

2014 JEFFERSON COUNTY HEALTH PRIORITIES

BACKGROUND: In Spring 2014, a group of community data users led by Jefferson Health Care and Jefferson Public Health reviewed the findings from a community health assessment to develop a list of top issues and final priorities.

PRIORITY: **HEALTHY EATING, ACTIVE LIVING AND CHRONIC DISEASE PREVENTION**

OVERVIEW:

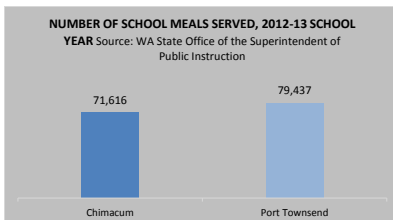
Healthy eating and active living contribute to decreasing the risks of chronic diseases and overweight/obesity. Regular physical activity can improve health and quality of life at all ages. Many social and physical factors influence the diet and exercise choices individuals make: knowledge, skills, social support, policies, cost, access, safety, etc.

ACTION AREA IDEAS:

The following are ideas only; community work groups will determine actions, goals and measures.

OPTIMIZE SCHOOL NUTRITION:

Develop diet profile of Jefferson County students — food vendors, food sources, nutritional balance. Survey successful programs in Washington State and nationally to optimize school nutrition. Promote community-based programs to expand use of locally grown foods, vegetables, and fruit and to restrict sugar sweetened beverages, salt, high carbohydrate meals, and low nutrition snacks.

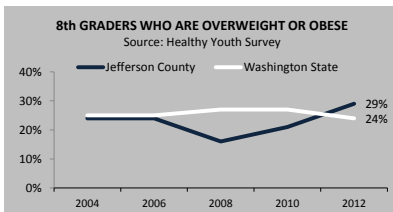


COMMUNITY INITIATIVES TO PROMOTE PHYSICAL ACTIVITY:

Inventory school-based programs and community recreational opportunities. Promote “exercise prescriptions” for children and adults. Promote community competitions (fun runs, pedometer competitions). Explore best practices regionally and nationally to increase physical activity across all age groups.

YOUTH LIFELONG HEALTH INITIATIVE:

Promote best practice initiatives to give overweight/obese youth access to non-stigmatizing exercise and nutrition programs. Promote screening of youth at-risk for obesity related illnesses. Explore evidence based initiatives and facilities.



FACTS

56% OF JEFFERSON & WA 8TH GRADERS REPORT AT LEAST 60 MINUTES OF PHYSICAL ACTIVITY DAILY YET ONLY 14% OF JEFFERSON & 49% OF WA 8TH GRADERS REPORT DAILY P.E. CLASS AT SCHOOL¹

83% OF ADULTS REPORT ANY PHYSICAL ACTIVITY IN THE PAST MONTH; 70% AMONG ADULTS WITH HIGH SCHOOL EDUCATION OR LESS²

DEATHS FROM ACCIDENTAL FALLS ARE INCREASING³

29% OF ADULTS² & 1 IN 3 YOUTH¹ REPORT AT LEAST 5 SERVINGS OF FRUITS AND VEGETABLES DAILY

4,400 JEFFERSON RESIDENTS EXPERIENCE FOOD INSECURITY—NOT HAVING ENOUGH OR NUTRITIONALLY ADEQUATE FOODS⁴

FEWER THAN HALF OF ADULTS ARE AT A HEALTHY WEIGHT; 3 IN 4 YOUTH²

THE TOP 4 CAUSES OF DEATH³ AND TOP 3 CAUSES OF HOSPITALIZATION⁵ ARE CHRONIC DISEASES

2014 DATA REVIEW AND PRIORITIES PROCESS FACILITATED BY JEFFERSON HEALTH CARE AND JEFFERSON COUNTY PUBLIC HEALTH

Analysis and fact sheet produced by: Siri Kushner, Kitsap Public Health District

Sources: 1. Healthy Youth Survey. 2. Behavioral Risk Factor Surveillance System. 3. Death Certificate Database. 4. Food Lifeline. 5. Inpatient Hospitalizations (CHARS).