

Community Health Improvement Plan – Long Term (5-10 years)

Priority: Exercise, Nutrition, and Weight

Alignment: CDC 6/18 Initiative – Prevent Type 2 Diabetes

CHA/CHNA Year: 2018

LHD: Lenoir County Health Department



Result 1: What result do you want?		Increase in good nutrition practices and boost physical activity within Lenoir County residents.			
What does it look like when you achieve this result?		A decrease and delay in diseases such as diabetes, heart disease, and high blood pressure.			
Why is this important?		The 2018 CHNA data shows that heart disease, diabetes and high blood pressure are the most significant health needs in Lenoir County. Programs implemented with a strong focus on physical activity, good nutrition, and healthy body weight may help to decrease these high rates.			
What partners will address this priority?		Lenoir County Health Department/Pitt County Health Department and Centers for Disease Control and Prevention			
How will you measure success?		Within the Diabetes Prevention Program, data will be recorded in the Wake Forrest Database each week to keep track of participant's process.			
List each strategy/intervention, partners, measures, and level					
Result 1	Name of Strategy/Intervention	Responsible Partners	Outcome (s) (What will you measure and report in the SOTCH?)	Output(s) (What you will do and report in the SOTCH?)	Level of Intervention
1.1	Minority Diabetes Prevention Program	Lenoir County Health Department	Lenoir County ranks the highest in Eastern North Carolina for residents diagnosed with diabetes. 35% of the Medicare	The Lenoir County Health Department will recruit Lenoir County residents that are MDPP eligible and implement the MDPP program. Eligibility will be	Individual, Interpersonal

			<p>population and nearly 16% of adults 20 years and older have had a medical diagnosis of the disease. The outcome of this proven program will be to prevent or delay the onset of Type 2 diabetes. By August 2019, up to 15 participants of the minority population will be enrolled and within the 12-month evidence-based program, 10% of those participants completing a majority of the program will reach the 5%-7% weight-loss program goal.</p>	<p>determined by the participants A1c levels or screening results. MDPP is a Lifestyle Change Program that focuses on healthy eating, increased physical activity, and coping with every day stressors. LCHD will follow the MDPP Lifestyle Change program curriculum. A decrease in A1c levels, body weight, and physical fitness improvements will measure the program's effectiveness. LCHD will work with the hospital, FQHC, and providers to develop a referral system to MDPP.</p>	
1.2	Diabetes Prevention Program – Group Lifestyle Balance	Lenoir County Health Department	<p>By the end of 2019, up to 15 participants of the minority population will be enrolled and within the 12-month evidence-based program, 10% of those participants completing a majority of the program will reach the 5%-7% weight-loss program goal.</p>	<p>Network with county school system and faith-based groups to implement DPP as a wellness strategy for organizations.</p>	Individual, Organization, Policy

Instructions:

- Add new section(s) if more than two results and number accordingly
- Add more rows if more than 9 interventions are needed and number accordingly.
- Level of Intervention: Individual, Organizational, or Policy

Instructions for use of this form can be found on the DHHS/DPH website: <https://publichealth.nc.gov/lhd/>