

**Public Health Investments Recommended by the  
SustiNet Advisory Committees and Task Forces  
Summary of 7/1/10 Reports**

Tobacco Use Cessation (TUC):

- Implement and sustain a statewide, telephone Quitline for smoking cessation that provides both counseling and nicotine reduction products (NRTs).
- Increase the number and types of TUC services available in diverse settings and develop and provide educational opportunities for training traditional and non-traditional TUC service providers.
- Require age-appropriate life skill education in grades K-12 in Connecticut that address anti-tobacco education, drug and alcohol use prevention, nutrition, stress management and exercise.
- Update, adopt, implement, fund and sustain the *Connecticut Tobacco Use Prevention and Control Plan*.

Obesity:

- Statewide surveillance of key health indicators, using standard national surveys
- Improve the nutrition environment in schools and day care facilities (including providing breakfast in school and providing healthy school lunches)
- Reduce Unhealthy Food Marketing to Children (including making schools “ad-free” zones)

Workforce:

- Expand the state’s public health workforce.
- Include public health workforce capacity in state health care workforce assessment and strategic planning.

Preventive Health:

- Invest in primary prevention efforts to promote healthy nutrition, sleep, physical exercise, and the prevention and cessation of the use of tobacco and other addictive substances.
- Consider reviewing the extent to which sleep deprivation results from an individual’s work or school schedule or from the total number of hours worked, as well as quantifying the potential harm.

Patient-Centered Medical Home (PCMH)

- Establish a public education campaign to describe the PCMH model, its benefits to individuals, population health, and health care costs.