

I. Promote Healthy Lifestyles/Healthy Behaviors for all. Reduce chronic disease.

Currently doing & will continue to do:

- A. Health Messaging
  - 1. Clinic Lucites
  - 2. Quarterly newsletter article
  - 3. Monthly radio spots: Breast Cancer awareness-Mammograms; Colorectal Cancer-Colonoscopies; Pre-diabetes
  - 4. Full page ad in Hawkeye
  - 5. Facebook and Video Sign messaging
  - 6. Postcard mailings: Breast Cancer awareness-Mammograms; Colorectal Cancer-Colonoscopies; Pre-diabetes
- B. Events
  - 1. Lunch-n-learns for employees
  - 2. Free BP checks
  - 3. Events – i.e. WHC; promotion of health months i.e. Breast Cancer, Colon Cancer, Diabetes, LC Fair Kid’s Day
  - 4. Sponsor and promote area runs and sporting events.
- C. Partnership with County/community
  - 1. Involvement in Live Healthy Lee County
  - 2. PORT (hospital monetary donation and land for Phase 3/Sports Complex)
  - 3. Collaborative partner with LCHD, KAH and other invested organizations in Lee County on the CHNA/HIP for Lee County.
  - 4. Educational information, blood pressure checks and balance screenings at FM Farmer’s Market monthly throughout summer.

FMCH goal:

One of the identified populations by the Lee County Task Force is health care workers. FMCH employs close to 500 employees. This initiative would focus on the need to encourage healthy lifestyles and as a result reduce chronic disease among our employees and their families.

- 5. Offer and promote healthy food choices in the cafeteria
- 6. Focus on mammogram and colonoscopy screening compliance among employees.
  - a. Gather data through current databases or survey
    - a. Number of employees who fall into the demographic group that these screenings are recommended
    - b. Determine compliance among our employees
    - c. Create education/messaging/challenges to encourage compliance

d. Track changes over three year period

II. Improve Mental Health/Behavioral Health Issues/Access to Care. Increase access to service.

Currently doing and will continue to do:

- A. Providing mental health services – physician and mid-level
  - 1. Distribute community resource guides in clinics
  - 2. Once assessment tool is identified implement in clinics
  - 3. Research and make available on-line mental health screening for schools, ER, etc.

FMCH goal: to help educate and support positive mental health in our youth

Pre-Teen Parent Boot Camp

- B. Create an educational series geared towards parents of pre-teens that addresses mental health issues including: bullying, sexual harassment, addiction, peer pressure, eating disorders and suicide.
  - 1. Work with area schools, area agencies, and FMCH health care professionals to develop agenda, implement program, create resource guide and market to parents.

III. Reduce Transportation Barriers of our Workforce and Access to Care. Increase usage and reduce barriers.

Currently doing & will continue to do:

- A. Provide courtesy van service
- B. Support PORT
- C. Distribute SEIBUS/NEMT schedule in clinics and on website

FMCH goal:

Explore the possibility of creating a carpool program at FMCH for our own employees.

IV. Improve Communication, provide education and motivate our population for Change. Community outreach and education.

Currently Doing:

- A. First grade tours/education
- B. Lunch-n-learns in schools
- C. Community outreach – health education opportunities
- D. Health fairs/support groups/educational sessions (i.e. Sleep health, Diabetes support group)
- E. ACO – Care Coordinator
- F. Athletic trainers – athletic screenings in schools

FMCH Goal:

- G. Create a new wellness initiative/challenge for FMCH employees.
- H. Pre-Teen Parent Boot Camp (see #2)