

GOAL 1 Create and sustain equitable opportunities to promote physical and mental well-being.

PROMOTE WELL-BEING

| <u>OBJECTIVE</u> | <u>ACTION ITEM(S)</u> | <u>PARTNERS</u> | <u>TIMEFRAME</u> <i>(less than 1 year, 1-3 years, 3-5 years, 5 or more years).</i> | <u>COST</u> |
|------------------|---|---|---|-------------|
| b. | Encourage charitable work programs that introduce students to diverse charity opportunities. (note: What are the charitable opportunities in the community? Develop listing of opportunities.) | | | |
| c. | Create quarterly community conversations focused on health. | | | |
| c. | Promote or create evening/overnight childcare events (i.e. recreation camps, lock-ins) for caregiver respite. | | | |
| c. | Increase availability to second shift child care. | | | |
| d. | Improve and expand recreational facilities, programs and staffing. | YMCA, Joint Parks and Recreation | | |
| d. | Create small urban parks. | | | |
| d. | Participate in 10-minute walk program. | National Parks and Recreation Association | | |

GOAL 2 Consider health impacts in all policy creation.

CONSIDER HEALTH IMPACTS

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|------------------|--|--|---|---------------------|
| a. | Establish initiative to inventory and promote alternative transportation services. | CAB, FTSB, Uber/Lyft, school groups/clubs, City of Paris, Health Department. | Less than 1 year | Minimal |
| a. | Ensure policy development addresses alternate modes of transportation. | Planning and Zoning, Health Department, ADA/Disability organization or advocacy group. | | Minimal |
| a. | Hold meetings in ADA accessible locations (both buildings and sidewalks) where people feel comfortable. | | | |
| a. | Engage residents from diverse demographic backgrounds in policy development initiatives and processes. | | | |
| b. | Ensure development only occurs to sanitary sewers. | | | |
| | Advocate for indoor, smoke-free workplaces. | Community members, elected officials, public health professionals, UK Breathe Program. | | Minimal |
| | Improve air and water quality. Litter programs. Decrease use of herbicides and pesticides. Idling programs. Increase tree canopy. Cigarette receptacles. | City storm water, city and county solid waste, schools. | | |

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| c. | Promote training for public safety services/ER/Clinics on accommodations. | | | |
| c. | Ensure all developments are accessible to public safety services (fire, ambulances, etc.) | | | |

GOAL 3 Support education initiatives on substance use disorder.

EDUCATE ON SUBSTANCE USE DISORDER

| OBJECTIVE | ACTION ITEM(S) | PARTNERS | TIMEFRAME <i>(less than 1 year, 1-3 years, 3-5 years, 5 or more years).</i> | FUNDING TYPE |
|-----------|---|--|--|----------------------|
| a. | Implement and evaluate evidence-based age-appropriate substance use disorder prevention program in elementary, middle, and high school. | Schools, Health Department, EMS, Jail, Social Services, Behavioral Health Groups. | 5+ years | Dependent on Program |
| b. | Create a clearinghouse for substance use disorder resources. Find resources, notify/publicize, build. | Health Department, Volunteer Task Force for available resources, Human Services Group. | 1 year or less | Minimal |
| b. | Publicize resource list/clearinghouse and keep up to date. | | | |
| b. | Increase opportunities for needed resources for substance use disorder. | AA, NA, etc. | 1 year or less | Minimal |
| c. | Educate employees to support persons with substance use disorder. | | | |
| c. | Develop model policies and use recover work programs for employers to implement. | Treatment Centers, Chamber of Commerce, KY Can Heal Program | 1-3 years | Minimal |

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GOAL 4 Promote and improve access to fresh and affordable food.

IMPROVE FOOD ACCESS

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|------------------|--|--|---|---------------------|
| a. | Public Transportation | County, City, State, Federal Governments | | |
| a. | Sidewalks and bike paths | County, City, State Government, Residents. | | |
| a. | Mobile markets | Farmer's Market, Community Farm Alliance, Extension Office | | |
| a. | Incentives for homeowners for sidewalk repair. | City government, financial institutions | | |
| b. | Educational campaign to promote resources – including food bank, Farmer's Market, Operation Backpack, etc. | | | |
| b. | Support local food production: Community gardens, school gardens. Gardening classes. | FFA, Library, Extension Office, schools, Rotary Club, Kiwanis, Youth groups, Senior citizens groups, Voyage Movement, Farmer's Market. | Varies | Unsure |
| | Work with farmers to accept government food programs. | | | |

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