

**Community Needs Assessment  
Plan to address Focus Areas 2016**

**St. Margaret's Health**

**Based on the 2016 Community Needs Assessment, two areas of focus were identified. Over the course of the next three years, St. Margaret's Health will implement the following strategies, programs and activities to address the needs. The efforts will include:**

### **Nutrition, Physical Activity and Obesity**

- New Year/New You Program: include topics addressing exercise, dietary health for general wellness, prevention of heart disease, diabetes and other health conditions
- Heart Program - cover healthy behaviors (including nutrition and exercise) related to heart disease
- Provide education for healthy behaviors for cancer prevention, wellness during cancer treatment, sustaining healthy behaviors to prevent recurrence to Pink Ribbon Club (breast Cancer Support Group)
- Children's Programs - will include education on exercise, nutrition and healthy behaviors for ages Kindergarten through 8th grade to help prevent obesity and related diseases
  - Kid Camp - (In partnership with Illinois Valley Community College and University of Illinois Extension Service )
  - Girl Talk
  - Boys Will Be Boys
- Attend area health fairs and provide information on healthy life style, nutrition, activity for prevention of obesity, diabetes, heart disease for a variety of focus groups including young adults, work force, and seniors
- Business/Community Group presentations on healthy life style, exercise, nutrition
- School Physicals –provide individual counseling for students who were overweight or obese
- Program to Special needs classes on personal health and healthy choices
- Babysitting class – cover activity and nutrition for children
- BP/BS screenings with personal counseling on activity, nutrition and healthy lifestyles
- Cholesterol screenings with personal counseling on activity, nutrition and healthy lifestyles
- Health races – provide sponsorship and educational materials about healthy lifestyles, exercise and nutrition

### **Mental Health and Substance Abuse**

- Community Partnership Against Substance Abuse (CPASA) – alcohol and drug awareness programs, prevention programs for general public, P2D2 take back prescription drug program to keep off the streets, Hidden in Plain sight program to help parents be more aware of signs of potential drug abuse in teens, work with school officials for programs on drug awareness and prevention, supported and attended community town meetings concerning heroin problems arising in our community.
- Support Tar Wars (with Bureau, Marshall and Putnam County Health Department ) and Dare programs (with local police departments)
- Partner with area health departments and community organizations in a drug screening program at local high schools to help identify students who may need assistance with a prevention and avoidance program for at-risk students
- Implement Depression Screening for all scheduled appointments at St. Margaret's clinics
- Suicide Prevention walks – provide educational materials on warning signs and options for treatment of depression
- Assist with drug screenings at North Central Behavioral Health System (NCBHS)for their clients in treatment programs
- Provide representation on Area- wide Community Coalition on Drug Abuse
- Add Physician Assistant to Family Practice/Psychiatrist practice to increase access for mental health visits