

# Shawnee County Health Improvement Plan Summary

## Priority Area: Healthy Babies

Goal #1 Reduce infant mortality in Shawnee County from 8.3 infant deaths per 1,000 live births to the State of Kansas level of 7.0 by 2017 and to the Healthy People 2020 goal of 6.0 by 2020.

Objective: Reduce the number of infants who die each year in Shawnee County due to SUIDS (sudden unexplained infant deaths) over a five-year time period from 16 to 14 by 2017.

Objective: Increase the initiation rate of breastfeeding women in Shawnee County from 76.4% to 82.4% by 2017.

Objective: Increase the duration rate of WIC participants still breastfeeding at six months from 18.0% to 21.0% by 2019.

Objective: Increase the proportion of pregnant women who receive early prenatal care beginning in the first trimester from 75.7% to 77.9% by 2020.

Objective: Increase the proportion of pregnant women who receive early and adequate prenatal care from 83.5% to 88.0% by 2020.

## Priority Area: Healthy Eating, Active Living

Goal #1 To create an environment and culture, through policy and system change, that will provide Shawnee County residents with the information, tools and resources to promote healthy eating while encouraging and reinforcing active lifestyles for all ages and abilities.

Objective: Decrease the percent of adults who are considered overweight from 36.3% to 34.3% by 2018.

Objective: Decrease the percent of adults who are considered obese from 31.0% to 29.0% by 2018.

Objective: Decrease the percent of adults who reported consuming fruits less than 1 time per day from 40.1% to 38.1% by 2018.

Objective: Decrease the percent of adults who reported consuming vegetables less than 1 time per day from 21.3% to 19.3% by 2018.

Objective: Increase the percent of adults doing enough physical activity to meet both the aerobic and strengthening exercise from 19.0% to 23.0% by 2018.

Objective: Increase the number of households listed as food secure from 84.6% to 86.6% by 2018.

## Priority Area: Access - Transportation and Knowledge of Health Care Services

Goal #1 Promote awareness and connectivity to allow individuals to access community health and transportation resources.

Objective: Reduce the gaps in health and transportation-related resources.

Objective: Centralize resource access for reliable health and transportation-related information.

## Priority Area: Complete Streets

Goal #1 To have Complete Streets policies in Topeka and Shawnee County that are designed and operated to enable safe access for all users, regardless of age, ability, or mode of transportation.

Objective: Complete Streets policy and design standards at the city level.

Objective: Complete Streets policy and design standards at the county level.