

## **Community Health Improvement Plan:**

Healthy Living

### **Determinants:**

**Overall level of health including weight, activity, lifestyle concerns such as substance abuse are considerably low due to social and physical location of community.** Lack of healthy food options in this region has increased the amount of individuals that are overweight. Inactivity for youth has increased due to use of electronics. Other determinants include lack of time and availability for activity with working population from excessive amount of hours being worked. There is a growing concern of substance abuse among the general population.

### **Three year GOAL for Improvement (SMART objectives)**

Improve the level of healthy living for the members of our community by reducing the obesity in adults by 10% and improve the amount of physical activity for adults through targeted fitness goals. Equally important is the decrease of pharmaceutical, illegal and recreational drug use.

### **Budget for health issue #3 (consider direct and indirects):**

TBD

### **Strategies to Achieve Goal**

- Nutrition and weight status
- Physical Activity
- Substance Abuse
- Hand hygiene

### **Specific Partners and Roles for each Strategy**

- Community center
- Local law enforcement
- Mental health
- Area food services
- Hospital providers
- School district
- Region 1/Kids Plus
- PPHD
- NDPP
- ESU
- DHHS
- Chamber
- City of Sidney

- Local businesses

### **Specific Actions to Achieve Strategies**

- Nutrition and weight status—
  - assess local food supplies and recommend healthier options
  - educate on how to make healthy food choices
  - overweight and obese screening and referral process for adults and children
- Physical Activity—
  - Partner with area businesses to track employee activity through wellness programs
  - Coordinate additional planning for outdoor activities and areas
  - Create FREE youth indoor program for winter months
- Substance Abuse—
  - Partner with law enforcement and mental health to assess level of drug use
  - Work with pharmacies to create drug interaction evaluation review program
  - Get involved with area schools to support their drug prevention programs
- Hand hygiene
  - Promote the awareness of proper hand hygiene and practices
  - Improve business focus for hand hygiene and food handling with education and quality guidelines.

### **Specific 3 year process measures for each strategy**

- Ongoing meetings with appropriate partners
- Create assessment tools and strategies
- Increase community awareness through marketing efforts
- Design tools for education
- HRAs from businesses, area organizations and PPHD

### **Specific 3 year outcome measures for strategies**

- Panhandle BRFSS trend and County Health Rankings
- NDPP panhandle Data