

## Executive Summary

Staff from the Garrett County Health Department and Garrett County Memorial Hospital developed this report under the direction of the Garrett County Health Planning Council to define strategies for communities and agencies to collaborate to improve the health of Garrett County residents.

The vision that was developed and adopted as a result of the Mobilizing for Action Through Planning and Partnership (MAPP) process provides an overarching goal for the community.

*Our vision of a healthy Garrett County is one where:*

- *All individuals are empowered to accept personal responsibility for their own health, as well as that of their family and their community through a holistic approach to wellness and respect for self and others;*
- *Individuals of all ages have access to education and resources to make healthy choices for a lifetime;*
- *All individuals have access to facilities and an active community design including a healthy environment;*
- *All have a commitment to the continual evaluation and quality improvement of health outcomes, the community health system and supporting infrastructure.*

The four strategic issue areas that developed through the MAPP process have been prioritized by various agencies and community surveys in Garrett County. The issues and associated results are:

<b>Issue Areas</b>	<b>Results</b>
<b>Fragile Systems</b>	Strengthen and support those components of our public health system that are fragile because of funding, workforce capacity, demographic shifts, etc.
<b>Healthy Lifestyles</b>	Empower, educate, and motivate Garrett County residents to lead a healthy lifestyle and prevent harmful behaviors such as substance abuse and domestic violence.
<b>Vulnerable Populations</b>	Achieve and maintain optimal health and independence for vulnerable populations (aging, disabled, economically disadvantaged, mentally ill).
<b>Environmental Health</b>	Ensure healthy living and working conditions for Garrett county residents by protecting and increasing our natural and built resources as our population grows.

Recommended strategies for achieving each of the results have been developed. These include policies, best practices, and specific actions that can be undertaken by communities, agencies, or individuals throughout Garrett County. These priorities and strategies will guide the Health Planning Council for the next five years.