

# HEALTHY BOURBON COUNTY ACTION TEAM STRATEGIC PLAN

## PURPOSE

Improve the quality of life of Bourbon County residents, foster economic growth, and remove barriers to living healthy lifestyles.

## KEY OBJECTIVES

### Physical Activity

### Healthy Eating

### Tobacco Cessation

## INITIATIVES

- Walkability & Bike Ability Assessment
- Worksites implementing strategies to create healthier environments
- Community policy for complete streets , trails, and alternative transportation byways
- Environmental changes to support use of outdoor recreational activities: bike lanes, sidewalks, cross walks, trail kiosks and signs, lighting, Bike Share, playgrounds
- School modeling level policy

- Implement healthy strategies with food retailers and restaurants through health assessments and healthy pledges
- Establish Food & Farm Council
- Increase in physician engagement in healthy living strategies to reduce risk factors for diabetes
- School modeling level policy
- Environmental changes to support: Wholesale food directory, AgPath Truck Farm, school vending machine, water bottle filling stations

- Implement tobacco cessation policies in worksites, government facilities, and other organizations
- Increase access and develop referral system to tobacco cessation specialist and nicotine replacement therapy.
- Healthcare sector implement and engage patients in healthy lifestyle choices in the healthcare setting
- Engage business, food retail, restaurants, healthcare, schools, and public entities in tobacco cessation campaign and signage.

## Key Performance Indicators

Percent of access to exercise opportunities	Number of modeling policy in schools	Number of worksites implementing worksite wellness plans
Number of complete streets policy	Community perception survey responses to amount of physical activity and healthy environment's in food retail and restaurants.	Number of tobacco free policy & ordinances
Percent of access to exercise opportunities	Number of Health Strategies implemented in Food Retail and Restaurants	Number of policies implemented in the Healthcare setting
Percent of adults 20 and older who self-reporting no leisure time for activity	A Food and Farm Council established with regular meetings	