

Community Health Needs Implementation Plan 2015-2017

Priority Area:

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 indirect):

TBD

Strategies to Achieve Goal

- 1) Assess and educate community about healthy nutrition and weight status
- 2) Create partnerships and education regarding the importance and access of physical activity.
- 3) Partner to determine specific areas of substance abuse and support education and resources for decrease.
- 4) Promote proper hand hygiene.

Specific Partners for Strategies

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

Specific Actions to Achieve Strategies		Partner	Expected Result	Trackable How?	Available Programs to support	New Proposed Programs to support	Due Date
Nutrition and weight status							
1)	Assess local food supplies and recommend healthier options	Area food services, PPHD, City of Sidney, Dietitians	Improve communication and education for suppliers	Marketing tools ordered and reordered			
2)	Educate on how to make healthy food choices	School District, PPHD, Dietitians, Providers, Area food services, ESU	Increase in purchases of vegetables and fruits, decrease in sales of bad fast foods	survey results	DPP	Monthly Provider Nutrition Talks at Center	
3)	Overweight and obese screening and referral process for adults and children	School District, PPHD, Dietitians, Providers, Area food services, ESU	Weight loss study	% of weight lost			
Physical activity							
1)	Partner with area businesses to track employee activity through wellness programs	Chamber, City, Schools, PPHD, Community Center	Increase in activity	Community center time tracked for those employers that use center and charts created by those businesses that do not	GFSF		
2)	Coordinate additional planning for outdoor activities and areas	Community Center, Schools, City	Complete bike path and determine other needs for safety and promotion of activity	Finished bike path			
3)	Create FREE youth indoor program for winter months	School, Community Center	Help to create awareness toward activity for youth and resources to access	Track useage			
Substance abuse							
1)	Partner with law enforcement and mental health to assess level of drug use	Local law enforcement, Mental health, Region 1/Kids Plus	Determine what substances are misused the most to target prevention	Local and state arrest rates			
2)	Work with pharmacies to create drug interaction evaluation review program	Local pharmacist, SRMC pharmacist, Internist/Providers	Provide patients a more user friendly awareness system that alerts patients to potential dependancy issues	Decrease in pharmacuetical use			
3)	Get involved with area schools to support their drug prevention programs	School	Increase awareness for youth to prevent the start of poor choices	local and state arrest rates			
Hand hygiene							
1)	Promote the awareness of proper hand hygiene and practices	Dir of Quality, Education Coordinator, PPHD					
2)	Improve business focus for hand hygiene and food handling with education and quality guidelines.	Local businesses, School District, Chamber, Community Center					

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