ALLEGANY COUNTY HEALTH PLANNING COALITION

Local Health Action Plan

DRAFT 2-13-12

Priority # 2: Obesity

Baseline and Goal for 2014:

	COUNTY BASELINE	MD 2014 GOAL	LOCAL GOAL*	SOURCE
% of Adults who are at a healthy weight	28.4%	35.7	30.1%	#30 - SHIP Increase the proportion of Adults who are at a healthy weight
% of elementary age children who were in the 95th percentile or higher	20%	11.3%	13.6%	2010-11 School Year data – Allegany County Public Schools

*Based on the % difference between the state baseline and the state 2014 goal

Strategies:

A. Activate policy & environmental changes to increase physical activities
B. Promote available and accessible healthful food and beverage choices

Actions:

Strategy A: Activate policy & environmental changes to increase physical activities			
ACTIONS	WHO	WHEN	MEASURES
1. Increase use and ease of access to trails and sidewalks (evidence-based action for-social support-walking)	City and County Government, Bicycling groups, Parks & Recreation Departments, ACHD Make Healthy Choices Easy(MHC),WMHS, Life Fit. Mgmt.	Phase 3-5	# Miles per 100,000 population of walking and bicycling areas # of facilities per 100,000 population # users of trails
2. Increase the amount of physical activity in a school setting and behavioral intervention to reduce screen time (Project Fit)	BOE Board of Health MHC, WMHS, ACHD Homeschool, YMCA	Phase 2-5	# physical activity opportunities in schools before,during and after school programs Screen time pre & post
3. Increase worksite assessment of employee health and adoption of policies to promote physical activity (access to facility, encourage walking, sponsor community facility or charity walk)	MHC, Chamber, Parks & Recreation, Rotary Club, WMHS,	Phase 3-5	# policies and # worksites Pre/post physical activity levels % no leisure time physical activity
Strategy B: Promote increase choice of and access to healthful food and beverage choices			
ACTIONS	WHO	WHEN	MEASURES
1. Promote healthier food and beverage choices in vending machines in municipal facilities, and community/school events and Implement product placement of nutritious products for improving healthier selections	WMHS,BOE MHC, Chamber, Parish Nurses, County & Municipal Governments, School Athletic Associations, ACHD	Phase 1,3,5	# Municipal buildings with vending machines having healthier food & beverages # worksites outreached to that decrease unhealthy choices # community/school events that increase healthy choices or decrease unhealthy ones

2. Implement campaigns to provide nutrition information about healthy choices and link to physical activity; (Support 95210 Campaign, labeling, calorie on menu, nutrition workshops for the underserved)	Making Health Choices Easy Coalition WMHS, YMCA BOE, Scouts, Restaurants, Chamber of Commerce, Comm. Wellness Coalition, CTG, LFM, ACHD	Phase 1-6	# added or improved labeling % fruit & vegetable consumption Pre/post assessment of healthy choices # of schools that have appropriate labeling
3. Advocate for primary care provider screening of obesity and referral to counseling (technology options)	PCP, WMHS, AHEC-dietetic caucus, MHC	Phase 1-2	# PCP practices implement screening & referral
4. Educate and promote safe breastfeeding (baby friendly hospital, worksite support, community acceptance, medication/food impact)	MHC, Chamber, PN, ACHD-WIC, WMHS, providers	Phase 1-3	% of breastfed babies and duration of breastfeeding Baby friendly status # worksites assisted with breast feeding support