



Description

Health challenges – chronic illnesses, obesity, mental health issues, and general fitness (all ages) – impact every community. Abilene has a strong list of organizations actively working to maintain community health, encourage an active lifestyle, and treat when needed, health needs. The opportunity for organizations to work together is a mainstay of activities designed to achieve Abilene’s community vision.

To enhance the health of youth, high-need communities, and others, the City of Abilene works actively with groups such as the Texas Recreation & Park Society, Texas Amateur Athletic Federation, Texas Public Pool Council, National Recreation and Park Association, the Neighborhood Fishing Program, and others. When healthcare services are needed, the community offers award-winning health services. For example, Abilene Hendrick Health System and Abilene Regional Medical Center provide an extensive array of inpatient, outpatient, and other community-based services. Each also actively promotes community fitness and offers resources for general use.

Healthcare performance, community wellness, youth activities, senior services, and other activities designed to strengthen families and neighborhoods are priorities for Abilene – ones critical to achieving the Community Vision.



Vision Statement Options

- To build a community in which ALL members feel supported and are empowered to live healthy lives.
- To create and sustain vibrant recreational activities that enrich our community members and are accessible to ALL.

Strategies

- Increase affordability and accessibility to clinics – dental, mental health, and medical
- Increase community awareness of chronic disease treatment services and ways to access them (financial literacy, transportation, insurance sign-ups, location of providers and available hours of operation, and others)
- Offer more family health and wellness activities
- Provide more resources, awareness, and incentives for people to take advantage of screening and other preventive health services.





Key Indicators

- Percentage of children participating in organized physical activities
- Number of oral health visits
- Rate of suicides annually
- Obesity rates in adults and youth
- Percent of inappropriate emergency room use

Supporting Indicators

- Chronic disease rates
- Depression rates in children and adults
- Healthcare Associated Infections (HAI) rates
- Infant mortality rates and drug syndrome births
- Life expectancy rate
- Maternal mortality rate for all demographics
- Number of completed school health screenings
- Number of hospital ER or urgent care visits
- Number of individuals using recreational centers
- Number of intake/admissions at mental health agencies
- Number of service providers – medical, psychological, dental, others
- Number of workplace wellness policies
- Sidewalks – total and disability accessible miles



Potential Partners

- Abilene Recovery Council
- Abilene Youth Sports Authority
- ATCPHD
- Betty Hardwick
- Churches
- City Parks/Recreation
- Government and Health Departments
- Hospitals and Health Clinics
- Presbyterian Medical Care Mission
- Medical Providers
- NAMI Abilene
- Non-profit Organizations
- Phoenix House
- Private Sector and Employers
- Taylor Co. Indigent Healthcare
- Universities, Colleges, and School Systems





Cause Area #3: Health and Wellness

- Increase workplace cultures that promote health and wellness within businesses for employees
- Provide more education for harmful behaviors (i.e., disassociating these behaviors from the desired lifestyle)
- Increase competition of health care providers and providers that operate a culture of wellness and holistic care
- Provide education on nutrition - schools and parents
- Increase the number of community health clinics
- Implement peer counselors
- Increase mental health awareness and reduce stigma
- Increase the use of NPs and PAs
- Improve the number of green spaces and walkability
- Increase access to mental health care (i.e., add to school system)
- Provide incentives for mental health workers (college-bound)
- Increase the use of telehealth
- Improve sex education opportunities
- Create mentoring programs/encourage community leaders to engage at-risk youth
- Encourage foster parenting and provide support systems and respite for foster families
- Create more programs for trauma-informed care
- Develop walkable streets and bike paths, including downtown
- Increase mental health screening for teens
- Increase community health workers (i.e., Hendrick Medical Center model)
- Expand capacity and community health services for eldercare
- Increase awareness and expand SUD/addiction recovery supports, programs, communities allowing for choice and diverse ideas and preferences