

REGIONAL GOAL #2



HEALTHY PEOPLE

We must build a diverse, vibrant region that nurtures good health and values a high quality of life.



WHY IS IT IMPORTANT?

Good health is the foundation of a happy and fulfilling life. In addition to affecting general wellbeing, personal health influences things like worker productivity, life expectancy, educational attainment, and income, all of which are important for regional prosperity.

NEARLY TWO-THIRDS OF THE REGION'S ADULTS ARE OVERWEIGHT OR OBESE, AND ONE-THIRD REPORT THEY DO NOT INCLUDE ANY PHYSICAL ACTIVITY IN THEIR LEISURE TIME.

WHAT'S AT STAKE?

The population of East Tennessee, as well as the state as a whole, has some significant health problems. Rates of asthma, obesity, and heart disease in the Knoxville region have grown over the past decade. Cases of diabetes increased 20 percent between 2004 and 2008. Drug abuse, particularly methamphetamine use, remains a serious problem.

While Knoxville is an important medical center for East Tennessee, many areas of the region have limited access to health care, exercise, and fresh foods. Access is particularly a problem for lower-income households and the region's senior population and will only become more of a challenge as the population ages.

ASSURE THE SAFETY OF OUR COMMUNITIES

Assure safe neighborhoods, communities, and workplaces that enhance health and well-being.

HP1 » ASSESS THEIR HOMES FOR HEALTH AND SAFETY FEATURES SUCH AS INSTALLING SMOKE AND CARBON MONOXIDE DETECTORS

WHO? Individuals • Families | **TIMEFRAME** Short

HP2 » ASSURE THAT NEW STRUCTURES AND FACILITIES ARE DESIGNED IN ACCORDANCE WITH CPTED (CRIME PREVENTION THROUGH ENVIRONMENTAL DESIGN) PRINCIPLES

WHO? Community Organizations • Local Govs. | **TIMEFRAME** Medium

HP3 » PROMOTE HEALTHY AND SAFE ENVIRONMENTS THROUGH SUCH ACTIONS AS IMPROVING INDOOR AIR QUALITY, ADDRESSING MOLD ISSUES, REDUCING EXPOSURE TO PESTICIDES AND LEAD, ASSURING HEALTHY DRINKING WATER, IMPLEMENTING TOBACCO-FREE POLICIES, PROVIDING SAFETY OFFICERS AND DESIGNING FACILITIES TO MAXIMIZE SAFETY

WHO? Educational Institutions | **TIMEFRAME** Short

HP4 » TEST FOR LEAD

WHO? Individuals • Families | **TIMEFRAME** Short | **POTENTIAL PARTNERS** Local Government, Non-profits, TVA, KUB

HP5 » CHECK FOR MOLD AND RADON

WHO? Individuals • Families | **TIMEFRAME** Short | **POTENTIAL PARTNERS** Local Government, Non-profits, TVA, KUB

HP6 » INSTALL ENERGY-EFFICIENT PRODUCTS AS BUDGET PERMITS

WHO? Individuals • Families • Business • Local Gov. | **TIMEFRAME** Medium | **POTENTIAL PARTNERS** TVA, KUB

HP7 » MODIFY OR DESIGN HOMES THAT ARE VISITABLE OR ACCESSIBLE

WHO? Individuals • Families | **TIMEFRAME** Medium | **POTENTIAL PARTNERS** Habitat for Humanity, Local Governments, Faith-based Organizations

HP8 » CONVENE LOCAL STAKEHOLDERS AND PROMOTE PARTICIPATION IN COMMUNITY SAFETY PROGRAMS SUCH AS NEIGHBORHOOD WATCHES AND BLOCK CLUBS

WHO? Community Organizations | **TIMEFRAME** Short | **POTENTIAL PARTNERS** City of Knoxville’s Office of Neighborhoods, Other Local Government Representatives, Faith-based Organizations

HP9 » IMPLEMENT PROCESSES TO ENSURE THAT PEOPLE ARE ACTIVELY ENGAGED IN DECISIONS THAT AFFECT HEALTH AND SAFETY

WHO? Community Organizations | **TIMEFRAME** Medium | **POTENTIAL PARTNERS** Local Governments

HP10 » PARTNER WITH LOCAL GOVERNMENT, BUSINESS AND COMMUNITY ORGANIZATIONS TO INCLUDE SAFETY IN HEALTH NEEDS ASSESSMENTS AND DEVELOP COMMUNITY HEALTH AND SAFETY IMPROVEMENT PLANS

WHO? Health Care System | **TIMEFRAME** Medium

HP11 » ASSURE THAT WORKPLACES ARE SAFE, INCLUDING ELIMINATING SAFETY HAZARDS, AND ENSURING THAT BUILDINGS ARE FREE OF WATER INTRUSION, INDOOR POLLUTANTS AND PESTS, AND HAVE REGULAR MAINTENANCE OF HVAC SYSTEMS

WHO? Businesses | **TIMEFRAME** Short

HP12 » PROMOTE SAFETY INCLUDING PARTICIPATORY APPROACHES TO HAZARD IDENTIFICATION AND REMEDIATION AS WELL AS APPROPRIATE EMPLOYEE TRAINING

WHO? Businesses | **TIMEFRAME** Medium

HP13 » ENGAGE IN AND ADEQUATELY SUPPORT COMMUNITY POLICING PROGRAMS

WHO? Local Gov. | **TIMEFRAME** Short

HP14 » SHARE INFORMATION WITH COMMUNITY GROUPS

WHO? Local Gov. | **TIMEFRAME** Short

REDUCE OUR MOST PREVALENT DISEASES.

Decrease the rates of obesity, diabetes and asthma.

HP15 » INCREASE PHYSICAL ACTIVITY

WHO? Individuals • Families | **TIMEFRAME** Short

HP16 » IMPROVE FACILITIES FOR PHYSICAL ACTIVITY

WHO? Businesses • Non-Profits • Local Gov. | **TIMEFRAME** Medium

HP17 » REDUCE AIR AND WATER POLLUTION BY INCORPORATING BEST PRACTICES INTO PRODUCTION AND TREATMENT FACILITIES

WHO? Utility Providers | **TIMEFRAME** Medium

HP18 » EAT HEALTHIER FOODS

WHO? Individuals • Families | **TIMEFRAME** Short | **POTENTIAL PARTNERS** Local School Districts

HP19 » REDUCE THE USE OF TOBACCO

WHO? Individuals • Families | **TIMEFRAME** Short | **POTENTIAL PARTNERS** Metropolitan Drug Commission

HP20 » PROVIDE HEALTH EDUCATION AND HEALTH RISK ASSESSMENTS WITH FEEDBACK TO CHANGE EMPLOYEES' HEALTH HABITS

WHO? Businesses | **TIMEFRAME** Short

HP21 » HELP EMPLOYEES LOSE WEIGHT BY PROVIDING HEALTHIER SNACKS AND ENCOURAGING PHYSICAL ACTIVITY

WHO? Businesses • Local Gov. | **TIMEFRAME** Short

HP22 » ENCOURAGE PEER SUPPORT

WHO? Businesses | **TIMEFRAME** Short

HP23 » ADOPT TOBACCO-FREE POLICIESS

WHO? Businesses | **TIMEFRAME** Short

HP24 » PROVIDE INCENTIVES AND COMPETITIONS TO PROMOTE HEALTHIER BEHAVIOR

WHO? Businesses | **TIMEFRAME** Short

HP25 » PROMOTE AND TAKE ADVANTAGE OF THE TREMENDOUS OPPORTUNITIES TO PARTICIPATE IN OUTDOOR ACTIVITY

WHO? Individuals • Businesses • Non-profit Organizations | **TIMEFRAME** Short | **POTENTIAL PARTNERS** Legacy Parks Foundation, Friends of the Great Smoky Mountains, Visit Knoxville, TN Department of Tourism, Regional Greenway Council

ADDRESS DRUG ABUSE ISSUES

Address the destructive drug abuse that is prevalent in our communities.

HP26 » IMPLEMENT PROGRAMS SUCH AS STUDENT ASSISTANCE, PARENT NETWORKING OR PEER-TO-PEER COUNSELING

WHO? Educational Institutions | **TIMEFRAME** Short

HP27 » AVOID BINGE DRINKING, USE OF ILLICIT DRUGS AND MISUSE OF PRESCRIPTION MEDICATIONS

WHO? Individuals • Families | **TIMEFRAME** Short

HP28 » IDENTIFY, TRACK AND PREVENT INAPPROPRIATE PATTERNS OF PRESCRIBING AND USING PRESCRIPTION DRUGS

WHO? Health Care System | **TIMEFRAME** Medium

HP29 » SEEK HELP FROM THE MEDICAL FIELD TO TREAT DISORDERS

WHO? Individuals • Families | **TIMEFRAME** Short

HP30 » SUPPORT ENFORCEMENT

WHO? Community Organizations | **TIMEFRAME** Short

HP31 » EDUCATE YOUTH AND ADULTS ABOUT THE RISKS OF DRUG ABUSE

WHO? Community Organizations | **TIMEFRAME** Short - Medium

HP32 » WORK WITH THE MEDIA AND RETAILERS TO REDUCE MARKETING TO YOUTH

WHO? Community Organizations | **TIMEFRAME** Short - Medium

HP33 » ADOPT POLICIES TO DECREASE THE USE OF ALCOHOL OR OTHER DRUGS ON CAMPUSES

WHO? Educational Institutions | **TIMEFRAME** Short - Medium

HP34 » IDENTIFY AND SCREEN FOR EXCESSIVE DRINKING USING SBIRT (SCREEN BRIEF INTERVENTION AND REFERRAL TO TREATMENT)

WHO? Health Care System | **TIMEFRAME** Medium

HP35 » IMPLEMENT PROVIDER REMINDER SYSTEMS AND EVALUATE THE EFFECTIVENESS OF VARIOUS METHODS

WHO? Health Care System | **TIMEFRAME** Medium

HP36 » DEVELOP GUIDELINES FOR PRESCRIBING OPIOIDS

WHO? Health Care System | **TIMEFRAME** Medium

HP37 » INCLUDE SUBSTANCE ABUSE DISORDER BENEFITS IN HEALTH COVERAGE

WHO? Employers | **TIMEFRAME** Medium

HP38 » IMPLEMENT TRAINING PROGRAMS THAT BUILD KNOWLEDGE AND SKILLS RELATED TO RESPONSIBLE BEVERAGE SERVICE

WHO? Employers | **TIMEFRAME** Short

HP39 » REQUIRE INSTALLATION OF IGNITION INTERLOCKS

WHO? Local Governments | **TIMEFRAME** Medium

PROMOTE WELLNESS

Promote wellness as a means to minimize the physical, mental and social costs of treating sickness.

HP40 » CONVENE COUNTY HEALTH COUNCILS TO SHARE INFORMATION

WHO? Regional Health Councils | **TIMEFRAME** Short | **POTENTIAL PARTNERS** State of TN, University of Tennessee

HP41 » ENGAGE POLICY MAKERS SUCH AS SCHOOL BOARDS

WHO? Health Care System | **TIMEFRAME** Short

HP42 » PROVIDE FACILITIES THAT PROMOTE ACTIVE LIVING

WHO? Local Gov. | **TIMEFRAME** Medium

HP43 » ADDRESS GAPS AND EQUITY DISPARITIES IN THE EXISTING SYSTEM

WHO? Health Care System | **TIMEFRAME** Short

HP44 » ENCOURAGE PHYSICAL ACTIVITY

WHO? Businesses. | **TIMEFRAME** Short

HP45 » IDENTIFY THE COSTS AND BENEFITS OF WELLNESS AS COMPARED TO HEALTH INSURANCE COSTS

WHO? Businesses | **TIMEFRAME** Short

HP46 » FOCUS ATTENTION ON PRIORITY AREAS: TOBACCO-FREE LIVING, PREVENTING DRUG AND ALCOHOL ABUSE, HEALTHY EATING, ACTIVE LIVING, INJURY AND VIOLENCE-FREE LIVING, REPRODUCTIVE AND SEXUAL HEALTH, AND MENTAL AND EMOTIONAL WELL-BEING

WHO? Businesses • Local and State Gov. • Non-profits | **TIMEFRAME** Long | **POTENTIAL PARTNERS** Regional Health Systems, The State of TN, United Ways

ENCOURAGE ACTIVE LIVING.

Create places where people can safely walk and bike as part of the daily routine of school, work and play.

HP47 » PROMOTE WALKING BICYCLING AND THE USE OF PUBLIC TRANSPORTATION BY PROVIDING ACCESS TO FITNESS EQUIPMENT, PARTICIPATION IN SPORTS PROGRAMS AND LEAGUES, BICYCLE PARKING FACILITIES, SIDEWALKS AND WALKING PATHS, AND CHANGING ROOMS WITH SHOWERS

WHO? Businesses | **TIMEFRAME** Short

HP48 » COOPERATE WITH LOCAL GOVERNMENTS ON SCHOOL SITE SELECTIONS THAT CAN PROMOTE PHYSICAL ACTIVITY, LIMIT PASSIVE LEARNING TIME, AND MAKE PHYSICAL ACTIVITY FACILITIES AVAILABLE TO THE ENTIRE COMMUNITY THROUGH PROGRAMS SUCH AS “COMMUNITY SCHOOLS”

WHO? Educational Systems | **TIMEFRAME** Medium

HP49 » CONSIDER HEALTH IMPACTS WHEN MAKING TRANSPORTATION AND LAND USE DECISIONS

WHO? Local Gov. | TIMEFRAME Short

HP50 » ENGAGE IN AT LEAST 150 MINUTES OF ACTIVITY EACH WEEK (60 MINUTES A DAY FOR CHILDREN)

WHO? Individuals • Families | TIMEFRAME Short

HP51 » LIMIT SCREEN TIME AMONG CHILDREN

WHO? Individuals • Families | TIMEFRAME Short

HP52 » OFFER LOW-COST, AGE-SPECIFIC FOCUSED PHYSICAL ACTIVITY PROGRAMS

WHO? Community Organizations | TIMEFRAME Short

HP53 » DEVELOP JOINT USE AGREEMENTS TO SHARE USE OF FACILITIES

WHO? Local School Districts | TIMEFRAME Short

HP54 » PROVIDE DAILY PHYSICAL EDUCATION AND RECESS THAT FOCUSES ON MAXIMIZING TIME FOR PHYSICAL ACTIVITIES

WHO? Educational Systems | TIMEFRAME Short



LOCAL IMPLEMENTATION EXAMPLE: TOGETHER! HEALTHY KNOX

The Together! Healthy Knox (T!HK) initiative began in May 2010 with 20 community partners (the Leadership Team) and the mission, “a community approach to better health.” Their vision of the future is building a diverse, vibrant community that nurtures good health and quality of life. They encourage a broad definition of health: physical, mental, spiritual, and social.

Since 2010, the T!HK partnership has assessed health and perceptions of health in Knox County and identified three strategic issues for health improvement:

- ▶ *How can we achieve equitable health outcomes for all community members?*
- ▶ *How can we create a sustainable network of partnerships that effectively contributes to improved community health?*
- ▶ *How can we position health as a consideration in community policy and planning decisions?*

In May 2011, the T!HK Leadership Team invited a wider circle of community allies to tackle these issues. As a result, three teams with representatives from more than 50 community organizations and agencies worked together for over a year to create an action plan. Implementation began in January 2013.

HP55 » PARTICIPATE IN PHYSICAL TESTING AND SUPPORT SELF-IMPROVEMENT PLANS

WHO? Educational Systems | **TIMEFRAME** Medium

HP56 » SUPPORT PROGRAMS SUCH AS SAFE ROUTES TO SCHOOL

WHO? Educational Systems | **TIMEFRAME** Short

HP57 » SUPPORT THE IMPLEMENTATION OF ASSESSMENTS THROUGH TRAINING AND CLINICAL REMINDER SYSTEMS

WHO? Health Care System | **TIMEFRAME** Medium

HP58 » REQUIRE DESIGN OF SAFE NEIGHBORHOODS THAT ENCOURAGE PHYSICAL ACTIVITY BY INCLUDING SIDEWALKS, GREENWAYS, BIKE LANES, PROPER LIGHTING AND PARKS

WHO? Local Gov. | **TIMEFRAME** Short

HP59 » SUPPORT LOCAL SCHOOLS AND EARLY LEARNING CENTERS IN MEETING PHYSICAL ACTIVITY GUIDELINES

WHO? Local Gov. | **TIMEFRAME** Short

HP60 » DEVELOP LOCAL PARKS, RECREATION AND GREENWAYS PLANS THAT ARE INTEGRATED INTO A REGIONAL NETWORK

WHO? Regional Greenway Council | **TIMEFRAME** Medium