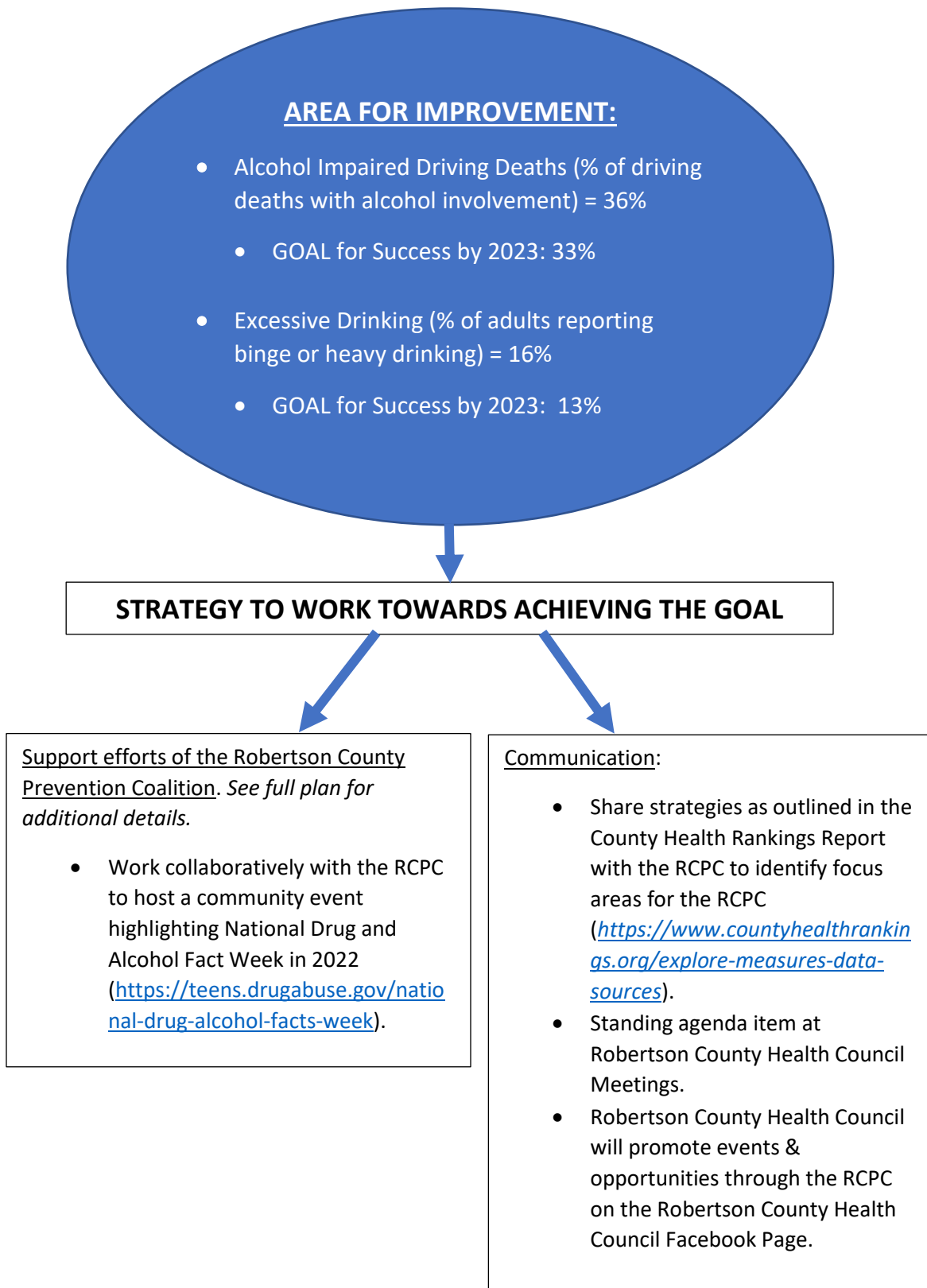
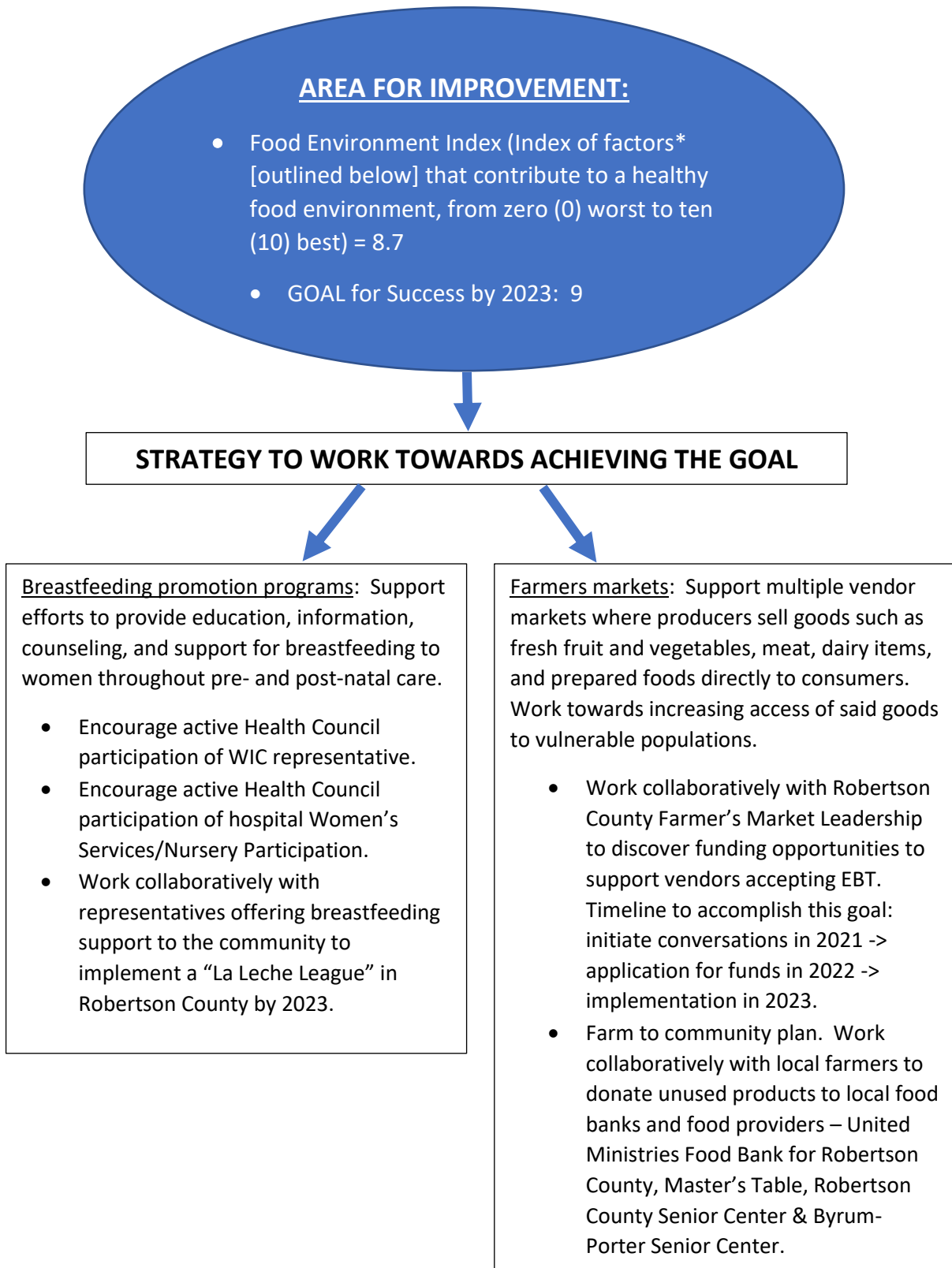


ROBERTSON COUNTY HEALTH COUNCIL  
2021-2023 STRATEGIC PLAN – GOALS AND STRATEGIES



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**AREA FOR IMPROVEMENT:**

- Physical Inactivity (% of adults [age 20+] reporting no leisure time physical activity) = 31%
  - GOAL for Success by 2023: 29%
- Adult Obesity (% of the adult population [age 20+] self-report a BMI greater than or equal to 30kg/m<sup>2</sup>) = 34%
  - GOAL for Success by 2023: 33%

**STRATEGY TO WORK TOWARDS ACHIEVING THE GOAL**

Promotion and Awareness: Support and promote community lead physical activity programs including free and/or low-cost opportunities.

- Creation of a Robertson County Health Council Logo for use in communication and future use by partners.
- Springfield Parks & Recreation – adult sports leagues, exercise classes, outdoor physical activity opportunities, etc.
- Sliding-scale membership programs (e.g. Robertson County Family YMCA).
- Senior Center activity programs.
- Community fitness programs including faith-based activity programs (e.g. “Couch to 5K” programs, community lead walking/running groups, etc.).

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**AREA FOR IMPROVEMENT:**

- Flu vaccinations [Quality of Care] (% of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination) = 51%
- GOAL for Success by 2023: 80%.

*See full plan for additional details.*

**STRATEGY TO WORK TOWARDS ACHIEVING THE GOAL**

Initiate an annual Robertson County Health Fair: Goal is to increase access to health-related services across all demographics. During the health fair vendors may provide access to health screenings, vaccinations, mental health providers, health and wellbeing organizations, etc.

- **Timeline** to accomplish this goal: initiate conversations with council membership in 2<sup>nd</sup> quarter 2021.

Support and promotion of the Robertson County Health Department and Local Healthcare Providers:

- Vaccine events including the Health Department Flu Pod.
- Service lines addressing chronic health concerns.
- Pediatric vaccinations over and above influenza.