

New York City Initiatives to Combat Chronic Diseases



Thomas Farley, MD, MPH

Commissioner

New York City Department of Health and Mental Hygiene

July 13, 2012



Chronic Disease Prevention Initiatives NYC, 2002-2011

Environmental

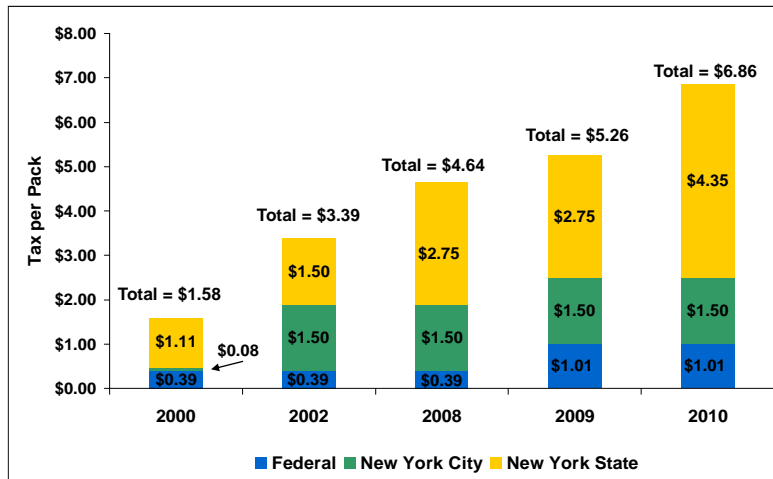
- Smoking prevention
- Trans fat restriction
- Sodium reduction

Clinical

- Prevention-oriented electronic health records with quality improvement technical assistance



Raising the Price of Cigarettes Through Excise Taxes



Comprehensive Smoke-free Air Policies

- ❑ **2002:** NYC Smoke-Free Air Act
 - Prohibits smoking in workplaces, restaurants, bars
- ❑ **2011:** Parks/beaches ban
 - Includes boardwalks, pedestrian plazas
- ❑ **2012:** Institutional policy:
 - City University of New York's 23 campuses will become tobacco-free

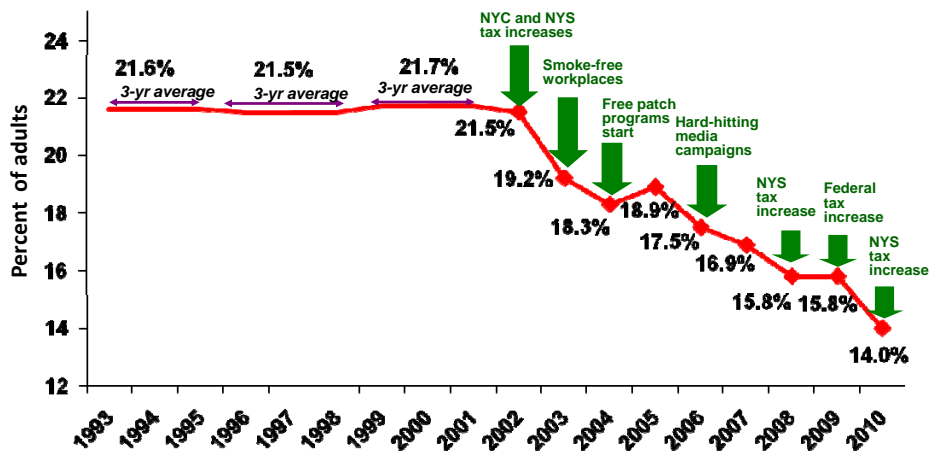


Media Messages

- ❑ Shows graphically effects of smoking
- ❑ Messages tested in focus groups of smokers and evaluated with surveys



Effect of Environmental Approaches to Smoking Prevention NYC, 2002-2010



Source: New York City Community Health Survey



Trans Fat Restriction

- ❑ Trans fat raises heart disease risk
 - 4 grams daily (typical size French fries) increases heart disease risk 23%
- ❑ 2006: NYC Board of Health voted to restrict artificial trans fat in restaurants
- ❑ 95% of restaurants compliant
- ❑ Similar trans fat restrictions now in 15 other states and local jurisdictions

Sources: Mozaffarian D, Katan MB, Ascherio A, Stampfer MJ, Willett WC. Trans fatty acids and cardiovascular disease. *N Engl J Med.* 2006;354:15:1601-1613. Angell S, Silver L, Goldstein G, Johnson C, Deitcher D, Frieden T, Bassett M. Cholesterol Control Beyond the Clinic: New York City's Trans Fat Restriction. *Annals of Internal Medicine.* 2009; 151:129-134. Center for Science in the Public Interest: <http://www.cspinet.org/transfat/>. Accessed April 5, 2011.



National Salt Reduction Initiative

- ❑ Reducing sodium intake by <1,200 mg/day could save tens of thousands of lives/year nationally
- ❑ NSRI Goal: decrease sodium intake by 20% over 5 years
- ❑ Voluntary; Government-industry collaboration
- ❑ Methods:
 - Targets set for 62 categories of packaged food and 25 categories of restaurant food
 - Average 25% reduction in sodium
 - Food companies asked to commit



28 Major Packaged-Food Companies and Restaurants Have Committed to NSRI

Packaged Food

- Boar's Head
- Butterball
- Campbell Soup Co.
- Delhaize America
- Dietz & Watson
- Fresh Direct
- Furmano's
- Goya
- Hain Celestial
- Heinz
- Hostess Brands
- Ken's Foods
- Kraft
- LiDestri
- Mars Food
- McCain Foods
- Premio
- Red Gold
- Snyder's-Lance, Inc.
- Target Corporation
- Unilever
- White Rose

Restaurants

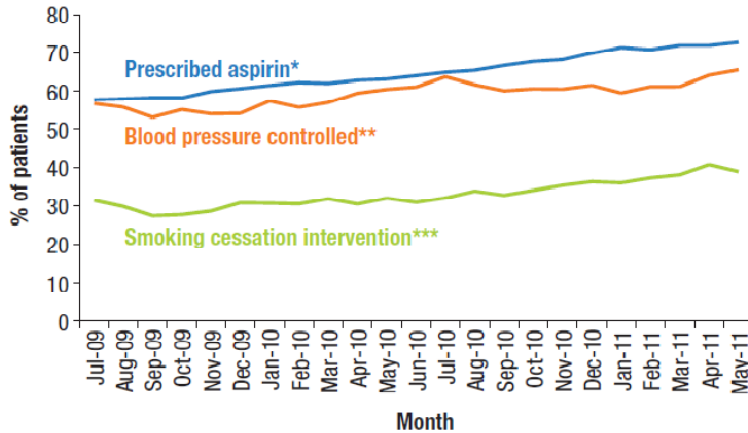
- Au Bon Pain
- Bertucci's Italian Restaurant
- Black Bear European Style Deli
- Starbucks
- Subway
- Uno Chicago Grill



Clinical Care: Primary Care Information Project

- >3,000 providers serving ~3 million patients using prevention-oriented electronic health records
- Prevention features include:
 - Clinical Decision Support System : Actionable alerts for preventive services
 - Ability to generate condition-specific lists of patients in need of care
- Quality improvement technical assistance
 - Staff work with physicians on workflow redesign to improve preventive services

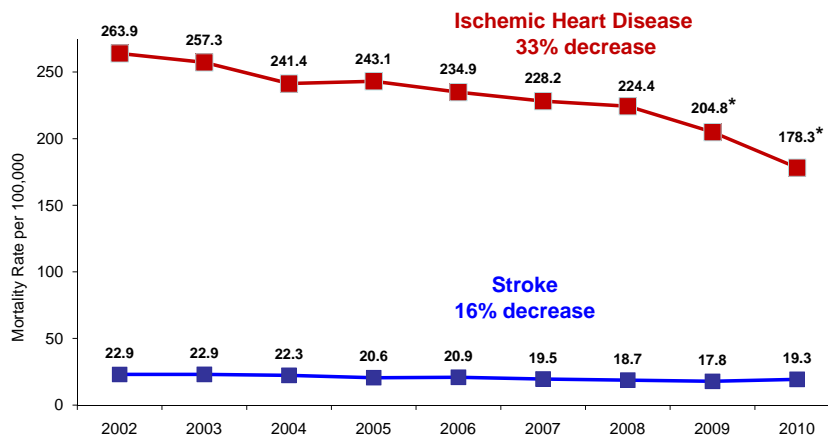
Improvements in Delivery of Clinical Preventive Services



*Among patients with vascular disease or diabetes
 **Among patients with high blood pressure
 ***Among patients who currently smoke
 Source: NYC DOHMH Primary Care Information Project



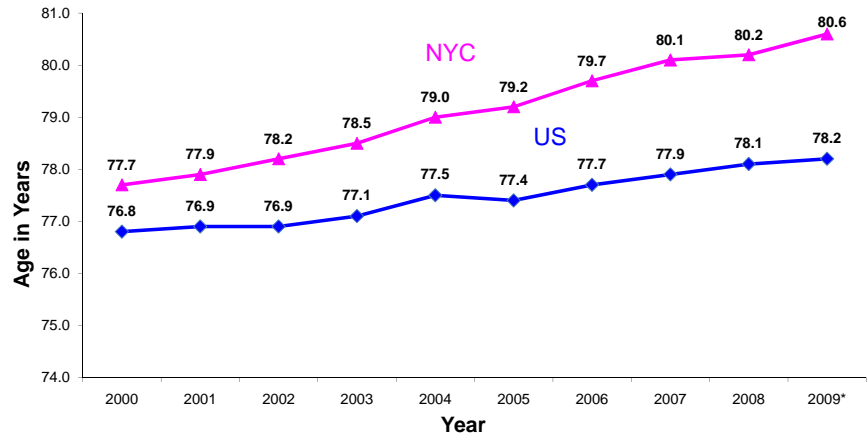
Declining Mortality Rates for Heart Disease and Stroke



Crude rates for both ischemic heart disease (ICD 10: 120-125) and cerebrovascular disease (ICD-10: 160-169).
 New York City Department of Health and Mental Hygiene, Bureau of Vital Statistics, 2012
 *Decline may be due in part to data reporting changes:
<http://www.nyc.gov/html/doh/downloads/pdf/vs/vs-population-and-mortality-report.pdf>



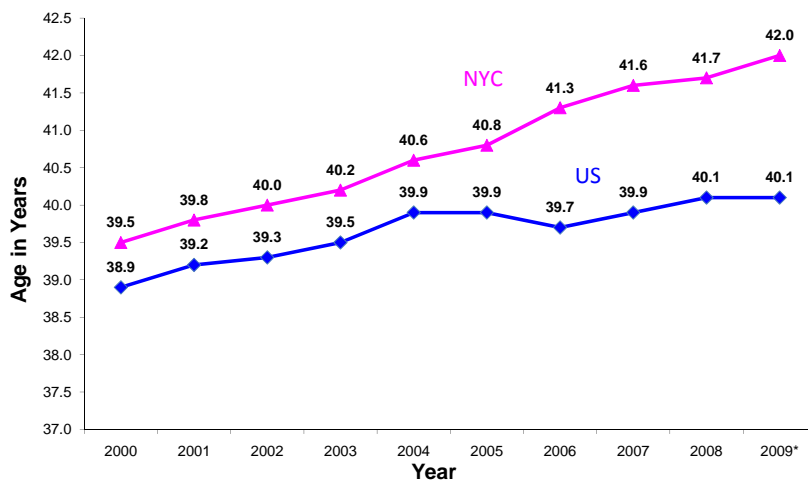
Trends in Life Expectancy at Birth NYC and US



NYC Department of Health and Mental Hygiene, Bureau of Vital Statistics 2011
 Note: New York City data have been revised by using interpolated population estimates based on 2010 census counts and are different from previously published. * Data for 2009 are preliminary.



Trends in Life Expectancy at Age 40 NYC and US



NYC Department of Health and Mental Hygiene, Bureau of Vital Statistics, 2011
 Note: NCHS used a revised methodology beginning 2006 and data may differ from those previously published. New York City data have been revised by using interpolated population estimates based on 2010 census counts and are different from previously published. * Data for 2009 are preliminary.



**“Mass diseases and
mass exposures
require mass remedies.”**

Geoffrey Rose

