

Partnerships for a Healthier Charles County Action Plan - Chronic Disease

Obesity

Goal: Prevent and Control Chronic Disease in Charles County

Maryland Vision Area 5 Objectives: Increase the proportion of adults who are at a healthy weight. (35.7%***)

Reduce the proportion of children who are considered obese.(11.3%***)

Healthy People 2020 Goal: NWS-9: Reduce the proportion of adults who are obese.

NWS-10 Reduce the proportion of children and adolescents who are considered obese. (30.6% or 10% improvement**)

NWS-14: Increase the contribution of fruits to the diets of the population aged 2 years and older. (0.9 cup equivalents per 1,000 calories of fruit**)

NWS-15: Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older. (1.1 cup equivalents per 1,000 calories of vegetables**)

PA-2: Increase the proportion of adults who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity.(47.9 % or 10% improvement**)

*Charles County Health Indictors based on Maryland SHIP Objectives

**Healthy People 2020 Objective Topic Areas

*** SHIP Target Objectives for 2014

Target Objectives:

A. Increase the percent of adults who are at a healthy BMI from 29.4 to 30.4(<25)

B. Decrease the percent of children and adolescents who are obese from 13.3 to 11.2.

Strategies	Action Plan		
	Who? Will do	What? By When?	Resources Needed?

OBJECTIVE A: Increase the percent of adults who are at a healthy BMI from 29.4 to 30.4 (<25).

Strategy	Activities	Outcome	Responsibility	Resources	Tracking Measures
X Providing Information -Educate the community on healthy weight goals. -Educate the community on the health benefits of improving nutrition and	-Media campaign to increase the knowledge of “What is a BMI” and the risk factors associated with it as well as improving nutrition and exercise. Education materials about BMI to	-With increased knowledge citizens of Charles County will work towards obtaining a healthy weight and decreasing risk factors associated with obesity and morbid obesity.	-Collaboration of the PHCC: Civista, CCDOH, BOE, MD Extension, Community Services, CSM, etc.	-Grant money for outreach materials. -Copies of resource guide, paper, ink	-Number of materials distributed -Number of resource guides distributed.

<p>exercise.</p> <p>-Empowering physicians with health education materials to address obesity as well as the other health risks associated with obesity.</p>	<p>physician's office.</p> <p>- Develop a resource guide for available community activities for physical activities and nutrition.</p> <p>-More free or low cost education classes open to the public on nutrition and fitness.</p> <p>-Providing physicians with health education materials to address obesity as well as the other health risks associated with obesity</p>	<p>-Increased knowledge to CC residents of what they can take advantage of in CC.</p> <p>-Increase awareness and education</p> <p>-Increase awareness and education</p> <p>-Decreasing the number of people who are obese will decrease the number of patients who are at risk for developing diabetes and cardiovascular disease / events.</p>	<p>-CDPT for creating a guide, with the help of PHCC for distribution of guide upon completion.</p> <p>-Civista Health, CCDOH, CSM and other CDPT member organizations.</p> <p>-CDPT</p>	<p>and copying cost</p> <p>-Space, location, AV use, instructor, grant funding to pay instructor if necessary.</p> <p>-Grant money to pay for education materials, i.e. brochures, food models.</p>	<p>-Number of community residents educated.</p> <p>-Number of physicians offices given materials.</p>
--	---	---	--	---	---

OBJECTIVE B: Decrease the percent of children and adolescents who are obese from 13.3 to 11.2.

Strategy	Activities	Outcome	Responsibility	Resources	Tracking Measures
<p>X Providing Information</p> <p>-Provide information on health and wellness programs in Charles County.</p> <p>-Empowering physicians with health education materials to address obesity as well as the other health risks associated with obesity.</p> <p>X Enhancing Skills</p>	<p>-Support a wellness program for children and adolescents (i.e. We Can!).</p> <p>-Provide health education information / models in local pediatrician offices.</p> <p>-Develop a resource guide for available community activities for physical activities and nutrition.</p>	<p>-Obtaining the knowledge necessary to make healthier lifestyle choices.</p> <p>-Increased knowledge to CC residents of what they can take advantage of in CC.</p> <p>-Increase awareness and</p>	<p>-Collaboration of the PHCC: Civista, CCDOH, BOE, MD Extension, Community Services, CSM, etc.</p> <p>-CDPT for creating a guide, with the help of PHCC for distribution of guide upon completion.</p>	<p>-Civista, CCDOH and Community Services to provide technical and advisory assistance to community partners to implement a wellness program.</p> <p>- Copies of resource guide, paper, ink and copying cost</p>	<p>-Number of children/families reached.</p> <p>-Number of resource guide distributed</p>

<p>-Enhancing current health and wellness programs in Charles County.</p>	<p>-Building partnerships with community partners (i.e. Judy Centers, Tri-County Youth Services Bureau, CCPS, PTA, Clubs, etc.)</p>	<p>education to groups of children and adolescents in -CC prior to adulthood. To increase sustainability within the listed organizations for a greater impact.</p>	<p>-CDPT</p>		<p>-Number of new partnerships formed.</p>
---	---	--	--------------	--	--

Committee Chairs: Linda Thomas and Amy Copeland