CCHD
Christian County Health Department

2020
CHRISTIAN COUNTY
Community Health Assessment
& Improvement Plan

A Brief History

In 2012, the Christian County Health Department partnered with over 40 community partners including law enforcement, schools, medical providers, civic organizations, mental health facilities, etc., and conducted the community's first Community Health Assessment. The group identified key issues to address over the next 4 years and many positive changes took place in the Christian County community including:

- City Smoking Ordinance
- Hopkinsville Greenway System
- Farmer's Market
- Hopkinsville Transit

In 2016, the Christian County Health Department gathered community members once again to evaluate the previous 4 years and conduct a new assessment to address any additional issues or changes. New health related issues were identified and a new Community Health Improvement Plan was implemented. The group formally established themselves as the Christian County Wellness Coalition and achieved the following between 2016 and 2020:

- Significant improvements in the County Health Rankings
- Hopkinsville Greenway Extension
- New line added to the Hopkinsville Transit System.

In 2020, the Christian County Wellness Coalition reconvened and began the 2020 Community Health Assessment process. Over 40 community members gathered to conduct the following assessments in the MAPP process to garner feedback about our community's health.

1. Community Themes and Strengths Assessment
2. Local Public Health System Assessment
3. Community Health Status Assessment
4. Forces of Change Assessment

Pictured Right:
Health Department meets with community members to conduct the 4 MAPP assessments.

Community Health Assessment

1) Community Themes and Strengths Assessment

The Community Themes and Strengths Assessment provides a deep understanding of the issues that residents feel are important by answering the questions: "What is important to our community?" "How is quality of life perceived in our community?" and "What assets do we have that can be used to improve community health?

The Community Perception Survey gauges community interest and opinion by detailed questions surrounding quality of life attributes of Hopkinsville and greater Christian County.
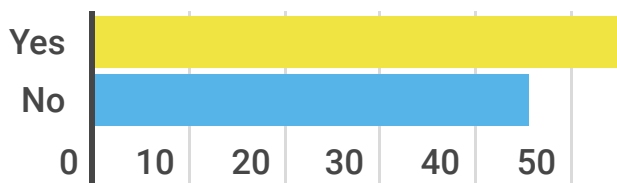Below are the results of the 2017-2018 survey distributed by the Chamber of Commerce and completed by 305 Christian County residents.
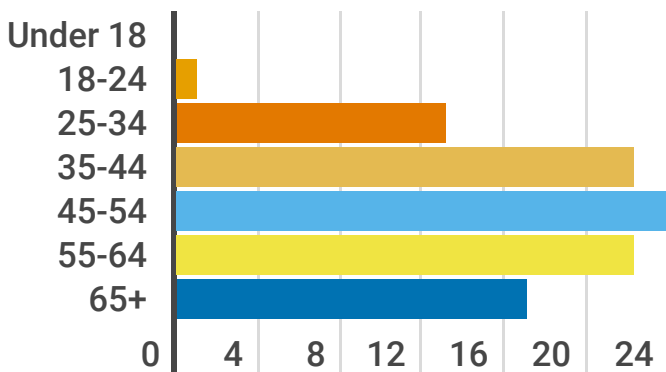
Gender
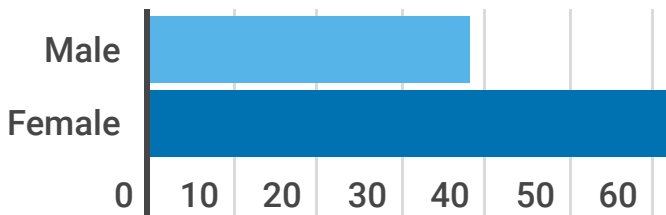
Gender	Responses	
Male	38.03%	116
Female	61.97%	305

Is this the first time you've taken the Community Perception Survey?

Answer Choice	Responses	
Yes	54.93%	167
No	45.39%	138

Age Group

Age	Responses	
Under 18	0.00%	0
18-24	0.98%	3
25-34	13.11%	40
35-44	22.30%	68
45-54	24.26%	74
55-64	22.30%	68
65+	17.05%	52

Ethnicity
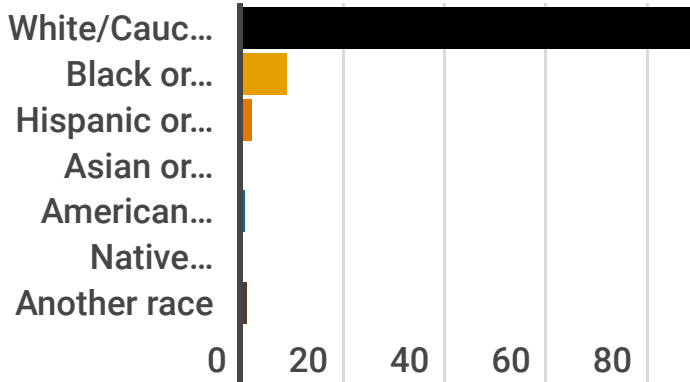
Age	Responses	
White or Caucasian	88.85%	271
Black or African American	8.52%	26
Hispanic or Latino	1.64%	5
Asian or Asian American	0.00%	0
American Indian or Alaska Native	0.33%	1
Native Hawaiian or other Pacific Islander	0.00%	0
Another race	0.66%	2

Do you live in...
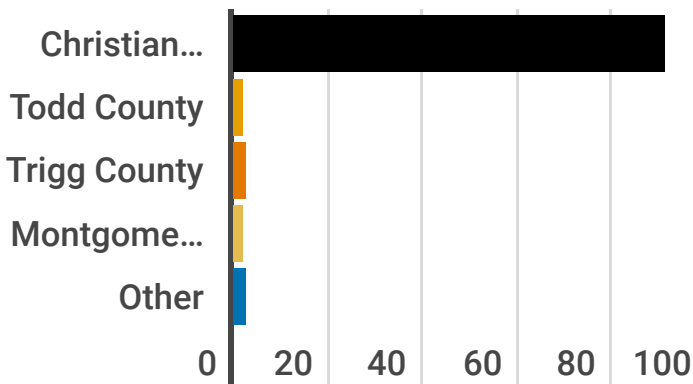
County	Responses	
Christian County	90.82%	277
Todd County	1.97%	6
Trigg County	2.62%	8
Montgomery County	1.97%	6
Other	2.62%	8

Do you work in...
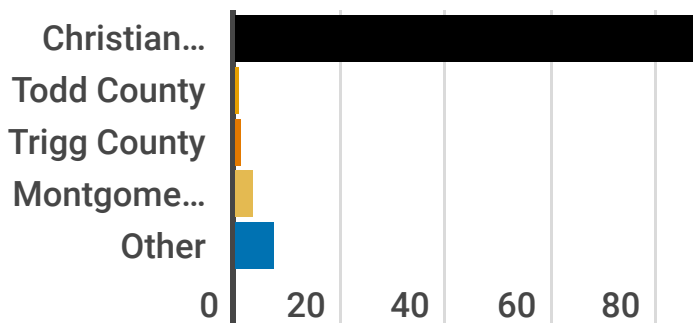
County	Responses	
Christian County	87.58%	261
Todd County	0.67%	2
Trigg County	1.01%	3
Montgomery County	3.36%	10
Other	7.38%	22

Do you feel like there are enough job opportunities in Christian County in your career field?
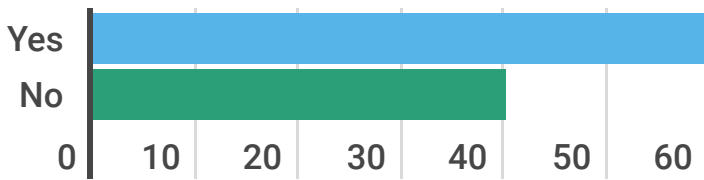
Answer Choice	Responses	
Yes	59.8%	177
No	40.20%	119

I feel safe...

● Agree ● Somewhat Agree ● Somewhat Disagree ● Disagree

Living in Christian County

County	Responses	
Agree	54.55%	162
Somewhat Agree	37.71%	112
Somewhat Disagree	6.73%	20
Disagree	1.01%	3
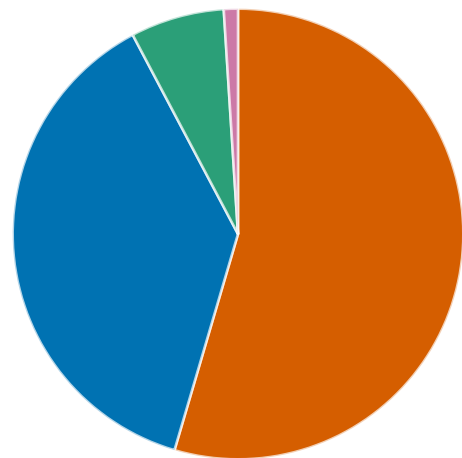
Walking in downtown Hopkinsville

County	Responses	
Agree	39.14	119
Somewhat Agree	46.38	141
Somewhat Disagree	11.51	35
Disagree	2.96	9
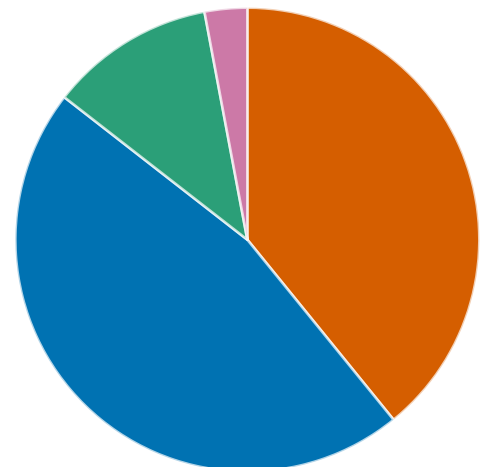
Walking alone in my neighborhood

County	Responses	
Agree	69.90%	209
Somewhat Agree	22.07%	66
Somewhat Disagree	6.35%	19
Disagree	1.67%	5
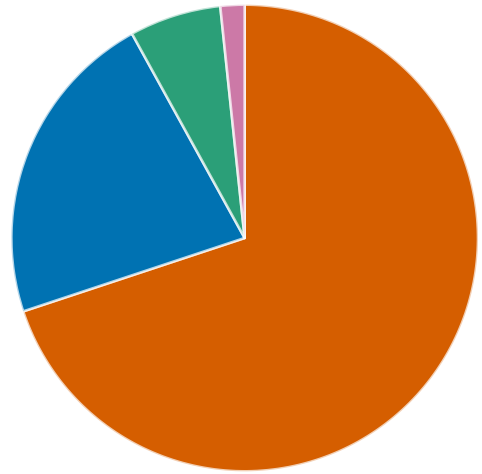
Walking in neighborhood parks

County	Responses	
Agree	31.08%	92
Somewhat Agree	44.59%	132
Somewhat Disagree	21.62%	64
Disagree	2.70%	8
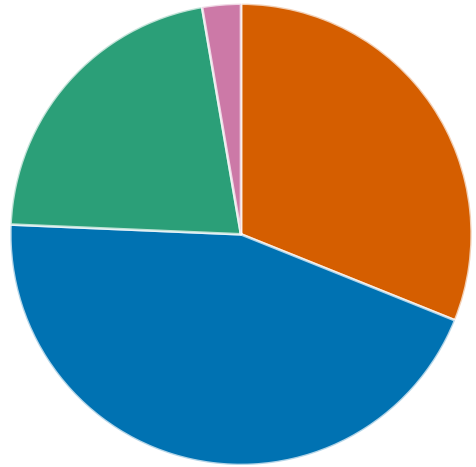
Walking on the Greenway

County	Responses	
Agree	23.81%	70
Somewhat Agree	49.32%	145
Somewhat Disagree	20.41%	60
Disagree	6.46%	19
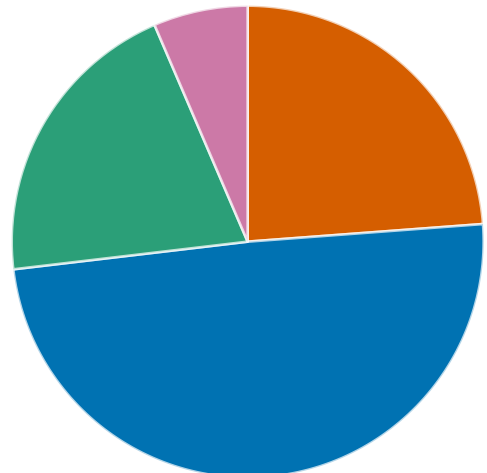
Have you been a victim of *property* crime in Christian County within the last 5 years?
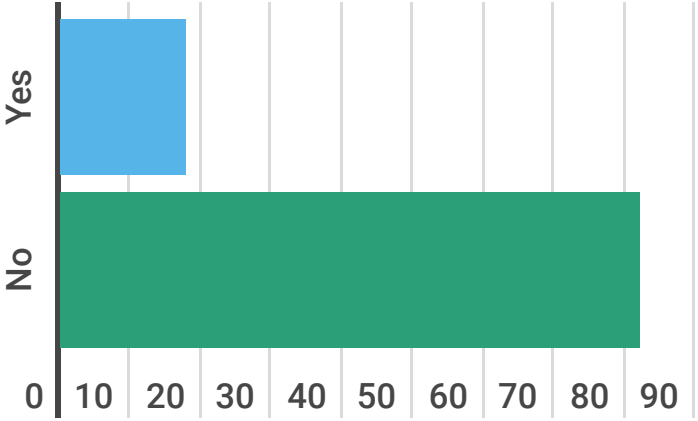
Answer Choice	Responses	
Yes	17.82%	54
No	82.18%	249

Have you been a victim of *violent* crime in Christian County within the last 5 years?
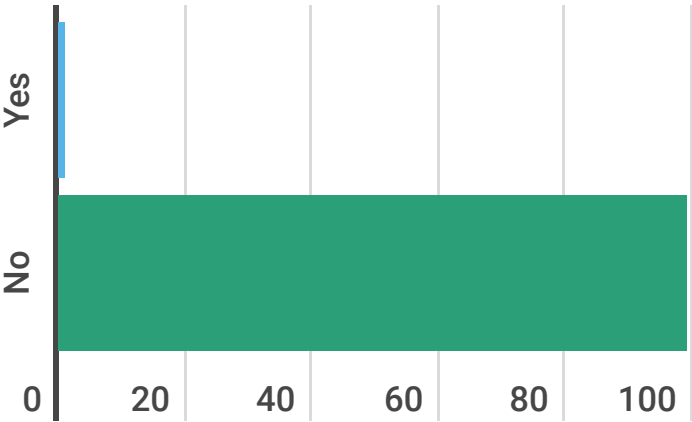
Answer Choice	Responses	
Yes	0.99%	3
No	99.01%	299

Please rate the following statements:
I would recommend my friends and family to...

Definitely | **Maybe** | **No**
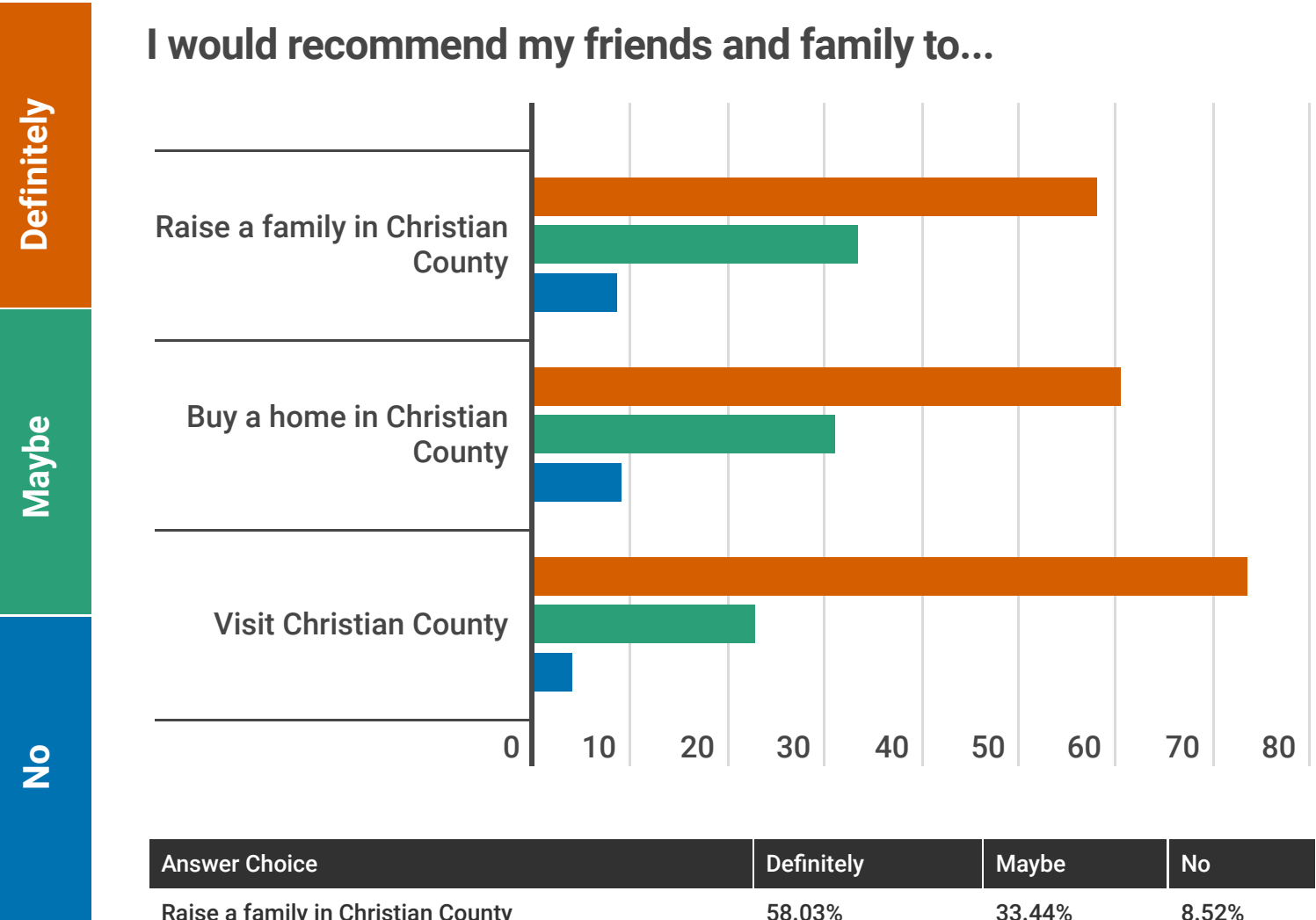
Answer Choice	Definitely	Maybe	No
Raise a family in Christian County	58.03%	33.44%	8.52%
Buy a home in Christian County	60.33%	30.82%	8.85%
Visit Christian County	73.36%	22.70%	3.95%

"There is no power for change greater than a community discovering what it cares about."

Margaret J. Wheatley

Please rate the following statements:

Vertical category labels (left axis): Agree, Somewhat Agree, Somewhat Disagree, Disagree

Statements (grouped bar chart, horizontal bars, x-axis 0 to 55):
- Christian County offers a good quality of life
- Christian County is a clean and attractive community
- Hopkinsville has a consistent look and fell to main attractions and corridors.
- Christian County is a safe place to raise a family.
- Christian County does enough to maintain a clean and attractive look.
- Christian County provides adequate directional and attraction signage to help people get to their point of destination.
- Hopkinsville provides adequate transportation alternatives to those who need it.

X-axis: 0 5 10 15 20 25 30 35 40 45 50 55

Answer Choice	Agree	Somewhat Agree	Somewhat Disagree	Disagree
Christian County offers a good quality of life.	45.54%	46.53%	6.93%	.99%
Christian County is a clean and attractive community.	30.59%	50.99%	17.11%	1.32%
Hopkinsville has a consistent look and feel to main attractions and corridors.	24.42%	51.49%	21.45%	2.64%
Christian County is a safe place to raise a family.	40.59%	45.87%	11.22%	2.31%
Christian County does enough to maintain a clean and attractive look.	23%	51%	22.00%	4.00%
Christian County provides adequate directional and attraction signage to help people get to their point of destination.	45.87%	44.55%	7.92%	1.65%
Hopkisville provides adequate transportation alternatives to those who need it.	44.74%	41.45%	9.21%	4.61%

Do you think there are enough recreational activities for:

	Yes	No
Adults	47.18%	52.82%
Kids	50.67%	49.33%
Families	46.15%	53.85%
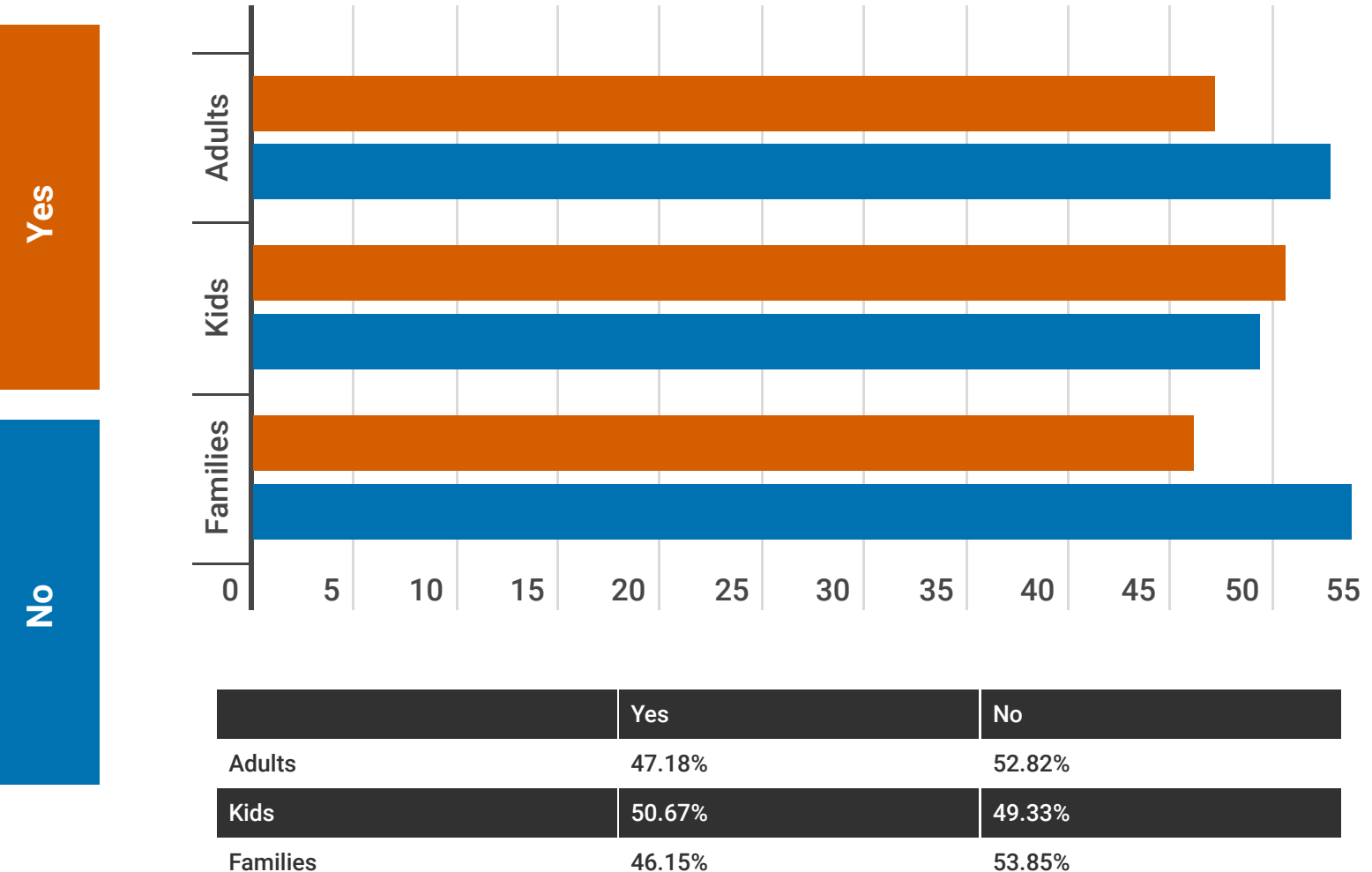
Are you proud to live in Christian County?
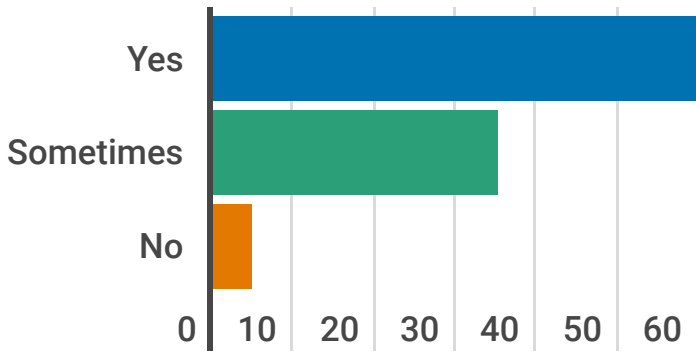
Answer Choice	Response	
Yes	60.41%	177
Sometimes	35.15%	103
No	4.78%	14

2) Local Public Health System Assessment

The Local Public Health System Assessment (LPHSA) focuses on all of the organizations and entities that contribute to the public"s health. The LPHSA answers the questions: "What are the components, activities, competencies, and capacities of our local public health system?" and "How are the Essential Services being provided to our community?"

Ranked ordered performance scores for each essential service by level of activity

Ranked Ordered performance scores for each Essential Service, by level of activity:

Service	Score
9. Evaluate Services	40%
1. Monitor Health Status	40%
4. Mobilize Partnerships	43%
7. Link to Health Services	45%
10. Research/Innovations	46%
8. Assure Workforce	49%
3. Educate/Empower	49%
6. Enforce Laws	62%
2. Diagnose/Investigate	68%
5. Develop Policies/Plans	71%

Legend: No Activity — Minimal — Moderate — Significant — Optimal
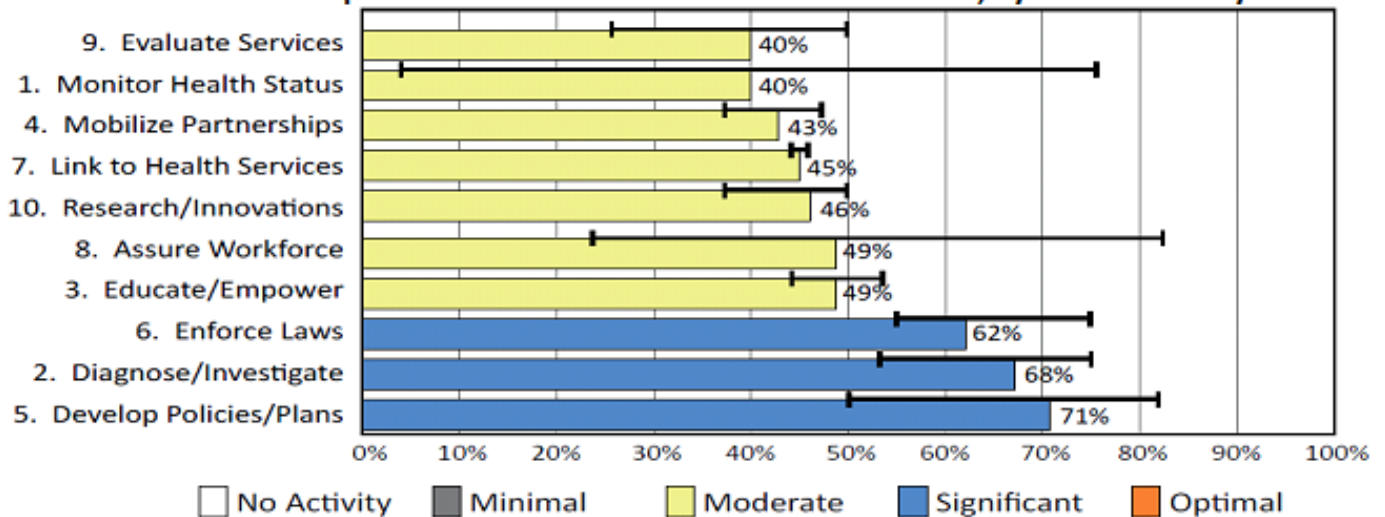
3) Forces of Change Assessment

The Forces of Change Assessment focuses on identifying forces such as legislation, technology, and other impending changes that affect the context in which the community and its public health system operate. This answers the questions: "What is occurring or might occur that affects the health of our community or the local public health system?" and "What specific threats or opportunities are generated by these occurrences?"

Forces Of Change	Strengths	Weaknesses
Drugs and Substance Use	Child safety checks and injury prevention	Gov't changes
Government Changes	Tobacco free schools law	High rates of juvenile diabetes/health
Lack of affordable housing	Gov't changes	E-cigs
Lack of educational resources	Sports leagues	Increased youth addiction
Lack of PA in Kids	Increased education — awareness and solutions	Technology dependence
Perceived increase in violence	JSMC partnership with Vandy-Telehealth Svs.	What does "healthy" mean?
Opioid addition	CC projects get people moving	Children hunger rates
High numbers of children in and out of home care —#1 in Pennyrile	Increased health awareness	Teen pregnancy rates
Funding decrease (Medicaid, PADD, Pension Crisis)	Increased healthy food access (Feeding America, Farmer's Market)	Cost of healthy food
Technology	JSMC Geritric Behavioral Health Unit	Lack of medical care-delayed referrals
Race Track	Proactive Public Safety Entities	High deductible medical costs
Growth of large cities	KY 1st to pilot Family First Act-Child Abuse Prevention	Lack of access to resources
public/private/homeschool immunizations	Schools offer 3 meals a day	Disease outbreak (HEP A, STDs, etc.)
Suicide rates	PBIS (?)-New way to implement positive discipline	How do we get people to come to programs?
Homelessness	YMCA after school dinner program	
Lack of mental health services and increased mental health challenges	HEP A vaccines	
Increased workplace violence	NARCAN	
Self-medication due to shame/trauma/life factor	Pennyroyal Center merging to cover larger area	
Highest rates of grandparents raising kids—funding decreases	County provides free/low cost activities	
Higher unemployment rates (less services, less tax base, less focus on health	Increased mental health education	
Healthy lifestyles not a priority	PACS Garden grant	
Ft. Campbell Base	Good community partnerships	
New school superintendent	"I got better things to do" campaign and event	
Marketing		

4) Community Health Status Assessment

The Community Health Status Assessment identifies priority community health and quality of life issues. Questions answered include: "How healthy are our residents?" and "What does the health status of our community look like?"

| Indicators	Christian	Kentucky	US	Data Source
Social Factors				
Population	70,416	4,454,189	325,719,178	County Health Rankings (2019)
Race Stats White(%)	65.4%	84.6%	197,277,789	County Health Rankings (2019)
African American (%)	21.6%	8.1%	39,445,495	County Health Rankings (2019)
Asian	1.6%	1.6%	16,989,540	County Health Rankings (2019)
Hispanic (%)	7.8%	3.7%	56,510,571	County Health Rankings (2019)
High School Graduation Rate (% of persons age 25+)	33.2%	33.1%	27.3%	US Census 2013-2017 ACS
Associates Degree or higher (% of persons age 25+)	9.6%	8.0%	8.3%	US Census 2013-2017 ACS
Bachelors Degree or higher (% of persons age 25+)	9.5%	13.6%	19.1%	US Census 2013-2017 ACS
Unemployed: Persons 16+ (%)	8.0%	6.8%	6.6%	US Census 2013-2017 ACS
Persons in Poverty (%)	19.7%	18.3%	14.6%	US Census 2013-2017 ACS
Children Living Below Poverty Level Under the age of 18 (%)	27.0%	22.0%	18.0%	County Health Rankings (2019)
Self Rated Health Status (% of Adults who report fair or poor health)	22.0%	21.0%	16.0%	County Health Rankings (2019)
Children in Single Parent Households (%)	32.0%	34.0%	33.0%	County Health Rankings (2019)
Homeownership	48.0%	67.0%	n/a	County Health Rankings (2019)
Median Household Income	$41,849	$46,535	$57,652	US Census 2013-2017 ACS
Behavioral Factors				
Prevalence of Adult Smoking (%; Age-adjusted)	23.0%	24.0%	17.0%	County Health Rankings (2019)
Adult Prevalence of Obesity (%; Age-adjusted)	34.0%	34.0%	29.0%	County Health Rankings (2019)
Sexually Transmitted Infection (Chlamydia rate per 100,000)	454.2	413.2	497.3	County Health Rankings (2019)
Binge drinking: adults (%; Age-adjusted)	16.0%	16.0%	18.0%	County Health Rankings (2019)
Substance Use Disorder	--	7.7%	7.5%	SAMSHA, Natl Survey on Drug Use and Health 2013-2017
No exercise: adults (% ; Age-Adjusted)	29.0%	27.0%	22.0%	BRFSS (2013-2015)
Recommended Fruit and Vegetable Intake (% adults)	13.0%	9.0%	--	Kentucky Health Facts (2015—2017)
Food insecurity (% of population who lack adequate acces to food)	19.0%	16.0%	--	County Health Rankings (2019)
Limited access to healthy foods (% who are low income and do not live close to grocery store)	12.0%	6.0%	--	County Health Rankings (2019)
Serious Mental Illness	--	5.6%	4.2%	SAMSHA, Natl Survey on Drug Use and Health 2013-2017
Flu Vaccination in the Past Year (% adults)	39.0%	41.0%	45.3%	Kentucky Health Facts (2015—2017)
Tooth Loss (% of adults missing 6 or more teeth)	18.0%	24.0%	--	Kentucky Health Facts (2014—2016)
Access to Care				
Primary Care Providers (ratio)	1640 to 1	1520 to 1	1330 to 1	County Health Rankings (2019)
Mental Health Providers (ratio)	280 to 1	490 to 1	440 to 1	County Health Rankings (2019)
Dentists (ratio)	610 to 1	1530 to 1	1460 to 1	County Health Rankings (2019)
Uninsured Adults (% under 65 years)	8.0%	7.0%	10.0%	County Health Rankings (2019)
Uninsured Children (% under 19 years)	4.0%	3.0%	5.0%	County Health Rankings (2019), US Census 2013-2017 ACS
Mentally unhealthy days: adults (per person; Age-adjusted)	4.3	4.8	3.8	County Health Rankings (2019)

Indicators	Christian	Kentucky	US	Data Source
Physical Factors				
Access to exercise opportunities (% with adequate access to locations for physical activity)	59%	71%	91%	County Health Rankings (2019)
Air Pollution - particulate matter days	10.00	10.7	8.6	County Health Rankings (2019)
Respiratory Illness				
Adults with Asthma (%)	15.0%	16.0%	n/a	Kentucky Health Facts (2015-2017)
Number of Inpatient Hospitalizations due to Asthma (0-17 yr olds)	20	5,311	n/a	KIDS Count Data Center (2013-2017)
Maternal & Child Health				
Teen Birth Rate (ages 15-19; rate per 1,000)	60.0	36	25	County Health Rankings (2019)
Pregnant Women Receiving Adequate Prenatal Care (%)	52.0%	65.0%	77.1%	Kentucky Health Facts (2013—2017), CDC 2016
Number of Child Victims Of Substantiated Abuse	302	22,338	669,799	KIDS Count Data Center (2013)
Low birth weight deliveries (%)	9.0%	9.0%	8.0%	County Health Rankings (2019)
Moms Who Smoked During Pregnancy (%)	13.5%	18.1%	7.0%	Kids Count Data Center (2014-2016)
Newborns Initially Breastfed (%)	12.5%	76.7%	83.8%	National Immunization Survey (2016)
Childhood Obesity (age 10-17 yrs; %)	–	37.0%	31.0%	Kids Count Data Center (2016-2017)
Child Mortality (number of deaths under 18 per 100,000 population)	90	60	n/a	County Health Rankings (2019)
Infant Mortality (Infant deaths within 1 year per 1000 live births)	9	7	n/a	County Health Rankings (2019)
Diabetes Indicators				
% of adult population with diabetes (Age-adjusted)	10.0%	13.0%	8.5%	County Health Rankings (2019)
Cancers				
Cancer Deaths (rate per 100,000; Age-adjusted)	178.0	197	163.5	Kentucky Cancer Registry (2012-2016), National Cancer Institute
Lung, trachea, and bronchus cancer deaths (rate per 100,000; Age-adjusted)	56	66	38.5	Kentucky Cancer Registry (2012-2016), National Cancer Institute
Colorectal Cancer Deaths (rate per 100,000; Age-adjusted)	18.0	17	13.7	Kentucky Cancer Registry (2012-2016), National Cancer Institute
Breast Cancer Deaths (rate per 100,000; Age-adjusted)	17	21	20	Kentucky Cancer Registry (2012-2016), National Cancer Institute
Lung, trachea, and bronchus cancer Incidence (rate per 100,000; Age-adjusted)	64.8	92.2	46.1	Kentucky Cancer Registry 2016, SEER (2016)
Colorectal Cancer Incidence (rate per 100,000; Age-adjusted)	42.8	49.2	36.6	Kentucky Cancer Registry 2016, SEER (2016)
Breast Cancer Incidence (rate per 100,000; Age-adjusted)	61.5	126.3	126.4	Kentucky Cancer Registry 2016, SEER (2016)
Total Number of Collisions Involving Drunk Drivers				
Fatal Collision	2	137	–	Kentucky State Police (2017)
Injury Collision	30	1,263	–	Kentucky State Police (2017)
Property Damage Collision	43	2,531	–	Kentucky State Police (2017)
Total	75	3,931	–	Kentucky State Police (2017)
Total Number of Drivers Under Influence of Drugs				
Fatal Collision	1	54	–	Kentucky State Police (2015)
Injury Collision	6	750	–	Kentucky State Police (2015)
Total	7	804	–	Kentucky State Police (2015)

Indicators	Christian	Kentucky	US	Data Source
Total # of Arrests by Drug Type				
Opiates	199	21,130	–	Kentucky State Police (2018)
Marijuana	2	133	–	Kentucky State Police (2018)
Meth	398	25,766	–	Kentucky State Police (2018)
Heroin	3	95	–	Kentucky State Police (2018)
Fentanyl	459	32,276	–	Kentucky State Police (2018)
Other Drugs	267	27,979	–	Kentucky State Police (2018)
Total	1,328	107,379	–	Kentucky State Police (2018)
Total # of DUI Arrests				
Adult	317	22,884	–	Kentucky State Police (2018)
Juvenile	1	112	–	Kentucky State Police (2018)
Male	232	17,318	–	Kentucky State Police (2018)
Female	86	5,696	–	Kentucky State Police (2018)
White	187	20,322	–	Kentucky State Police (2018)
Other	2	120	–	Kentucky State Police (2018)
Unknown	4	303	–	Kentucky State Police (2018)
African American	125	2,279	–	Kentucky State Police (2018)
Total	318	23,024	–	Kentucky State Police (2018)
Total # of Drug Overdose Hospitalizations				
All Drugs	<5	1,247	–	KIPRC 2018
Heroin	<5	131	–	KIPRC 2018
Pharmaceutical Opioids	<5	941	–	KIPRC 2018
Fentanyl	0	654	–	KIPRC 2018
Benzadiazepine	<5	300	–	KIPRC 2018
Total # of Drug Overdose Deaths	~4-20	3,613	–	KIPRC 2018

Data Collected: 9/2019

After conducting the 4 MAPP assessments and studying the results, the Christian County Wellness Coalition identified the following health issues that needed to be addressed in our community:
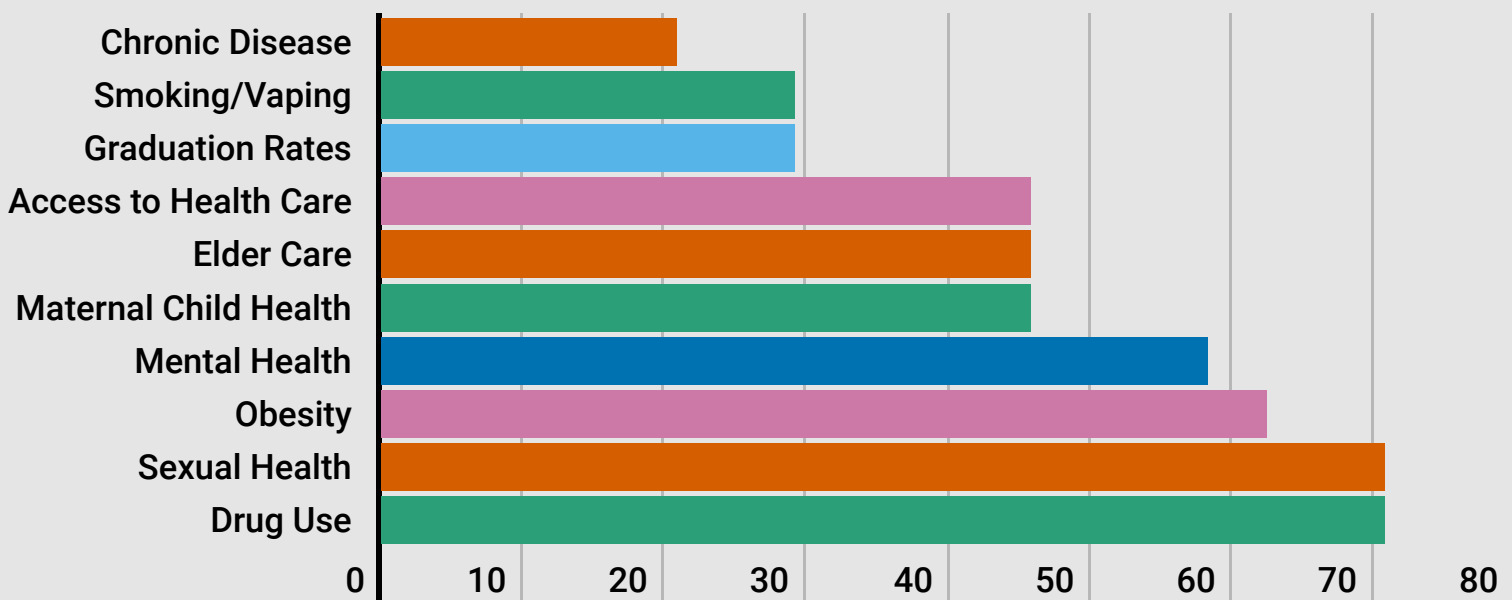
Contributing Factors

Substance Abuse | Smoking

- Severe additions
- Drug sales generates income.
- Peer Pressure
- Pain pills sometimes over-prescribed by physicians
- Family History
- Vaping popular among youth
- 2nd & 3rd hand smoke exposure
- Lack of education and research on vaping
- Quitting smoking contributes to weight gain

Sexual Health

- Lack of role models
- Individuals scared to ask questions
- Breakdown of the family structure
- Lack of emotional support
- Living in the Bible Belt (Abstinence Only)
- Peer Pressure
- Little discussion about prevention
- Unsupervised youth
- Lack of education

Chronic Disease

- High Smoking Rates (KY has one of the highest smoking rates)
- 2nd & 3rd hand smoke exposure
- Lack of education and research on vaping
- Quitting smoking contributes to weight gain
- Lack of physical activity
- Low intake of fruit and vegetables/lack of access to healthy foods/food deserts
- Limited physical education in schools
- Lack of education about healthy eating
- Professionals too busy to take time and care for ourselves
- Family culture of bad eating habits
- Lack of motivation
- Unhealthy foods readily available
- High poverty rates due to family income, poor graduation rates, unemployment, etc.

Mental Health

- Shortage of services and difficult to access
- Wide range of mental health issues.
- Lack of education at earlier ages regarding coping mechanisms when dealing with emotions.
- Not a clear definition regarding what constitutes a mentally unhealthy day in the data collected.
- Many mental illness caused by drug abuse.

Multi-Generational Wellness: Maternal Child & Elder Care

- Lack of funding for elder care programs
- Lack of education regarding resources
- Lack of trustworthy adult providers
- Lack of access to dental care
- Medicare doesn't cover dental costs
- Limited dental providers who take medicaid
- Babies born with drug addictions
- Lack of education within the Amish population
- High rates of teen mothers

Access to Health Care

- High insurance deductibles
- ER visits are cheaper
- Inappropriate use of ambulance and EMS services
- Lack of availability of specialists
- High medicaid rates
- Ft. Campbell skews Christian County provider ratio rates
- High poverty rates due to family income, poor graduation rates, high unemployment, etc.

**After dissecting the issues identified, the team was able to condense the 10-item list into a list of 6 top health priorities to address over the next 4 years.

Community Health Improvement Plan

Substance Abuse | Smoking

Strategy	Timeline	Responsible Party
Adopt a comprehensive smoke-free ordinance for Christian County	January 2024	All
Advocate for Smoke-Free Kentucky	Ongoing	All
Create and implement an extensive program that will assist inmates transitioning back into society	December 2020	Christian County Jail, CCHD
Increase mental health education within the community	December 2020	Pennyroyal Mental Health, CCHD, JSMC
Implement Positive Behavior Interventions & Supports (PBIS) in schools to reinforce positive behavior	January 2020	Board of Education
Implement "I got better things to do" community anti-drug campaign	Fall 2020	Pennyrile Allied Community Services, CCHD, Pennyroyal Center, Board of Education
Increase smoking cessation education with a focus on vaping	August 2020	CCHD, Board of Education
Increase community funding through grants to provide education and substance abuse support in the community	June 2021	Pennyroyal Center, CCHD, Board of Education
Provide nutrition education for individuals participating in smoking cessation to help prevent weight gain due to quitting.	July 2020	CCHD, KY Cancer Coalition
Educate the community on Narcan and provide dosage to community members and emergency services for those at high risk of overdose.	Ongoing	CCHD
Conduct screenings on patients that display risk factors and work with insurance to get them on program	Ongoing	JSMC
Provide patients with list of resources within 50 miles of hospital	Ongoing	JSMC, CCHD
Standardized testing for pregnant mothers who present; if test is positive, provide follow-up care and assessments for the infants; specialists and neonatologists on site	Ongoing	JSMC

Sexual Health

Strategy	Timeline	Responsible Party
Solicit grant funding to increase sexual health education	October 2020	CCHD, Alpha Alternative
Develop media campaign publicizing teen pregnancy and STI statistics	Annually April & October	CCHD, Alpha Alternative
Promote messages and use materials from It's Your (Sex) Life campaign—an Emmy and Peabody Award-winning public information partnership between the Kaiser Family Foundation (KFF) and MTV to support young people in making responsible decisions about sexual health.	Ongoing	CCHD
Work with the public school system to ensure standardized, evidence based, sex education curriculum is delivered through trained personnel.	August 2020	CCHD, Board of Education, Alpha Alternative
Increase sexual health education within private schools in Christian County	September 2020	CCHD
Promote PrEP program within the community to prevent the spread of HIV	Spring 2020	CCHD, JSMC, Saint Luke Clinic
Provide a mobile unit within the community to provide education and on-site std testing	December 2020	CCHD
Continue partnership with Ft. Campbell and Montgomery County (TN) addressing multijurisdictional public health issues	Ongoing	CCHD, Montgomery County Health Department, Ft. Campbell
Educate community on the dangers associated with social media sites that promote dating, sex, and/or hookups	July 2021	CCHD, Board of Education, Hopkinsville Police Department, Kentucky State Police

Chronic Disease

Strategy	Timeline	Responsible Party
Advocate for the expansion of the Hopkinsville Greenway System	Ongoing	All
Strengthen, establish, and promote walking, running, and cycling clubs	Ongoing	CCHD
Utilize schools, churches, Challenge Houses, and Boys and Girls Club as points of contact for physical activity and nutrition education for kids.	Ongoing	CCHD,
Expand the hours of the Farmers Market to include individuals who work during the day.	Spring/Summer 2020	City of Hopkinsville
Implement Healthy Christian County Project equipping community leaders to generate programs for physical activity, healthy eating, and education to increase life expectancy rates.	Spring 2020	All
Include smoking cessation programming for youth to prevent smoking at younger ages in order to improve cancer rates.	Spring 2020	CCHD, KY Cancer Coalition, Schools
Provide a mobile unit within the community to provide education and on-site health and wellness screening	December 2020	CCHD, JSMC, Baptist Health, Saint Luke Clinic
Sponsor of local events that promote physical activity including 5Ks, run/walks, golf scrambles, Senior Olympics	Ongoing	CCHD, JSMC
Host the Annual Western Kentucky Family Health Expo that provides nutrition education (one-on-one nutrition counseling) and free screenings for blood sugar, BMI, blood pressure; bariatric program staff are also on site	Annually	JSMC, CCHD
Work with community partners to coordinate and host the annual 100 Mile Challenge walking program in the community.	Annually	CCHD
Coordinate and host "Spring into Shape" program offering nutrition education and physical activity opportunities for the public	Spring 2020	Hopkinsville Public Library, CCHD, Parks and Recreation

Chronic Disease

Strategy	Timeline	Responsible Party
Explore the possibility of an obesity awareness walk/celebration for the opening of the additional phase of the Hopkinsville Greenway system.	TBD	CCHD, JSMC
Explore using My Sidewalk to help address the barriers to the community health issues by providing tools and educating the community	Ongoing	All
Provide colonoscopies to patients that need assistance with funds	Ongoing	JSMC, Kentucky Cancer Program, CCHD

Mental Health

Strategy	Timeline	Responsible Party
Explore increasing mental health telehealth services	TBD	JSMC, Pennyroyal Center
Strengthen and expand partnerships to provide suicide risk assessments for patients at risk	TBD	JSMC, Pennyroyal Center
Provide community education on mental health regarding signs of suicidal tendencies, prevention, and resources	Ongoing	Pennyroyal Center, CCHD, Schools
Educate students at early stages in order to teach them how to properly deal with unexpected emotions such as sadness, anger, frustration, etc.	Ongoing	CCHD, Schools
Expand mental health services to accommodate rising mental health trends	TBD	Pennyroyal Center

Multi-Generational Care: Maternal Child & Elder Care

Strategy	Timeline	Responsible Party
Seek additional funding for elder care services including Meals on Wheels, Respite Care, etc.	Ongoing	PADD, PACS
Continue to offer nutrition and physical activity education for older adults to prevent age-related chronic diseases.	Ongoing	PADD, PACS, CCHD
Increase participation rates in the Christian County HANDS program providing guidance for families with newborns.	July 2020	CCHD, JSMC
Increase education regarding car seat safety and proper installation.	Ongoing	CCHD, Hopkinsville Fire Department
Increase WIC services providing nutrition education and food vouchers for healthy food, including Farmer's Market vouchers.	July 2021	CCHD
Explore the opportunity of providing prenatal classes to pregnant mothers ensuring a healthy pregnancy and a healthy start for baby.	December 2021	CCHD, JSMC
Increase breastfeeding rates in the county via education, consultation, etc.	January 2022	CCHD, JSMC

Access to Health Care

Strategy	Timeline	Responsible Party
Address lack of access to primary care providers in the area in an effort to provide other avenues to obtain care other than the utilization of emergency services.	March 2021	JSMC, CCHD
Ensure low-income patients and individuals get assistance obtaining health services.	Ongoing	PACS
Partner with, and make referrals to PACS Transportation services.	Ongoing	CCHD, PACS, JSMC
Primary care providers work to ensure that their next available appointment is under seven days. The medical group will find a primary care provider for any patient admitted to the hospital that doesn't have one established	Ongoing	JSMC

Access to Health Care

Strategy	Timeline	Responsible Party
Sponsor/supporter of St. Luke Free Clinic, which provides services for the uninsured working poor	Ongoing	JSMC, CCHD
Ensure low-income patients and individuals get assistance obtaining health services.	Ongoing	PACS
Partner with, and make referrals to PACS Transportation services.	Ongoing	CCHD, PACS, JSMC
Primary care providers work to ensure that their next available appointment is under seven days. The medical group will find a primary care provider for any patient admitted to the hospital that doesn't have one established	Ongoing	JSMC
Explore the possibility of purchasing and/or implementing a mobile unit in the community to provide medical services to patients.	December 2020	CCHD, JSMC
Participate in multiple community health fairs and provide free screenings for blood sugar, blood pressure, BMI	Ongoing	CCHD, JSMC
Explore video visit technology to help address telehealth services	July 2021	JSMC, CCHD
Implement patient access center	July 2021	JSMC