

Tillamook County Wellness Framework for Action
Goal: By 2027, the percentage of people who are at risk of developing type 2 diabetes will decrease

Health Impact Pyramid Levels	Committee	Action	Short Term Outcomes	Long Term Outcomes	Audiences
<p>Health promotion & education</p>	Health Promotion	Develop strategies and content for dissemination of educational messages through multiple media channels, which include: <ul style="list-style-type: none"> Diabetes risk factors and protective factors Importance of diabetes screenings and information about diabetes indicators (A1C) Examples of community members and leaders who are engaging in behaviors that reduce risk of diabetes (testimonials, stories) Changes that can be made in a person’s environment (home environment, work environment, city, county) to “change the context” to make healthy choices the default Promotion of existing diabetes education programs and lifestyle change interventions that reduce risks for diabetes 	<ul style="list-style-type: none"> Increased understanding of diabetes risk factors and protective factors Increased peer support Increased knowledge of how peers have reduced risk Increased provider referral to education programs 	<ul style="list-style-type: none"> Increased engagement in healthy eating patterns 	<u>People living in Tillamook County:</u> Children Adults Families <u>People at high risk of type 2 diabetes:</u> Pre-diabetes Older adults American Indian/Native American Hispanic/Latino Black/African American Overweight/obese Heart disease People with family members diagnosed with type 2 diabetes <u>People who can influence others:</u> Families Employers Restaurants Businesses Health care providers Educators Public safety Service clubs Faith-based organizations Chambers of commerce Government Elected officials Public Works ODOT
	Screenings	Host screenings for diabetes risk	<ul style="list-style-type: none"> Increased awareness of A1C numbers and diabetes risk factors 		<ul style="list-style-type: none"> Increased engagement in physical activity Create a norm that the healthy choice is the default
	<p>Long-lasting interventions</p>	Access to Healthy Foods	Work with organizations that provide/sell food (grocers, retailers, farmers markets, schools, caregivers, etc.) and related organizations to improve access to foods that are part of a healthy eating pattern		<ul style="list-style-type: none"> Increase access to healthy foods Increase community support for healthy food options at grocers, retailers, restaurants, schools, care facilities, workplaces)
Access to Physical Activity		Work on increasing access to places to be physically active by increasing availability of walkable areas, bike lanes, trails, etc.	<ul style="list-style-type: none"> Increased access to physical activity (i.e., changes to the built environment, including walkable areas, bike lanes, trails, etc. 		
Workplace Wellness		Work with organizations to develop and implement programs & policies in the workplace that reduce the risk of type 2 diabetes	<ul style="list-style-type: none"> Increase number of organizations with policies that support healthy eating and physical activity in workplaces 		