

Montgomery County Improvement Plan

Part I. Contact Information

Montgomery County

Date Revised: 11/1/2023

For additional information about this plan:

CONTACT 1

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Topic 1

Population Health

Goal 1

Our goal is to create a program using “My Plate” and introduce it to more community members by 2028.

Alignment with National Plans

This aligns with the Healthy People 2030 and their goal to reduce overweight and obesity by helping people eat healthy and get physical activity.

Alignment with State/Other Plans

This aligns with the states report on the tracking portal relating to obesity.

Objective 1.1

2023

2028

Baseline Year

Baseline Value

Target Year

Target Value

Objective Progress Report 1

Report Date

Data Year

Value

Progress on Objective:

Progress notes:

Strategy 1.1-1

Our goal is to create more age appropriate activities for all ages and make them more accessible. We are going to work with the local schools and YMCA. We have also started introducing the “My Plate” activities and local schools and libraries. Another program that has been started by LiveWell Montgomery County is the community garden and kids garden. This has introduced more people to fresh produce.

Strategy Type: Population Health

Who's Responsible: Montgomery County Public Health

Target Date 11/1/2028

Topic 2

Drugs and Alcohol Use

Goal 1

Our goal is to reduce the use of smoking, drugs and alcohol by 3% by 2028.

Alignment with National Plans

This aligns with the Healthy People 2030 and their goal of reducing the proportion of adults who used drugs in the last month

Alignment with State/Other Plans

This aligns with Zion and opioid funding that the county as received.

Objective 1.1

2023		2028	
Baseline Year	Baseline Value	Target Year	Target Value

Data Source and Location

Strategy 1.1-1

We are going to work with the Tobacco Coordinator for our county to bring more education programs to youth and adults. We are also working with Zion to incorporate opioids and programming.

Strategy Type: Drugs and Alcohol

Who's Responsible: Montgomery County Public Health

Target Date 11/1/2028