

101 Things You Can Do for a Healthy Kentucky

1. Help the media in your community focus on health issues, and health solutions
2. Volunteer to work with youth – start a mentoring program
3. Start or coach an after-school sports program
4. Raise funds or join the board of a local health “safety net” service provider
5. Start a lunchtime walking group at your office
6. Paint the stairwell in your office bright colors, add better lighting and encourage all to walk (“don’t think of them as stairs, think of them as expensive exercise equipment”)
7. Understand the economics of health funding – where the “health dollars” come from in your community, and what they support
8. Work with your local police/sheriff’s department to set up a car seat safety program, to teach parents how to install and use safety seats
9. Raise public awareness – and your own – about what local health departments do – start or serve on a local health commission or citizen advisory board
10. Stock vending machines in your workplace with healthful choices – water, juice, nuts and raisins for example and substitute healthful snacks at workplace events
11. Create a small “pocket park” in an older community on a vacant, city-owned lot
12. Work with parks and recreation officials to promote opportunities for active play
13. If you own a gun, keep it unloaded and away from children. Set up a gun safety program with your local sporting goods store or club
14. Set up a local neighborhood watch program
15. Sponsor free health screenings at your worksite, church, city hall
16. Organize a health fair
17. Start a farmers’ market in your community – to help folks eat more fresh fruits and vegetables
18. Start an “edible classroom” at your school – let kids eat the vegetables they grow in the school lunchroom
19. Work with your local health department on a home lead inspection project
20. Work with older Boy and Girl Scouts and your police department on a “sting” program – to identify and train shopkeepers who sell to minors
21. Set up a community blood drive
22. Sponsor a bike safety event – require helmets, and provide them for those who can’t afford
23. Have the next fundraiser be a jump(rope)-a-thon or dance-a-thon, instead of a bake sale
24. Learn about local policy issues that affect health.
25. Talk to your legislator about changes you’d like to see in Kentucky schools and communities

26. Help get out the vote
27. Help out of school workers and nonworking moms to finish high school or get a general equivalency diploma (GED)
28. Raise money to provide car seats for folks who can't afford them Help a program for the homeless
29. Establish grocery stores in low-income areas
30. Help with a program to build or refurbish low-income housing – like Habitat for Humanity or Rebuilding Together
31. Sponsor a vehicle safety inspection day – make sure lights, brakes, seat belts work
32. Start a designated driver or “safe ride home” program
33. Work with local authorities to require “responsible beverage service” training for bars and restaurants seeking a liquor license
34. Improve signage for safer pedestrian walking
35. Work with your local pharmacy or grocery store to print seasonal health messages on their paper bags
36. Encourage teachers to reward their class with more recess active play time, rather than a pizza party
37. Make sure your workplace policies promote breastfeeding by new moms (quiet places to pump, store breast milk)
38. Create a back-to-school drive to provide shoes, backpacks and school supplies to children in need
39. Help your employees learn basic first aid and CPR
40. Let your workers know about KCHIP and Medicaid, if they may be eligible, at new employee orientation
41. Teach children how and when to dial 911
42. Have an emergency kit ready in case of disaster – help neighbors, employees put together emergency kits, too
43. Help employees to quit smoking with on-site smoking cessation classes, no-smoking offices, “adopt-a-smoker” days
44. Set up or support a “meals on wheels” program for home-bound seniors
45. Help restaurants, markets and food banks or food pantries work together so surplus food doesn't go to waste – set up a local food bank if there isn't one
46. Support a local clothing or furniture donation drive
47. Support parenting programs for older teens, new parents
48. Institute standards for healthy snacks in pre-schools, schools and after-school programs
49. Curb advertising of unhealthy foods, alcohol targeted to children – examples included branded back-to-school promotions of book covers, ball caps, t-shirts
50. Turn your parking lot into a basketball practice court after hours

51. Set up a "sick leave pool" at your work place - so healthy workers can donate unused sick leave to a worker with a catastrophic illness, and keep that worker on the payroll
52. Help organize flu immunization efforts at local senior housing, churches, supermarkets
53. Start a peer support group for teens with diabetes, so they can bolster each other's efforts to change eating and exercise habits
54. Help start or support substance abuse prevention and treatment programs
55. Start a "drug court" for first-time offenders
56. Organize transportation to doctors and clinics for home-bound seniors and neighbors with disabilities
57. Start an anger management program with local professionals, for first-time offenders
58. Organize a hazardous waste clean-up day
59. Set up a recycling center
60. Make sure local schools have safe, clean water fountains
61. Work with city or county officials to organizer a neighborhood clean-up week in frequent-citation areas
62. Talk with local emergency physicians to identify key problems in your community - fights? Drunk driving? Drowning? Drug overdose? Diabetic coma? And help grow local programs to address them
63. Volunteer to teach line dance or organize contra dances at your local VFW or Grange Hall - get teens and seniors involved
64. Invite your elected representatives to visit local "safety net" health providers and learn first-hand about the people they serve and the challenges they face
65. Work with school officials on ways to increase physical activity and improve nutrition in the schools
66. Encourage an indoor shopping mall to set up a walking program for seniors
67. With your co-workers, church or social group, adopt a school - providing equipment for sports activity that's not in the budget
68. Coordinate a "gentle exercise" program for seniors at a local church or community center
69. Adopt a social worker - providing the "extras" to help get a struggling family back on their feet: new glasses, a new work outfit, tools for a craftsman
70. Offer "respite care" for families caring for foster children
71. Start a "welcome baby" program, with trained volunteers to help high risk new parents learn to care for their children and improve home safety
72. Make sure school physical activity programs are targeted to the abilities of every child - not just teams of the best athletes, with the rest on the bench
73. Start a "warm line" at a local hospital, to answer new parents' questions about their children's health and development

74. Work with foster care agency to develop a “health passport” for children – so their health and immunization information travels with them from home to home
75. Set up a call pool of interpreters who are bilingual and can assist in medical emergencies – offer training in medical terminology
76. Help your community develop emergency evacuation plans, and sponsor community emergency drills
77. Work with the University extension, on a program to teach teens and new moms how to read food labels and prepare nutritious meals
78. Post signs about hand-washing in school restrooms – make sure there are supplies to wash with soap there
79. Start a peer counseling program at your school
80. Develop more after-school options for teens – volunteering, home work coaching, sports
81. Understand the financial impacts of poor health on your community – school attendance, academic achievement, work attendance and productivity – and work on solutions
82. Set up a program to get seniors to schools and libraries to read to school age children or teach them traditional skills such as knitting or woodcarving
83. Start a “family tradition” of taking a walk after supper
84. Work with city staff and business and professional clubs to fund and install reflective guardrail on curves in dangerous roads; designate some roads as requiring headlights on during the day
85. Work to make my community smoke-free – with ordinances precluding smoking in public buildings, restaurants, bars
86. Support your health departments water testing program for private wells
87. Work with local transportation planners, to improve pedestrian and biker safety
88. Develop a local incentive program to help kids stay in school and graduate
89. Include seasonally-appropriate health tips in your employee newsletter (such as sunscreen and water safety tips in summer; responsible entertaining tips and “mocktail” recipes at the holidays)
90. Work with your service club, church or other community organization , to assess health needs in your community and start to address them
91. Sponsor a KCHIP/Medicaid “enroll-a-thon” in the weeks before school starts
92. Develop a “health scorecard” for your community –monitor health issues of greatest local concern (teen pregnancy, traffic injuries and fatalities, drug-related arrests – whatever matters most to your neighbors and you)
93. Develop a resource inventory for health services in your community and state or national hotlines – make sure it’s widely distributed – through supermarkets (printed on paper bags), churches, businesses, on-line
94. Staff a suicide prevention hotline

95. Work with local pharmacies to raise consumer awareness of drug interactions, safe storage of medications
96. Help local churches sponsor a “personal self-care covenant” program with their members, to focus on healthy behaviors
97. Teach a group of pre-schoolers to brush and floss
98. Read to children at a local school or library
99. Teach adults how to read
100. Volunteer at your neighborhood school – start a Parent Council, PTA or volunteer program if none exists
101. Do a community assessment – check out ENACT at www.eatbettermovemore.org or the School Health Index or lots more examples at <http://aspe.hhs.gov/progsys/community/index.html> - as a first step in identifying **your own community’s needs!**