



Community Health Improvement Plan Update 2018-2021



Green River District Health Department

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COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)

A Community Health Improvement Plan (CHIP) is a long term strategic plan to address priority health issues identified within a community. The CHIP was created through a community-wide collaborative process involving partners and the public to assess strengths, weaknesses, challenges and opportunities within our community and identify the overarching goals necessary to improve the health of the community. It is intended to serve as a vision and framework for guiding the development of policies and implementation of actions that promote health. Through sustained, focused efforts, community members can align and leverage resources and engage partners to assess, plan, develop, support and implement strategies which will directly impact community health outcomes and indicators. We encourage community members individually, within your organizations, and collectively as a community to become involved and commit to improve the health and well-being of Kentuckians living in Green River District.



The 2018-2021 Community Health Improvement Plan and the 2018 Community Health Assessment report, Data Sheets and Forum Presentation Recaps can be accessed at:

<http://healthdepartment.org/community-health/community-health-plans/>

PLANNING AND PROCESS

The methodology used for the 2018 Community Health Assessment was Mobilizing for Action through Planning and Partnerships (MAPP). This interactive, community-driven strategic planning process was a natural selection after its success in the previous cycles (2012-2015) and (2015-2018). The MAPP framework assesses the capacity of the public health system in meeting the specific health status needs of a community or in Green River's case, each of the seven counties we serve. It naturally builds a stronger public health infrastructure through partnerships and promotes community responsibility for health. MAPP uses four unique assessments to identify issues influencing public health and the resources to address them. The assessments used in the MAPP process include: Community Health Status Assessment, Community Themes and Strengths Assessment, Forces of Change Assessment and the Local Public Health System Assessment. GRDHD utilized a variety of methods to inform the MAPP assessments. The summaries and findings from these assessments are then presented to each county via a community forum. This information will guide them into choosing their strategic initiative focus areas for their community.

	Themes and Strengths Assessment	Forces of Change Assessment	Local Public Health System Assessment	Health Status Assessment
CASPER	X	X		
Community Dialogue		X		
Photo Voice	X		X	
Data Sheet				X
NPHPSP LPHS			X	

Identifying Strategic Issues

The preliminary findings of the Community Health Assessment were used to help community stakeholders select areas of focus to improve the health of their communities. Those that were in attendance were able to participate in the MAPP Process, develop a community vision, provide input to the findings of the assessments and tentatively select their priority areas for each county. A summary of the visioning, assessments and data including social determinants of health was presented at each of the county Community Health Assessment Forums beginning in March 2018.

Social determinants have been proven to have one of the greatest impacts on overall health and be the hardest to change or impact. Social determinants are economic and social conditions that have a great influence on the health of people and communities. These social determinants can affect the access you have to resources, lack of health literacy or knowledge about needed/available services, or other external factor including ability to pay, discrimination, or even your housing conditions which increase risk for health conditions. According to HealthyPeople.gov “social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.” The final decision for the county strategic initiatives were made in their regularly scheduled meetings as a group. Local community coalitions represented by multiple partner agencies selected priority issues, developed goals and will implement evidence based programs, policies and interventions to address these areas identified in the 2018-2021 Community Health Improvement Plan. In some cases sub-committees or coalitions may “co-sponsor” with membership organizations to achieve goals/tactics. As groups implement evidence based programs and complete the steps toward achieving their established goals, status reports are submitted to the Green River District Health Department.

Taking Action

A few county coalitions chose to invite GRDHD to facilitate the discussion and activities pertaining to finalizing their strategic initiatives and setting their goals and objectives. While other county coalitions decided to do the same thing, but they used their collective knowledge and understanding of the process with GRDHD representatives as an active participants. Those goals and objectives will be implemented, tracked and evaluated by the county coalitions throughout the 2018-2021 cycle. Monitoring progress and collecting data will be ongoing and reported through local coalitions and Green River District Health Department. The following updates cover Year 1 progress (November 2018-April 2019).

Community Partners Take Action

- United Way launched “Green River 211” a service line to call for community resource assistance in the Green River District. 211 will also collect data on what type of assistance people in each county will be asking for, which will help lead community services in the right direction.
- Trinity High School along with Whitesville City Hall, St. Mary of the Woods Catholic Church, Mary Carrico Catholic School, Whitesville Elementary, Kentucky Agency for Substance Abuse, Green River District Health Department and River Valley Behavioral Health had the opportunity to participate and host an event sponsored by a grant for opioid funding. The goal of the event was to bring awareness about substance use, E-Cigarettes, Casey’s Law and provide

resources to the community. Attendees were encouraged to bring their unused/unwanted medication for safe disposal. This was hosted on March 19th, 2019 and there was a total of 111 attendees representing both parents and professionals.

- Henderson Methodist Hospital's Pharmacy has taken on a project partnering with community organizations to begin an opioid disposal program. The Hospital currently has a disposal program with a disposal box for unused prescription drugs at the Elm Street entrance.

The 2018-2021 CHIP Aligns with National and State Priorities

Each county will feature an alignment chart that demonstrates the process included consideration of both national and state health improvement priorities. Including:

- ❖ **The 10 Essential Public Health Services**- The National Public Health Performance Standards Program (NPHPSP) tool used to measure the capacity of the Public Health System to deliver the ten Essential Public Health Services (EPHS).
- ❖ **Healthy People 2020**- A 10-year national agenda with outlined objectives for improving America's health.
- ❖ **Kentucky Department of Health's State Improvement Plan**- statewide health improvement goals and objectives. The KSHIP areas of focus to improve health outcomes are:
 - Substance Use
 - Smoking
 - Obesity
 - Adverse Childhood Experiences
 - Integration to Health Access

Essential Public Health Services

1. Monitor health status to identify community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure a competent public and personal health care workforce.
9. Evaluate effectiveness, accessibility and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.


Plans for Policy and System Level Changes

Green River District Health Department is proud to say that this cycle of the Community Health Improvement Cycle features more plans for policy and system level changes to alleviate health inequities than ever before. We continue to educate in various platforms including the health coalitions that it is simply not enough for individuals to be taught behavioral changes to live healthier lives. We as an agency have shifted the focus and approach to now exploring and implementing policy, systems and environmental changes. What's more is the fact that we can see that the majority of our community partners are shifting their mindsets and tactics as well.

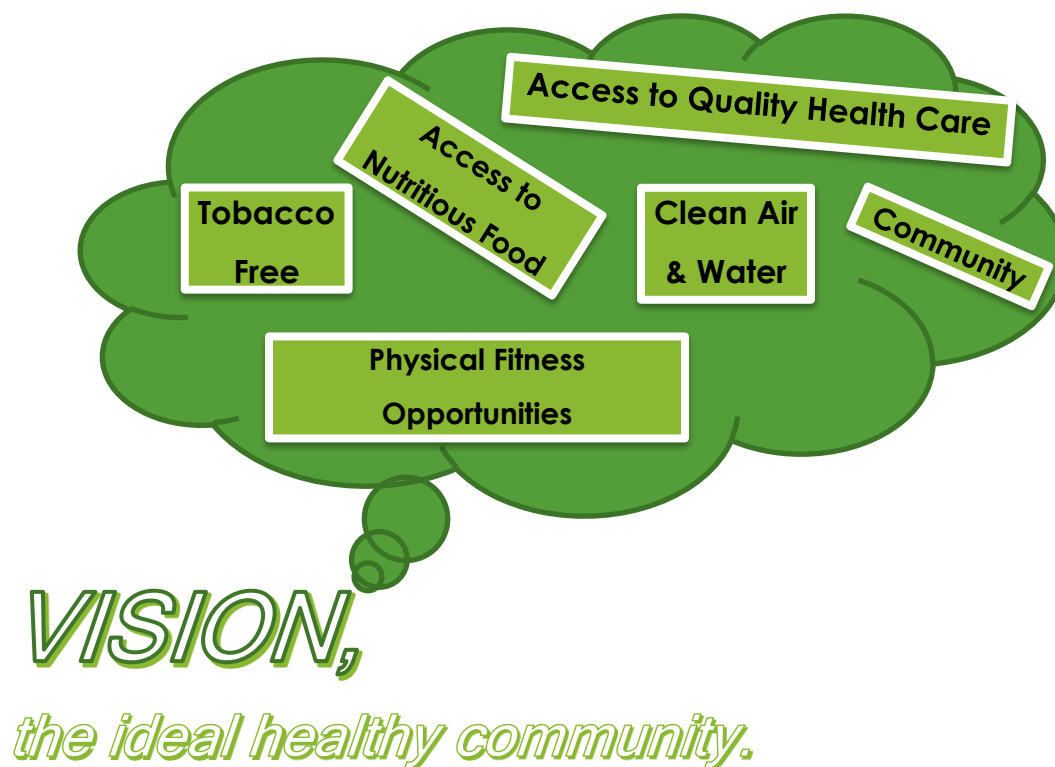
The Health Impact Pyramid (right), developed by previous CDC Director, Dr. Thomas Frieden, displays the smallest to largest impact of factors affecting health. The CHIP strategies and objectives reflect all tiers of this pyramid, but will prioritize Policy, Systems and Environmental changes as interventions with the potential for high impact for the total population.

Source: Frieden T. *Am J Public Health*; 2010; 100(4)



Watch for the  throughout the document. It will indicate the potential for policy and system changes.

Green River District Community Health Improvement Plan Initiatives



Below, you will find actions that GRDHD has identified to support the Community Health Improvement Plan initiatives at county and district levels. As the counties continue to convene these focus areas will further develop. Below you will see Year 1 Progress, what has been chosen and what has taken place since the publication of the 2018-2021 CHIP document.

Green River District	
Mental Health:	GOAL: Increase education and awareness of mental health concerns
<ul style="list-style-type: none"> GRDHD will offer 3 Mental Health related community or professional events to the district by January 2020. In 2019, Healthy Henderson will partner with the Green River District Health Department to explore the possibility of training Boys and Girls Staff in Teen Outreach Program evidence-based curriculum. The curriculum promotes the positive development of adolescents through curriculum-guided, interactive group discussions; positive adult guidance and support; and community service learning. 	

**Substance Abuse: Including
Alcohol and Tobacco Use**



GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs.

- Throughout the 3 year CHIP Cycle, GRDHD will continue to promote, support and advocate for an all-inclusive Tobacco Free Policy in each county of the District. We will continue to work with schools to strengthen language and assist with monitoring/enforcement of violations.
- Throughout the 3 year CHIP Cycle, Support and promote evidence-based smoking cessation programs throughout the district.
 - Progress Notes: Feb 19th 2019- "NOT" (Not on Tobacco Program) training designed to promote cessation and reduce tobacco use among adolescent smokers. The training focuses on youth fourteen years and up. There was a total of fourteen attendees from the Green River District.
 - Free Nicotine Replacement Therapy is available to residents by calling 1-800-QUIT-NOW. This is sponsored by GRDHD and Owensboro Health Community Benefits Grant.
 - The Regional Tobacco coalition is a group made up of community partners around the Green River District that work to prevent the initiation of tobacco, promote cessation, promote tobacco free policies, including vapor. This group targets diverse population sets will supporting and promoting Freedom from Smoking classes in Daviess, Henderson, Ohio and Union Counties.
- Through a grant written by the GRDHD Maternal/Child Health (MCH) coordinator, newspaper/ social media (GRDHD Facebook) and educational opportunities will be used to promote the benefits of smoking cessation during pregnancy.
 - Progress Notes: There were multiple posts on GRDHD social media pages to expand the outreach to the public by the MCH Coordinator/project lead. The posts included the infographic "What's in an E-Cigarette" created by March of Dimes, Quit Now Kentucky, and Kentucky Folic Acid and Perinatal Partnership seen by over 4,000 individuals.
 - Multiple educational opportunities consisted of the "Oh Baby" event in Daviess County in September, two "Healthy Baby Workshops" and two educational visits to a local women's shelter all of which provided education and opportunities to enroll in smoking cessation.
- The Regional Tobacco Coalition will work with local school systems to promote smokeless tobacco education, particularly e-cigarettes.

- Progress Notes: Multiple educational opportunities have taken place to discuss the harms and effects of the smoking alternative called JUUL with parents and community groups.
- Upon enactment, GRDHD will form and strengthen partnerships in order to provide services and resources to those involved in the Harm Reduction Syringe Exchange Program (HRSEP) throughout the 3 year CHIP cycle.
 - Progress Notes: GRDHD sent 11 staff members on January 10th to observe the setup and flow of the HRSEP in Muhlenberg County. Daviess County Health Center sent 7 staff and Henderson County Health Center had 4 travel to Muhlenberg County to learn best practices and get advice on opening a HRSEP.
 - Staff attended the 2019 Harm Reduction Summit in April. The staff then shared the information with other staff on barriers to implementing a HRSEP and how to improve the quality of service provided at the GRDHD HRSEP.
 - GRDHD is partnering with Owensboro Regional Recovery to contract a Peer Recovery Mentor to work in the HRSEP in Daviess and Henderson Counties.
- Throughout the 3 year CHIP Cycle, GRDHD will continue to advocate for the implementation of the HRSEP throughout the District.
 - Progress Notes: Daviess County began the program in February 2019, Henderson County began the program in March 2019. Collectively the programs have seen 22 unique client visits, 37 total visits. The main drug of choice for the clients is Methamphetamine.
- Upon enactment, GRDHD will network with partners on recovery services for those involved in the HRSEP throughout the 3 year CHIP cycle.
 - Progress Notes: Hosted a meeting with River Valley Behavioral Health (RVBH) staff to highlight GRDHD Syringe Exchange Program for links to referrals.
 - Recruited Syringe Exchange Program subject matter experts for speaking engagement focused on hospitals and healthcare providers to increase awareness, education, and provide referrals to HRSEP and linkage to treatment.

Exercise and Nutrition Education

GOAL: Increase collaboration in health related community events.

- GRDHD will participate in at least 5 health-related community events promoting evidence based information on health and wellness by 2021.
 - Progress Notes: Below, in the individual County Community Health Improvement Plan Initiatives you will find there have been many health related community events in our

district. GRDHD is proud to have staff participate and share information at these events.

- During the 3 Year CHIP Cycle, GRDHD will expand upon nutrition education opportunities throughout the district.

**The information in this graph is preliminary. Each coalition has the right to modify to best fit their community.*

Daviess County Community Health Improvement Plan Initiatives



Below, you will find a brief overview of what Healthy Horizons, Daviess County's Health Coalition will focus on for 2018-2021. GRDHD and coalition members are responsible for leading the planning phase for the development of SMART objectives, measures, targets and actions. Below you will see Year 1 Progress, what has been chosen and what has taken place since the publication of the 2018-2021 CHIP document.

DAVIESS COUNTY	
Healthy Head to Toe	GOAL: To address health and well-being from a whole body approach.
<ul style="list-style-type: none"> The Access to Care team decided to merge with the Healthy Head to Toe group. <u>Access to Care:</u> <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> The group stays vigilant of Medicaid updates to share with the community and partners. <u>Promotion:</u> Sharing resources with community, engage key community members , Better Bites Expansion, Healthy Food and Snack Choices, Healthy Options 	

- Progress Notes: The Healthy Head to Toe subcommittee launched the "Healthy Head to Toe" social media campaign to promote "What healthy means to you and your organization." Photos can be submitted to the email bhealthyheadtotoe@gmail.com
- Continuing to meet with local community partners to expand the Better Bites Program into different venues.
- Mental Health is of high importance to this group. They are brainstorming and discussing ways to incorporate and outline specific Mental Health goals and initiatives.

Substance Abuse: Including Alcohol and Tobacco Use



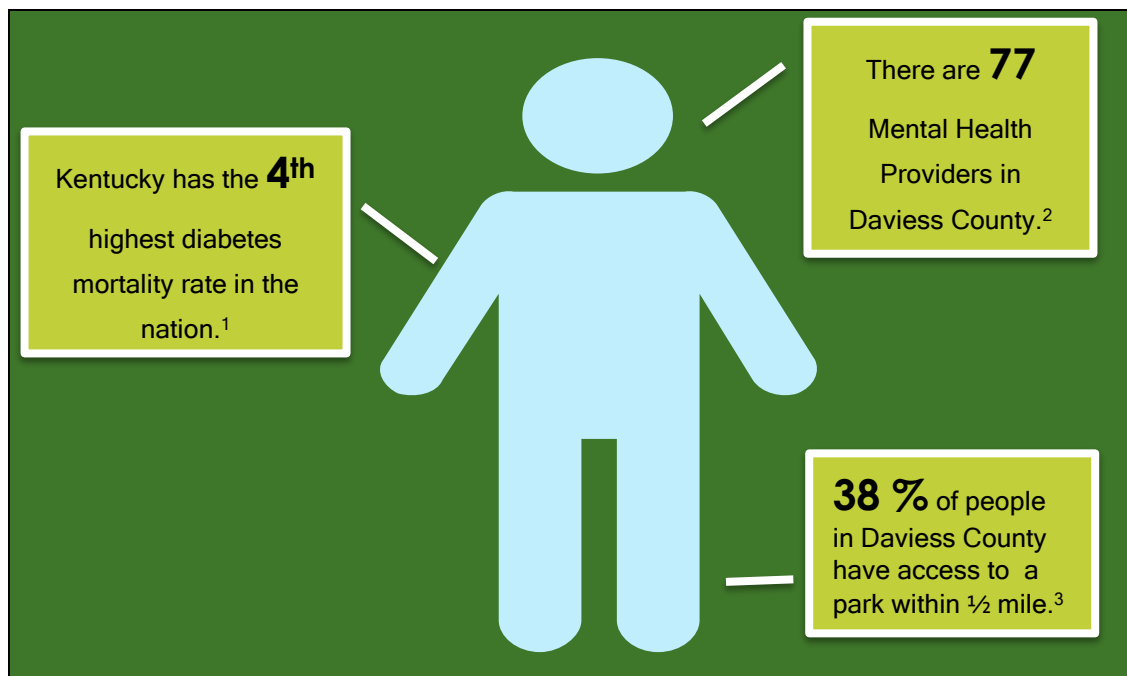
GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs.

The Daviess County ASAP, Daviess County Treatment Providers and the Alliance for a Drug Free Owensboro and Daviess County groups report to the coalition on their activities. The following is a representation of their progress from November 2018-April 2019.

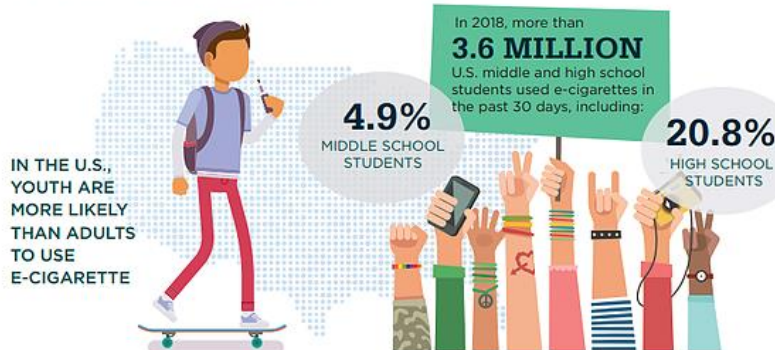
- Throughout the 3 year CHIP Cycle, the subcommittee will focus on four main groups consisting of: Marijuana, Alcohol, JUUL and Opiates.
- Throughout the 3 year CHIP Cycle, the subcommittee will continue to promote, support and advocate for an all-inclusive Tobacco Free Policy.
- Throughout the 3 year CHIP Cycle, support and promote evidence-based smoking cessation programs throughout the district.
 - Progress Notes: Freedom from Smoking classes are periodically offered at Owensboro Health Hospital. To learn more or to register call, 270-688-3291.
 - Free Nicotine Replacement Therapy is available to Daviess county residents sponsored by GRDHD and Owensboro Health Community Benefits Grant. Daviess County residents are reported to be the top (#1) of the 1-800-QUIT-NOW calls made in the district.

**The information in this graph is preliminary. Each coalition has the right to modify to best fit their community.*

Data Supporting Daviess County CHIP Initiatives



E-CIGARETTES ARE THE MOST COMMONLY USED TOBACCO PRODUCT AMONG YOUTH.



All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.

Local, State and National Alignment

10 Essential Public Health Services: 3, 4, 9,10

Healthy People 2020: **MH**-Mental Health, Nutrition, Physical Activity and Obesity, **SA**-Substance Abuse, **TU**-Tobacco Use

KY SHIP: Obesity, Substance Use Disorder, Smoking



Hancock County Community Health Improvement Plan Initiatives



Below, you will find a brief overview of what Hancock County's Health Coalition will focus on for 2018-2021. GRDHD and coalition members are responsible for leading the planning phase for the development of SMART objectives, measures, targets and actions. Below you will see Year 1 progress, what has been chosen and what has taken place since the publication of the 2018-2021 CHIP document.

HANCOCK COUNTY	
Support/Collaborate Community Events	GOAL: To increase partnership opportunities with Hancock County Health Coalition
<ul style="list-style-type: none"> Secure 3 new community partners by 2021 <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> Meeting with Judge Executive on partnering with the coalition Encourage new partners by promoting HCHC while attending other committees/events. Host a Recycle Day with Hawesville Lions Club & Lewisport Lions Club Promote HCHC more through social media & local newspaper by providing monthly column/ healthy hint and/or accurate resources for health information. 	

<p>➤ <u>Progress Notes:</u> Have shared flyers on health topics from health coalition partners on our Facebook page and on partner's social media. Have promoted our events through social media. Working on assigning local newspaper article details.</p>	
Access to Care	GOAL: Increase participation in the Access To Care Van by 10 new clients by the end of 2021
<ul style="list-style-type: none"> Promote the availability of the van through HCHC social media Promote the availability of the van through local newspaper by advertising 	
Healthy Lifestyles	GOAL: Increase education and awareness of health concerns for community members and provide activities to Hancock County citizens that promote healthy lifestyles
<ul style="list-style-type: none"> Offer the Lewisport Heritage 5K event as part of the local Lewisport Heritage Festival <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> HCHC offers two scholarships to local high school students interested in pursuing a health related field of study after graduation. Applications accepted through March 2019. Funds raised through the 5K make the scholarships possible. The remainder of 5K funds support our health coalition efforts for the year. Offer the 100 Mile Club event which encourages participants to walk 100 miles or more between Memorial Day and Labor Day with a celebration of all participants' efforts and prizes for each participant at end. Offer the Deaconess Mobile Mammography Unit for mammograms. Host Lunch 'n Learn events on various health topics (includes free meal, speaker, door prizes, and literature about topic) <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> Sepsis Lunch and Learn held in November 2018, Diabetes Lunch and Learn held March 15, 2019 Participate in local health fairs (local industry and Senior Center event) <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> Ten Warning Signs of Alzheimer's, an Alzheimer's Association discussion for the general public was hosted at the Hancock County Senior Center on April 4, 2019. Provide Teen Health Fair at our high school in partnership with Family Resource Participate in the Breast Cancer Awareness Day at a local grocery's annual event 	
Substance Abuse: Alcohol, Tobacco and Other Drugs	GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs.
<ul style="list-style-type: none"> Promote, support and advocate all-inclusive tobacco policies 	

- Progress Notes: Met with Judge Executive. Will review data and summaries for Hancock County to gauge impact and help in decision making for the health coalition.

Data Supporting Hancock County CHIP Initiatives

Obesity and lack of exercise are related to an increase risk for cancer and cancer mortality, as well as heart disease, the two leading causes of death in our region.

It is estimated that 1 in 3 Kentuckians exhibits signs of pre-diabetes.²



	2013	2014	2015	2016	2017
Obesity					
Green River District	31.8	31.3	34.2	30.1	32.4
Kentucky	31.3	33.2	31.6	34.6	34.2
Adults who get any physical activity					
Green River District				63.7	64.5
Kentucky				67.5	70.2
Adult Diabetes					
Green River District	9.2	11.9	13.6	12.1	17
Kentucky	10.7	10.6	12.5	13.4	13.1
Adult Asthma					
Green River District	7.6	9.2	16.4	11.4	11.4
Kentucky	11.1	9.5	11.9	11.9	11.6
Oral Health – Adults who visited dentist within past year					
Green River District	64.4		61.6		55.3
Kentucky	60.3		61.0		61.8
Disability – Adults with limited activity due to physical, mental, or emotional problems					
Green River District	26.7	23.1	24.1	21.8	31.3
Kentucky	26.2	25.8	27.6	26.5	25.7

Source: BRFSS, Area Development District (ADD) Profiles, 2014-2017

Top 3 Causes of Mortality in Green River District ¹

Cancer

Heart Disease

Disease of the Lungs



Local, State and National Alignment

10 Essential Public Health Services: 3, 4, 7, 9, 10

Healthy People 2020: Nutrition, Physical Activity and Obesity, **D**-Diabetes, **ECBP**-Educational and Community Based Programs

KY SHIP: Obesity, Integration to Health Access

Henderson County Community Health Improvement Plan Initiatives



Below, you will find a brief overview of what Healthy Henderson, Henderson County's Health Coalition will focus on for 2018-2021. GRDHD and coalition members are responsible for leading the planning phase for the development of SMART objectives, measures, targets and actions. Below you will see Year 1 progress, what has been chosen and what has taken place since the publication of the 2018-2021 CHIP document.

HENDERSON COUNTY	
Mental Health: Teen Issues	GOAL: Increase education and awareness of mental health concerns for teens and families.
<ul style="list-style-type: none"> • Healthy Henderson will partner with local schools and mental health professionals to promote parental involvement in counseling opportunities throughout 2019. • Annually, Healthy Henderson will partner with local schools to explore the idea of expanding the availability of Mental Health Providers during school hours. • By August 2019, establish a Boys and Girls Club in Henderson. 	

- Progress Notes: Still looking at August 2019 as the startup date. The location will be at Community Baptist Church. The Henderson County School System is going to help the Club with transportation.

- In 2019, Healthy Henderson Health Coalition will participate in ribbon cuttings, promotional events and advertising opportunities for the Boys and Girls Club.
- Throughout the 3 year CHIP Cycle, Healthy Henderson will support and promote fundraising opportunities that will benefit the Boys and Girls Club.
- By January 2020, Healthy Henderson will provide a list of at least 6-10 suggested topics to be offered during the Boys and Girls Club Smart Parents Parenting Programs.
- By November 2019, Healthy Henderson will provide a list of at least 6-10 suggested topics to be offered through the Boys and Girls Club Educational Program.
- In 2019, Healthy Henderson will partner with the Green River District Health Department to explore the possibility of training Boys and Girls Staff in Teen Outreach Program evidence-based curriculum.
- Throughout the 3 year CHIP Cycle, Healthy Henderson will promote and refer appropriate individuals and families to local parenting classes, programs, education, and resources (i.e. HANDS Program, Marsha's Place, CASA, etc.)

Obesity/Diabetes: Physical Activity

Goal: Increase education and awareness of Diabetes and other health concerns for community members.

- The Henderson County Diabetes Coalition will work in partnership with Prevention and Wellness Services of Methodist Hospital to provide at least 2 community screenings for diabetes/prediabetes. Interpretation of results and education will be provided at these events. One event will be in March for Diabetes Alert Day and the other will be in November for Diabetes Awareness Month.
 - Progress Notes: Free Hemoglobin A1C screenings and interpretation occurred on March 26th, 2019 where over 140 people were screened and educational information was shared as well.
 - Promoted healthy eating and physical activity at the YMCA Healthy Kid's Day on April 6th, 2019 where they saw over 30 children.
- Information on risk for diabetes/prediabetes will be available at a minimum of 3 community events during the year. Health care professionals will be available to give out information as well as to answer questions.
 - Progress Notes: In conjunction with Henderson County Extension office, there was a Wellness Fair at Beck Seeds for Farmers and their spouse on February 5, 2019. This is the first time an event for this audience had been hosted by the group. There were

approximately 30 in attendance. Paper screenings for diabetes/prediabetes were available.

- The Henderson County school system had its 4th annual Wellness Fair and Glow Run/Walk. There was great participation from Methodist Hospital. There were approximately 140 people that went through the fair with approximately 80 that went through the 1 mile Glow Run/Walk. Many individuals from the community that had no diabetes in their family still stopped to hear diabetes education.
- Free diabetes classes will be offered in the community at least 1-2 times per year. This will be a collaborative effort between the Henderson County Diabetes Coalition (HCDC) and the UK Cooperative Extension Office. These classes will be taught by health care professionals.
 - Progress Notes: HCDC hosted free diabetes classes in the community with a 4 week series which ended on April 30th, 2019. They had approximately 15-19 people at each class.
 - A class on Diabetes Basics was presented to 11 SNAP-ED Assistants in Henderson on Feb. 15th, 2019. These assistants were from a 7 county area including Henderson County.
- At least one free program on prediabetes, diabetes, or weight loss will be offered to the community by members of this sub-group.
- The Henderson County Diabetes Coalition will continue to sponsor a Diabetes Support and Education Group once a month from April through September which provides speakers on a variety of topics related to diabetes.
- Work with Prevention and Wellness Services of Methodist Hospital to promote the benefit of and referral to a Diabetes Prevention Program to members of the community or to corporate clients. The goal is to have at least 1 DPP program in place by the end of 2019. The Henderson County Diabetes Coalition will assist in the promotion of this program.
- Develop a flyer that lists available resources with contact information for diabetes, prediabetes, nutritional counseling and other related programs in Henderson County. This will be developed by July 2019 and copies made available at health fairs and community events.
- Continue the partnership with the City Pool to promote Better Bites food and drink items available in their snack bar. Add at least 1 new item that meets Better Bite guidelines to their snack choices.
- Work with the Henderson County School System to expand Better Bite options at schools by the end of the 2019-20 school year.
- Work with at least one locally-owned restaurant to highlight healthy food choices on their menu by the end of 2019.

Substance Abuse: Alcohol, Tobacco
and Other Drugs

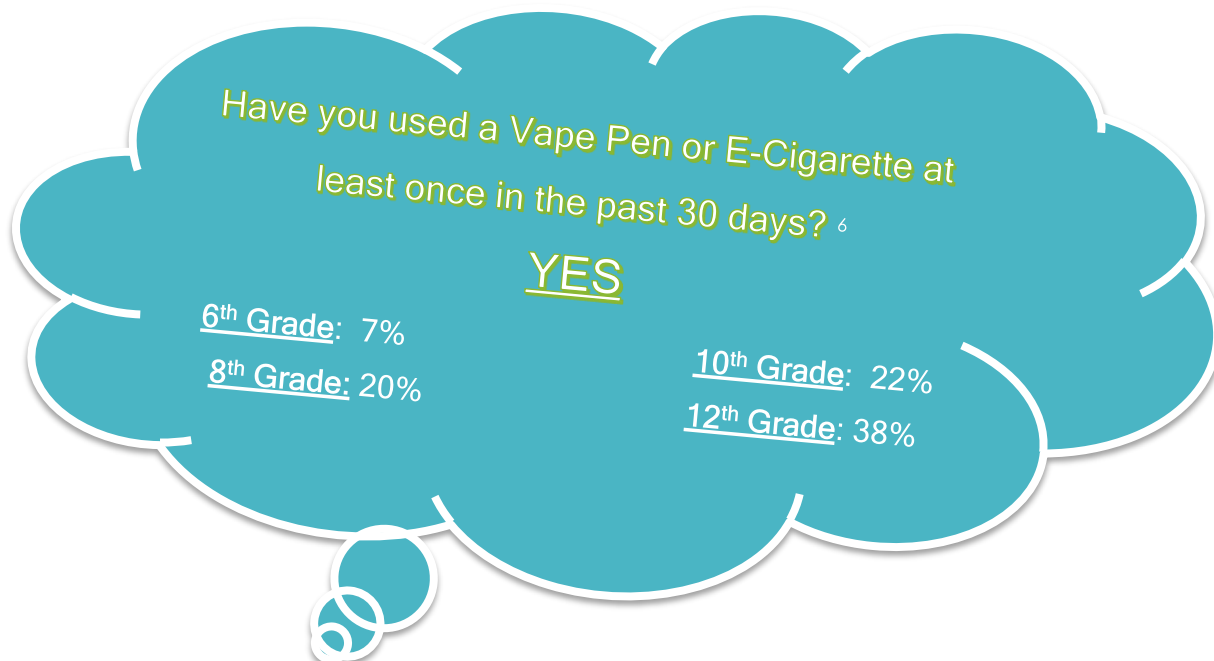


GOAL: Discovery, Education and Assistance in Implementing

- Throughout the 3 year CHIP Cycle, Healthy Henderson will continue to promote, support and advocate for an all-inclusive Tobacco Free Policy.
 - Progress Notes: Free Nicotine Replacement Therapy is available to Henderson county residents sponsored by GRDHD and Owensboro Health Community Benefits Grant. Henderson County residents are reported to be in the top 3 of the 1-800-QUIT-NOW calls made in the district.
 - Freedom from Smoking classes are periodically offered at Methodist Hospital. To learn more or to register call Prevention and Wellness Services, 270-826-4646
 - Individual letters as well as a coalition letter was prepared and signed to voice support legislation for tobacco free policy and raising the legal tobacco purchase age.
- Throughout the 3 year CHIP Cycle, Healthy Henderson will continue to promote, support and advocate for a Harm Reduction Syringe Access Program.
 - Progress Notes: Daviess County began the program in February 2019, Henderson County began the program in March 2019. Collectively the programs have seen 22 unique client visits, 37 total visits. The main drug of choice for the clients is Meth
- Upon the enactment of the Harm Reduction Syringe Access Program in Henderson County, Healthy Henderson will assist with the implementation as appropriate.
- Upon the enactment of the Harm Reduction Syringe Access Program in Henderson County, Healthy Henderson will research the Mental Health Services needed to offer those that benefit from the exchange.
- Throughout the 3 year CHIP Cycle, Healthy Henderson will partner with and advocate for organizations that are recruiting new Mental Health Providers in Henderson County.
- Throughout the 3 year CHIP Cycle, Healthy Henderson will invite and encourage new members to join the coalition.

**The information in this graph is preliminary. Each coalition has the right to modify to best fit their community.*

Data Supporting Henderson County CHIP Initiatives



Potential Policy Changes

Create smoke-free workplaces, school campuses, multi-unit housing, and outdoor spaces to eliminate secondhand exposure.



Only 35.2 % of Kentuckians are protected by comprehensive smoke-free laws. ⁵



Kentucky Ranks **#1** for acute Hep. C in the US ¹

In 2016, Kentucky had over **1,400**-overdose deaths ²

Henderson had **120** drug overdoses in 2016 ⁴

It costs \$50,000 to \$80,000 **a year** to treat Hepatitis C ³



Local, State and National Alignment

10 Essential Public Health Services: 2-5, 7, 9, 10,

Healthy People 2020: **MH**-Mental Health, **AH**-Adolescent Health, Nutrition, Physical Activity and Obesity, **SA**-Substance Abuse, **TU**-Tobacco Use, Health-Related Quality of Life & Well-Being

KY SHIP: Obesity, Substance Use Disorder, Smoking

McLean County Community Health Improvement Plan Initiatives



Below, you will find an overview of what Partnership for a Healthy McLean County, McLean County's Health Coalition will focus on for 2018-2021. GRDHD and coalition members are responsible for leading the planning phase for the development of SMART objectives, measures, targets and actions. Below you will see Year 1 progress, what has been chosen and what has taken place since the publication of the 2018-2021 CHIP document.

MCLEAN COUNTY	
Mental Health: Youth & Parent Focus	GOAL: Increase education and awareness of mental health concerns
<ul style="list-style-type: none"> Annually, PHMC will host at least 2 mental health awareness activities (suicide prevention, self-esteem, bullying, depression, positive relationships, parenting tips, and/or overall wellness. PHMC will annually create and distribute at least one family friendly Flyer emphasizing the importance of mental health on overall wellness. 	

- PHMC will partner with local schools and mental health professionals to offer a “healthy parenting” event by December 2020.
 - Progress Notes: Gray Counseling hosted a Mental Health Awareness event March 2019. Discussing mental health awareness, concerns, warning signs and how to seek help as well as how to help loved ones if needed.
- PHMC will explore opportunities to support youth led mentoring programs throughout 2019.
- PHMC will seek out grant opportunities and write for at least one grant opportunity to support mental health focused objectives by 2021.

Healthy Housing



GOAL: Increase awareness of Housing Inadequacies and the impact on overall family wellness.

- By December 2018, PHMC will establish a subcommittee to focus on educating the community on overall effects of housing insecurity in youth and families.
 - Progress Notes: Subcommittee has been formed
- PHMC will present local data and CHA results on housing concerns to policy makers by December 2018.
 - Progress Notes: Coalition members presented the data gathered from CHA, Audubon Area Community Services and other sources to the Fiscal Court. Follow up opportunities are being discussed within the subcommittee.
- By December 2019, PHMC will explore opportunities to support new income based housing in McLean County.
- By June 2020, PHMC will engage new community partners to address healthy housing and substandard living conditions among rental properties.
- PHMC will seek out grant opportunities to support Healthy Housing focused objectives.

Support/Collaborate Community Events

GOAL: Increase PHMC collaboration in health related community events.

- PHMC will participate in 5 health related community events promoting some form of health/wellness by 2021.
- PHMC will present at least 2 grant opportunities to enhance the coalition’s ability to contribute and host/support community events related to improving health and wellness by 2021.

- As part of PHMC efforts to educate the community on health/wellness we will only distribute evidence-based literature at all community events during the 3 year CHIP cycle.
- By December 2019, PHMC will promote existing opportunities for physical fitness, wellness, and/or family activities (i.e., Livermore Riverfront, Myer Creek Park, Fitness Centers, MCMS Walking Track, etc.) through a Fit & Healthy Resource Guide.
- PHMC will look for opportunities to collaborate with healthcare providers for preventative screening/educational opportunities (i.e. Mobile Mammograms, Blood Pressure checks, Kentucky Cancer Program, etc.) throughout the CHIP cycle.
 - Progress Notes: Deaconess Mobile Mammography Unit screened 7 women on November 30th, 2018. Deaconess Mobile Mammography Unit screened 3 women on April 16th, 2019.
- Throughout the CHIP cycle, PHMC will advocate for local access to healthy, fresh, affordable foods (i.e.: adding produce and meat to current local business and/or promoting the need for a local grocery store).

**The information in this graph is preliminary. Each coalition has the right to modify to best fit their community.*

Data Supporting McLean County CHIP Initiatives

*In 2016, **15.4 %** of Tenth Graders in Kentucky “seriously considered attempting suicide in the past 12 months.”³*

*In 2016, **32.6 %** of Female Sixth Graders in Kentucky “have been bullied on school property in the past 12 months.”⁴*



Housing

17.9% of McLean County residents live in substandard housing*

*owner- and renter-occupied housing units having one of these conditions - no plumbing; lack of kitchen facilities; more than 1.01 persons occupying a room; cost burdened monthly housing cost ¹

Food Access



14.2% Food Insecurity Rate in last year *

* Consistent access to adequate food; struggling to avoid hunger or face the struggle of hunger in last year ²



Potential Policy Changes

Housing

- Increase availability of affordable housing
- Strengthen and enforce rental property standards

Food Access

- Identify sites for farmer's markets and community gardens.
- Encourage farmer's markets and other healthy food retailers to accept WIC and SNAP.

Local, State and National Alignment

10 Essential Public Health Services: 2-7,10

Healthy People 2020: **AHS**-Access to Health Services, **MH**-Mental Health, **AH**-Adolescent Health, Nutrition, Physical Activity and Obesity, Health-Related Quality of Life & Well-Being, **ECBP**-Education and Community Based Programs, **SDOH**-Social Determinants of Health

KY SHIP: Obesity, Integration to Health Access




Ohio County Community Health Improvement Plan Initiatives



Below, you will find a brief overview of what Ohio County's Health Coalition will focus on for 2018-2021. GRDHD and coalition members are responsible for leading the planning phase for the development of SMART objectives, measures, targets and actions. Below you will see Year 1 progress, what has been chosen and what has taken place since the publication of the 2018-2021 CHIP document.

OHIO COUNTY	
Mental Health: Violence Prevention	GOAL: Increase education and awareness of mental health concerns including violence prevention.
<ul style="list-style-type: none"> <u>Awareness Activities:</u> Suicide Prevention, Depression, Trauma Informed, Adverse Childhood Experiences, Self-Harm, Bullying, Anxiety 	

Substance Abuse: Alcohol, Tobacco and Other Drugs 	GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs.
	<ul style="list-style-type: none"> The Ohio County ASAP group decided to merge with the Ohio County Health Coalition. <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> 800 drug disposal bags (insert unwanted medication and the bag dissolves the capsule) and drug lock boxes have been purchased and will be dispersed to Ohio County Senior Centers. ➤ 800 drug disposal bags have been purchased and will be given to Ohio County Hospital to disperse to patients. <u>Education:</u> <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> Ohio County ASAP providing Mental Health First Aid Training to Ohio County schools. ➤ Dr. Usmani from Norton Pain Management Associates, spoke to Ohio County Health Coalition members and Ohio County Hospital staff about the history of opioids and the opioid abuse crisis in America. Continuing education credits were available for Physicians & nurses that were present.
Healthy Lifestyles	GOAL: Promote and advocate for a healthy community by promoting and hosting wellness themed activities, education and resources.
	<ul style="list-style-type: none"> <u>Education:</u> <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> Kids Count Conversation for Community Leaders in Ohio County occurred on Wednesday, April 24th 2019. The goal of the event was to share county level data, using local assets, community partners and to learn more about community collaborations to keep children in their homes and avoid outside placements. ➤ Celebrate the Child event occurred on April 27th, 2019. This is a fun and unique event dedicated to empowering young people and inspiring adults to nurture youth. Celebrate the Child focuses on the "40 Developmental Assets" which help young people grow up to be healthy, caring and responsible. This year's theme was, "The Greatest Show... Your Life," centered around Asset #39 – Sense of Purpose, as well as encouraging children to express their unique mojo, or talent, zeal, confidence, drive and spirit.

**The information in this graph is preliminary. Each coalition has the right to modify to best fit their community.*

Data Supporting Ohio County CHIP Initiatives



Potential Policy Changes

Create smoke-free workplaces, school campuses, multi-unit housing, and outdoor spaces to eliminate secondhand exposure.



Only 35.2 % of Kentuckians are protected by comprehensive smoke-free laws. ¹



Local, State and National Alignment

10 Essential Public Health Services: 2-7,9,10

Healthy People 2020: **AHS**-Access to Health Services, **MH**-Mental Health, **AH**-Adolescent Health, Health-Related Quality of Life & Well-Being, **ECBP**-Education and Community Based Programs, **IVP**-Injury and Violence Prevention, **SA**-Substance Abuse, **TU**-Tobacco Use, **SDOH**- Social Determinants of Health

KY SHIP: Substance Use Disorder, Smoking, Adverse Childhood Experiences

59% of Kentucky residents have experienced at least one ACE. Of those who experience at least one ACE, 36% experienced divorce in the household, 27% experienced a drinking problem in the household, and 26% experienced verbal abuse. ²



Adverse Childhood Experiences

Stressful or traumatic events occurring before the age of 18 that disrupt the safe and nurturing environments that children need to thrive. These experiences can have negative and lasting effects on health and wellbeing. ³

Union County Community Health Improvement Plan Initiatives



Below, you will find a brief overview of what Union County's Health Coalition may focus on for 2018-2021. However, Union County Health Coalition is currently lacking leadership. Green River District Health Department hosted an Open House in September 2018 to present the CHA findings. The hope was that this public event would encourage and inspire the community to create a health coalition. At the time of this publication there has been no health coalition formed.

GOAL: By January 2021, Green River District will engage community partners to re-establish a local health coalition to address Union County health initiatives such as Access to Care and Access to Healthy Foods and Lifestyle.

Below you will see what the Open House attendees thought the strategic areas should be.

UNION COUNTY	
Access to Care	Goal:
<ul style="list-style-type: none"> <u>Transportation</u> <u>Health Literacy</u>: Family Wellness, Youth Led Mentor Programs, Suicide Prevention, Depression, Healthy Parenting, Positive Relationships 	

- Providers: Mental Health, Pediatric
- Assistance: Resources

Access to Healthy Foods & Lifestyle

Goal

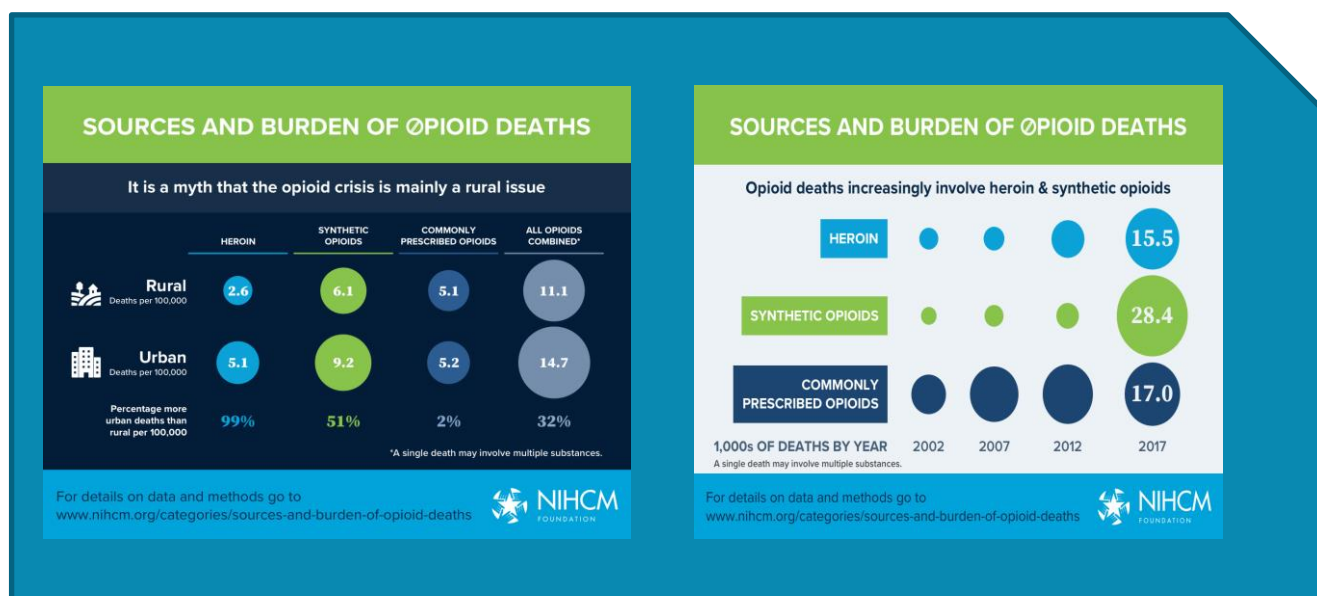
- Physical Activity Opportunities
- Availability: Community Gardens, Restaurants
- Education: Diabetes, Prevention, Healthy Cooking, Family Wellness
- Awareness Activities: Support Groups, Health Coaching, Nutrition Counseling

Substance Abuse: Including Alcohol and Tobacco Use

GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs.

- This initiative area is covered by the Union County ASAP.
 - Progress Notes: Union County KY ASAP is comprised of several volunteers from several areas of expertise. They all share a vision for sustaining a healthier environment for all Kentuckians.
- Rehabilitation Facilities: Local Options, Re-entry
 - Support treatment initiatives such as: Boulware Treatment Center, Drug Court Steering Committee, and Family Court Drug Testing.
 - Support K-9 Maintenance, which is the drug dog in each of the Union County schools.
- Education:
 - Progress Notes: "Teen Leadership Conference", teaches youth how to implement strategies in their schools to address substance abuse.
 - "Bully Week" initiatives at each of the schools.
 - High School Prom Initiatives to educate teens about under age substance use/abuse during prom.
 - Motivational Speakers to talk to students and parents
 - Second Steps Program implanted at each of the elementary schools to address social/emotional learning.

**The information in this graph is preliminary. Each coalition has the right to modify to best fit their community.*



Data Supporting Union County CHIP Initiatives

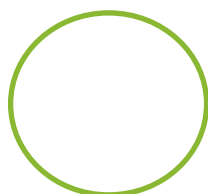


There are 3 Mental Health Providers in Union County and 2152 in Kentucky. ¹

There are 2 Substance Abuse Treatment Facilities in Union County and 520 in Kentucky. ²



There are 3 Primary Care Physicians in Union County and 3264 in Kentucky. ³



Local, State and National Alignment

10 Essential Public Health Services: 2,3,4,7,9,10

Healthy People 2020: **AHS**-Access to Health Services, **MH**-Mental Health, Health-Related Quality of Life &

Well-Being, **ECBP**-Education and Community Based Programs, **SA**-Substance Abuse, **TU**-Tobacco Use

KY SHIP: Substance Use Disorder, Smoking, Obesity

Webster County Community Health Improvement Plan Initiatives



Below, you will find a brief overview of what Webster County's Health Coalition will focus on for 2018-2021. GRDHD and coalition members are responsible for leading the planning phase for the development of SMART objectives, measures, targets and actions. Below you will see Year 1 progress, what has been chosen and what has taken place since the publication of the 2018-2021 CHIP document.



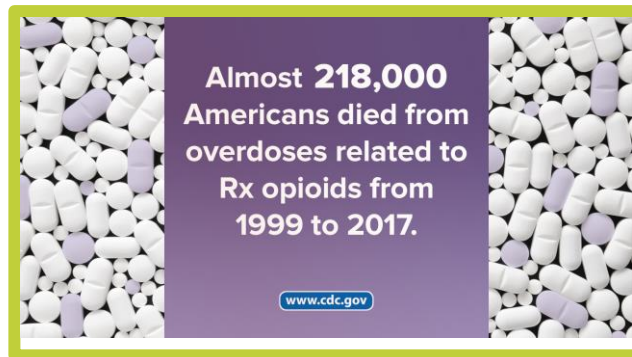
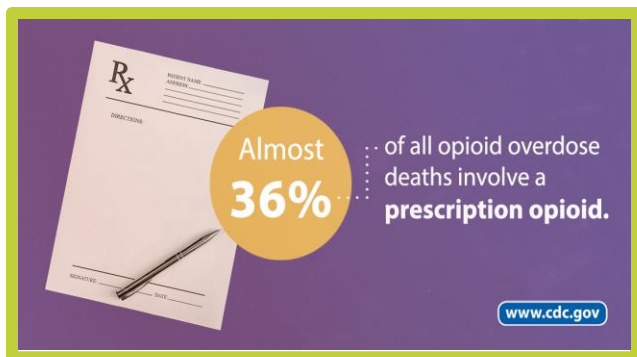
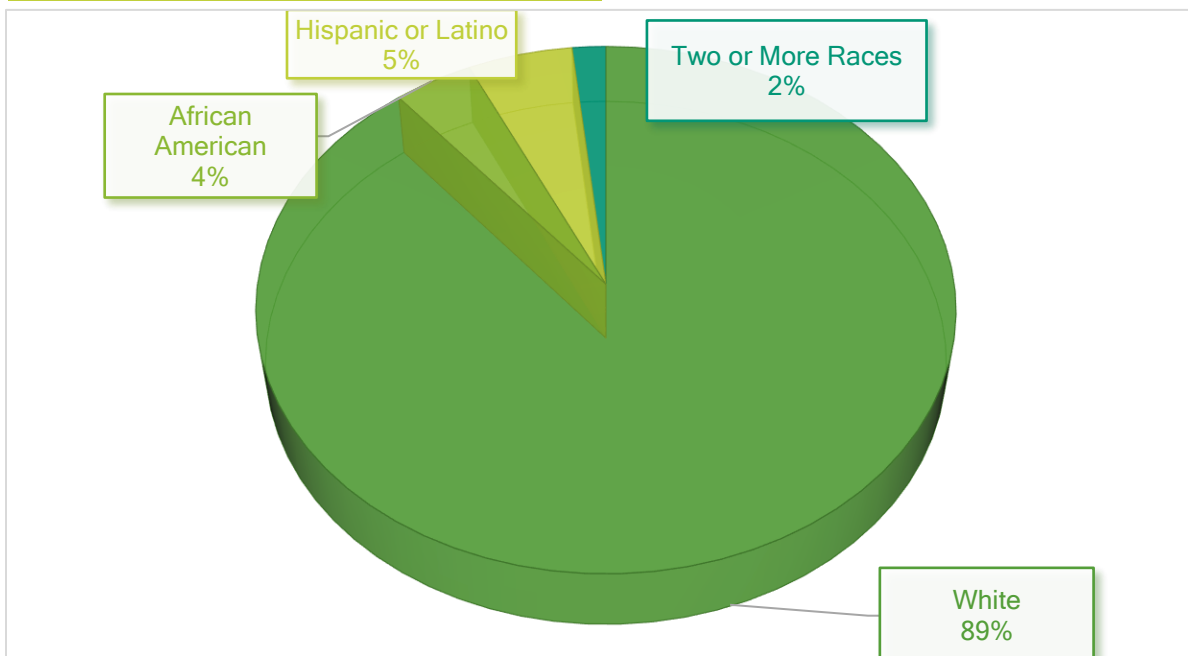
WEBSTER COUNTY	
Support/Collaborate Community Events	GOAL: Increase Webster County Health Coalition collaboration in health related community events.
<ul style="list-style-type: none"> • <u>Education and Programs:</u> <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> April 16th, 2019 'DECISIONS OF LIFE', held at the community center in Providence. Co-sponsored by the health coalition and Webster County Senior Services. The purpose was for the community to ask, learn and find out 'END OF LIFE' decisions and options. ➤ Community Zumba-Monday nights at community center in Dixon ➤ The High School has submitted the applicants for the Pat Hammack Scholarship (Community member memorial scholarship) for 2 senior recipients for \$500.00 each. ➤ Due to recent accidents, the coalition approved the purchase of All Terrain Vehicle (ATV)/Farm Machinery Safety Sign(s). 	
Access to Healthy Foods/ Care	GOAL: Increase collaboration and availability to health screenings and engagements. Increase accessibility to healthy foods.
<ul style="list-style-type: none"> • <u>Transportation Opportunities:</u> <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> Senior Center Representative encouraging coalition to write senators for funds to cover transportation of seniors to doctor appointments. • <u>Availability</u> 	
Substance Abuse: Including Alcohol and Tobacco Use	GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs.
<ul style="list-style-type: none"> • <u>Drug Rehabilitation Facilities: Local Options, Re-entry</u> • <u>Education for Parents and Families:</u> <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> Coalition co-sponsored 'Misuse of Prescription Drugs' on March 27th with True Blue group and Senior Citizens Program. ➤ "Trending Drugs in Webster County" presentation on January 16th, 2019. ➤ Truth and Consequences was April 26th, 2019 for 8th graders. The purpose of the event is to show student participants the consequences of drug and alcohol abuse through role play with community partners. • <u>Resources:</u> <ul style="list-style-type: none"> ➤ <u>Progress Notes:</u> Free Nicotine Replacement Therapy is available to Webster county residents sponsored by GRDHD and Owensboro Health Community Benefits Grant. 	

- Drug Court had a car wash April 24th 2019, donations went towards the Pat Hammack Scholarship Account.

**The information in this graph is preliminary. Each coalition has the right to modify to best fit their community.*

Data Supporting Webster County CHIP Initiatives

Demographics¹



Local, State and National Alignment

10 Essential Public Health Services: 2,3,4,7,9,10

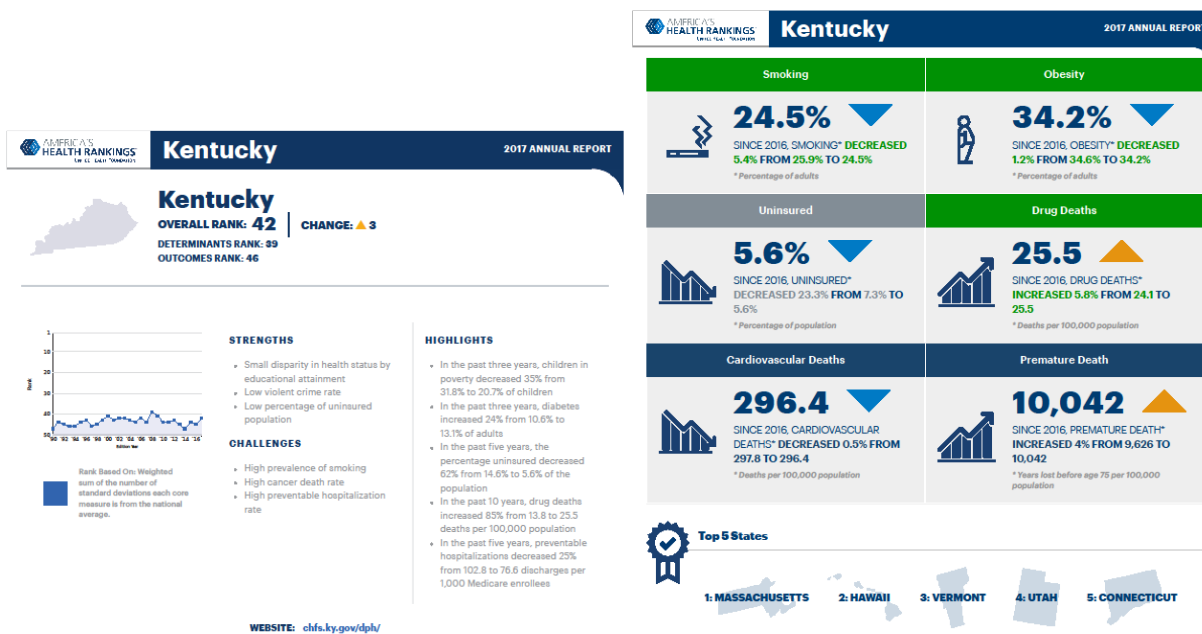
Healthy People 2020: **AHS**-Access to Health Services, Health-Related Quality of Life & Well-Being, **SA**-Substance Abuse, **TU**-Tobacco Use, **NWS**-Nutrition and Weight Status

KY SHIP: Substance Use Disorder, Smoking, Obesity



Appendix 1: National and State Alignment

KY State Health Improvement Plan



State Findings: Kentucky, 2018, 2018 Annual Report

STRENGTHS

- Low violent crime rate
- High percentage of high school graduation
- Low incidence of chlamydia

CHALLENGES

- High cancer death rate
- High prevalence of frequent mental distress
- High prevalence of smoking

HIGHLIGHTS

- In the past three years, excessive drinking increased 27% from 13.6% to 17.3% of adults
- In the past 10 years, air pollution decreased 41% from 13.8 to 8.2 micrograms of fine particles per cubic meter
- In the past five years, the percentage uninsured decreased 65% from 15.0% to 5.3% of the population
- In the past two years, frequent mental distress increased 17% from 13.8% to 16.2% of adults
- Since 1990, cancer deaths increased 11% from 211.6 to 234.9 deaths per 100,000 population
- In the past four years, diabetes increased 22% from 10.6% to 12.9% of adults

Appendix 2: Local Resources

<u>Services</u>	<u>Locations Served</u>	<u>Website</u>
Owensboro Health	Daviess County & District Wide	https://www.owensborohealth.org/
Methodist Hospital	Henderson County & District Wide	https://www.methodisthospital.net/
Methodist Hospital	Union County	
Ohio County Hospital	Ohio County & District Wide	http://ohiocountyhospital.com/
Green River District Health Department Health Centers	District Wide	http://healthdepartment.org/contact-locations/
Community Dental Clinic	Daviess County & District Wide	https://www.owensborodentalclinic.com/
Audubon Area Community	District Wide	https://audubon-area.com/
RiverValley Behavioral Health	District Wide	http://www.rvbh.com/

Other Resources:

- 2018 Green River District Community Health Assessment, <http://healthdepartment.org/wp-content/uploads/2016/06/2018-GRDHD-Community-Health-Assessment1.pdf>
- Centers for Disease Control and Prevention, <https://www.cdc.gov/>
- Kentucky Department of Public Health, <https://chfs.ky.gov/agencies/dph/Pages/default.aspx>
- Healthy People 2020, <https://www.healthypeople.gov/>

References

Daviess

1. CDC, National Center for Health Statistics. Diabetes Mortality by State, 2014.
<http://www.cdc.gov/nchs/pressroom/sosmap/diabetes.htm>
2. Dept. for Behavioral Health, Kentucky Cabinet for Health and Family Services. Provider Information.
3. CDC. National percentage of population that resides within half a mile of a park. Accessed From Environmental Public Health Tracking Network. 2015.
4. Cullen KA, Ambrose BK, Gentzke AS, Apelberg BJ, Jamal A, King BA. Notes from the Field: Use of Electronic Cigarettes and Any Tobacco Product Among Middle and High School Students — United States, 2011–2018. MMWR Morb Mortal Wkly Rep 2018;67:1276–1277. DOI:
<http://dx.doi.org/10.15585/mmwr.mm6745a5>
5. Cigarette and JUUL Image : https://www.cdc.gov/tobacco/basic_information/e-cigarettes/factsheet/index.html

Hancock

1. Kentucky Vital Statistics. Kentucky Cabinet for Healthy and Family Services. 2016.
2. BRFSS, Area Development District (ADD) Profiles, 2014-2017

Henderson

1. www.cdc.gov/drugoverdose/data/statedeaths
2. KIPRC, Kentucky Department for Public Health, Kentucky Inpatient Hospitalization Claim Files, CHFS, Office of Health Policy. May 2017.
3. KIPRC, Kentucky Department for Public Health, Kentucky Inpatient Hospitalization Claim Files, CHFS, Office of Health Policy. May 2017.
4. CDC HIV Surveillance Report. 2016
5. Coalition for a Smoke-Free Tomorrow. 2018.
http://www.uky.edu/breathe/sites/breathe.uky.edu/files/PercentSmokeFreeWorkplaceLawsorRegulationsOCT2018_0.pdf
6. Based on Henderson County's 2018 KIP survey data. This survey is done in Kentucky every couple of years with 6th, 8th, 10th and 12th graders. It follows the same kids over the years regarding drug and alcohol usage, dangers, parental opinion and school safety. There were a total of 1,742 students surveyed, including one high school and two middle schools.

McLean

1. US Census Bureau, American Community Survey. 2012-16
2. Feeding America. 2014
3. Kentucky Incentives for Intervention Survey (KIP), 2016,
<http://sig.reachoflouisville.com/SEOWDataVizNew.aspx>
4. Kentucky Incentives for Intervention Survey (KIP), 2016,
<http://sig.reachoflouisville.com/SEOWDataVizNew.aspx>

Ohio

1. Coalition for a Smoke-Free Tomorrow. 2018.
http://www.uky.edu/breathe/sites/breathe.uky.edu/files/PercentSmokeFreeWorkplaceLawsorRegulationsOCT2018_0.pdf
2. KY SHIP, <https://chfs.ky.gov/agencies/dph/Documents/StateHealthImprovementPlan20172022.pdf>
3. KY SHIP, <https://chfs.ky.gov/agencies/dph/Documents/StateHealthImprovementPlan20172022.pdf>

Union

1. Dept. for Behavioral Health, Kentucky CHFS
2. Dept. for Behavioral Health, Kentucky CHFS, **Substance Abuse treatment in Kentucky is defined by one or more of the following:** *Detoxification, DUI Assessments, DUI Education, Family Residential, Inpatient, Intensive Outpatient Therapy, Opioid Addiction Treatment, Outpatient Therapy, Residential (Long-Term), Residential (Short Term) and Transitional (Not a Half-Way House).* **Substance Abuse Treatment in Union County is defined by one or more of the following:** *DUI Assessments, DUI Education, Intensive Outpatient Therapy, Outpatient Therapy,*
3. US Department of HHS, 2014

Webster

1. U.S. Census Data, 2016 *Percentages may not total 100% due to identifying with multiple races/ethnicities
2. CDC. National percentage of population that resides within half a mile of a park. Accessed From Environmental Public Health Tracking Network. 2015.