5%
Operating Expenses 0.5% 0.5%
Contract Services 0.0% 0.0%
Capital Equipment 0.0% 0.0%

FY15 Nutrition Division Expenses Total: $6,474,058
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