

**IMPLEMENTATION PLAN - 2015**  
**Addressing Community Health Needs**  
**Rosebud Health Care Center**

**Chronic Disease Management**

Needs Being Addressed by this Strategy:

**Goal 2: Reduce incidence and prevalence of chronic diseases and improve chronic disease management of obesity, heart disease, cancer, stroke and diabetes**

Objective A:	Action Steps	Accountability	Timeframe	Impact will be measured and evaluated through these indicators:	Status at end of FY 15
Increase physical activity in the community	Create a partnership with Door 804 Gym in Miles City			# participating organizations	Inability to offer at this time due to distance
	Create a partnership with the school district to offer classes			# people who attend classes	Will speak with school during 2015-2016 school year. Both gyms get used year round for school athletics. The outdoor walking track is available when it is not in use for athletic activities. Loops can be walked outside around RHCC.
	Identify location to hold classes			number and percentage of people increasing minutes of physical activity	Healthy Lifestyles class held via telemed through partnership with HRHC, Miles City. This is a 10 month class with 16 weekly classes and 6 monthly classes. There are eleven participants. At the 16 week mark, a participant total of pounds loss was 176.4. By the end of the program the goal is to have all participants reach a 7% weight loss and exercise 150 minutes weekly.
				# pounds lost	176.4
Objective B:	Action Steps	Accountability	Timeframe	Impact will be measured and evaluated through these indicators:	Status at end of FY 15
Develop a fitness-related contest for community members	Create rules for the fitness contest.			# people participating	Will work on establishing a program with public health, and other community members to establish a community program for FY 2016
	Explore providing incentives such as pedometers to contest participants.			# and % of people who complete contest	See above
	Explore involving partnerships with Chamber of Commerce, Lions Club, Rosebud County, MSU Extension Office and local businesses.			# of total miles or minutes recorded	See above
	Educate community members about the fitness contest and promote the program to motivate them to participate.			# pounds lost	See above
Objective C:	Action Steps	Accountability	Timeframe	Impact will be measured and evaluated through these indicators:	Status at end of FY 15

Encourage community members to walk more often.	Organize a walking group for community members.			# walking route maps distributed	public health, and other community members to establish a community program for FY 2016
	Partner with public schools to use the outdoor track and gym for the walking group.			# people participating in the walking group(s)	See above
	Create a map of walking routes around the community.			# minutes walked	See above
	Promote the walking group to the community.				See above
<b>Objective D:</b>	<b>Action Steps</b>	<b>Accountability</b>	<b>Timeframe</b>	<b>Impact will be measured and evaluated through these indicators:</b>	<b>Status at end of FY 15</b>
Increase knowledge of diabetes management strategies	Partner with a diabetes educator to offer classes	See previous information	FY 2016	# people participating	Will see if new dietician will provide a lunch and learn program on diabetes during fiscal year 2016
		clinic and lab	FY 2016	decrease in A1C levels	Will establish a way to monitor this.
	Nutrition offerings through Samaritan Food Pantry	See previous information		# people utilizing the Samaritan Food Pantry	120
<b>Objective E:</b>					
Increase physical activity through a medical exercise and nutrition program					