Nutrition Division

The Nutrition Division at Tri-County Health Department (TCHD) recognizes the importance of healthy eating and active living across the lifespan and the critical role it plays in individual and population health for chronic disease and obesity prevention.

The Nutrition Division housed 13 programs/grants in 2017:

- Baby and Me Tobacco Free
- Breastfeeding Peer Counselors
- BUILD Health Challenge (Bold, Upstream, Integrated, Local and Data Driven)
- Colorado Clinical and Translational Sciences Institute (CCTSI)
- Colorado Health Foundation WIC Innovation
- Community Nutrition
- Community Partnerships for Healthy Mothers and Children
- Dietetic Internship
- Healthy Beverage Partnership
- The Special Supplemental Program for Women Infant and Children (WIC)
- Wisewoman Asian Lifestyle Curriculum
- Worksite Wellness Programs: TCHD Worksite Wellness (internal) and Achieving Health through Worksites (community-focused)

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.

The Nutrition Division is pleased to present its 2017 Annual report providing an overview of the programs and activities taking place over the 2017 calendar year. TCHD looks forward to continuing to work with partners to improve health outcomes, increase access to healthy food and beverages, and to reduce the burden of obesity and chronic disease across the lifespan.

Our Team

3 counties
serving the residents of Adams, Arapahoe and Douglas Counties

1.5 million
residents served

13
programs housed in the Nutrition Division

94
creative, knowledgeable, and service-oriented staff
Advocacy and Education

The Nutrition Division’s community nutrition programs provide education and work to increase partnerships in a variety of settings across the lifespan in early childhood, schools, worksites and senior centers to promote health and wellness. Services include community classes; health fairs; train-the-trainer sessions; lesson plan development; and national, state and local conference presentations. Through our educational efforts, TCHD advocates for evidence-based best practices in these settings.

Cross-divisional workgroups: The School Health Task Force improves communications between TCHD and schools. Environmental Health, Epidemiology, Planning and Communications, Nursing, and Nutrition participate in the group to have a better understanding of what is happening across the 15 school districts within TCHD’s jurisdiction and help to align programming, communications and representation at meetings.

In 2017, through strategic planning, John Snow, Inc., a consultant, completed focus groups among school stakeholders and made recommendations for communication needs to help develop work moving forward. The task force developed and sent two newsletters to school personnel in TCHD’s 15 school districts and improved the TCHD School Corner webpage per recommendations. Annually the team also helps develop a letter with Dr. Douglas to send to the 15 superintendents within TCHD’s jurisdiction to keep them apprised of activities within their school districts and how TCHD can partner together for improved health outcomes.

Grants to Improve Education and Resources to Clients

Colorado Clinical and Translational Sciences Institute (CCTSI)

CCTSI is a partnership study with WIC and the University of Colorado Denver that took place at the Aurora East WIC office. The study’s goal was to help moms be healthy after pregnancy. The aim of the study was to test the feasibility of a multi-component weight loss intervention in a WIC setting. There were 20 people enrolled in the intervention group and 22 people enrolled in the observation group. The intervention group received in-person visits with a WIC educator and Registered Dietitian, in addition to access to a closed Facebook support group and recipe-sharing forum, healthy text messages multiple times a week, and availability to a phone coach. They also received a pedometer and heart-smart mom survey and print out. All participants graduated by the end of February 2018. Currently the data is being analyzed. In addition to helping mothers learn new healthy habits, the staff at the Aurora East office received extra training on an assessment and counseling technique that they have been using outside the study.
**Bold, Upstream, Integrated, Local, and Data-Driven (BUILD)**

The BUILD Health Aurora project aimed to create a community in which all children have the opportunity to reach their full potential. The Community Health Workers (CHWs) identified and addressed underlying psychosocial needs for families before their children experienced long-term negative consequences.

BUILD Health Aurora partnered with the local WIC clinic as a pilot site for an innovative feedback loop system centered on community-based CHWs to address psychosocial needs in families with young children. This pilot increased the number of community referrals and home visits conducted, created educational and referral response protocols based on real-time community feedback, and built a sustainable system of coordinated care.

![100%](image1.png) 133

strongly agree they received the help they needed (Survey was translated in 11 languages but literacy issues still led to a high survey decline rate; only 9 surveys were completed)

**Community Partnerships for Healthy Mothers and Children (CPHMC)**

The CPHMC grant was funded through the Centers for Disease Control and Prevention and National WIC Association from February 2016 to May 2017 to increase the number of people with improved access to healthy food, improve community clinical linkages, and chronic disease prevention, and to reduce health disparities through policy, system and environment change. A coalition, Bringing Health 2 U, formed with local partners in Thornton and Adams County prioritized and completed the following objectives:

- **Increased the number of food banks with new on-site and in-store placement and promotion strategies for healthy foods using a newly developed Food Pantry Tool Kit.** Multiple food pantries nationwide accessed this through the TCHD website.

- **Increased fruit and vegetable access through local farmers with one farmer accepting WIC benefits and one farmer providing a discount to WIC families**

- **Strengthened participation in WIC community gardens with increased attendance by 50% at the final gleaning event**

- **Developed a WIC Prescription to utilize and refer clients to local providers and community partners with a survey showing that 33% used the WIC RX more than once a week and 50% used it 1-2 times per month**

- **Cultural Competency Training with 24 WIC staff and community partners in attendance**

- **Still in progress: Increase number of WIC agencies reimbursed by Medicaid and/or private insurance for breastfeeding services by WIC staff**
Community Partnerships for Healthy Mothers and Children (cont.)

Increased number of new primary care providers and worksites – 13 new – that develop and or implement policies to support breastfeeding

Basic training in WIC services to 16 local partners (hospitals, primary care providers, early childhood and government agencies)

Co-location of WIC at Rocky Mountain Youth Clinic with current caseload of 237.

Colorado Health Foundation WIC Innovation Grant

The TCHD WIC Program received a two-year grant award beginning in July 2017, called Bringing WIC to U. Capitalizing on success of the CPHMC grant in Thornton and Adams County, efforts were expanded to Arapahoe and Douglas counties to increase WIC enrollment rates and access to healthy foods.

Key areas that were initiated in 2017 include:

Provider and community outreach through WIC 101 trainings and enhancing food insecurity screening through implementation of a validated two question screener in electronic health records

Cultural competency training for WIC staff and community partners and providers.

Expanded co-location of WIC services with health care providers and community organizations.

Internal and external marketing for increased enrollment and retention of children on the WIC Program until the age of five.

Access to Healthy Food and Beverages

The Nutrition Division is committed to making the healthy choice the easy choice for our communities through programming, policy, systems and environmental changes. Staff work with coalitions, partnerships, community and medical providers, and worksites to implement healthy programming and policies.

WIC is a supplemental nutrition program that works to prevent nutrition related illness and improve overall health outcomes through nutrition education, healthy foods 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 nutritional risk.

22,444 107,097 $53.41 $14.6 Million

TCHD WIC’s average monthly caseload individual client contacts average monthly food benefit per participant in food benefits to TCHD WIC clients, money that goes back into the local economy

Women, Infants, & Children

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Women, Infants, & Children
Community Gardens

614

3,218

garden volunteer hours

pounds of fresh fruits and vegetables distributed

Childhood Obesity

Similar to Colorado, TCHD has seen a decline in childhood overweight and obesity among WIC clients ages 2-4 years over the past five years, encouraging news given our childhood obesity epidemic.

Healthy Beverage Partnership

As part of our collaboration with the Metro Denver Partnership for Health, a collaboration among the six Local Public Health Agencies serving the seven-county Metro area, TCHD is working together with five of our partners on the Healthy Beverage Partnership (HBP). We collaborate on regional efforts to assess nutrition environments and policies, implement a messaging campaign about sugary beverages (the Hidden Sugar campaign), and promote the adoption of healthy organizational policies in government settings, hospitals, schools, recreation centers and other public venues. The project is funded through the Colorado Department of Public Health and Environment (CDPHE) Cancer Cardiovascular Pulmonary Disease (CCPD) Grants Program.

Sugary drinks are the largest source of added sugar in the U.S. diet

organizations provided with technical assistance on food/beverage policy

organizations adopted healthy vending policy

organizations implemented healthy meeting policy
Hidden Sugar Campaign

The Hidden Sugar campaign, launched in January 2017, was designed to encourage parents to reduce the number of sugary drinks they serve to their families. The Hidden Sugar campaign website at hidden-sugar.org or azucaroculta.org also featured a 30-day healthy beverage pledge to promote behavior change. This multi-media campaign across the Denver Metro area includes billboards, bus shelters, bus sides/interiors, TV, radio, Pandora, and social media spots. Campaign materials have also been used in WIC clinics and by many community organizations.

Regional data on post-30-day pledge survey taken by 174 (27%) of the 642 website visitors that took the pledge:

42% of respondents reported serving fewer sugary drinks to their families in the follow-up survey when compared to the initial pledge survey.

3.5 Million
media impressions for Hidden Sugar campaign in 2017

259,302
Facebook people reached

3,629
Facebook ad impressions

1,640
people reached via Twitter

Breastfeeding

TCHD recognizes breastfeeding as an important and effective preventive measure to protect the health of mothers and their infants, including reduction of obesity. TCHD supports breastfeeding in our communities and continued efforts to reach Healthy People 2020 goals through trained staff at WIC clinics, support groups, a Breastfeeding Peer Counselor program for peer-to-peer support, and a free breast pump loan program.

22
Certified Lactation Consultants

1,474
pumps loaned

1115
pumps given

11,125
client contacts with WIC Breastfeeding Counselors

233
Breastfeeding Promotion Facebook followers

TCHD WIC Breastfeeding rates compared to Healthy People 2020 goals

81.9%
Initiation

60.8%
Duration at 6 months

34.1%
Duration at 12 months
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 breath test to verify smoking status. If a woman quits smoking before delivery, she is eligible to take a breath test monthly and receive $25 worth of diapers each month up to one year as long as she stays quit! Participants have the option of enrolling one partner as a support person who is also eligible for $25 worth of diapers each month as long as they stay quit.

115 women enrolled—resulting in 339 prenatal education sessions and 269 postpartum visits
377 $25 vouchers distributed
$9,425 in diapers distributed
68% of women who enroll in the program quit smoking by the time they deliver

Worksite Wellness

Achieving Health Through Worksites

The goal of this initiative is to work with public and private employers to create a culture of wellness at local worksites. TCHD does this through six established employer resource groups (coalitions), most of which are hosted by local Chambers of Commerce including the Aurora, Castle Rock and South Metro Denver Chambers. Tri-County convenes each coalition regularly to introduce employers to local wellness resources and to provide training on best practices in wellness policy and program implementation. The project is funded through the CDPHE CCPD Grants Program.

6 worksite wellness coalitions established
60 employers in coalitions
30 employers completed a statewide healthy worksite assessment
40 supportive policies and guidelines have been adopted by local employers
80,000 employees reached through workplace settings
Tri-County Health Department’s Employee Wellness Program

TCHD’s mission is to promote, protect and improve the lifelong health of the individuals and communities that we serve. By incorporating a wellness component in the workplace, our employees have a positive impact in the community through performing at the highest level in their work and also through leading by example.

**Cross-divisional workgroups:** TCHD advocates for a comprehensive approach to health and wellness, which encompasses not only physical health but also social, spiritual, environmental, emotional and intellectual health. The TCHD wellness team promotes health-related initiatives from the ground-up through a variety of educational campaigns, challenges, and special events designed by a collaborative cross-divisional committee of representatives from each of our 11 offices and 7 divisions.

In addition to agency-wide challenges and events, the Wellness team “walks the talk” by incorporating active breaks and meetings, healthy lunch potlucks, and acting as the point of contact for TCHD locations. In a 2016 staff survey, 64% of respondents rated the program as either important or extremely important in reaching their health and wellness goals.

The team revamped the Hold the Holidays challenge to shift the focus from weight to healthful behaviors and had our best participation year ever. The team also successfully planned its first ever team retreat/training, which was implemented in January 2018.

- **TCHD wellness team meetings:** 5
- **Employee Wellness Blog posts:** 26
- **Employees completed the annual Holiday wellness challenge:** 318
- **Employees participated in on-site preventative health screenings:** 90+
- **Employees completed the annual Holiday wellness challenge:** 6,527
- **Page views:** 465
- **Visitors:**
- **TCHD is a Certified Healthy Business Leader with Health Links Colorado:** 70
- **Community members stopped at Tri-County’s Bike to Work Day Station:** 40
- **Employees trained in Mental Health First Aid:** 8
Dietetic Internship

TCHD’s accredited dietetic internship provides a comprehensive and integrated 10 ½-month experience with its core concentration area in public health and community nutrition.

1,600
hours completed during 10 ½ month internship

27.50
TCHD intern average score on the Dietetic Registration Exam (national average score 25.74)

100%
1st time pass rate on Dietetic Registration Exam

468
followers on Facebook

Quotes from Dietetic Intern graduates:

Conferences, such as the Hunger Free CO have been very inspiring, hearing the stories of others helped shape how I feel about the issue of hunger.

Tri-County is a welcoming and supportive environment. I feel like every employee is valued and cherished here in the organization.

I have learned a lot about myself, my passions, working with different personalities, and public health. Tri-County promotes health across the lifespan in a variety of ways.

I have been inspired to look at health with a broader scope – assessing not only nutrition, but also exercise, stress, sleep, drugs, access to resources, and health equity.
Nutrition Financial Breakdown

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, Community Nutrition Programs, and TCHD internal Worksite Wellness are funded through tuition and/or county and state per capita dollars.

The Nutrition Division also received funding from the state through the CCPD Grant Program for the Healthy Beverage Partnership and Achieving Health through Worksites programs; from the Centers for Disease Controls and Prevention and the National WIC Association for the Community Partnerships for Healthy Mothers and Children project; and from the Colorado Health Foundation for the WIC Innovation grant. The majority of the division funding goes directly to staffing of Nutrition programs followed by operational costs.

To learn more about our programs, please visit our website www.tchd.org
**Division Revenue**

$7,389,962

- Federal Pass Through Funds: $5,817,148 (78.7%)
- General Funds: $823,200 (11.1%)
- State Funds: $352,849 (4.8%)
- Grants: $339,280 (4.6%)
- Fees: $57,485 (0.8%)

**Division Expenses**

$7,389,962

- Salary & Benefits: $5,033,387 (68.2%)
- Indirect: $1,464,148 (19.8%)
- Operating Expenses: $637,182 (8.6%)
- Contract Services: $217,076 (2.9%)
- Capital Equipment: $38,169 (0.5%)