



**2013 Hot Springs County COMMUNITY HEALTH IMPROVEMENT PLAN REPORT CARD**

**OUTCOME:** HSC adults will show a decrease in overweight and obesity percentage over the next three years.

**POPULATION:** ADULTS 18 YEARS AND OLDER RESIDING IN HSC.

**HEADLINE PERFORMANCE MEASURES:**

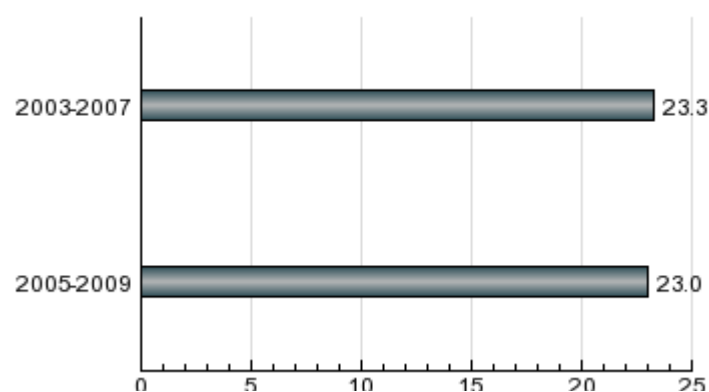
- **Adults who are Overweight or Obese**
- **Adults with Sedentary Life Style**
- **Consumption of Fruits and Vegetables**
  - Adults with Type II diabetes
  - Control grp vs. participating group.

View the report:  
<http://www.wyominghealthmatters.org/Indicat>

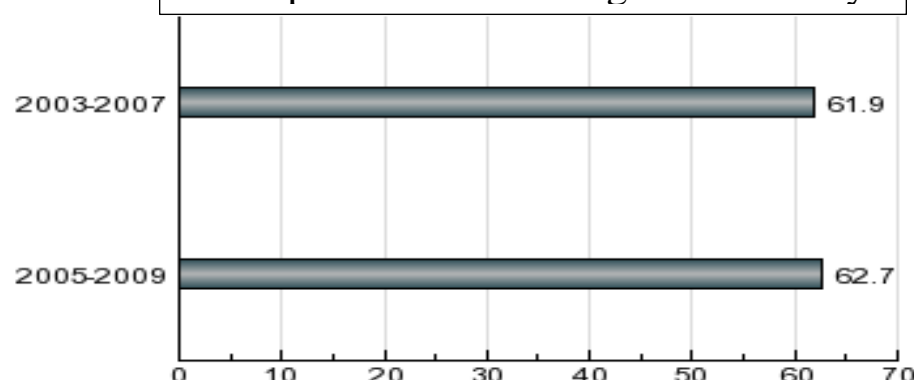
Edit the report:  
<http://www.wyominghealthmatters.org/IndicatorCompare/modify/51cb13b74b6e2>

**HOW ARE WE DOING?**

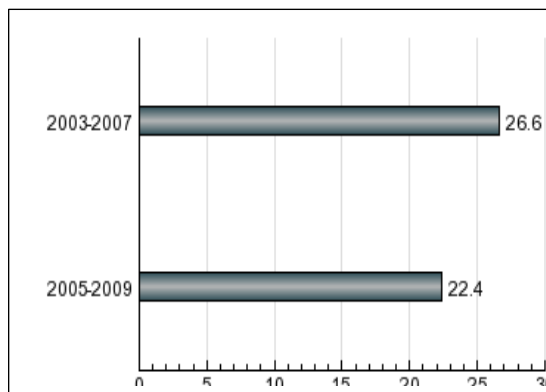
Adult Fruit and vegetable Consumption



Adult percent of overweight and obesity



Adults who are sedentary (lower is better)



**DATA DEVELOPMENT AGENDA:**  
 CONSIDER STATE/US DATA

**STORY BEHIND BASELINE:**

- High percentage of families in poverty and unable to afford more expensive healthy foods
- High caloric fast foods are eaten on a regular
  - Processes
  - High-Sugar
- Obesity usually starts in childhood; Community will further evaluate this as we move forward with the adult population
- Stress
- Working parents, community involvement and lack of time to prepare healthy foods
  - Extracurricular activities in the evenings
  - Lack of healthy options at restaurants
- No exercise/sedentary lifestyle
- Underutilization of the park
- Cost prohibitive recreational activities
- Lack of transportation

Every year more and more persons are categorized as obese. Obesity is measured as having a body mass index (BMI) of 30 or greater. Several factors can increase obesity: sedentary lifestyle, lack of moderate physical activity, lack of consumption of fresh fruits and vegetables, and poor diet and nutrition. Obesity can also increase the risk for several health problems, like Type 2 diabetes (especially in youth), respiratory health issues, heart disease, poor joint health, high cholesterol, uncontrolled blood pressure, circulatory issues, stroke, and fatigue.

**WHAT WORKS (BEST PRACTICES):**

- Shape up Sommerville (Blue Zones)
- Eat Smart Move More Weigh Less (ESMMWL)

**PARTNERS WITH A ROLE TO PLAY:**

- BLM
- School District
- Parks & Recreation
  - State, City & County
- WIC

- Hot Springs County Memorial Hospital
- Media
  - Newspaper
  - Radio
- Gottsche
- Employers
  - Oil Companies

- County Government
  - Commissioners
- City Government
- Rotary
- Kiwanis
- Primary Care Providers
- Faith community
- TOPS

Grocery Stores  
 Wyoming cancer resource services

**WHAT ARE WE GOING TO DO TO IMPROVE PERFORMANCE?**

- Adults who move and move more
- Pre and post test for nutrition (Cindy Aguillara)
- Blue Zone life expectancy results before and after
- Cent\$ible Nutrition program made available to all income levels
- Restaurants providing healthy options
- Blue Zone test-measure the biologic age before and after

- Competition events with incentives
  - Walks/runs/etc.
- Employer Wellness Programs
- Lifestyle change
- 20-40 people
- Control group
- Blue Zone test for both groups
- Pedometers to measure activity-phone app