

Promote Healthy Behaviors and Improve Health Outcomes

Reduce obesity rates; preventable hospital stays due to chronic disease

Strategy 1-1.1

Increase participation in programs by raising awareness among local providers to help them become better educators on local opportunities.

1. Work with area agencies to keep resource guide up to date.
2. Provide opportunity for area agencies to present to FMCH Case Managers to share with providers/clinic staff at huddles.

Strategy 1-1.4

Continue to monitor and promote trail development and complete streets efforts in Lee County.

1. Maintain FMCH representation on the PORT (Promoting Outdoor Recreational Trails) committee.
2. Continue to provide monetary support for the continuation of trail development.

Prevent or reduce teen births and STD's among youth/young adults.

Strategy 2-1.1

Provide education to targeted groups and locations.

1. Work with area schools (FMCSO, HTC, and CLSD) to make health care professionals available to speak to middle/high school students each semester.
2. Continue to participate in high school health fairs to provide education.
3. Develop and facilitate pre-teen parent & student boot camp - also would cover 3-1.4- at least once in the 3 year timeframe.

Strategy 2-1.2

Provide free access to condoms at key locations in the county.

1. Continue to distribute condoms in our Women's Center, ER and Main Clinic.

Strategy 2-1.3

Utilize social media for education and outreach messaging.

1. Provide key messaging via Facebook 4x/year.

Prevent/reduce alcohol, tobacco and other drug abuse (ATOD) among our youth and adults (includes prescription drug abuse)

Strategy 3-1.4

Providers to educate patients on alternative treatments for prescription drugs; properly securing prescription medications from other household members/visitors, etc.

1. Provide annual Community Health Education with Pharmacists on Opioid use - July 2019 first session.
2. Create protocol and education materials for patients.
3. Working with the FMCH Pain Committee -provide continuing education for health care professionals on alternative treatments and how to recognize addiction.
4. Work with the area schools to identify and offer motivational speaker for students and parents to address these topics - act as presenting sponsor.
5. Promote prescription medication drop-off sites on FMCH social media, website and internal communication outlets.
6. Community Education Series with health professionals on addiction.

Improve the population's Mental Health and Well-being.

1. Continue to make mental health services available at FMCH.

Promote Elderly Wellness

Improve the health, function and quality of life of older adults.

Strategy 1-1.1

Offer classes such as Matter of Balance, Stepping On, and Senior Fitness classes in key locations in the county every year.

1. Provide annual Stepping On class to community members.
2. Re-instate Aquatic Therapy classes for Seniors.

Strategy 1-2.2

Provide health management education and care coordination services to older adults i.e. chronic disease self-management, etc.

1. Continue to provide Community Health Education sessions -9x/year focusing more on chronic diseases- prevention, management, treatment options, etc.
2. Coordinate Cook with a Doc and Walk with a Doc programs- quarterly offerings - 2 Cook with a Doc and 2 Walk with a Doc per year.