

Community Work Plan for Heart disease and stroke	
CHNA Page Reference – pages 33-36	
Health Problem	Outcome Objective
Heart disease and stroke	<ul style="list-style-type: none"> • Reduce heart disease death rate • Reduce stroke death rate
<p>Description of the health problem, risk factors and contributing factors:</p> <p>Heart disease was the second leading cause of death and stroke was the third leading cause of death of Upson County residents for the years 2006-2010. The heart disease and stroke rates were much higher than the state and national rates.</p> <p>Modifiable risk factors include tobacco smoke, high blood cholesterol, high blood pressure, physical inactivity, overweight and obesity, poor nutrition, diabetes, stress, alcohol use and illegal drug use.</p>	
<p>Related Healthy People 2020 objectives:</p> <p>HDS-2 – Reduce coronary heart disease deaths - 20 percent improvement by 2020 – Goal: 100.8 per 100,000 population</p> <p>HDS-3 – Reduce stroke deaths- 20 percent improvement by 2020 – Goal: 33.8 per 100,000 population</p> <p>TU-1.1 – Reduce cigarette smoking by adults – Goal: 12 percent</p> <p>TU-2.2 – Reduce cigarette use by adolescents within last 30 days – Goal: 16 percent</p> <p>TU-4 – Increase smoking cessation attempts by adult smokers – Goal: 80 percent</p> <p>TU-7 – Increase smoking cessation attempts by adolescent smokers –Goal: 64 percent</p> <p>D-13 – Increase the proportion of adults with diabetes who perform self-blood glucose monitoring at least once daily by 10 percent by 2020 – Goal: 70.4 percent</p> <p>D-14 – Increase the proportion of persons with diagnosed diabetes who receive formal diabetes education -10 percent improvement by 2020 – Goal: 62.5 percent</p> <p>D-15 – Increase the proportion of persons with diabetes whose condition has been diagnosed - 10 percent improvement by 2020 – Goal: 80.1 percent</p>	
<p>Implementation Strategies to reduce contributing factors:</p> <p>The hospital will provide free educational material throughout the community (churches, civic clubs, etc.) related to the risk factors contributing to heart disease and stroke. The hospital will provide tobacco cessation classes, heart disease awareness education, conduct annual heart screening programs, and provide blood pressure checks and discounted EKGs at community health fairs. The hospital will also tailor education materials to focus on healthy eating and weight control, so behavior change is not only achieved by the community but also sustained. The hospital will provide services in locations that are easily accessible by the low-income, minority and other vulnerable populations.</p>	