

CHRONIC DISEASE ASSESSMENT: GLOSSARY OF TERMS



NOTES

Terms defined in the glossary appear in the Chronic Disease Assessment. Definitions are specific to that assessment. They are broken up by the module in which they appear. Some terms appear in more than one module and are listed in the “Overall” section of the glossary to avoid duplication.

OVERALL

- **Chronic disease:** Diseases that affect a person’s life for a long time. They include obesity, diabetes, heart disease, high blood pressure, high cholesterol, COPD, asthma, and many others.
- **Environment:** All of the things make a community what it is. There are many parts that make up the environment.
 - The **physical environment** includes things that you can see, touch, or interact with. This includes roads, parks, or signs. It can also include programs or services that people can use.
 - The **social environment** includes attitudes or feelings that people have and that may change how they act.
 - The **economic environment** includes things related to money that may encourage or discourage behaviors. This could include fines, rewards, or discounts.
- **Policy:** Laws, regulations, rules, and procedures that tell how things should be done. They should be written down. They are usually designed to guide or change behavior. Policies often come from the government or an organization. They can lead to changes in the environment or in the way things are done. Putting changes into policy can make them last longer and be harder to undo.
- **Strategies:** How you plan to do something. For example, if the goal is for people to drink more water, the strategy might be to have water at all public events.

PHYSICAL ACTIVITY

- **Americans with Disabilities Act:** Protects people living with disabilities. It also protects people no matter their race, color, sex, age, religion, or where they come from. It makes sure people living with disabilities have the same access to public spaces, jobs, buses, sidewalks, and state and local government services as everyone else.
- **Bike facilities:** Changes made by the community that can make it easier for people to ride their bikes. They may also encourage people to use bikes more often. They may be things like bike racks, storage or parking areas, and shared roadways or paths.
- **Bike lanes:** A portion of a road that has been marked for bicycles. This might include signs, stripes, or other markings on the pavement that make it clear bicycles are allowed.
- **Complete streets:** Streets that allow everyone to use them, no matter how they move around. They work well for those who drive cars or motorcycles, ride public buses, walk, or ride bikes. They are also safe for all users including people living with disabilities.

PHYSICAL ACTIVITY

- **Developments:** Any type of new building that is being done. It can be residential (a new sub-division going in), commercial (a new business or office building), or educational (a new school).
- **Infrastructure:** How things are built within a community. This can include roads, sidewalks, parks, playgrounds, or bike racks. Anything you can touch is infrastructure.
- **Land use plan:** A plan to regulate how land in a community is used and prevent conflicts. This can be a comprehensive plan, a master plan, or some other plan that deals with land use.
- **Mixed land use:** Having a mixture of different types of places located close together. Think about a street where you have shops on the ground floor, with apartments above. There might be a school on the next block and a park next to that. There won't be large areas that are only shopping or only houses. Everything is mixed together. This type of community makes it easy for people to walk rather than drive to places because everything is close together.
- **Public recreation facilities:** Public spaces that have at least one thing that helps people be more active. This might include a trail or path for walking, biking, or hiking. It could also be an open play field, play area, or playground.
- **Reasonable walking distance:** One mile.
- **Shared use paths or trails:** A path or trail for people who are walking, biking, skating, or using scooters. It is usually made of concrete. It can be used to get from one place to another, for exercise, or just for fun.
- **Traffic calming measures:** Physical changes to the road or area around the road that cause drivers to slow down or drive more carefully. They will improve the safety of people walking, biking, or using the road in other ways. They may include central islands, roundabouts, speed bumps or humps, narrowing the road, or adding on road parking.

NUTRITION

- **Access to Farmers' Market:** If there is a farmers' market, is it or does it:
 - Located within 1 mile of a bus stop or within 1 mile of where most people live
 - Open 2 or more days per week
 - Have more than 1 farmer onsite
 - Accept electronic benefits transfer (EBT) cards (Food Stamps)
 - Participate in the Produce Perks program (www.ProducePerks.org)
 - Accept Farmers' Market coupons
- **Comfortable, private places:** 4 solid walls, a door with a lock, a power outlet, a chair, and signs to locate and identify the room and how to gain access to it (such as where to find a key or lock combination).

NUTRITION

- **Community Gardens:** Gardens with space available for people in the community to grow fruits, vegetables, and other plants. Some gardens ask people to pay a fee to use the space, others are free, but require service to the garden in order to “rent” the garden plots. The food grown may be collected by those who own the plots, donated to a food pantry, or available to anyone in the community.
- **Food retailer:** Any place that sells food. This may include grocery stores, corner stores, convenience stores, farmers markets, farm stands or other places that sell food.
- **Healthy food and beverage option:** Healthy foods are fruits, vegetables, whole grains, and nonfat and low-fat dairy products. They are limited to 200 calories or less per portion or package. Healthy drinks are plain water, low-fat and nonfat milk, 100% fruit juice and caffeine-free drinks. Learn more at: <https://health.gov/dietaryguidelines/2015/guidelines/>.
- **Large grocery stores:** Stores that sell food with 10-49 employees. Food retailer: Any place that sells food. This may include grocery stores, corner stores, convenience.
- **Portion sizes:** The amount of food offered to a person in a restaurant, the amount in a package of prepared foods (like a bag of chips), or the amount a person chooses to put on his or her plate for one meal or snack. One portion of food might contain more than the amount suggested by the United States Department of Agriculture (USDA).
- **Pricing strategies:** Changing the price of something to try and get people to buy more or less of it. This might include discounting certain items or selling items for less profit. It might also include getting rid of certain surcharges on food items.
- **Protect a woman’s right to breastfeed:** Having laws and policies which let a mother breastfeed anywhere she and her child are allowed to be. These policies should also make it clear that she should not be asked to cover up or move to another location. Learn more at: <https://www.cdc.gov/breastfeeding/>.
- **Supplemental Nutrition Assistance Program (SNAP):** The program that used to be known as Food Stamps. It provides money for low income families to buy food to eat. The program does not allow recipients to purchase alcohol, tobacco, or ready to eat food (e.g. food from a restaurant).
- **Supermarkets:** Stores that have at least 50 employees.
- **Underserved areas:** Areas that do not have services available. They may also have barriers that keep people from using available services.
- **Women, Infants, and Children (WIC):** A program from the federal government that helps low-income women and young children buy certain foods. With the WIC farmer’s market vouchers (Farmers’Market checks) people can buy fresh fruits and vegetables at approved locations throughout the country.

TOBACCO

- **Indoor public places**: Any indoor space where the public is allowed to be. This may include bars, restaurants, shopping malls, retail stores, or indoor play spaces.
- **Outdoor public places**: Any outdoor space where the public is allowed to be. This may include parking lots, parks, playgrounds, ball fields, public pools, or green spaces.
- **Quitline**: A telephone number that offers help for people who want to stop using tobacco products. It offers over the phone counseling for tobacco users. It can also help refer them to doctors or treatment centers who can help them quit using tobacco products.
- **Referral system**: A program which helps refer people to programs which can help them quit using tobacco products. They may be referred to programs or services at another doctor's office or in the larger community.
- **Smoke free policy 24/7**: A policy that keeps people from smoking. This policy is in place 24 hours a day 7 days a week. In Ohio, indoor public places are covered by the Ohio Smoke free Workplace law.
- **Tobacco free policy 24/7**: A policy that keeps people from using any tobacco products. This policy is in place 24 hours a day, 7 days a week.
- **Tobacco products**: Any product that contains tobacco or nicotine. This includes cigarettes, dip, chew, snuff, smokeless tobacco, and e-cigarettes and vaping devices.
- **Tobacco retail outlets**: Any store that sells any tobacco product.

CHRONIC DISEASE MANAGEMENT

- **Chronic disease self-management programs**: Programs that help people learn to manage their chronic conditions. A common example is Weight Watchers to help people manage their weight. This may also include programs like A Matter of Balance (fall prevention), diabetes prevention/management programs, heart disease management programs, and many others.
- **Health disparities**: Differences in health status that are preventable. They may be due to a person's gender, race, ethnicity, or economic status.
- **Preventative care**: Medical care that is intended to help prevent disease. This includes vaccinations, cancer screenings, check-ups, and more.

LEADERSHIP

- **Bicycle enhancements**: Any improvement that makes it easier for someone to ride a bicycle in a community. This might include bike lanes, bike trails, bike racks, bike parking, road diets, or share the road signs.
- **Community coalitions and partnerships**: Groups made up of many different people or organizations within a community that meet to try and improve some aspect of that community. Local examples include WeTHRIVE!, food policy councils, tobacco-free partnership, and neighborhood safety coalitions.
- **Greenways**: A strip of land that is left open as a place for people to be active. It may also be a trail that can be used by people to walk, bike, or use other forms of active transportation. Greenways often follow natural or existing land or water features like rivers, valleys, or unused railroads.
- **Incentives**: A reward for doing something. They encourage people to come to a class or complete an activity. (i.e. certificates, trophies or awards, movie passes, bus passes or tokens, phone cards, meal certificates, cash.
- **Mixed land use**: Having a mixture of different types of places located close together. Think about a street where you have shops on the ground floor, with apartments above. There might be a school on the next block and a park next to that. There won't be large areas that are only shopping or only houses. Everything is mixed together. This type of community makes it easy for people to walk rather than drive to places because everything is close together.
- **Pedestrian enhancements**: Any improvement to a road that makes it safer or easier for someone to walk. This many include sidewalks, street crossings, curb cuts, walking paths, etc.
- **Public policy process**: A process that requires decision-makers as well as the community members that influence them to be involved in fixing a problem. It involves several steps:
 1. Knowing there is a problem
 2. Trying to fix the problem using a policy
 3. Putting the policy into action
- **Public recreation facilities**: Public spaces that have at least one thing that helps people be more active. This might include a trail or path for walking, biking, or hiking. It could also be an open play field, play area, or playground.
- **Related risk factors**: Factors that can increase a person's risk for chronic diseases. These include poor nutrition, physical inactivity, and tobacco use or exposure.
- **Road diets**: Reducing the width or number of lanes on a road that can be used by cars. The "lost" lanes can be used for bike lanes, parking, walking, or things. These changes can make it safer to walk or bike along the road. They also make it safer to drive by slowing traffic down.
- **Shared use paths or trails**: A path or trail for people who are walking, biking, skating, or using scooters. It is usually made of concrete. It can be used to get from one place to another, for exercise, or just for fun.