

Morristown Hamblen Community Implementation Plan

Significant Priorities / Issues

1. Prescription Drug Abuse

Goal - Increase awareness among the community of the prevalence of neonatal abstinence syndrome and increase referrals for treatment.

Action Plan

- A. Implement Cuddle Crew and recruit volunteers to rock drug addicted babies.
- B. Participate in the Moms on Meds program.

2. Heart Disease

Goal – Assist our residents in identifying and managing their risk of heart disease.

Action Plan

- A. Provide free blood pressure screenings during at the College Square Mall during regular mall hours.
- B. Provide lipid panel blood screenings quarterly at College Square Mall
- C. Provide employer groups a population health program, to assist them in identifying employees at risk for heart disease and provide programs to help mitigate risk.

3. Smoking

Goal – Reduce percent of adult smokers below 2013 level of 23%

Action Plan

- A. Provide smoking cessation programs for the community and for worksites.
- B. Promote the Covenant Health Smoking Cessation App

4. Obesity

Goal – Increase the percent of the population that report regular physical activity.

Action Plan

- A. Provide worksite weight management solutions through HealthQuest, a population health program for local employers.
- B. Partner with Morristown Parks and Recreation Department to develop and implement a community walking program promoting local greenways
- C. Women of Wellness to work with Girl's Club girls ages 10 – 14 to promote activity, exercise and diet.

5. Mental Illness

Goal – Assist employers with identifying and managing employee emotional health

Action Plan

- A. Using the tools of the HealthQuest program, work with employer groups to determine employees who are at risk of emotional health issues and tailor appropriate interventions to improve health