

Chronic Disease Management

Needs Being Addressed by this Strategy:

#1: 27.0% of survey respondents indicated they were physically active for at least 20 minutes five times or less over the past month. Focus groups suggested improving access to physical activities would improve the health of the community.

#2: Survey respondents indicated overweight/obesity is a top health concern (41.5%).

#3: Survey respondents indicated interest in health education classes related to: fitness (35.8%), health and wellness (32.7%) weight loss (30.2%).

#4: Rosebud County's hospitalization rate for diabetes is 161.0 per 100,000, compared to Montana's rate of 115.4 per 100,000 population.

#5: 29.6% of survey respondents indicated a desire for local dermatology services, while 15.1% indicated a desire for a foot care clinic and 13.8% desired sleep studies.

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 2016
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	The school now charges to utilize their facilities. Public relations committee will add this to their agenda to talk about and possibly develop a plan
	Identify location to hold classes			number and percentage of people increasing minutes of physical activity	Unable to calculate metrics
				# pounds lost	Unable to calculate metrics
Objective B:	Action Steps	Accountability	Timeframe	Impact will be measured and evaluated through these indicators:	Status at end of FY 2016
Develop a fitness-related contest for community members	Create rules for the fitness contest.	PR Committee		# people participating	Will work on establishing a program with public health, and other community members to establish a community program for FY 2017
	Explore providing incentives such as pedometers to contest participants.	PR Committee		# 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.	PR Committee		# of total miles or minutes recorded	See above
	Educate community members about the fitness contest and promote the program to motivate them to participate.	PR Committee		# pounds lost	See above
Objective C:	Action Steps	Accountability	Timeframe	Impact will be measured and evaluated through these indicators:	Status at end of FY 2016
Encourage community members to walk more often.	Organize a walking group for community members.			# walking route maps distributed	Will work on establishing a program with 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
Objective D:	Action Steps	Accountability	Timeframe	Impact will be measured and evaluated through these indicators:	Status at end of FY 2016
Increase knowledge of diabetes management strategies	Partner with a diabetes educator to offer classes	See previous information		# people participating	Diabetes educator not available

	Nutrition offerings through Samaritan Food Pantry	See previous information		# people utilizing the Samaritan Food Pantry	120
		clinic and lab		decrease in A1C levels	Hemoglobin A1C levels are newly available through health fair pricing
Objective E:					
Increase physical activity through a medical exercise and nutrition program					