
Recommendations for Hospital Community Benefit Programs to Support Diabetes Prevention Efforts in Los Angeles County

- **Overarching recommendations**

- Focus implementation strategies on: 1) increasing physical activity, 2) improving nutrition and reducing caloric intake, 3) increasing early diagnosis of diabetes and pre-diabetes and linkage to services, and 4) improving diabetes management, including self-management.
- Prioritize policy, systems, and environmental (PSE) change strategies because they generally have a greater population impact than the provision of individual-level services.
- Include investments in mass communication strategies (e.g., media campaigns) to promote social norm change toward healthier dietary practices and increased physical activity; use shared messaging.
- Develop shared implementation strategies with other hospitals and with community organizations to increase population impact.
- Provide funding to community organizations to help lead PSE change efforts; also consider direct funding to schools and cities to implement PSE change interventions.
- Prioritize efforts in high-need communities, as reflected by high rates of diabetes, obesity, and/or economic disadvantage.
- Invest 5-10% of funding on evaluation.

- **Recommended priority interventions to increase physical activity**

- Support efforts to establish shared use agreements with school districts and individual schools to open up school grounds and facilities during non-school hours for community recreation; support recreational programming at these sites.
- Support efforts to establish local school wellness policies that are in line with state physical education requirements and CDC's Comprehensive School Physical Activity Program guidance.
- Encourage cities to establish policies and programs that support increased walking and biking (e.g., develop and implement active transportation plans).
- Support efforts to increase safety for pedestrians and bicyclists (e.g., Vision Zero campaign).
- Support efforts to expand local parks and recreation infrastructure and programming.
- Support large scale street closure events (e.g., CicLAvia) to promote using streets for physical activity, particularly in high-need communities that lack open and/or public space.
- Support Safe Routes to School programs.
- Support workplace interventions that promote physical activity.
- Develop and implement a mass communications strategy to promote physical activity and "active living."

- **Recommended priority interventions to improve nutrition and reduce caloric intake**

- Support efforts to establish and implement nutrition standards, including portion size standards, for foods purchased, sold, and/or served by cities, schools, colleges and universities, hospitals, community organizations, and other institutions.

- Support community efforts to increase the availability and affordability of healthy foods, and reduce the high concentration of unhealthy foods in restaurants, supermarkets, grocery stores, and neighborhood markets (e.g., LA Food Policy Council's Healthy Neighborhood Market Network).
 - Support interventions that use principles of behavioral economics to promote healthy food selections in all settings where foods are purchased or served (e.g., Smarter Lunchrooms Movement, Cornell University).
 - Encourage cities to implement the urban agriculture incentive zone program and support efforts to identify vacant sites for program participation.
 - Support farm to school programs, farmer's markets, community and school gardens, and related efforts to increase access to locally sourced fresh produce.
 - Encourage cities to establish policies that promote healthier food retail through regulation (e.g., mandated minimum percentage shelf space for produce, or mandated healthy checkout aisles), or through incentives (e.g., tax credits, grant and loan programs, or preferential siting), particularly in high-need communities where healthy and affordable food options are limited.
 - Support workplace interventions that promote healthy eating.
 - Support the development of systems that assess food insecurity and increase referrals and enrollment of eligible individuals and families in public food assistance programs.
 - Develop and implement a mass communications strategy to promote healthy dietary practices.
- **Recommendations for increasing early diagnosis of diabetes and prediabetes and linkage to services**
 - Support targeted screening and referral in high-need communities.
 - Support efforts to expand access to the Diabetes Prevention Program (e.g., support efforts to increase the supply of certified providers; advocate for program inclusion as a covered benefit).
 - Develop and implement a mass communications strategy for increasing community awareness of the need for screening in high-risk populations.
 - **Recommendations for improving diabetes management, including self-management**
 - Support systems interventions that improve diabetes care (e.g., adoption of the Chronic Care Model framework).
 - Support expansion of evidence-based diabetes self-management programs and strategies to increase access to these programs.

