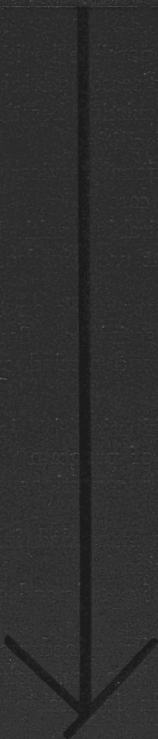


**PLANNING GUIDE
FOR THE
COUNTY
RURAL HEALTH
COMMITTEE**



TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas



Planning Guide for

What Are Our Goals?

"Good health is a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity."*

Good health is of vital importance to each of us.

1. It takes the right health habits and practices at home.
2. It takes community and county health resources —physicians, dentists, nurses, veterinarians, engineers, hospitals, public health agencies and voluntary health agencies.
3. It takes informed people to take full advantage of all these resources.

A county rural health committee helps give leadership to the planning of health programs whereby interested families and groups may work together for improved health, through:

- Promotion of the best possible health for all
- Prevention of illness, disease and injury
- More effective use of existing health and medical care, services and facilities
- Establishment of additional services and facilities needed for health care
- Encouragement of desirable health habits and practices and intelligent use of leisure time

County and community groups work on these goals through various plans and activities. Sound health programs may be planned and carried out successfully by:

1. Assuring active participation by local physicians from beginning of program
2. Reviewing local health conditions, needs and wants of the people
3. Collecting health facts as needed for thorough discussion and evaluation
4. Considering all ages of people and all parts of the county
5. Consulting professionally trained resource people in assessing conditions and making plans
6. Developing interest in leadership for better health

An outline to help your group plan is on the reverse side of this folder.

How Do We Begin?

1. Assemble health facts about your county for practical program planning. Information may

*World Health Organization

A COUNTY RURAL HEALTH

be obtained locally from:

- Health department
 - City and county health officers
 - Hospital authorities
 - County medical society, dental society, and local nurses' association
 - Individual doctors, nurses, dentists, veterinarians and county school superintendents
 - Self-surveys within county or communities
2. Enlist the cooperation of other groups interested in health programs:
- Farm and community organizations
 - Home demonstration councils
 - Medical and hospital auxiliaries
 - Voluntary health organizations
 - School and church groups
 - Civic groups and others
 - Chambers of commerce
 - Fraternal organizations
 - Veterans organizations
 - Unions
3. Develop a health program based on the outstanding needs revealed in the information obtained. Health areas frequently needing action are:
- Immunization and vaccination
 - Control of communicable diseases
 - Control of livestock diseases affecting man
 - Nutrition
 - Safety
 - In the home
 - On the job
 - Use and storage of insecticides and other chemicals
 - On the highway
 - At play
 - Weight control
 - Sanitation
 - Improved drinking water supply
 - Physical-dental examinations
 - Dental health
 - School health
 - Mental health
 - Personal and family health habits
 - First aid and home care of the ill
 - Special health problems of elderly people
 - Food handlers' training
 - Health insurance
 - Civil defense-disaster readiness

4. Plan and support efforts to get needed health personnel, services, facilities or equipment needed in the community or county and for which capable personnel will be available to use:
 - Health department
 - Doctors
 - Dentists
 - Veterinarians
 - Nurses
 - Volunteer personnel
 - Medical center or clinic
 - Ambulance
 - Hospital rooms
 - Iron lung
 - Incubator
 - Oxygen tent
 - X-ray equipment
 - Other
5. Cooperate and volunteer personal services in the planning and development of programs of:
 - Public health agencies
 - Control and prevention of communicable diseases
 - Health education
 - Career nurses' training program
 - Volunteer health agencies
 - Educational programs in special disease areas
 - Assistance in research efforts and in fund raising
6. Cooperate with your physician in his reporting of diseases, illnesses, injuries and deaths to your health officer.

How Can We Progress?

1. Counsel with local physicians, other professional personnel and health authorities.
2. Compile a directory of county, district and state health resources with brief directions for using these resources. Make available to interested individuals and groups.
3. Use all possible visual aids from public or private sources to begin and develop the program, such as charts, films, slides, exhibits and literature.

The following publications offer specific suggestions for study, planning and action:

A Full-time Local Health Unit, Texas State Department of Health, Austin, Texas

*County Health Inventory, Texas Agricultural Extension Service, College Station, Texas

Your Neighbors Health Is Your Business—Public Affairs Pamphlet No. 180, Public Affairs Pamphlets, 22 East 38th St., New York 16, N. Y.

*List of publications related to health improvement, Texas Agricultural Extension Service, College Station, Texas

Your Health: It's Up to You (What to Look for in a health examination), North Carolina Medical Society and North Carolina Extension Service, Raleigh, N. C.

Your Health Plan Guide, Council on Medical Economics, Texas Medical Society, 1801 North Lamar Blvd., Austin, Texas (Available from your family physician)

Family Health Record, American Medical Association (Available from your family physician)

4. Use local professional personnel and facilities for teaching and promoting health. For example: local nurse, doctor, public health officer, hospital.
5. Follow up local health incidents or accidents with positive health education.
6. Organize health demonstrations and contests; set up a health booth at county fairs. (Exhibits may be obtained from the American Medical Association, Chicago, Illinois, by payment of round-trip shipping charges.)
7. Organize health education tours to visit communities that have community health centers, hospitals or have well-planned health programs functioning.
8. Promote and assist in health programs in 4-H Clubs.
9. Promote and attend rural health conferences.

Who Can Help?

COUNTY GROUPS

County Health Personnel

Health officer, nurse, sanitarian

County Medical Society and Auxiliary

County Nurses' Association

County Department of Public Welfare

Volunteer Health Organizations

Tuberculosis Association

Heart Association

Cancer Society

Infantile Paralysis Chapter

Mental Health Society

*In preparation

Red Cross Chapter
Crippled Childrens Society
Others
County Home Demonstration Council
County Council of Parents and Teachers
Farm organizations
Church groups
Fraternal organizations
Veterans organizations

STATE

THE TEXAS MEDICAL ASSOCIATION, 1801 North Lamar Boulevard, Austin, Texas, will assist through:

Publications
Films on health which are loaned without charge
Radio programs
Speakers bureau services
Doctor placement bureau
Various standing committees
School health programs

THE TEXAS STATE DEPARTMENT OF HEALTH, 410 E. 5th Street, Austin, Texas, will:

Assist local health departments and official health officers
Support the health program by furnishing information and literature on health problems (including mental health)
Lend health, safety and human development films without charge
Furnish consultants in all phases of public health (especially disease prevention and control, maternal and child health environmental sanitation and occupational health)
Assist in organizing full-time local, county or district health departments
Give guidance in making health surveys

THE HOGG FOUNDATION FOR MENTAL HEALTH, University of Texas, Austin, Texas, offers:

Publications
Consultant services

TEXAS AGRICULTURAL EXTENSION SERVICE, College Station, Texas, provides:

Publications
Counsel and assistance of subject-matter specialists and others arranged for through county extension agents

COLLEGES AND UNIVERSITIES may provide:

Personnel
Materials and information
Administrative assistance in surveys

GUIDE FOR COUNTY HEALTH PLANNING

A. HEALTH IMPROVEMENTS WE NEED IN THIS COUNTY:

Most important needs:

Other needs:

B. WHAT WE WILL DO: (GOALS—OBJECTIVES—SERVICES—PROJECTS)

C. WHO CAN WE CALL ON TO HELP US:

D. SPECIFIC JOBS OR THINGS TO DO:

STEPS OR JOBS	WHO	WHEN

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