

**Goal: Reduce the prevalence of Type 2 diabetes in Albany and Troy.**

**Strategy 1: Improve processes that support and increase engagement in prevention and self-management of diabetes and related comorbidities (e.g. hypertension).**

Tactics:

-  1.1 Increase engagement in the National Diabetes Prevention Program through increased screening and referrals by PCPs, partnering with hospitals, supermarket chains, and community-based organizations; and implementing initiatives. By December 2017, increase by 25% number of people actively participating in NDPP. By December 2017, increase by 20% number of patients reporting 5% reduction in weight or greater.
-  1.2 By December 31, 2017 increase the number of health centers that are prescribing fruit and vegetable vouchers with VeggieRx Program. By December 2017, 100% increase in number of providers issuing scripts. By December 2017, 50% increase in number of people redeeming scripts.
-  1.3 Provide nutritional education to 100 food pantry or food bank staff and encourage implementation of healthy eating policies in food pantries. By December 2017, 50% of food pantry patrons receiving foods within MyPlate guidelines.
  - 3.1 Create and implement educational strategies for food donors to increase the nutritional value of donated foods.
-  1.4 Educate and train local health educators about the nutritional value tools in supermarket chains. By December 2017, train over 100 health educators about nutritional value tools.
-  1.5 Reduce the amount of sodium in meals offered at venues including senior meal sites, hospitals, and restaurants. By December 2017, 3 organizations reducing the amount of sodium in meals by more than 5%.

**Strategy 2: Create, distribute, and provide educational services and resources for patients and providers.**

Tactics:

-  2.1 Maintain an ongoing coalition of diabetes service providers to provide guidance and support for strategies that reduce the prevalence and severity of diabetes in the region. By December 2017, 80% of coalition participants participating in quarterly meetings.
-  2.2 Create, distribute and maintain a diabetes resource guide for 1) primary care physicians and school nurses about available and covered services; and 2) consumers. By December 2017, 100 guides distributed to providers and nurses. By December 2017, 300 guides provided to consumers.

-  2.3 Increase utilization of diabetes medical services by increasing community PCP and hospital referrals to CDEs, CSMEs, RDs, Diabetes Educators and diabetes education programs by 10%. By December 2017, increased use of diabetes educators by 25%.
-  2.4 Provide new mothers with information and support on breast feeding and a healthy diet for their babies. By December 2017, 10% increase in women who indicate they will breastfeed.  
*Burdett Care*
-  2.5 Provide diabetes education and/or nutrition education to expectant mothers with gestational diabetes or other risk factors. By December 2017, 25% increase in number of mothers receiving nutrition education. By December 2017, 25% increase in number of expectant mothers with gestational diabetes receiving diabetes education. *Burdett Care*

### **Strategy 3: Expand school, community and employee wellness programs.**

#### Tactics:

-  3.1 By December 31, 2017, implement and/or expand worksite wellness programs in 20 worksites that increase opportunities for physical activity such as choosing stairs; access to or promotion of healthful foods and beverages; awareness of weight or diabetes management resources. By December 2017, 20 worksite wellness programs implemented and/or expanded. By December 2017, 2,000 employees impacted by initiatives.
  - 1.1 Expand healthy meeting policies sites in order to provide employees and/or clients with healthier food and beverage options.
  - 1.2 Increase point-of-decision prompts on the use of stairs (rather than an elevator or escalator) to provide employees and/or clients with opportunities for physical activity.
  - 1.3 Initiate worksite walking groups and walking paths in order to provide employees with opportunities for physical activity.
  - 1.4 Provide nutrition education sessions for employees to discuss MyPlate, reading food labels, healthy eating on a budget, healthy diet, and available nutrition resources
  - 1.5 Healthy Vending policies.
-  3.2 By December 31, 2017, expand the number of eligible schools that implement and/or expand universal breakfast program(s) by 5.

**Strategy 4: Expand opportunities for safe physical activity in the community.**

## Tactics:

-  4.1 By December 31, 2017, establish joint use agreement per year to open additional public areas and facilities for safe physical activity, such as walking programs. By December 2017, 3 new joint use agreements established. POINT PERSON: Charles Welge
  - 1.1 Engage community organizations to utilize these facilities resulting in at least 3 organizations utilizing each facility per year. By December 2017, at least 3 organizations using each facility. *Point Person: Charles Welge, YMCA Representative*
-  4.2 By December 31, 2017, at least six schools in Albany and Troy will adopt wellness policy editions and/or incorporate daily physical activity requirements into classroom time in order to increase regular physical activity among youth.
-  4.3 Develop biannual educational initiative informing residents in high need zip codes of free and low cost physical activity opportunities in their neighborhood such as open gym times, walking sites, sports leagues, etc. By December 2017, 300 educational materials distributed annually. POINT PERSON: HCDI