

ALLEGANY COUNTY HEALTH PLANNING COALITION  
Local Health Improvement Plan- Actions by Phase  
12-20-11

Phase 1: Jan – June 2012

Phase 2: July- Dec 2012

Phase 3: Jan – June 2013

Phase 4: July- Dec 2013

Phase 5: Jan – June 2014

Phase 6: Year-round/Ongoing

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| Implement the 4 P's Plus Assessment Tool (Tobacco A-1)   | Phase 1-2            |
| Education and media campaign on the health risks associated with second-hand smoke and third hand smoke(Tobacco A-2)   | Phase 2-3            |
| Provide increase access to free / low cost tobacco cessation with nicotine replacement and education services (Tobacco B-1)  | Phase 3-4            |
| Mass Media Campaign to promote awareness of dangers of second hand smoke and available cessation services<br>Red Ribbon Week<br>Great American Smoke Out<br>Social media to target youth (Tobacco B-2)                   | Phase 2-3            |
| Develop and enforce policies restricting the sale of tobacco to those under 18 and limiting smoking in public areas (Ex. Parks, schools, campuses, worksites, licensed child care sites) (Tobacco B-3)                   | Phase 2-4            |
| Promote cessation quit-line (health care providers, behavioral center providers, social media, etc (Tobacco B-4)   | Phase 1-3            |
| Increase use and ease of access to trails and sidewalks (evidence-based action for-social support-walking) (Obesity A-1)   | Phase 3-5            |
| Increase the amount of physical activity in a school setting and behavioral intervention to reduce screen time (Obesity A-2)   | Phase 2-5            |
| 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) (Obesity A-3)                  | Phase 3-5            |
| Promote healthier food and beverage choices in vending machines in municipal facilities, and community events and<br>Implement product placement of nutritious products for improving healthier selections (Obesity B-1) | Phase 1, 3, 5        |
| Implement campaigns to provide nutrition information about healthy choices and link to physical activity;<br>Support 95210 Campaign, labeling, calorie on menu, etc.; (Obesity B-2)                                      | Phase 1, 2-3, 4-5, 6 |
| Advocate for primary care provider screening of obesity and referral to counseling (technology options) (Obesity B-3)  | Phase 1-2            |
| Encourage breastfeeding (baby friendly hospital, worksite support, community acceptance) (Obesity B-4)   | Phase 1-3            |
| Promote enrollment in programs offered by State and safety net alternatives when an individual is not eligible (Access A)  | Phase 2-3, 6         |
| Recruit PCP and MH providers to meet the identified community need (Access A)  | Phase 1-3            |
| Collaborate to identify mechanism for addressing transportation barrier(Access A)  | Phase 2-3            |
| Link under/uninsured adults with cost effective dental care versus the emergency dept. (MOM, AHR, Health Insurance Exchange ...) (Access B-1)  | Phase 1-3, 6         |
| Establish dental clinic to provide care to uninsured adults(Access B-2)  | Phase 2-3            |
| Coordinate with DHMH Office of Rural Health implementation of educational campaigns on the importance of dental health (Ex. Oral Health Literacy Campaign) (Access B-3)  | Phase 2-3            |
| Continue to screen for depression as part of all history and physicals at WMRMC (EmMH A-1)   | Phase 1, 6           |

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| Develop mechanisms for integrating mental health services in offices for physical health (EmMH A-2)   | Phase 3-5         |
| Promote development of positive, non-abusive relationships for improved health (positive parenting, anti-bullying, mentor programs, visitation of elderly, developmental assets) (EmMH B1)                            | Phase 2-3<br>4-5  |
| Community education about the warning signs of depression, abuse and neglect and available resources to help (EmMH B-2)   | Phase 2-3         |
| Promote support of families with faith-based groups through outreach, visitation and other social events (EmMH B-3)   | Phase 6           |
| Develop an education program for prescribers to address screening (ex. SBIRT), prescription drug monitoring, safe (controlled substance) prescription practices, and treatment options (SubA A-1)                     | Phase 2-3         |
| Develop a public educational campaign in tandem with the prescriber training to address safe use, storage and disposal of prescription drugs and identification of abuse and available treatment resources (SubA A-2) | Phase 2-3         |
| <b>Create a system for safe disposal of prescription drugs for the community</b> (SubA A-3)   | Phase 1-2         |
| Conduct compliance checks at alcohol retailers to restrict sales to minors (SubA B-1)   | Phase 3 & 5       |
| Conduct sobriety road checkpoints and require convictions to install ignition interlock devices for their cars (SubA B-2)   | Phase 2-3, 4-5, 6 |
| Provide information on the dangers of binge drinking at area schools (SubA B-3)   | Phase 2 & 4       |
| Offer breathalyzer at large community events serving alcohol (SubA B-4)   | Phase 2-3         |
| Develop and implement an education campaign regarding consistent screening recommendations for both providers and consumers (Screen A-1)  | Phase 1-2         |
| Promote where screenings are available and address environmental barriers to participation (Screen A-2)   | Phase 2-3         |
| Promote and expand diabetes self management program at WMHS (Screen B-1)  | Phase 2-3         |
| Identify other self management programs that are feasible in the area (Screen B-2)  | Phase 2-3, 4-5    |
| Seek options to assist underserved populations with affordable testing, medical supplies and healthy food (Screen B-3)  | Phase 2-3, 6      |
| Maintain & develop primary, secondary and tertiary prevention strategies for heart disease (aspirin, CHF clinic, cardiac rehab, etc) (Heart A-1)  | Phase 6           |
| Promote Getting Healthier Together initiative throughout the community (Heart A-2)  | Phase 2-3         |
| Increase awareness of heart attack signs and when to call 911 (Heart A-3)   | Phase 2-3         |
| Review promotional and educational materials prior to distribution and edit as needed, making materials available in other languages when needed (Hlit A-1)   | Phase 6           |
| Assess health literacy needs of consumers and appropriate response by provider (Hlit A-2)   | Phase 2-3, 4-5    |
| Coordinate with literacy groups to include a health terminology in their programs (Hlit A-3)  | Phase 4-5         |
| Create and distribute information to prevent unintentional injury of infants (H Start A-1)  | Phase 4-5         |
| Dental  | Phase 6           |
| Establish a reminder and recall system to support screening (Can A-1)   | Phase 3-5         |
| Educate community about who and what screening is recommended for ovarian cancer (Can A-2)  | Phase 3-4         |
| Pursue mandatory vaccination of all healthcare providers in area, except for declinations due to medical or religious reasons (Imm A-1)   | Phase 2-3         |
| Create consistent source to educate community about immunizations (Imm A-2)   | Phase 4-5         |
| Implement COPD Awareness campaign (NHLBI) (Resp A-1)  | Phase 3-5         |
| Educate and support individuals in identifying triggers and controls for asthma (Resp A-2)  | Phase 2-5         |