

Seacoast Regional Public Health Network

Heart Disease/Stroke Prevention Community Health Improvement Plan Priority

SFY18 Workplan and Evaluation Plan

Goal <i>(from Community Health Improvement Plan)</i>	Reduce Risk of Heart Disease and Stroke among adults through education and prevention
Objective(s)	<ol style="list-style-type: none"> 1. Increase awareness of heart disease and stroke prevention measures 2. Increase access educational resources for Heart Disease and Stroke prevention. 3. Increase community access to prevention by supporting distribution of educational materials at 4 events.

Strategy 1: <i>(from Community Health Improvement Plan)</i>	Distribute educational materials at a minimum of 4 community events.				
Activities	Timeframe	Responsible Person(s)	Outputs	Short Term Outcome(s)	Long Term Outcome(s)
Partner with UNH senior nursing students to make a B/P Heart Disease/stroke prevention video. Produce video	Sept – Dec 2016	Nancy parker Vol Coord and Nursing Students.	Video produced in 4 sections <ol style="list-style-type: none"> a) Correct B/P procedure b) Basic medication management c) Dash diet d) Exercise 		Local population will have been exposed to educational materials by number of companies who have accepted the video and the number of companies who are using the video to orient or

					educate their employees.
Distribution of video to 4 public access TV channels			Videos distributed to TV Access channels	Hampton access TV airs month-month Portsmouth Exeter Raymond	
Distribution to: Cornerstone VNA, One Sky, St Vincent DePauls Exeter, Portsmouth Food Pantry, McGregor EMS Durham, Lamprey Healthcare Newmarket and Raymond,			Videos distributed	Shared on Facebook Shared on websites	
Show video during blood pressure screenings					
Develop post- event survey	June 2017	Nancy Parker	Post survey	85% of survey respondents answer agree or strongly agree regarding knowledge about heart disease and stroke prevention	
Participate in Chamber Meet and Greet to promote video	June – August 2017	Nancy Parker	Contacted Exeter Chamber of Commerce, Shared video, Attended	2 businesses engaged and willing to share video and	

<ul style="list-style-type: none"> • Exeter • Hampton • Portsmouth 			<p>Meet and Greet meeting on 6/20</p> <p>Contacted Hampton and Portsmouth Chambers</p>	<p>written materials with employees</p> <p>Employees have increased awareness of heart disease and stroke prevention</p> <p>Employees change diet/exercise behavior</p> <p>Employees get their BPs checked regularly</p>	
<p>Work with YMCA to use video and accompanying materials at new client orientation or to view while exercising.</p>	<p>June – August, 2017</p>	<p>Nancy Parker</p> <p>YMCA Activities coordinator</p>	<p>Video presented to new members</p> <p>Video shared in exercise room</p>		
<p>Contact Hannaford Supermarket and work with their dietitian to promote the video and accompanying materials.</p>	<p>July – December, 2017</p>	<p>Nancy Parker</p> <p>Hannaford's Dietician</p>	<p>Hannaford Inc. contacted, July 2017</p> <p>Video promoted</p> <p>Materials shared</p>	<p>Hannaford's engaged and willing to share video and written materials with shoppers</p>	

			Program implemented	<p>Shoppers have increased awareness of heart disease and stroke prevention</p> <p>Shoppers change diet/exercise behavior</p> <p>Shoppers get their BPs checked regularly</p>	
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