



Moving Toward a Culture of Health



Metro Public Health Dept
Nashville/Davidson County
Protecting, Improving, and Sustaining Health

Mission:

To protect, improve, and sustain the health and well-being of all people in Metropolitan Nashville

Vision:

People creating healthy conditions everywhere.

Foundational Health Goals

- Prevent and Control Epidemics and Respond to Public Health Emergencies.
- Improve and Sustain Family and Child Well-Being
- Promote and Support Healthier Living
- Create Healthier Community Environments
- Increase Access and Connection to Clinical Care

Are We Healthy?



Defining Health

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”
– World Health Organization



**There's more to driving
than car repair...**

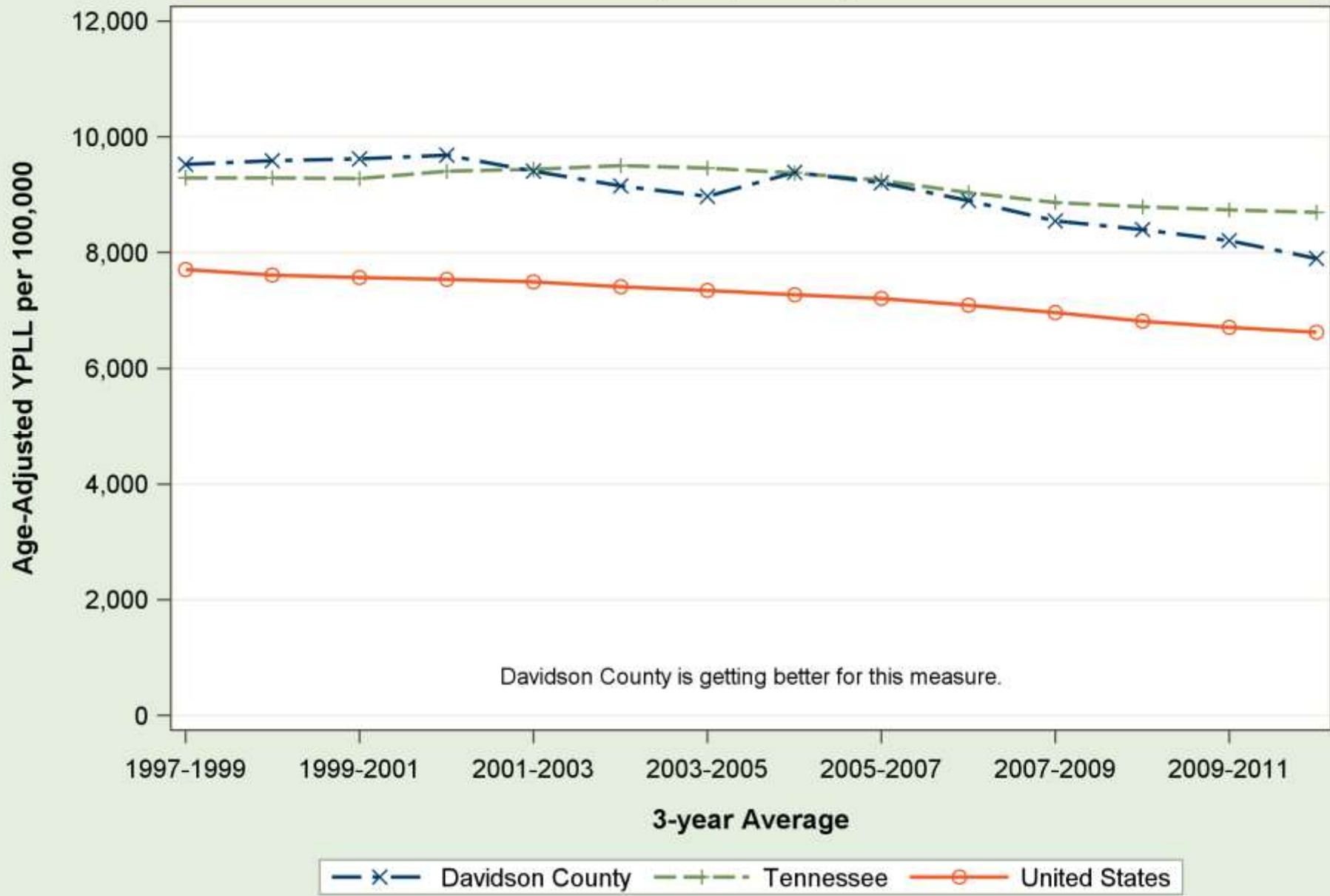
**and there's more to health
than medical care.**

Health Performance

- Nashville
 - 6th healthiest county in Tennessee
 - 45th healthiest state
- United States
 - Number 27 in Life expectancy at birth
 - Number 31 in infant mortality
 - Medical Spending
 - Number 1 globally
 - \$8000 per person per year

Premature death in Davidson County, TN

Years of Potential Life Lost (YPLL): County, State and National Trends



Please see Measuring Progress/Rankings Measures for more information on trends.

Proportional Contribution to Premature Death

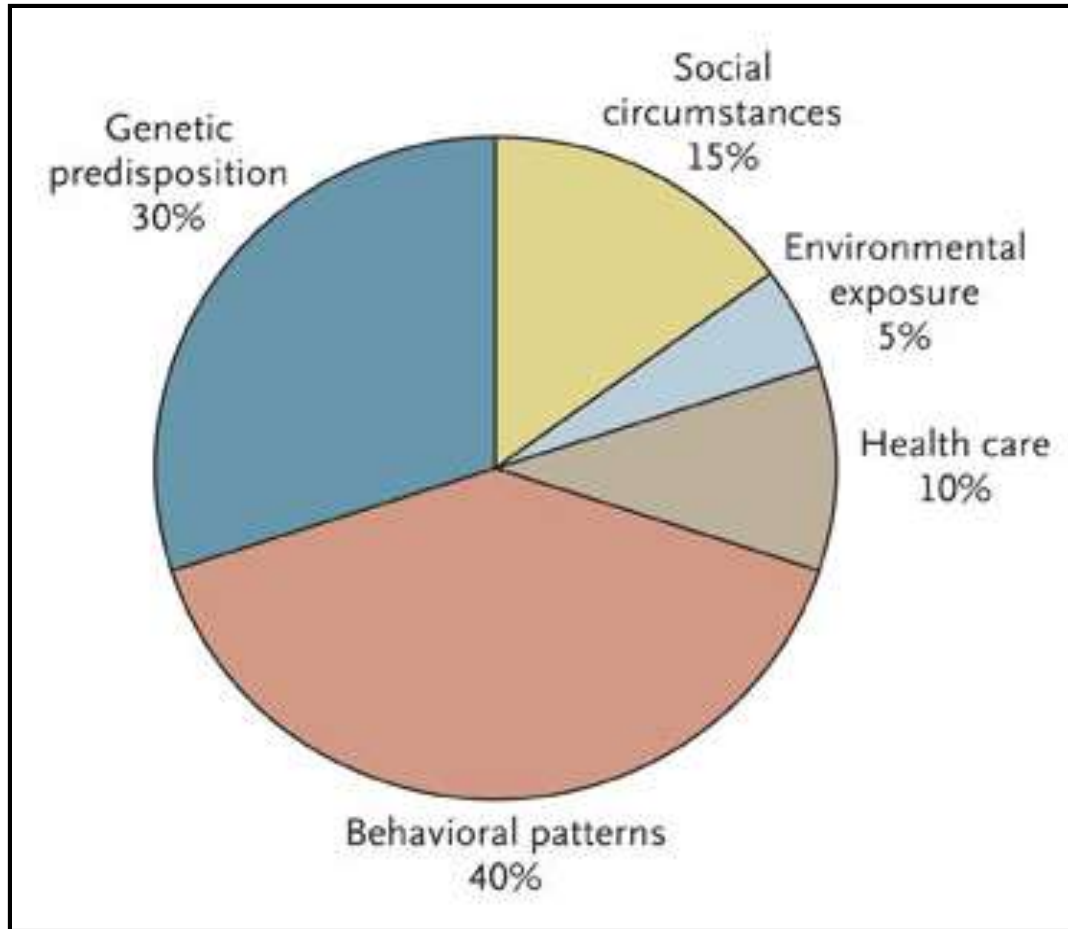


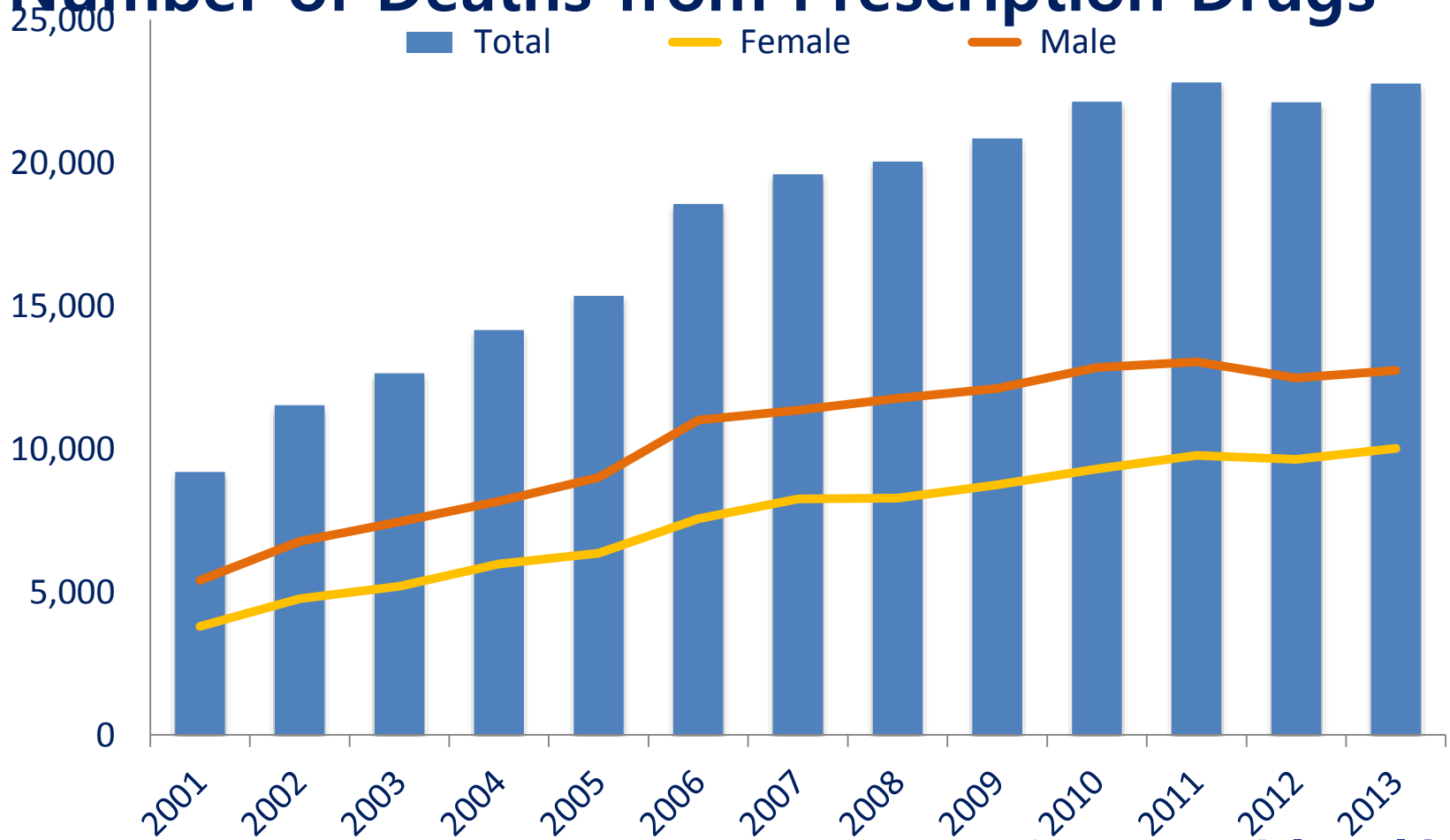
Table 2. Actual Causes of Death in the United States in 1990 and 2000

Actual Cause	No. (%) in 1990*	No. (%) in 2000
Tobacco	400 000 (19)	435 000 (18.1)
Poor diet and physical inactivity	300 000 (14)	400 000 (16.6)
Alcohol consumption	100 000 (5)	85 000 (3.5)
Microbial agents	90 000 (4)	75 000 (3.1)
Toxic agents	60 000 (3)	55 000 (2.3)
Motor vehicle	25 000 (1)	43 000 (1.8)
Firearms	35 000 (2)	29 000 (1.2)
Sexual behavior	30 000 (1)	20 000 (0.8)
Illicit drug use	20 000 (<1)	17 000 (0.7)
Total	1 060 000 (50)	1 159 000 (48.2)

*Data are from McGinnis and Foege.¹ The percentages are for all deaths.

National Overdose Deaths

Number of Deaths from Prescription Drugs

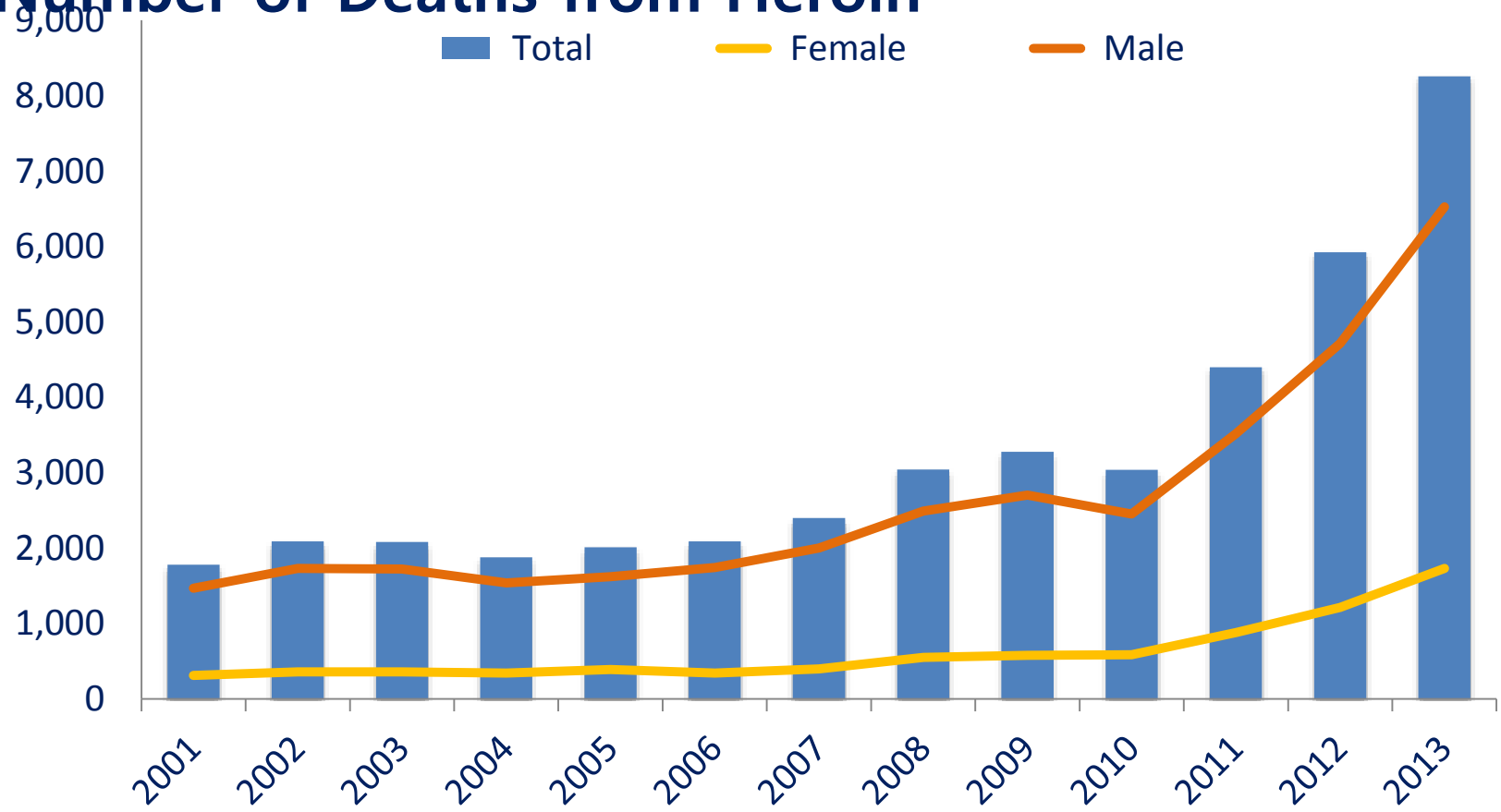


Source: National Center for Health Statistics, CDC Wonder



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National Overdose Deaths Number of Deaths from Heroin

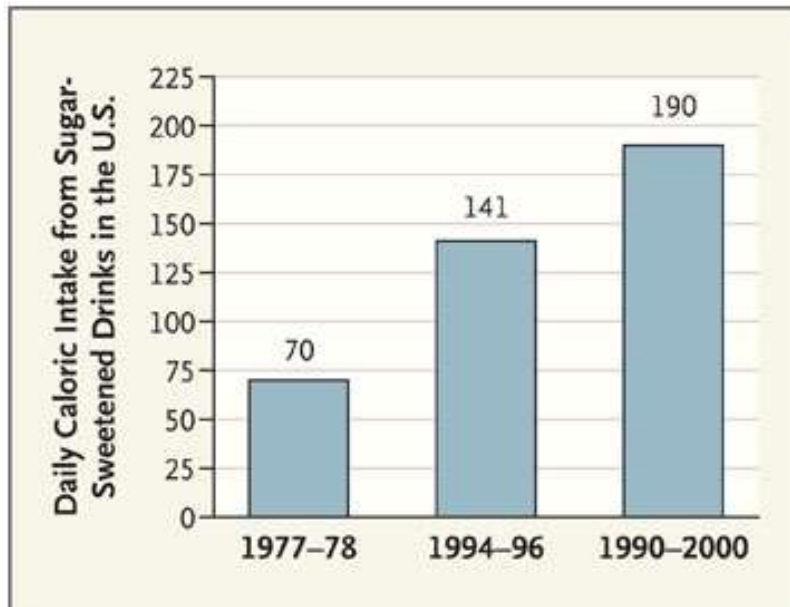


Source: National Center for Health Statistics, CDC Wonder

Are We Healthy?



- Unhealthy Diet, Physical Inactivity
- Tobacco
- Obesity, diabetes, chronic disease
- Shorter lives
- Medical cost crisis



A Culture of Health?



Nashville
MUSIC CITY

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“A healthy Nashville has a culture of well-being, where all people have the opportunity and support to thrive and prosper.”

Healthy Nashville Vision

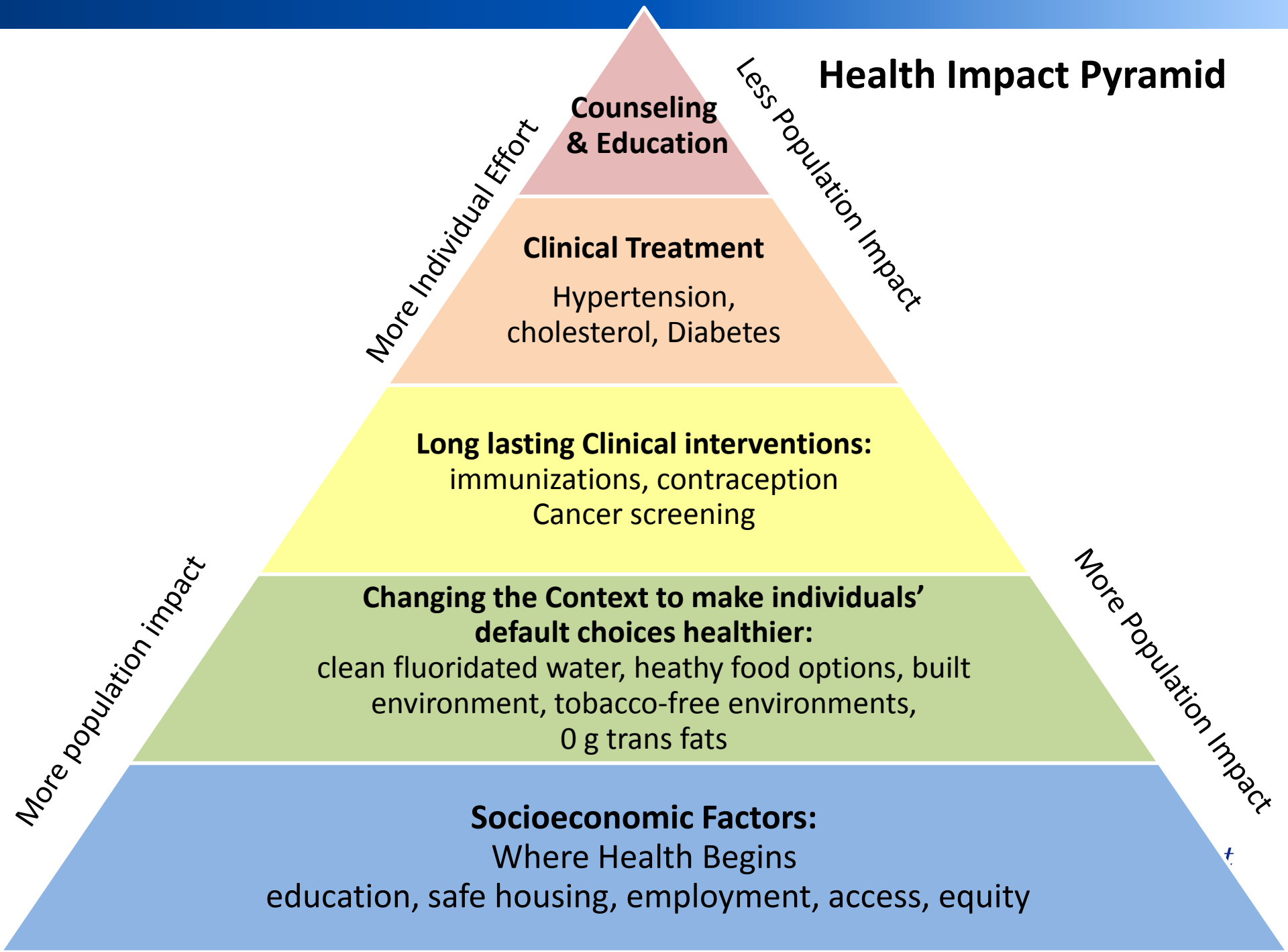
Why Separate Health from Living?



The Environments we Shape.. Shape our Behavior



Health Impact Pyramid



**Counseling
& Education**

More Individual Effort

Less Population Impact

Clinical Treatment
Hypertension,
cholesterol, Diabetes

Long lasting Clinical interventions:
immunizations, contraception
Cancer screening

Changing the Context to make individuals' default choices healthier:
clean fluoridated water, healthy food options, built environment, tobacco-free environments, 0 g trans fats

Socioeconomic Factors:
Where Health Begins
education, safe housing, employment, access, equity

More Population Impact

More population impact

Toward a Culture of Health in Nashville

“People creating healthy conditions everywhere”

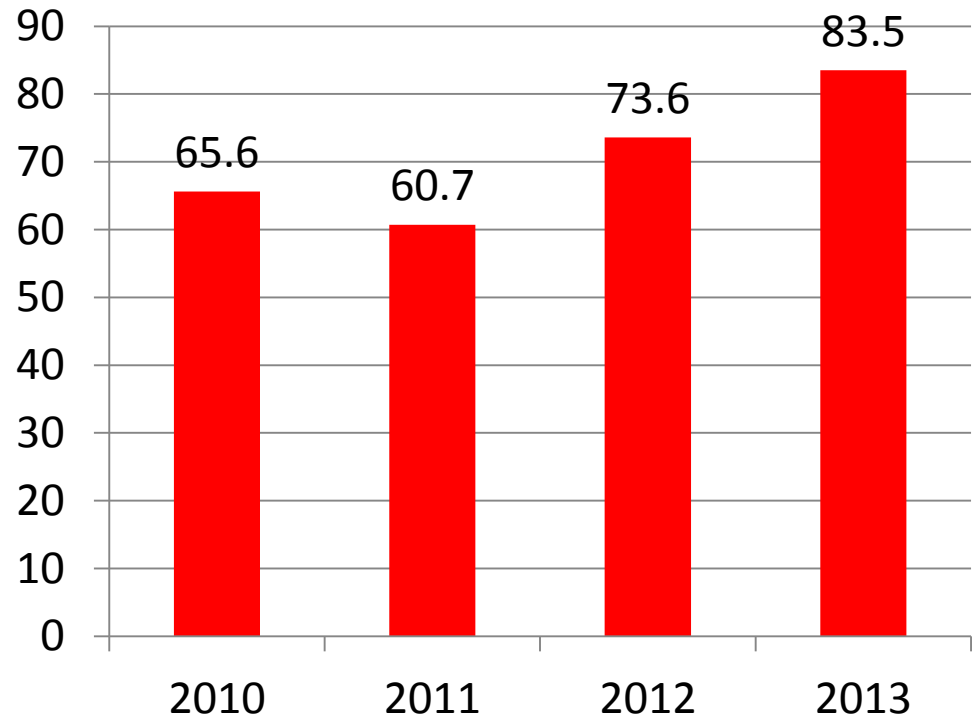
- Healthy behaviors and habits should be normal, obvious, effortless, inevitable, easy.
- Health woven into decisions and policies: “health in all policies”
- Focus on inclusion and equity

Breast Feeding

- Policy Change in Birth Hospitals (“Give me Five”)
- “Breastfeeding Welcomed Here” campaign
- Workplace Policies that support moms who nurse
- Key emphasis in WIC



Percent who initiate breast feeding



School Food

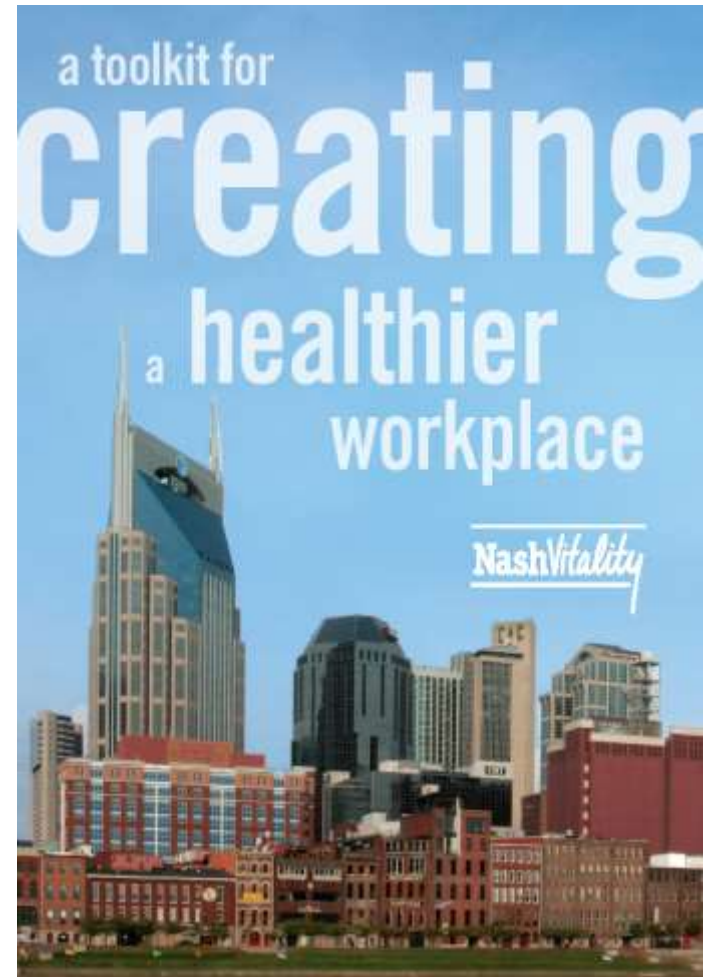


- Reduced Sugar Chocolate Milk: 52,000 lbs. less sugar; 1lb weight gain per student per year
- Salad bars
- Community Eligibility Program: universal breakfast & lunch
- Obesity rate leveling and dropping?



Healthy Workplaces

- Vending
- Water
- Physical Activity
- Mayor's Workplace Challenge
- Tool kit



Healthy Food Access

- Corner Stores in Food Deserts
- SNAP at Farmers Markets



USE YOUR EBT CARD AT THESE LOCAL FARMERS MARKETS

1 NASHVILLE FARMERS MARKET
400 BROADWAY, 2ND FLOOR / 2000-2001 BROADWAY

2 THE SOUTH FARMERS MARKET
2000 MARKET STREET / 1000 MARKET STREET

3 E. NASHVILLE FARMERS MARKET
1200 E. 5TH STREET / 1200 E. 5TH STREET

4 HIP D'NEELSON FARMERS MARKET
1000 MARKET STREET / 1000 MARKET STREET

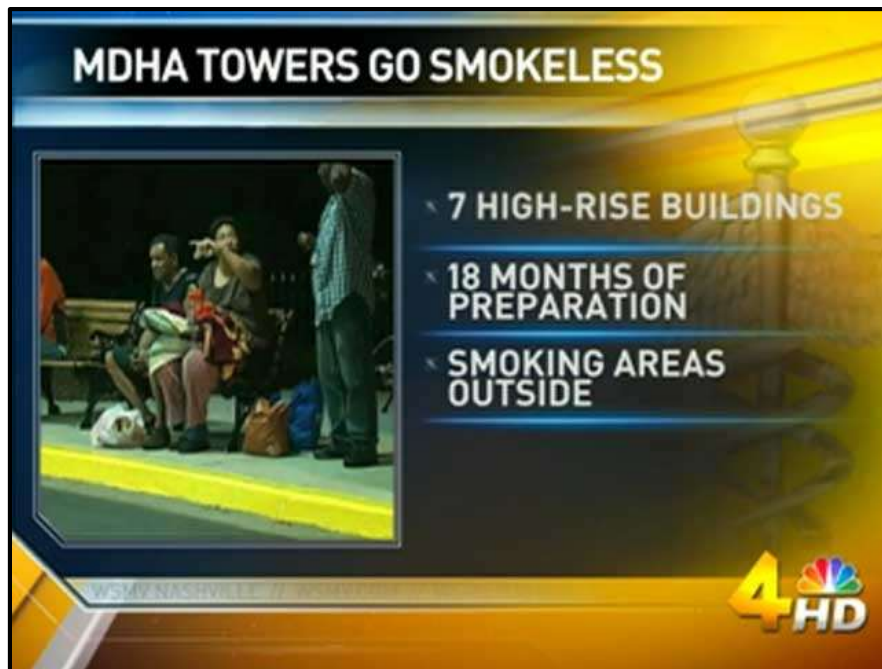
5 WEST END FARMERS MARKET
1000 MARKET STREET / 1000 MARKET STREET

VISIT SNAPFRESHNASHVILLE.ORG OR
CALL 252-2511 FOR MORE INFORMATION

FOOD BANK **FRESH** A Harvest Way **2525** Market.

Tobacco

- Clean Indoor Air 2008
- MDHA High Rises Smoke Free 2011
- Smoke Free Housing Campaign 2015



Built Environment

- Investments in healthy infrastructure
- NashvilleNext—
comprehensive plan



Bike Sharing



Healthy Design

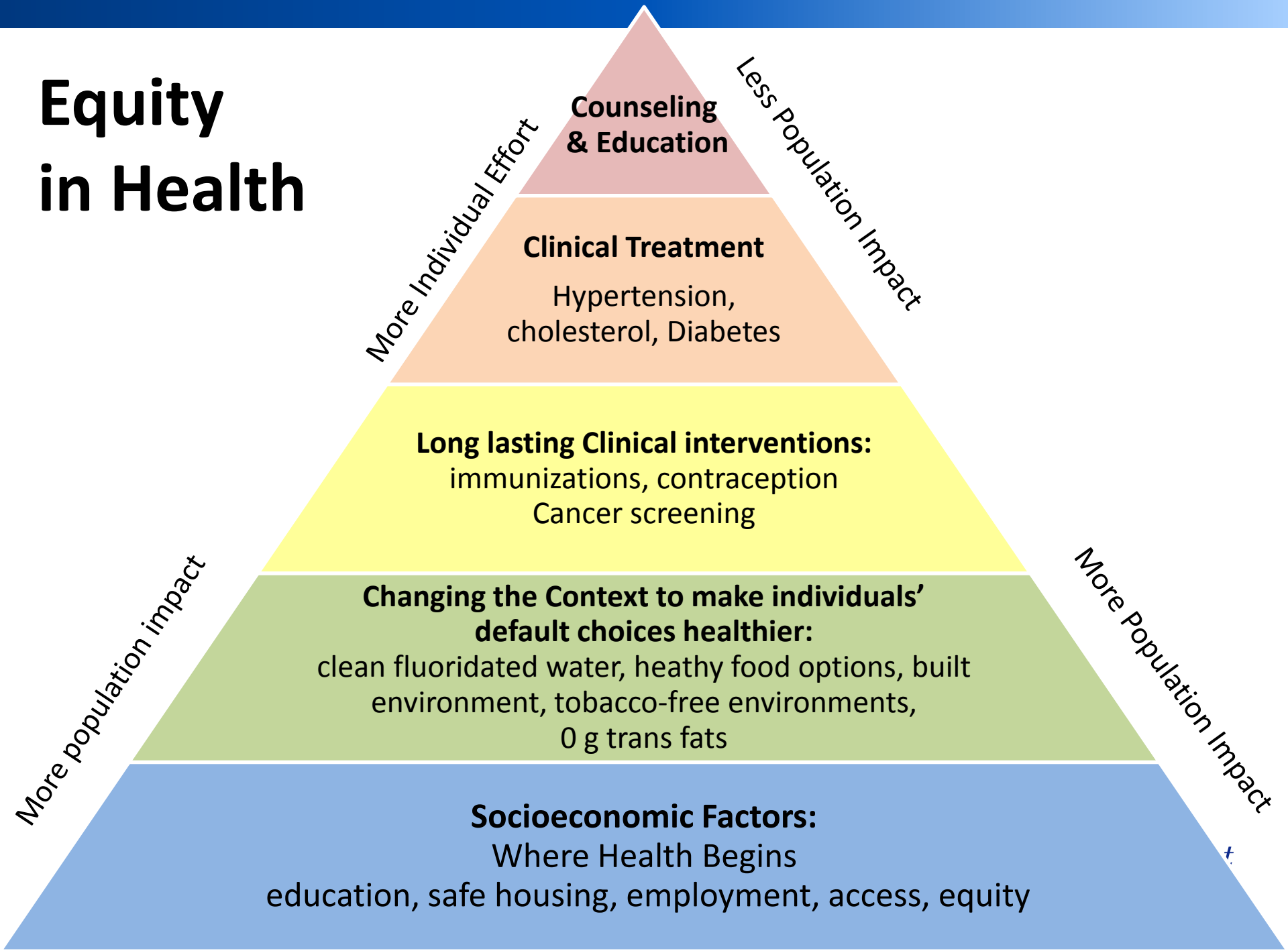


Complete Streets

- Accommodate cars, bicycles, pedestrians, transit users



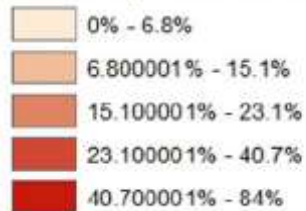
Equity in Health



Place Matters: Early Death

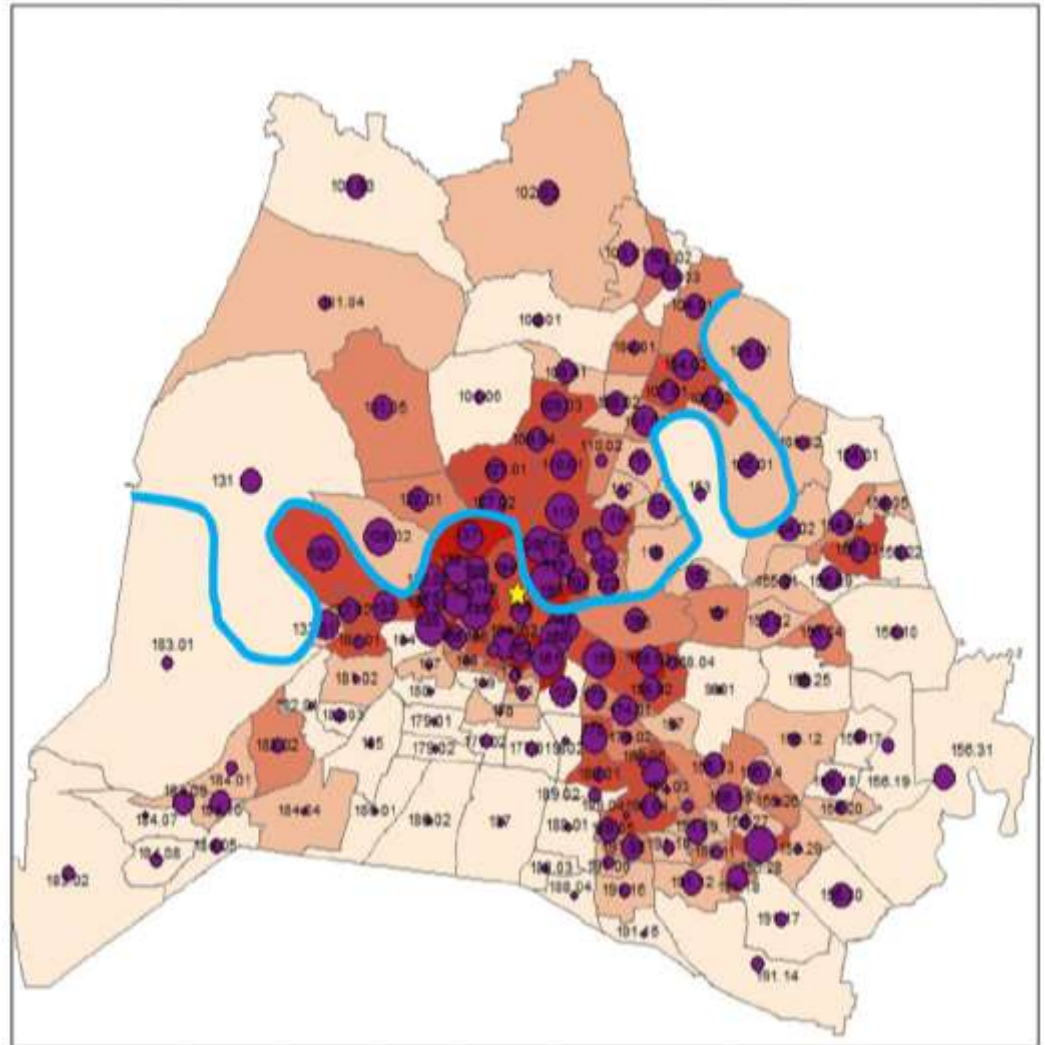
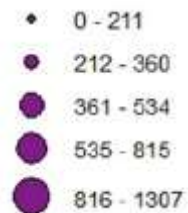
Davidson County

Percentage Below Poverty



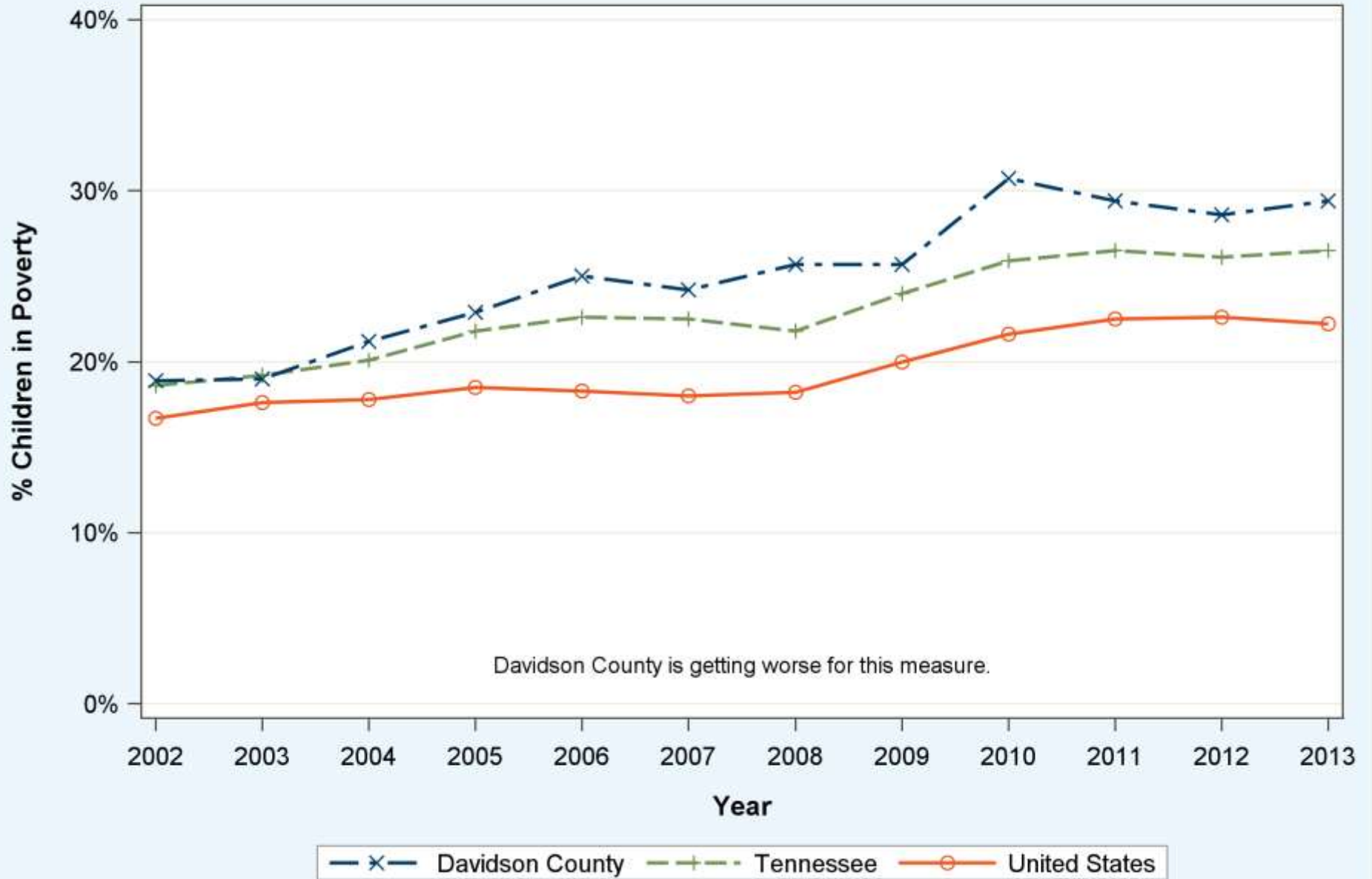
Davidson County

Premature Mortality Rate



Children in poverty in Davidson County, TN

County, State and National Trends



Please see Measuring Progress/Rankings Measures for more information on trends

Healthy Nashville Strategic Issues

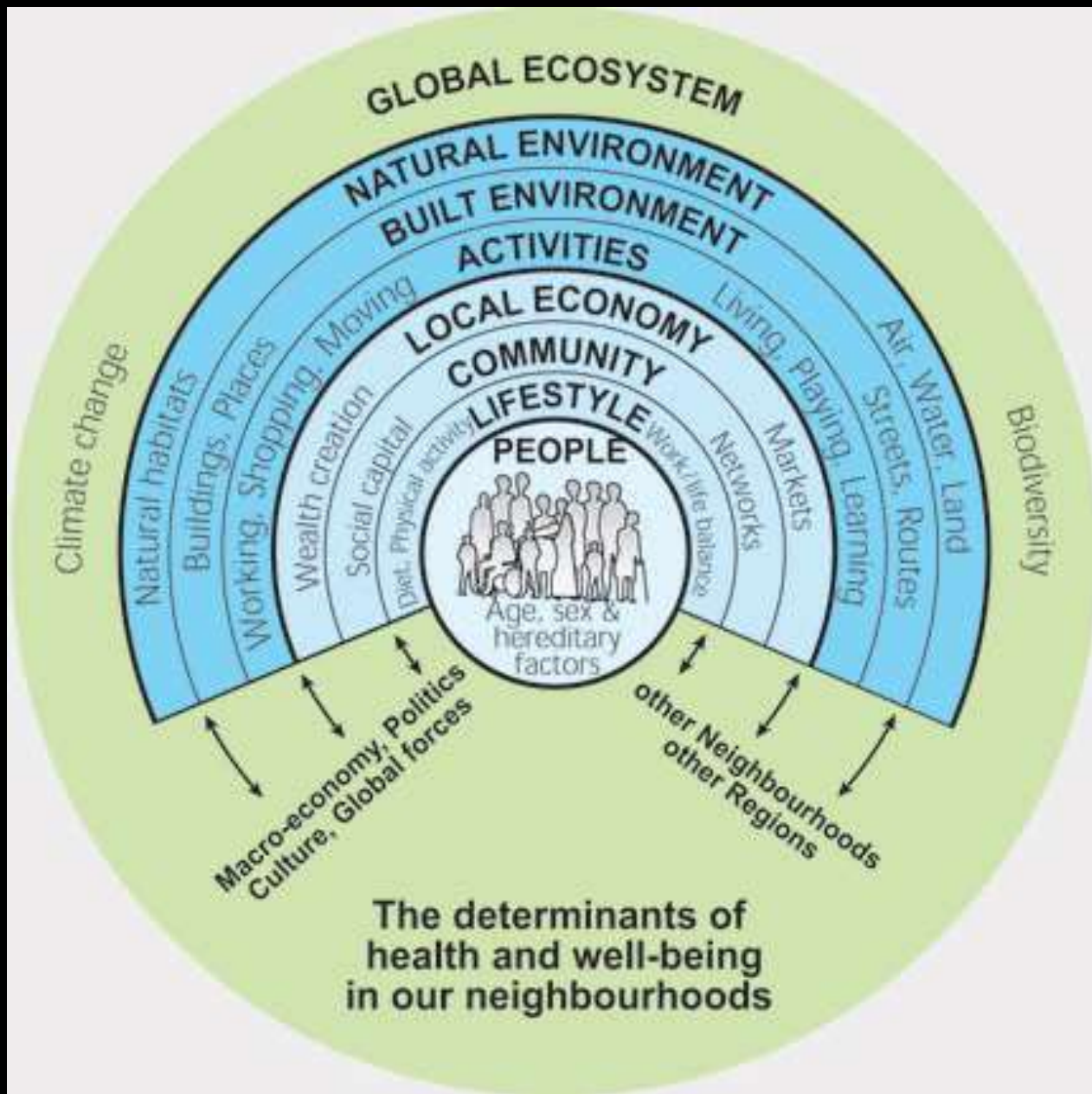
- Maximize Built & Natural Environments to Optimize Health
- Support Mental and Emotional Health
- Advance Equity in Health
 - Attainment of the highest level of health for all people

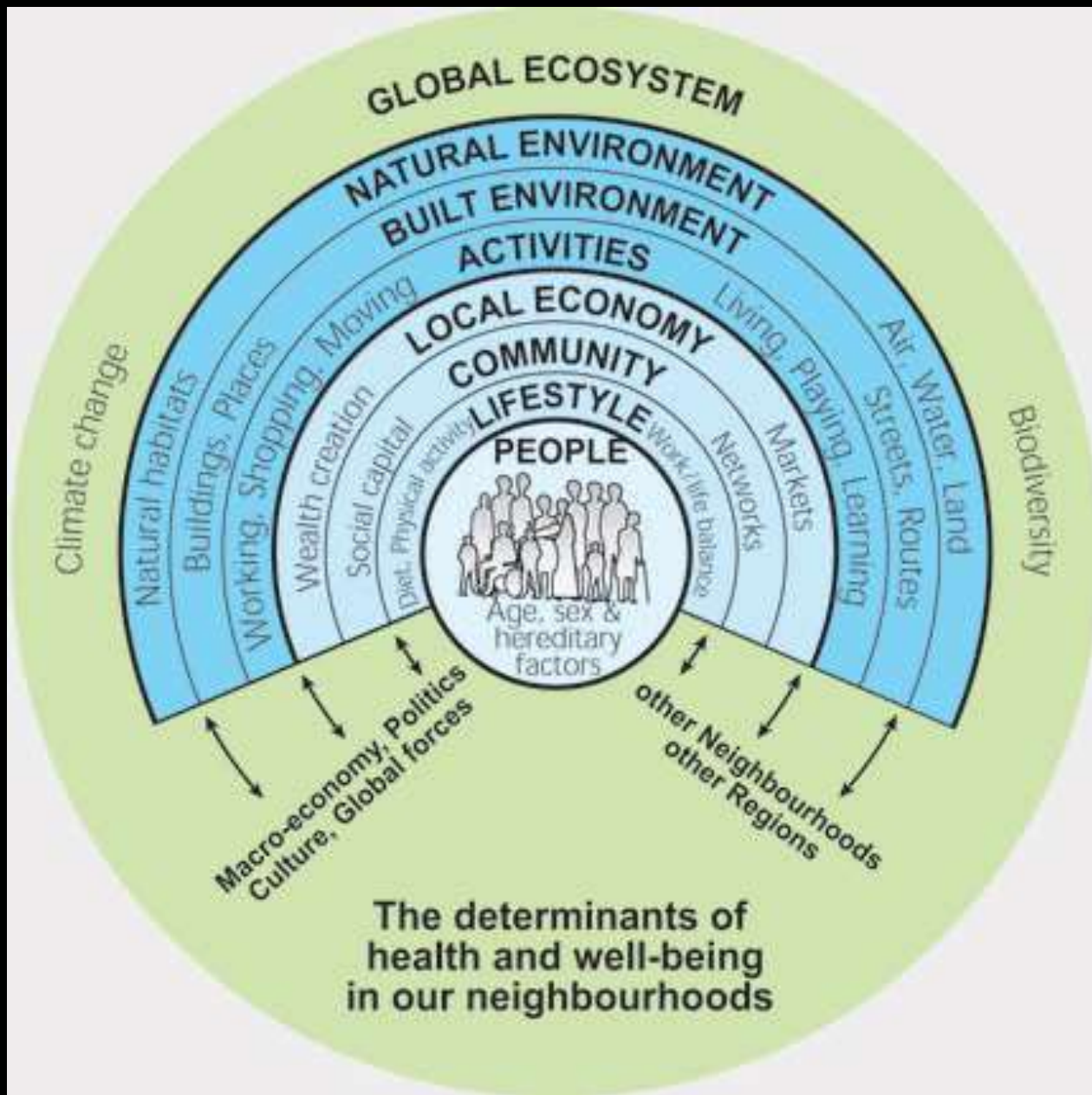
Illuminating the connections to health...

- Inclusion and diversity
- Affordable housing and gentrification
- Transportation and transit
- K12 Education
- Early Childhood Education
- Living wage and income inequality
- Criminal Justice reform
- Prescription drug epidemic

“Our history is written in our bodies: a cascade of advantage for some, a pile-up of risk for others.”

--Nancy Krieger





Health in All Policies (HiAP)?

HiAP is a collaborative approach improving the health of all people by incorporating health considerations into decision making across sectors and policy areas.

Growing list of public health professionals

In Government

- Water
- Public Works
- Transportation
- Schools
- Housing
- Planning
- Human Resources
- Jails
- Parks
- General Services
- Elected officials
- Purchasing

Outside Government

- Architects and Developers
- Faith leaders
- Health Care
- Business
- Neighborhoods

Take Action

WORK TOGETHER



...Back to Infection Control

- Evidence Based—following the data and doing what works
- Policy & Culture Change
 - making healthy choices easier
 - Health in all policies
- Healthy workplace culture
- Public Health Emergencies
- The necessity of advocacy and collaboration
- Life beyond work & personal health



It's the
spirit
that cultivates
healthy
partner
ships

We call it
Nash Vitality

To learn how the Turnip Truck and Edgehill Youth Leadership Advocacy Council bring fruits and vegetables to the neighborhood, visit NashVitality.org

Brenda Morrow of the Edgehill Youth Leadership Advocacy Council and John Dyke of the Turnip Truck.

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Thank You! Questions?

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www.nashville.gov/health
www.healthynashville.org

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