

| <p>Community Work Plan for Obesity</p> <p>CHNA Page Reference – pages 44-49</p> | |
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| Health Problem | Outcome Objective |
| Obesity | <ul style="list-style-type: none"> • Reduce number of adults and children in Upson County that are obese. |
| <p>Description of the health problem, risk factors and contributing factors:</p> <p>The prevalence of adult obesity (27.3 percent) in Health District 4-0 was about equal to the State rate (27.6 percent), however, below the National rate (33.8 percent). The Healthy People 2020 goal is set at 30.6 percent. Upson County had a higher prevalence of obesity (31 percent) compared to the Health District.</p> <p>Although the obesity rates were lower than the State and U.S. averages, the hospital and community felt that obesity contributes to other health issues such as heart disease, stroke, and diabetes and for this reason rated obesity as a priority health need.</p> | |
| <p>Related Healthy People 2020 objectives:</p> <p>NWS-9 – Reduce the proportion of adults who are obese by 10 percent – Goal: 30.6 percent</p> | |
| <p>Implementation Strategies to reduce contributing factors:</p> <p>The hospital will collaborate with Families Youth and Children’s Alliance (FYCA) on youth fitness initiatives like Georgia SHAPE to be implemented in the local elementary school(s). The hospital will provide healthy eating and active living community education and awareness. The hospital will conduct BMI screenings at community health fairs. The hospital will seek a partnership with Children’s Healthcare of Atlanta to offer Strong4Life training and continuing education opportunities for healthcare providers and early childcare educators (www.strong4life.com). The hospital will provide services in locations that are easily accessible by the low-income, minority and other vulnerable populations.</p> | |