

*Live*WELL

LANCASTER COUNTY



LANCASTER COUNTY POLICY SCAN RESULTS



LiveWellLancaster.org

Policy Scan Results: Clinical & Preventive Services

Workplace:

Yes	No	
98%	2%	Does your business provide insurance coverage to employees for preventive services?
80%	20%	Does your business provide employee access to chronic disease self-management programs?
74%	26%	Does your business provide routine screening, follow-up counseling, and education to employees to help address chronic diseases and related risk factors?
54%	20%	Does your medical insurance company cover pharmacotherapy? (27% responded with not applicable)



Policy Scan Results: Clinical & Preventive Services

Workplace (con't):

Yes	No	
14%	86%	Is your business a member of a collective prescription medical contracts purchasing consortium?
9%	91%	Is your business a member of a collective procurement of medications purchasing consortium?
9%	91%	Is your business a member of a collective procurement of food purchasing consortium?
26%	74%	Is your business a member of a collective health insurance purchasing consortium?



Policy Scan Results: Clinical & Preventive Services

Workplace (con't):

Yes	No	
52%	48%	Does your business offer a comprehensive employee wellness program? (To qualify as a comprehensive employee wellness program, the program must include: a) Senior Level Support, b) Functional Wellness Team, c) Data Collection, d) Development of an Operating Plan, e) Selection of Appropriate Interventions, f) A Supportive Environment, and g) Measurement and Evaluation of Outcomes.)
59%	41%	Does your business have a formalized wellness council/committee?
50%	50%	Has your business adopted and formalized an obesity prevention program (e.g. LEAN Works!, Weight Watchers, Biggest Loser)?
36%	64%	Does your business have written policies supporting wellness council committees?



Policy Scan Results: Clinical & Preventive Services

Workplace (con't):

Yes	No	
46%	54%	Has your business adopted and formalized other* health promotion program(s)?
54%	47%	Does your business have written policies supporting employee wellness services offered?
29%	71%	Does your business have written policies supporting alternative work schedules?
10%	90%	Does your business have other written policies?
16%	84%	Has your business been recognized locally or nationally for your workplace health promotion activities?

* Other teams indicated: 10,000 step, Eat Well for Life, Nutritional counseling, biometric testing, BRAVO, Café Well, Fitness challenges, health fairs, wellness incentives, onsite health coaching, exercise classes, personal trainers, walking challenges, weight loss challenges, healthy lifestyle financial incentive program.



Policy Scan Results: Clinical & Preventive Services

Physicians:

All	Most	Some	None	
47%	29%	12%	12%	How many of your physicians ensure that they follow a protocol for hypertension and hyperlipidemia treatment and control?
44%	38%	6%	13%	How many of your physicians ensure that Hypertension and cholesterol control are tracked?
20%	33%	40%	7%	How many of your physicians ensure that at least two blood pressure measurements for hypertensive patients are taken during each visit?
41%	24%	29%	6%	How many of your physicians ensure that patients are referred to local programs for healthy weight management?



Policy Scan Results: Clinical & Preventive Services

Physicians (con't):

Yes	No	
94%	6%	Does your practice use electronic medical health records?



Policy Scan Results: Healthy Eating

Workplace:

Yes	No	
64%	36%	Does your business provide an onsite venue where employees can purchase food?
67%	33%	Does your business purchase or use foods grown in Lancaster County?
59%	41%	Does your business require healthy food preparation practices in on-site food venues?
100%	0%	Does your business offer healthy food and beverage options in on-site food venues?
89%	11%	Does your business offer healthy food and beverage options at company-sponsored meetings and events?



Policy Scan Results: Healthy Eating

Workplace (con't):

Yes	No	
33%	67%	Has your business instituted pricing strategies that encourage the purchase of healthy food and beverage options in onsite food venues?
20%	80%	Has your business banned marketing (e.g. counter advertisements, posters, other print materials) of less than healthy foods and beverages onsite?
80%	20%	Does your business provide vending machines in the workplace?
27%	74%	Are at least 50% of food and drink options in your workplace vending machines healthy?



Policy Scan Results: Healthy Eating

Workplace (con't):

Yes	No	
21%	80%	Has your business adopted and formalized Farm-to-Institution practices (e.g. purchasing food from local farmers, farm stand available for employees to purchase fresh fruits/vegetables)?
56%	44%	Has your business adopted and formalized a breastfeeding/lactation support program/practice at your worksite(s)?
50%	50%	Has your hospital adopted Baby Friendly Hospital Initiative components in their entirety?
21%	79%	Does your business have written policies supporting healthy vending?
41%	60%	Does your business have written policies supporting breastfeeding?



Policy Scan Results: Healthy Eating

Physicians:

All	Most	Some	None	
6%	0%	53%	41%	Prescriptions are written for fresh fruits and vegetables?
63%	13%	19%	6%	Weight and height are taken and the appropriate BMI is calculated for every patient at each visit?
41%	29%	29%	0%	Counseling is provided to patients with elevated BMI?
41%	24%	29%	6%	Patients are referred to local programs for healthy weight management?



Policy Scan Results: Healthy Eating

Schools:

All	Most	Some	None	
92%	0%	8%	0%	How many of the districts schools have breakfast and lunch programs that meet the U.S. Department of Agriculture school mean nutrition standards?
100%	0%	0%	0%	How many of the districts schools require healthy food preparation practices (e.g., steaming, low fat, low salt, limited frying) are always used in the school cafeteria or onsite food services?
54%	39%	8%	0%	How many of the districts schools ensure that students are provided only healthy food and beverage options beyond the school food services (e.g., vending machines, school stores, and food brought for celebrations)?



Policy Scan Results: Healthy Eating

Schools (con't):

All	Most	Some	None	
8%	23%	31%	39%	How many of the districts schools have a school garden (e.g., access to land, container gardens, or raised beds)?
39%	23%	0%	39%	How many of the districts schools have banned marketing (e.g., counter advertisements, posters, other print materials) of less than healthy foods and beverages onsite?
85%	15%	0%	0%	How many of the districts schools provide adequate time to eat school meals (10 minutes for breakfast/20 minutes for lunch, from the time students are seated)?
39%	31%	15%	15%	How many of the districts schools prohibit the sale of sugar-sweetened beverages (excluding flavored, fat-free milk) during the school day?



Policy Scan Results: Healthy Eating

Schools (con't):

All	Most	Some	None	
85%	8%	0%	8%	How many of the districts schools require fruits and vegetables to be available wherever foods and beverages are offered?
77%	0%	0%	23%	How many of the districts schools institute pricing strategies that encourage the purchase of healthy food and beverage options?
77%	15%	8%	0%	How many of the districts schools have a nutrition education curriculum for all students in grades pre-K to grade 12 as part of a sequential health education course of study, consistent with state or National Health Education Standards?



Policy Scan Results: Healthy Eating

Schools (con't):

Yes	No	
0%	100%	Has the district implemented a formal Farm-to-School initiative?



Policy Scan Results: Healthy Eating

Municipalities:

Yes	No	
0%	100%	Does your local government have a policy that prohibits the sale of less healthy foods and beverages in local government facilities?
3%	97%	Is the municipality directly involved in food procurement in any municipality-funded residential or detention programs or cafeterias?
0%	100%	Require the purchase or use of foods grown in Lancaster County (e.g., farm to institution program)?
100%	0%	Does the municipal government require healthy food preparation practices?
0%	100%	Does the municipal government provide funding to support community garden (or similar) programs?



Policy Scan Results: Healthy Eating

Municipalities (con't):

Yes	No	
6%	94%	Does the municipality provide nutrition education as a component of their parks/recreation/enrichment initiatives?
0%	100%	Does the municipality provide dedicated funding to support nutrition programs for all people across the lifespan?
0%	100%	Does the municipality offer at least one incentive (financial or nonfinancial) to new and/or existing food retailers to offer healthier food and beverage choices in underserved areas?



Policy Scan Results: Healthy & Safe Physical Environments

Workplace:

Yes	No	
63%	37%	Does your business have bike racks?
7%	93%	Did your business complete the Bicycle Friendly Business application prior to July 1, 2012?
64%	36%	Does your business have designated walking paths?



Policy Scan Results: Healthy & Safe Physical Environments

Municipalities:

Mean	
6.6	Miles of paved sidewalks in the municipality
1.4	Number of walking/biking trails in the municipality
0.4	Miles of designated bike lanes in the municipality

Note: The mean total mileage of paved streets managed and paid for by the municipalities (excluding limited access highways) is 58.2 miles.



Policy Scan Results: Healthy & Safe Physical Environments

Municipalities (con't):

Yes	No	
6%	94%	Has the municipality conducted a walkability audit?
3%	97%	Has the municipality conducted a bikeability audit?
0%	100%	Has the municipality conducted a Health Impact Assessment?
85%	15%	Does the municipality's Planning Committee (or similar organization) include a resident representative?
3%	97%	Does the municipality's Planning Committee (or similar organization) include representation from the healthcare or public health community?



Policy Scan Results: Healthy & Safe Physical Environments

Municipalities:

Yes	No	
63%	38%	Comprehensive Plan includes goals for walkability?
47%	53%	Comprehensive Plan includes goals for bikability?
80%	20%	Does the municipality's Comprehensive Plan require developers to include paved sidewalks in all new residential and commercial developments?
18%	82%	Comprehensive Plan include a goal to adopt at least one Complete Streets design element?
0%	100%	Has the municipality adopted a Complete Streets policy?



Policy Scan Results: Active Living

Workplace:

Yes	No	
5%	96%	Do you offer incentives for employees who walk or bike to work regularly?
59%	41%	Does your business provide employee access to a fitness center, a gymnasium, or physical activity classes onsite?
57%	43%	Does your business provide discounts to employees for offsite fitness center memberships?
37%	63%	Has your business adopted and formalized a program that promotes stair use by employees (e.g. Stair Well)?
34%	66%	Does your business allow flexibility in employee schedules to accommodate physical activity during the work day?



Policy Scan Results: Active Living

Workplace (con't):

Yes	No	
0%	100%	Does your business have a company-sponsored volleyball team for employees?
0%	100%	Does your business have a company-sponsored basketball team for employees?
7%	93%	Does your business have a company-sponsored softball/baseball team for employees?
6%	94%	Does your business have any other* company-sponsored teams for employees?

* Other teams indicated: games after work building drive incentives, soccer, and walking/hiking clubs)



Policy Scan Results: Active Living

Physicians:

All	Most	Some	None	
6%	0%	53%	41%	How many of your physicians ensure that prescriptions are written for exercise?
63%	13%	19%	6%	How many of your physicians ensure that weight and height are taken and the appropriate BMI is calculated for every patient at each visit?
41%	29%	29%	0%	How many of your physicians ensure that counseling is provided to patients with elevated BMI?
31%	25%	44%	0%	How many of your physicians ensure that patients' physical activity is included as part of a written checklist or screening in all routine office visits?



Policy Scan Results: Active Living

Physicians (con't):

All	Most	Some	None	
33%	40%	47%	0%	How many of your physicians ensure that regular counseling about the health value of physical activity is provided during all routine office visits?
20%	27%	20%	13%	How many of your physicians ensure that a standardized referral system is used to help patients access community-based resources or services for physical activity?



Policy Scan Results: Active Living

Schools:

All	Most	Some	None	
0%	15%	23%	62%	How many of the district's schools have a walk or bike to school initiative?
54%	39%	8%	0%	How many of the district's schools allow the use of their athletic facilities by the public or for non-school-related extracurricular physical activity programs during non-school hours (e.g., joint use agreements)?
92%	8%	0%	0%	How many elementary schools require at least 20 minutes of recess daily for students?



Policy Scan Results: Active Living

Schools (con't):

All	Most	Some	None	
85%	15%	0%	0%	How many of the district's schools have implemented a physical education curriculum for all students in grades pre-K to grade 12, as part of a sequential physical education course of study, consistent with state or national physical education standards?
62%	31%	0%	8%	How many of the district's schools do not provide waivers or exemptions from participation in physical education for other school and community activities (e.g., band, chorus, sports, community volunteering)?



Policy Scan Results: Active Living

Schools (con't):

Yes	No	
8%	92%	Does the district have a policy that requires at least 150 minutes per week of physical education for all elementary school students throughout the school year?
17%	83%	Does the district have a policy that requires at least 225 minutes per week of physical education for all middle school and high school students throughout the school year?
33%	67%	Does the district have a policy that requires students in K-12 to be physically active for at least 50% of the time spent in physical education classes?



Policy Scan Results: Active Living

Municipalities:

Yes	No	
47%	53%	Does the municipality offer physical fitness opportunities for people of all ages as a component of its parks/recreation/enrichment initiatives?
3%	97%	Has the municipality completed the Bicycle Friendly Community application?
16%	84%	Has the municipality applied for federal Safe Routes to School funding in the past five years?
55%	45%	Besides Safe Routes to School funding, has the municipality applied for local, state, or federal funds in the past five years for transportation improvements that increase walkability and bikeability in the municipality?
9%	91%	Does your municipality participate in at least one coalition or partnership that addresses healthy eating and/or active living?



Policy Scan Results: Active Living

Municipalities (con't):

All	Most	Some	None	
6%	3%	36%	55%	How many public buildings have bike racks?



Policy Scan Results: Tobacco-Free Living

Workplace:

Yes	No	
73%	27%	Has your business banned tobacco on or in company-owned property?
79%	21%	Does your business provide access to a referral system for tobacco cessation resources and services?
57%	43%	Has your business adopted and formalized tobacco cessation programs at your worksite (s)?
74%	26%	Does your business have written policies supporting tobacco prohibition on or in company-owned property?



Policy Scan Results: Tobacco-Free Living

Physicians:

All	Most	Some	None	
59%	35%	6%	0%	How many of your physicians ensure that all tobacco users are systematically identified at every visit? (ASK)
69%	25%	6%	0%	How many of your physicians ensure that all tobacco users are strongly urged to quit? (ADVISE)
63%	25%	13%	0%	How many of your physicians ensure that willingness to make a quit attempt is determined? (ASSESS)
56%	31%	13%	0%	How many of your physicians ensure that the patient is aided in quitting (i.e. brief counseling and medication)? (ASSIST)
56%	25%	19%	0%	How many of your physicians ensure that patients are referred to cessation programs such as a quit line or local program? (ARRANGE)



Policy Scan Results: Tobacco-Free Living

Physicians (con't):

Yes	No	
88%	12%	Does your facility/grounds have a tobacco-free policy?
88%	12%	Is the Policy enforced?



Policy Scan Results: Tobacco-Free Living

Schools:

Yes	No	
100%	0%	Does the district have a tobacco-free policy?
77%	23%	Does the district have a tobacco-use prevention curriculum for all students in grades pre-K to grade 12 as part of a sequential health education course of study, consistent with state or National Health Education Standards?
69%	31%	Does the district refer students to cessation programs when they violate school smoking policies?



Policy Scan Results: Tobacco-Free Living

Municipalities:

Yes	No	
65%	35%	Do you have a written policy prohibiting tobacco use on or in municipal property?
27%	74%	Has the municipality adopted a tobacco-free parks and playgrounds initiative (e.g., Young Lungs at Play)?
Mean	N=15	
1.4		Number of exempt venues in Pennsylvania's Clean Air Act



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