

**Garfield County  
Community Health  
Improvement Plan  
2018**

**Garfield County**

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# ACKNOWLEDGEMENTS

Thank you to all members of the community who participated in the development of the Garfield County Community Health Improvement Plan.

## **Strategic Highlights**

Garfield County Community Health Improvement Plan (CHIP) serves as a tool and provides direction toward improvement of community health within our county.

## **Financial Highlights**

This project has been funded in full by grants received through Department of Public Health and Human Services (DPHHS) Montana.

## **Operating Highlights**

The Garfield County CHIP of 2017-18 is a reflection of community member needs and feedback. Direction and plan completion by Garfield County Health Department (GCHD.) This CHIP is based on Garfield County Community Health Needs Assessment (CHNA) of 2016/2017.

*Garfield County Community Health Improvement Plan - One step closer to a healthier community*

## **Looking Ahead**

With an eye to a healthier community, the Garfield County CHIP will be used and referenced to assist in improving the health of every community member one step at a time.

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May 30, 2018

# OVERVIEW

A Community Health Improvement Plan is a community-based, systematic approach to address public health issues or problems, within a community, that have been identified through a Community Health Needs Assessment.

## Background and Process

The Garfield County Community Health Needs Assessment (CHNA) was completed in 2017 by Garfield County Health Department (GCHD) and Public Health Emergency Preparedness (PHEP). The process used to conduct the CHNA was developed by the Center for Rural Health. Development of the Community Health Improvement Plan (CHIP) was guided by the National Association of County & City Health Officials (NACCHO). A copy of the CHNA is available at the Garfield County Health Department office.

The CHNA helped identify several goal areas:

- Provide and maintain access to primary health care for all members of and visitors to Garfield County
- Address and decrease alcohol/substance abuse within the community
- Close gaps in the provision of mental health care, including depression and anxiety, within the community
- Promote physical activity and nutrition to improve health quality and reduce disease risk
- Encourage increased awareness, education, development and utilization of programs targeting preventable diseases (cancer, obesity, Cardiovascular disease) and reduction of health risk factors

Volunteers from within the community were asked to participate in completing a CHIP for Garfield County. Volunteers worked together to determine which of the afore mentioned goal areas would be prioritized based on the following:

- Feasibility
- Available or potential funding
- Willingness of agencies or organizations to commit to the work necessary to implement strategies
- Value to community
- Consequence of inaction



Once realistic objectives and strategies were set, all who participated in the development of the CHIP received a copy for review and edits.

### **Implementation**

Future CHNAs and CHIPs will be completed every five years. During each five-year cycle, the CHIP will be reviewed to assess progress toward improvement in each of the priority goal areas.

### **Priority Goal Areas**

The priority goals listed below were determined based upon the previously listed factors.

- Promotion of physical activity and nutrition to improve health quality and reduce disease risk
- Encourage increased awareness, education, development and utilization of programs targeting preventable diseases (cancer, obesity, Cardiovascular disease) and reduction of health risk factors

## PRIORITY AREA: PHYSICAL ACTIVITY & NUTRITION

### GOAL 1

Improved health quality and reduced disease risk

#### Objective 1: Increase public awareness of physical activity on health

Strategy	Performance Indicator	Responsible Organization(s)
Promote healthy lifestyle and physical activity in community	Increase in physical activities throughout the community	Garfield County Health Department (GCHD)
Promote health and wellness within the senior population	Increase of activity and service utilization by seniors	GCHD, Garfield County Senior Center & Council on Aging (COA)

#### Objective 2: Promote and provide avenues for physical activity within the community

Strategy	Performance Indicator	Responsible Organization(s)
Encourage physical activity through printed and electronic media	Increase in physical activities throughout the community	GCHD, all members on CHIP committee
Start multiple geocaches in the county	Signatures on geocache logs	GCHD, local schools, extension office
Donation to local pool to encourage pool use	Number of purchased season tickets	GCHD

## GOAL 2

Increased awareness, education, development and utilization of programs targeting preventable diseases (cancer, obesity, Cardiovascular disease) and reduction of health risk factors

### Objective 1: Increase public awareness of physical activity and nutrition on health

Strategy	Performance Indicator	Responsible Organization(s)
Provide educational materials to the community regarding preventable diseases	Increased community awareness of both preventable diseases and resources	GCHD
Provide educational materials to the community that address nutrition and health	Increased community awareness of the importance of good nutrition on health	GCHD

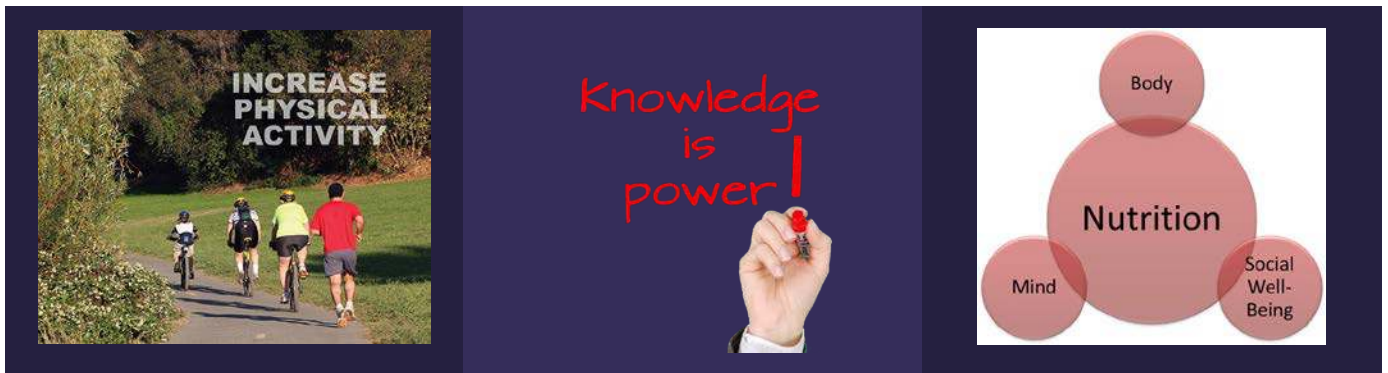
### Objective 2: Encourage use & development of programs targeting preventable disease

Strategy	Performance Indicator	Responsible Organization(s)
Encourage use of current and future programs for physical activity	Observed increased usage of activity programs	GCHD

# ACTIONS AND DEFINITIONS

## Actions

Promotion of increased physical activity and knowledge regarding nutrition and health.



## Nutrition

Or nourishment is the supply of materials - food - required by organism and cell to stay alive. It is the science or practice of consuming and utilizing foods. (Nordquist, C., 2017, September 01).

## Physical Activity

Physical activity is movement that uses energy. Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. To be beneficial, physical activity should be of moderate to vigorous intensity. (<https://www.cdc.gov/physicalactivity/basics/index.htm>)

## Wellness Education

Education about healthy living, health conditions, and behaviors that enhance health and prevent chronic illness.

## Take aways

Wellness Education, Nutrition and Physical Activity are all essential to creating healthy individuals and a healthy community.

“MOST PEOPLE  
HAVE NO IDEA  
HOW GOOD THEIR  
BODY IS DESIGNED  
TO FEEL.”

-KEVIN TRUDEAU-



## CITATIONS

Nordquist, C. (2017, September 01). Nutrition: What is it and why is it important? Retrieved August 14, 2018, from <https://www.medicalnewstoday.com/articles/160774.php>

Physical Activity Basics. (2015, June 04). Retrieved August 14, 2018, from <https://www.cdc.gov/physicalactivity/basics/index.htm>