



Step **UP** **to A**
Healthy Life

Mid-Ohio Valley Health Department

Mid-Ohio Valley Health
Department's
Response to the
Community Health
Improvement Plan

By Malcolm Lanham Jr,
EMT, CF-OL1 Trainer
Community Health Director

Last Updated- 6/1/2022

Community Health Improvement Plan

2022- 2027
Areas of Focus

Areas of Focus

- **Metabolic Syndrome**
 - Obesity
 - High Triglycerides
 - Low HDL Cholesterol
 - High Blood Pressure
 - High, Fasting Blood Sugar
- **Mental Health**
 - Substance Use
 - Depression
 - Anxiety

Community Health Improvement Plan

2022- 2027
Our Themes

Our Themes

- **Patient Empowerment**
- **Health Engagement**
- **Program & Service
Accessibility**



Step **UP** **to A**
Healthy Life

Mid-Ohio Valley Health Department

Nutrition

Sleep

Movement

Community

Lifestyle



Nutrition

Sleep

Movement

Community

Lifestyle

Why this paradigm?

- We wanted to create an initiative that would engage people in the community by empowering them but also make it accessible to them
- Empower them through information, training that is accessible to them
- Make it accessible by giving them 1st steps that would have immediate impacts or effects on their health and would financially be accessible



Nutrition

Sleep

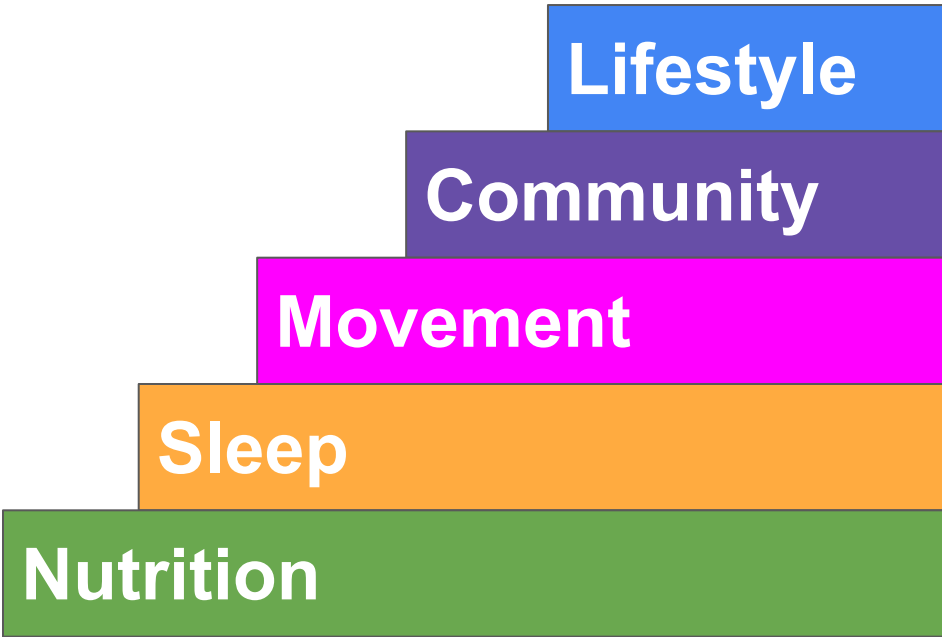
Movement

Community

Lifestyle

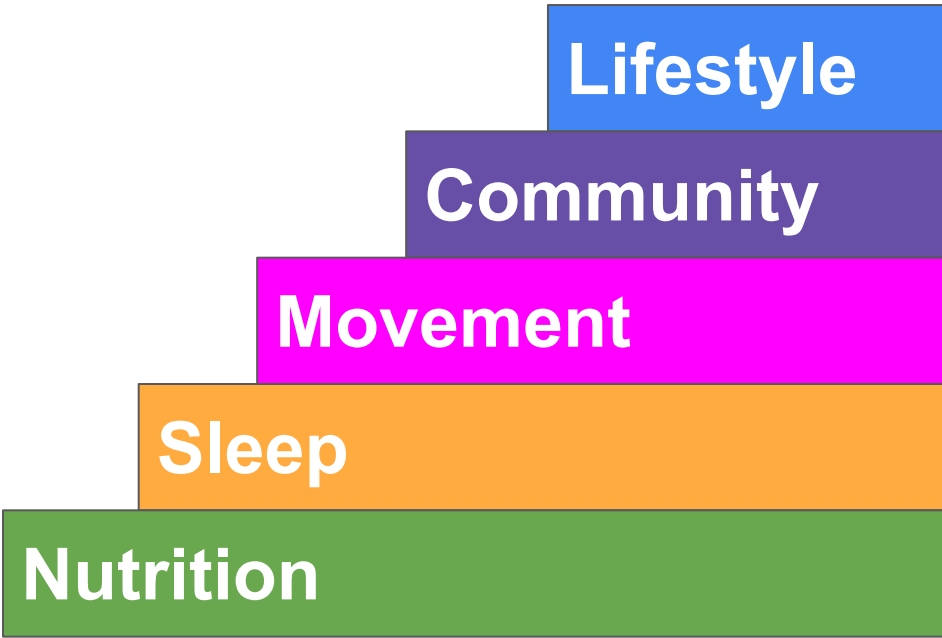
Why this paradigm?

- With COVID, we have learned that people need to start taking better care of their health
- People need to start eating more healthy
- People need to start sleeping more & getting better quality sleep
- People need to start moving more and to not sit all day
- People need each other. They need be around each other people and they need meaningful relationships
- People need to make better, informed & empowered decisions on their lifestyle choices. Don't make decisions that will negatively impact their physical & mental health

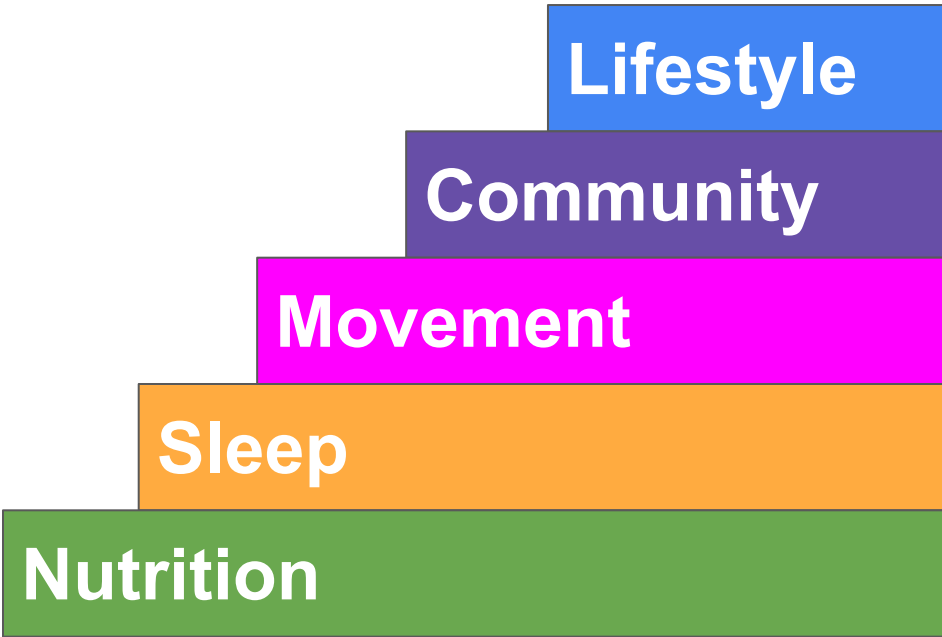


Areas of Focus

- **Metabolic Syndrome**
 - Obesity
 - High Triglycerides
 - Low HDL Cholesterol
 - High Blood Pressure
 - High, Fasting Blood Sugar
- **Mental Health**
 - Substance Use
 - Depression
 - Anxiety
- **Recovery & Mitigation from COVID-19 and other respiratory diseases**



Use a non-traditional medical and nutritional approach or remedies to address metabolic syndrome, mental health and rebuilding people's immune systems



We want to give people in the community initial steps they can take that would have positive, immediate effects on their health that is of no added cost to them

Do these three things for each step to start having immediate health benefits



Step **UP** **to A**
Healthy Life


Mid-Ohio Valley Health Department

Step 3: No Sugar (Processed, Refined or Added)

Step 2: Eat more protein

Step 1: Eat 6 cups of fruits & vegetables a day

Nutrition



Step **UP** **to A**
Healthy Life

Mid-Ohio Valley Health Department

Step 3: Go to Bed at the Same Time Each Day

Step 2: Be in Bed for 8 Hours

Step 1: Get Up at the Same Time Each Day

Sleep



Step **UP** **to A**
Healthy Life


Mid-Ohio Valley Health Department

Step 3: Decrease the amount of time you sit

Step 2: Walk 10,000 Steps Per Day

Step 1: Functional movements at high intensity

Movement



Step **UP** **to A**
Healthy Life

Mid-Ohio Valley Health Department

Step 3: Do This Initiative w/Others

Step 2: Find Social Group w/Similar Interests

Step 1: Eat 3 Meals/Week w/ People You Care About

Community



**Step UP to A
Healthy Life**

Mid-Ohio Valley Health Department

**Step 3: Do something to get stronger physically,
mentally and/ or emotionally everyday**

Step 2: Eliminate intake of toxins/chemicals

Step 1: Decrease Daily Stress

Lifestyle



Nutrition

Sleep

Movement

Community

Lifestyle

Focus

1. Those at the highest risk
2. Seniors- to improve quality of life
3. Families- do this together
4. SUD Population- POSSIBLE non-MAT solution
5. Kids



Step **UP** **to A**
Healthy Life

Mid-Ohio Valley Health Department

Nutrition

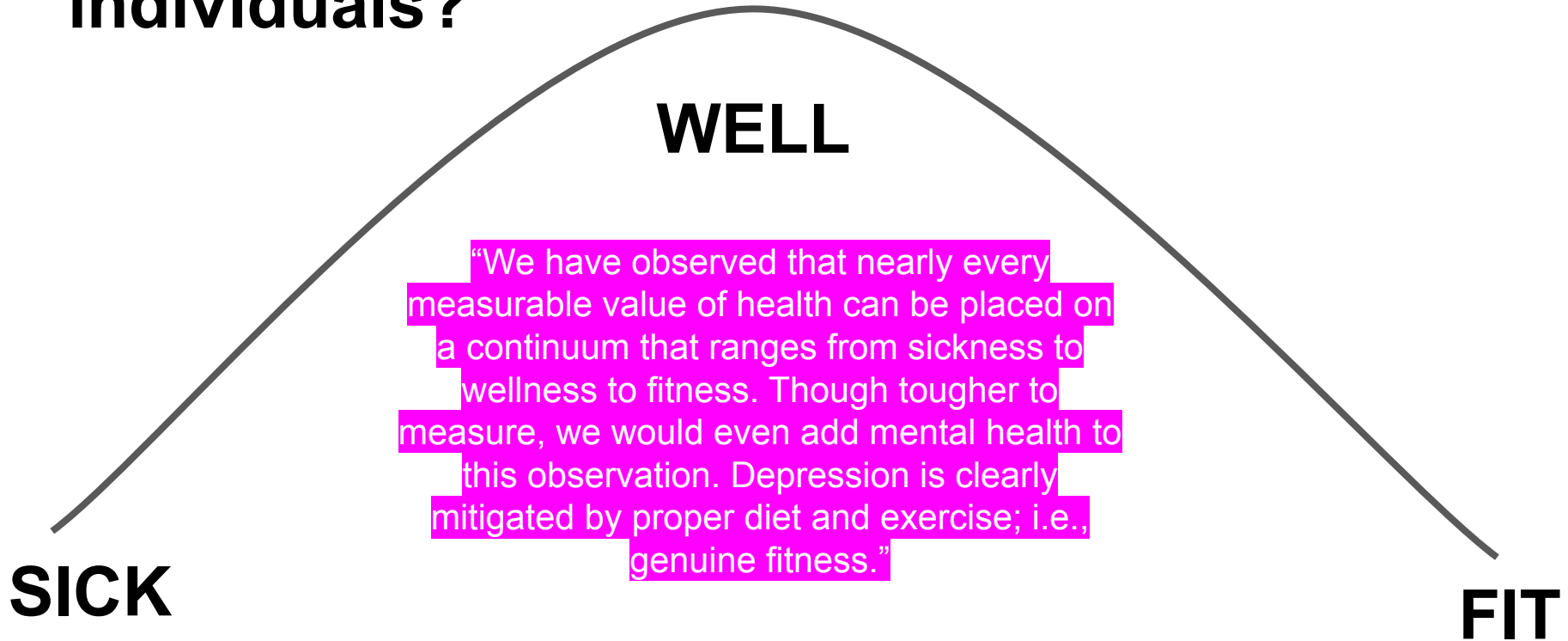
Sleep

Movement

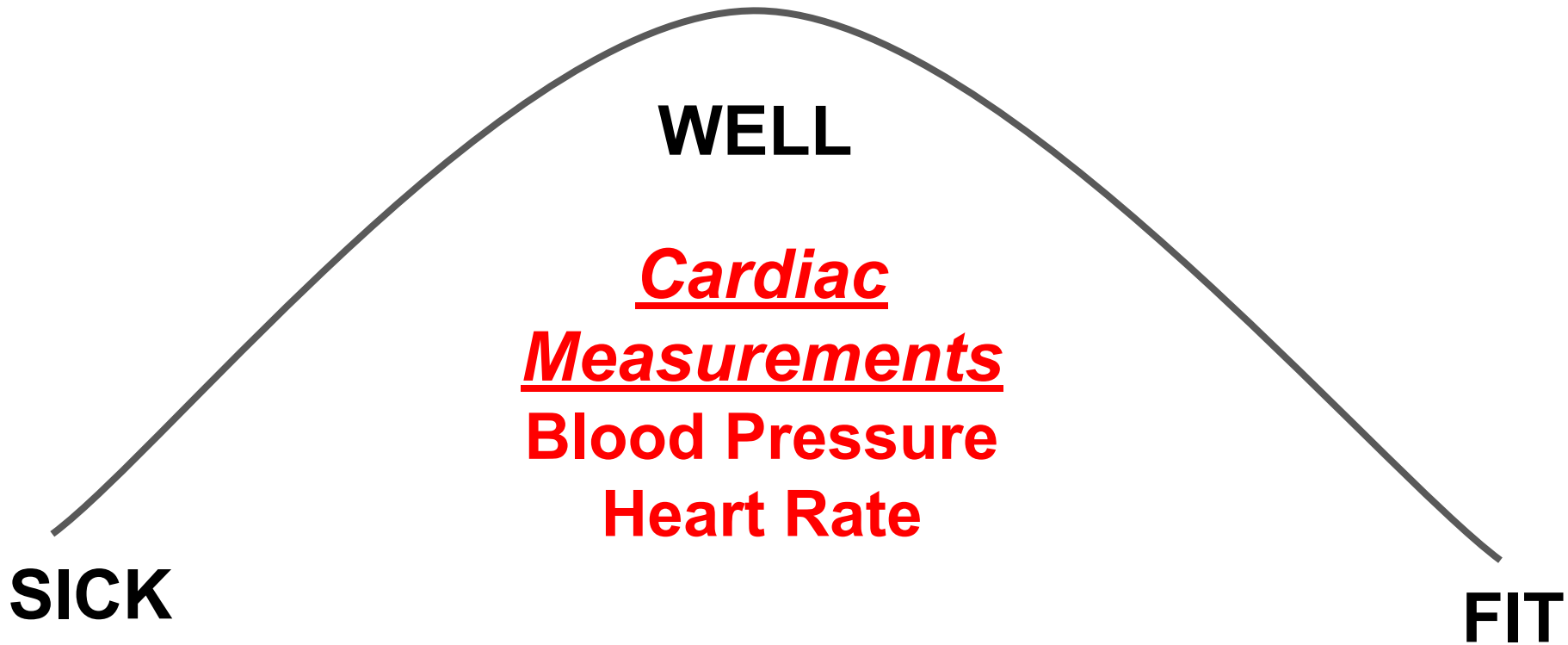
Community

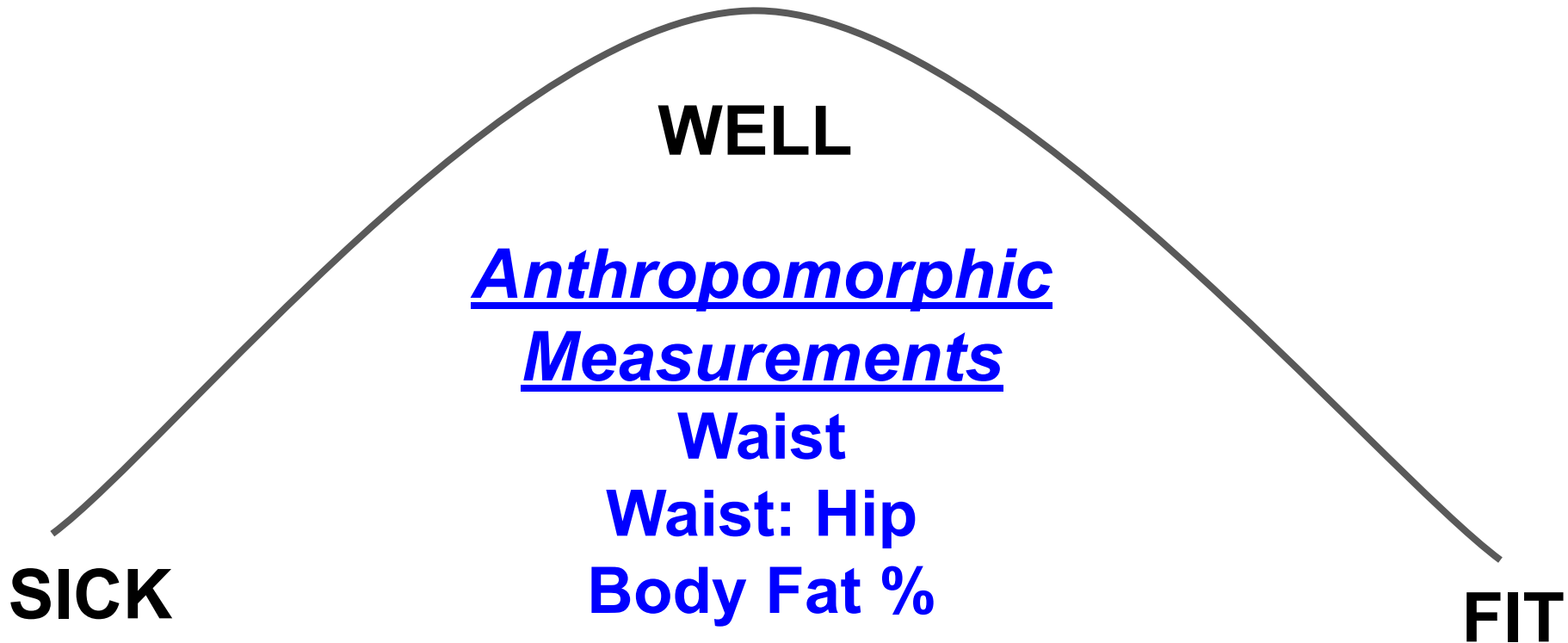
Lifestyle

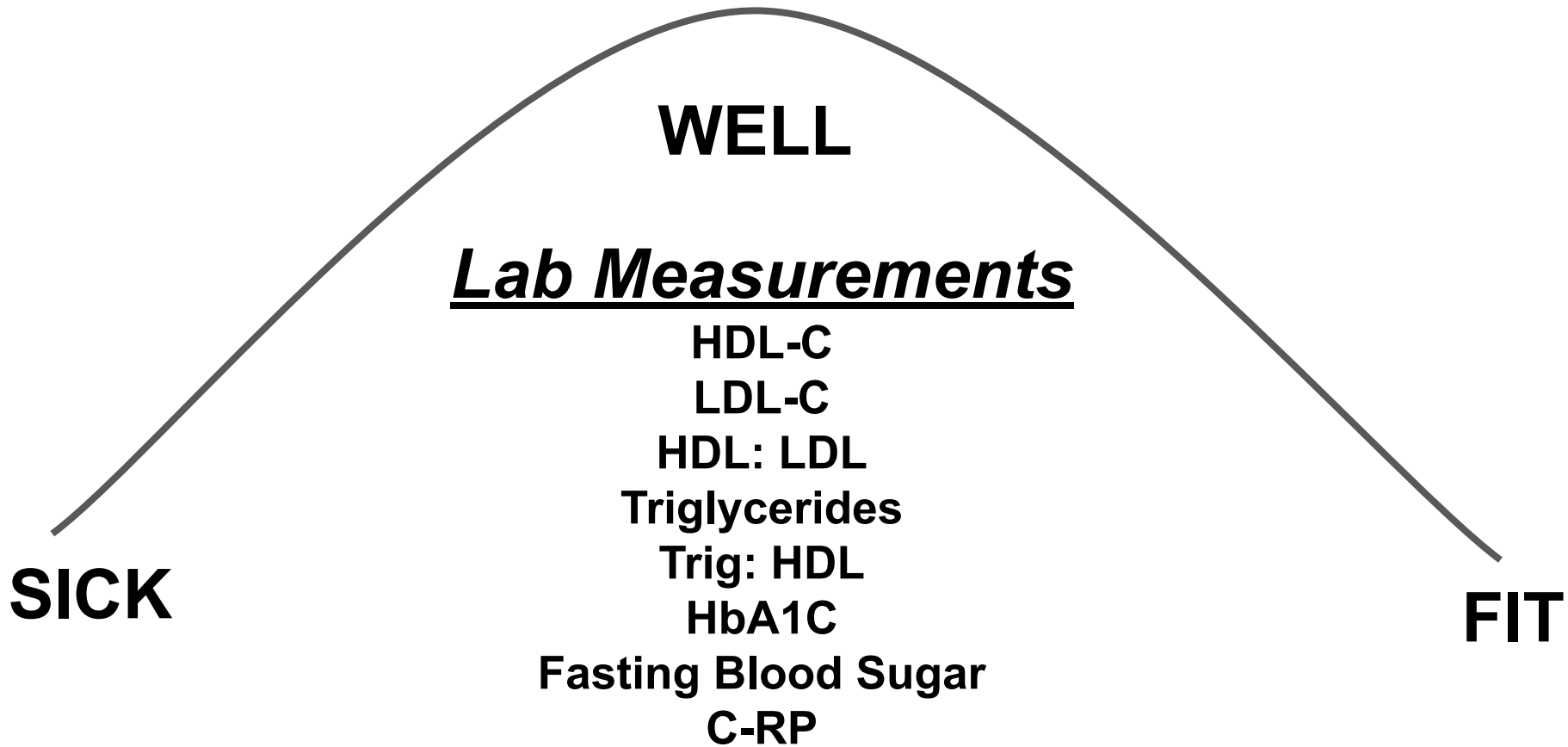
How will we measure this for individuals?



From CrossFit Journal Article- What is Fitness? <https://journal.crossfit.com/article/what-is-fitness>







WELL

Lab Measurements

HDL-C

LDL-C

HDL: LDL

Triglycerides

Trig: HDL

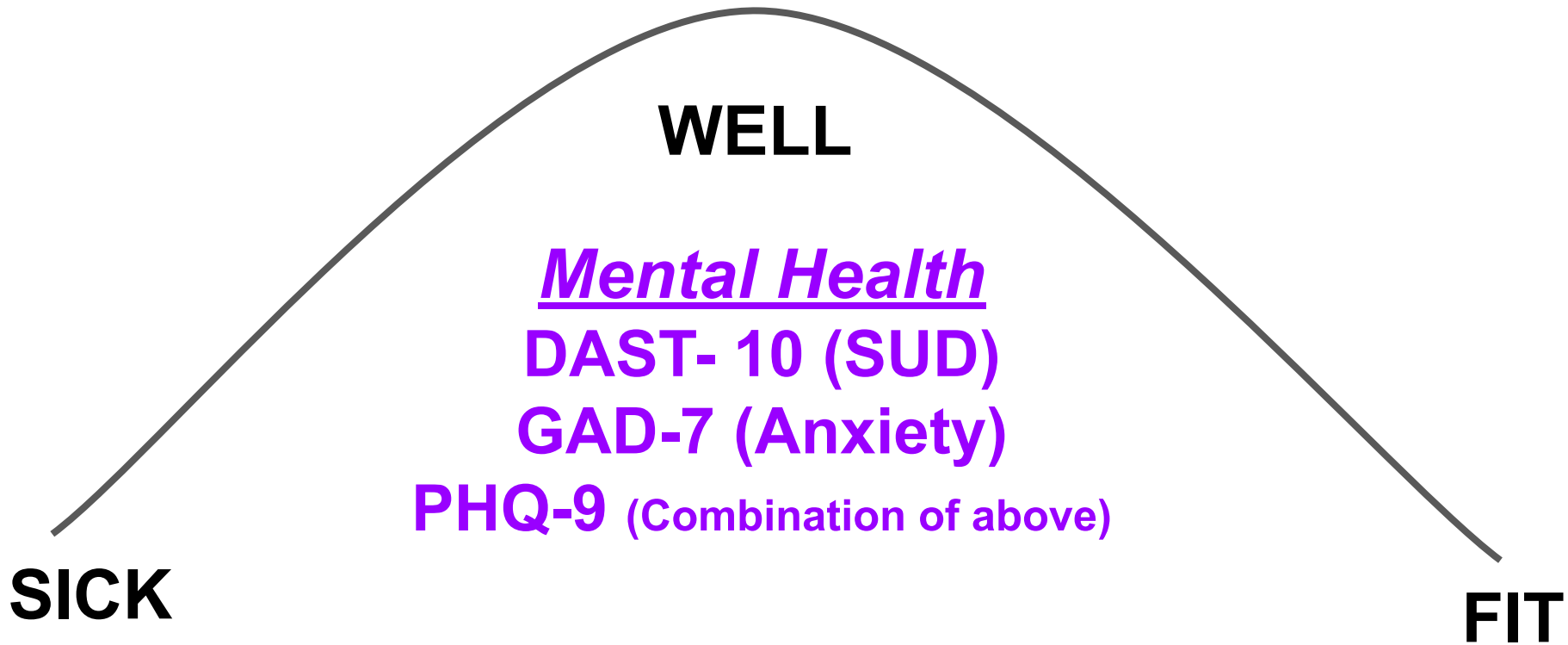
HbA1C

Fasting Blood Sugar

C-RP

SICK

FIT





Step **UP** **to A**
Healthy Life

Mid-Ohio Valley Health Department

Nutrition

Sleep

Movement

Community

Lifestyle



Step **UP** **to A**
Healthy Life

Mid-Ohio Valley Health Department

Mid-Ohio Valley Health
Department's
Response to the
Community Health
Improvement Plan

By Malcolm Lanham Jr,
EMT, CF-OL1 Trainer
Community Health Director

Last Updated- 5/19/2022