



21st  
Century  
Strategic  
Plan  
2001

Clean  
Indoor Air  
Act 2006

LIVABLE STREETS  
POLICY  
2010

Hands-  
only  
CPR

TOBACCO  
21 | LS  
2016

2015  
Health Needs  
Survey

2017  
Health Needs  
Survey

Lee's Summit 360°  
Charting Tomorrow

MetroCARE

# HEAB

- Assess health issues
- Develop plans to address issues
- Promote personal & community health
- Educate public & government agencies
- Evaluate outcomes

LIVABLE STREETS  
ADVISORY BOARD

Mental  
Health  
First Aid

HEALTHY  
Lee's Summit

LS HEALTH EDUCATION ADVISORY BOARD  
**LEE'S SUMMIT**

- Keys to success?
- Identify key needs/issues
  - Research fully
  - Is it good for LS?
  - Measure/evaluate board, staff
  - Build coalition, partners
  - Engage public, elected officials

# HEAB

**Assess health issues**

**Develop plans to address issues**

**Promote personal & community health**

**Educate public & government agencies**

**Evaluate outcomes**

# Clean Indoor Air



# Act *2006*



**Vote** **Yes!**  
for a **Smoke free**  
Lee's Summit and Independence

[www.cleanairkc.com](http://www.cleanairkc.com) **clean air** **VOTE YES!**  
Paid for by Vote Yes! Clean Air Lee's Summit. **LEE'S SUMMIT**



# HEAB

- Assess health issues
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- Promote personal & community health
- Educate public & government agencies
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## LIVABLE STREETS ADVISORY BOARD

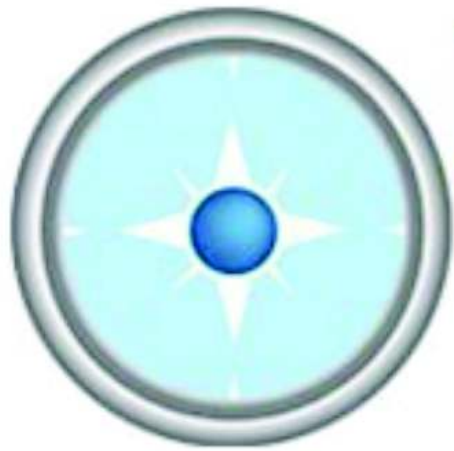


## Mental Health First Aid

## HEALTHY Lee's Summit

# LS HEALTH EDUCATION ADVISORY BOARD LEE'S SUMMIT

- Steps to success:**
- Identify key stakeholders
  - Research best practices
  - Be it good for LST
  - Formalize/establish board, staff
  - Build coalition, partners
  - Educate public, elected officials



# Lee's Summit 360°

*Charting Tomorrow*

**LIVABLE STREETS**

**POLICY**

**2010**





# LIVABLE STREETS ADVISORY BOARD







## Livablestreets Lee's Summit





21st  
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LIVABLE STREETS  
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HEALTHY  
Lee's Summit



## HEALTH EDUCATION ADVISORY BOARD LEE'S SUMMIT

How to succeed?  
- Identify key needs/issues  
- Research local  
- Is it good for LS?  
- Present to/consult board, staff  
- Build coalition, partners  
- Educate public, elected officials

LSHEAB



**MetroCARE**

# Hands- only CPR



**BAPTIST-TRINITY LUTHERAN**  
LEGACY FOUNDATION





# Mental Health First Aid

**BAPTIST-TRINITY LUTHERAN**  
LEGACY FOUNDATION

# 2015 Health Needs Survey



**Priorities:**

- \*Obesity
- \*Distracted Driving
- \*Alcohol and drug use
- Tobacco use
- Mental Health
- Firearms Safety

\*Top 3 in both 2015 & 2017

# Priorities:

- **\*Obesity**
  - **\*Distracted Driving**
  - **\*Alcohol and drug use**
  - **Tobacco use**
  - **Mental Health**
  - **Firearms Safety**
- \* Top 3 in both 2015 & 2017**



TOBACCO



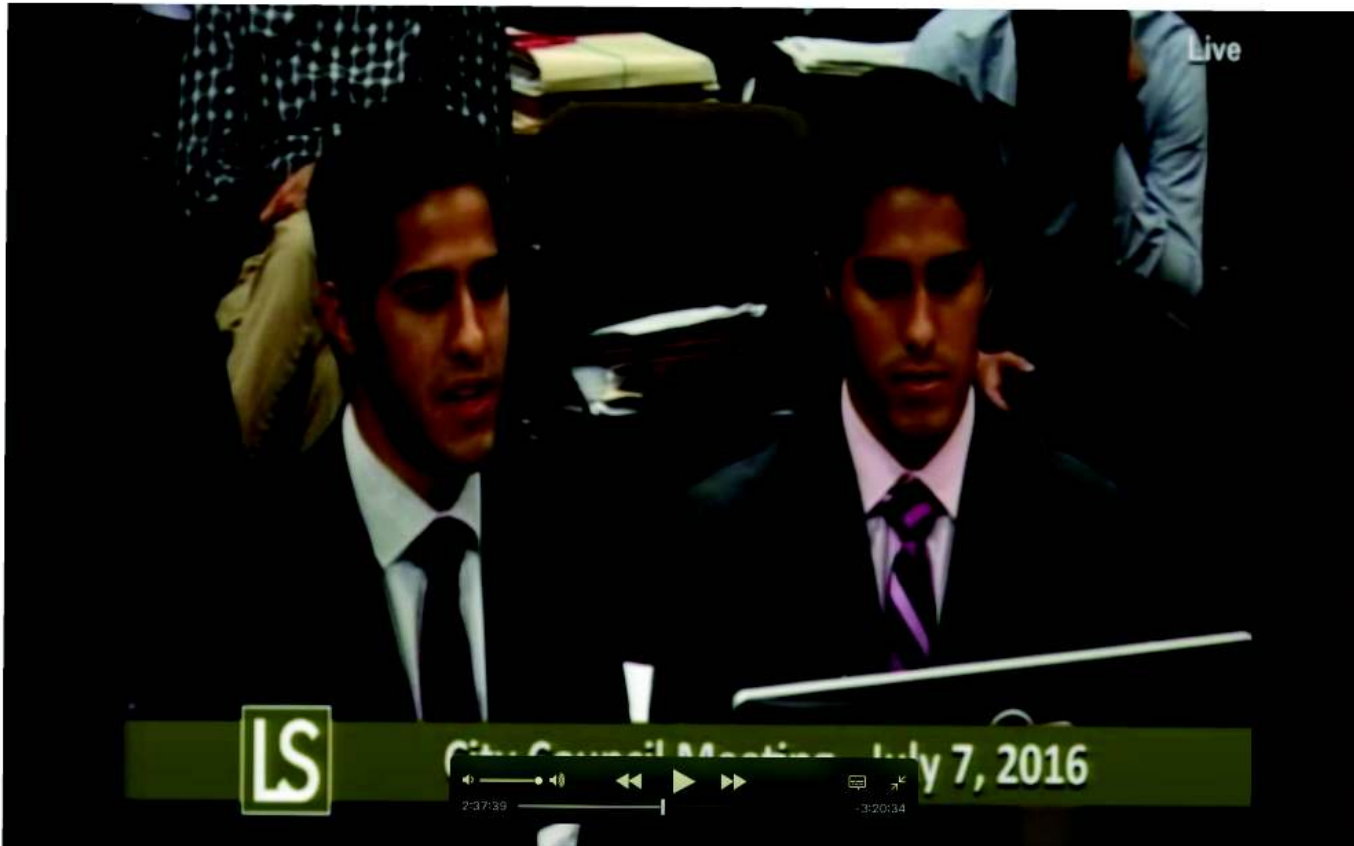
21



**2016**



TOBACCO  
21 | LS



# 2017 Health Needs Survey





**LEE'S SUMMIT  
COMMUNITY  
REPORT CARD  
2017**

**INSIDE:**

Demographic Breakdown  
Community Identified Concerns  
Access and Satisfaction



# LEE'S SUMMIT

## COMMUNITY IDENTIFIED CONCERNS

### TOP HEALTH CONCERNS:

1.



62% of Lee's Summit residents identified **Distracted Driving** as a Top 3 Health Concern.

2.



43% of Lee's Summit residents identified **Overweight/Obesity** as a Top 3 Health Concern.

3.



36% of Lee's Summit residents identified **Alcohol/Drug Use** as a Top 3 Health Concern.



HEALTHY



*Lee's Summit*

# HEALTHY

*Lee's Summit*

## STRATEGIC PRIORITIES



SAFETY

Distracted Driving



Firearms Safety



WELLNESS

Obesity



Mental Health



PUBLIC HEALTH

Drug & Alcohol Abuse

RES. NO. 16-12 A RESOLUTION OF SUPPORT FOR LEE'S SUMMIT CARES IN THEIR MIND ON THE RISK OF MARIJUANA RELATED PROBLEMS.

Marijuana Ordinance Task Force



Hands-Only CPR

TWO STEPS TO STAYING ALIVE



Tobacco



# Distracted Driving



# Distracted Driving

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Are You a Safe Driver?



**ThinkFirst**

National Injury Prevention Foundation

[www.thinkfirst.org](http://www.thinkfirst.org)

# Firearms Safety



# HEALTHY

*Lee's Summit*

## STRATEGIC PRIORITIES



SAFETY

Distracted Driving



Firearms Safety



WELLNESS

Obesity



Mental Health



PUBLIC HEALTH

Drug & Alcohol Abuse

RES. NO. 16-12 A RESOLUTION OF SUPPORT FOR LEE'S SUMMIT CARS IN THEIR MIND ON THEIR BEST MARIJUANA RELATED PROBLEMS.

Marijuana Ordinance Task Force



Hands-Only CPR

TWO STEPS TO STAYING ALIVE



Tobacco



# Obesity

Shape  
Lee's  
Summit Up



# January

January is the time for new beginnings so we are excited to announce the launch of Shape Up Lee's Summit. This brand new program is designed to bring people together while making a healthy impact in the community. We are excited to have you take this journey with us, please let us know if you have any questions or ways that we can improve. Stay healthy, Lee's Summit!



## Monthly Challenge

### Fitness

**Increase your Daily Steps.**  
The American Heart Association recommends 10,000 steps a day. Not there yet? Just keep improving each day!

**Ways to track your steps:**  
Pedometers, Nike+, Map My Run, Fitbit, Garmin, Jawbone, etc.



### Nutrition

**Journal Your Food.**  
According to Science Daily, keeping a daily journal will double your success with your lifestyle change.

**Tools to track your food:**  
Myfitnesspal, Fooducate, Spark People, Loseit, Paper

## Quick Facts

- Don't have time? Breaking your activity into smaller segments still provides health benefits.
- Logging your physical activity will allow you to see progress, obstacles and keep you motivated.

Journaling helps...

- ensure balanced meals
- reduce emotional eating
- identify food sensitivities
- hold you accountable



Lee's Summit CARES  
Community of Character

### Courage

The quality of mind or spirit that enables a person to face difficulty, danger, pain with firmness; to act in accordance with one's beliefs in spite of criticism.

**The Mission of Shape Up Lee's Summit is to empower our community to get active and make healthy choices by providing education and encouragement!**

*\*Check with your doctor before starting any new activity*

**LS** HEALTH EDUCATION ADVISORY BOARD  
**LEE'S SUMMIT**



# Mental Health



# HEALTHY

*Lee's Summit*

## STRATEGIC PRIORITIES



SAFETY

Distracted Driving



Firearms Safety



WELLNESS

Obesity



Mental Health



PUBLIC HEALTH

Drug & Alcohol Abuse

RES. NO. 16-12 A RESOLUTION OF SUPPORT FOR LEE'S SUMMIT CARES IN THEIR MIND ON THE RISE: MARIJUANA RELATED PROBLEMS.

Marijuana Ordinance Task Force



Hands-Only CPR

TWO STEPS TO STAYING ALIVE



Tobacco



# Drug & Alcohol Abuse

RES. NO.  
16-12

A RESOLUTION OF SUPPORT FOR LEE'S SUMMIT CARES IN THEIR MISSION TO REDUCE MARIJUANA RELATED PROBLEMS.

Marijuana Ordinance  
Task Force



## RESOLUTION NO. 16-12

A RESOLUTION OF SUPPORT FOR LEE'S SUMMIT CARES IN THEIR MISSION TO REDUCE MARIJUANA RELATED PROBLEMS.

WHEREAS, Long-term marijuana abuse can lead to addiction. In 2013, there were 7,987 drug treatment admissions with marijuana identified as the "primary drug" abused. 91% of people using publicly-funded treatment services for marijuana were 18 and under at age of first use; and,

WHEREAS, Current research has demonstrated the earlier marijuana use begins, the more likely the user will become dependent on it or other types of drugs later in life. Regular marijuana users have a 40% chance of becoming addicted; and,

WHEREAS, The age of first marijuana use in Missouri is 13.88 years and nationally it is 13.94 years; and,

WHEREAS, 16% of the Missouri youth that reported marijuana use were daily users; and,

WHEREAS, Marijuana impairs the brain's effectiveness, ability to concentrate, coordination and ability to retain information by changing the way sensory information reaches and is processed by the brain. Compared to non-smoking peers, students who smoke marijuana tend to get lower grades and are more likely to drop out of high school. Students who use marijuana before age 15 are three times more likely to have left school by age 16; and,

WHEREAS, in Colorado from 2006-2011, traffic fatalities involving drivers testing positive for just marijuana increased 114%. Colorado began a medical marijuana program from 2000-2009, with expanded medical use from 2009-present and fully legalized in 2012; and,

WHEREAS, Federal excise taxes collected on alcohol in 2007 totaled around \$9 billion; states collected around \$5.5 billion. Combined, these amounts are less than 10 percent of the estimated \$185 billion in alcohol-related costs to health care, criminal justice, and the workplace in lost productivity. It's estimated that taxing marijuana would produce the same gap in tax revenue vs. marijuana related costs (health care, criminal justice, workplace, etc); and,

NOW THEREFORE, BE IT RESOLVED BY THE COUNCIL OF THE CITY OF LEE'S SUMMIT, MISSOURI, as follows:

SECTION 1. That the City Council for the City of Lee's Summit, Missouri is against the legalization of marijuana for recreational or medical purposes outside of the FDA process:

SECTION 2. That the City of Lee's Summit will:

- A. Educate the general public of its endorsement of this Resolution.
- B. Educate the Governor and members of the state legislature of its endorsement of this Resolution, to the extent permitted by law, and urge the general public to do the same.



# Marijuana Ordinance Task Force



# CAN'T FLUSH THIS

## Drug Take-Back Permanent Drop-Boxes

**Jackson County Sheriff's Office:**  
4001 NE Lakewood Court

**Lee's Summit Police Department:**  
10 NE Tudor Road

**Lee's Summit Medical Center ER:**  
2100 SE Blue Parkway

**Saint Luke's East ER:**  
100 NE Saint Luke's Blvd.

*Help keep our water  
supply clean and  
dispose of medications  
responsibly, safely and  
confidentially*

We will accept both prescription  
and over-the-counter medication.  
No needles or inhalers.

Go to [LSCares.org](http://LSCares.org) or call the  
Jackson County Sheriff's Office at  
(816) 541-8017 for more information.

SPONSORED BY:



Jackson County  
**COMBAT**

Save a life. Save a neighborhood.

**LS** WATER UTILITIES  
**LEE'S SUMMIT**



# THE OPIOID CRISIS



## Prescription Drug Monitoring Program



ISIS



**Prescription Drug Monitoring Program**





# Hands-Only CPR



# Tobacco





**Carcinogenic hydrocarbons**  
**Formaldehyde**  
**Metal Microparticles**  
**Nicotine**  
**Propylene glycol**  
**Propane diol**





**77% of Lee's Summit residents say  
electronic cigarette use  
should NOT be allowed inside all public  
places. (2017 JCHD Survey)**



**No Smoking**  
**No Vaping**

Washington Clean Indoor Air Act, RCW 70.160 / Clark County Ordinance No 2015-04-10

# HEALTHY

*Lee's Summit*

## STRATEGIC PRIORITIES



SAFETY

### Distracted Driving



WELLNESS

### Obesity



PUBLIC HEALTH

### Drug & Alcohol Abuse

RES. NO. 18.12 A RESOLUTION OF SUPPORT FOR LEE'S SUMMIT COUNCIL IN THEIR MISSION TO REDUCE MARIJUANA RELATED PROBLEMS

Marijuana Ordinance Task Force



### Firearms Safety



### Mental Health



### Hands-Only CPR

TWO STEPS TO STAYING ALIVE



### Tobacco



21st Century Strategic Plan 2001

Clean Indoor Air Act 2006

LIVABLE STREETS POLICY 2010

Hands-only CPR

TOBACCO 21 LS 2016

Lee's Summit 360° Charting Tomorrow



2015 Health Needs Survey

2017 Health Needs Survey

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LIVABLE STREETS ADVISORY BOARD

Mental Health First Aid

HEALTHY Lee's Summit



HEALTH EDUCATION ADVISORY BOARD  
**LEE'S SUMMIT**

Key Stakeholders  
Identify key stakeholders  
Research needs  
Involve public for LS  
Monitor and evaluate progress  
Build coalition Partners  
Release public health message

HEALTHY Lee's Summit

STRATEGIC PRIORITIES



Obesity



Mental Health



Drug & Alcohol Abuse



Firearms Safety









Hands-Only CPR



Tobacco



## Keys to success?

- Identify key needs/issues
- Research facts    
- Is it good for LS?
- Passionate/talented board, staff
- Build coalition; Partners 
- *Educate* public; elected officials 







# Supporters



**LEE'S SUMMIT  
CHAMBER**



**LEE'S SUMMIT  
R-7 SCHOOLS**  
*Learning for Life*



**LS HEALTH EDUCATION ADVISORY BOARD  
LEE'S SUMMIT**



Lee's Summit CARES

*ReDiscover* Help, Hope, and Healing



**LEE'S SUMMIT  
MEDICAL CENTER**

**TMC**  
TRUMAN MEDICAL CENTERS

**Saint Luke's**  
HEALTH SYSTEM

# Print/online media



# Social media



# Print/online media



# Social media

# Social media



**Tobacco 21: Protecting Our Youth from Nicotine Addiction - Lee's Summit Tribune - Lee's Summit News**  
Lee's Summit News and Events.  
lstribe.net


Terry Trallon and 8 others 2 Shares


Like Comment Share

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**LS** Lee's Summit Health Education Advisory Board shared **Kansas Children's Service League's** post.  
June 30, 2016 at 6:43pm · 🌐

Good tips for the upcoming holiday! Stay safe and have fun, Lee's Summit!

 **Fireworks Safety Rules and Tips for Families**  
Fireworks are part of many Fourth of July celebrations.  
parents.com

 **Kansas Children's Service League**  
June 29, 2016 at 7:03pm · 🌐


Here are some great safety tips to keep in mind as we head into the #4thofJuly weekend. Via [Parents Magazine](#)  
<http://www.parents.com/holiday/july-4th/safety/fireworks-safety/>

Like Comment Share

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**LS** Lee's Summit Health Education Advisory Board shared **Tobacco21 KC's** post.  
June 27, 2016 at 2:42pm · 🌐

Lee's Summit has the opportunity soon to support #tobacco21, and raise the minimum purchasing age of tobacco products from 18 to 21.



Open "lm.facebook.com/l.php?u=http%3A%2F%2Flstribe.net%2Fopinion%2Ftobacco-21-protecting-our-youth-...iwUgfsugmxbpSUzoHpxOuQYAPNK58\_oGeurL-1ZsyXlHWMfRt26kni0Aw\_qv2ATMo5dLeZdgu&s=1" in a new tab



21st Century Strategic Plan 2001

Clean Indoor Air Act 2006

LIVABLE STREETS POLICY 2010

Hands-only CPR

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Lee's Summit 360° Charting Tomorrow

MetroCARE

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LIVABLE STREETS ADVISORY BOARD

Mental Health First Aid

HEALTHY Lee's Summit

# LS HEALTH EDUCATION ADVISORY BOARD LEE'S SUMMIT

What is a summit?  
 Identify key neighborhoods  
 Research issues  
 Is it good for LLS?  
 Who are the stakeholders?  
 Build consensus: Partners  
 Educate public, government officials  
 Implement

## HEALTHY Lee's Summit

### STRATEGIC PRIORITIES

- SAFETY: Distracted Driving, Firearm Safety
- WELLNESS: Obesity, Mental Health
- PUBLIC HEALTH: Drug & Alcohol Abuse, Hands-Only CPR, Tobacco