

Community Health Action Plan 2016

County: Randolph

Period Covered: 2016-2019

Partnership/Health Steering Committee, if applicable: Healthy Randolph Steering Committee

Community Health Priority identified in the most recent CHA: Physical Activity and Nutrition

Local Community Objective: (Working description/name of community objective): New Ongoing (addressed in previous Action Plan)

- **Baseline Data:** (State measure/numerical value. Include date and source of current information): In 2010, 72.3% of Randolph County residents were overweight and 28.8% were obese. In 2011, 25.7% of residents were obese. In 2009, 52.1% of adult residents met physical activity recommendations (NC State Center for Health Statistics).
- **For continuing objective provide the updated information:** (State measure/numerical value. Include date and source of current information): According to the NC State Center for Health Statistics, in 2014, 75.8% of individuals from the Greensboro Region reported that they were physically active within the last month of completing the BRFSS questionnaire.
- **Healthy NC 2020 Objective** that most closely aligns with focus area chosen below: Increase the percentage of adults getting the recommended amount of physical activity.

Population(s)

I. Describe the local target population that will be impacted by this community objective:

- i. In North Carolina, 2 out of 3 adults are overweight or obese
- ii. More than one-third of youth ages 6-19 are overweight or obese
- iii. Non-Hispanic blacks have the highest age-adjusted rates of obesity (48%), followed by Hispanics (43%), non-Hispanic whites (34%) and non-Hispanic Asians (11%)
- iv. Higher income women are less likely to be obese than low-income women

A. Total number of persons in the target population specific to this action plan: _____

B. Total number of persons in the target population to be reached by this action plan: _____

C. Calculate the impact of this action plan:

(Total # in B divided by total # in A) X 100% = _____ of the target population reached by the action plan.)

Healthy North Carolina 2020 Focus Area Addressed: Each of the two CHA priorities selected for submission must have a corresponding *Healthy NC 2020* focus area that aligns with your local community objectives.

- **Check below the applicable Healthy NC 2020 focus area(s) for this action plan.**

For more detailed information and explanation of each focus area, please visit the following websites:

<http://publichealth.nc.gov/hnc2020/foesummary.htm> AND <http://publichealth.nc.gov/hnc2020/>

- Tobacco Use
- Physical Activity & Nutrition
- Injury
- Sexually Transmitted Diseases/Unintended Pregnancy

- Maternal & Infant Health
- Substance Abuse
- Mental Health
- Infectious Disease/Foodborne Illness
- Oral Health

- Social Determinants of Health
- Environmental Health
- Chronic Disease
- Cross-cutting

Selection of Strategy/Intervention Table

- Complete this table for all strategies/interventions that you plan to implement.
- At least two of the three selected community health priorities must be from the 13 Healthy North Carolina 2020 (HNC 2020) focus areas. For these 2 priorities, there must be 2 evidence based strategies (EBS) for each action plan. (Insert rows as needed if you choose more than 2 EBS.)

Strategy/Intervention(s)	Strategy/Intervention Goal(s)	Implementation Venue(s)	Resources Utilized/Needed for Implementation
<p>Name of Intervention: Be Active Kids PlayDaze</p> <p>Community Strengths/Assets: Partnership for Children has been holding PlayDaze events for the last four years; the majority of materials are usable year-after-year</p>	<p>S.M.A.R.T Goals: By September 2019, offer six PlayDaze events within Asheboro and Archdale.</p> <p>By September 2019, expand PlayDaze into at least three other municipalities within the county.</p> <p>By September 2019, incorporate PlayDaze into at least two worksites</p>	<p>Target Population(s): Children, families, adults</p> <p>Venue: City/town parks; worksites</p>	<p>Resources Needed: Vehicle for transporting PlayDaze station materials; any other supplies not on-hand (bubbles, cardboard boxes, paint, sheets, etc.)</p>
<p>Name of Intervention: A3 Fitness Challenges</p> <p>Community Strengths/Assets: A3 has a new partner, Healthy Randolph, which will serve as an asset to make these challenges more successful.</p>	<p>S.M.A.R.T Goals: By September 2019, hold six fitness challenges for all Randolph County residents.</p>	<p>Target Population(s): County residents</p> <p>Venue: Community</p>	<p>Resources Needed: Speakers for Wellness Sessions that will be held for residents during the challenges; incentives</p>

Interventions Specifically Addressing Chosen Health Priority *(Insert rows as needed.)*

<u>INTERVENTIONS: SETTING, & TIMEFRAME</u>	<u>LEVEL OF INTERVENTION CHANGE</u>	<u>COMMUNITY PARTNERS' Roles and Responsibilities</u>	<u>PLAN HOW YOU WILL EVALUATE EFFECTIVENESS</u>
<p>Intervention: Be Active Kids PlayDaze</p> <p><input checked="" type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: City/town parks</p> <p>Target population: Children and families</p> <p>New Target Population: <input type="checkbox"/>Y <input checked="" type="checkbox"/>N</p> <p>Start Date – End Date (mm/yy): 10/16 – 09/19</p> <p>Targets health disparities: <input checked="" type="checkbox"/>Y <input type="checkbox"/>N</p>	<p><input checked="" type="checkbox"/> Individual/Interpersonal Behavior</p> <p><input type="checkbox"/> Organizational/Policy</p> <p><input type="checkbox"/> Environmental Change</p>	<p>Lead Agency: Partnership for Children</p> <p>Role:</p> <ul style="list-style-type: none"> Organize and plan PlayDaze events within Asheboro and Archdale; Expand PlayDaze into three other municipalities <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Partnership for Children</p> <p>Role: Organize and plan PlayDaze events</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Partners: Childcare centers, Healthy Randolph Tenet II, parks and recreation</p> <p>Role: Assist with organizing, planning, set-up/clean-up of PlayDaze events</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p>	<p>Expected outcomes: Increase the percentage of children and adults getting the recommended amount of physical activity.</p> <p>Anticipated barriers: Any potential barriers? <input type="checkbox"/>Y <input checked="" type="checkbox"/>N If yes, explain how intervention will be adapted:</p> <p>List anticipated intervention team members: Partnership for Children, Healthy Randolph Tenet II, local parks and recreation departments</p> <p>Do intervention team members need additional training? <input type="checkbox"/>Y <input checked="" type="checkbox"/>N If yes, list training plan: _____</p> <p>Quantify what you will do: Offer six PlayDaze events within Asheboro and Archdale; expand PlayDaze into at least three other municipalities within the county.</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: By the number of PlayDaze events held and the number of participants in attendance.</p> <p>Evaluation: Please provide plan for evaluating intervention: Post surveys will be collected from participants.</p>

		<p>How you market the intervention: Flyers will be distributed to all childcare centers if both Asheboro and Archdale for promotion of existing PlayDaze programs and additional centers in at least three other municipalities within the county.</p>	
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<p>Intervention: PlayDaze in the Workplace</p> <p><input checked="" type="checkbox"/> New <input type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: Worksites</p> <p>Target population: Adults</p> <p>New Target Population: <input checked="" type="checkbox"/>Y <input type="checkbox"/>N</p> <p>Start Date – End Date (mm/yy): 10/16 – 09/19</p> <p>Targets health disparities: <input checked="" type="checkbox"/>Y <input type="checkbox"/>N</p>	<p><input checked="" type="checkbox"/> Individual/Interpersonal Behavior</p> <p><input checked="" type="checkbox"/> Organizational/Policy</p> <p><input type="checkbox"/> Environmental Change</p>	<p>Lead Agency: Healthy Randolph Tenet II</p> <p>Role: Offer PlayDaze events in at least two worksites</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Healthy Randolph Tenet II members</p> <p>Role: Determine which two worksites will offer PlayDaze</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>How you market the intervention: By reaching out to worksites to determine interest. Flyers will be distributed and other promotions will be conducted.</p>	<p>Expected outcomes: Increase the percentage of children and adults getting the recommended amount of physical activity.</p> <p>Anticipated barriers: Any potential barriers? <input type="checkbox"/>Y <input checked="" type="checkbox"/>N If yes, explain how intervention will be adapted:</p> <p>List anticipated intervention team members: Healthy Randolph Tenet II members</p> <p>Do intervention team members need additional training? <input type="checkbox"/>Y <input checked="" type="checkbox"/>N If yes, list training plan: _____</p> <p>Quantify what you will do: Offer PlayDaze events in at least two worksites</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: By the number of worksites offering PlayDaze and the number of employee participating.</p> <p>Evaluation: Please provide plan for evaluating intervention: Post surveys will be collected from participants.</p>
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<p>Intervention: A3 Fitness Challenges</p> <p><input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Completed</p> <p>Setting: County-wide</p> <p>Target population: All residents</p> <p>New Target Population: <input checked="" type="checkbox"/>Y <input type="checkbox"/>N</p> <p>Start Date – End Date (mm/yy): 10/16 / 09/19</p> <p>Targets health disparities: <input checked="" type="checkbox"/>Y <input type="checkbox"/>N</p>	<p><input checked="" type="checkbox"/> Individual/Interpersonal Behavior</p> <p><input type="checkbox"/> Organizational/Policy</p> <p><input type="checkbox"/> Environmental Change</p>	<p>Lead Agency: A3 Healthy Communities</p> <p>Role: Organize and plan fitness challenges</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Target population representative: Healthy Communities A3</p> <p>Role: Organize and plan fitness challenges</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>Partners: Healthy Randolph Tenet II</p> <p>Role: Assist with organizing and planning of fitness challenges</p> <p><input type="checkbox"/> New partner <input checked="" type="checkbox"/> Established partner</p> <p>How you market the intervention: Community brochures will be created and distributed. Promotion will also be displayed on Healthy Communities A3, Healthy Randolph, and other websites.</p>	<p>Expected outcomes: Increase the percentage of children and adults getting the recommended amount of physical activity.</p> <p>Anticipated barriers: Any potential barriers? <input type="checkbox"/>Y <input checked="" type="checkbox"/>N If yes, explain how intervention will be adapted:</p> <p>List anticipated intervention team members: Healthy Communities A3, Healthy Randolph</p> <p>Do intervention team members need additional training? <input type="checkbox"/>Y <input checked="" type="checkbox"/>N If yes, list training plan: _____</p> <p>Quantify what you will do: Offer at least six fitness challenges within the county.</p> <p>List how agency will monitor intervention activities and feedback from participants/stakeholders: By number of events held and number of participants in each challenge.</p> <p>Evaluation: Please provide plan for evaluating intervention: Program evaluation will be based on the number of steps participants log in, as well as total weight lost.</p>
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