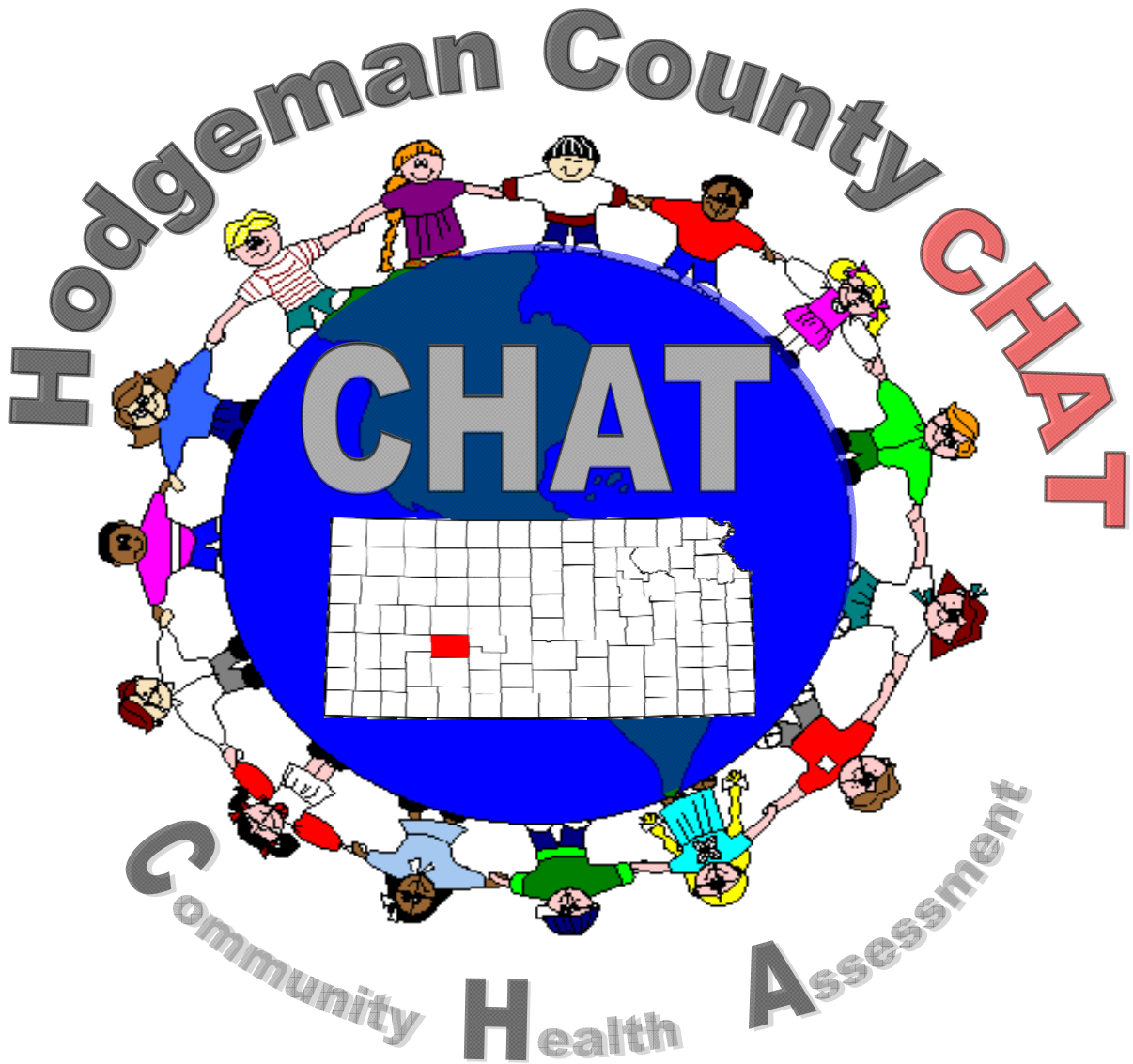


2014/2015 Hodgeman County
Community Health Improvement Plan



Published: April 2015

EXECUTIVE SUMMARY

Members of the Hodgeman County Community Health Assessment Team (CHAT) have been engaged in a community health improvement process since 2013. In the pre-planning phase, CHAT team members decided to adopt the ¹*North Carolina Community Health Assessment Guidebook* as a guiding framework. The North Carolina guidebook encourages the following eight standards for community health assessment:

- Phase 1: Establish the CHA Team
- Phase 2: Collect Primary Data
- Phase 3: Collect Secondary Data
- Phase 4: Analyze and Interpret Primary and Secondary Data
- Phase 5: Determine Health Priorities
- Phase 6: Create the CHA Document
- Phase 7: Disseminate the CHA Document
- Phase 8: Develop Community Health Action Plan

The CHAT team was interested in developing two reports as “outputs” from the community health improvement planning process: a “CHA” (community health assessment) and a “CHIP” (community health improvement plan). The North Carolina model was used to develop both the CHA and CHIP reports.

2013 Community Health Assessment (CHA)

²A CHA is defined as: “A process by which community members gain an understanding of the health concerns and health care systems in our community. This is accomplished by identifying, collecting, analyzing, and disseminating information about community assets, strengths, resources, and needs.” A CHA can be used to: identify unmet health-related needs, coordinate and expand local health resources and develop interventions to improve quality of life. Goals of a CHA include:

- Review local health data & conduct a local health survey
- Identify local health resources
- Identify health strengths and challenges
- Determine health priorities
- Develop community health action plans

³The Hodgeman County CHAT was responsible developing a CHA report in 2013. Through a community health assessment process, the team identified 15 health priorities which were narrowed through a facilitated “CHAT community conversation” later in 2013. See items 1 and 2 in the Appendix for more information about the identified priorities. The final CHA report identifies these priority health issues for Hodgeman County:

- 1) Increased concern with lack of economic growth and opportunity
- 2) Limited services for shut-ins
- 3) Limited opportunities for teens/young adults.

EXECUTIVE SUMMARY

2015 Community Health Improvement Plan (CHIP)

⁴A CHIP defines a vision for the health of the community and provides guidance to the health department, its partners, and its stakeholders, on improving the health of the population within the health department's jurisdiction. The CHIP is critical for developing policies and defining actions to target efforts that promote health. CHIP development typically includes a variation of the following steps:

1. Organize team members, information and develop a timeline
2. Review priority issues from the CHA process
3. Formulate goals, strategies and roles based on some or all of the CHA priorities
4. Implement and evaluate the plan

A core group of CHAT members began developing the Hodgeman County CHIP in late 2014. It is important to note that not all of the issues identified in the 2013 CHA were included in the CHIP. While all of the issues raised during the 2013 assessment process are important, particularly the "priority health issues", not all of them could be targeted in the CHIP. The Core Team felt it was important to include issues in the 2015 CHIP that would be more feasible to address during this work plan cycle. The selected 2015 CHIP priorities are:

- 1) Economic Growth and Opportunity
- 2) Elderly Needs
- 3) Healthy Lifestyle Choices

The 2015 CHIP development core team identified these three priority health issues in an effort to keep plan manageable and realistic. The three priorities are also intimately linked to the priorities identified in the 2013 CHA. Issues or activities with existing groundwork or capacity were more likely to be included in the plan. Emerging priority health issues may be added to the plan at any time. The core team will develop plans for monitoring and review of this plan.

EXECUTIVE SUMMARY

Summary of CHIP Priorities and Strategies

PRIORITY #1: **Economic Growth and Opportunity**

1. Increase availability and quality of affordable housing.
2. Support business development and growth.
3. Brand Hodgeman County as a Healthy Community.



PRIORITY #2: **Elderly Needs**

1. Improve the coordination of Senior Care in Hodgeman County.
2. Raise awareness of new and existing programs and services for the elderly population.

PRIORITY #3: **Healthy Lifestyle Choices**

1. Support residents trying to make a commitment to lifestyle changes including: exercise, nutrition and maintaining a healthy weight.
2. Collaborate with the American Heart Association and Kansas Alliance for Wellness to promote healthy food and agriculture opportunities.
3. Promote Worksite Wellness Opportunities throughout Hodgeman County
4. Promote self-management tools to reduce burden of chronic disease on individuals.
5. Enhance marketing and communication related to health and wellness resources.



DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS

PRIORITY 1: Economic Growth and Opportunity

Unless otherwise noted, all data in this section is from ⁵kansashealthmatters.org.

Participants at a CHAT community conversation in 2013 identified "Increased concern with lack of economic growth and opportunity" as the #1 community health issue for Hodgeman County.

A ⁶community survey conducted in 2013 by the Community Health Assessment Team asked: "*How do you feel about this statement, 'There is plenty of economic opportunity in Hodgeman County'? Consider the number and quality of jobs, job training/higher education opportunities, and availability of affordable housing in the county.*"

- ✓ 14.3 % of respondents "agreed" or "strongly agreed" while 56.8% either "disagreed" or "strongly disagreed".

Below are additional data highlighting the economic status of Hodgeman County.

Renters Spending 30% or More of Household Income on Rent

This indicator shows the percentage of renters who are spending 30% or more of their household income on rent.

- Hodgeman: 36.7%
- Kansas: 45.5%

Why is this important?

Spending a high percentage of household income on rent can create financial hardship, especially for lower-income renters. With a limited income, paying a high rent may not leave enough money for other expenses, such as food, transportation and medical. Moreover, high rent reduces the proportion of income a household can allocate to savings each month.

Severe Housing Problems

This indicator measures the percentage of households with at least one of the following four housing problems: overcrowding, high housing costs, lack of kitchen, or lack of plumbing facilities.

- Hodgeman: 7.6%
- Kansas: 12.8%

Why is this important?

Safe and affordable housing is an essential component of healthy communities, and the effects of housing problems are widespread. Residents who do not have a kitchen in their home are more likely to depend on unhealthy convenience foods, and a lack of plumbing facilities increases the risk of infectious disease. Research has found that young children who live in crowded housing conditions are at increased risk of food insecurity, which may impede their academic performance. In areas where housing costs are high, low-income residents may be forced into substandard living conditions with an increased exposure to mold and mildew growth, pest infestation, and lead or other environmental hazards.

Unemployed Workers in Civilian Labor Force

This indicator describes civilians, 16 years of age and over, who are unemployed as a percent of the U.S. civilian labor force.

- Hodgeman: 3%
- Kansas: 3.9%

Why is this important?

The unemployment rate is a key indicator of the local economy. Unemployment occurs when local businesses are not able to supply enough and/or appropriate jobs for local employees and/or when the labor force is not able to supply appropriate skills to employers. A high rate of unemployment has personal and societal effects. During periods of unemployment, individuals are likely to feel severe economic strain and mental stress. Unemployment is also related to access to health care, as many individuals receive health insurance through their employer. A high unemployment rate places strain on financial support systems, as unemployed persons qualify for unemployment benefits and food stamp programs.

Homeowner Vacancy Rate

This indicator shows the percentage of vacant home property.

- Hodgeman: 0%
- Kansas: 2%

Why is this important?

The homeowner vacancy rate is the proportion of property that is vacant "for sale." It is computed by dividing the number of vacant units "for sale only" by the sum of the owner-occupied units, vacant

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS

units that are "for sale only," and vacant units that have been sold but not yet occupied. Vacancy status is often used as a basic indicator of the housing market. It is used to identify turnover and assess the demand for housing. It provides information on the stability and quality of housing for a particular geographic region.

Homeownership

This indicator shows the percentage of housing units that are occupied by homeowners.

- Hodgeman: 64.7%
- Kansas: 60.7%

Why is this important?

Homeownership has many benefits for both individuals and communities. Homeowners are more likely to improve their homes and to be involved in civic affairs, both of which benefit the individual and the community as a whole. In addition, homeownership provides tax benefits.

Median Household Income

This indicator shows the median household income. Household income is defined as the sum of money received over a calendar year by all household members 15 years and older.

- Hodgeman: \$52,375
- Kansas: \$51,332

Why is this important?

Median household income reflects the relative affluence and prosperity of an area. Areas with higher median household incomes are likely to have more educated residents and lower unemployment rates. Higher employment rates lead to better access to healthcare and better health outcomes, since many families get their health insurance through their employer. Areas with higher median household incomes also have higher home values and their residents enjoy more disposable income.

Per Capita Income

This indicator shows the per capita income.

- Hodgeman: \$34,440
- Kansas: \$26,929

Why is this important?

Per capita income, or income per person, is the total income of the region divided by the population. It is an aggregate measure of all sources of income and therefore is not a measure of income distribution or wealth. Areas with higher per capita incomes are considered to be more prosperous; however, median income is a more accepted measure of the economic well-being of a region because median income is not skewed by extremely high or low outliers.

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS - PRIORITY 1: Economic Growth and Opportunity

Goal 1: Increase availability and quality of affordable housing.				
Strategies	Lead Agency	Partners	Start Date	End Date
1. Develop a 5-year comprehensive housing strategy to improve access to affordable housing.	Economic Development	City of Jetmore City of Hanston GROW/CHIP team	TBD	1/2016
2. Complete the Community Development Block Grant LMI Survey.	Economic Development	City of Jetmore	TBD	4/2015
3. Pursue Private & Public Funding for property upgrades for LMI Housing.	Economic Development	City of Jetmore City of Hanston	TBD	TBD
4. Pursue technical assistance and identify resources through KIAC and HIAC for additional housing availability.	Economic Development	City of Jetmore City of Hanston	TBD	8/2015

Goal 2: Support business development and growth.				
Strategies	Lead Agency	Partners	Start Date	End Date
1. Complete Business Retention Survey to identify businesses strengths and needs in the County.	Economic Development	TBD	Summer 2016	Summer 2016
2. Continue the development of funding incentives to support and attract businesses.	Economic Development	City of Jetmore City of Hanston BOCC GROW/CHIP team Network Kansas	Ongoing	Ongoing
3. Application for e-community status for Hodgeman County.	Economic Development	City of Jetmore City of Hanston BOCC Network Kansas	Feb 2015	June 2015
4. Continue Development of Elk Plaza Community Center and Business Incubator/Culinary Incubator	Economic Development	Marena Township GROW/CHIP team Network Kansas	Ongoing	Ongoing
5. Increase capacity through participation in Jon Schallert's Destination Bootcamp for Businesses.	Economic Development	GROW/CHIP team Network Kansas	TBD	Summer 2015
6. Increase our Food Tourism and AgriTourism industry	Economic Development	GROW/CHIP team KAW KS Dept. of Ag.	April 2015	Ongoing

Goal 3: Brand Hodgeman County as a "Healthy Community".				
Strategies	Lead Agency	Partners	Start Date	End Date
1. Integrate Healthy Lifestyle Promotion into overall branding and marketing plan for Hodgeman County.	Economic Development	KAW Work Well Kansas	March 2015	Ongoing

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS - PRIORITY 1: Economic Growth and Opportunity

		GROW/CHIP team		
2. Brand, market and promote Hodgeman County as a Healthy Community through the Smithsonian Partnership with Hometown Teams exhibit, including the pedometer distribution.	Economic Development	KAW Work Well Kansas GROW/CHIP Team Haun Museum Kansas Humanities Council	April 2015	Oct 2015
3. Brand, market and promote Hodgeman County as a Healthy Community through tourism opportunities.	Economic Development	KAW Work Well Kansas GROW/CHIP team City of Jetmore Wild West Country	Summer 2015	Ongoing

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS

PRIORITY 2: Elderly Needs

Unless otherwise noted, all data in this section is from ⁵kansashealthmatters.org.

⁶During a 2013 community survey conducted by the Community Health Assessment Team, community members were asked: "How do you feel about this statement, 'Hodgeman County is a good place to grow old'? Consider the county's elder-friendly housing, transportation to medical services, recreation, and services for the elderly."

- 70.8% of respondents indicated they either "agreed" or "strongly agreed", while 8.7% of respondents "disagreed" or "strongly disagreed"

Below are additional data which related to this priority health issue.

Renters Spending 30% or More of Household Income on Rent – by Age

This indicator shows the percentage of renters who are spending 30% or more of their household income on rent.

- All Ages: 36.7%
- 65+: 75%

Why is this important?

Spending a high percentage of household income on rent can create financial hardship, especially for lower-income renters. With a limited income, paying a high rent may not leave enough money for other expenses, such as food, transportation and medical. Moreover, high rent reduces the proportion of income a household can allocate to savings each month.

Alzheimer's Disease or Dementia: Medicare Population

This indicator shows the percentage of Medicare beneficiaries who were treated for Alzheimer's disease or dementia.

- Hodgeman: 6.8%
- Kansas: 9.9%

Why is this important?

Dementia is a non-specific syndrome that severely affects memory, language, complex motor skills, and other intellectual abilities seriously enough to interfere with daily life. Although dementia is much more common in the geriatric population

(approximately 5 percent of those over 65 are said to be affected), it can occur in the younger population, in which case it is termed "early onset dementia." Alzheimer's disease is the most common form of dementia among the geriatric population, accounting for 50 to 80 percent of dementia cases. It is a progressive and irreversible disease where memory and cognitive abilities are slowly destroyed making it impossible to carry out even simple, daily tasks. Alzheimer's disease typically manifests after the age of 60. According to the Centers for Disease Control and Prevention, Alzheimer's disease is the fifth leading cause of death among adults aged 65 and older. The Alzheimer's Association notes that the number of people age 65 and older with Alzheimer's disease is estimated to reach 7.1 million by 2025—a 40 percent increase from the estimated 5 million age 65 and older currently affected by the disease. Medicare costs for those with Alzheimer's and other dementias are estimated to be \$107 billion dollars in 2013.

Ratio of Elderly Persons and Children to Adults

This indicator shows the ratio of all dependent persons (ages 0-14 and 65 and over) per 100 persons aged 15-64.

- Hodgeman: 68.6
- Kansas: 53.1

Why is this important?

The age structure of a population is important in planning for the future of a community, particularly for schools, community centers, health care, and child care. A population with more youth will have greater education and child care needs, while an older population may have greater health care needs. Older people are also far more likely to vote, making them an important political force.

People 65+ Living Alone

This indicator shows the percentage of people aged 65 years and over who live alone.

- Hodgeman: 31.6%
- Kansas: 29.4%

Why is this important?

People over age 65 who live alone may be at risk for social isolation, limited access to support, or inadequate assistance in emergency situations. Older adults who do not live alone are most likely to live with a spouse, but they may also live with a child or other relative, a non-relative, or in group

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS

quarters. The Commonwealth Fund Commission on the Elderly Living Alone indicated that one third of older Americans live alone, and that one quarter of those living alone live in poverty and report poor health. Rates of living alone are typically higher in urban areas and among women. Older people living alone may lack social support, and are at high risk for institutionalization or losing their independent life style. Living alone should not be equated with being lonely or isolated, but many older people who live alone are vulnerable due to social isolation, poverty, disabilities, lack of access to care, or inadequate housing.

Ratio of Elderly Persons to Adults

This indicator shows the ratio of elderly dependent persons (65 and over) per 100 persons aged 15-64

- Hodgeman: 37
- Kansas: 20.9

Why is this important?

The age structure of a population is important in planning for the future of a community, particularly for schools, community centers, health care, and child care. A population with more youth will have greater education and child care needs, while an older population may have greater health care needs. Older people are also far more likely to vote, making them an important political force.

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS – Priority #2: Elderly Needs

Goal 1: Improve the coordination of Senior Care in Hodgeman County.				
Strategies	Lead Agency	Partners	Start Date	End Date
1. Identify services that may be needed for Hodgeman County residents over 65 through a series of listening sessions, surveys or discussions at the following sites: Bob Box Food Pantry, Senior Apartments, Home Visits, Jetmore Senior Center, Hanston Senior Center.	Hodgeman County Health Department	Jetmore and Hanston Senior Centers	March 2015	June 2015
2. Convene a Community Forum in partnership with the Area Agency on Aging to: <ol style="list-style-type: none"> a. Summarize and share information from community listening sessions. b. Assess available services for senior citizens, develop and implement strategies to improve coordination of senior care in Hodgeman County. c. Complete a SWOT analysis of the "Senior Care System". d. Identify strategies to engage, educate and/or link senior citizens to available services and programs. 	Hodgeman County Health Department	Agency on Aging Jetmore and Hanston Senior Centers HCHC	July 2015	September 2015

Goal 2: Raise awareness of new and existing programs and services for the elderly population.				
Strategies	Lead Agency	Partners	Start Date	End Date
1. Educate residents over 65 about new or existing programs and services during listening sessions, etc. described above.	Hodgeman County Health Department	Jetmore and Hanston Senior Centers	March 2015	June 2015
2. Develop and maintain a Community Health Resource list (online and print).	TBD	Agency on Aging Jetmore and Hanston Senior Centers HCHC	TBD	December 2016
3. Offer SHICK counselors in Hodgeman County to assist with Medicare Part D enrollment.	Hodgeman County Health Department	Agency on Aging Jetmore and Hanston Senior Centers HCHC	October 2015	October 2015

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS

PRIORITY 3: Healthy Lifestyle Choices

Unless otherwise noted, all data in this section is from ⁵kansashealthmatters.org.

During a ⁶2013 community survey conducted by the Community Health Assessment Team, community members of Hodgeman County were asked:

1. During a normal week, other than in your regular job, do you engage in any physical activity or exercise that lasts at least a half an hour?
 - ✓ 60.5% of respondents replied “yes” while 39.5% replied “no”.
2. If you DO NOT EXERCISE, what are your reasons for not exercising for at least a half hour during a normal week? The top 4 responses were:
 - ✓ I’m too tired to exercise (28%)
 - ✓ I don’t like to exercise (26.7%)
 - ✓ I don’t know (24.2%)
 - ✓ I don’t have enough time (22.4%)
3. Not counting lettuce salad or potato products, think about how often you eat fruits and vegetables in an average week. How many cups per week of fruits and vegetables would you say you eat? One apple or 12 baby carrots equal one cup.
 - ✓ Respondents said they ate 4.95 cups of fruit per week (average of 286 responses); range of .5 cups to 40 cups per week.
 - ✓ Respondents said they ate 5.91 cups of vegetables per week (average of 295 respondents); range of .5 cups to 40 cups per week also.
 - ✓ 10.4% of respondents said they never eat fruit and 9.1% said they never eat vegetables.
4. Have you been exposed to secondhand smoke in the past year?
 - ✓ 42.4% said “yes” and 54% said “no”.
 - ✓ Of those exposed to secondhand smoke in the past year, the top 3 places of reported exposure were: home (40.6%), workplace (18%) and restaurants (17.2%).

Below are additional data (at the Regional level) that are related to this priority health issue.

Percent of Adults Doing Enough Physical Activity To Meet Both The Aerobic AND Strengthening Exercise

This indicator shows the percentage of adults who engage in aerobic physical activity of at least moderate intensity for at least 150 minutes/week, or 75 minutes/week of vigorous intensity, or an equivalent combination, and perform muscle-strengthening activities on at least 2 days every week.

- Southwest Surveillance Region: 14.5%
- Kansas: 17.9%

Why is this important?

Physically active adults reduce their risk of many serious health conditions including obesity, heart disease, diabetes, colon cancer, and high blood pressure. In addition to reducing the risk of multiple chronic diseases, physical activity helps maintain healthy bones, muscles, joints, and helps to control weight, develop lean muscle, and reduce body fat. Only 1 in 5 adults in the U.S. meets recommendations for both aerobic exercise and muscle strengthening. The Centers for Disease Control and Prevention recommends that adults engage in at least 2 hours and 30 minutes per week of moderate-intensity, or 1 hour and 15 minutes of vigorous-intensity (or any combination thereof) aerobic exercise, and additionally work out all major muscle groups two or more days per week to fully meet physical activity recommendations. The Healthy People 2020 national health target is to increase the proportion of adults who meet the objective for aerobic physical activity and for muscle-strengthening activity to 20.1%.

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS

Percent of Adults who are Obese

This indicator shows the percentage of adults 18 years and older who are obese (body mass index ≥ 30 kg/m²).

- Southwest Surveillance Region: 34.1%
- Kansas: 30%

Why is this important?

Obesity increases the risk of many diseases and health conditions including heart disease, type 2 diabetes, cancer, hypertension, stroke, liver and gallbladder disease, respiratory problems, and osteoarthritis. Losing weight and maintaining a healthy weight help to prevent and control these diseases. Obesity leads to significant economic costs due to increased healthcare spending and lost earnings.

The Healthy People 2020 national health target is to reduce the proportion of adults (ages 20 and older) who are obese to 30.6%.

Percent of Adults who are Overweight

This indicator shows the percentage of adults 18 years and older who are overweight (body mass index between 25.0-29.9 kg/m²).

- Southwest Surveillance Region: 38.3%
- Kansas: 35.3%

Why is this important?

Being overweight affects quality of life and puts individuals at risk for developing many adverse health conditions, including heart disease, stroke, diabetes, and cancer. Losing weight helps to prevent and control these diseases. Being overweight or obese also carries significant economic costs due to increased healthcare spending and lost earnings.

Percent of Adults Who Reported Consuming Fruit Less than 1 Time Per Day

This indicator shows the percentage of adults who consume fruit less than 1 time per day.

- Southwest Surveillance Region: 36.7%
- Kansas: 41.7%

Why is this important?

Fruit and vegetable intake (at least 2 ½ cups) is associated with reduced risk of many chronic diseases, including heart attack, stroke and certain types of cancer. Most fruits and vegetables, when

prepared without added fats or sugars, are also relatively low in calories and can help individuals achieve and maintain a healthy weight. Despite the benefits, many people still do not eat recommended levels of fruits and vegetables.

Percent of Adults Who Reported Consuming Vegetables Less than 1 Time Per Day

This indicator shows the percentage of adults who consume vegetables less than 1 time per day.

- Southwest Surveillance Region: 17.7%
- Kansas: 22.9%

Why is this important?

Fruit and vegetable intake (at least 2 ½ cups) is associated with reduced risk of many chronic diseases, including heart attack, stroke and certain types of cancer. Most fruits and vegetables, when prepared without added fats or sugars, are also relatively low in calories and can help individuals achieve and maintain a healthy weight. Despite the benefits, many people still do not eat recommended levels of fruits and vegetables.

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS – PRIORITY #3: Healthy Lifestyle Choices

Goal 1: Support residents trying to make a commitment to lifestyle changes including: exercise, nutrition and maintaining a healthy weight.				
Strategies	Lead Agency	Partners	Start Date	End Date
1. Develop and implement plans for countywide health promotion strategies based on “The 12345 Fit-Tastic Program” concepts.	Hodgeman County Health Department	Economic Development Hodgeman County Extension HCHC USD #227 GROW/CHIP team KAW	September 2014	Ongoing
2. Evaluate current exercise opportunities in Hodgeman County	Hodgeman County Health Department	Economic Development Hodgeman County Extension HCHC USD #227 GROW/CHIP team KAW	September 2014	Ongoing

Goal 2: Collaborate with the American Heart Association and KAW to promote healthy food and agriculture opportunities.				
Strategies	Lead Agency	Partners	Start Date	End Date
1. Implement policy efforts to promote healthy food and agriculture opportunities “farm to food activities”: a. Develop a local Farm to Food Council. b. Adopt a local food policy or policies. c. Assure ongoing support for the Farm to Food Council & local food policies. d. Engage County Commissioners to pass a public resolution to encourage local healthy foods.	Economic Development	Hodgeman County Health Department GROW/CHIP team KAW	October 2014	October 2016
2. Develop and farmer’s market program by encouraging more local growers and promoting markets to consumers.			July 2014	Ongoing
3. Promote the Community Gardens program.			June 2013	Ongoing

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS – PRIORITY #3: Healthy Lifestyle Choices

Goal 3: Promote Worksite Wellness Opportunities throughout Hodgeman County				
Strategies	Lead Agency	Partners	Start Date	End Date
<ol style="list-style-type: none"> 1. Participate in Work Well Kansas Activities. 2. Engage the existing Work Well Kansas organizations to build local capacity for future efforts. 3. Identify and reinforce linkages between the local Work Well Kansas organizations and the Farm and Food Council. 4. Continue annual promotion of Walk Kansas for Worksites 	Economic Development	GROW/CHIP team KAW Work Well Kansas Current HG. Co. Work Well KS sites TBD: New Hg. Co. Work Well KS sites	May 2014	Ongoing
<ol style="list-style-type: none"> 5. Promote influenza vaccines, health screenings and other evidence based strategies through Worksite Wellness efforts. 	Hodgeman County Health Department			

Goal 4: Make Hodgeman County more Walk-able and Bike-able.				
Strategies	Lead Agency	Partners	Start Date	End Date
<ol style="list-style-type: none"> 1. Expand efforts (community education, survey and community meetings) around the Safe Routes to school program. 2. Pursue funding through the Sunflower Foundation Trails program to complete community-walking trails. 3. Implement strategies to make Hodgeman County more walk-able and bike-able, including resources available via Safe Streets USA. 4. Develop and disseminate a community-walking map. 5. Promote education activities related to active commuting and youth such as: Pedestrian and Bike Safety. 	Economic Development	Hodgeman County Health Department USD #227 City of Jetmore GROW/CHIP Team Safe Routes to School	March 2015	Ongoing

Goal 5: Promote Self-Management tools to reduce the burden of chronic disease on individuals.				
Strategies	Lead Agency	Partners	Start Date	End Date
<ol style="list-style-type: none"> 1. Promote and deliver the chronic disease self-management program. 2. Ongoing development of communication and marketing strategies. 3. Evaluation of the Chronic Disease Self-Management program. 	Hodgeman County Health Department	O'Shea Clinic HCHC Jetmore and Hanston Senior Centers Agency on Aging	November 2014	December 2015 (Ongoing)

DESCRIPTION OF HEALTH PRIORITIES AND ACTION PLANS – PRIORITY #3: Healthy Lifestyle Choices

Goal 6: Enhance marketing and communication related to health and wellness resources.				
Strategies	Lead Agency	Partners	Start Date	End Date
<ol style="list-style-type: none"> 1. Explore opportunities to strengthen the Health Beat from CHAT. 2. Review and update communication content and communication methods. 	Hodgeman County Health Department	Economic Development Hodgeman County Extension HCHC GROW/CHIP Team	January 2016	December 2016

SECTION 4 – APPENDIX

1. Health Priorities identified by the CHAT community conversation
2. Hodgeman County CHAT priorities
3. Common Acronyms Referenced in the CHIP
4. Bibliography of Sources

Health Priorities Identified at the CHAT Community Conversation

September 23, 2013
King Center
Jetmore, KS



Top 10 Health Priorities for Hodgeman County
(Identified at Community Conversation by Community Members Present)

1. Limited opportunities for Teen/Young adults. Example: limited jobs, no youth center.
2. Increased concern with lack of Economic Growth and Opportunity. Example: Limited jobs.
3. Lack of Affordable Housing
4. Lack of Housing
5. Limited services for elderly / shut-ins. Examples: Transportation (elderly and needy), Meals especially in rural and Hanston, shopping delivery.
6. Destructive Behaviors related to Substance abuse (Drugs, Alcohol, Tobacco esp. smokeless tobacco) and Reckless Driving.
7. Difficulty in making commitment to lifestyle changes related to Exercise, Nutrition and Weight Management
8. Low Activity Levels / Lack of Recreational and Fitness Facilities
9. Obesity Rate Greater than the Kansas Average
10. Uninsured Children and Adults.

Top 5 Health Priorities for Hodgeman County
(Identified at Community Conversation by Community Members Present)

1. Lack of Housing
2. Increased concern with lack of Economic Growth and Opportunity. Example: Limited jobs.
3. Limited services for elderly / shut-ins. Examples: Transportation (elderly and needy), Meals especially in rural and Hanston, shopping delivery.
4. Limited opportunities for Teen/Young adults. Example: limited jobs, no youth center.
5. Lack of Affordable Housing

Top 3 Health Priorities for Hodgeman County
(Identified at Community Conversation by Community Members Present)

1. Increased concern with lack of Economic Growth and Opportunity. Example: Limited jobs.
2. Limited services for elderly / shut-ins. Examples: Transportation (elderly and needy), Meals especially in rural and Hanston, shopping delivery.
3. Limited opportunities for Teen/Young adults. Example: limited jobs, no youth center.

Tools used to derive these priorities:

Kansas Health Matters Hodgeman County Health Directory (Health Beat)
County Health Rankings Hodgeman County Health Survey

For more details on the Hodgeman County CHAT Process:

Attachment 2: Hodgeman County CHAT priorities

Community Health Assessment Team (CHAT)
Hodgeman County Kansas



Top Health Priorities for Hodgeman County

1. Lack of Dentist
2. Uninsured Children and Adults
3. Low Activity Levels / Lack of Recreational and Fitness Facilities
4. Obesity Rate Greater than the Kansas Average
5. Limited Access to Healthy Foods / Limited Access to Nutrition and Fitness Programs
6. Limited services for elderly / shut-ins.
Examples: Transportation (elderly and needy), Meals especially in rural and Hanston, shopping delivery.
7. Limited opportunities for Teen/Young adults.
Example: limited jobs, no youth center.
8. Lack of Affordable Housing
9. Better Marketing of Health Services Available in Hodgeman County.
Example: Better Organized Health Directory that includes all services and support groups. Increased public awareness of this Directory. Targeted services: Wellness Center in Hanston and at Hospital.
10. Limited access to Sheriff's office after hours: Access is only by phone.
11. Lack of dental care and awareness of the impact of poor dental care.
12. Destructive Behaviors related to Substance abuse (Drugs, Alcohol, Tobacco esp smokeless tobacco) and Reckless Driving.
13. Lack of Housing
14. Difficulty in making commitment to lifestyle changes related to Exercise, Nutrition and Weight Management.
15. Increased concern with lack of Economic Growth and Opportunity. Example: Limited jobs.

Tools used to derive these priorities:

Kansas Health Matters
County Health Rankings
Hodgeman County Health Directory (Health Beat)
Hodgeman County Health Survey

For more details on the Hg Co. CHAT Process:
<http://www.hgcohealthdept.com/chat.htm>

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Common Partner Acronyms

BOCC	Board of County Commissioners
CHAT	Community Health Assessment Team
CHIP	Community Health Improvement Plan
*GROW	Growing Rural Opportunity Works Team
HCHC	Hodgeman County Health Center – Hospital
HCHD	Hodgeman County Health Department
HTR	HorseThief Reservoir
KAW	Kansas Alliance for Wellness
KDA	Kansas Dept of Agriculture
KFB	Kansas Farm Bureau
KSU Extension	Kansas State University Research and Extension
PAT	Parents As Teachers
SRTS	Safe Routes to School
USD #227	Unified School District #227 – Hodgeman County
WWK	Work Well Kansas

***GROW is the team that has been formed to serve as an advisory committee, tasked with putting together the “Farm and Food Policy” as part of the Tier 1 Community Pilot Grant from Kansas Alliance for Wellness. The goal is for GROW to encompass representatives from all of the above listed entities.**

Attachment 4: Bibliography of Sources

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