OBJECTIVE: To increase overall health and well being among Grant County residents and employees. Team Members: Tim Sizemore, Debby Lucas Angel, Breanna Williams, Marsha Bach, Jodi Cesene, Eric Hermann, Tyler Mullins, Kelly West, Launi Gum, Carrie Coleman, Beverly Hearn **EXISTING.** STRATEGY/GOAL **ACTIVITY/ACTION STEP** WHO **BUDGET STATUS START END ENHANCEMET OR** NEW Goal 1: Establish organizational structure to serve as foundation for health improvement efforts and acquire needed resources to support the work. NKHD, Grant STRATEGY 1.1 (Long Term) Ongoing Existing Approach local Board of Health for funding and support. County Increase financial capacity and raise money Actively seek out and purse grant opportunities that would promote FFLAG's Extension and to support FFLAG initiatives **FFLAG** overall mission statement. Conduct events that support the FFLAG mission and can also generate an income. o Mud Run Derby Dash **Biggest Winner** STRATEGY 1.2 (Short Term) Continuous ongoing effort to increase membership by recruiting more involvement |FFLAG Existing Ongoing from schools, health professionals, and civic leaders Increase membership and partner affiliation with organizations aligned with FFLAG goals. STRATEGY 1.3 (Short Term) Conduct strategic planning meetings with FFLAG membership to identify and FFLAG July '21 June '22 Existing and approve goals, supporting strategies (key focus areas) Enhancement Establish action plan with key strategies, timeline and metrics. Review monthly FFLAG & Board of Health Funds Budget July '21 STRATEGY 1.4 (Short Term) Treasurer and June '22 Ongoing Existing Secretary Establish a budget that complements action plan. STRATEGY 1.5 (Short Term) Conduct a health and wellness survey. (goal of 10% of adult population or 1,800 IFFLAG July '21 Existing June '22 surveys completed) Understanding the health status and needs



of Grant County.

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STRATEGY 1.6 (Short Term)	Continuous promotion of FFLAG at events and various organization	F	July '21	J	\$3,500	이	Existing				
Establish marketing communication plan.	meetings	F		u		l n					
	Social Media/Overall Marketing of FFLAG			n		g o					
	o https://www.fitnessforlifegc.com/	lĜ l		۲		ازا					
	o Facebook account			2		n					
	O Grant County News & Express			2		g					
STRATEGY 1.7(Short Term)	Develop a school club	F					New				
Develop a plan to engage youth on a consistent	Determine the purpose of the club with objectives	F					and				
basis.	Determine any financial support for potential youth projects,						Consid er				
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STRATEGY/GOAL	ACTIVITY/ACTION STEP	١	WHO		START		END	BUDGET		STATUS	EXISTING,
											ENHANCEMEN T OR NEW
Cool 21 Ingresses community autoropess and ad	 ucation of Grant County residents in reducing obesity rates and promoting	n bools	thy lifeatyles								
Goal 2. Increase community awareness and ed	ucation of Grant County residents in reducing obesity rates and promoting										
STRATEGY 2.1 (Short and Long Term)			AG, NKHD						Or	ngoing	Existing
Develop current and new community	Assess school health environments using School Health Index tool and		School								
partners to enhance and/or implement	WellSAT 2.0.	Dist	ricts								
initiatives focused on children and their	Access shildwards lifestyle halossians through analysis of Oction Dall data (all	000	2 and NIC/EQ						-		Navy and Canality
families.	Assess children's lifestyle behaviors through analysis of Gallup Poll data (all 5th-12th graders in Williamstown and Grant Co).		C and NKYEC								New and Consider
	Jour 1201 graders in williamstown and Stant Go).										
	I .					<u> </u>					



	Identify best practices for in and out of school programming/initiatives, involving the school's Physical Health Instructors.	FFLAG and School Districts					New and Consider
	Biggest Winner- Month long initiative providing health screenings and fiscal fitness activities to promote overall health and well being.	Biggest Winner Chair and FFLAG	Dec '21	May '22		Ongoing	Existing
	Derby Dash- 5K Walk/Run through downtown Williamstown.	Derby Dash Chair and FFLAG	Jan '21	May '22	\$4,000	Ongoing	Existing
	Mud Run –Obstacle Course	GC Extension and FFLAG	July '21	Oct '22	\$7,200	Ongoing	Existing
	Grant County Park (Heritage Trail) event	FFLAG, Parks and Rec, LiveWell 2.0	July '21	June '22	\$1,500		New
	Fitness Instructor Certifications/Renewals	FFLAG & Community Partners			\$500	Ongoing	Existing
	Other events that further FFLAG's mission	FFLAG & Community Partners	July '21	June '22			New



STRATEGY/GOAL	ACTIVITY/ACTION STEP	W START H O	N T	S EXISTI T NG, A ENHAN T CEMEN U T OR S NEW
STRATEGY 3.1 (Short and Long Term)	Conduct a Walkability Assessment in Crittenden. Determine key recommendations and next steps from Walk ability Assessment.	Grant County High School,	rant County resid	Comple ted
Promote infrastructure improvements to support active transportation for Grant County residents.		NKHD and FFLAG	b	
	Educate council members in one city in Grant County (Crittenden) on adopting Complete Street Policies.	Grant County High School, NKHD and FFLAG	F May 17' e b . 1	Comple ted
	Assist council members in one city in Grant County (Crittenden) on adopting Complete Street Policies.	Grant County High School, NKHD and FFLAG	F May 17' e b . 1	Comple ted
	Assist cities who currently have a Complete Streets Policy to develop a Master Pedestrian Plan and have it recorded with the Department of Transportation.	FFLAG Built Environment Committee and Community Stakeholders		Ongoin g



Ongoing efforts to improve or enhance local parks and sidewalk connections.	FFLAG Built Environment Committee and Community Stakeholder			Ongoin g	In Process
Incorporate trail feasibility study into the Grant County Comprehensive Master Plan	FFLAG Built Environment Committee and Community Stakeholders	J u I y 1 8	June 19'	Comple ted	
Establish Grant County Heritage Trail priority areas.	FFLAG Built Environment Committee and Community Stakeholders			Comple ted	
Create a 501(c)(3) trail foundation for sustainability	FFLAG Built Environment Committee and Community Stakeholders			Comple ted	
Develop a communication and marketing plan for the Grant County Heritage Trail	FFLAG Built Environment Committee and Community Stakeholder	J u I y 1 8	June 19'	Comple ted	Existing
Explore Trail Town- KY Designation and research application requirements	FFLAG Built Environment Committee	J u I y 2	June '22		New



	Advertise event in newspaper, on Facebook, at events and verbally	FLAG Built Environment Committee	J u l y 2	1		Existing
STRATEGY 3.2 (Short and Long Term) Promote healthy eating initiatives for children and families.	Explore best practices in community outreach programming (i.e., farmer's market on wheels, Granny's Garden, seed library, etc.) Explore and research the "Power of 10" to increase Farmers Market foot traffic	FFLAG and defined community partners				Existing New and
	Educate council members in at least one city in Grant County (Crittenden, Corinth Dry Ridge) on adopting a City Wide Healthy Food Resolution.	FFLAG Built Environment Committee and Community Stakeholders			Ongoing, Completed - Williamsto wn	
	Educate council members in at least one city in Grant County (Crittenden, Corinth Dry Ridge, and Williamstown) on adopting a City-wide Policy on Healthy Vending Options at all sporting and public events.	FFLAG Built Environment Committee and Community Stakeholders			Ongoing	In Process
	Explore and research ways to make Grant County "edible" (i.e. apple trees in public areas open to the community). This could include adding "Healthy Food Options" as a goal in cities' Comprehensive Plan.	FFLAG and defined community partners			Ongoing	In Process
STRATEGY 3.3 (Short and Long Term) Promote tobacco and drug free environments in Grant County	Educate council members in at least one city in Grant County (Crittenden, Corinth Dry Ridge, Williamstown) on adopting a 100% Tobacco Free Parks Policy.	FFLAG, NKHD and defined community partners	J u I y 1 8,		Completed	Existing and Enhancem ent



Build capacity for a Dry Ridge smoke-free air ordinance	FFLAG, NKHD, LiveWell 2.0	J Ju u '22 I y 2 1	une \$	5	New
Educate and assist Child Care Providers to reduce second hand and third hand smoke exposure to children through the adoption of a 100% Tobacco Free policy.	FFLAG, NKHD and defined community partners	J Ju u '22' I y 2 1	une 22		New and Consider
Educate and assist Grant County businesses and worksites in the adoption of a 100% Tobacco Free policy.	FFLAG, NKHD and defined community partners	J Ju u '22 I y ' 2	une 22		Existing and Enhancem ent
Identify ways to support local community efforts to reduce substance abuse.	FFLAG, NKHD and defined community partners	J Ju u 19 I y 1 8	une 9'		New and Consider

