

# IMPROVING THE HEALTH OF NORTHERN KENTUCKY

August 2018—December 2018 HIGHLIGHTS

The Northern Kentucky Community Health Improvement Plan is a five-year plan (2016-2020) created to address priority health issues and outcomes in Northern Kentucky. The plan describes how community partners will work together to improve the health of Northern Kentucky residents. These highlights describe some of the activities and achievements that have been accomplished.

For more information, go to <https://nkyhealth.org/health-plans/>

## PRIORITY HEALTH ISSUE Healthy Behaviors

The fifth annual Explore the Mud! Obstacle Course event sponsored by the Fitness For Life Around Grant County (FFLAG) coalition was held on Oct. 6 with 82 participants in attendance. The 3 mile course has over 20 obstacles and participants get muddy while being active & have a great time doing it!

## PRIORITY HEALTH ISSUE Health Care Capacity, Access and Delivery

Transitions Inc. held a grand opening of their new residential treatment center located in Erlanger on Dec. 17. The 180-bed treatment center features 24 detox beds, 70 residential treatment beds for men and 86 beds for women. Transitions mission is to help individuals transition from addiction to recovery.

## PRIORITY HEALTH ISSUE Changes in Policies, Systems & the Environment

Northern Kentucky University officially dedicated the Health Innovations Center (HIC) on Oct. 17. The state-of-the-art technology & learning centers—including the St. Elizabeth Healthcare Simulation Center—make HIC one of the largest and most comprehensive health professions buildings in the country.

## PRIORITY HEALTH OUTCOMES - HEART DISEASE

The Williamstown City Council passed a comprehensive smoke-free ordinance on Sept. 18 that went into effect Jan. 1, 2019. Smoking is completely prohibited indoors in any Williamstown building or place of employment where the public is invited or permitted. FFLAG and Champions for a Drug Free Grant County provided information and education to the city council that led up to the passage of the ordinance. The ordinance helps protect the health of all Williamstown employees as exposure to secondhand smoke has immediate adverse effects on the cardiovascular system and can cause heart disease.

