



Goal:

RESIDENTS OF WASHINGTON COUNTY WILL SUPPORT AND PROMOTE HEALTHY BEHAVIORS AS IT RELATES TO ADOLESCENT HEALTH

Objective 1: By December 31st 2011, Washington County will demonstrate a collaborative initiative that results in an enhancement of adolescent health

Suggested Strategies:

- Create a healthy youth task force and bring together interested citizens to improve coordination of adolescent health resources.
- Assure youth representation on the developed taskforce.
- Encourage joint planning to create annual task force action plans.
- Explore the feasibility of establishing a partnership with a 501(c)3 status organization.
- Pursue grant funding to create and sustain community-wide initiatives related to adolescent health.
- Utilize proven programs and practices for successful adolescent health outcomes.
- Promote consistent adolescent health prevention messages via local media venues

Objective 2: By December 31, 2015, Washington County will adopt four new initiatives that promote protective factors among youth to decrease teen pregnancy and sexually transmitted diseases.

Suggested Strategies:

- Implement service learning programs that include volunteer opportunities with time built into the activity for reflection and learning.
- Explore the feasibility of establishing mentoring programs




- Implement on-going after school activities that are linked with community resources (schools, churches, synagogues, etc.) to engage youth.
- Provide supervised volunteer community service opportunities/activities for youth.
- Implement programs that promote abstinence from substance abuse
- Implement child/parent connectedness educational programs
- Implement programs designed to improve access and/or provide comprehensive sexuality education.
- Assure that the teens have received instruction in technically /medically accurate and up to date basic reproductive health (e.g., growth, development and maturation).
- Provide case management services to coordinate the variety of services that pregnant or parenting teens need and work with teen mothers to prevent subsequent pregnancies and encourage school completion.

 **Objective 3:** By December 31, 2015, At least 4 Washington County educational institutions or child care organizations will develop and implement a bullying prevention policy

Suggested Strategies:

- Inventory educational institutions and child care organizations current policies/practices that promote an all-inclusive bullying prevention program.
- Develop tools and resources for educational institutions and child care organizations encouraging bullying prevention strategies.
- Promote and encourage the concept of shared responsibility between parents and schools assuring an environment characterized by firm limits against unacceptable behavior as well as warmth, positive interest and involvement with adults.
- Increase awareness and knowledge of problems related to bullying as well as dispel myths about the causes of bullying.
- Engage youth in discussions about solutions to bullying.
- Promote training and continuing education in bullying prevention strategies for educators, faith-based community representatives, parents and health professionals.

 **Objective 4:** By December 31, 2015, Washington County adolescents who state that they have made a plan or attempted suicide will decrease by 50%.

Suggested Strategies:

- Implement programs that build problem solving and conflict resolution skills
- Promote public awareness that suicide is preventable



- Implement programs that promote abstinence from substance abuse
- Expand awareness of and enhance resources in Washington County for suicide prevention programs and mental/substance abuse assessment and treatment.
- Develop and implement strategies to reduce the stigma associated with mental illness, substance abuse, suicidal behavior and accessing services.
- Develop and implement effective training programs for community members on how to recognize, respond to and refer people showing signs of suicide risk.
- Develop and implement programs that restrict the access to highly lethal methods of suicide.

Community Health Plan Resources

- ❖ CDC: Guide to Community Preventive Services, last updated 3/30/10.
- ❖ Iowa Department of Public Health, "Obesity in Iowa: A Statewide Epidemic. "
- ❖ Iowans Fit for Life, Iowa's Comprehensive Nutrition and Physical Activity Plan, retrieved online 7-6-10.
- ❖ White House Task Force on Childhood Obesity: Report to the President, "Solving the Problem of Childhood Obesity within a Generation." 2010.
- ❖ World Health Organization, "Obesity and Overweight", Fact sheet No. 311, Sept. 2006.
- ❖ United States Preventive Services Task Force
- ❖ American Academy of Pediatrics
- ❖ IDPH: Blue Cornerstone, 2010
- ❖ Trailnet: Healthy, Active, & Vibrant Community Toolbox, 2009
- ❖ White House Task Force on Obesity, 2010
- ❖ CDC: Healthy Communities
- ❖ Trailnet: Healthy, Active, & Vibrant Community Toolbox. 2009
- ❖ CDC: Recommended Community Strategies, 2009
- ❖ Iowans Fit for Life: Iowa's Comprehensive Nutrition and Physical Activity Plan
- ❖ CDC: Recommended Community Strategies
- ❖ CDC: Task Force on Community Preventive Strategies
- ❖ CDC: Places for Physical Activity: An Action Guide, 2008.
- ❖ Oneida County Community Health Plan 2007-2011.
- ❖ Iowa Youth Survey, 2008.
- ❖ Minnesota Department of Health
<http://www.health.state.mn.us/divs/fh/mch/fhv/strategies/tppinterventions.html>
- ❖ The Community Guide: What Works to Promote Health www.thecommunityguide.org
- ❖ Improving the Health of Adolescents and Young Adults: A Guide for States and Communities
<http://www.cdc.gov/healthyyouth/AdolescentHealth/Guide/order.htm>
- ❖ U.S. Department of Health and Human Services: Take Action Against Bullying
<http://mentalhealth.samhsa.gov/publications/allpubs/bullying/SVP-0056.pdf>
- ❖ The Surgeon General's Call to Action to Prevent Suicide, 1999
<http://www.surgeongeneral.gov/library/calltoaction/calltoaction.pdf>