

Health Issue #1: Healthy Living (obesity and Overweight, nutrition, physical activity, diabetes)

Goal: *(broad statement of outcomes and results)*

1. Decrease the prevalence of obesity
2. Decrease the number of adults living with Type 2 diabetes

Objectives: (SMART) *(specific measurable targets for achievement of the outcomes described in the goal)*

1. Decrease the prevalence of obesity from 28 % to 25% by 2022.
2. Increase the percentage of adolescents meeting recommended physical activity goals (7 days with at least 60 minutes) from 26% to 50% by 2022.
3. Decrease the percentage of adults who report no leisure time physical activity from 19% to 15% by 2022.
4. Decrease average percentage of adolescents reporting 11 or more hours of screen time/week from 13% to 10% by 2022.
5. Decrease the percentage of adults diagnosed with diabetes from 9% to 6% by 2022.

Indicators: *(measurements that indicate progress toward objective)*

1. % overweight or obese
2. % of adolescents meeting recommended physical activity goals (7 days with at least 60 minutes)
3. % adults who report no leisure time physical activity
4. % percentage of adolescents reporting 11 or more hours of screen time/week
5. % adults diagnosed with diabetes
6. % mothers who breastfeed beyond 6 months



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Healthy Living Strategy/Action Steps:

Strategies must be responsive to the diverse cultural health beliefs and practices, preferred languages, health literacy and other communication and socially determined health needs.

Upstream Approaches: (Prevention)

1. Implement 5210 Healthiest State Initiative strategies in healthcare organizations.

Upstream Action Steps:

- Become a 5210 registered worksite, work toward gold status worksite
- Become a 5210 registered healthcare organization, incorporate screening and counseling/education using 5210 algorithms
- Support continued staff participation in quarterly Breastfeeding Coalition meetings
- Support breast feeding friendly worksite practices
- Designate a hospital representative to serve on Healthy Sioux County Coalition with the authority to commit hospital resources toward identified efforts
- Address issue of cost of membership to fitness centers/lack of indoor physical activity opportunities for community members with limited financial resources



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Mid Stream Approaches: (Prevention)

1. Increase participation in the National Diabetes Prevention Program (NDPP) and Everyone with Diabetes Counts (EDC) community based diabetes prevention programs

Mid Stream Action Steps:

- Increase provider referrals to NDPP
- Host an employee NDPP on-site and provide an employee incentive for completion
- Offer workplace diabetes screening and education in the community targeting at risk populations
- Increase referrals to and/or provide financial backing for workplace EDC

Down Stream Approaches:

1. Increase treatment options for obesity and diabetes

Down Stream Action Steps:

- Develop clinical obesity treatment program [for example: MEND (mind, exercise, nutrition, do it)]
- Develop pilot for in home diabetes education