

## **Healthy Lincoln County Objectives for three year Grant Cycle**

a. Increase the number of workers protected from second hand smoke through changes in priority worksite policies and environments

Measure: additional worksites make grounds and buildings tobacco free

b. Increase the number of parents with rules for smoke free homes and vehicles

Measure: at least ten families agree to have smoke free homes and vehicles

c. School Administrative Units (SAU's) will develop a tobacco cessation program for students or establish a process for referrals to a local health service

Measure: SAU has established a referral process to local health services and/or the school based health center

d. Increase the number of health care providers. who use Public Health Service guidelines for treating tobacco use and dependence

Measure: Providers agree to use the Public Health Service guidelines for treating tobacco use

e. Increase the number of worksites that provide support for quitting for those employees who smoke & who want to quit

Measure: at least five worksites sign on to the program

f. SAU's will monitor the implementation of nutrition related policies including MDOE Chap 51 & 435 & local School Wellness Policy.

Measure: policies are implemented in the SAU's

g. SAU's provide parents or families with access to multiple opportunities to participate in school related programs to prevent tobacco use & substance abuse & to promote physical activity & nutrition

Measure: parent participation increases

h. Establish & provide technical support for a local or regional coalition of food pantries & food security organizations to improve nutrition & improve healthy eating & healthy weight management

Measure: those organizations participate in program

i. SAU's adopt, implement a policy or change a practice to open SAU gyms, buildings, or facilities (indoor & outdoor) to the public for walking and other physical activities after school hours

Measure: SAU policy adopted and publicized

j. SAU's increase the amount of time for supervised physical activity for all students before, during or after school.

Measure: there is an increase in time available for these activities

k. SAU's increase the percentage of IHCP's for students diagnosed with asthma & diabetes

Measure: the number of students with IHCP's is increased

l. SAU's decrease ratio of MDOE certified school RN-to-students 1:750 of student population

Measure: ratio is decreased

m. Increase the number of young and older adults diagnosed w/diabetes who have received formal diabetes education as a result of clinical referral or local awareness campaigns

Measure: a higher percentage of young and older adults are referred and receive formal diabetes education

n. Increase the number of at risk people who are able to access and understand how to use clinical and community supports for self management of health status related to chronic diseases

Measure: additional at risk individuals are involved in the program

o. Increase the number of clinicians who refer youth and adults to community resources for physical activity, etc

Measure: additional clinicians buy in to the program

p. Increase effectiveness of local underage drinking law enforcement policies & practices (based on Maine Chiefs of Police/OSA model policy)

q. Increase use of recommended parental monitoring practices for underage drinking

r. Increase effectiveness of retailers policies and practices that restrict access to alcohol by underage youth

s. Reduce appeal of high risk drinking (among 18-25 year olds) by increasing knowledge of the health risks

t. Decrease promotions and pricing that encourage high risk drinking among young adults (18-25 year olds)