

Health Priorities

2009 - 2014 Objectives and Actions

1. Increase Prevention Efforts That Lead to a Healthy Lifestyle

OBJECTIVES

- Decrease % of adult and youth tobacco use
- Increase % of adult and youth physical activity
- Increased % of adult and youth healthy diet
- Decrease % of adult and youth BMI over 30

ACTIONS

- Support programs that create culture and behavior change
- Provide affordable healthy food at work, school and community
- Expand use of current exercise programs
- Increase worksite exercise programs
- Physicians will address BMI with patients and refer to community resources
- Expand and support programs the prevent teen age pregnancy
- Support and expand tobacco prevention programs

2. Improve Access to Health and Human Services

OBJECTIVES

- Increase % adults covered by health insurance
- Increase % of adults who are up-to-date on age appropriate screenings
- Increase % of adults and youth who are up-to-date on immunizations
- Decrease ambulatory care sensitive hospitalizations
- Increase % of adults and children who receive dental care
- Increase use of current resources

ACTIONS

- Create Community Care Teams for chronic health conditions
- Expand Rutland Free Clinic's and CHCRR's Dental Program
- Increase the use of electronic medical records
- Open CHCRR Clinic in Rutland City
- Create Emergency Room Navigators
- Develop a Rutland County Resource Guide
- Expand Health Insurance Enrollment Assistance

3. Reduce Substance Abuse

OBJECTIVES

- Decrease the use of illegal substances
- Decrease % of adult and youth who binge drink
- Decrease % of adults who are depressed

ACTIONS

- Change the culture of illicit and prescription drug use
- Change the culture of alcohol use
- Increase the use of electronic medical records
- Case Management for high-risk populations

4. Expand Community Based Elder Care

OBJECTIVES

- Increase community based services for elders, to maximize the percent of elders who live at home

ACTIONS

- Case management for at risk elders
- Expand attendant services
- Expand Meals on Wheels

Special Note: The limited resources within Rutland County cannot solve these issues. True impact can only happen with system changes, including changes to the reimbursement system.