

Green River District

HEALTH DEPARTMENT



Community Health Improvement Plan

Update 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 while engaging 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.

Within this document, you will find goals and objectives that were identified to support the Community Health Improvement Plan initiatives at both county and district levels. Many of these goals were based on the data and results of our 2018 Community Health Assessment (CHA) or they were goals carried over from the previous CHA/CHIP cycle. Activities and actions taken by both district and community level groups are noted under set goals for each county.



The 2018-2021 CHIP Aligns with National and State Priorities

Each county update will reference the consideration of both national and state health improvement priorities. Including:

❖ **The 10 Essential Public Health Service**

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**

A 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.

Data supporting the Community Health Improvement Plan can be found in the companion document the Community Health Assessment 2018-2022 and the Community Health Assessment Update 2021.

2012-2015 CHIP Initiatives

- Reduce Substance Abuse/Tobacco Use
- Reduce Obesity
- Improve/Increase Access to Care
- Teen Issues

2015-2018 CHIP Initiatives

- Reduce Substance Abuse/Tobacco Use
- Reduce Obesity
- Reduce Diabetes
- Improve Healthy Lifestyles
- Improve/Increase Access to Care
- Teen Issues

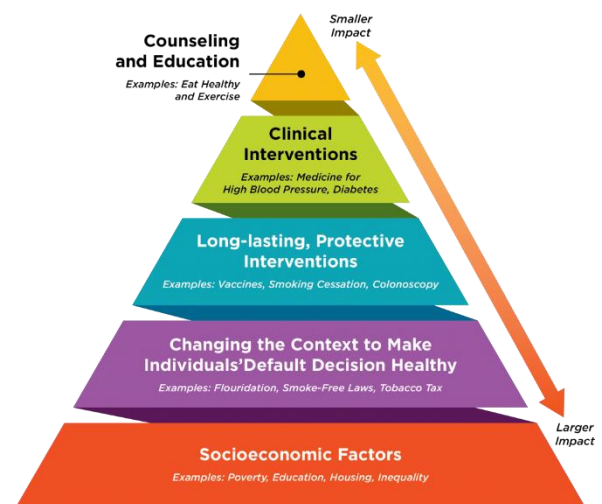
Plans for Policy and System Level Changes


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 continued 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;



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



Green River District Health Improvement Plan Overview




THE IDEAL HEALTHY COMMUNITY



Green River Overall Goals

Mental Health:	GOAL: Increase education and awareness of mental health concerns
<p>1. GRDHD will offer 3 Mental Health related community or professional events to the district by January 2020.</p>	<ul style="list-style-type: none">• Mental Health First Aid has been offered in the following schools between 2018 -2021:<ul style="list-style-type: none">• Owensboro Public Schools – May 2021• Ohio County Schools - all certified staff - August 2019• Henderson County Schools– new staff yearly• Webster County Schools - all classified and certified staff - August 2018• McLean County High School - May 2019
<p>2. 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.</p>	<ul style="list-style-type: none">• Boys and Girls club was approached in 2019 to participate in an onsite training at GRDHD, but they were not available.• Through meetings between GRDHD and Boys and Girls Club, it was concluded that Boys and Girls Club have several in house curriculums for their participants. GRDHD will partner to provide supplemental lessons on topics such as bullying, goals, good decisions, sex education and vaping.

Substance Abuse: Including Alcohol and Tobacco Use drugs.	GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs.
<p>1. 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.</p>	 <ul style="list-style-type: none"> • Eight school districts in the seven county area are now 100% Tobacco Free. • Union County was prepared to vote on a policy in July 2020, but it was put on hold during the COVID 19 pandemic.
<p>2. Throughout the 3 year CHIP Cycle, GRDHD will support and promote evidence-based smoking cessation programs throughout the district.</p>	<ul style="list-style-type: none"> • “NOT” (Not on Tobacco Program) training designed to promote cessation and reduce tobacco use among adolescent smokers took place on February 19, 2019. The training focuses on youth fourteen years and up. There was a total of fourteen attendees from the Green River District. • 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 vaping. • Free Nicotine Replacement Therapy is available to residents by calling 1-800-QUITNOW. This is sponsored by GRDHD and Owensboro Health Community Benefits Grant. Doses of NRT administered: <ul style="list-style-type: none"> • 2017/2018 – 324 • 2018/2019 – 323 • 2019/2020 - 254 • Deaconess Henderson and Union Job Corps staff were trained in Freedom From Smoking in 2020.
<p>3. 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.</p>	<ul style="list-style-type: none"> • 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 and was seen by over 4,000 individuals. • “Oh Baby” event in Daviess County in September 2018 and 2019. • “Healthy Baby Workshops” in January and April 2019 • Educational visits to Oasis Women’s Shelter October 2018, February 2019, and March 2019 provided education and opportunities to enroll in smoking cessation. • Continued to provide the smoking cessation toolkits/folders to Care Net for pregnant clients (Approximately 50 have been distributed through 2020 to present). • Two Facebook posts on “Risks of Smoking During Pregnancy”& “Preventing Birth Defects”.

		<ul style="list-style-type: none"> • Provided items such as sippy cups, medicine dosing spoons with Quit Line number on them throughout the cycle.
4. The Regional Tobacco Coalition will work with local school systems to promote smokeless tobacco education, particularly e-cigarettes.		<ul style="list-style-type: none"> • Evidence based curriculum on vaping, including virtual education, was distributed to all local schools in 2019 and during 2020 to assist in virtual curriculum. • Presentations to school staff, coaches, and/or FRYSC directors on vaping were presented to all counties throughout the cycle. • Ohio County Schools and Hancock County Schools purchased vaping sensors for the restrooms and locker rooms during the 2020/2021 school year. • Throughout the cycle, social media and online posts were distributed for My Life, My Quit vaping cessation texting program.
5. 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.		<ul style="list-style-type: none"> • GRDHD sent 11 staff members on January 10th, 2019 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 2019. 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. • Contract with Audubon Area Clinic to provide Hepatitis C testing and treatment.
6. Throughout the 3 year CHIP Cycle, GRDHD will continue to advocate for the implementation of the HRSEP throughout the District.		<ul style="list-style-type: none"> • Daviess County began the program in February 2019, Henderson County began the program in March 2019. • Henderson County: SEP Visit to present (6-30-2021) = 263 • Daviess County: SEP Visit to present (6-30-2021) = 2,194 • The primary drug of choice for the clients is Methamphetamine.
7. Upon enactment, GRDHD will network with partners on recovery services for those involved in the HRSEP throughout the 3 year CHIP cycle.		<ul style="list-style-type: none"> • 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.

		<ul style="list-style-type: none"> • Worked with Owensboro Recovery on the Daviess County Treatment Provider Committee. • Pamphlets of treatment centers in our area in both SEP's for participants. 	
Exercise and Nutrition Education		GOAL: Increase collaboration in health related community events	
1.	GRDHD will participate in at least 5 health-related community events promoting evidence based information on health and wellness by 2021.	<ul style="list-style-type: none"> • GRDHD participated in a variety of health related events related to COVID 19 including weekly on site COVID testing, vaccine clinics in the community, and outreach events to the limited English speaking members of the community. • GRDHD participated in nine nights of the Dust Bowl in 2019 to outreach to members of the community on GRDHD services and health promotion. • GRDHD participated in the Multicultural Festival in September 2019. • In the county reports below, GRDHD partnered with the county coalitions to provide several outreach events throughout the district. 	
2.	During the 3 Year CHIP Cycle, GRDHD will expand upon nutrition education opportunities throughout the district.	<ul style="list-style-type: none"> • The GRDHD branch of Healthy Living with Diabetes, the accredited and recognized Diabetes Self-Management Education and Support (DSMES) developed by the Kentucky Department for Public Health, shifted to a virtual platform during the pandemic to increase access and offer educational opportunities at a time when people were not able to safely gather in groups. • CARE Direct, a self-measured blood pressure (SMBP) monitoring program continued to accept referrals during 2020-2021 and offer telephonic education throughout the pandemic. Topics covered in the educational sessions address nutrition, physical activity, stress management, medication adherence, tobacco cessation. 	



Daviess County Community Health Improvement Plan Overview



THE IDEAL HEALTHY COMMUNITY




Daviess County - Healthy Horizons Coalition

Local State and National Alignment

- ✓ 10 Essential Public Health Services: 3, 4, 5, 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

Healthy Head to Toe	GOAL: To address health and well-being from a whole-body approach
1. Create one walking challenge during 2020.	<ul style="list-style-type: none">The Healthy Head to Toe Action Team of Healthy Horizons offered two walking challenges during the pandemic during 2020 utilizing the FitBlueKY app.
2. Work with two city parks/recreation centers to incorporate Better Bites to improve healthy options offered in concession/retail stands by the end of the cycle. Assess locations that currently provide Better Bites to evaluate success.	<ul style="list-style-type: none">Continuing to meet with local community partners to expand the Better Bites Program into different venues.
3. Establish a presence on social media, including Facebook and Instagram.	<ul style="list-style-type: none">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."

Substance Abuse	GOAL: Increase advocacy, support, and recovery efforts involving alcohol, tobacco, and other drugs.
1. Outreach to Daviess County Fiscal Court by July 2021 to advocate for e-cigarettes to be added to the current smoke-free ordinance.	<ul style="list-style-type: none"> • The Alliance for a Drug Free Owensboro Daviess County submitted a letter to the Daviess County Fiscal Court advocating for vaping to be added to the current ordinance. 
2. Establish two prescription drug lockboxes in two local pharmacies by July 2021.	<ul style="list-style-type: none"> • MOU with Nations Medicine has been signed.
3. Provide free Nicotine Replacement Therapy to 200 Green River Residents each year through Quit Now Kentucky in partnership with Owensboro Health and the Green River District Health Department.	<ul style="list-style-type: none"> • Doses of NRT administered: <ul style="list-style-type: none"> • 2017/2018 – 324 • 2018/2019 – 323 • 2019/2020 - 254
4. Offer one Freedom From Smoking Cessation class at Owensboro Health annually.	<ul style="list-style-type: none"> • Freedom From Smoking classes are periodically offered at Owensboro Health. Classes were not offered during 2020 due to the pandemic. • One class was offered in 2021 with seven participants.

Daviess County Snapshot

Evidence Based Objectives

Better Bites
Quit Now Kentucky
Freedom From Smoking
Mental Health First Aid
(Owensboro Public)

Potential Policy Changes

Outreach to the Daviess County
Commission to incorporate
vaping into the current smoking
policy.



Health Equity

Better Bites incorporated at city parks



Assets in the Community

1. Large number of resources and community agencies for partnerships
2. Smoking Ordinance
3. 100% Tobacco Free Schools
4. Public transportation system
5. Agencies to assist with shelter, utilities, food
6. Farmer's Market
7. Parks and walking trails



Hancock County Community Health Improvement Plan Overview



THE IDEAL HEALTHY COMMUNITY

Physical Fitness
Opportunities

Strong Industry

Quality Education

Clean Air and Water

Community

Access to Quality
Healthcare

Vision

Hancock County – Hancock County Health Coalition (HCHC)

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, TU-Tobacco Use
- ✓ KY SHIP: Obesity, Integration to Health Access, Smoking

Support/Collaborate Community Events

GOAL: To increase partnership opportunities with Hancock County Health Coalition

1. Secure three new community partners by 2021.
2. Encourage new partners by promoting HCHC while attending other committees/events.
3. Host a Recycle Day with Hawesville Lions Club & Lewisport Lions Club.

- Coalition members met with the Judge Executive on partnering with the coalition.
- Flyers on health topics from health coalition partners were shared on our Facebook page and on partner's social media. Promoted events through social media. Working on assigning local newspaper article details.
- Shred day was held at Hancock Library April 2021.



Access to Care

GOAL: Increase participation in the Access To Care Van by 10 new clients by the end of 2021

1. Promote the availability of the van through HCHC social media.

- Senior Center opened up after COVID in July 2021.

	<ul style="list-style-type: none"> The van was utilized during 2020 to present to take community members to medical appointments. Media was not utilized; the van was utilized at a high level with current staff availability.
Healthy Lifestyles	GOAL: Increase education and awareness of health concerns for community members and provide activities to Hancock County citizens that promote healthy lifestyles
1. Host Lunch and Learn events on various health topics (includes a free meal, speaker, door prizes, and literature about topic)	<ul style="list-style-type: none"> Sepsis Lunch and Learn held in November 2018, Diabetes Lunch and Learn held March 15, 2019. Online event to post pictures to the coalition Facebook Page for Go Red for Women Heart Disease Awareness in February 2020.
2. Participate in local health fairs (local industry and Senior Center event).	<ul style="list-style-type: none"> 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. Participated in Aleris Health Fair and Senior Center Health Fair in 2019.
3. Provide Teen Health Fair at our high school in partnership with Family Resource.	<ul style="list-style-type: none"> Hancock High Teen Outreach Program offered a health/life skill fair to 5th grade students at North Elementary in 2019.
4. Participate in the Breast Cancer Awareness Day at a local grocery's annual event.	<ul style="list-style-type: none"> Participated in September 2019 event. Event was cancelled in 2020 due to the COVID 19 pandemic.
5. Host one 5k event annually at the Lewisport Heritage Festival.	<ul style="list-style-type: none"> HCHC offered two scholarships to local high school students interested in pursuing a health related field of study after graduation. Applications were accepted through March 2019. Funds raised through the 5K make the scholarships possible. The remainder of 5k funds support health coalition efforts for the year. 2020 and 2021 event was cancelled due to the COVID 19 pandemic. Scheduled for September 2021
6. Offer the 100 Mile Club event annually, 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.	<ul style="list-style-type: none"> 2019 100 Mile club event concluded in September 2019. 2020 event cancelled due to COVID 19 pandemic.
7. Offer the Deaconess Mobile Mammography Unit annually for mammograms.	<ul style="list-style-type: none"> February 13, 2020 the mobile mammogram unit was utilized in Hawesville.

Substance Abuse	GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs.
1. Gather data for Hancock County to keep informed about use, abuse, and areas of need.	<ul style="list-style-type: none"> Working with the ASAP group to keep up to date on substance abuse activities and data in the county.
2. Investigate the steps involved in making Hancock County smoke free. Meet with county elected officials by December 2020.	 <ul style="list-style-type: none"> Met with County Judge Executive and presented to the Fiscal Court November 2019. No action was taken.
3. Purchase vaping sensors for Hancock County High School by December 2020.	 <ul style="list-style-type: none"> Sensors have been purchased and will be installed during the 2021 summer break.

Hancock County Snapshot

Evidence Based Objectives

The Teen Outreach Program is an evidenced based program that promotes the positive development of adolescents.

Quit Now Kentucky

Health Equity

Access to Care van utilized to take residents who lack transportation to medical appointments.

Potential Policy Implications

Outreach to the Hancock County Fiscal Court to adopt a smoke free law.



Assets in the Community

1. Large park for the community
2. Industry
3. 100% Tobacco Free Schools
4. Senior Center Van
5. Food pantry



Henderson County Community Health Improvement Plan Overview




THE IDEAL HEALTHY



Henderson County - Healthy Henderson Coalition



Local, State and National Alignment

- ✓ 10 Essential Public Health Services: 2, 3, 4, 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, Integration to Health Access

Mental Health/Teen Issues	GOAL: Increase education and awareness of mental health concerns for teens and families.
1. Healthy Henderson will partner with local schools and mental health professionals to promote parental involvement in counseling opportunities throughout 2019.	<ul style="list-style-type: none">• Celebrating Families Program-evidence based, 16-week program that addresses the needs of children and parents in families with addiction was completed.
2. Annually, Healthy Henderson will partner with local schools to explore the idea of expanding the availability of Mental Health Providers during school hours.	 <ul style="list-style-type: none">• Grant was written that would allow five more mental health counselors in the school system.• Employed nine mental health counselors in schools by (2/9/2021).
3. By August 2019, a Boys and Girls Club will be established in Henderson.	<ul style="list-style-type: none">• Board Orientation was 1/18/19.• Startup date was August 2019. The location is at Community Baptist Church. The

		<p>Henderson County School System will help the Club with transportation.</p> <ul style="list-style-type: none"> Throughout the 3 year CHIP Cycle, Healthy Henderson supported and promoted fundraising opportunities that benefited the Boys and Girls Club.
4.	In 2019, Healthy Henderson will partner with the Green River District Health Department to explore the possibility of training Boys and Girls Staff in the Teen Outreach Program evidence based curriculum.	<ul style="list-style-type: none"> The Green River District Health Department met with Boys and Girls Club staff. GRDHD will assist Boys and Girls club by supplementing current curriculum with lessons such as bullying, STI prevention, and goal setting.
5.	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.).	<ul style="list-style-type: none"> Hands referrals in Henderson County: <ul style="list-style-type: none"> 2018 - 98 2019 - 124 2020- 58 2021-8
Diabetes/Obesity/Physical Activity		Goal: Increase education and awareness of Diabetes and other health concerns for community members.
1.	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.	<ul style="list-style-type: none"> Free Hemoglobin A1C screenings and interpretation occurred on March 26th, 2019 where over 140 people were screened and educational information was shared. Promoted healthy eating and physical activity at the YMCA Healthy Kid's Day on April 6th, 2019 with over 30 children present. HCDC worked in partnership with PAWS at the local hospital to provide free Hgb A1C screenings in 2018 and 2019 one in March (Diabetes Alert Day) and one in November (Diabetes Month) each year. Both events for 2020 were canceled due to the pandemic.
2.	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.	<ul style="list-style-type: none"> In conjunction with the Henderson County Extension Office, the Wellness Fair at Beck Seeds for Farmers and their spouses was held 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 Public Schools had the annual Wellness Fair and Glow Run/Walk. There were approximately 140 participated and approximately 80 that completed the one mile Glow Run/Walk. Many individuals from the community that with no diabetes in their family still stopped to hear diabetes education. In 2018-2019 participation in eleven community events. In 2019-2020 participation in five events before the pandemic.

		<ul style="list-style-type: none"> In 2020-2021 the coalition partnered with our local Cooperative Extension Office to provide free informational grab bags for pickup at the Extension Office. One with general diabetes information in November 2020 for Diabetes Month, one in February 2021 for Heart Month with information on diabetes and heart disease, one in March 2021 (Diabetes Alert Day) with a paper for a diabetes risk test and other information and one in May 2021 (Stroke Awareness Month) on diabetes and stroke awareness and hypertension.
3.	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 and the UK Cooperative Extension Office. These classes will be taught by health care professionals.	<ul style="list-style-type: none"> HCDC hosted free diabetes classes in the community with a four week series which ended on April 30th, 2019. There were 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 the seven county area including Henderson County. No classes have been offered in 2020 due to the pandemic. Our local Health First Community Health Center offered virtual classes with promotion on the HCDC Facebook page and other means but there was limited interest.
4.	At least one free program on prediabetes, diabetes, or weight loss will be offered to the community by members of this sub-group.	<ul style="list-style-type: none"> Free community programs on prediabetes, diabetes or weight loss-In 2018-2019 Two programs before COVID.
5.	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.	<ul style="list-style-type: none"> 2018-2019 six meetings were held with speakers. In 2019-2020 three meetings were held before COVID. 2021 no meetings were held due to COVID.
6.	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.	<ul style="list-style-type: none"> Not enough interest.
7.	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.	<ul style="list-style-type: none"> HCDC developed a Henderson County Diabetes Resource Guide. It was completed in 2019 and has been updated as needed. This is kept on file electronically at the Green River District Health Department where it can be updated as needed and sent to members of HCDC and others. Diabetes education packets for various entities in our area to give out as needed and with resource guide included is included in those.

8. 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.	<ul style="list-style-type: none"> Better Bites at the City Pool-They continue to sell bottled water and attempt to purchase other Better Bites items to sell but this has been at a standstill due to COVID.
9. Work with the Henderson County School System to expand Better Bite options at schools by the end of the 2019-20 school year.	<ul style="list-style-type: none"> This has been on hold due to COVID.
10. Work with one locally-owned restaurant to highlight healthy food choices on their menu by the end of 2019.	<ul style="list-style-type: none"> Approached a local Mexican restaurant about some healthy food choices but this was also put on hold due to COVID
Substance Abuse	GOAL: To discover, educate and assist in implementing substance abuse programs throughout the community over the next three (3) years.
1. Throughout the 3 year CHIP Cycle, Healthy Henderson will continue to promote, support and advocate for an all-inclusive Tobacco Free Policy.	<ul style="list-style-type: none"> 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 three of the 1-800-QUIT-NOW calls made in the district. Individual letters as well as a coalition letter were prepared and signed to voice support legislation for tobacco free policy and raising the legal tobacco purchase age. Videos are shown in homeroom at the High School to get the word out about vaping; support group for parents. Parent awareness night was held in the school district on the effects of vaping. Completed in 2018 and 2019 (not in 2020 due to COVID). All health classes discussed the effects of vaping.
2. Throughout the 3 year CHIP Cycle, Healthy Henderson will continue to promote, support and advocate for a Clean Needle Exchange in Henderson County.	 <ul style="list-style-type: none"> Henderson County began the program in March 2019. Henderson County: SEP Visit to present (6-30-2021) = 263
3. Upon the enactment of the Clean Needle Exchange in Henderson County, Healthy Henderson will research the Mental Health Services needed to offer those that benefit from the exchange.	<ul style="list-style-type: none"> Pamphlets of treatment centers in our area are available in both SEP's locations for participants. Celebrating Families Program-evidence based, 16-week program that addresses the needs of children and parents in families with addiction was completed.
4. 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. Substance Abuse Disorder task force created and grant proposal to offer 3 programs for	 <ul style="list-style-type: none"> Grant was written that would allow five more mental health counselors in the school system.

those affected by opioid addiction: Henderson Opioid Summit, Celebrating Families, and Camp Mariposa.	
5. Throughout the 3 year CHIP Cycle, Healthy Henderson will invite and encourage new members to join the coalition.	<ul style="list-style-type: none"> • No report
6. Deaconess Henderson will offer Freedom From Smoking, smoking cessation classes. Two additional staff will be trained.	<ul style="list-style-type: none"> • Freedom From Smoking classes are periodically offered at Methodist Hospital. To learn more or to register call Prevention and Wellness Services, 270-826-4646 • Two staff at Deaconess Henderson were trained in Freedom From Smoking in 2020.

Henderson County Snapshot

Evidence Based Objectives

Celebrating Families
Quit Now Kentucky
Freedom From Smoking
Teen Outreach Program
Better Bites
Syringe Exchange Program
Mental Health First Aid

Health Equity

Syringe Exchange Program
Free Diabetes education and screening
HANDS referrals
Boys and Girls Club

Potential Policy Implications

Continued promotion of smoke
free laws

Incorporation of the Syringe
Exchange Program



Assets in the Community

1. A large number of resources in the community
2. 100% Tobacco Free Schools
3. Availability of hospital and medical services.
4. Smoke free law
5. Parks and walking trails



McLean County Community Health Improvement Plan Overview



THE IDEAL HEALTHY COMMUNITY






McLean County – Partnership for a Healthy McLean County (PHMC)

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,

Mental Health	GOAL: Increase education and awareness of mental health concerns
1. 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).	<ul style="list-style-type: none">• Sources of Strength Training was taught to McLean County middle School Students in 2018 and 2019. Regional Prevention Center Staff coordinated the effort with School System and McLean County Community Coalition. Program shows early signs of suicide ideation and how to properly respond when a fellow student expresses feelings of hopelessness and suicidality.• Mental Health First Aid training at McLean County High School - May 2019
2. PHMC will annually create and distribute at least one family friendly Flyer emphasizing	<ul style="list-style-type: none">• A flyer was created and distributed.

	the importance of mental health on overall wellness.	
3.	PHMC will partner with local schools and mental health professionals to offer a "healthy parenting" event by December 2020.	<ul style="list-style-type: none"> 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.
4.	PHMC will explore opportunities to support youth led mentoring programs throughout 2019.	<ul style="list-style-type: none"> Sources of Strength (2018-19) was provided and youth led. Cougar Council is a youth led group addressing positive youth development and wellness.
5.	PHMC will seek out grant opportunities and write for at least one grant opportunity to support mental health focused objectives by 2021.	<ul style="list-style-type: none">  Sources of Strength (2018-19) was provided and youth led, along with Mental Health First Aid (2018 and 2019). Both Youth Mental Health First Aid and Adult Mental First Aid was provided to health educators, teachers, faculty, staff, FRYSC coordinators and was integrated into Family Resource/Youth Service Center grants.
Housing		GOAL: Increase awareness of Housing Inadequacies and the impact on overall family wellness.
1.	By December 2018, PHMC will establish a subcommittee to focus on educating the community on overall effects of housing insecurity in youth and families.	<ul style="list-style-type: none">  PHMC met with the McLean County Fiscal Court and presented to the magistrates and Judge Executive the community survey focusing on educating the community on overall effects of housing security on youth and families.
2.	PHMC will present local data and Community Health Assessment results on housing concerns to policy makers by December 2018.	<ul style="list-style-type: none"> PHMC presented survey findings to the McLean County Housing Authority in 2018.
3.	By December 2019, PHMC will explore opportunities to support new income based housing in McLean County.	<ul style="list-style-type: none"> No report
4.	By June 2020, PHMC will engage new community partners to address healthy housing and substandard living conditions among rental properties.	<ul style="list-style-type: none"> No report
5.	PHMC will seek out grant opportunities to support Healthy Housing focused objectives.	<ul style="list-style-type: none"> No report
Collaboration/Outreach		GOAL: Increase PHMC collaboration in health related community events.
1.	PHMC will participate in 5 health related community events promoting some form of health/wellness by 2021.	<ul style="list-style-type: none"> PHMC organized a Kids Walking Program at McLean County Public Schools, this included youth, faculty and staff able to walk outside during breaks for exercise and break from classroom learning. This was implemented in 2018 and continues today. The annual KIDS Fest - a wellness and healthy eating festival was held in 2018, 2019. During the COVID-19 Pandemic, a Porch Drop Project was developed. Youths and volunteering adults dropped off hula hoops to

		youth's houses for promotion of exercising at home.
2. 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.		<ul style="list-style-type: none"> • PHMC marketed and supported McLean County Farmer's Market for purchasing fresh fruit, and vegetables. • RVBH Prevention Center coordinated with McLean County Health Council Youth Empowerment Program. • PHMC coordinated with the Delta Project promoting dental health and wellness.
3. 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.		<ul style="list-style-type: none"> • No report
4. 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.		<ul style="list-style-type: none"> • PHMC worked in coordination with McLean County Tourism department to help establish walking trails and also provide kayaking rentals for the Green River.
5. 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.		<ul style="list-style-type: none"> • Deaconess Mobile Mammography Unit screened seven women on November 30th, 2018. • Deaconess Mobile Mammography Unit screened three women on April 16th, 2019.
6. 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).		<ul style="list-style-type: none"> • PHMC promoted health and wellness through: <ul style="list-style-type: none"> • World's Greatest Baby Shower, (2018 and 2019) • Food Giveaways to those in need (2018, 2019 and 2020) • McLean County Farmer's Market • McLean County Senior Program for Meals on Wheels • McLean County Public Schools Summer Feeding Program and during pandemic, during the academic school year (2018 – 2021).

McLean County Snapshot

Evidence Based Objectives

Sources of Strength
Mental Health First Aid
Quit Now Kentucky

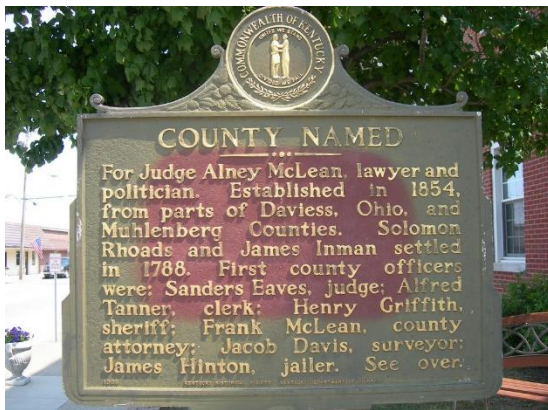
Health Equity

Deaconess Mammography Unit
Survey and presentations on housing security

Potential Policy Implications

Survey presentation to the Fiscal Court on housing availability

Grant funding to work toward a smoke free law.



Assets in the Community

1. Walking trails and access to kayaking.
2. 100% Tobacco free schools
3. Strong partnerships
4. Farmer's Market



Ohio County Community Health Improvement Plan Overview




THE IDEAL HEALTHY COMMUNITY





Ohio County – Ohio County Health Coalition

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, HealthRelated Quality of Life & Well-Being, ECBP-Education and Community Based Programs, IVP-Injury and Violence Prevention, SA-Substance Abuse, TUTobacco Use, SDOH- Social Determinants of Health
- ✓ KY SHIP: Substance Use Disorder, Smoking, Adverse Childhood Experiences

Mental Health	GOAL: Increase education and awareness of mental health concerns
1. Train 300 classified and 300 certified employees of Ohio County Schools in Youth Mental Health First Aid by 2022.	 <ul style="list-style-type: none">• Mental Health First Aid training held for all classified staff in August 2019.
2. Purchase educational materials on asset building/resilience building for the community to enhance environments that foster drug free/healthy lifestyles for children.	<ul style="list-style-type: none">• 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. Kids Count Data Books were distributed to all participants.

Healthy Lifestyles	GOAL: Promote and advocate for a healthy community by promoting and hosting wellness themed activities, education and resources.
1. Hold "Celebrate the Child" event annually to promote child health both physically and mentally. Focus on the 40 Developmental Assets/Resilience. Approximately 1000 in attendance each year.	<ul style="list-style-type: none"> • Celebrate the Child event occurred on April 27th, 2019 • Event cancelled in 2020 and 2021 due to COVID 19.
Tobacco/Substance Abuse	GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs.
1. Partner with neighboring ASAP groups to provide a in a regional training on resilience/substance abuse disorders by 2022.	<ul style="list-style-type: none"> • Adult Leadership Training held July 2021 at Lake Barkley State Park. • Dr. Usmani from Norton Pain Management Associates, spoke to Ohio County Health Coalition members and Ohio County Hospital staff in 2019 about the history of opioids and the opioid abuse crisis in America. Continuing education credits were available for Physicians & nurses that were present.
2. Train one staff at the Ohio County Sheriff Department to facilitate science based curriculum on substance abuse prevention in Ohio County Schools.	<ul style="list-style-type: none"> • Ohio County Sheriff has hired narcotics officer with ASAP funds.  Resource officers are scheduled to facilitate curriculum.
3. Run radio, online, and newspaper ads for Quit Now Kentucky. 3 ads completed by June, 2021. Residents can receive free NRT through Quit Now KY.	<ul style="list-style-type: none"> • Six months of ads ran in 2020 and 2021.
4. Purchase 100 test strips for Ohio County Schools and local law enforcement to test for THC in confiscated vaping devices during the 2019/2020 school year.	<ul style="list-style-type: none"> • 100 test strips were purchased for Ohio County High School in 2019.  Vaping detectors were purchased for school restrooms in 2021.
5. 100 lock boxes for local senior citizens for prescription medication will be purchased for and distributed by the Ohio County Sherriff Department.	<ul style="list-style-type: none"> • 100 Lock boxes were delivered to the Ohio County Sheriff Department in 2020. • 800 drug disposal bags (insert unwanted medication and the bag dissolves the capsule) and drug lock boxes were purchased and dispersed to Ohio County Senior Centers in 2019. • 800 drug disposal bags were purchased and given to Ohio County Hospital to disperse to patients in 2019.
6. Two drop boxes for unused prescriptions will be placed at Rice Drugs in Beaver Dam and Fordsville.	<ul style="list-style-type: none"> • Still in progress

Ohio County Snapshot

Evidence Based Objectives

Mental Health First Aid
Quit Now Kentucky

Health Equity

Drug disposal bags delivered to the
Senior Center and Ohio County Hospital

Celebrate the Child

Potential Policy Implications

Hiring of a Narcotics officer for
the county to address drug issues



Assets in the Community

1. 100% Tobacco Free Schools
2. Access to Healthcare/ Hospital in the county.
3. Several opportunities for fitness/wellness in the county.
4. Farmer's Market
5. Senior Center



Union County Community Health Improvement Plan Overview



THE IDEAL HEALTHY COMMUNITY



Union County – Union County Health Coalition

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

Access to Care	GOAL: Access to care
Healthy food, lifestyles	GOAL: Access to healthy food, lifestyles
Tobacco/Substance Abuse	GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs
1. Prevention Education	<ul style="list-style-type: none">• “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

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| | <ul style="list-style-type: none">• Second Steps Program implanted at each of the elementary schools to address social/emotional learning.• 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. |
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Union County Snapshot

Evidence Based Objectives

Second Step Program
Quit Now Kentucky

Health Equity

Potential Policy Implications

Working toward a 100% Tobacco
Free School Policy



Assets in the Community

1. Access to hospital/medical services in the county
2. Community garden program



Webster County Community Health Improvement Plan Overview



THE IDEAL HEALTHY COMMUNITY



Webster County – Webster County Health Coalition

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

Collaboration

GOAL: Increase Webster County Health Coalition collaboration in health related community events.

1. Distribute a newsletter monthly to the community to highlight coalition events and different health issues
2. Conduct an annual health fair to target the Hispanic community in the county.

- April 16th , 2019 'DECISIONS OF LIFE', was 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.
- Due to recent accidents, the coalition approved the purchase of All Terrain Vehicle (ATV)/Farm Machinery Safety Sign(s).
- Newsletter distributed via email 2018-2019.
- Health fairs were held in 2018 and 2019. The 2020 health fair was cancelled due to the COVID 19 pandemic.

3. Support and publicize weekly Zumba classes.	<ul style="list-style-type: none"> Community Zumba-Monday nights at the community center in Dixon.
4. Provided 2 scholarships to Webster County High School seniors (Kerem Varquez and Gracie McMain) in honor of Pat Hammock.	<ul style="list-style-type: none"> The High School has submitted the applicants for the Pat Hammack Scholarship (Community member memorial scholarship) for 2 senior recipients for \$500.00 each.
Access to Healthy Foods/Care	GOAL: Increase collaboration and availability to health screenings and engagements. Increase accessibility to healthy foods.
1. Scheduled the Deaconess Mobile Mammography	<ul style="list-style-type: none"> Senior Center Representative encouraged the coalition to write senators for funds to cover transportation of seniors to doctor appointments. Deaconess Mobile Mammography was scheduled in August 2019.
Alcohol/Substance Abuse	GOAL: Increase advocacy, support and recovery efforts involving alcohol, tobacco and other drugs.
1. Decrease the percentage of youth in 12 th grade using e-cigs specifically from 27% to 25% by 12/2021.	<ul style="list-style-type: none"> Free Nicotine Replacement Therapy is available to Webster county residents sponsored by GRDHD and Owensboro Health Community Benefits Grant.
2. Decrease the percentage of alcohol consuming youth reporting parents providing alcohol to them from 18% in 2018 to 14% by 2021 as based on the results of youth focus groups.	<ul style="list-style-type: none"> 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. Drug Court held a car wash April 24th 2019, donations went towards the Pat Hammack Scholarship Account.
3. Decrease the percentage of youth reporting siblings and friends providing marijuana to them from 66% in 2018 to 60% by 2021 as based on the results of youth focus groups.	<ul style="list-style-type: none"> 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.

Webster County Snapshot

Evidence Based Objectives

Quit Now Kentucky
Drug Free Communities Grant
Mental Health First Aid

Health Equity

Deaconess Mobile Mammography
Scholarship program provided by the
Webster Health Coalition
Advocacy to assist senior citizens with
transportation needs

Potential Policy Implications

Grant funding to work toward a
smoke free law in the county.



Assets in the Community

1. Drug Free Communities grant and strong coalition
2. 100% Tobacco Free Schools