



CACHE

Prepared CACHE Toolkit Briefing Information Briefing

Currently being piloted at Fort Bragg, Fort Sill,
and Eglin AFB in conjunction with DoD
Healthy Base Initiatives





Outline

- Need for change
- CACHE Toolkit
 - m-NEAT
 - PAC
 - QITS
- Competing the CACHE
- Benefits and Pilot



The Built Environment

Where people live, work, and play affects their health

- The built environment includes all of the physical parts of where we live and work (e.g., homes, buildings, streets, open spaces, and infrastructure).

Local policies and the physical environment influence daily choices that affect our health—and our weight (Bell & Rubin, 2007).

- Families living in neighborhoods that are zoned exclusively for residential use must drive to work and school because it is too far to walk.
- Communities that lack full-service grocery stores and neighborhood food markets have less access to fresh fruits and vegetables.



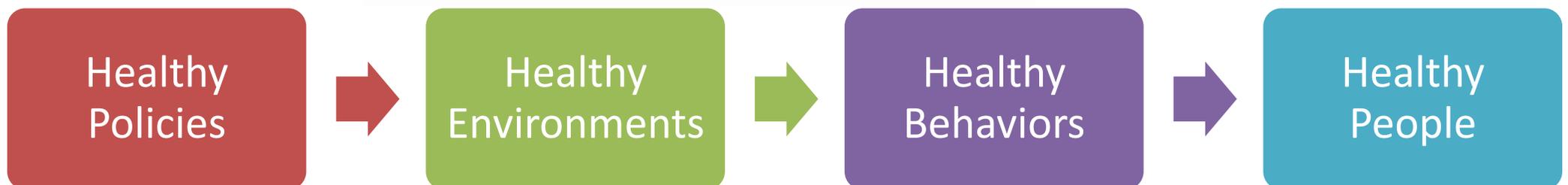
Creating Active Communities & Healthy Environments (CACHE) Toolkit

A number of leading organizations in health, including the World Health Organization, the Institute of Medicine, the International Obesity Task Force, and the Centers for Disease Control and Prevention....

“have identified environmental and policy interventions as the most promising strategies for creating population-wide improvements in eating, physical activity, and weight status”

and recognize that

“community programs, that advocate for prevention and cessation, smoke-free environments, and other policies and programs, are the most important advance in comprehensive programs and provide evidence that such programs reduce smoking.





The Role of **Communities** IN PROMOTING **HEALTHY EATING**

IMAGES
Food images in the environment
stimulate the desire to eat



LOWER PRICES
Children with access to lower fruit and vegetable prices are **significantly less likely to have increased BMI over time**

HIGH PROXIMITY
High proximity to grocery stores has been significantly associated with **lower rates of overweight and obesity**

Fast & Quick
SUPERMARKET

PLANNED
Over **50%** of supermarket purchases are unplanned, with **67%** of those purchases due to retail displays and manufacturing factors





The Role of **Communities** IN PROMOTING **PHYSICAL ACTIVITY**

JOINT USE

The number of children who are physically active outside is

84% higher when schoolyards are kept open for public play

WALKABLE COMMUNITIES

People who live in walkable neighborhoods are

2 times

as likely to get enough physical activity as those who don't

TRAILS

People who live near trails are

50%

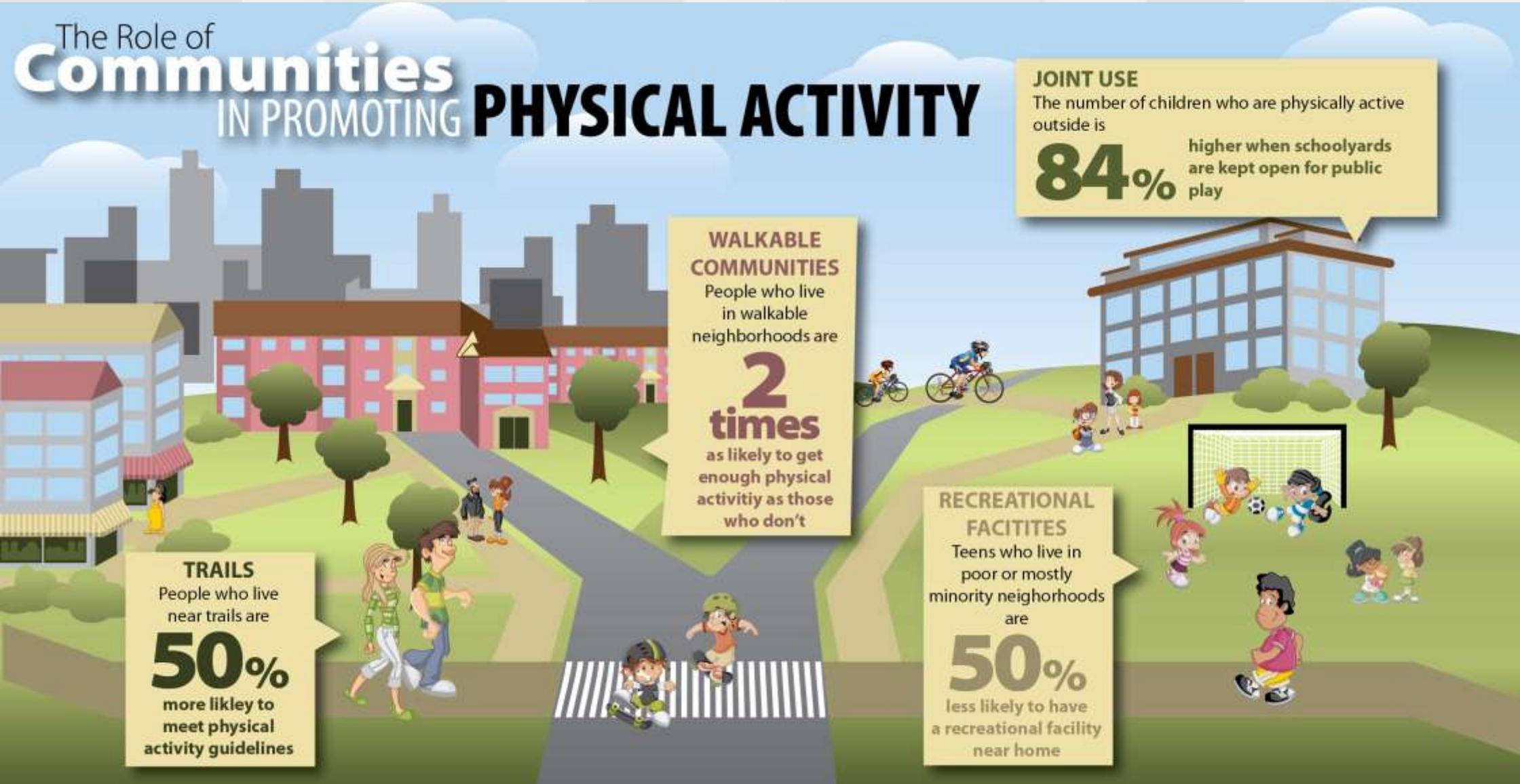
more likely to meet physical activity guidelines

RECREATIONAL FACILITIES

Teens who live in poor or mostly minority neighborhoods are

50%

less likely to have a recreational facility near home





The Role of **Communities** IN LIMITING **TOBACCO USE**

MASS MEDIA

Mass media campaigns educating the population about the dangers of smoking have been shown to

decrease initiation of tobacco use



SMOKE-FREE

Smoke-free worksites reduce tobacco use of employees. The more stringent policies show the greatest impact on employees' smoking habits.

Policies that have been in place for longer periods of time reduce tobacco use among employees further.

DESIGNATED SMOKING AREAS

Designated smoking areas show a positive effect on reducing consumption and quitting, but these policies do not totally

eliminate pollution from smoke

YOUTH SMOKING

Effective interventions for preventing youth smoking are

community based



TAXATION

Increasing tobacco price through taxation has shown to decrease initiation and increase cessation, **lowering the overall prevalence of tobacco use**



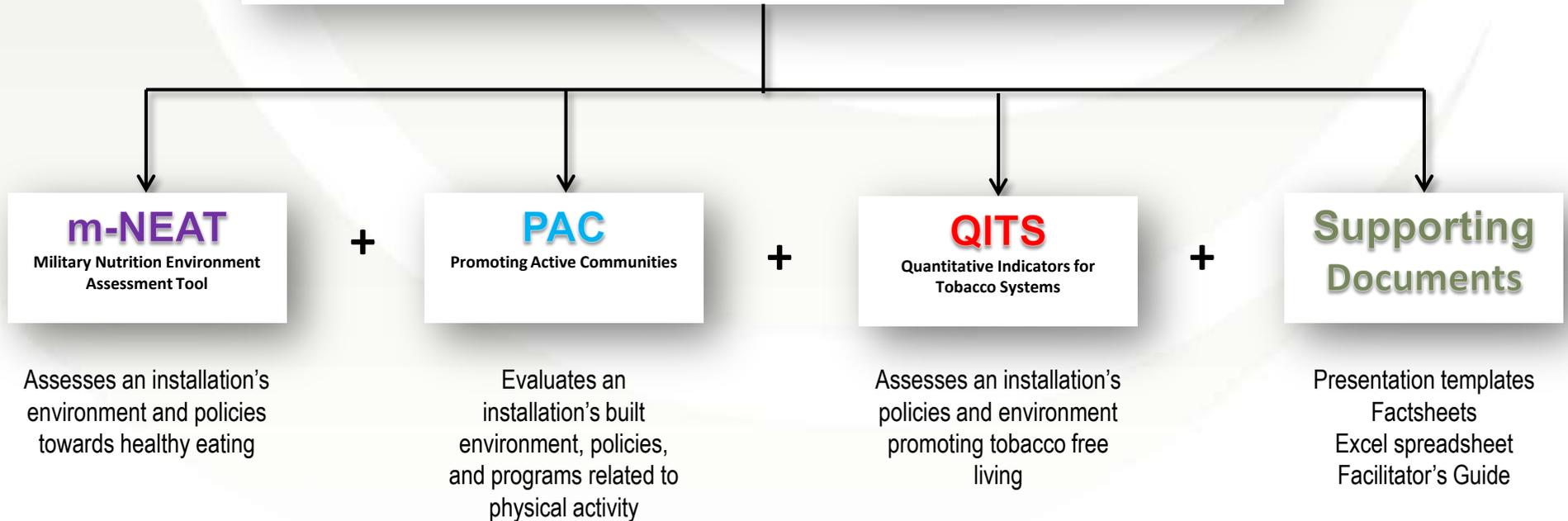
Creating Healthy Communities

Public Health Command has developed the CACHE Toolkit to assess the current physical activity, nutrition, and tobacco environment on military installations.

- Define improvement areas for local leaders to guide the implementation of policy, systems, and environmental changes around healthy living strategies
- Assist with prioritization of community needs to allow for optimal allocation of available resources.
- Improve population-level surveillance, to monitor trends in environmental health.
- Engage stakeholders and decision makers to affect policy and environmental changes in the built environment



Creating Active Communities & Healthy Environments (CACHE) Toolkit





Military Nutrition Environment Assessment Tool(m-NEAT)

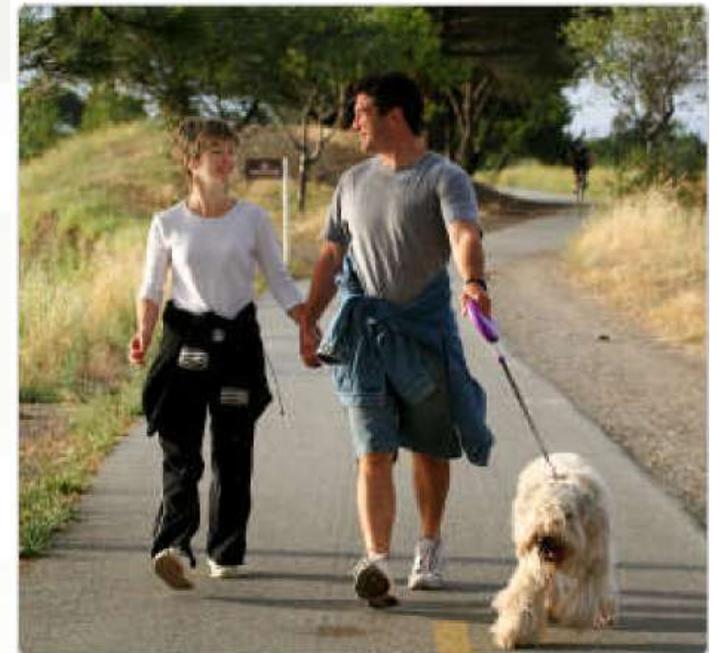
- The m-NEAT is a new tool that was recently adopted from the Navy's Choose Healthy Options for Wellness (CHOW) and is being implemented across the joint services.
- M-NEAT is an assessment of an **installation's environment** and **policies** related to promoting and supporting **healthy eating** within the **workplace, public facilities, restaurants, and food store**.
- The m-NEAT is designed to assist health promotion professionals, food operators, commanding officers and other stakeholders in collecting actionable information to support decision making and strategic planning.





Promoting Physical Activity (PAC) Tool

- A tool adapted from the Michigan Department of Community Health (MDCH) to identify and reward cities and towns for their efforts to become 'active living communities'.
- Active living communities are places where it is easy to integrate physical activity into daily routines.
- PHC has worked with MDCH and Army master planning SMEs to adopt the tool for use at Army installations.
- Installations can use the PAC to evaluate their built environments, policies, and programs related to promoting and supporting physical activities.





Quantitative Indicators of Tobacco Systems (QITS) Tool

- The QITS was recently adopted from the Centers for Disease Control Community Health Assessment and Group Evaluation (CHANGE) tool.
- Program evaluators and Army Public Health Nurses have collaborated with tobacco SMEs and community experts to adopt the QITS for military installations.
- Installations can use the QITS to evaluate their built environments, policies, and programs related to promoting and supporting tobacco free living.





Creating Active Communities & Healthy Environments (CACHE) Toolkit

CACHE Tools Snapshot

QITS – Excel tool

m-NEAT and PAC - online tools

← Update Demographics Selection

Section 1 Section 2 Section 3 Section 4 Section 5 Section 6 Section 7 Section 8 PAC Assessment Summary

COMMITMENT TO ACTIVE LIVING

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Unit 1

Community Support for Active Design

Policy and Process

Staff and Groups Dedicated to Promoting Physical Activity

1 Does your installation have a standing group, working to increase, improve and/or promote opportunities for active living such as walking, biking, or recreation on your installation?
 Yes No

2 Does your installation have an assigned a staff person specifically responsible for pedestrian and/or bicycle transportation options?
 Yes No

Site Plan Review Process

3 Does your Master Planning and Site Plan Approval Process include representation from stakeholders with a Public Health perspective?
 Yes No

	A	B	C	D	G
1					
2					
16					
17					
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32					

Installation at Large

INSTALLATION TOBACCO ENVIRONMENT

5. Are signs posted at entrance of gate installation indicating the installation's tobacco policies?
a. All (100%)
b. Most (51%-99%)
c. Some (1%-50%)
d. None (0%)

6. How many DoD owned or operated buildings on the installation have tobacco-free notices posted at every entrance/egress?
a. All (100%)
b. Most (51%-99%)
c. Some (1%-50%)
d. None (0%)

7. How many Designated Tobacco Areas are on the installation? 12

8. Are Designated Tobacco Areas indicated on all installation maps? 11

9. How many Designated Tobacco Areas are at a minimum of 50 feet from building entry/egress? 2

10. How many Designated Tobacco Areas are at a minimum of 50 feet from pedestrian walkways, to include parking lots? 4

11. How many Designated Tobacco Areas are at a minimum of 100 feet from playgrounds? ?



The CACHE is a Collaborative Effort

Conducting the Assessments will require collaboration with:

- **DPW**

- Master Planning
- Operations & Maintenance
- Transportation

- **MWR**

- Recreation Facilities Manager
- CYSS
- Food Service

- **ACS**

- **Housing**

- **MTF**

- **DeCA**

- **AAFES**



Before



After



Completing the CACHE

- CACHE representative leading the effort and communicate with AIPH
- CACHE coalition
 - Containing what your installation deems the most appropriate professionals
 - Responsible for collecting the data for the PAC and QITS
 - Participate in AIPH evaluation activities to include short surveys and focus groups to assess the process of CACHE
- Results from CACHE define improvement areas, AIPH will suggest evidence based solutions to improve built environment
- Action plan developed by coalition based on leadership priorities



Benefits of Using the CACHE

- **Recognition.** Participating in the pilot demonstrates the installations commitment to wellness, community announcements increase awareness among community residents about the community's vision and assets related to active living.
 - **Planning.** Personalized community reports enhance the community planning process by describing strengths and potential for improvements. Installations can compare their results to installations across the enterprise.
 - **Partnerships.** Local leaders develop new partnerships and enhance existing partnerships as a result of working together to complete the assessment. Creation of working group to continually address issues identified by CACHE.
 - **Monitoring.** Installations can use their results as baseline to monitor progress.
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Product of the



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