

**2013 – 2016 NORTH BIG HORN HOSPITAL DISTRICT
COMMUNITY HEALTH IMPROVEMENT PLAN REPORT CARD**

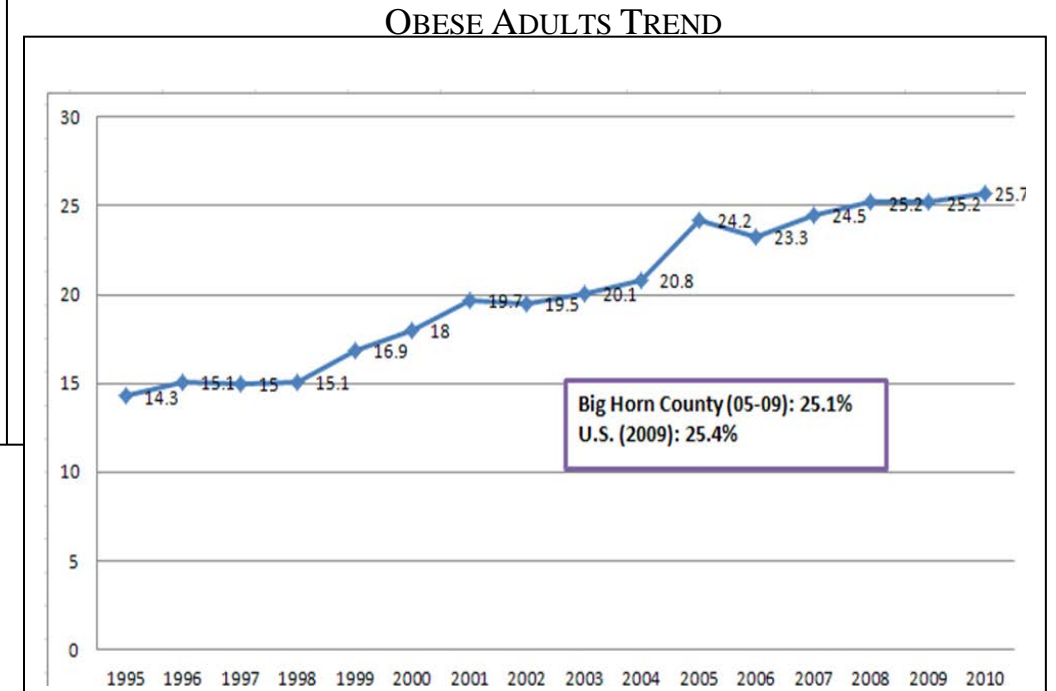
OUTCOME: Healthy Active Lifestyles with Reduced Adult Obesity
Population: All Residents of North Big Horn County, Wyoming

ACTION TEAM DESCRIPTION:

- The obesity rate for adults is high in Big Horn County, Wyoming. As a community we are concerned and believe a healthier, active lifestyle, starting with young children and their families is needed to address this problem.

HOW ARE WE DOING?

ADULTS WHO ARE OBESE			ADULTS WHO ARE OVERWEIGHT OR OBESE			ADULTS WHO DIDN'T PARTICIPATE IN ANY PHYSICAL ACTIVITY IN THE LAST MONTH		
Big Horn County	Wyoming	U.S.	Big Horn County	Wyoming	U.S.	Big Horn County	Wyoming	U.S.
25.1%	25%	25.7%	26.3%	22.4%	23.6%	58.6%	62.2%	63.8%



HEADLINE PERFORMANCE MEASURES:

- Big Horn County Adults who Obese
- Big Horn County Adults who are Overweight or Obese
- Big Horn County Adults who didn't participate in any physical activity in the last month.

DATA DEVELOPMENT AGENDA:

- Obtain data on youth obesity rates
- Obtain data on youth eating habits

STORY BEHIND BASELINE:

- Currently there are not enough safe places to walk in our communities. We have extreme weather conditions make outdoor exercise difficult much of the year.
- There are high levels of poverty in Big Horn County which prohibit some community members from purchasing healthy foods and affording exercise equipment. Although these issues are not solely due to income.
- School curriculums are not focused on life-skills such as healthy eating and there is a lack of vocation classes that offer instruction for preparing of fresh fruits and vegetables.
- Some families make poor lifestyle choices.
- Change in USDA regulations.
- Our community, like many, has a sedentary lifestyle greatly influenced by technology. We are transitioning from an agriculture economy to service economy. Many occupations are sit down jobs.
- Healthy foods are expensive and time-consuming to prepare
- There is a lack of families that participation in free local nutrition programs such as Cent\$ible Nutrition.
- Our community has many single parent homes and some have limited parenting-skills. Some parents/adults do not know how to cook.
- We believe there needs to be personal/family ownership of self/children.
- There is a lack of recreation activities in winter for 2 – 5 year olds.
- Elementary Schools Physical Education time has been reduced.
- In many families both parents are both work and the children are involved in many activities causing perceived time constraints to shop and cook healthy meals.
- Our service area consists of five separate communities.

WHAT WORKS (BEST PRACTICES):

- iWalk – walking initiative in Sonoma, CA
- Tex4Diet: A Text Message-based Intervention for Weight Loss

WHAT ARE WE GOING TO DO TO IMPROVE PERFORMANCE?

- Encourage physical activity in our communities, starting with families and young children
- Provide education on shopping for and preparing quick, inexpensive, easy healthy meals

PARTNERS WITH A ROLE TO PLAY:

- Towns of Lovell, Byron, Cowley, Deaver, and Frannie
- Big Horn County School District #1
- Big Horn County School District #2
- Faith Based Organizations

- Big Horn County Department of Family Services
- Lovell Police Department
- Lovell Fire Department
- Families, Teachers

- Preschools
- Community Members
- Big Horn County Public Health
- Major Employers

- Cent\$ible Nutrition
- Diabetes Educator
- Recreation Departments