

 **Scioto County Health Coalition**

Scioto County 2016 – 2019 Community Health Improvement Plan

Vision:

To transform Scioto County into a healthy, economically vibrant community in which to thrive, work and prosper.

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Invitation to the Community

The development of this Community Health Improvement Plan (CHIP) was an assessment process that brought together community representatives to identify priority health issues in Scioto County. This plan shall be used as a guide by the community to improve the health of Scioto County residents. This document will be used as a reference and serve as the foundation for many health improvement efforts within the county. By implementing this plan over the three years, we will decrease obesity and tobacco use, thus decreasing the potential years of life lost.

Creating healthy communities requires a high level of mutual understanding and collaboration with community individuals and key stakeholders. This CHIP is being presented to Scioto County residents so that we can work together as partners to make our community a healthier place to live. It is with the participation of all residents who read and discuss this plan and assist with the strategies that we will assure a healthy community. Your participation and feedback is vital and we invite you to become a partner in change by contacting the Portsmouth City (740) 354-8946 or Scioto County (740) 355-8358 Health Departments.

We would like to personally thank everyone that participated in the Community Health Assessment (CHA) survey which provided the overall context and data for the development of the Community Health Improvement Plan (CHIP). We would also like to acknowledge the hard work of the Scioto County Health Coalition and their efforts to improve the health of the community.

Lastly, this is a living document and with the help of our partners, the plan will be implemented over the next three years. Through this endeavor, we commit to rigorously measuring our processes and outcomes to evaluate and improve our planning efforts. We are also dedicated to developing data-driven targets and timely policies based on evidence-based interventions supported by sound research and/or practice. Most importantly, we are driven to see that this report is accessible to all who live, learn, work, and play in Scioto County.

Chris Smith, RS, MA, PCHD Health Commissioner
Aaron Adams, DO, FAAFP, SCHD Health Commissioner
Regina Tipton, Executive Director Scioto County Health Coalition

Introduction and Overview

Introduction

The Scioto County Health Coalition is a group of diverse community stakeholders committed to improving the health of Scioto County residents. The group was formed as a result of the 2012 Robert Wood Johnson Foundation's Annual County Health Rankings, which ranked Scioto County last of all Ohio counties in health outcomes. Since its beginning, the Coalition has grown into a non-profit organization whose purpose is to improve the health, growth, and economics of Scioto County. The group has been addressing health issues and concerns over the past several years, and was leveraged to develop a formalized Community Health Improvement Plan (CHIP). The Coalition will be instrumental in CHIP implementation and ongoing monitoring as well.

This report provides an overview of the CHIP planning process, associated CHA data, selected health priorities (Years of Potential Life Lost, Obesity, and Tobacco Cessation) and proposed objectives to address these needs. Specific information regarding each priority including proposed strategies and action steps, associated timelines, potential partners, and existing resources are contained within the individual work plans and are not included in this report.

Planning

Because the Coalition exists and has already begun to organize and impact the community, the CHIP process was expedited. At the August 12, 2016 monthly meeting of the Coalition the top three priorities were decided by reviewing and discussing data and information provided by the 2016 Scioto County Community Health Assessment, the Southern Ohio Medical Center CHNA and the Coalition's existing Strategic Plan. Five potential priorities were presented that included:

- ◆ Years of life lost
- ◆ Cancer
- ◆ Opiate Over Dose
- ◆ Obesity
- ◆ Tobacco

It was determined that cancer and opiate overdose fell under the umbrella of years of life lost. A motion was made to select Years of Life Lost, Obesity and Tobacco as the top three community priorities. The issues were discussed and compared to the results of the Southern Ohio Medical Center and Kings Daughters Medical Center's Community Health Needs Assessments results along with the Scioto County CHA. Twenty two members were present at the meeting. The vote was Ayes; All: Nays; None to accept the top three priorities.

After determining the priorities to be addressed in the CHIP, the group identified existing community resources for addressing the issues (see Appendix B).

Work plans were reviewed and a quarterly reporting system was established.

Roles and Timeline

The table below represents the time line for developing the Community Health Improvement Plan.

Activity	Lead	Timeline
Formulation of planning framework and identification of stakeholders	Belinda Leslie, PCHD Brent Rollins, SCHD	June 10, 2016
Sharing data and informing stakeholders of the need for prioritization of issues to be addressed	Belinda Leslie, PCHD Brent Rollins, SCHD	July 8, 2016
Priority setting / Identification of resources	Regina Tipton, Executive Director of SCHC	August 12, 2016
Update goals, objectives and strategies	Subcommittee Chairpersons	August – October 2016
Action Plans and Implementation	Subcommittee Workgroups	Ongoing

Priority #1

Years of potential life lost (YPLL), is an estimate of the average years a person would have lived if he or she had not died prematurely.^[1] It is, therefore, a measure of premature mortality. While the most common cause of death of young people aged 5 to 40 is injury and poisoning in the developed world, because relatively few young people die, the principal causes of lost years remain cardiovascular disease and cancer.^[2] In 2015 Scioto County was ranked 86 out of 88 counties in health rankings.³ Poor health leads to years of life lost. Also, every health issue addressed is linked to years of life lost, so this was chosen as priority number one.

Premature Death / Years of Life Lost

Goal:

To decrease the years of potential life lost.

Key Measure:

To decrease the premature death rate from 13.1% to 10% by January 1, 2020

Outcomes:

1. Decrease the number of opiate related admissions to Southern Ohio Medical Center ER from 75% to 50% by December 31, 2017
2. Decrease the rate of heart disease in Scioto County from 120.3 per 100,000 to 115.0 per 100,000 by January 1, 2020.
3. Decrease the rate of Hepatitis C in Scioto County from 556.6 per 100,000 to 500.0 per 100,000 by January 1, 2020.

Priority #2

Obesity

Maintaining a healthy weight through proper nutrition and physical fitness is an important measure of overall good health. Adhering to recommended fitness and nutrition guidelines throughout the life course can help reduce risk of obesity-related conditions like diabetes, stroke, heart disease and hypertension. In many cases, proper weight control techniques can also help with management of chronic disease symptoms which can keep conditions from worsening. Scioto County residents have a higher rate of heart disease than the state.

Goal:

Increase the number of residents that make healthy lifestyle choices.

Key Measures:

- Increase from 46% to 66% the number of residents that exercise 2-3 times a week by December 31, 2017.
- Increase from 30% to 60% the number of residents that consume 5 servings of fruits and vegetables on most days by December 31, 2017.

Outcomes:

1. Increase the number of Farmer's Markets in the outlying areas from 5 to 8 by May 30, 2017.
2. Create an eight week physical activity (walking, jogging or running) program that involves the community by January 1, 2017.
3. Develop and implement three free organized physical activity events such as walking groups, biking, yoga, etc. by December 1, 2016.

Priority #3

Tobacco Cessation

The benefits of stopping smoking include:

- ◆ Within 20 minutes, your heart rate and blood pressure drop.
- ◆ 12 hours, the carbon monoxide level in your blood drops to normal.
- ◆ 2-12 weeks, your circulation improves and your lung function increases.
- ◆ 1-9 months, coughing and shortness of breath decrease.
- ◆ 1 year, your risk of coronary heart disease is about half that of a smoker's.
- ◆ 5 years, your stroke risk is reduced to that of a nonsmoker.
- ◆ 10 years, your risk of lung cancer falls to about half that of a smoker and your risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.

- ◆ 15 years, the risk of coronary heart disease is that of a nonsmoker's.

Goal:

Decrease the number of Scioto County residents that smoke. Twenty three percent (23%) of Scioto County residents smoke, this is almost twice the Healthy People 2020 target (12%)⁴.

Key Measure:

1. Decrease the number of adults that smoke from 23.3% to 19% by January 1, 2020
2. Collect data to support targeting underage smoking.

Outcome:

1. Establish a compendium of Tobacco Use Control Resources currently available in Scioto County by December 31, 2016.
2. Establish a listing of evidenced based programs appropriate for use in targeted sectors of the community by December 31, 2016.
3. Decrease the number of smokers in the workplace by 5% by December 31, 2017.
4. Complete a self-reporting survey of all students grades 6 – 12 to determine smoking cessation needs in the area schools by June 2017 (This will allow us to expand our future goals to include youth.)

Summary and Action Plan

Summary

While health and wellness is an individual responsibility, this plan serves as an organized effort of the community to assist in providing education and resources to assist residents in becoming healthier. The priorities set forth in this document serve as a starting point for our combined effort. The plan will be monitored and updated annually (or more often if necessary) to monitor progress and reassess priorities. Residents, community leaders, and other stakeholders are encouraged to support this effort by ongoing, active participation. Agencies and organizations are asked to align their strategic plans with the priority areas outlined in this plan to strengthen the effort to create a healthier Scioto County.

Action Plan

In addition to the annual review of the CHIP, the Health Coalition will meet monthly to:

- ◆ Report activity / share successes and opportunities for change
- ◆ Compare data / identify new issues
- ◆ Encourage new membership

The priority subcommittees will:

- ◆ Meet monthly (or more often if needed) for continued planning, implementation and evaluation of work plan objectives and strategies
- ◆ Identify and encourage participation of community partners to assist with objectives and strategies
- ◆ Provide bi-annual reports to the Coalition regarding activity

Works Cited

§ Indicates data taken from Portsmouth and Scioto County 2016 Community Health Assessment.

¹ Gardner JW; Sanborn JS. *"Years of potential life lost (YPLL)--what does it measure?"*. Retrieved 7-14-2016.

² http://mhcs.health.nsw.gov.au/pubs/2008/pdf/chorep_summary_08.pdf Page 54 Retrieved 7-14-2016.

³ <http://www.countyhealthrankings.org/app/ohio/2015/overview> Retrieved 7-15-2016.

⁴ <https://portsmouthoh.org/opiatescorecard6.30.2016> Retrieved 7-18-2016.

Appendix A

Scioto County Health Coalition Organizations

This list in alphabetical Order:

- ◆ Alcohol Drug & Mental Health Services Board
- ◆ American Red Cross
- ◆ American Savings Bank
- ◆ Appalachian Regional Commission (ARC)
- ◆ Area Agency on Aging
- ◆ Caresource
- ◆ Center for Appalachian Philanthropy
- ◆ Chamberlain CPA
- ◆ Compass Community Health
- ◆ Connex
- ◆ Fluor BWXT
- ◆ FreeStore Food Bank
- ◆ Garrett Maloney Foundation
- ◆ Genesis Respiratory Services
- ◆ GraciePlum99
- ◆ Help Me Grow Program
- ◆ Interim Healthcare
- ◆ Judge Marshall & the Drug Court Team
- ◆ King's Daughters Medical Center Ohio
- ◆ Live Healthy Appalachia
- ◆ Main Street Portsmouth
- ◆ Martings Foundation
- ◆ Ohio Department of Health
- ◆ Ohio State University Extension Office
- ◆ Ohio University
- ◆ Paramount Advantage
- ◆ Pike County Community Action
- ◆ Portsmouth Chamber of Commerce
- ◆ Portsmouth City Council
- ◆ Portsmouth City Health Department
- ◆ Portsmouth Daily Times
- ◆ Portsmouth Insurance
- ◆ Portsmouth Metropolitan Housing Authority
- ◆ Portsmouth Public Library
- ◆ Portsmouth Spartans Kettle Club
- ◆ Potters House Ministries
- ◆ Salvation Army
- ◆ Scioto County Career and Technical Center
- ◆ Scioto County Commissioners
- ◆ Scioto County Community Action
- ◆ Scioto County Health Department
- ◆ Scioto County Juvenile and Probate Court
- ◆ Shawnee Family Health Centers
- ◆ Shawnee State University
- ◆ Smith's Drugs
- ◆ SOLACE
- ◆ Southeast Ohio Educational Services Center
- ◆ Southern Ohio Medical Center
- ◆ Southern Ohio Port Authority
- ◆ Southern Ohio Senior Games
- ◆ Steven A Hunter Foundation
- ◆ The Counseling Center
- ◆ Tri-State Rehab Services
- ◆ United Healthcare
- ◆ United Way of Scioto County
- ◆ University of Kentucky Extension Offices
- ◆ Valley View Health Centers
- ◆ Village of New Boston

Committee / Subcommittee (indicated by bullet) Chairpersons

SOPA/Economic Development: Adam Phillips, SOPA

Chamber of Commerce: Lisa Carver, Director

Community Action Organization: Luanne Valentine, OhioMeans Jobs Scioto County Director

Main Street Portsmouth: Joseph Pratt, Executive Director

Behavioral Health Committee: Sue Shultz, ADAMHS Executive Director

Wellness Committee: Sharon Carver, MSN, RN (Community Volunteer)

- ◆ **Fitness:** Wendi Waugh, BSN, Administrative Director of SOMC Cancer Services
- ◆ **Access to Care:** Belinda Leslie, BSBA, PHR, Special Projects Officer PCHD
- ◆ **Tobacco Cessation:** Christy Sherman, Associate Professor of Nursing SSU
- ◆ **Nutrition:** Nikki Welch, Dietitian, SOMC
- ◆ **Southern Ohio Senior Games:** Lyvette Mosley

Appendix B

The Scioto County Health Coalition recognizes the existence of the Coalition as a great asset to each of the three priorities cited in the 2016 Scioto County Community Health Improvement Plan as well as the various other issues the Coalition addresses.

In addition to the member groups and individuals of the Coalition the following is a list of assets to be used for a base for the group to start addressing the priority issues. The list will evolve as the teams begin working to bring about change in the identified areas.

Assets for Addressing Years of Life Lost

(In alphabetical order)

- ◆ Southern Ohio Port Authority, Jason Kester, Executive Director
- ◆ Emergency Services, Kim Carver Director
- ◆ Recovery Gateway Program, Marissa Wicker Coordinator
- ◆ Drug Free Communities, Lisa Roberts, Coordinator
- ◆ School Guidance Counselors
- ◆ Various clubs and civic groups

Assets for Addressing Obesity

(In alphabetical order)

- ◆ After school programs
- ◆ Farmers Markets (5 different in the county)
- ◆ Free activities (Walking with Jill, Biking with Bill, Yoga in the park, etc.)
- ◆ SOMC Life Center
- ◆ SOMC wellness group
- ◆ CAO Head Start / Daycares
- ◆ Various gyms
- ◆ CONNEX - (a series of proposed activity routes throughout Portsmouth, and its surrounding communities)
- ◆ Parks / River Front

Assets for Addressing Tobacco

(In alphabetical order)

- ◆ August 31st Tobacco Summit at the Life Center
- ◆ Leadership Portsmouth, Scioto County Chamber of Commerce
- ◆ Smoke free work environments
- ◆ SOMC Smoking Cessation program
- ◆ Smoke Free Family group