

Adair County Health Improvement Plan

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For additional information, CONTACT:

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Community Priority

Reduce the obesity rate in Adair County.

Goal #1	Reduce the obesity rate in Adair County.	National Alignment	State Alignment			
		Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.	A reduction in the proportion of adults who are obese.			
Objective 1-1	Increase the utilization of resources and programs currently present within the county.	Baseline Year	Baseline Value	Target Year	Target Value	
		2015	3%	2021	5%	
Strategy 1-1.1	Develop and maintain a resource list of programs available.	<u>Strategy Type</u>				
		Counseling & Education				
		<u>Who's Responsible</u>			<u>Target Date</u>	
		Adair County Health System			January 2018	
Objective 1-2	Reduce the percentage of adults with obesity from by 4% by 2021.	Baseline Year	Baseline Value	Target Year	Target Value	
		2015	41.3%	2021	37%	
Strategy 1-2.1	Articles for school newsletters for parents will be provided highlighting strategies to improve nutrition and increase activity for children and families.	<u>Strategy Type</u>				
		Counseling & Education				
		<u>Who's Responsible</u>			<u>Target Date</u>	
		Adair County Health System			October 2016	
Strategy 1-2.2	Training and suggestions for indoor recess activities will be provided to prekindergarten and elementary staff in the county.	<u>Strategy Type</u>				
		Environmental / Policy / Systems Change				
		<u>Who's Responsible</u>			<u>Target Date</u>	
		Adair County Health System/School Wellness Coordinators			Sept. 2017	
Strategy 1-2.3	Provide a comprehensive list of low-cost student incentives that conform to school wellness policy guidelines.	<u>Strategy Type</u>				
		Counseling & Education				
		<u>Who's Responsible</u>			<u>Target Date</u>	
		Adair County Health System/School Wellness Coordinators			January 2018	
Strategy 1-2.4	Provide snack ideas that meet the guidelines of school wellness programs.	<u>Strategy Type</u>				
		Counseling & Education				
		<u>Who's Responsible</u>			<u>Target Date</u>	
		Adair County Health System/School Wellness Coordinators			January 2017	

Strategy 1-2.5 Work with grocery stores to provide signage for snacks and foods that meet the guidelines of the school wellness programs.

Strategy Type
Counseling & Education

Who's Responsible
Adair County Health System/School Wellness Coordinators

Target Date
January 2017

Goal #2 Improve mental health through prevention and the provision of appropriate, quality mental health services.

National Alignment
Addressed in Healthy People 2020: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services.

State Alignment
A reduction in the percent of 11th Graders who seriously consider attempting suicide.

Objective 2-1 Reduce the number of youth in Adair County who have a feeling of worthlessness some of the time or greater from 25% to 20%.

Baseline Year	Baseline Value	Target Year	Target Value
2014	25%	2021	20%

Strategy 2-1.1 Provide education and support groups for young adults with depression.

Strategy Type
Counseling & Education

Who's Responsible
Adair County Health System

Target Date
6/2018

Strategy 2-1.2 Send 2 persons for NAMI support group training.

Strategy Type
Counseling & Education

Who's Responsible
Adair County Health System/Southern Hills Regional Mental Health

Target Date
6/2018

Strategy 2-1.3 Provide training and awareness for suicide prevention.

Strategy Type
Counseling & Education

Who's Responsible
Adair County Health System

Target Date
6/2017

Strategy 2-1.4 Develop and maintain a brochure of available resources for mental health issues.

Strategy Type
Counseling & Education

Who's Responsible
Southern Hills Regional Mental Health

Target Date
6/2017

Strategy 2-1.5 Initiate Senior Life Solutions program.

Strategy Type
Clinical Intervention

Who's Responsible
Adair County Health System

Target Date
3/2016

Strategy 2-1.6 Explore feasibility of a Crisis Bed Facility for Southern Hills Region.

Strategy Type
Clinical Intervention

Who's Responsible
Southern Hills Regional Mental Health/Adair County Health System

Target Date
12/2019