

THE COMMON DENOMINATOR: NUTRITION, OBESITY, HEART DISEASE & ORAL HEALTH

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Works to implement and evaluate evidence based strategies designed to prevent and delay development of type 2 diabetes; prevent and manage cardiovascular disease; and to *improve health outcomes*

Strategies focus on:

- Type 2 Diabetes Prevention
- Diabetes Management
- Cardiovascular Disease Prevention & Management

Two CDC Cooperative Agreements

- ▶ Improving the Health of Americans through Prevention & Management of Diabetes, Heart Disease & Stroke (1815)
 - ▶ Core grant - 51 total (all 50 states + District of Columbia)
 - ▶ Purpose: to build upon work that has been implemented from previous core funding
- ▶ Innovative State & Local Public Health Strategies to Prevent & Manage Diabetes, Heart Disease & Stroke (1817)
 - ▶ Competitive grant - 29 total
 - ▶ Purpose: to **design, test and evaluate** novel approaches using **evidence-based strategies** aimed at **reducing risk, complications, and barriers** to prevention and control of diabetes and cardiovascular disease in high burden populations

Chronic Health Conditions

- ▶ About half of all Americans have one or more preventable chronic disease or health condition, many of which are related to poor quality eating patterns and physical inactivity.
- ▶ These include:
 - ▶ Type 2 Diabetes
 - ▶ Cardiovascular diseases
 - ▶ High blood pressure
 - ▶ Some cancers

The Chronic Disease, Obesity, Oral Health & Nutrition Connection



The Bottom Line... What you put into your mouth not only impacts your teeth & gums, but your general health

Proper Nutrition is the #1 Key to Disease Prevention

Maintaining an ideal body weight or body mass index is very helpful in controlling blood pressure and reducing the risk of diabetes, a significant risk factor for heart disease and stroke

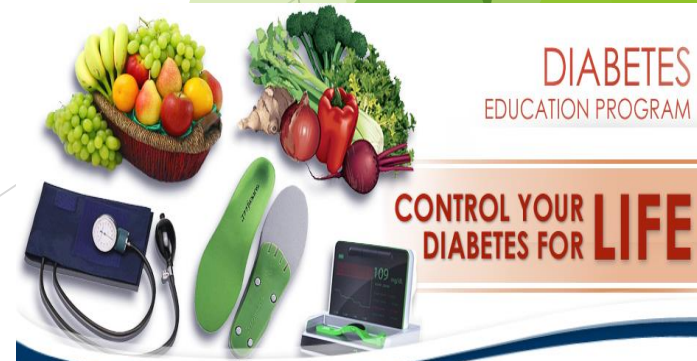
LIFESTYLE CHANGE PROGRAMS

Diabetes Self-Management Education Support Program (DSMES)

National Diabetes Prevention Program (NDPP)

Diabetes Self-Management Education Support (DSMES) Program

- ▶ Provides an evidence-based foundation that empowers people with diabetes to navigate self-management decisions and activities
- ▶ Focuses on seven self-care behaviors that are essential for improved health status and greater quality of life, to include healthy eating and active living



National Diabetes Prevention

Program (NDPP)

Evidence-based lifestyle change program developed by the CDC to delay or prevent the onset of type 2 diabetes.

- ▶ Focuses on: Healthy Eating & Physical Activity



...The Common Denominator!