

BIBLIOGRAPHY AND RESOURCE LIST

FOR LEADING RISK FACTORS, INCLUDING TOBACCO, OBESITY, PHYSICAL INACTIVITY, AND POOR NUTRITION

JANUARY 2011

Benjamin, Regina, M.D., U.S. Surgeon General, *How Tobacco Smoke Causes Disease: The Biology And Behavioral Basis For Smoking-Attributable Disease : A Report Of The Surgeon General*. Rockville, MD : Dept. of Health and Human Services, Public Health Service, Office of Surgeon General, 2010. 706 pp. Includes bibliographical references.
<http://www.surgeongeneral.gov/library/tobaccosmoke/report/index.html>

The December 2010 Surgeon General's report on tobacco details the latest research on how tobacco causes diseases and premature death, including both biological and behavioral research. An executive summary is available, as well as a consumer brochure and handout for physicians.

Cantor, Jeremy MPH, Gabriel Cohen, Larry Cohen, *et al*, *Prevention for a Healthier America: Investments In Disease Prevention Yield Significant Savings, Stronger Communities*. Washington, DC: Trust for America's Health, 2009.
<http://healthyamericans.org/reports/prevention08/Prevention08.pdf>

This Issue Report addresses return on investment in health promotion programs, and demonstrates that health promotion is a cost effective method of reducing health care costs.

Centers for Disease Control and Prevention, *Best Practices for Comprehensive Tobacco Control Programs*. Atlanta, GA: CDC, October 2007.
http://www.cdc.gov/tobacco/stateandcommunity/best_practices/

This document examines research from effective tobacco control programs and provides evidence-based "best practices" recommendations for effective tobacco control programs.

Centers for Disease Control and Prevention, *Physical Activity and Health: A Report of the Surgeon General*. Atlanta, GA: National Center for Chronic Disease Prevention and Health Promotion, 1996.

The landmark 1996 Surgeon General's Report was the first major effort to present the science of how physical inactivity contributes to morbidity and mortality.

Centers for Disease Control and Prevention, *Promoting Physical Activity: A Guide for Community Action*. Champaign, IL: Human Kinetics, 1999.

This book, published for CDC, was the first comprehensive look at recommended strategies for promoting physical activity at the community level.

Centers for Disease Control and Prevention, *State Indicator Report on Fruits and Vegetables 2009*. Available on the Fruits & Veggies – More Matters® government website.

http://www.fruitsandveggiesmatter.gov/health_professionals/statereport.html

Report on fruit and vegetable consumption in the United States, including state by state tables and maps.

Centers for Disease Control and Prevention, *State Indicator Report on Physical Activity 2010*. Available on the website of the National Society of Physical Activity Practitioners in Public Health.

http://www.nspapph.org/index.php?option=com_content&task=view&id=166&Itemid=63

Report of progress toward national goals of improving physical activity, and implementing policies and environmental changes in support of increased physical activity.

Centers for Disease Control and Prevention, “**Recommended Community Strategies and Measurements to Prevent Obesity in the United States**,” *Morbidity and Mortality Weekly Report (MMWR)*, July 24, 2009, Vol. 58, No. RR-7.

<http://www.cdc.gov/mmwr/pdf/rr/rr5807.pdf>

Reversing the U.S. obesity epidemic requires a comprehensive and coordinated approach. This publication provides recommended strategies, based on the best research to date.

Centers for Disease Control and Prevention, *Recommended Community Strategies and Measurements to Prevent Obesity in the United States: Implementation and Measurement Guide*. Atlanta, GA: U.S. Department of Health and Human Services, CDC, 2009.

http://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf

Companion guide to previous document, with information about how to implement and evaluate the *Recommended Community Strategies*.

Centers for Disease Control and Prevention, “**Youth Risk Behavior Surveillance – United States, 2009**,” *Morbidity and Mortality Weekly Report (MMWR) Surveillance Summary*, June 4, 2010, Vol. 59, No. SS-5.

<http://www.cdc.gov/mmwr/PDF/ss/ss5905.pdf>

This special MMWR edition contains national and state-specific data from the 2009 Youth Risk Behavior Survey.

Danaei G, Ding EL, Mozaffarian D, Taylor B, Rehm J, *et al.* (2009) “**The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle, and Metabolic Risk Factors**,” *PLoS Medicine* 6(4): e1000058. doi:10.1371/journal.pmed.1000058

<http://www.plosmedicine.org/article/info%3Adoi%2F10.1371%2Fjournal.pmed.1000058>

A study using 2003-2006 data from the National Center for Health Statistics, which shows that smoking, high blood pressure, lack of physical activity, and nutritional problems are the leading underlying causes of death in the United States.

Delaware Cancer Consortium, *Turning Action Into Results: The Next Four-Year Plan, 2007-2011*, August 2007.

<http://www.dhss.delaware.gov/dhss/dph/dpc/files/purplebook.pdf>

The statewide strategic plan of the Delaware Cancer Consortium includes objectives about tobacco and other lifestyle risk factors, as they relate to preventing cancer.

Delaware Coalition to Promote Physical Activity and Healthy Nutrition, *Blueprint for a Healthier Delaware: Promoting Physical Activity and Healthy Nutrition: The 2010 PAHN Plan*, Dover, Delaware Division of Public Health, 2002.

The Coalition, then including the Division of Public Health, the Governor's Council on Lifestyle and Fitness, and the Health Education Network of Delaware, developed this strategic plan to guide statewide efforts to promote healthy eating and physical activity. It includes prevalence data on risk factors, and recommended strategies for partners to use in their programs.

Delaware Coalition to Promote Healthy Eating and Active Living, *Physical Activity, Nutrition and Obesity Prevention Comprehensive Plan, Delaware 2010-2014*.
September 2009.

The 2009 strategic plan was developed by a reformulated coalition, with more than 120 members. It is a follow-up plan to the *Blueprint for a Healthier Delaware* mentioned above, and will guide the coalition through 2014.

Delaware Department of Education, *Content Standards for Physical Education and Health Education*:

<http://www.doe.k12.de.us/infosuites/staff/ci/default.shtml>

Delaware Department of Education, **Partners for Health, Physical Activity and Learning**, PowerPoint slides:

http://www.doe.k12.de.us/infosuites/staff/ci/content_areas/files/he/Oct2009PowerpointPDF.pdf

This PowerPoint slide show describes efforts by DOE to improve student performance by improving nutrition and physical activity in the schools.

Delaware Department of Natural Resources and Environmental Control, Division of Parks and Recreation, *Delaware Outdoors 2009-2011: Delaware State Comprehensive Outdoor Recreation Plan*. Dover, DNREC Park Resource Office, 2009.

http://www.dnrec.delaware.gov/parks/Information/Documents/2009-2011_SCORP.pdf

DNREC's strategic plan for parks and recreation also includes data from a survey of Delaware residents about outdoor recreation. This is a good source of data about recreational physical activity and resources in the state.

Delaware Department of Transportation, *Complete Streets Policy*

http://www.deldot.gov/information/pubs_forms/manuals/complete_streets/o06_complete_streets_policy.pdf

"Complete Streets" are roadways designed to enable safe access for all types of users, including pedestrians, bicyclists, motorists, and public transit. Complete streets policies promote more active lifestyles. Gov. Markell issued an Executive Order #6 in 2009 creating a complete streets policy: http://governor.delaware.gov/orders/exec_order_6.shtml

Delaware Department of Transportation, *Delaware Safe Routes To School Program Sourcebook*. June 2006.

http://deldot.gov/information/community_programs_and_services/srts/pdf/srts.pdf

Provides guidelines for schools to apply for Safe Routes to School funding. Providing safer routes to schools can encourage more walking and bicycling to school, as well as safer access to school facilities.

Delaware Health and Social Services, Division of Public Health, *Behavioral Risks in Delaware: 2007-2008*. Document Control #35-05-20/09/07/12

<http://www.dhss.delaware.gov/dhss/dph/dpc/files/brfsreport07-08.pdf>

The most recent data on Delaware adult risk factors includes prevalence of obesity, physical activity, fruit and vegetable consumption, and other key risk factors. Data are from the Delaware Behavioral Risk Factor Survey, an ongoing, random-sample telephone survey of adults.

Delaware Health and Social Services, Division of Public Health, *The Burden of Diabetes in Delaware, 2009*. Doc. #35-05-20/09/03/01.

<http://www.dhss.delaware.gov/dhss/dph/dpc/files/diabetesburdenrpt09.pdf>

This report describes the physical and economic burden of diabetes in Delaware, and includes information about prevalence of risk factors and the relationship between obesity and type 2 diabetes.

Finkelstein, Eric, with Ian Fiebelkorn and Guijing Wang, "State Level Estimates of Annual Medical Expenditures Attributable to Obesity," *Obesity Research*. Vol. 12, No. 1, January 2004.

This article reviewed obesity-attributable health care expenditures by state for total population and for the Medicare and Medicaid populations. It estimated Delaware's obesity-attributable health care expenditures at \$207 million a year.

Gilman, Lisa. *Health Risks of Adults with Disabilities in the State of Delaware: A Retrospective Analysis of Data from the Behavioral Risk Factor Surveillance System*, Center for Applied Demography and Survey Research, University of Delaware, 2006.

http://www.dhss.delaware.gov/dhss/dph/dpc/files/health_risks_disabilities2006.pdf

This study provides the first look at behavioral risk factors among Delaware adults with disabilities. Risk factors covered include smoking, obesity, physical activity, and alcohol use.

Governor's Council on Lifestyle and Fitness, *2005 Report Card on Lifestyle and Fitness*. May 2006.

<http://www.behealthydelaware.org/pdf/MidDecadeReport.pdf>

The GCLF, working with the Division of Public Health's Behavioral Risk Factor Survey, issued this *Healthy Delaware* mid-term report on key risk factors: tobacco use, obesity, physical activity, healthy eating, seat belt use, and alcohol abuse.

Healthy Delaware Foundation, *Healthy Delaware 2010*. April 2001.

<http://www.behealthydelaware.org/2010plan-read.html>

The state strategic plan for health through 2010 was a cooperative project of the Division of Public Health and the partners in the Healthy Delaware Foundation.

Impact Delaware Tobacco Prevention Coalition, *It's All About Your Health: 2005 Plan for a Tobacco-Free Delaware*. Dover: DHSS, Division of Public Health, 2005.

http://www.dhss.delaware.gov/dhss/dph/dpc/files/tobacco_book.pdf

This is the third edition of a statewide strategic plan for preventing tobacco use in Delaware, and promoting cessation. It is a guide for the Division of Public Health's Tobacco Prevention and Control Program, and the partners in the Impact Coalition.

Institute for Public Administration, University of Delaware, *Healthy Communities: A Resource Guide for Delaware Municipalities*, Newark, DE: UD IPA, funded by Division of Public Health, 2008.

http://www.ipa.udel.edu/publications/HealthyCommunities_guideWeb.pdf

This guidebook, funded by the Division of Public Health's "Get Up and Do Something" campaign, is designed to help Delaware communities improve their walkability.

Levi, Jeffrey, Ph.D., Serena Vinter, Liz Richardson, Rebecca St. Laurent, and Laura Segal, *F as in Fat: How Obesity Policies are Failing in America, 2009*. Washington, DC: Trust for America's Health (funded by the Robert Wood Johnson Foundation, 2009).

<http://healthyamericans.org/reports/obesity2009/Obesity2009Report.pdf>

This annual Issue Report from the Trust for America's Health provides a national score card for efforts to reduce obesity. The focus is on national and state policies addressing obesity.

Nemours Health and Prevention Services, *Counties and Municipalities in Delaware Can Develop Complete Streets to Combat Childhood Obesity*, Policy Paper #8, 2009.

<http://www.nemours.org/filebox/service/preventive/nhps/policybrief/compstreets.pdf>

Policy paper from Nemours describes Complete Streets and how this policy can lead to more active lifestyles.

Nemours Health and Prevention Services, *Increasing Physical Activity for Students in Delaware Schools*. Policy Paper #4, 2009.

<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/policybrief/physactscho.pdf>

This Nemours policy paper discusses their cooperative efforts with the Delaware Department of Education to increase physical activity in schools.

Ormond, Barbara A, Ph.D., Brenda Spillman, Ph.D., *et al.* "Potential National and State Medical Care Savings from Primary Disease Prevention," *American Journal of Public Health*, early publication November 18, 2010, online:

<http://ajph.aphapublications.org/cgi/content/abstract/AJPH.2009.182287v1>

The authors estimate that for a 5% reduction in the prevalence of short-run (diabetes and high blood pressure) and medium-run modifiable medical conditions, the annual savings in Delaware would be \$33.2 million in medical expenses for short-run conditions, and \$92.4 million for medium-run conditions.

Peterson, Michael, with Avron Abraham and Allan Waterfield, "Marketing Physical Activity: Lessons Learned from a Statewide Media Campaign," *Health Promotion Practice*. October 2005. Vol. 6, No. 4: 437-446.

This publication is based on an evaluation of the first Get Up and Do Something social marketing campaign sponsored by the Division of Public Health. It examines media channel effectiveness, message development and assessment, and shows how the campaign was effective at reaching its target audience of 18-30 year olds.

Peterson, Michael, with Margaret Chandlee and Avron Abraham, “**Cost-Effectiveness Analysis of a Statewide Media Campaign to Promote Adolescent Physical Activity,**” *Health Promotion Practice*. October 2008. Vol. 9, No. 4: 426-433.

This cost-effectiveness evaluation was conducted on a social marketing effort that was part of the Division of Public Health’s Get Up and Do Something campaign. It showed the importance of using multiple marketing modalities to enhance both cost effectiveness and impact.

Statewide Health Advisory Council (SHAC), *First Annual Report to the Governor and Members of the General Assembly*. June 2007.

Report on legislation and progress to improve physical activity and physical education in Delaware public schools.

Trust for America’s Health, *F as in Fat: How Obesity Policies Are Failing in America, 2010*. Washington, DC: Trust for America’s Health, 2010.

<http://healthyamericans.org/reports/obesity2010/Obesity2010Report.pdf>

An annual report from the Trust for America’s Health, funded by the Robert Wood Johnson Foundation, which reports on the progress of efforts in the U.S. to reduce obesity.

Toth, Gary, with Herman Volk, *A Citizen’s Guide to Better Streets: How To Engage Your Transportation Agency*. New York: Project for Public Spaces, 2008.

As the name suggests, this is a guide for community organizations to help them work more effectively with state departments of transportation on health and transportation issues.

U.S. Department of Health and Human Services, *2008 Physical Activity Guidelines for Americans*. Washington, DC: ODPHP Publication No. U0036, October 2008.

<http://www.health.gov/paguidelines/>

The most recent guidelines from DHHS on physical activity, based on compilation of the most up-to-date research on physical activity and health.

U.S. Department of Health and Human Services, *Ending the Tobacco Epidemic: A Tobacco Control Strategic Action Plan for the U.S. Department of Health and Human Services*. Washington, DC: DHHS, 2010.

<http://www.hhs.gov/ash/initiatives/tobacco/tobaccostrategicplan2010.pdf>

Released in November of 2010, this is the federal governments strategic plan for fighting the nation’s tobacco epidemic. It details the DHHS plans to address what President Obama called “the leading preventable cause of death, not just in America, but also in the world.”

U.S. Department of Health and Human Services, U.S. Department of Agriculture, *Dietary Guidelines for Americans 2005*. Washington, DC: HHS Publication No. HHS-ODPHP-2005-01-DGA-A.

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGPolicyDocument.pdf>

Still the current dietary guidelines, based on the best available research to date. New dietary guidelines will be published early in 2011.

U.S. Department of Health and Human Services, *The Surgeon General's Call to Action To Prevent and Decrease Overweight and Obesity*, 2001.

<http://www.surgeongeneral.gov/topics/obesity/calltoaction/CalltoAction.pdf>

A concise overview of the obesity problem in the U.S. at the start of the last decade is provided, as well as the call to action.

U.S. National Physical Activity Plan

<http://www.physicalactivityplan.org/index.htm>

The National Physical Activity Plan was produced by more than 55 national partners, including CDC, the AARP, the American Cancer Society, the American Diabetes Association, the American Heart Association, the AMA, the American Dietetic Association and more.

White House Task Force on Childhood Obesity, Report to the President: *Solving the Problem of Childhood Obesity Within a Generation*. May 2010.

http://www.letsmove.gov/tfco_fullreport_may2010.pdf

Recommendations of this new task force have formed the foundation for First Lady Michelle Obama's *Let's Move!* campaign. It focuses on empowering parents and caregivers, providing healthy foods in schools, improving access to healthy affordable foods, and increasing physical activity.

DATA SOURCES

- **Alcohol, Tobacco, and Other Drug Abuse Among Delaware Students (ATOD)**
- **Youth Risk Behavior Survey (YRBS)**
- **Youth Tobacco Survey (YTS)**

http://www.udel.edu/delawaredata/Pages/level02/youth_data.htm

Surveys conducted by the University of Delaware Center for Drug and Alcohol Studies provide data on behavioral risks – including tobacco, physical activity, nutrition, and obesity – among public middle and high school students. ATOD surveys 5th, 8th and 11th grade students about drug use. The Youth Risk Behavior Survey is a joint project of DOE and CDC, and covers a wide variety of health-related behaviors. The Youth Tobacco Survey is conducted for the Division of Public Health to provide information about student use of and attitudes about tobacco products.

- **Delaware Behavioral Risk Factor Survey (BRFS)**

<http://www.dhss.delaware.gov/dhss/dph/dpc/brfsurveys.html>

Annual survey of adult Delaware residents provides information about risk factors of leading causes of death, illness, and disability. It provides prevalence data about tobacco use, obesity, physical activity, fruit and vegetable consumption, alcohol abuse, and AIDS risks. The BRFS is a state-based, random-sample telephone survey of adults age 18 and older. It is an ongoing survey, and is conducted in all 50 states, DC, and four territories.

- **Pregnancy Risk Assessment Monitoring System (PRAMS)**

PRAMS collects state-specific data from mothers who recently gave birth. It measures risk factors – including data about smoking during pregnancy and prenatal nutrition – which are related to outcomes such as low birth weight, infant mortality, and child and maternal morbidity.

- **WIC Program data / Pediatric Nutrition Surveillance System (PedNSS)**

Forthcoming: The Division of Public Health's Women, Infants and Children (WIC) supplemental nutrition program will be cooperating with the CDC PedNSS system to produce datasets related to child nutrition, weight, and related issues. WIC serves about half the children born in Delaware.

ADDITIONAL RELEVANT WEB SITES

American Academy of Pediatrics:
Prevention and Treatment of Childhood Overweight and Obesity
http://www.aap.org/obesity/matrix_1.html

Campaign for Tobacco-Free Kids
<http://www.tobaccofreekids.org/index.php>

Centers for Disease Control and Prevention (CDC) Nutrition and Physical Activity
<http://www.cdc.gov/nccdphp/dnpao/index.html>

Centers for Disease Control and Prevention Tobacco Prevention Resources
http://www.cdc.gov/tobacco/resources_for_you/scientists/index.htm

Delaware Bicycle Council
http://www.deldot.gov/information/community_programs_and_services/bike/index.shtml

Delaware Department of Agriculture: Farmers' Markets
http://dda.delaware.gov/marketing/DE_FRMVENS.shtml

Delaware Greenways
<http://www.delawaregreenways.org/>

Delaware State Parks
<http://www.destateparks.com/>

DelaWELL Program for State Employees
http://delawell.delaware.gov/phys_activ.shtml

Division of Public Health Behavioral Risk Factor Survey
<http://www.dhss.delaware.gov/dhss/dph/dpc/brfsurveys.html>

Division of Public Health Tobacco Prevention and Control Program
<http://www.dhss.delaware.gov/dhss/dph/dpc/tobacco.html>

Fruits & Veggies—More Matters®
<http://www.fruitsandveggiesmorematters.org/>

Get Up and Do Something
<http://www.getupanddosomething.org/>

Guide to Community Preventive Services
[best and promising evidence-based practices]
<http://www.thecommunityguide.org/index.html>

Healthy Delawareans with Disabilities – Bridging the Gap
<http://www.gohdwd.org/>

Kick Butts Generation – youth anti-smoking site
<http://www.ysmoke.org/>

Kids Count in Delaware
<http://www.ccrs.udel.edu/kids-count>

Legacy Tobacco Documents Library
<http://legacy.library.ucsf.edu/>

Lt. Governor’s Challenge
<http://blog.getupanddosomething.com/delgc/>

MMWR: Morbidity and Mortality Weekly Report from CDC
<http://www.cdc.gov/mmwr/>

My 7 Minutes – and interactive anti-smoking site for youth
<http://www.my7minutes.com/>

National Health Interview Survey (NHIS) – national data on risk factors
<http://www.cdc.gov/nchs/nhis.htm>

Nemours Health and Prevention Services
<http://www.nemours.org/service/preventive/nhps.html>

Nemours 5-2-1-Almost None Campaign
<http://www.nemours.org/service/preventive/nhps/521an.html>

Nutrition.gov – federal portal for nutrition research and news
<http://www.nutrition.gov/>

Preventing Chronic Disease journal
<http://www.cdc.gov/pcd/>

Sussex Child Health Promotion Coalition
<http://www.sussexkids.com/>

Tobacco Prevention and Control News

<http://www.tobacco.org/>

Toolkit for a Healthy Delaware

<http://www.ipa.udel.edu/healthyDEtoolkit/>

Trust for America's Health

<http://healthyamericans.org/>

University of Delaware DData

[data on Delaware middle and high school behavioral risk factors]

http://www.udel.edu/delawaredata/Pages/level02/youth_data.htm

U.S. National Physical Activity Plan

<http://www.physicalactivityplan.org/>

Youth Risk Behavior Survey (YRBS) CDC site

<http://apps.nccd.cdc.gov/youthonline/App/Default.aspx>