

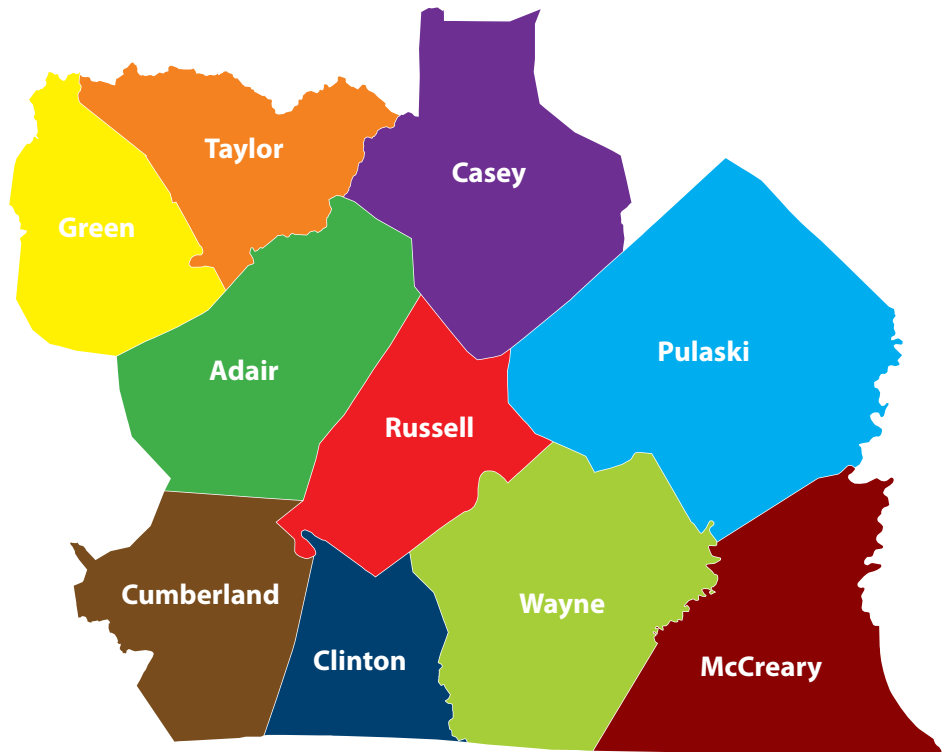


Lake Cumberland District Health Department

HEALTH POLICY AND PROMOTION DEPARTMENT

COMMUNITY HEALTH IMPROVEMENT PLANS

2015 - 2017



Adair County
Casey County
Clinton County
Cumberland County
Green County

McCreary County
Pulaski County
Russell County
Taylor County
Wayne County

A Healthy **Today** for
a Brighter **Tomorrow.**



Our Mission

The Lake Cumberland District Health Department will prevent illness and injury, promote good health practices, and assure a safe environment to protect and improve the health of our communities.

Our Vision

The Lake Cumberland District Health Department will be a progressive leader providing innovative solutions to achieve optimal health status for our communities.

A Healthy **Today** for a Brighter **Tomorrow**.

Lake Cumberland District Health Department

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COMMUNITY HEALTH IMPROVEMENT PLANS

2015 - 2017



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Executive Summary

The Lake Cumberland District Health Department (LCDHD) is located in rural south central Kentucky. We are comprised of ten counties: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor and Wayne. LCDHD is the largest health district in the state of Kentucky. Our total population of service is approximately 200,000.

In pursuit to improve the health of citizens across the Lake Cumberland District, we collaborated with numerous community partners across each of our ten counties to implement the Mobilizing Action through Partnership and Planning (MAPP). MAPP is a community-driven strategic planning process for improving community health. Our Health Promotion and Policy Division, facilitated this process to apply strategic thinking while prioritizing public health issues and identifying resources to address those issues within their local public health system.

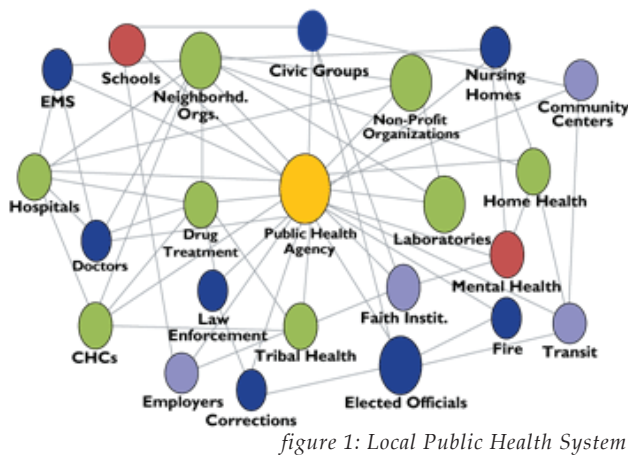


figure 1: Local Public Health System

In 2012, the Health Policy and Promotion staff began the MAPP process by using existing health coalitions or forming new health coalitions in each of our ten counties. To ensure all sectors of the community were represented coalitions used the Local Public Health System diagram map (figure 1) for recruiting of partners. We began this process by revisiting the definitions of health and public health with all ten of our health coalitions. “HEALTH is a dynamic state of complete physical, mental, spiritual and social well-being and not merely

the absence of disease or infirmity” (WHO 1998). Public health is the science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease and injury prevention and detection and control of infectious diseases.

In addition, the communities discussed the social determinates of health. “SOCIAL DETERMINATES OF HEALTH (SDH) are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems” (Healthy People 2020). Over the next two years all ten health coalitions created vision statements, completed four health assessments, developed strategic issues and create goals and objectives to improve the health of their community. (figure 2)



figure 2: Community Roadmap

The Lake Cumberland Community Health Improvement Booklet is a result of the MAPP process. Each county created a health improvement plan to guide their steps toward a healthy community. These improvement plans will be implemented over the next three years. The plans are driven by all the community health coalition partners, to improve the health status of a county it takes everyone within a county working together.

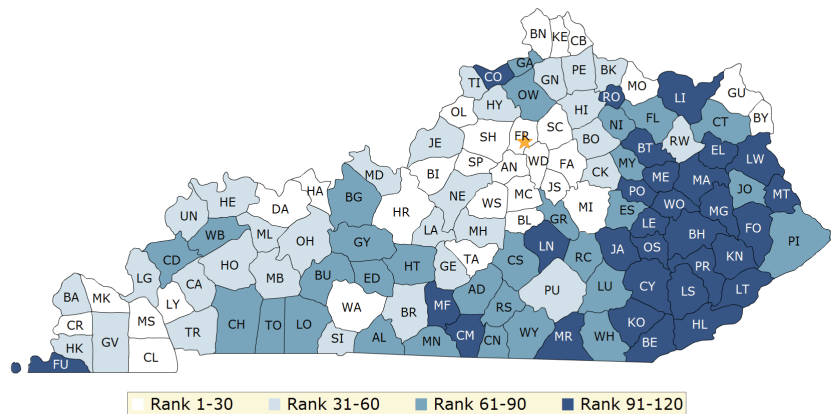
The state of Kentucky has some of the lowest health statistics in the nation with a ranking of 48 out of 50 states. (American Health Ranking 2014).

The counties that make up the Lake Cumberland District faces many challenges when charged to improve their health status. According to County Health Ranking (2014) the Health Outcome ranking ranges from 32 (Green County) to 91 (McCreary County) and the Health Factors ranking ranges from 28 (Taylor County) to 110 (McCreary County). The Health Outcome ranking is determined by the length of life and quality of life. The Health Factor ranking is determined from health behaviors, clinical care, social and economic factors and the physical environment.

Across Lake Cumberland, we have a high prevalence of smoking/tobacco use, poor nutrition habits, and physical inactivity among adults and children. These behaviors results in high rates of cancer, health disease, diabetes and obesity.

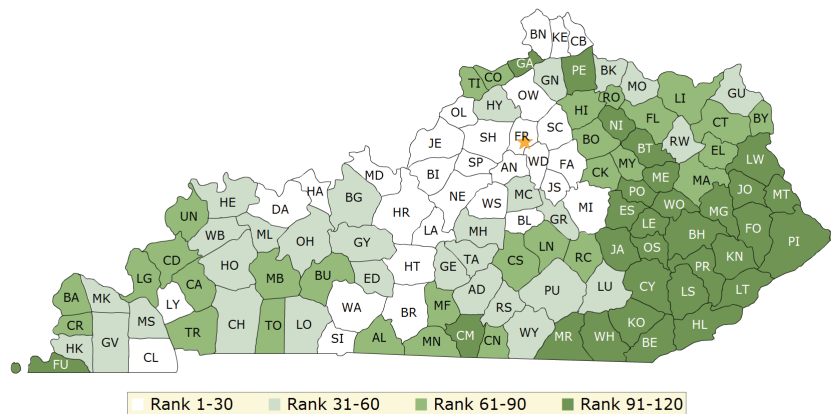
We will continue our journey to improve the health status across the Lake Cumberland District. We welcome you to join our journey. Together, changes will happen.

2014 Health Factors - Kentucky



County Health Rankings & Roadmaps
Building a Culture of Health, County by County
A Robert Wood Johnson Foundation program

2014 Health Outcomes - Kentucky



County Health Rankings & Roadmaps
Building a Culture of Health, County by County
A Robert Wood Johnson Foundation program

ADAIR COUNTY

Community Health Improvement Plan

FISCAL YEARS

2014 - 2015

2015 - 2016

2016 - 2017

Adair County Vision

Adair County is an educated, productive community united and empowered to create and access opportunities and resources to achieve a healthy and active lifestyle.





ADAIR COUNTY

Priority Health Area: Obesity
Physical Activity

GOAL:

Increase the number of youth and adults who engage in regular physical activity

Performance Measure

Short Term Indicators	Source	Year
A name and logo will be developed for the walking club	Logo	2014
Number of participants who attend walks	Sign in sheets	2015
Long Term Indicators	Source	Year
Walking club will continue to be active	Sign in sheets	2015
Certified KY Trail Town	Certification document from Tourism of KY	2016
Branded downtown walking route	Walking route	2017

Alignment with State/National Priorities

KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
Reduce the rate of obesity in Kentuckians by 10% <i>*certified trail town, support initiative for pedestrian & bikes</i>	Prevent inappropriate weight gain in youth and adults. <i>Nutritional and Weight Status #11</i>	Facilitate access to safe accessible and affordable places for physical activity.

Social Determinates of Health

Social Determinates of health are a strong predictor of health disparities and affect the wide range of health, functioning, and quality of life outcomes in all ages. Economic stability, built environment, and social community context are three key areas that relate to quality of life locally. Adair County has a high rate of children living in poverty, obesity and chronic disease. Further, Adair lags behind in income level, adults getting physical activity and has few places to get free and safe physical activity. (Social Determinants of Health Key Concepts, World Health Organization)

FY 2014 - 2017

Objective #1: By January, 2015 W.A.T.C.H. coalition partners will have established a community walking club and hosted a minimum of 6 walks.

Strategy: Establish a community walking club

Source: Adair County Community Health Assessment

Justification: 34% of adults in Adair County are obese, 35% of the adult population age 20 and over report no leisure time physical activity and only 65% of the population have adequate access to locations for physical activity.

Evidence Base: Social support can be an important influence on an individual's overall health and well-being. It arises from social networks and relationships in social settings outside the family that provide help in coping, managing stress, and changing behaviors such as increasing physical activity.

Policy Change (Y/N): No

Environmental Change(Y/N): No

Establishing a Community-Based Walking Group Program to Increase Physical Activity Among Youth and Adults, An Action Guide, CDC

PHA #1 - Objective #1 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
WATCH Coalition partners sign up to host monthly walks	July	2014	WATCH Coalition Chair/Co Chair	Coalition and partner agencies will have vested participation
Create a logo for club and seek outside partnership	July	2014	Health Department Staff	Partnership formed between health department and "everybodywalk"
Promote walking club during partner agency events through media, Facebook and Twitter	July Ongoing	2014-2017	WATCH Coalition members	Walking Club will be established and promoted
Monthly walks begin with kickoff event	July - Dec	2014	WATCH Coalition	The companionship, support, and encouragement offered to participants through monthly walks will lead to increased knowledge about physical activity and confidence in the ability to exercise.
Schedule ongoing walks	Jan-June Ongoing	2015-2017	WATCH Coalition	Continuation of community walks

FY 2014 - 2016

Objective #2: By January 2016 Adair County will be a certified KY Trail Town**Strategy:** Certified KY Trail Town**Source:** Adair County Community Health Assessment**Justification:** The results of a community survey showed providing more exercise options was the best way to address health needs in Adair County and to improve the health of children in Adair County. 34% of adults in Adair County are obese, 35% of the adult population age 20 and over report no leisure time physical activity and only 65% of the population have adequate access to locations for physical activity.**Evidence Base:** Creation of or enhanced access to places for physical activity combined with informational outreach activities: strongly recommended. These interventions attempt to change the local environment to create opportunities for physical activity. Access to places for physical activity can be created or enhanced both by building trails or facilities and by reducing barriers such as cost.*Partnership for Prevention. Social Support for Physical Activity: Establishing a Community-Based Walking Group Program to Increase Physical Activity Among Youth and Adults – An Action Guide.***Policy Change (Y/N):** No**Environmental Change (Y/N):** Yes

PHA #1 - Objective #2 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Application of intent submitted	January	2014	Jelaine Harlow Ellen Zornes	Information and help will be available from office of tourism
Trail Town Core Team established	February	2014	Jelaine Harlow Ellen Zornes	Small group committed to project
Informational meeting with Department of adventure tourism	March	2014	WATCH Coalition & community at large	Gain information on becoming trail town
Recruit members for task force and organize teams for each sector	April	2014	Core Team	Specified task will be accomplished in timely manner
Present to city council and fiscal court	July	2014	Core Team	Gain support of local officials
Meet with newly elected city/county officials	February	2015	Core Team	Gain support
Complete assessments	May	2015	Core Team	Knowledge gained of things to be changed
Conduct Trail run	June	2015	WATCH coalition, local officials, chamber of commerce	Knowledge gained of things to be changed or improved to make trail most assessable
Submit final paperwork	December	2015	Core Team	Certified KY Trail Town
Press Release of Certification	April	2016	Core Team/KY Department of Adventure Tourism	Promotion of certification

Objective #3: By September, 2017 a one mile walking route in downtown Columbia will be mapped and promoted to the community.

Strategy: Creation of a safe and free walking route.

Source: Adair County Community Health Assessment

Justification: The results of a community survey showed providing more exercise options was the best way to address health needs in Adair County and for improving the health of children. 34% of adults in Adair County are obese, 35% of the adult population age 20 and over report no leisure time physical activity and only 65% of the population have adequate access to locations for physical activity.

Evidence Base: Community-wide campaigns are recommended on the basis of strong evidence of effectiveness in increasing physical activity and improving physical fitness among adults and children. Community-wide campaigns to increase physical activity involve many community sectors; include highly visible, broad-based, component strategies; and may also address other cardiovascular disease and risk factors.

Partnership for Prevention. Social Support for Physical Activity: Establishing a Community-Based Walking Group Program to Increase Physical Activity Among Youth and Adults—An Action Guide.

Policy Change (Y/N): No

Environmental Change (Y/N): Yes

PHA #1 - Objective #3 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Committee will be formed to work on route	January	2016	Community Voice (local newspaper) Public Library Chamber of Commerce	Vested Group
Review site and measure walking route	March	2016	Walking Route Committee	Site selection
Trail run of route	May	2016	Health Education dept, community voice, public library	Determination if route is safe and user-friendly
Map designed	May-July	2016	Chamber of Commerce	Document available to public
Promote and engage downtown businesses	May-July	2016	Walking Route Committee/Chamber of Commerce	Vested partners
Community Event to make map available for public	September	2016	WATCH Coalition members	Community awareness of availability of safe, free places to get physical activity
Promote downtown area walk to community	Oct-Jan	2017	WATCH Coalition, Chamber of Commerce, Media outlets	Community awareness of safe and free walking area
Evaluation of use	January	2017	WATCH Coalition/HD	Community survey

Community Assets and Resources

Adair County W.A.T.C.H. Coalition, involved in community with vested partners who collaborate to provide and promote health services in the community

Lindsey Wilson College

Leader in Me Public School System

Work Ready Community Status

Active Chamber of Commerce

Jim Blair Community Center with free walking track

2 community parks

Parks and recreation board

Federally qualified health center

Local hospital

Mental health services

Local health department

Public library

Taxi service

UK Extension

21st Century Grants for both elementary schools

Family Resource and Youth Service Centers serving all schools



Adair County W.A.T.C.H. (working actively toward community health) Coalition members *(Core group in bold)*

Adair County Health Department

Adair County Public Library

Adair County School System

Family Resource and Youth Service Center

Lindsey Wilson College

Cumberland Family Medical (federally qualified health center)

Shoreline Communication, Inc.

Adair Community Voice

Westlake Regional Hospital

Summit Manor Rehabilitation Center

ADANTA Regional Prevention Center

Columbia-Adair Chamber of Commerce

Adair KY-ASAP

AGAPE House

Adair Ministerial Association

Well Care of KY

Adair County Judges Office

Jones Chapel UMC

Coventry Care of KY

Adair County Cooperative Extension

Adair Heritage Association

Amedysis Home Health

Lee Ann Jessee

Walking Club Subcommittee:

Jelaine Harlow

Destiny Greer

Sharon Burton

CASEY COUNTY

Community Health Improvement Plan

FISCAL YEARS

2014 - 2015

2015 - 2016

2016 - 2017

Casey County Vision

Casey County will be a united community focusing on active, healthy lifestyles free of drugs, violence and tobacco.





CASEY COUNTY

Priority Health Area #1: Substance use; alcohol, marijuana (youth) and tobacco (adult & youth)

GOAL: Reduce substance use among adults and youth in Casey County.

Performance Measure

Short Term Indicators	Source	Year
School Resource Officer Violation Reports	Reports	2015
School Awareness	Media	2015
Community Awareness	Media	2015
Long Term Indicators	Source	Year
Tobacco Free School Policy	Policy	2015
KIP Survey	Survey	2016
Positive Community Norms Survey Results	Survey	2017
School Resource Office Violation Reports	Reports	2017

Alignment with State/National Priorities

KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
Reduce Kentucky's smoking rate by 10%, partner with school districts to implement tobacco free campuses. <i>*Support smoke free legislature</i> <i>*Partner with school district to implement tobacco free campuses</i> Reduce deaths from drug overdose by 25%.	Reduce substance abuse to protect the health, safety, and quality of life for all, especially children. TU-19 Reduce the illegal sales rate to minors through enforcement of laws prohibiting the sale of tobacco products to minors.	Create environments that empower young people not to drink or use other drugs. Support comprehensive tobacco free and other evidence-based tobacco control policies. Implement and enforce policies and programs to reduce youth access to tobacco products.

Social Determinates of Health

Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Health starts in our homes, schools, workplaces, neighborhoods, and communities. The community of Casey County, KY has an average income of \$ 28,416.00 which is lower than district and state average. Residents have a high rate of obesity, smoking and physical inactivity. 40% of the children live in poverty and 28% in single homes. (*Social Determinants of Health Key Concepts, World Health Organization*).

Objective #1: By July, 2015 the Casey County School Board will adopt and implement a Tobacco Free School Policy

Strategy: Tobacco Free School Policy

Source: Casey County Community Health Assessment

Justification: Youth smokeless tobacco 30 day use is 24%. Youth cigarette 30 day use is 30%. Adult smoking rate is 30%.

Evidence Base: CDC’s Guidelines for School Health Programs to Prevent Tobacco Use and Addiction. *CDC Best Practices for Tobacco Control, 2014.*

Policy Change (Y/N): Yes

Environmental Change(Y/N): Yes

PHA #1 - Objective #1 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Apply for Tobacco Free School Grant	October	2014	Health Department, ADANTA RPC	Received grant
Present to school board on need for tobacco free	November	2014	Health Department	Policy was adopted for school year 2015-2016 with request for community education
Meet with superintendent to plan education and form core work group	December	2014	Health Dept, School Board Nurse, Superintendent	Community education plan and core group established
Students prepare skits for theater ad and film ad	Dec-Jan	2014-2015	School and Core Group	Theater Ad for Lights of Liberty
Newspaper ads prepared	Dec-May	2014-2015	Core Group (health dept, superintendent, board nurse, drug free community coordinator)	Print ads
Prepare design for and purchase billboard	January	2015	Core Group	Billboard installed for 6 months
Send Quit Line information to school staff	January	2015	Board Nurse	Adult Cessation
Radio ads (made by youth and tagged by superintendent)	Feb-May	2015	Health Dept, Youth Service Center, Board Nurse	Educational ads run for 3 months
Offer Cooper Clayton Smoking Cessation to Staff	March	2015	Health Department	Adult Cessation
Purchase TFS signage	April	2015	Superintendent	TFS signs at entrances of all schools and ball fields
School handbook updated with policy	May-June	2015	Superintendent	Handbook
Teacher/Teen Focus groups to identify tobacco violation problems and implement support system for cessation	August - Ongoing	2015	DFC Coordinator, RPC Staff, ASAP subcommittee, SRO	Understanding of needs
Aspire Curriculum offered to students caught with tobacco	August - Ongoing	2015-2016	Board Nurse, DFC Coordinator, teacher	Student Educated on Cessation

Objective #2: By July, 2017 Tobacco Retail Underage Sales Training (T.R.U.S.T.) and Reward and Remind will be provided in Casey County.

Strategy: Tobacco Retail Underage Sales Training and Reward and Remind

Source: Adair County Community Health Assessment

Justification: Youth smokeless tobacco 30 day use is 24%. Youth cigarette 30 day use is 30%. 72% of 12th grade students state it would be “very easy” to obtain cigarettes (2012 KIP).

Evidence Base: *Preventing Tobacco Use Among Youth and Young Adults: We CAN Make the Next Generation Tobacco-Free Centers for Disease Control and Prevention. (2012).*

Policy Change (Y/N): No

Environmental Change (Y/N): Yes



PHA #1 - Objective #2 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Establish a youth coalition at Casey Co High School	March	2015	Youth Service Center (YSC), DFC Coordinator	Youth Coalition
Begin planning and screen vendors for TRUST compliance	April-July	2015	DFC Coordinator, Health Department, ASAP	Knowledge of violators
Educate youth coalition on Reward and Remind (R&R)	August	2015	YYSC, DFC Coordinator Health Department RPC	Knowledge of R&R
Seek another county to partner R&R	September	2015	DFC Coordinator, RPC, Health Dept	County Partner
Implement R&R	October	2015	DFC Coordinator, RPC, Health Dept	Youth involved in problem solving
Meet with newly elected city/county officials	February	2015	Core Team	Gain support
Educate stakeholders on TRUST program	November ongoing	2015-2017	DFC Coordinator, RPC, Health Dept, Youth Coalition, ASAP	Stakeholders will be knowledgeable on laws and need of compliance
Campaign to encourage vendors to be in compliance	July	2015	DFC Coordinator, RPC	Compliance

Objective #3: By June, 2016 a positive norms campaign will be implemented to decrease the gap between attitude and perceived attitude about alcohol in Casey County High School.

Strategy: Positive/Social Norms Campaign

Source: Casey County Community Health Assessment, 2012 KIP Survey, 2014 Positive Community Norms Survey (PCN)

Justification: 15% of 10th grade students perceived no risk of harm to themselves by drinking 1 or 2 alcoholic drinks daily and 10% perceived no risk of harm by drinking 5 or more alcoholic drinks in a row.

Evidence Base: Center for Substance Abuse Prevention, SAMSHA (Substance Abuse And Mental Health Services Administration); Strategic Prevention Framework, Building Capacity. CDC, *Guide to Community Prevention Service, The What Works to Promote Health, The Community Guide*

Policy Change (Y/N): No

Environmental Change(Y/N): Yes



PHA #1 - Objective #3 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Conduct social norms marketing campaign	Nov-Sept	2014-2015	RPC staff and school staff	Decreased negative perceived norms on underage drinking
Cinema ads geared toward parents and youth	January	2015	RPC staff and school staff	Information in community about dangers of alcohol
Radio & newspaper ads	Jan-July	2015	RPC staff and school staff	Information in community about dangers of alcohol
Parent Forums before prom	Jan-June	2015	RPC staff, ASAP, DFC coordinator, School Resource officer	Inform on youth drinking during prom and support parents
PCN survey	February	2016	RPC staff and school staff	Evaluation of effective campaign



CASEY COUNTY

Priority Health Area #2: Prevent Chronic Disease

GOAL:

To decrease the prevalence of chronic disease through increased physical activity and educational encounters for adults and youth.

Performance Measure

Short Term Indicators	Source	Year
DPP class offered	Sign in sheet	2015
MOU signed with CARE Collaborative partners	MOU	2015
Subcommittee for trail town	Committee	2016
Long Term Indicators	Source	Year
Lifestyle Changes	DPP classes	2015
Community increased knowledge of high blood pressure	BP Data base	2016
Certified Trail Town	Application process	2017

Alignment with State/National Priorities

KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
<p>Reduce the obesity rate among Kentuckians by 10%. *Ensure access for all state employees to the Diabetes Prevention Program as part of the Humana Vitality program *Support Certified Trail Town, support initiative for trails and bikes</p> <p>Reduce Cardiovascular Deaths by 10%. *Support the ongoing efforts of the Kentucky CARE Collaborative, a statewide effort designed to provide blood pressure awareness education within communities.</p>	<p>*Reduce the proportion of adults who engage in no leisure time physical activity.</p> <p>*Increase the proportion of adults who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high.</p> <p>*Lifestyle change has been proven effective in preventing or delaying the onset of type 2 diabetes in high-risk individuals. The Diabetes Prevention Program demonstrated that lifestyle intervention had its greatest impact in older adults and was effective in all racial and ethnic groups.</p>	<p><i>Empower People</i> - Provide people with tools and information to make healthy choices.</p> <p><i>Empower People</i> -Promote positive social interactions and support healthy decision making.</p> <p><i>Empower People</i> - Engage and empower people and communities to plan and implement prevention policies and programs.</p> <p><i>Active Living</i>- Encourage community design and development that supports physical activity.</p>

Objective #1: By June, 2015 the National Diabetes Prevention Program series will be offered to staff in the Casey County School System.

Strategy: Diabetes Prevention Program (DPP)

Source: Casey County Community Health Assessment

Justification: 35% of adults in Casey County are obese and 38% are physically inactive.

Evidence Base: Lifestyle change has been proven effective in preventing or delaying the onset of type 2 diabetes in high-risk individuals.
Healthy People 2020 Spotlight on Health, Type 2 Diabetes Prevention U.S. Department of Health and Human Services.

Policy Change (Y/N): No

Environmental Change(Y/N): No

PHA #2 - Objective #1 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Seek support from Community Health Coalition(CHEC) to pilot program in school	November	2014	Health Department Diabetes Educator	Support for program
Seek permission from Superintendent and principals	December	2014	School Board Nurse	Permission for program
Visit schools to promote program & sign up participants	January	2015	Health Department Diabetes Educator	Awareness of Program
Screen participants through Humana Vitality Checks	January	2015	School Nurses	Qualifying participants identified
Send registration through school email	January	2015	School Board Nurse	Participants register
Series begins	Feb-Nov	2015	Health Department Diabetes Educator	Participants will have life change

Objective #2: By July, 2016 two community partners will have been secured to implement the CARE Collaborative program.

Strategy: Blood pressure awareness “Know Your Numbers”

Source: Casey County Community Health Assessment

Justification: Heart Disease Rate 197.6 (age adjusted death rates per 100,000)
 Cardiovascular Disease & Stroke 68.2 (age adjusted death rates per 100,000)
 Adult smoking rate 30%, Obesity rate 35%, physically inactive 38%

Evidence Base: Center for Disease Control and Prevention, National Heart Disease and Stroke Program, Strategies for States to address the “ABCS” of Heart Disease and Stroke Prevention.

Policy Change (Y/N): No

Environmental Change (Y/N): No

PHA #2 - Objective #2 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Contact local doctors and hospitals seeking partnership	March	2015	Health Educator	Collaboration partners
Obtain MOU with 2 providers	May	2015	Health Educator	MOU
Provide CARE Collaborative Training	June	2015	KY Heart Disease and Stroke Program Health Dept	Trained providers
Collect BP's from partners monthly & report in data system	July - Ongoing	2017	Health Educator	Patients will gain knowledge of BP and care needed
Media message for National Heart Month to promote program and recognize partners for educating on BP	February	2016	Health Educator	Community awareness about program and necessity of knowing BP
Media message for National Stroke Month to promote program and recognize partners for educating on BP	May	2016	Health Educator	Community awareness about program and necessity of knowing BP

FY 2016 - 2017

Objective #3: By June 2017 a committee will be formed to initiate the City of Liberty becoming a Certified Trail Town.

Strategy: Community engagement support for Trail Town

Source: Casey County Community Health Assessment

Justification: 35% of adults in Casey County are obese and 38% are physically inactive. 54% of those taking Casey County Health Assessment stated more exercise places was the best way to improve child's health.

Evidence Base: *Partnership for Prevention – Places for Physical Activity, Facilitating Development of a Community Trail and Promoting Its Use to Increase Physical Activity Among Youth and Adults – An Action Guide.*

Policy Change (Y/N): No

Environmental Change(Y/N): Yes

PHA #2 - Objective #3 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Form a committee	December	2016	Community Health Empowerment Coalition	Dedicated group to work on event
Seek local city/county government support	February	2017	Committee	Support
Informational meeting with Department of Kentucky Tourism	April	2017	Committee planning meeting	Knowledge of Trail Town and requirements
Community engagement	May	2017	Committee planning meeting	To seek commitment to move forward
Present trail town initiative at city/county government	June	2017	Committee planning meeting	Knowledge and support
Begin application process	June	2017	Committee planning meeting	Application submitted

Community Assets and Resources

Casey County KY ASAP Coalition
 Casey County Community Health Empowerment Coalition (CHEC)
 Drug Free Community Grant
 Federally qualified health center
 Local hospital
 Mental health services
 Local health department
 Casey County Public School System
 21st Century Grants for both elementary schools
 Family Resource and Youth Service Centers serving all schools
 Somerset Community College Campus
 Adult Learning Center
 Active Chamber of Commerce
 Public Library
 UK Extension
 Galilean Home Ministries/Christian Academy
 Community Ministries
 Central Kentucky Ag/Expo Center
 Veterans Park
 Liberty Crossing
 Gateway Park
 Senior Citizens Center
 The Liberty Ranch: Alcohol and Drug Recovery Home
 Casey County News
 RadioLibertyKy.com
 WKDO Radio

Casey County KY ASAP Coalition

Chamber of Commerce
 Health Department
 School System: YSC, FRC, Community Ed/Migrant,
 Superintendent, Board Nurse
 Hospital
 Mayor
 County Judge
 Community Education Center Rep
 Law Enforcement: Sheriff Department, City Police
 Department, KSP, SRO
 Media, radio and newspaper
 ADANTA; Impact, RPC
 UK Extension, 4-H
 Parents
 Youth
 Fire Department



Community Health Empowerment Coalition Health Department:

Health Promotion and Policy,
 Diabetes, School Nurse
 UK Extension: Family and
 Consumer Sciences, 4-H
 School: Board Nurse, Food Service
 Director, Family Resource Center,
 Youth Service Center, Community
 Education/Migrant
 Amedysis Home Health
 Federally Qualified Health Center

Churches
 Home Health
 Businesses

CLINTON COUNTY

Community Health Improvement Plan

FISCAL YEARS

2014 - 2015

2015 - 2016

2016 - 2017

Clinton County Vision

Improving the overall health and quality of life of the Clinton County population by teaching responsibility, providing education, wellness opportunities, and allocating resources throughout the community.

Clinton





CLINTON COUNTY

Priority Health Area #1: Tobacco

GOAL:

Reduce secondhand smoke.

Performance Measure

Short Term Indicators	Source	Year
Community Interest Survey	Community Survey	2014-2015
Parent/Staff/Students Survey	Survey	2014-2015
Long Term Indicators	Source	Year
Tobacco Free School Policy	Policy Change	2015
Albany City Smoking Ordinance	Ordinance	2017

Alignment with State/National Priorities

KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
Reduce Kentucky's smoking rate by 10%. <i>* Support smoke free legislature</i> <i>* Partner with school district to implement tobacco free campuses</i>	Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure. (TU- 1)	Support comprehensive tobacco-free and other evidence-based tobacco control policies

Social Determinants of Health

Circumstances, in which people are born, grow up, live, and age, as well as the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics. (Social Determinants of Healthy Key Concepts. Work Health Organization).

Clinton County has a population of approximately 10,146. 88% of Clinton County High School students graduate. Adult smoking percentage is fortunately one of the lowest in the district at 21%. Youth smokeless tobacco usage exceeds district and states at 28%. Adult obesity percentage is one of the highest in the district at 32%. Clinton County residents tend to live an inactive lifestyle at 36% being physically inactive. Chronic disease rate exceed district, state, and national averages in many categories.

Objective #1: By June 2015, Clinton County School Board will adopt a 24/7 Tobacco Free School policy.

Strategy: 24/7 Tobacco Free School policy

Source: Clinton County Community Health Assessment

Justification: Youth smokeless tobacco usage is at 28%. Youth cigarette usage is at 15%.

Evidence Base: *CDC's Guidelines for School Health Programs to prevent Tobacco Use and Addiction. CDC Best Practice on Tobacco Control.*

Policy Change (Y/N): Yes

Environmental Change(Y/N): Yes



PHA #1 - Objective #1 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Meeting with Superintendent about Tobacco Free Schools	September	2014	Lake Cumberland District Health Department	Schedule and meet with Superintendent about thoughts of support on Tobacco Free School Policy
Collection of Educational Information for School Board Members	October	2014	Lake Cumberland District Health Department	Collection of Tobacco Free School information, county statistics and educational information about tobacco
Presentation to School Board	November	2014	Lake Cumberland District Health Department	Distribute educational information about Tobacco Free Schools
Survey school staff, students and community on Tobacco Free School interest	Jan-March	2015	Lake Cumberland District Health Department, Clinton County School District, KY-ASAP, FRYSC and ADANTA	Support for TFS policy
Conduct Advocacy Project	January - Ongoing	2015	Lake Cumberland District Health Department, KY-ASAP, Healthy Hometown and ADANTA	Gain support for Tobacco Free Schools
Community Education	January - Ongoing	2015	Lake Cumberland District Health Department, Healthy Hometown Coalition, School Wellness Coalition and Clinton County Health Coalition	Community awareness and knowledge
Presentation to school board on survey results	April	2015	Lake Cumberland District Health Department and Healthy Hometown Coalition	Support for policy change
Policy Change/adoption	June	2015	Lake Cumberland District Health Department and Clinton County School District	Tobacco Free School policy
Policy implementation	July	2015	Clinton County School District	Policy enacted

Objective #2: By April 2016, Albany City Council will adopt a Smoke Free Ordinance.

Strategy: Smoke-Free Ordinance

Source: Clinton County Community Health Assessment

Justification: 21% of Clinton County adults smoke cigarettes.

Evidence Base: *CDC Best Practices for Comprehensive Tobacco Control Programs 2014*

Policy Change (Y/N): Yes

Environmental Change(Y/N): Yes



PHA #1 - Objective #2 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Create informational packet for city council/mayor	January	2015	Lake Cumberland District Health Department	Researching information to place in informational packets to give to Mayor and City Council about tobacco, secondhand smoke and the need for a Smoke-Free Ordinance.
Seek supporters to speak at city council – group of teens to work with presentation	February - Ongoing	2015	KY-ASAP, Lake Cumberland District Health Department, Healthy Hometown Coalition	Seek group of advocates.
Conduct interviews with Mayor and City Council	April - May	2015	Lake Cumberland District Health Department, ADANTA, KY-ASAP and Health Hometown Coalition	To conduct an interview with the Mayor and all City Council members to evaluate their thoughts on adopting a Smoke-Free Ordinance in the city.
Community forum on ordinance	September	2015	Lake Cumberland District Health Department and Healthy Hometown Coalition	Education on Smoke-Free Ordinance and an increase in community support.
Presentation to City Council	January	2016	Lake Cumberland District Health Department and Healthy Hometown Coalition	Present the findings of 2015 tobacco data from the Community Health Assessment and findings from survey collection. Also, why a Smoke-Free Ordinance would be beneficial for the city of Albany.
Smoke-Free Ordinance	April	2016	City Council, Lake Cumberland District Health Department, and Healthy Hometown Coalition	Adopt a Smoke-Free Ordinance



CLINTON COUNTY

Priority Health Area #2: Childhood Obesity

GOAL #1: Reduce childhood obesity in Clinton County by improving school-age children’s daily physical activity level and nutritional habits

GOAL #2: To improve nutrition.

Performance Measure

Short Term Indicators	Source	Year
Part-time Student Fitness Director	Contract	2015
Incentives for meeting goals	Incentives given away	2015
Fruit and Vegetable Survey	Survey	2015
Long Term Indicators	Source	Year
Baseline BMI database	Database	2015
Take 10! Program	Teacher Reports	2015
Community Fitness Events	Events Log	2015
Physical Assessments	PE Teachers	2015
Universal School Breakfast and Lunch	Reports	2015
Mobile Food Bus	Reports	2015
Farmers Market	Event Log	2016
Park Renovation	Park Renovation Plan	2016

Alignment with State/National Priorities

KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
<p>Reduce the rate of obesity among Kentuckians by 10%.</p> <p>Partner with School District to increase the number of school district collecting and reporting BMI, within KY student information system.</p> <p>Working with public and private workplaces to adopt healthy concessions and vending policies reflecting federal guidelines.</p> <p>Challenge school district to increase physical activity opportunities for children through implementing comprehensive school physical activity programs.</p> <p>Double the number of schools rating proficient or higher for Coordinated School Health Committees.</p>	<p>Improve health, and quality of life through daily physical activity. (PA- Goal)</p> <p>Increase the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity and muscle strengthening activity. (PA-3)</p> <p>Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights. (NU- Goal)</p> <p>Increase the proportion of schools districts that require schools to make fruits or vegetables available whenever other foods is offered or sold. NWS 2.2</p> <p>Reduce the proportion of children and adolescents who are obese. (NWS 10)</p>	<p>Healthy Eating.</p> <p>Help people recognize and make healthy food and beverage choices. Increase access to healthy and affordable foods in communities.</p> <p>Active Living.</p> <p>Promote and strengthen school and early learning policies and programs that increase physical activity.</p> <p>Encourage community design and development that supports physical activity.</p> <p>Facilitate access to safe, accessible, and affordable places for physical activity.</p>

Objective #1.1: To increase the percentage of students who engage in 60 minutes of daily physical activity by at least 10% annually.

Strategy #1: Increase physical activity.

Source: Clinton County Community Health Assessment

Justification: Currently, 32% of adults are obese and 36% are physically inactive. Baseline BMI database to be established Fall 2015.

Evidence Base: *CDC Increasing Physical Activity: Behavior and Social Approaches 2001 & 2013*

Policy Change (Y/N): No

Environmental Change(Y/N): Yes

PHA #2 - Objective #1.1 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Provide 30-minutes of physical activity	February	2015	Paula Little, Assistant Superintendent; April Speak, Healthy Hometown Coordinator; School Principals	Revise school schedules to include 30-minutes of physical activity block for Clinton County students in Grades K-8.
Hire a part-time Student Fitness Director	March	2015	Healthy Hometown Coalition	Hire a part-time Student Fitness Director to coordinate fitness activities and track individual student progress.
Train and Implement TAKE 10! Program	June	2015	Paula Little, Assistant Superintendent; Ammie Marcum, Community Education Director	Provide training and curriculum for implementation of the TAKE 10! Program for at least 80% of core content teachers in Grades K-8.
Summer recreational activities	June	2015	Sandra Pharis, Early Childhood Council; Bob Reneau, Park Director; Colby Guffey, Agriculture Council	Provide training and summer recreational activities at the park for daycare providers and the school age children in their care after-school and during the summer.
Engage students in Walking Clubs	September	2015	Sandra Guffey, 21st Century Learning Center; Charlotte Dick, Twin Lakes Family Wellness Center	Provide before-school Walking Clubs in the school's gymnasium for students who arrive at school early.
After-school and summer fitness activities	July	2016	Sandra Guffey, 21st Century Learning Center; Charlotte Dick, Twin Lakes Family Wellness Center; April Speck, Healthy Hometown Coordinator	Provide after-school and summer fitness activities (e.g. tumbling classes, dance sessions, martial arts, swim classes, etc) to serve at least 500 students per year.
To provide better access to daily physical activity	August	2016	Sandra Guffey, 21st Century Learning Center; Charlotte Dick, Twin Lakes Family Wellness Center; Paula Little, Assistant Superintendent	Alter the school schedule to ensure that 100% of students in Clinton County have access to daily physical activity.

Objective #1.2: To increase the percentage of students who achieve age appropriate cardiovascular fitness levels by at least 10% annually.

Strategy #1: Increase cardiovascular fitness

Source: Clinton County Community Health Assessment

Justification: 32% of Clinton County adults are obese and 36% are physically inactive. Youth Physical Assessment database to be created in Fall 2015.

Evidence Base: *CDC Increasing Physical Activity: Behavioral and Social Approaches 2001 & 2013*

Policy Change (Y/N): No

Environmental Change(Y/N): Yes

PHA #2 - Objective #1.2 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Community Fitness events	March	2015	April Speck, Healthy Hometown Coordinator; Paula Little, Assistant Superintendent	Coordinate community fitness events with various partners in which at least 500 students participate.
Rewards for achievement	May	2015	Julie York, DPP; Paula Little, Assistant Superintendent	Provide rewards for students who meet cardiovascular fitness goals.
Trainings for PE teachers	July	2015	Paula Little, Assistant Superintendent	Provide content-based training to all school PE teachers to increase the amount of time that students are physically active each day
Conduct physical assessments	November	2015	Paula Little, Assistant Superintendent	Conduct accurate physical assessments of 100% of Clinton County Students enrolled in PE classes
Policy implementation	July	2015	Clinton County School District	Policy enacted

Objective #1.3: To increase the number of students who consume fruit two or more times per day and vegetables three or more times per day by at least 15% by the end of the grant period.

Strategy #1: Improve consumption of fruit and vegetables.

Source: Clinton County Community Health Assessment

Justification: 32% of Clinton County adults are obese. Youth Fruit and Vegetable database created Fall 2015.

Evidence Base: *CDC Promoting Good Nutrition: School-Based Programs Promoting Nutrition and Physical Activity 2003*

Policy Change (Y/N): Yes

Environmental Change(Y/N): Yes

PHA #2 - Objective #1.3 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Nutrition mini-lessons for elementary students	April	2015	Paula Little, Assistant Superintendent; Ammie Marcum, Community Education Director	Provide five minute nutrition mini-lessons during snack time at least twice per week at elementary level.
Free fruits and vegetables for elementary students	April	2015	Colby Guffey, Agriculture Council; Georgia Rigney, District Food Services Director; School Principals	Provide free fruits and vegetables to elementary students during the school day to eat snacks
Healthy eating and cooking classes for families	April	2015	Christ Neutzman & Stacy Smith, UK Extension Service; Ashley Bridgman, Lake Cumberland District Health Department	Provide quarterly evening healthy eating and cooking classes for at least 50 families.
Start up a Farmer's Market at the Mountain View Park	April	2016	Colby Guffey, Agriculture Council; Bob Reneau, Mountain View Park Director	Develop a Farmer's Market at Mountain View Park to be open for the purchase of local produce at least two days per week.
Container gardens and raised garden projects	September - October	2015	Colby Guffey, UK Extension Service; Roger Beard, Ag. Development Council; Jonathan Oakes, Agriculture Teacher	Develop container garden and raised garden projects at the middle and high school level in which at least 50 students participate in order to encourage students to grow their own produce.
Farm Fresh Friday program	November	2015	Georgia Rigney, District Food Services Director; Colby Guffey, Agriculture Council	Participate in the Farm Fresh Friday program for school meals.
Give out healthy eating information to all students and their families	November	2015	April Speck, Healthy Hometown Coordinator; Paula Little, Assistant Superintendent	Distribute healthy eating information to 100% of student families.

FY 2015

Objective #1.4: To decrease the aggregate BMI of Clinton County Students by an average of 2%.

Strategy #1: Improve BMI

Source: Clinton County Community Health Assessment

Justification: Currently, 32% of the Clinton County population is obese. Youth BMI database Fall 2015.

Youth Physical Assessment database to be created in Fall 2015.

Evidence Base: *CDC Promoting Good Nutrition: School-Based Programs Promoting Nutrition and Physical Activity 2003*

Policy Change (Y/N): Yes

Environmental Change(Y/N): Yes

PHA #2 - Objective #1.4 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Free healthy school breakfasts and lunches for students	January	2015	Georgia Rigney, District Food Services Director; Media Partners	Provide free healthy breakfast and lunches for 100% of children in school.
Provide healthy school suppers to students	March	2015	Georgia Rigney, District Food Services Director; Paula Little, Assistant Superintendent	Provide healthy School Suppers to at least 45 students on a regular basis who live in food deserts and who stay after-school for tutoring or fitness activities.
Utilize Mobile Food Bus	June	2015	Georgia Rigney, District Food Services Director	Utilize a Mobile Food Bus (Bus Stop Café) to take free, healthy lunches during the summer to at least 100 children annually who live in food deserts.
Eliminate deep fryers in schools	August	2015	Georgia Rigney, District Food Services Director	Eliminate deep fryers from school kitchens and replace with convection ovens for more nutritious school meals.
Develop Backpack Program	September	2015	Sandra Pharis, Family Resource Center; Bobby Grant, Shepherd of Good Hope Ministries	Develop a Backpack Program to provide healthy foods over the weekend to at least 50 students per year who live in a food desert.

FY 2015 - 2016

Objective #2.1: To make the environment in Clinton County more conducive for physical activity to the extent that 75% of residents surveyed agree with that statement.

Strategy #2: Better environment for physical activity

Source: Clinton County Community Health Assessment

Justification: 32% of adults in Clinton County are obese; while 36% of adults in Clinton County are physically inactive.

Evidence Base: *Increasing Physical Activity Environmental and Policy Approaches: Creation of or Enhanced Access to Places for Physical Activity Combined with Informational Outreach Activities 2001*

Policy Change (Y/N): No

Environmental Change(Y/N): Yes

PHA #2 - Objective #2.1 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Resurface walking track at park	September	2015	Bob Reneau, Park Director; Kyle Huff, County Judge Executive; Nicky Smith, Mayor; April Speck, Healthy Hometown Coordinator	Surface walking track around Mountain View Park to give residents a safe, lighted place to walk with their families.

PHA #2 - Objective #2.1 Action Plan (cont.)

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Add multi-purpose field at park	March	2016	Bob Reneau, Park Director; Kyle Huff, County Judge Executive; Nicky Smith, Mayor; April Speck, Healthy Hometown Coordinator	Add a new multi-purpose field to Mountain View Park to provide more opportunities for active play for children.
Renovation of playground equipment at park	April	2016	Bob Reneau, Park Director; Kyle Huff, County Judge Executive; Nicky Smith, Mayor; April Speck, Healthy Hometown Coordinator	Complete a three-phase renovation of the playground area at Mountain View Park, removing unsafe equipment and adding new safety surfacing and equipment that promotes active play.
Expand walking trails at park	October	2016	Bob Reneau, Park Director; Kyle Huff, County Judge Executive; Nicky Smith, Mayor; April Speck, Healthy Hometown Coordinator	Expand walking trails in and around Mountain View Park to make connections with other key community facilities (i.e. Wellness Center, Learning Center, schools)
Safe Routes to School grant application submission	December	2016	Bob Reneau, Park Director; Kyle Huff, County Judge Executive; Nicky Smith, Mayor; April Speck, Healthy Hometown Coordinator	Complete Safe Routes to School grant application and add sidewalks to encourage more students to walk to school.

FY 2015

Objective #2.2: To increase students' knowledge of their own fitness levels to the extent that 95% of all students are aware of their own individual fitness and dietary needs and have a plan for improvement.

Strategy #3: Improve students' knowledge of their own bodies; individual fitness levels and dietary needs

Source: Clinton County Community Health Assessment

Justification: Currently, 36% of Clinton County adults are physically inactive. Youth Physical Activity database Fall 2015.

Evidence Base: *CDC Increasing Physical Activity: Behavioral and Social Approaches 2001 & 2013*

Policy Change (Y/N): No

Environmental Change(Y/N): No

PHA #2 - Objective #2.2 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Hire two school nurses	June	2015	Lake Cumberland District Health Department	With assistance from the Lake Cumberland District Health Department, hire two school nurses to take BMI's and conduct obesity counseling for students.
Put Fitness Buddies into affect	August	2016	Paula Little, Assistant Superintendent; High School Principal	Implement a new class at Clinton County High School called "Fitness Buddies," where high school students serve as role models and workout partners for younger students battling obesity.

PHA #2 - Objective #2.2 Action Plan (cont.)

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Provide Fitness Plans	September	2015	School Nurses; Paula Little, Assistant Superintendent	Develop and individualized Fitness Plan (IFit) for 100% of students.
Obesity Counseling	September	2015	School Nurses	Provide obesity counseling and referrals or free physicals for 100% of those students identified as high risk for health problems.
Give incentives	October	2015	Julie York, DPP; Paula Little, Assistant Superintendent	Provide monthly incentives for students who meet IFit goals.
Use TriFit Assessment system	December	2015	School Nurses; Paula Little, Assistant Superintendent	Utilize the TruFit Assessment system to provide health and fitness information to 100% of students in grade K-12.
Work with local physicians with well child checkups	September	2016	School Nurses; Paula Little, Superintendent; Local Physicians	Coordinate efforts with local physicians to include nutrition and fitness information with all well child checkups.
School-Based Health Clinics	June	2017	School Nurses; School Principals; Paula Little, Assistant Superintendent	Establish school-based health clinics to serve all students health-related needs.

FY 2015

Objective #2.3: To increase the number of students who report participating in fitness activities or engaging in health-related discussions with their families by at least 30% by the end of the grant period.

Strategy #4: Engage students in fitness activities or health-related discussions

Source: Clinton County Community Health Assessment

Justification: 36% of adults in Clinton County are physically inactive.

Evidence Base: *CDC Increasing Physical Activity: Behavioral and Social Approaches 2001 & 2013*

Policy Change (Y/N): No

Environmental Change(Y/N): No

PHA #2 - Objective #2.3 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Health Fairs	April	2015	J.D. Millins, Clinton County Hospital; Lora Brewington, Cumberland Family Medical Center; Sandra Pharis, Family Resource Center; April Speck, Healthy Hometown Coordinator	Conduct Health Fairs for families with information and demonstrations to be attended by at least 150 people annually.
Media Marketing Campaign	April	2015	April Speak, Healthy Hometown Coordinator; Al Gibson, Clinton County News; Pam Allred, WAN; Gina Poore, Cable Channel 16	Conduct a traditional media marketing campaign about the benefits of a Healthy Hometown for its children to the extent that at least 90% of parents indicate knowledge of dangers of childhood obesity and how to prevent it.

PHA #2 - Objective #2.3 Action Plan (cont.)

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Provide guardians with student's fitness assessment information	May	2015	April Speck, Healthy Hometown Coordinator; Paula Little, Assistant Superintendent	Disseminate student's fitness assessment information via mail to the homes of 100% of students.
Social Marketing Campaign	July	2015	April Speck, Healthy Hometown Coordinator; Al Gibson, Clinton County News; Pam Allred, WANY; Gina Poore, Cable Channel 16	Conduct social marketing campaign coordinated with regional and national efforts to the extent that at least 75% of families indicate familiarity with the message.
Parent Education Programs	November	2015	Paula Little, Assistant Superintendent; Ammie Marcum, Community Education Director; April Speck, Healthy Hometown Coalition	Conduct Parent Education programs, such as Healthy Kids Day, PE demonstrations, etc. on an annual basis to be attended by at least 300 parents annually.
Healthy Hometown Marketing Campaign	February	2016	Ammie Marcum, Community Education Director; April Speck, Healthy Hometown Coordinator; Gina Poore, Cable Channel 16	Develop a "Healthy Hometown" video to be part of the overall marketing campaign to change attitudes and spawn a movement for better children's health.

Community Assets and Resources

Somerset Community College – Clinton Center
 Central KY-Agency for Substance Abuse Policy
 Clinton County School System
 Clinton County Tourism
 Clinton County Fiscal Court
 Sheriff's Department
 Mountain View Recreational Park
 Clinton County Hospital
 Clinton County Health Department
 Clinton County – UK Extension Office
 Healthy Hometown Foundation Grant
 Clinton County Chamber of Commerce
 Albany/Clinton Wellness Center
 City and County Government Officials
 Clinton County Public Library
 Cumberland Family Medical Center
 Law Enforcement
 Patriot Industries



Healthy Hometown Coalition

Clinton County Health Department
 Healthy Hometown Coalition
 KY-ASAP
 ADANTA
 School Wellness Committee
 Clinton County Health Coalition
 Clinton County School System
 Clinton County Chamber of Commerce
 Clinton County UK-Extension Office
 Coventry Cares
 Wayne County Family Resource Youth Services Center
 Albany/Clinton Wellness Center
 Amedisys Home Health
 Clinton County Care and Rehabilitation
 Hospice of Lake Cumberland
 Kentucky Spirit Health
 Lifeline Home Health
 LHC Group
 Medicaid Services
 Patriot Industries
 Probation and Parole
 State Farm Agency

CUMBERLAND COUNTY

Community Health Improvement Plan

FISCAL YEARS

2014 - 2015

2015 - 2016

2016 - 2017

Cumberland County Vision

To enhance the physical, emotional, and spiritual health of all those who live, work and play in Cumberland County now and for generations to come.





CUMBERLAND COUNTY

Priority Health Area: Healthy Living

GOAL #1: To reduce secondhand smoke.

GOAL #2: To increase physical activity.

Performance Measure

Short Term Indicators	Source	Year
100% Tobacco Free School Interest Survey	Survey	2016
Tobacco Free School Committee	Minutes	2015
Shared Use Agreement Community Surveys	Survey	2016
Long Term Indicators	Source	Year
100% Tobacco Free School Policy	Policy	2016
Shared Use Agreement Policy	Policy	2017

Alignment with State/National Priorities

KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
Reduce Kentucky's smoking rate by 10% <i>*Support smoke free legislature</i> <i>* Partner with school district to implement tobacco free campuses</i> Reduce the rate of obesity among Kentuckians by 10%.	Reduce illness, disability, and health related to tobacco use and secondhand smoke exposure. (TU-1) Improve health, fitness, and quality of life through daily physical activity.	Support comprehensive tobacco-free and other evidence-based tobacco control policies. Encourage community design and development that supports physical activity. Facilitate access to safe, accessible, and affordable places for physical activity.

Social Determinants of Health

Circumstances, in which people are born, grow up, live, and age, as well as the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics.

(Social Determinants of Health Key Concepts. Work Health Organization)

Objective #1: By June 2016, Cumberland County will adopt a 100% Tobacco Free School policy.

Strategy: Establish a 100% Tobacco Free School policy

Source: Cumberland County Community Health Assessment and Cumberland County Tobacco Free Survey Results

Justification: 21% adult smoking rate; past 30 day use for smokeless tobacco for Cumberland County youth 16%; Cumberland County 30 days use of cigarettes for Cumberland County youth is at 15%.

Evidence Base: *CDC's Guidelines for School Health Programs to prevent Tobacco Use and Addiction. CDC Best Practice on Tobacco Control.*

Policy Change (Y/N): Yes

Environmental Change (Y/N): Yes

Objective #1 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Contact Board of Education for copy of tobacco policy	October	2014	Cumberland County Health Department	Contact Board of Education for copy of tobacco policy.
Create a Tobacco Free School Committee	October	2014	Cumberland County Health Department, KY-ASAP, Cumberland County Health Leadership Team	Creating a committee to help support the Tobacco Free School policy..
Collection of Educational Information for School Board Members	October	2014	Cumberland County Health Department	Collection of Tobacco Free School information and educational information about tobacco.
Meeting with Superintendent about Tobacco Free Schools	November	2014	Cumberland County Health Department	Schedule and meeting with Superintendent about thoughts of support on Tobacco Free School Policy.
Present to School Board	September	2015	Cumberland County Health Department	Distribute educational information about Tobacco Free Schools
Promote the need for 24/7 Tobacco Free School policy	October - February	2015 - 2016	Cumberland County Health Department, KY-ASAP, ADANTA, Cumberland County Health Leadership Team	Gain support for Tobacco Free Schools
Community Education	October - February	2015 - 2016	Cumberland County Health Department, ADANTA, RPC, KY-ASAP	Community awareness and knowledge
Conduct interviews/surveys with Superintendent, Principals, Health Council, all school staff and the community	February - March	2016	Cumberland County Health Department, KY-ASAP, Cumberland County Health Leadership Team, ADANTA	Support for TFS policy
Presentation to School Board on result findings	April	2016	Cumberland County Health Department and Cumberland County Health Leadership Team	Support for policy change
Policy Change/Adoption	June	2016	Cumberland County Board of Education	Tobacco Free School policy
Policy implementation	August	2016	Cumberland County School District	Tobacco Free School policy enacted

Objective #2: By June 2017, Cumberland County Veterans Center will adopt a shared use agreement for wellness facilities.

Strategy: Establish a shared use agreement for community wellness facilities

Source: Cumberland County Community Health Assessment

Justification: 34% of adults in Cumberland County are obese.

Evidence Base: Creation of or enhanced access to places for physical activity, combined with information outreach activities results in a 25% increase in the proportion of the population who are physically active at least three times a week. *The CDC Guide to Strategies to Increase Physical Activity in the Community 2011.*

Policy Change (Y/N): Yes

Environmental Change(Y/N): Yes

Cumberland

Objective #2 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Research current policies, procedures and owner	July	2016	Cumberland County Health Department	Find out what the current policies and procedures are for the Cumberland County Senior Center
Research Shared Use Agreement policies	September	2016	Cumberland County Health Department and Cumberland County Health Leadership Team	Find multiple shared use agreement policies to show and discuss with the Cumberland County Senior Center Building owner
Meeting with owner of Cumberland County Senior Center Building	November	2016	Cumberland County Health Leadership Team	Support from the Cumberland County Senior Center Building owner
Assessment on how many people would use the wellness facilities	January	2017	Cumberland County Health Department and Cumberland County Health Leadership Team	Community surveys and results to show if the community is in favor or not in favor of the Shared Use Agreement
Draft a Shared Use Agreement Policy	March	2017	Cumberland County Health Department, Building Owner and Cumberland County Health Leadership Team	Drafted form of Shared Use Agreement
Adoption of the agreement	June	2017	Building Owner and Cumberland County Health Leadership Team	Shared Use Agreement Policy adoption

Cumberland County Health Leadership Team Lead Organizations

ADANTA
 B.F. Taylor Medical Arts Clinic
 Cumberland County Board of Education
 Cumberland County Cooperative Extension Service
 Cumberland County Family Resource Youth Service Center

Cumberland County Fiscal Court
 Cumberland County Health Department
 Cumberland County Hospital
 Cumberland County Public Library
 Hospice of Lake Cumberland
 Lake Cumberland District Health Department
 Living Word Ministries

GREEN COUNTY

Community Health Improvement Plan

FISCAL YEARS

2014 - 2015

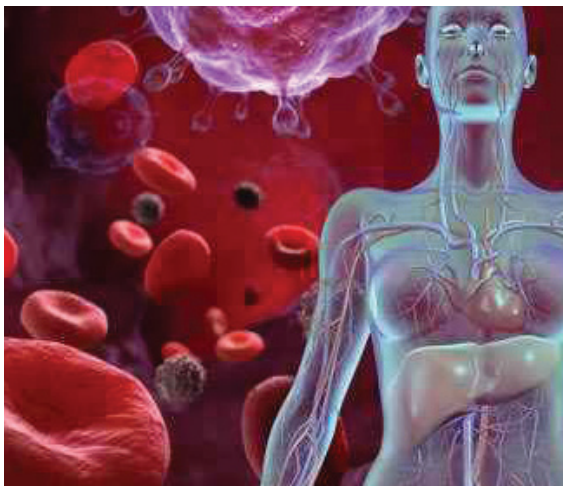
2015 - 2016

2016 - 2017

Green County Health and Wellness Coalition Vision

All citizens united to provide a healthier tomorrow by focusing on one another to promote better lifestyle choices, education, resources and a safe environment for all who live, work and play in Green County.





GREEN COUNTY

Priority Health Area: Chronic Disease Prevention

GOAL:

Reduce chronic disease by decreasing the obesity rate and exposure to secondhand smoke.

Performance Measure

Short Term Indicators	Source	Year
Completed Trail Town application (<i>obj. 1</i>)	Workgroup meetings	2015
Student and staff support for tobacco free school campus (<i>obj. 2</i>)	School survey	2015
Community support for tobacco free school campus (<i>obj. 2</i>)	Survey	2016
Verbal support from superintendent and school board members on tobacco free campus and shared use facilities (<i>obj. 2 & 3</i>)	Stakeholder interviews	2015 - 2016
Plan for shared use policy adoption in place (<i>obj. 3</i>)	Policy/agreement	2017
Long Term Indicators	Source	Year
Designated Certified Trail Town of Kentucky (<i>obj. 1</i>)	KY Dept. of Adventure Tourism	2015
Adoption of tobacco free school policy (<i>obj. 2</i>)	Green County School Board	2016
Adoption of joint use agreement (<i>obj. 3</i>)	Green County School Board	2017

Alignment with State/National Priorities

Obj.	KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
#1	Reduce the rate of obesity among KY by 10%	PA-1: Reduce the proportion of adults who engage in no leisure-time physical activity.	Facilitate access to safe, accessible and affordable places for physical activity
#2	Reduce the smoking rate in KY by 10%	TU-1: Reduce tobacco use among adults. TU-2: Reduce tobacco use among adolescents. TU-15: Increase tobacco free environments in schools, including all school facilities, property, vehicles, and school events.	Support comprehensive tobacco-free and other evidence-based tobacco control policies.
#3	Reduce the rate of obesity among KY by 10%.	PA-1: Reduce the proportion of adults who engage in no leisure-time physical activity.	Facilitate access to safe, accessible and affordable places for physical activity.

Objective #1: By December 2015, the City of Greensburg will become a Certified Trail Town of Kentucky.

Strategy: Applying for Trail Town certification.

Source: Green County Community Health Assessment

Justification: 38% of Green County adults report being physically inactive.

Evidence Base: Creation of or enhanced access to places for physical activity combined with informational outreach activities is strongly recommended. These interventions attempt to change the local environment to create opportunities for physical activity.
Partnership for Prevention. Social Support for Physical Activity: Establishing a Community-Based Walking Group Program to Increase Physical Activity Among Youth and Adults – An Action Guide.

Policy Change (Y/N): No

Environmental Change (Y/N): Yes

Objective #1 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Monthly work group meetings to develop application draft	February - May	2015	Green County Health Department, City of Greensburg	Completed draft application.
Committee meeting to approve application draft	June	2015	Greensburg-Green County Trail Way and Greenway Planning and Advising Committee	Approved completed application.
Submit completed application	August	2015	City of Greensburg	Designated Certified Trail Town of Kentucky.



Objective #2: By July 2016, Green County School System will adopt a Tobacco Free School Campus Policy.

Strategy: Tobacco free school policy

Source: Green County Community Health Assessment

Justification: Adult smoking rate is 31% and 21% of youth have smoked in the past 30 days.

Evidence Base: Reduce tobacco use by implementing comprehensive school based programs with policies to prohibit tobacco use by students, staff, and visitors on school grounds (US Surgeon General 2014).
CDC Best Practices for Comprehensive Tobacco Control Programs, 2014

Policy Change (Y/N): Yes

Environmental Change (Y/N): Yes

Objective #2 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Survey staff	January	2015	Green County Agency for Substance Abuse Policy (ASAP), Health Department	50% of surveys returned.
Stakeholder meeting	January - March	2015	Superintendent	Stakeholders support
Develop advocacy team	January	2015	Health Department	Advocacy Team
Educate school board members	February	2015	Health Department, Youth Coalitions	School Board presentation
Assess current environment	March - May	2015	Green Co. Health and Wellness Coalition, Health Department, ASAP	Parent survey results, info on tobacco violators
Educate parents and youth	July - October	2015	ASAP, Green County Health and Wellness Coalition, Commonwealth Broadcasting	Increased knowledge of parents, students
Propose new policy	November	2015	Green County Health Leadership Team	24/7 Tobacco Free School Policy
Implement new policy	Fall	2016	Green County School System	24/7 Tobacco Free School Policy

FY 2016 - 2017

Objective #3: By June 2017, Green County School System will adopt a shared-use agreement for recreational facilities.

Strategy: Green County School System will adopt a joint-use agreement

Source: Green County Community Health Assessment

Justification: 38% of Green County adults report being physically inactive

Evidence Base: Creation of or enhanced access to places for physical activity, combined with information outreach activities results in a 25% increase in the proportion of the population who are physically active at least three times a week. *The CDC Guide to Strategies to Increase Physical Activity in the Community 2011*

Policy Change (Y/N): Yes

Environmental Change (Y/N): Yes

Objective #3 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Research sample policies and case studies	July	2016	Green County Health and Wellness Coalition, School wellness councils	Resource to share with stakeholders/superintendent
Meeting with Superintendent	August	2016	School wellness councils	Support from Superintendent
Needs assessment (school staff)	September	2016	Green County Health and Wellness Coalition	Number of potential users by school staff
Needs assessment (students)	November	2016	School wellness councils, Green County Health and Wellness Coalition	Number of potential users by students

Objective #3 Action Plan (cont.)

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Needs assessment (community)	January	2017	Green County Health and Wellness Coalition, School wellness councils	Number of potential users by community
Develop an agreement	March	2017	Green County Health and Wellness Coalition, School wellness councils, Superintendent, Green County school board	Draft for shared-use agreement
Adopt a policy	May	2017	Superintendent and Green County school board	Adoption of shared-use agreement

Green County Health and Wellness Coalition Lead Organizations

(Green County Health Leadership Team in bold)

ADANTA

ADANTA-Regional Prevention Center
Alliance for a Healthier Generation
Amedisys Home Health

Campbellsville University

City of Greensburg

City of Greensburg City Council

Commonwealth Broadcasting

Department of Child Based Services

Drug Court

Elder Abuse Council

Elizabethtown Community College

Forcht Bank

Green County Adult Education

Green County - County Attorney

Green County Youth Service Center

Green County Ambulance Service

Green County Area Technology Center

Green County Board of Education

Green County Drug Free Communities /ASAP

Green County Judge Executive

Green County High School

Greensburg Fire Dept.

Greensburg Police Dept.

Greensburg Record-Herald

Health First Pharmacy

Jane Todd Crawford Hospital

LineLine Home Health

UK Cooperative Extension Service

Social Determinants of Health

Circumstances in which people are born, grow up, live, work, and age, as well as the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics. *(Social Determinants of Health Key Concepts, World Health Organization)*

As a rural Appalachian community, Green County has a population of approximately 11,500 with a high poverty rate and is highly dependent on agriculture as a source of income. There is a local hospital and few resources where individuals can safely be physically active. Access to healthy foods is limited to two grocery stores. Chronic disease rates exceed district, state, and/or national averages in many categories.

Community Assets and Resources

American Legion Park

City and county government engagement

Drug Free Communities Funding

Green County Health and Wellness Coalition

Green County Health Leadership Team

Green County Public Library

Green River Paddle Trail

Greensburg Fitness Trail

Historical Society

Jane Todd Crawford Hospital

KY-Agency for Substance Abuse Policy

Main Street revitalization

Supportive school system and administration

McCREARY COUNTY

Community Health Improvement Plan

FISCAL YEARS

2014 - 2015

2015 - 2016

2016 - 2017

McCreary County Vision

All citizens empowered to build a safe, healthy and drug free community with education and leading by example.





McCREARY COUNTY

Priority Health Area #1: Chronic Disease

(Physical Inactivity, Tobacco Use, Nutrition)

GOAL:

McCreary County will increase the number of adult and youth who engages in regular physical activity.

Performance Measure

Short Term Indicators	Source	Year
1. Create committee	Committee	2015
2. Assess all trails intensity	Trail Town Subcommittee	2015
3. Trail run for Trail Town	Trail Town Subcommittee	2015
Long Term Indicators	Source	Year
1. Certified Trail Town	KY Dept. of Adventure Tourism	2015
2. Rack Card	UNITE, McCreary ASAP	2016
3. Calendar of physical activity events	McCreary Wellness Coalition	2017

McCreary

Alignment with State/National Priorities

KY Health Now 2019/Healthy Kentuckians 2020	Healthy People 2020	National Prevention Strategy
Reduce the obesity rate among Kentuckians by 10%	Reduce the proportion of adults who engage in no leisure-time physical activity	Facilitate access to safe, accessible and affordable places for physical activity

Social Determinants of Health

Circumstances in which people are born, grow up, live, work, and age, as well as the systems put in place to deal with illness. These Circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics. *(Social Determinants of Health Key Concepts, World Health Organization)*

McCreary County is a rural Appalachian community with a population of 17,989. The poverty level is high, with the median income in McCreary County being approximately 24,600. There are few options for the community to participate in safe physical activity and few resources for healthy food options, resulting in a high obesity rate. Chronic disease rates exceed district, state, and/or national averages in most categories.

Objective #1: By July, 2015 McCreary county will become a certified trail town.

Strategy: Become Certified trail town

Source: McCreary County Community Health Assessment

Justification: 35% of the McCreary County adult population is physically inactive and 32% of adults are obese.

Evidence Base: Creation of or enhancing access to places for physical activity involves the efforts of worksites, coalitions, agencies, and communities as they attempt to change the local environment to create opportunities for physical activity. *CDC, Community Putting Prevention to Work Complete Streets Division of Nutrition and Physical Activity, National Center for Chronic Disease Prevention and Health Promotion*

Policy Change (Y/N): No

Environmental Change (Y/N): Yes

PHA #1: Objective #1 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Create Subcommittee	January	2015	Susan Stephens, Director of Tourism; Courtney Roberts, Health Department	Subcommittee
Maps and information about trails	February	2015	Greg Whitis, Extension Office; Susan Stephens, Director of Tourism; Courtney Roberts, Health Department	Maps
Trail run	May	2015	Susan Stephens, Director of Tourism; Courtney Roberts, Health Department	Designated Certified Trail Town of Kentucky.

FY 2015 - 2016

Objective #2: By July, 2016 Trails in McCreary County will be identified by level of intensity of physical activity.

Strategy: Identify intensity of trails

Source: McCreary County Community Health Assessment

Justification: 35% of the McCreary County adult population is physically inactive and 32% of adults are obese.

Evidence Base: *Sedentary behaviors and related outcomes recommended by The Guide to Community Preventative Services*

Policy Change (Y/N): No

Environmental Change (Y/N): No

PHA #1: Objective #2 Action Plan

Activity	Target Date	Year	Lead Person/Organization	Anticipated Results
Form a committee for trails	May	2015	Greg Whitis, Extension Office; Courtney Roberts & Rebecca Baker, Health Department	Committee