

**St. Joseph Regional Medical Center  
Nutrition/Physical Activity/Obesity Cancer Prevention  
Implementation Strategy & Progress Report  
November 30, 2017**

**PRIORITIZED NEED**

**GOAL: Educate the community about the risks and/or benefits of proper nutrition, physical activity and obesity related to cancer prevention.**

**ACTION PLAN**

**STRATEGY 1: Provide community educational opportunities to the community related to the importance of nutrition, physical activity, and obesity related to cancer prevention.**

**BACKGROUND INFORMATION**

- *Target population is adults and adolescents of all socioeconomic backgrounds*
- *According to the 2016 Idaho Behavior Risk Factor Surveillance System – BRFSS reported the following information related to physical activity and obesity*
  - *20.2% of Idaho adults did not engage in physical activity.*
  - *1 of every 4 Idaho adults was obese.*

**RESOURCES:**

**St. Joseph Cancer Committee (CC), St. Joseph Community Health (CH), St. Joseph Rehabilitation Services (PT), Regional Cancer & Tobacco Prevention Coalition (RCTPC)**

ACTIONS (STRUCTURE)		LEAD ORG / STAFF	COLLAB ORG / STAFF	PROCESS MEASURES – OUTPUTS (# Products, materials, people reached...)			
				Indicator	Baseline Value/Date	Target Value/Date	Source
						Actual	
1	By end of 2017, provide educational presentations and distribute prevention/educational information at two (2) major community outreach events/activities related to proper nutrition, physical activity and obesity. <ul style="list-style-type: none"> <li>ACS Relay for Life Event: “The Weight and Cancer Connection” (Breast Cancer). <b>77 Attendees</b></li> <li>GQ Pink Ribbon Luncheon: “Cancer Prevention: Is it true? Is it cheap?” (Breast Cancer). 190 Attendees</li> </ul>	(PT) Alfrey (CH)/Metcalf (N)/Hewett (CC)Mullikin	CC, CH,	Event Attendees	<u>  1  </u> /2016	<u>  2  </u> /2017  <b>*ACS/77</b> <b>*PRL/190</b>	Program Records
2	Provide exercise opportunities for cancer survivors and his/her support systems.	(PT) Alfrey	CH,	Class Dates	<u> 24 </u> /2016	<u>  24 </u> /2016  <b>*24 /2017</b>	Program Records
3	Strengthen community partnership and communication through participation in Regional Cancer & Tobacco Prevention Coalition (RCTPC) meetings. Meetings held 6 times a year.	CC) Various Members	CC	Meetings	<u>  3  </u> /2016	<u>  4  </u> /2017  <b>*5 /2017</b>	Program Records

STRATEGY ALIGNMENT WITH LOCAL, STATE & NATIONAL OBJECTIVES – <b>PRIORITIZED NEED #1</b>			
SMART OBJECTIVE (I, II, III...)	LOCAL/COMMUNITY PLAN (Identify relevant community objective(s))	STATE PLAN (Identify relevant state objective(s))	HEALTHY PEOPLE 2020/OTHER NATIONAL PLAN (Identify relevant national objective(s))
I	2016 Community Health Needs Assessment	Idaho Comprehensive Cancer Strategic Plan 2016-2020 Comprehensive Cancer Alliance For Idaho (CCAI)	2016 Idaho Behavior Risk Factor Surveillance System Data BRFSS