

SOUTH HEARTLAND DISTRICT



HEALTH DEPARTMENT

Obesity

is associated with many chronic conditions including high blood pressure, heart disease, stroke, diabetes and some cancers.

In Adams, Clay, Nuckolls and Webster Counties: heart disease, stroke, and diabetes account for half of all deaths.



What is going on in South Heartland?

6% of adults have heart disease

11% of adults have diabetes

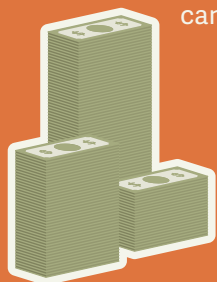
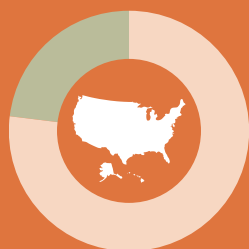
35% of adults have high blood pressure

1 in 3 high school students and...

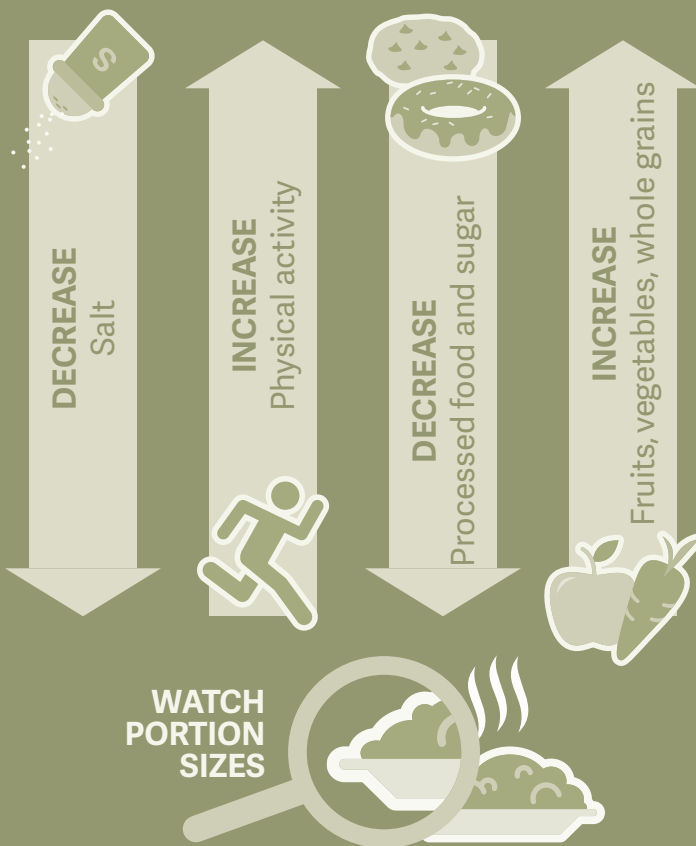
...7 in 10 adults are overweight or obese

23% of total U.S. healthcare costs are related to diabetes

\$1.42 trillion in U.S. healthcare costs can be linked to obesity



What can I do?



WATCH PORTION SIZES



"We are seeing a huge surge of patients with obesity and obesity-related health problems. There needs to be a way to educate our community on nutrition."

Health care provider response to SHDHD Community Themes and Strengths Assessment, 2018

For more information about the South Heartland Community Health Improvement Plan (CHIP), and how you or your organization can get involved, go to www.southheartlandhealth.org or follow the QR code ▶





Our goal is to reduce obesity and related health conditions through prevention and chronic disease management.

We are working together to change our environment and culture to make healthy choices the easy choices!

STRATEGIES/OBJECTIVES

Action

Setting

Increase counseling and communication about nutrition, physical activity, weight and chronic disease management.



Clinics and hospitals

Increase physical activity.
Increase healthy eating of foods and beverages.



Schools/daycares, community and faith-based organizations, worksites and the public health department

Increase physical/environmental changes to promote activity



Communities, organizations and worksites

Improve culture and environment for healthy food/beverage choices



Communities, organizations and worksites

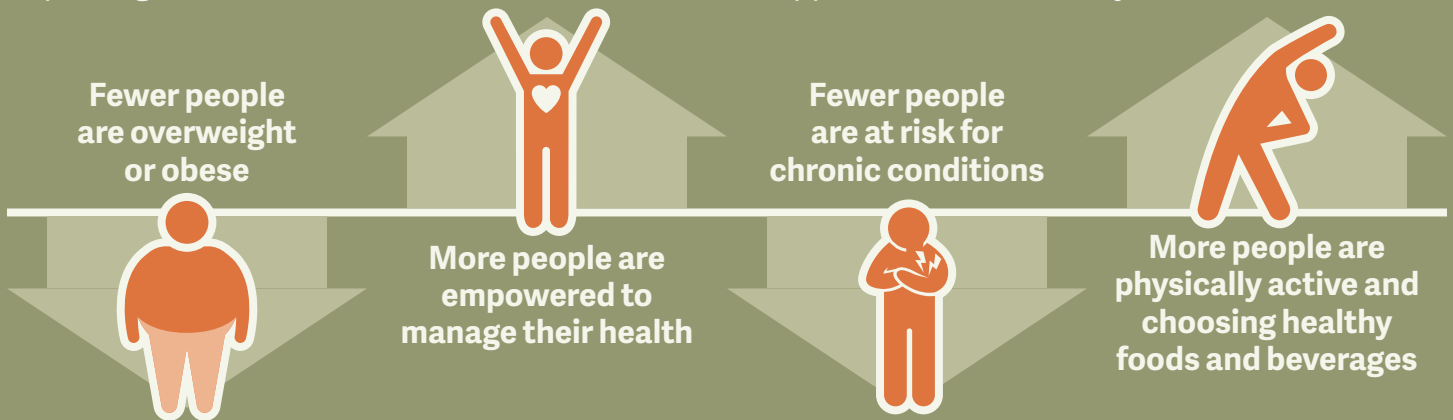
Create a health services resource guide



Libraries, schools, clinics, hospitals, community and the public health department

EXPECTED RESULTS

Improving the culture and the environment increases opportunities for healthy choices.



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