



Healthy defaults: Making healthy choices easy

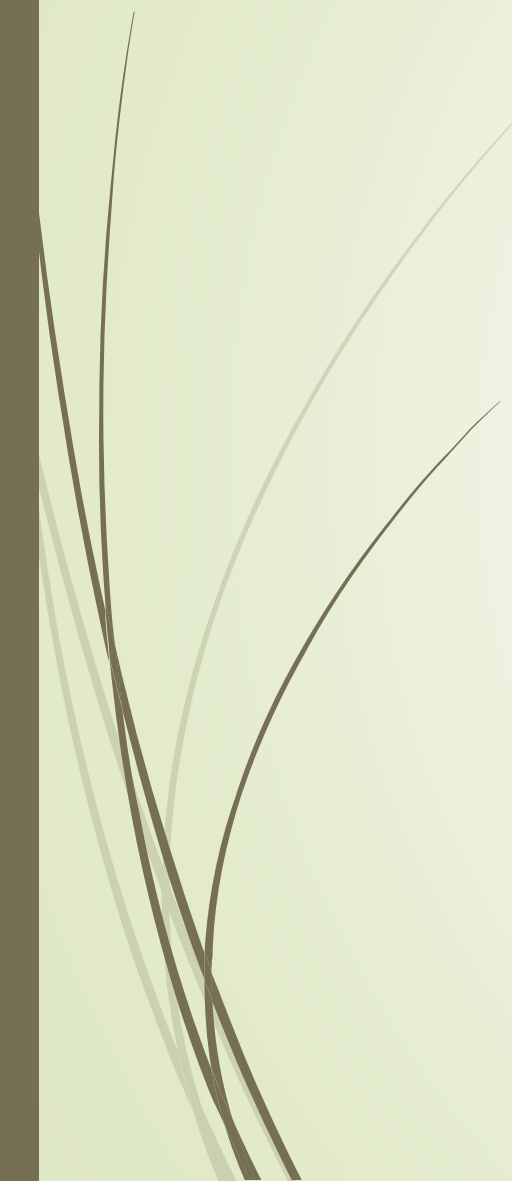
Cynthia B. Morrow, MD, MPH

Lerner Chair for Health Promotion, Lerner Center

The Maxwell School, Syracuse University



Overview

- Health, public health, and health promotion
 - The Lerner Center as a partner
 - Defaults and the role of the community
 - Changing your defaults to improve your health
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What is Health?

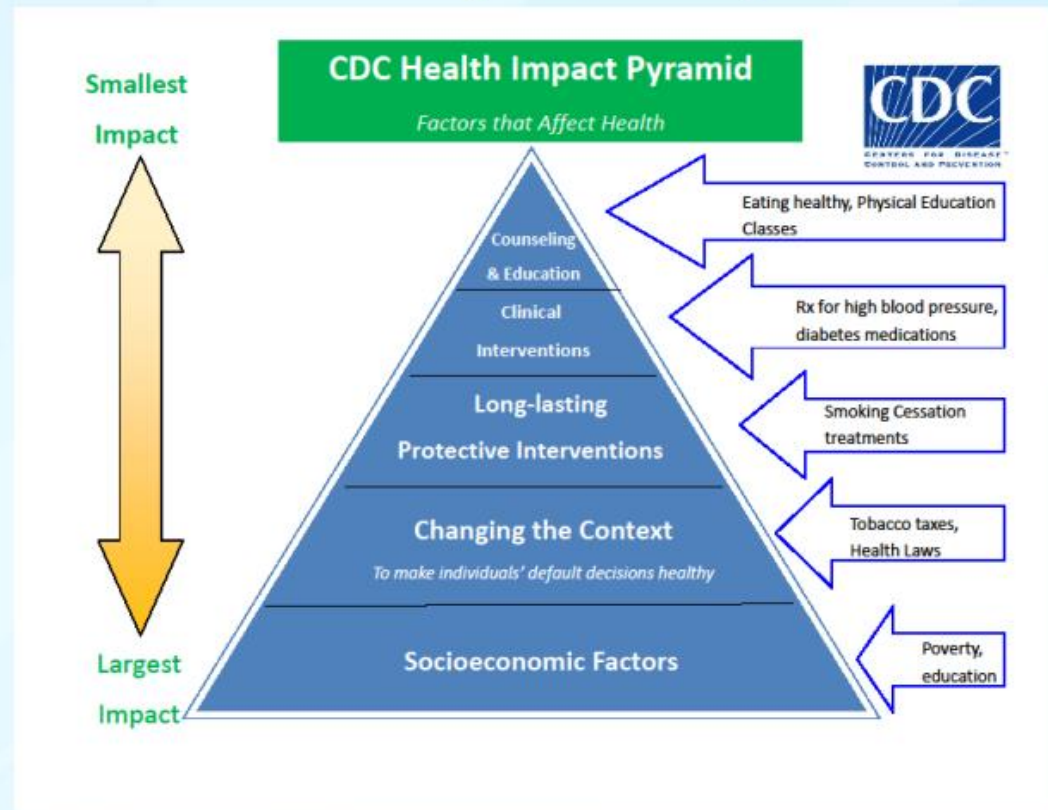
- A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
 - World Health Organization



Public health

- An organized effort to improve the health of a community

Health Impact Pyramid



Source: Frieden, T. A Framework for Public Health Action: The Health Impact Pyramid. Am J Public Health. 2010; April; 100(4): 590–595.

A key component: Collaboration!

- Public health relies on meaningful partnerships between multiple agencies to affect change across communities
 - E.g. Near Westside Initiative



Health promotion

- “Health promotion is the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions.”
 - World Health Organization
- (v. health education...)



Lerner Center for Health Promotion

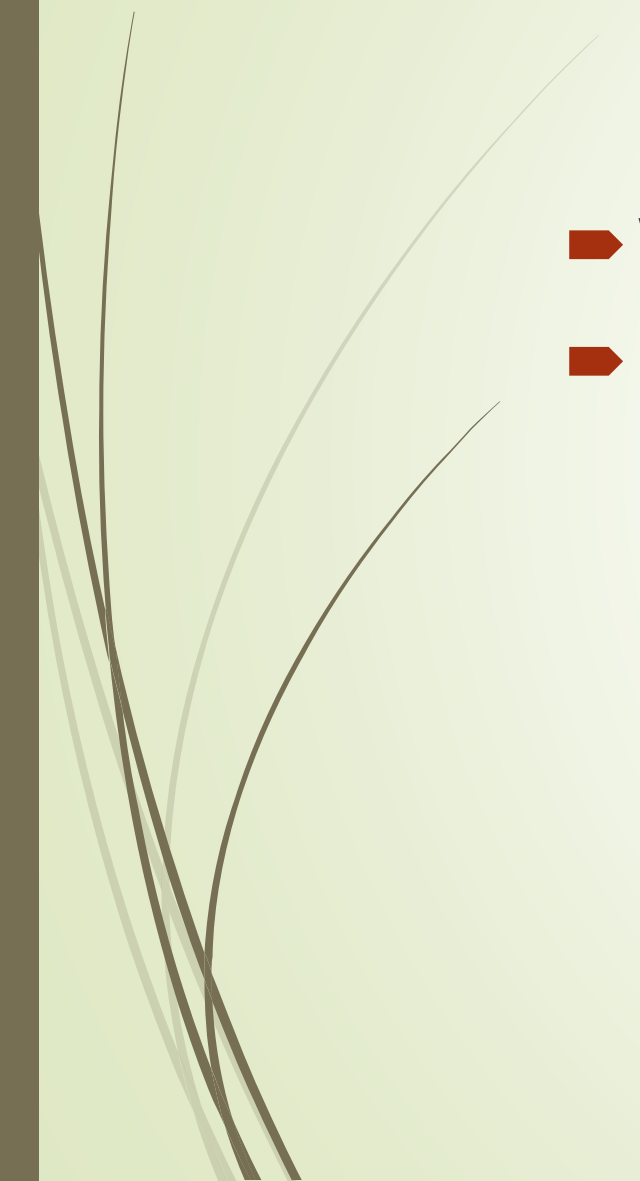
- Mission: To improve the health of the community through service, research, education as well as advocacy and policy
- Values:
 - Community engagement
 - Partnership & collaboration
 - Aligned goals
 - Sustainability



LERNER CENTER FOR
PUBLIC HEALTH PROMOTION



Health Promotion

- What do you think of when you think of health?
 - How you can achieve health?
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Healthy Monday **Syracuse**

The day all health breaks loose



MEATLESS MONDAYSM
One day a week,
cut out meat.



Healthy MondaySM
The day all health
breaks loose!



Kids Cook Monday!SM
Start your week off right:
Make Monday family night!



Quit & Stay Quit MondaySM
The day to
recommit to quit.



**caregiver
monday**SM
The day dedicated
to the care of caregivers.



**MAN UP
MONDAY!**SM
The day to get tested
and get condoms.



**MOVE IT
MONDAY!**SM
Jump start your week!



**MONDAY
2000**SM
2000 calories per day
for the average adult.



Physical Activity: Move it Monday

How can we increase physical activity?

- ▶ Community: How can we improve opportunities for physical activity?
 - ▶ Urban planning: Make communities walkable, green space more available
 - ▶ Organizational planning:
 - ▶ Have point-of-decision cues (signage)
 - ▶ Physical education in school/ college



Physical Activity: Move it Monday

How can we increase physical activity?

- Individuals: MAKE IT A HABIT
 - Park far away
 - Take the stairs
 - Use a pedometer/ tracking device
 - Incorporate “play” into your day
 - INVOLVE FRIENDS, FAMILY, CO-WORKERS



12 Wellness Initiatives to Promote
More Physical Activity at Work

Healthful eating: Meatless Monday

How can we improve our diet?

- Community: How can we improve opportunities for healthful diets?
 - Urban planning:
 - Distribution of food retail outlets
 - Community gardens
 - Organizational planning:
 - ALWAYS have healthful options available
 - Calorie labeling
 - Have point-of-decision cues (signage)



Healthful eating: Meatless Monday

How can we improve our diet?



- Individuals: How can we improve opportunities for healthful diets? Healthful food choices
 - DON'T regularly buy unhealthy food!!!!
 - PLAN! Pack a healthful snack just in case....
 - Cut up and have vegetables/ fruits readily available
 - Whole grains as your default
 - Don't use food as a reward OR a punishment
 - AND... SORRY!!!! Put away that candy dish on your desk...



Healthful eating: Meatless Monday

How can we improve our diet?

- Individuals: How can we improve opportunities for healthful diets? Portion control
 - PUT AWAY your dinner plates and use your salad plates
 - Plate your meals away from the dining table
 - DON'T push someone to “clean your plate”

- For both: Involve family, friends, co-workers



Healthy minds: Meditation Monday

How can we decrease stress?

- ▶ Community: How can we decrease stress in the community?
 - ▶ Urban planning:
 - ▶ Green spaces
 - ▶ Safe spaces for communal gatherings
 - ▶ Organizational planning:
 - ▶ A supportive environment
 - ▶ Work/life balance policies
 - ▶ Breaks to support healthy choices



Healthy minds: Meditation Monday

How can we decrease stress?

- ▶ Individual: How can we decrease stress in our lives?
 - ▶ Feed your soul
 - ▶ Volunteer
 - ▶ Be mindful
 - ▶ Coloring, knitting, gardening
 - ▶ Invest in your support system
 - ▶ Play with your friends
 - ▶ Engage in physical activity
 - ▶ Play with your pet
 - ▶ Eat well
 - ▶ Sleep well
 - ▶ Reduce sugar, caffeine, alcohol intake
 - ▶ And if you need it, get help!





And of course...

- ▶ If you smoke, identify what you need to help you quit
- 



Other ideas?

Questions?