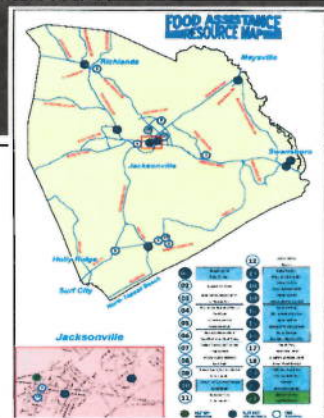


2016—2019 Action Plans

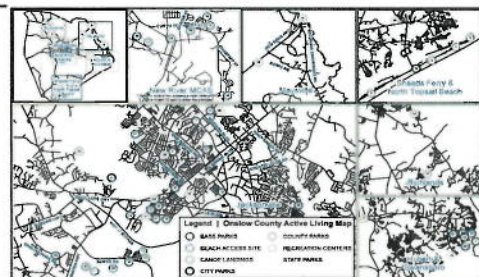
Nutrition/Access to Healthy Food/Healthy Eating

- ◇ Implement cooking classes throughout the community.
- ◇ Develop and distribute healthy food lists to local food pantries.
- ◇ Place bulletin boards in community centers to educate about healthy eating.
- ◇ Update the food resources asset map.



Obesity

- * Highlight Parks and Recreation opportunities.
 - *Host Get to Know Your Community events.
 - *Make healthier food options available at events.
- * Advocate for sidewalks and recreation areas in neighborhoods.
- * Update the places to be physically active asset map.



Substance Abuse

- Community
 - *Implement Health Rocks! for elementary age students.
 - *Increase number of community activities for 20-35 year olds.
 - *Reinvigorate Project Lazarus.
 - *Provide education to the community.
 - *Develop and utilize a local resource guide.
- Providers
 - *Place bag tags on prescriptions.
 - *Educate about prescribing, changes to NC statutes.

Suicide

- ◆ Review Onslow Memorial Hospital's internal policy and processes regarding suicide prevention.
- ◆ Provide education to the community, patients, staff, and providers to recognize symptoms of and prevent suicide.
- ◆ Update assessments used with Onslow Memorial Hospital's patients.
- ◆ Establish a family support group.

Diabetes

- ⇒ Provide diabetic education classes throughout the county.
 - *Increase participation in and the number of classes of DSME and DPP.
- ⇒ Offer quarterly community outreaches—education and screening.
- ⇒ Develop and utilize a local diabetes resource guide.
- ⇒ Strengthen the referral process among agencies for education and resources.



Blood Pressure

- Increase awareness of hypertension and offer patient education and prevention programs throughout the community. Specifically, focus on
 - *High risk individuals.
 - *Younger people.
- Implement Check, Change, Control intervention in established programs.