

Community Health Assessment, Strategy and Implementation Plan

Problem Statement		Strategies	Activities	Outcome	
Problem	Why?	How?	Specific Actions	Intermediate	Long Term
<p><u>Obesity</u></p> <p>Majority of adults (39.7%) and youths (22.3%) are overweight or morbidly obese</p> <p>29.1% of adults in Washington County do not have access to healthy food choices.</p>	<p>Poor nutrition due to limited access, high cost of fresh fruits and vegetables and healthy proteins and low motivation to change</p>	<p>Change incentives for consuming health foods at hospital and when eating out to promote healthy choices</p>	<p>Balanced menus offered in cafeteria</p> <p>Partner with Delta Health Alliance to reduce admissions due to obesity through programs</p>	<p>Increase consumption of fruits and vegetables</p> <p>Decrease overall consumption of high fructose sugar products</p>	<p>Decrease the % of adults and youth that are overweight or obese (BMI > 25)</p>
	<p>Lack of physical exercise due to lack of access to pedestrian paths and affordable facilities, sedentary work environments and low motivation to change</p>	<p>Enhance access to programs that promote physical activity and provide support to sedentary adults</p>	<p>Partner with YMCA and Extreme Fitness to promote exercise and wellness plans.</p>	<p>Increase the # of adults and children engaging in moderate and vigorous physical activity.</p>	
<p><u>Heart Disease and Stroke</u></p> <p>Leading cause of death in Mississippi.</p> <p>Washington County ranks 13 of 82 counties in CVD mortality.</p>	<p>Tobacco Use</p> <p>Lack of resources to assist in smoking cessation</p>	<p>Enhance access to smoking cessation classes</p> <p>Provide education at health fairs regarding benefits of smoking cessation</p>	<p>Provide tobacco free hospital campuses and clinics</p> <p>limited exposure to second hand smoke</p> <p>Heart Disease Speakers Bureau</p> <p>Smoking Cessation Classes</p> <p>Community CPR/First Aid classes</p>	<p>Reduce the % of adult smokers</p> <p>Reduce the number of persons with chronic lung problems due to exposure to secondary smoke</p> <p>Increase physical activity opportunities</p>	<p>Decrease the number of persons with high blood pressure of cholesterol and increase the number of persons who will be free from heart attack and stroke.</p>
	<p>Poor blood pressure control and non-compliance</p> <p>Lack of Health Diet</p> <p>Lowering of Cholesterol levels</p>	<p>Enhance access to blood pressure and cholesterol screenings</p>	<p>Cholesterol and blood pressure screenings at health fairs</p> <p>Education regarding health diet and exercise to reduce cholesterol</p> <p>Employee Health Coach</p> <p>Multimedia Communication</p>	<p>Encourage healthier diet</p>	

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<p><u>Diabetes Mellitus</u></p> <p>7th leading cause of death in Mississippi</p> <p>Mississippi ranked 3rd highest in the U.S. for overall prevalence-14.6% of population with Type 2 diabetes</p>	<p>Poor nutrition</p> <p>Diets high in fats and sugars</p> <p>Limited access to care</p> <p>Lack of knowledge</p> <p>Insufficient provider outreach</p> <p>Non-compliance with treatment</p>	<p>Education regarding food choices and limiting intake of fatty/sugar laden foods</p> <p>Enhance access to programs which offer HgA1c screenings</p>	<p>Health fairs with access to Hg1Ac screenings</p> <p>Partnering with United Way: prescription assistance program</p> <p>Vision screenings</p> <p>Diabetes Support Group</p> <p>Utilization of Diabetic Educators</p> <p>Multimedia communication</p>	<p>Decrease the number of patients with type 2 diabetes</p>	<p>Reduction in the number of patients with renal failure</p> <p>Reduce the number of patients with renal failure</p> <p>Reduce the number of patients with visual problems resulting from diabetes</p>
<p><u>High Blood Pressure</u></p> <p>43.6% of the Mississippi adults have high blood pressure.</p> <p>51.8% of Washington County adults have high blood pressure</p> <p>2.6% of youth ages 12-19 have high blood pressure</p>	<p>Lack of education of symptoms – called the “silent killer”</p> <p>Youth obesity</p>	<p>Health fairs and screenings</p> <p>Education in area schools</p> <p>Enhance access to programs that promote physical activity and provide support to sedentary adults and youth</p>	<p>Health fairs with blood pressure screenings</p> <p>Partner with school districts to form a speakers bureau</p> <p>Smoking cessation program</p>	<p>Decrease the number of adults and youth with high blood pressure</p> <p>Increase healthy lifestyle choices</p>	<p>Reduce the mortality rate</p>

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<p><u>Mental Health</u></p> <p>52.9 million adults in the United States live with mental illness</p> <p>Mississippi is ranked 48 out of 50 states for providing access to mental health services</p> <p>10.6% of adolescents age 12-17 in Mississippi have had a major depressive episode</p>	<p>Lack of access to health care professionals</p> <p>Lack of education regarding the need for professional help</p>	<p>Community educational seminars</p>	<p>Support non-profit counseling centers</p> <p>Provide benefits to employees seeking professional help.</p> <p>Community education concerning services in the region</p> <p>Telemedicine services</p>	<p>Increase health care professionals in the county</p> <p>Increase awareness of mental health signs and symptoms</p>	<p>Decrease suicide rate</p>
	<p>Lack of youth health care professional</p>	<p>Education to parents, students and educators regarding mental health issues</p>			