

## PUBLIC HEALTH PROGRAM SURVEY- Chronic Disease

### Contact Information

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**Short Title:** Heart Disease, Stroke, Diabetes Primary Prevention Activities (Chronic Disease Prevention and Control Program)

**Program Location:** Guam

### Objectives and Goals:

Heart disease, stroke and diabetes continue to be in the top ten leading causes of deaths in Guam since the beginning of the 90's and all throughout this decade. The overall goal of the Chronic Disease Prevention and Control Program (CDPCP) is to provide primary prevention strategies, through evidenced- based practices, in an effort to increase awareness, knowledge, and understanding on heart disease, stroke, and diabetes and its preventable and common risk factors. These include high blood pressure, high blood sugar, high total cholesterol, being overweight or obese, having inadequate nutrition and physical inactivity, and tobacco use. We aim to increase our community's knowledge and understanding on various healthy behaviors that could lead to the prevention and control of these diseases.

### Methods:

This program is designed to plan and implement primary prevention activities for our community, such as implementing free health screening services to identify common and multiple risk factors for these diseases. In addition, we mobilize various partnerships to enhance and expand the services that are provided in the face of decreased funding, and monitoring health status of the community to assist in developing evidenced- based projects and activities.

The program is funded under the Preventive Health and Health Services Block Grant which requires that we have a block grant advisory board. Their task is to assist in providing direction for how block grant programs are being designed and implemented. In addition, we are also required to have public hearings for the grant which allows the public to provide feedback and comments on the needs of our island.

**Program Length:**

October 1, 2008- September 30, 2009

**Number of target population reached by effort:**

Population aged 18 years and over: 108,773 (2000 census)

**Demographic Info:**

<u>Summary Statistics</u>	<u>Year</u>	<u>Value</u>
Estimated Population	2006	171,019
Total Population	2000	154,805
Average Household Size	2000	3.9
Median household income	2000	\$39,317
Per Capita Income	2000	\$12,722
Civilian labor force	2002	62,050
Employed	2002	54,980
Unemployed	2002	7,070
Unemployment rate	2002	11.4

Guam is made up of various ethnic groups such as Chamorros; White and Black Americans; Asians such as Filipinos, Koreans, Vietnamese, Chinese etc.; Native Hawaiian and other Pacific Islanders such as Chuukese, Phonpeian, Kosrean etc.

**Overall Cost:****Funding Sources:**

100 % Federal Funding

**Outcomes:**

Data gathered from annual health screening program activities; yearly vital statistics; and the Behavioral Risk Factor Surveillance System.

Program outcomes include:

Decreasing high blood pressure in Guam

Decreasing high blood cholesterol in Guam

Decreasing deaths related to diabetes, heart disease and stroke.

**Did you make any estimates regarding costs deferred, outbreaks averted or deaths prevented?**

N/A

**Additional Information:**

Our efforts in planning and implementing primary prevention activities in Guam for the past decade to include community and worksite chronic diseases risk factors health screenings; educational outreaches; and various other activities has developed into an integral part of our community life. A lot of people in our community, who cannot afford health care, utilize our services as a way to assist

in identifying their health status. In addition, various other health programs have piggy backed with our outreach efforts which has lead to the expansion of health services that we provide to include free adult and child immunizations, free eye and ear testing, mammogram and pap smear enrollment and so forth. In addition, various private organizations continue to collaborate with our program to assist in providing health screenings and health outreaches to various events they implement such as 5K runs and so forth.

Currently, our program is working closely with our local government in planning and implementing a Government wide Physical Fitness and Wellness Program that all government employees can avail.

**Future Plans:**

We plan to continue implementing the Chronic Disease Prevention and Control Program to have a front in combating heart disease, stroke and diabetes. In the future, we plan to design and implement an Obesity program for Guam as we do not have any sustainable program that directly addresses obesity. This is ironic since Guam is one who leads the nation in obesity rates.

All our efforts and plans are always in danger of budget cuts every year. Various reasons for this include the redirection of funding to support other efforts such as the current wars. Another big factor is the US recession.