



## Priority Areas:

Healthy Harnett has identified focus areas and developed action plans and interventions that are designed to improve the health of the community. The community health priorities identified include the following health concerns to be addressed over the next four years which align with county residents input and using the Healthy North Carolina 2020 priority focus areas and objectives.

When residents were asked: "In your opinion, how large a problem do you think each unhealthy behavior listed below is in Harnett County?"

1. Overweight/obesity with (43.9%)
2. Use of illegal drugs/ substance abuse (42.7%)

## Previous Community Action Plans:

**Medicine Safety:** Anyone who takes medicines has some risk of a harmful effect. How high the risk depends on the individual patient's health, the particular medicines a patient is using and how they take their medications. According to the Centers for Disease Control and Prevention, older adults (65 and over) are twice as likely as younger people to come to emergency departments for adverse drug events. The Medicine Safety committee works to prevent and reduce these adverse drug events by partnering with the Campbell University School of Pharmacy to hold education sessions on Medication Safety at Senior Centers throughout Harnett County. For information on Medicine Safety contact: Debbie Vaughn, Harnett County Department on Aging 910-814-5072

**Promoting Healthy Lifestyles:** This program works to promote healthy snack choices at the ballpark for children participating in youth teams/leagues. Through the work of this committee the Erwin, Lillington, Western Harnett and Coats Parks and Recreation have adopted a policy to always include opportunities for healthy beverages and snacks for youth players participating in athletic activities. For more information, please contact Belinda Rayner, Harnett County Health Department at 910-814-6196.

**SISTA Project:** The SISTA (Sisters Informing Sisters on Topics about AIDS) Project, a science-based HIV prevention program, is conducted by the Health Education Division with funding from the NC HIV/STD Prevention and Care Branch. This program was designed by African American women to meet the needs of African American women. Although this program is designed primarily for African American women, all women are welcomed to participate. By completing the SISTA Project, women are trained and empowered with knowledge and skills to help prevent new HIV infections. The sessions include group discussions, lectures, role-playing, video viewing and take-home exercises. During these sessions, participants discuss many issues that relate to HIV prevention including values, facts about HIV/AIDS, and substance abuse. For more information, please contact Heather Carter Harnett County Health Department at 910-814-6195.

**2-1-1 Resource:** 2-1-1 is an easy to remember phone number that connects individuals with resources within Harnett County Communities. By calling this number, community members can get information on a broad range of services including rent assistance, food banks, affordable housing, and health resources. For more information, please contact David Hodges, United Way of Harnett County, Inc. at 910-892-1733 or Judy Orser at WakeMed 919-350-5176.

**Faith Community:** This subcommittee works with local churches to improve the health of their congregation. Awareness campaigns are conducted such as Go Red Sunday to increase awareness of heart disease, Pink Sunday to increase awareness of breast cancer, and Power Sunday to increase awareness of stroke. In addition, various educational programs are conducted in churches related to physical activity, nutrition, and chronic disease prevention. For more information, contact Belinda Rayner, Harnett County Health Department at 910-814-6196.

For more information please call the Harnett County Health Department at 910-893-7550 –Health Education Division.