



Gallatin County Collaboration for Better Health & Safety

2020-2024

Community Health Improvement Plan

Community Partners

Thank you to our community partners, for your public stewardship and investment in our community. A special thank you to those who have generously devoted their time and energy into completing our Community Health Assessments, participating in the planning process, and for their contributions to the Gallatin County Collaboration for Better Health and Safety.

Name	Agency
Abbott, Rodna	Kentucky Income Reinvestment Program
Alexander, Edie	TRIAD
Archibald, Dylan	Gallatin County Champions
Bachus, Michael	Anthem
Bannick, Karen	Speedway
Bates, Linda	WellCare
Beatty, Kristie	GC Schools District Nurse
Bittner, Jill	NKY Mental Health Association
Bledsoe, Janet	Board Member
Boyers, Darla	TRDHD
Branscum, Amanda	Riverside Inn
Brentlinger, Brian	GC Guidance Counselor
Broderick, Sherri	Community Member
Bucher, Amanda	UK Center for Smokefree Policy
Carney, Shannon	Aetna Better Health of KY
Coomer, Steven	Youth Service Center Coordinator
Cooper, Lexie	Dorman
Craft, Adam	TRIAD
Darnold, Stacie	Gallatin Nursing & Rehab
Day, Mary Jane	Gallatin County Extension District Board
Doughty, Andrea	Anthem
Dowes, Donnie	JCTC/Warsaw Pentecostal Church
Finfrock, Barbara	Extension Homemakers of Gallatin County
Finley, Joscena	NKY Office of Drug Control & Prevention
Flowers, Conte	Gallatin County School District - FRC
Flynn, Curtis	Kentucky Department for Public Health

Foster, Cheryl	Nucor
Fry, Shawn	Public Library
Giles, Jacob	Dorman
Giles, Paula	Central Dispatch
Haddix, Michael	Magistrate
Hammond, Larry	Superintendent
Hanley, Cathy	Nucor
Hedrick, Bonnie	St. Elizabeth
Heise, Georgia	TRDHD
Herthel, Teran	Anthem
Hanker, Lindsey	Passport Health Plan by Molina Healthcare
Howard, Micah	United Healthcare
Hull, David	GC Cooperative Extension
Johnson, Jamie	Dorman
Loyd, Melissa	NKY Mental Health Association
Marksberry, Laura	OVEC
Marston, Amy	TRDHD
Maxwell, Shalayne	ION Center
Minch, Leslee	TRDHD
Moore, Ethan	Magistrate
Morris, Ryan	Judge Executive
Myers, Lisa	Interact for health
Mylor, Jackie	Community Member
Mylor, Joe	Board of Health Member
Neale, Josh	Sheriff
Noell, Cody	First National Bank KY
Osborne, Sharon	The Brook Hospitals
Pelston, Lora	OVEC
Pittman, Justin	TRDHD
Rabourn, Felicia	State Representative
Rex, Ronda	GC Cooperative Extension
Richardson, Sarah	Triad

Roberts, Bonnie	Public Library
Rolfes, Lucy	St. Elizabeth
Sampson, Carolyn	Gallatin County Food Pantry
Schneider, Mary	Kentucky Cancer Program
Shinkle, Joe	Magistrate
Smith, Autumn	Northkey
Stewart, Lora	GC Cooperative Extension
Stafford, Melody	Triad
Sullivan, Donald	Magistrate
Sullivan, Nicki	OCEMS
Tackett, Kerry	Gallatin County Family Resource Center
Tanner, Amber	TRDHD
Taylor, Lee Ann	UK Center for Smoke Free Policy
Terrell, Brandon	Emergency Manager
Tirey, Lindsey	TRDHD
Trauth, Natasha	NorthKey
Trickel, Paul	Harm Reduction Initiative
Trimble, Tammy	Circuit Clerk
Vinicombe, Madonna	St. Elizabeth
Warnick, Kelley	Gallatin Newspaper
Way, Raquel	Dorman
Williams, Carmen	Gallatin County Fitness
Wright, John "Spike"	County Attorney

Executive Summary

Achieving health equity for all members of a community is the core foundation of public health. Addressing health inequities goes beyond the broad scope of public health, by requiring identification of the multiple social determinants that prevent a person from having the same access to resources, opportunities, and healthcare.

Addressing the social determinants of health inequity requires engaging multiple individuals who have knowledge about the social, economic, and physical barriers that affect a community. Community members of multiple sectors have profound insight in identifying these barriers, and as a group, they can analyze how to overcome those barriers *together*.

The Gallatin County Collaboration for Better Health & Safety recognizes that there are multiple pillars that serve as a means to improve one's health. Those pillars include Physical, Emotional, Social, Spiritual, Intellectual, Financial, and Environmental. These pillars also represent the core of the Community Wellness Coalition's mission and vision statement.

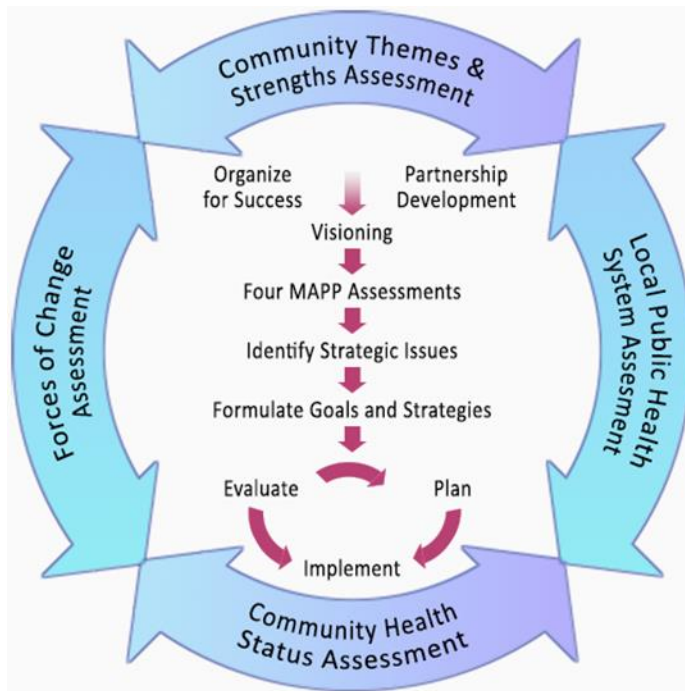
Vision: our vision is that Gallatin County be the healthiest county in the state of Kentucky.

Mission: Our mission is to improve the health and well-being of people in Gallatin County by promoting wellness and health to benefit the community, collaborating in order to improve access to care, healthy foods, physical activity and a clean drug-free environment, and ensuring sustainability through grants, gifts, and stewardship of the community's assets.

Part One of this document contains results of the Community Health Assessments of Gallatin County, KY. These assessments are the basis for the determining overall health of the community, needs of the community, identification of strategic priorities, as well as the means for development and implementation of the Gallatin County Collaboration for Better Health and Safety 2020-2024 Community Health Improvement Plan (Part Two).

Methodology

Community partners representing a variety of organizations in Gallatin County convened to collaborate on and complete a community health improvement planning process. The group utilized a process based on Mobilizing for Action through Planning and Partnerships (MAPP) framework. MAPP is a strategic planning process that helps communities prioritize public health issues, identify resources and brainstorm programming to address them. MAPP is an interactive, flexible framework that can be tailored by communities to fit their needs. The purpose of using this planning process is to provide the framework for identifying needs and planning for change and is intended to help guide communities through this process.



The graphic (to the left) is a summary of the MAPP planning process. The Gallatin County Coalition for Better Health & Safety visioning process began in late 2019. Since then, all four community health assessments were completed, which are listed in the arrows circling the diagram. The results and analysis of the Community Health Assessments can be found in Part One.

The Gallatin County Collaboration for Better Health & Safety meets once per month. The data from the Community Health Assessments were reviewed and discussed during the monthly coalition meeting in April of 2020. The coalition’s strategic issues were identified through an anonymous vote. The top four strategic issues that were identified by coalition members are listed below as ‘Community Priorities for Action.’ Those include:

- Community Priority for Action #1: **Reduce misuse of drugs and alcohol**
- Community Priority for Action #2: **Reduce illness, disability, and death related to tobacco use and secondhand smoke**
- Community Priority for Action #3: **Reduce overweight and obesity by helping people eat healthy and get physical activity**

These priorities make up Part Two of this document, which is detailed as the Community Health Improvement Plan (CHIP). In Part Two, each priority gives a brief description of why this is an important issue to the community, as well as the goals, objectives, and interventions needed in order to address these issues. The purpose of the CHIP is to improve health outcomes for the three strategic issues identified as the Gallatin County Collaboration for Better Health & Safety’s top priorities during the 2020-2024 period. This plan will be used to guide the Gallatin County community organizations and community stakeholders in their collaborative work together.

Once the CHIP is implemented, it will be tracked and recorded throughout the life of the plan, and the coalition will report progress back to the community through media outlets, city council meetings, and fiscal court meetings in order to remain transparent with the Gallatin County Collaboration’s for Better Health & Safety’s plans, activities, and accomplishments. The CHIP may be updated throughout the implementation cycle as projects are completed or as community stakeholders identify new projects to work on.

Part One: Community Health Assessments

1. Community Health Status Assessment

The Community Health Survey was created for each county individually to address unique geographic details and made available online utilizing Survey Monkey. The survey consisted of 52 multiple choices, yes/no and opinion questions and was offered in Spanish for participants with limited English proficiency. The Community Health Status Assessment identifies priority community health and quality of life issues. Questions answered include: "How healthy are our residents?" and "What does the health status of our community look like?". The survey availability was promoted through online social media platforms including Facebook, at local county MAPP community meetings, and offered for a period of six months from August 2019 to March 2020. Addendum will be added at the end of survey.

2. Community Themes and Strengths Assessment

A Community Themes and Strengths Assessment can be accomplished in multiple ways. This type of assessment is to identify community thoughts, experiences, opinions, and concerns. Rather than using quantitative data, this method uses descriptive data, also known as qualitative. Information gathered for this assessment included open discussions to elicit community concerns and opinions and surveys, tailored to identify perceptions of quality of life in Gallatin County. The method used to collect this data was a focus group.

What is important to GC?	How is quality of life perceived in GC?	What assets does GC have that can be used to improve community health?
Substance Abuse and access to misuse services	Limited resources	Gallatin County Champions
Smoking and vaping among youth	Lack of healthcare education	The Gallatin County Collaboration for Better Health & Safety
Obesity and access/awareness to physical activity opportunities	Need of healthcare services and accessibility	Farmers Market, Gallatin County Fitness Center
Access to healthcare and mental health awareness	Small, inclusive, and safe community.	Collaboration among agencies
Diabetes, heart issues, and cancer		Parks, tourism, riverfront

3. Forces of Change Assessment

The Forces of Change Assessment identifies all the forces and associated opportunities and threats that can affect, either now or in the future, the health of a community. ‘Forces’ include trends, factors, or events.

- Trends are patterns over time, such as migration in and out of a community or employment opportunities.
- Factors are discrete elements, such as a large ethnic population or a rural community setting.
- Events are one-time occurrences, such as a natural disaster or the passage of new legislation.

Conducting this type of assessment answers, the following questions:

- What is occurring or might occur that affects the health of the community?
- What specific threats or opportunities are generated by these occurrences?

In February 2020, members of the Gallatin County Collaboration for Better Health and Safety met to complete the Forces of Change Assessment. During these meetings, the top seven forces of change that are expected to most impact the health of Gallatin County were identified. See the table below for a summary of these results.

It is important to note that this assessment was completed in February 2020, prior to the COVID-19 pandemic. The COVID-19 pandemic was definitely a force that changed the landscape of public health in our community.

Forces	Threats Posed	Opportunities Created
Drugs	Stigma	Harm Reduction and needle exchange program
	Drug use is leading to the displacement of children from their families by the cabinet or due to absent parents (incarcerated, institutionalized, or deceased)	
Healthcare	Decreased funding for emergent care and health departments	YMCA for all counties
	Lack of hospital and healthcare providers	Job opportunities for senior care and health care

Transportation	Lack of transportation opportunities and awareness	Established transportation system
Vaping	Lack of activities to keep the youth occupied and away from drugs/vaping	YMCA in counties, more job opportunities
Poverty	Income inequity and decrease of amount of youth in the workforce	Farmers Market, access to affordable healthy produce. More job opportunities with airport
Homeownership	Increased immigration	
	Home affordability and availability	
Education	Lack of importance on educational/vocational opportunities	Wellness committee with schools, JCTC

The Gallatin County Collaboration for Better Health & Safety meets once per month. The data from the MAPP Assessments were reviewed and discussed during the monthly coalition meeting in April of 2020. The coalition’s strategic issues were identified through an anonymous vote. The top three strategic issues that were identified by coalition members are listed below as ‘Health Priorities.’ Those include:

- Health Priority #1: **Reduce misuse of drugs and alcohol**
 - Drug and alcohol abuse causes people to lose their homes, families, lives and increases the transmission of disease. Children are in the midst of these issues and exposed to trauma. Gallatin County ranked 108th as a vulnerable county in the nation for risk for an outbreak of HIV/and/or Hepatitis C. Hepatitis C is predominantly diagnosed among intravenous drug users. Gallatin County ranks in the top 5 counties in the state for overdose related deaths. Approximately 75% of all annual drug-related deaths are caused by opioids. 80% of people who use heroin misused opioids first. The current opioid epidemic plaguing the Commonwealth of Kentucky and Gallatin County has seen high monthly average diagnoses since 2017. The 2018 reporting period saw a rate of 276 per 100,000 in Gallatin County, a rate that looks to nearly double in the next 12 months. The first two months of the 2019 reporting year have seen 1.5

times more diagnoses per month on the average than 2018 which could result in a rate of 610 per 100,000 by the end of the 2019 year without intervention. More than 32% of the respondents to the TRDHD Community Health Survey report consuming alcohol. The 2020 County Health Rankings and Roadmaps report indicates 17% of adults in Gallatin County reported excessive drinking with 33% alcohol-impaired driving deaths reported in 2020 (an increase of 1% from 2019 and above the national average).

- Health Priority #2: **Reduce illness, disability, and death related to tobacco use and secondhand smoke**
 - Smoking is the leading cause of preventable disease and death in the United States, accounting for more than 480,000 deaths every year, or about 1 in 5 deaths. Gallatin County has a high rate of adults who smoke, ranking below the state average, but remaining high with a rate of 21%, or 1 in 5 adults. More than 32% of the respondents in Gallatin County report use of tobacco products in one form or another on the 2019/2020 TRDHD Community Health Survey. The Centers for Disease Control reports that 27.1% of high school students used some form of tobacco product in 2018 with the greatest percentage of those using e-cigarettes in the past 30 days at 20.8%.
- Health Priority #3: **Reduce overweight and obesity by helping people eat healthy and get physical activity**
 - Obesity is defined as a weight that is higher than what is considered as a healthy weight for a given height. In the years 2015 and 2016 the prevalence of obesity was 39.8% and affected about 93.3 million US adults. Kentucky sits in a hotbed for high obesity rates averaging 30-35% of the population. Gallatin County has a higher-than-average adult obesity rate at 38% as reported in the 2019 period. Childhood obesity is defined as a Body Mass Index at or above the 95th percentile for children and teens of the same age and sex. Gallatin County 2017-2018 school enrollment health statistics reflects a potential for significantly higher obesity rates than the national average. Of those, 93 sixth graders had an average BMI percentage placing them in the overweight category at the 90th percentile, representing 64.1% of their class population. Factors affecting healthy behaviors related to diet and exercise include access to and the availability of healthy foods and opportunities for exercise. The 2018 BRFSS report indicates that 39% of adults in Gallatin County reported that they did not participate in any physical activity or exercise during the past month.

Health Priority #1: Reduce misuse of drugs and alcohol

Objective: Reduce drug overdose rate by 4 by June 2024.

Most Recent Data	Target	Baseline	Source
41	37	41	Kentucky Injury Prevention and Research Center

Improvement Strategies

Establish Substance and Alcohol Abuse Workgroup by July 2022

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Provide opportunities for GCCBHS members to sign-up for workgroups at each quarterly MAPP group meeting	<i>Gallatin County Collaboration for Better Health & Safety</i>
Advertise and promote workgroups on social media following each MAPP group meeting, providing sign-up opportunity for community members and other agencies	<i>GCCBHS & TRDHD Facebook Pages</i>

Conduct monthly workgroup meetings

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Host monthly zoom meetings to brainstorm and plan work surrounding substance and alcohol abuse and document each meeting with notes and minutes	<i>Substance and Alcohol Abuse Workgroup</i>
Conduct survey during workgroup meeting twice per year to determine best meeting day and time for everyone to increase attendance and participation	<i>Substance and Alcohol Abuse Workgroup</i>

Implement harm reduction opportunities in Gallatin County and encourage participation

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Obtain approval from necessary authorities to provide syringe exchange program at Gallatin County Health Center by June 2024	UK KIRP TRDHD Local Officials Substance and Alcohol Abuse Workgroup
Organize at least one Prescription Drug Takeback Day Event per year and provide local access to prescription drug disposal 24/7	UK KIRP Local Law Enforcement GCCBHS & TRDHD Facebook Pages Substance and Alcohol Abuse Workgroup
Offer free HIV/AIDS and HCV testing services at 3 community events per year	UK KIRP TRDHD
Distribute Narcan to local officials and community members as needed and at 3 community events per year	UK KIRP TRDHD

Increase awareness and accessibility to substance use treatment programs

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Refer pregnant women who use drugs to the Baby Steps Program through St. Elizabeth Healthcare and/or the KY Moms Program through NorthKey as needed	St. Elizabeth Healthcare NorthKey Substance and Alcohol Abuse Workgroup
Refer community members to substance use treatment programs as needed	Gallatin County Resource Guide Substance and Alcohol Abuse Workgroup
Update and maintain current Gallatin County Resource Guide once per year or as needed and distribute throughout community	Gallatin County Family Resource Center Gallatin County Dispatch Center GCCBHS Facebook Page

Objective: Reduce the percentage of individuals who reported binge or excessive drinking by 2% by June 2024

Most Recent Data	Target	Baseline	Source
16%	14%	16%	County Rankings and Roadmaps

Provide education on dangers of alcohol and decrease access among youth

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Hold compliance checks and environmental scans within local businesses at least once per year	<i>Gallatin County Champions Local Law Enforcement</i>
Provide education on alcohol awareness at least three times per year at schools and/or community events	<i>Gallatin County Schools Gallatin County Champions Substance and Alcohol Abuse Workgroup</i>
Host at least two events per year for students to attend to avoid exposure to alcohol after large events	<i>Gallatin County Champions GC FRYSC Gallatin County Schools</i>

Increase awareness of dangers of alcohol and alcohol abuse programs

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Implement sticker shock program in local businesses that sell packaged alcohol at least once per year	<i>Gallatin County Champions Local Businesses Substance and Alcohol Abuse Workgroup</i>
Refer community members to alcohol abuse treatment programs as needed	<i>Gallatin County Resource Guide Substance and Alcohol Abuse Workgroup</i>

Health Priority #2: Reduce illness, disability, and death related to tobacco use and secondhand smoke

Objective: Reduce current tobacco use in adults by 2% by 2024.

Most Recent Data	Target	Baseline	Source
32%	30%	32%	2019 CHA Community Survey

Improvement Strategies

Establish Tobacco Use Workgroup by July 2022

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Provide opportunities for GCCBHS members to sign-up for workgroups at each quarterly MAPP group meeting	<i>Gallatin County Collaboration for Better Health & Safety</i>
Advertise and promote workgroups on social media following each MAPP group meeting, providing sign-up opportunity for community members and other agencies	<i>GCCBHS & TRDHD Facebook Pages</i>

Conduct monthly workgroup meetings

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Host monthly zoom meetings to brainstorm and plan work surrounding tobacco use and document each meeting with notes and minutes	<i>Tobacco Workgroup</i>
Conduct survey during workgroup meeting twice per year to determine best meeting day and time for everyone to increase attendance and participation	<i>Tobacco Workgroup</i>

Increase participation in the smoking cessation programs facilitated through the health department

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Increase monthly participation in the Kentucky Quit Now Program through advertisements on social media, community events, and local businesses	<i>Tobacco Workgroup</i>
Provide in-person Freedom from Smoking for community members in public space quarterly or as needed	<i>Tobacco Workgroup American Lung Association</i>
Advertise Freedom from Smoking classes quarterly, or as needed, through newspaper, social media, and other outlets	<i>Gallatin County News GCCBHS Facebook Page Tobacco Workgroup</i>
Distribute “Quit Kits” to community members at at least 3 community events	<i>TRDHD Kentucky Quit Now</i>

Gain support for a comprehensive Smoke-Free Policy in Warsaw by June 2024

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Create one-time survey for community members to acknowledge those in support of comprehensive smoke-free policy in Warsaw. Offer survey at local health centers, businesses, social media, etc.	<i>Tobacco Workgroup UK Center for Smokefree Policy Local Businesses GCCBHS Facebook Page</i>
Educate public and local officials on effects of smoking and secondhand smoke and need for comprehensive smokefree policy in Warsaw as needed through data analyzation, etc.	<i>American Lung Association UK Center for Smokefree Policy Tobacco Workgroup</i>
Gain support of local officials to enforce a comprehensive smoke-free policy by June 2024	<i>American Lung Association UK Center for Smokefree Policy Tobacco Workgroup Local Officials</i>

Decrease and prevent tobacco use in middle and high school students (including electronic forms of tobacco)

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Provide INDEPTH classes for students at Gallatin County Schools that are caught using tobacco quarterly or as needed	<i>Gallatin County Schools Gallatin County Champions Tobacco Workgroup</i>
Implement Not-On-Tobacco courses in Gallatin County Schools quarterly or as needed beginning in 2023-2024 school year	<i>Gallatin County Schools Gallatin County Champions Tobacco Workgroup</i>
Increase annual youth participation with Gallatin County Champions	<i>Gallatin County Schools Gallatin County Champions Tobacco Workgroup GCCBHS Facebook Page</i>

Health Priority #3: Reduce overweight and obesity by helping people eat healthy and get physical activity.

Objective: Reduce the rate of adults with obesity by 3% by June 2024

Most Recent Data	Target	Baseline	Source
38%	35%	30%	County Health Rankings and Roadmaps

Improvement Strategies

Establish Physical Health Workgroup by July 2022

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Provide opportunities for GCCBHS members to sign-up for workgroup at each quarterly MAPP group meeting	<i>Gallatin County Collaboration for Better Health & Safety</i>
Advertise and promote workgroups on social media following each MAPP group meeting, providing sign-up opportunity for community members and other agencies	<i>GCCBHS and TRDHD Facebook Pages</i>

Conduct monthly workgroup meetings

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Host monthly zoom meetings to brainstorm and plan work surrounding obesity and document each meeting with notes and minutes	<i>Physical Health Workgroup</i>
Conduct survey during workgroup meeting twice per year to determine best meeting day and time for everyone to increase attendance and participation	<i>Physical Health Workgroup</i>

Increase access, awareness and availability of fresh foods in Gallatin County

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Host Farmer's Market once per week May through September of each year	<i>Glencoe General Store Sparta Quikstop GC Extension Office</i>
Advertise Farmer's Market once per month starting in May of each year to encourage community member participation and increase awareness	<i>GCCBHS and TRDHD Facebook Pages GC Extension Office Local Businesses</i>

Increase use of Farmers' Market vouchers in 2023 market season	<i>Glencoe General Store Sparta Quikstop GC Extension Office</i>
Recruit at least 3 new local farmers/vendors to participate in Farmer's Market before 2023 season	<i>Glencoe General Store Sparta Quikstop GCCBHS Facebook Page GC Extension Office</i>
Establish a second Farmer's Market location in Gallatin County and begin hosting Farmer's Markets there by 2022 season	<i>GC Extension Office Glencoe General Store</i>
Provide opportunity for WIC Voucher and SNAP Benefit use at both Farmer's Market Locations by 2023 season	<i>TRDHD Physical Health Workgroup GC Extension Office GCCBHS Facebook Page Physical Health Workgroup Glencoe General Store Sparta Quikstop</i>

Increase the skills of community members to cook healthy meals

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Provide free, virtual cooking tutorials once per month for community members and advertise through social media and other outlets	<i>Wellcare Good Measures GCCBHS Facebook Page Physical Health Workgroup</i>
Post healthy eating tips on social media once per month	<i>5-2-1-0 Website GCCBHS Facebook Page Physical Health Workgroup</i>
Collaborate with local food pantries to offer healthy meal recipes with corresponding ingredients to consumers once per month	<i>Gallatin County Food Pantry Wildcat Market Physical Health Workgroup</i>

Encourage adoption of 5-2-1-0 framework within schools, childcare centers, and families in community

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Join Coordinated School Health Committee to promote 5-2-1-0 programming within schools by September 2022	<i>Gallatin County Schools 5-2-1-0 Program</i>
Meet with Coordinated School Health Committee twice per year or as needed to provide new materials, activities, promotional items, exchange ideas, address concerns, etc. Send promo items via email and hand-delivery as needed.	<i>Gallatin County Schools 5-2-1-0 Program</i>
Advertise and promote monthly boosters and related activities from 5-2-1-0 materials through social media, throughout schools, and within community	<i>Physical Health Workgroup GCCBHA Facebook Page 5-2-1-0 Program</i>

Objective: Reduce the percentage of adults reporting no physical activity in their free time by 2% by June 2024

Most Recent Data	Target	Baseline	Source
35%	33%	30%	County Rankings and Roadmaps

Improvement Strategies

Increase awareness of current opportunities for community members to participate in physical activity

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Collaborate with Gallatin County Public Library to maintain and continue the Story Walk in the Warsaw Riverview Park, providing a new story each month	<i>Gallatin County Public Library Physical Health Workgroup</i>
Advertise local walking trails seasonally and physical activity opportunities as available through social media and other outlets	<i>Gallatin County Tourism Gallatin County Parks & Recreation Board UK Extension Services Physical Health Workgroup Gallatin County Fitness GCCBHS Facebook Page</i>

	<i>TRDHD Webpage</i> <i>Gallatin County Resource Guide</i> <i>Gallatin County Chamber of Commerce Webpage</i>
Develop and implement Healthy Habits Busy Bag Program by June 2022 and increase participation monthly	<i>GCCBHS</i> <i>Physical Health Workgroup</i>

Provide engaging opportunities for community members to participate in physical activity

<i>Activity</i>	<i>Responsible Party/Assets or Resources</i>
Gain approval to implement a second Story Walk location by January 2023	<i>Gallatin County Public Library</i> <i>Gallatin County Parks & Recreation</i> <i>Local Officials</i> <i>Physical Health Workgroup</i>
Collaborate among agencies to host at least 3 story walk events per year	<i>Gallatin County Public Library</i> <i>Physical Health Workgroup</i> <i>CECC</i>
Partner with community agencies to host annual physical health competitions among community members and offer prizes and incentives	<i>Physical Health Workgroup</i>
Collaborate among agencies on hosting annual physical health competitions between local businesses and offer prizes and incentives	<i>Physical Health Workgroup</i>