2016—2019 Action Plans

Nutrition/Access to Healthy Food/Healthy Eating
- Implement cooking classes throughout the community.
- Develop and distribute healthy food lists to local food pantries.
- Place bulletin boards in community centers to educate about healthy eating.
- Update the food resources asset map.

Obesity
- Highlight Parks and Recreation opportunities.
  * Host Get to Know Your Community events.
  * Make healthier food options available at events.
- Advocate for sidewalks and recreation areas in neighborhoods.
- Update the places to be physically active asset map.

Substance Abuse
- Community
  * Implement Health Rocks! for elementary age students.
  * Increase number of community activities for 20-35 year olds.
  * Reinvigorate Project Lazarus.
  * Provide education to the community.
  * Develop and utilize a local resource guide.
- Providers
  * Place bag tags on prescriptions.
  * Educate about prescribing changes to NC statutes.

Suicide
- Review Onslow Memorial Hospital’s internal policy and processes regarding suicide prevention.
- Provide education to the community, patients, staff, and providers to recognize symptoms of and prevent suicide.
- Update assessments used with Onslow Memorial Hospital’s patients.
- Establish a family support group.

Diabetes
- Provide diabetic education classes throughout the county.
  * Increase participation in and the number of classes of DSME and DPP.
- Offer quarterly community outreaches—education and screening.
- Develop and utilize a local diabetes resource guide.
- Strengthen the referral process among agencies for education and resources.

Blood Pressure
- Increase awareness of hypertension and offer patient education and prevention programs throughout the community. Specifically, focus on
  * High risk individuals.
  * Younger people.
- Implement Check, Change, Control intervention in established programs.