

# Graham

## Murphy Medical Center and Graham County Health Department

### Community Health Priorities & Key Strategies

#### Physical Activity and Nutrition

- Increase usable pedestrian pathways and recreation facilities
- Increase joint-use agreements that increase access to physical activity resources
- Improve availability of mechanisms for purchasing foods from farms
- Encourage restaurants to offer reasonably sized portions and low-fat and low-calorie menu options
- Provide informational outreach, education and promotional events for nutrition and physical activity

#### Access to Health Care

- Identify and study primary care models that have been successful in rural areas
- Recruit and retain medical providers to Graham County
- Implement electronic health records at Graham County Department of Public Health and Robbinsville School Health Center
- Utilize telemedicine to expand healthcare services

#### Substance Abuse

- Establish permanent medicine drop box
- Distribute lock boxes to keep home medicines secured
- Provide informational, education, and outreach events

#### Tobacco Free Parks and Recreation

- Advocate for tobacco-free parks and recreation policy
- Provide tobacco cessation classes



## Spotlight on Success

Murphy Medical Center and Graham County Health Department partnered with public health in three other counties and other community and military partners on the Appalachian Care Medical Mission.

Free care was provided in June 2014 to community members in the areas of: Primary Care, Optometry, Healthy Living classes, Dental Care and small animal Veterinary care.

**For more information on  
community health improvement in  
Graham County, visit:**

[www.wnchealthyimpact.com](http://www.wnchealthyimpact.com)

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