



LIFE COURSE METRICS PROJECT: FLORIDA PERSPECTIVE

Ghasi Phillips, ScD, MS

Senior MCH Epidemiologist / CDC MCH Epidemiology Assignee

Community Health Practice and Analysis Unit

Division of Community Health Promotion

Florida Department of Health

Mission: To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts

Vision: To be the **Healthiest State** in the Nation

FLORIDA TEAM COMPOSITION

- Department of Health
 - Program and epidemiology staff
- Community Partners
 - Local Healthy Start Coalitions
- State Universities
 - Professionals and graduate students

FLORIDA TEAM WRITE-UP ROLES

- Primary author
 - Reviewed and summarized literature
- Secondary author
 - Reviewed and checked for errors
 - Added information relevant to Life Course
- Editor
 - Reviewed and edited collaborative work of primary and secondary authors

STATE TEAM CHALLENGES

- Limited resources for write-ups
 - Number of available writers/division of work
 - Access to peer-reviewed articles
 - Few existing references for guidance
- Immediate understanding of goals & concepts
 - Embrace indicators not examined regularly
 - Health inequity vs. health disparity
- Limited Time

LIFE COURSE INDICATORS CURRENT & FUTURE WORK

- Title V & Title X Needs Assessments
- Life Course Indicator Report
- Analyze Florida's maternally-linked file
- Public health activities to reduce adult and childhood obesity



The costs of care for chronic diseases from obesity alone are estimated to be **\$34B** over the next 17 years.

Home

For Adults

For Children

HealthiestWeight



Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida's children and adults make choices about healthy eating and active living.

Dr. John Armstrong on The Florida Channel

Florida's State Surgeon General and Secretary of Health, Dr. John H. Armstrong, spoke to Florida Face to Face host Beth Switzer about the new Healthiest Weight initiative and more...[watch the video](#).

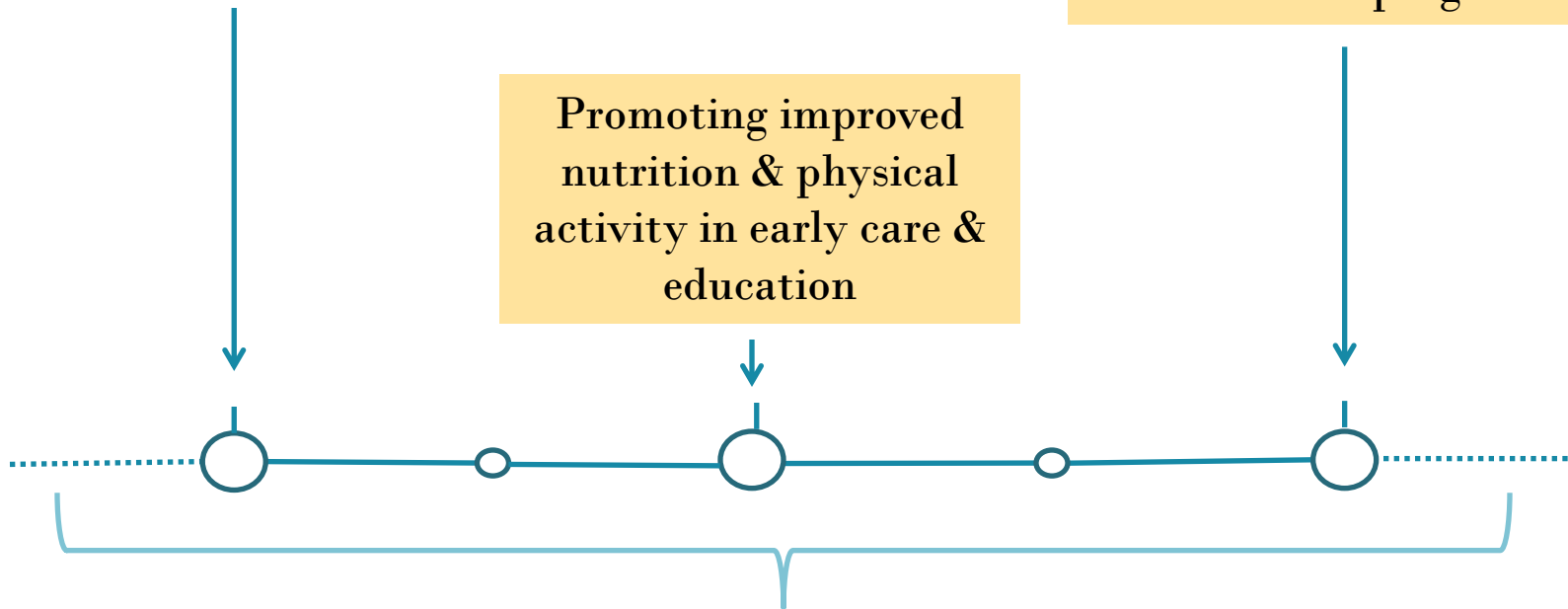


HEALTHIEST WEIGHT FLORIDA ALONG THE LIFE SPAN

Increasing breastfeeding
initiation, duration &
exclusivity

Increasing physical
activity for students
during the school day
& after school programs

Promoting improved
nutrition & physical
activity in early care &
education



- Increasing physical activity by improving the built environment
- Increasing access to high-quality, affordable foods in communities
- Promoting weight counseling in clinical settings

HEALTHIEST WEIGHT FLORIDA & LIFE COURSE ACTIVITIES

5 of 12 Life Course Thematic Categories	# Activities
Family Wellbeing.....	17
Community Wellbeing.....	8
Social Capital.....	8
Community Health Policy.....	6
Health Care Access and Quality.....	3

HEALTHIEST WEIGHT FLORIDA & LIFE COURSE ACTIVITIES

Family Wellbeing

Community Wellbeing

Social Capital

Community Health Policy

Health Care Access & Quality

*Increase availability of
healthy food, especially to
children*

HEALTHIEST WEIGHT FLORIDA & LIFE COURSE ACTIVITIES

Family Wellbeing

Community Wellbeing

Social Capital

Community Health Policy

Health Care Access & Quality

Installed nine new outdoor fitness zones in five different cities in Pinellas County

HEALTHIEST WEIGHT FLORIDA & LIFE COURSE ACTIVITIES

Family Wellbeing

Community Wellbeing

Social Capital - - - - -

Community Health Policy

Health Care Access & Quality

Increased awareness of childhood obesity in Hernando County by establishing an elementary school garden in which produce is prepared in school cafeteria.

HEALTHIEST WEIGHT FLORIDA & LIFE COURSE ACTIVITIES

Family Wellbeing

Community Wellbeing

Social Capital

Community Health Policy

Health Care Access & Quality

*Increasing the # of
municipalities, counties and
regions with Complete Streets
policies*

HEALTHIEST WEIGHT FLORIDA & LIFE COURSE ACTIVITIES

Family Wellbeing

Community Wellbeing

Social Capital

Community Health Policy

Health Care Access & Quality

*Assessing clinician practices
in documenting patient BMI
and creating toolkits to help
health professionals counsel
patients on weight
maintenance*

ACKNOWLEDGEMENTS

- W.K. Kellogg Foundation
- The National Expert Panel
- AMCHP
- Bill Sappenfield
- All Florida DOH staff, partners, consultants, and volunteers

THANK YOU!

Questions:

Ghasi.Phillips@flhealth.gov

