## CHNA Priority

### Outcome Statement

- **Tobacco Usage**
  - Raise awareness about the perils of smoking and facilitate quitting
  - Target Population: All adults, 18 yrs+ in Clay County
  - Strategies/Outputs: Partner with American Lung Association for their “Freedom From Smoking” program
  - Outcome Metric: Provide NRT smoking cessation to 75 participants

- **Cancer**
  - Raise awareness about breast cancer and breast health
    - Target Population: All females, 18 yrs+ in Clay County
    - Strategies/Outputs: Disseminate information about breast health through marketing campaigns/community education programs
    - Outcome Metric: Connect with 2,250 women over 3 years
  - Raise awareness about breast cancer and breast health, inducing proactive screenings
    - Target Population: All females, 18 yrs+ in Clay County
    - Strategies/Outputs: Partner with the Cumberland Health Department and provide free/discounted mammograms
    - Outcome Metric: Provide mammograms to 925 women

- **Diabetes**
  - Conduct glucose screenings via Mission in Motion (MiM) unit
    - Target Population: All adults, 18 yrs+ in Clay County
    - Strategies/Outputs: Use the MiM unit to raise diabetes awareness via glucose screenings at community events
    - Outcome Metric: Provide screenings to 400 people
  - Provide programs to help people reduce A1C levels via diabetes education and management
    - Target Population: All adults, 18 yrs+ in Clay County
    - Strategies/Outputs: Disseminate information about managing diabetes through healthier lifestyle choices (CREATION Health)
    - Outcome Metric: Reach 150 individuals
  - Educate 3000 middle schoolers on healthy eating and exercise
    - Target Population: All middle school students in Clay and Owsley counties
    - Strategies/Outputs: Teaching Live It Up! classroom sessions based on CREATION Health principles
    - Outcome Metric: 80 % of students pass post test

### Outcome Goals

<table>
<thead>
<tr>
<th>CHNA Priority</th>
<th>Outcome Metric</th>
<th>Current Year Baseline</th>
<th>Year 1 Outcome Goal - #</th>
<th>Year 1 Actual</th>
<th>Year 2 Outcome Goal - #</th>
<th>Year 2 Actual</th>
<th>Year 3 Outcome Goal - #</th>
<th>Year 3 Actual</th>
<th>Hospital $</th>
<th>Matching $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco Usage</td>
<td>Provide NRT smoking cessation to 75 participants</td>
<td>15</td>
<td>20</td>
<td>25</td>
<td>30</td>
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</tr>
<tr>
<td>Cancer</td>
<td>Connect with 2,250 women over 3 years</td>
<td>500</td>
<td>500</td>
<td>750</td>
<td>1000</td>
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<tr>
<td></td>
<td>Provide mammograms to 925 women</td>
<td>250</td>
<td>275</td>
<td>300</td>
<td>350</td>
<td></td>
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<tr>
<td></td>
<td>Provide free checks to 125 men</td>
<td>35</td>
<td>35</td>
<td>40</td>
<td>50</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Provide screenings to 400 people</td>
<td>0</td>
<td>100</td>
<td>125</td>
<td>175</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Reach 150 individuals</td>
<td>0</td>
<td>30</td>
<td>50</td>
<td>70</td>
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<tr>
<td></td>
<td>80 % of students pass post test</td>
<td>87%</td>
<td>80%</td>
<td>80%</td>
<td>80%</td>
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</tr>
<tr>
<td></td>
<td># of students enrolled</td>
<td>700</td>
<td>1000</td>
<td>1000</td>
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</table>
## Community Health Plan Template 5.1

### OUTCOME GOALS

<table>
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</thead>
</table>
| **Overweight Population (inc. of physical inactivity)**

Run an educational and physical fitness program based on CREATION Health to encourage a healthier lifestyle

- **All adults, 18 yrs+ in Clay County**
  - Conducting “Summer Fitness” annually for local residents
  - # of people enrolled
  - 80% must pass post test

| | | | | | | | | | | | | | | |
|-----------------|-----------------|-----------------|-----------------|----------------|
| **Encourage a healthier lifestyle and activity, focusing on 'Choice' and 'Activity'**

High school students in the Red Bird Mission

Partner with Red Bird Mission to run a pilot walking program for the youth, that is broad enough to encompass their families as well

| | | | | | | | | | | | | | | |
|-----------------|-----------------|-----------------|-----------------|----------------|
| **Facilitate individuals suffering from any behavioral issues to follow a faith-based lifestyle via different programs**

All adults, 18 yrs+ in Clay County

Partner with Chad’s Hope to educate recoverers on the principles of CREATION Health and induce healthier lifestyle choices

| | | | | | | | | | | | | | | |
|-----------------|-----------------|-----------------|-----------------|----------------|

### OUTCOME MEASUREMENTS

#### Overweight Population (inc. of physical inactivity)

- **Run an educational and physical fitness program based on CREATION Health to encourage a healthier lifestyle**
  - **All adults, 18 yrs+ in Clay County**
  - Conducting “Summer Fitness” annually for local residents
  - # of people enrolled
  - 80% must pass post test

- **Encourage a healthier lifestyle and activity, focusing on 'Choice' and 'Activity'**
  - High school students in the Red Bird Mission
  - Partner with Red Bird Mission to run a pilot walking program for the youth, that is broad enough to encompass their families as well
  - Touch 250 youngsters over three years with the walking program

#### Behavioral Health (drug/substance abuse)

- **Facilitate individuals suffering from any behavioral issues to follow a faith-based lifestyle via different programs**
  - All adults, 18 yrs+ in Clay County
  - Partner with Chad’s Hope to educate recoverers on the principles of CREATION Health and induce healthier lifestyle choices
  - Reach 135 Chad's Hope residents

- **Facilitate individuals suffering from any behavioral issues to follow a faith-based lifestyle via different programs**
  - All adults, 18 yrs+ in Clay County
  - Partner with Laurel Creek Church to educate teenagers on a healthier faith based lifestyle, inclusive of physical activity
  - Touch 500 youngsters at the Teen Camp at Laurel Creek Church

- **Facilitate individuals suffering from any behavioral issues to follow a faith-based lifestyle via different programs**
  - All adults, 18 yrs+ in Clay County
  - Partner with Laurel Creek Church to deal with habit intervention for drugs/alcohol and educate on a healthier lifestyle
  - Reach 500 individuals at Celebrate Recovery

Revised Nov.2015
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Revised Nov.2015
<table>
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<tr>
<th>Comments</th>
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<tbody>
<tr>
<td>We'll get the ASAP community grant to carry this out ($2,500/year)</td>
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<tr>
<td>Utilize digital media</td>
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</table>