

Preble County Community Health Improvement Plan

Adopted by the Preble County Board of Health in April 2018

2018 - 2021

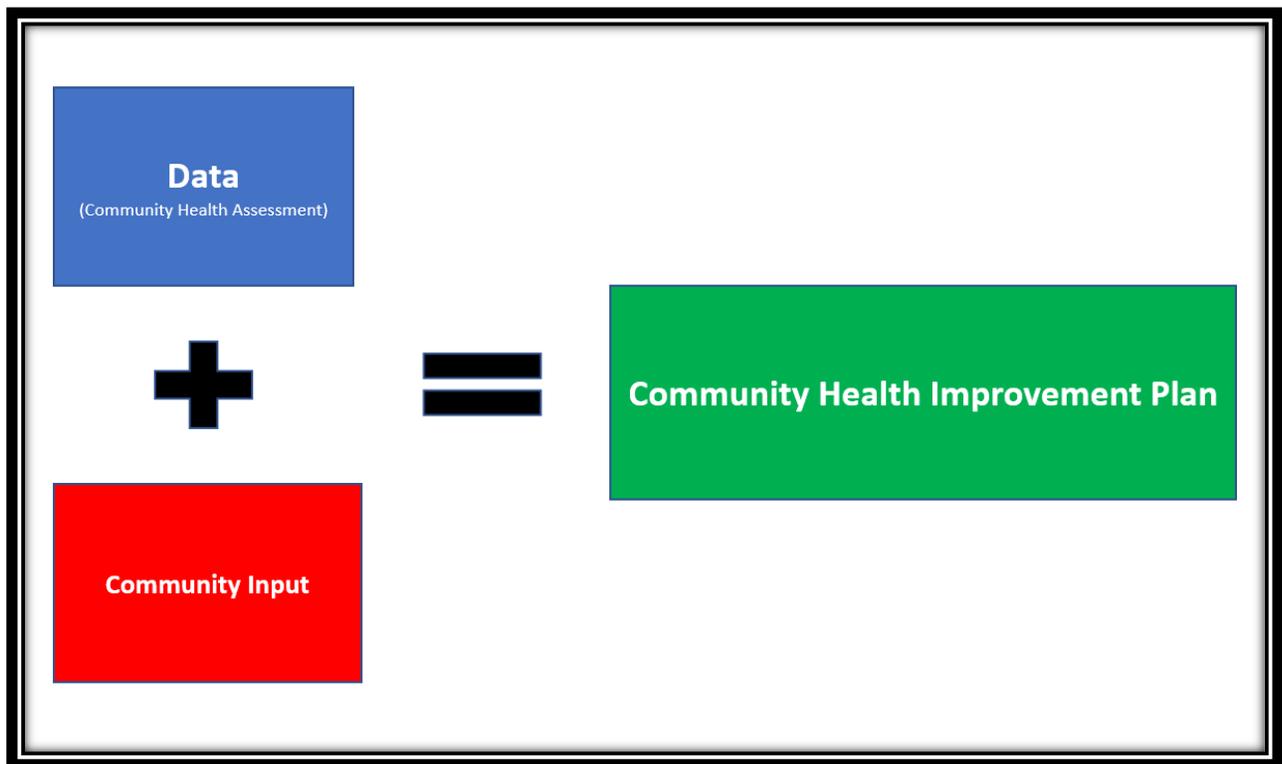
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What is the Preble County Community Health Assessment?

A community health improvement plan (CHIP) describes how the health department and its partner communities will work together to improve the health of its residents. In order to understand what the health issues are, the CHIP is usually preceded by a Community Health Assessment (CHA). The CHA provides the most current and reliable information about the health status of a community and where gaps may exist in achieving optimal health. However, data alone is not enough. Communities are made up of people who have valuable insights about health issues and identified needs. They also are very knowledgeable about community assets, resources, and strengths. A CHIP takes the data from the CHA along with input from community members to determine what the most important issues the health department, community partners and residents will work on together (Figure 1).

Figure 1. The Community Health Improvement Plan Process



Development of the Community Health Improvement Plan

The process of establishing health improvement priorities for Preble County began with a review of the findings from the community health assessment that was conducted in 2017 by Preble County Public Health.

The method used to conduct the Community Health Assessment is the Mobilizing for Action through Planning and Partnership (MAPP) process. Through participation in the MAPP process, community organizations and residents gain a better awareness of their health status and challenges. There are six phases in the MAPP process, four of which are addressed in a Community Health Assessment (Figure 2). The last two phases are addressed in a Community Health Improvement Plan. The first four phases of the MAPP process were carried out from September 2016 through August 2017.

Figure 2. MAPP Process

MAPP Phase	Methods
Community Health Assessment	
Phase 1 – Organizing for Success and Partnership Development	Local stakeholders are brought together to engage in the development of partnerships and the planning of a strategic process.
Phase 2 – Visioning Process To establish a focus, purpose, and direction for the MAPP process.	Stakeholders and community members collaborate to develop a vision statement. Community input was gained via an online survey.
Phase 3 – Four MAPP Assessments:	Community leaders conduct this assessment in an online tool.
<ul style="list-style-type: none"> The Forces of Change Assessment identifies trends, factors, or events that generate opportunities or threats towards the health of the community and local public health system. 	
<ul style="list-style-type: none"> The Community Themes and Strengths Assessment (CTSA) provides a deep understanding of the issues and community resources that residents of the county deem to be important. 	Community members provided input via an online survey, while community leaders were engaged during an in-person meeting.
<ul style="list-style-type: none"> The Community Health Status Assessment (CHSA) provides an understanding of the community’s health status and ensures that the community’s priorities are aligned with the strengths, resources, and the needs of the community. 	Information regarding demographics, vital statistics, health behaviors, morbidity, and other data were collected, analyzed, and compared to state and national data. Information was also collected in three focus groups, and via a county-level household survey (BRFSS). A youth status assessment

	was done through an online survey of community experts youth-serving agencies.
<ul style="list-style-type: none"> The Local Public Health System Assessment (LPHSA) focuses on all the organizations and entities that contribute to the local public health system as they deliver essential public health services to the community. 	Conducted with community agencies in a community mind-mapping exercise. Furthermore, a service provider survey was conducted to identify services in high need and with high waiting lists.
Phase Four – Identify Strategic Issues	The Committee reviewed all data results that were summarized in two detailed matrices, developed a set of criteria, and identified strategic issues to help the community reach the shared vision.
Community Health Improvement Plan	
Phase Five – Formulate Goals and Strategies	The steering committee, comprised of community partners and agencies, establish goals and strategies in response to strategic issues
Phase Six – The Action Cycle	Planning, implementation, and evaluation. During this phase, the efforts of the previous phases begin to produce results, as the local public health system develops and implements an action plan for addressing priority goals and objectives. This is also one of the most challenging phases, as it may be difficult to sustain the process and continue implementation over time.

Themes and Trends identifies – Priority Areas Formed

The assessment identified a set of health and social issues that were determined to be important factors impacting the quality of life of Preble County residents. The Steering Committee used these findings as its starting point to select the health improvement Priority Areas described in community health assessment. After considerable discussion of each of the findings from the health assessment, Committee members voted to select the three priorities they felt should be included in a health improvement plan and receive targeted attention by community organizations over the next three years.

The data collection and analysis efforts for this Community Health Assessment have exposed priority health needs. The process used to select priorities from this needs assessment depends upon shared decision criteria, and relied upon a modified version of the Hanlon Method and PEARL test which has been promoted by NACCHO (Citation Needed – 93 from CHA). The first set of criteria used to uncover Preble County priority health concerns pertain to prevalence,

seriousness (e.g., hospitalization and death), trends, comparison to state and/or national averages, and impacts on other health issues.

The next set of criteria were applied as practical criteria.

- Urgency – what are the consequences of not addressing this issue?
- Economics – does it make economic sense to address this issue?
- Acceptability – are stakeholders and the community ready to address this priority?
- Alignment – can this effort align with a group already working on this issue? Does this issue align with the State Health Improvement Plan?
- Resources – is funding likely to be available to apply strategies? Are organizations able to offer personnel time and expertise or space needed to address this issue?

Consideration of State and National Priorities

Throughout the CHIP development process, all three workgroups considered national and state priorities and objectives, such as those set forth in Healthy People 2020, when setting their objectives and outcome measures. This was done to ensure that local, state, and national health improvement efforts are aligned to make a difference in the overall picture of health across every community.

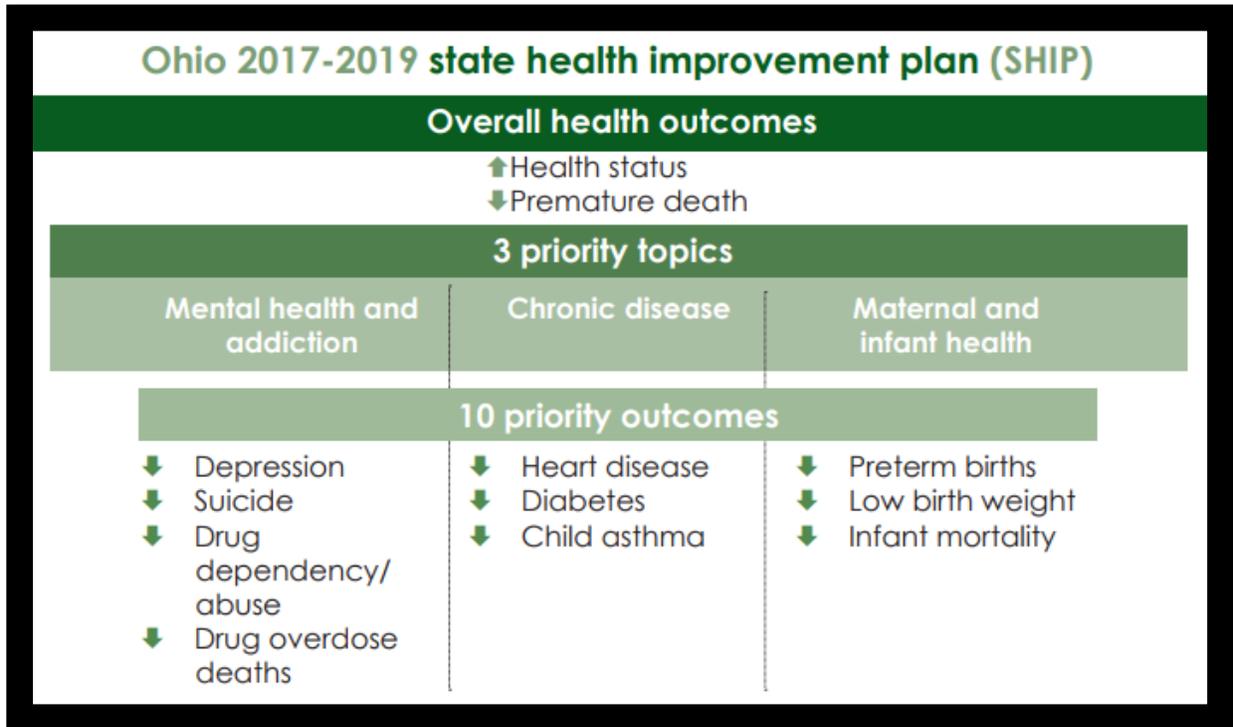
Additionally, workgroups used state and federal resources (e.g., Healthy People 2020, the National Prevention Strategy, Ohio’s 2017-2019 State Health Improvement Plan (Figure 3), The Community Guide to Community Preventive Services (Community Preventive Services Task Force), and The County Health Rankings & Roadmaps: What Works for Health to identify evidence-based strategies and promising practices for each health issue. Utilizing evidence-based strategies as much as possible will assist workgroups in using community resources most wisely and effectively.

Each group also considered any potential barriers to the identified strategies before determining which would work in Preble County. Finally, it should be noted that the state of Ohio now requires local health departments must include at least 2 priority areas with the State Health Improvement Plan.

The three priority needs for Preble County are:

- Maternal and Family Health
- Chronic Disease
- Mental Health and Addiction

Figure 3. Ohio 2017-2019 State Priority Topics and Outcomes



Implementation of the Community Health Improvement Plan

The success of this health improvement effort depends upon several factors. One of the most important success factors is a shared understanding of and commitment to the plan’s vision, goals, and objectives by a wide range of community organizations, leaders, and residents (Figure 3). No single organization can improve the health of an entire community.

Often it is left to the local health department, hospital, or other health related organization to implement programs and provide services aimed at improving people’s health status. The flaw in this approach is that most community health problems are caused by complex interactions between a variety of causal and risk factors that are beyond the capacity of health organizations to address alone. At the root of many of the most serious health problems such as chronic disease and substance abuse are social determinants – poverty, low levels of education, lack of familial and/or social support systems, poor housing and other environmental conditions.

To adequately address these so-called “upstream” factors that result in poor health downstream requires a multidisciplinary team approach involving organizations and individuals with diverse skills, knowledge, and resources. In this regard it is helpful to think of the public health system as encompassing all of the health, social, educational, and civic organizations that have a role to play in improving the community’s health as depicted in the diagram below.

Figure 4. Vision and Values

Vision and Values

Vision of a Healthy Preble County: An independent community working collaboratively to form a healthy environment with safe housing, affordable health care, financial security, and access to resources and opportunities.

We value: An environment that promotes preparedness, health and wellness, and guides people to resources to assist them in meeting their basic needs to sustain mental and physical health.

Goals, Objectives, and Strategies

For each of the Priority Areas, the Committee developed a health improvement goal with associated measurable objectives and strategies to achieve the goal and its objectives. The goals state the broad health improvement aims the CHIP is intended to produce. The objectives represent specific health improvement targets that provide a means to measure the community's progress toward meeting the broad goals. The strategies are activities that community organizations and individuals will implement over the next five years to achieve the objectives and meet the goals. Together, the goals, objectives and strategies provide a "roadmap" showing the path toward improving the health of Preble County residents in order to realize the vision of becoming "the healthiest county in Ohio."

It is the intention of the CHIP steering committee to use this roadmap to guide the implementation (MAPP *action phase*) of the CHIP. The committee will monitor the community's progress, support the many activities that will take place during implementation, and conduct an annual evaluation to determine the extent to which the health of Preble County residents has improved as a result of the CHIP process.

The tables below include the goals, objectives, and strategies for each of the Priority Areas.

Priority Area 1: Maternal and Family Health

Situational Analysis

Preble County’s health care infrastructure is comprised of one urgent care facility, two dialysis centers, and four residential nursing care facilities. The County Health Rankings indicate that Preble County has a less favorable ratio of population to primary care physicians, dentists, and mental health providers than for Ohio overall. Health Resources and Services Administration (HRSA) has designated Preble County as a geographic health professional shortage area (HPSA) in primary care and mental health.

Figure 7. Health Care Provider – Population Ratios

County Health Rankings Data	Preble County	Ohio
Primary care physicians (Primary care physicians include practicing physicians (M.D.'s and D.O.'s) under age 75 specializing in general practice medicine, family medicine, internal medicine, and pediatrics. (Population per physician)	4,640:1	1,300:1
Dentists (Population per dentist)	5,940:1	1,710:1
Mental health providers (Population per mental health providers (including child psychiatrists, psychiatrists, and psychologists active in patient care))	1,980:1	640:1

Source: County Health Rankings and Roadmaps

Preble County continues to struggle with the existing primary care resources available in the community. As of 2017, there was only 1 primary care provider for every 4,640 (Figure 7). Residents’ awareness and utilization of existing primary care resources and services will need to be increased. This will be accomplished through collaboration among existing providers, increasing both the availability and accessibility of primary care services. Programming, interventions, and initiatives will be target areas of the county where primary care utilization is lowest. (Lowest socioeconomic and insured status).

Other Considerations

The social determinants that influence maternal health also affect pregnancy outcomes and infant health. Racial and ethnic disparities in infant mortality exist, particularly for African American infants and a child’s health status varies by both race and ethnicity. Family income and related factors, including educational attainment among household members and health insurance coverage also affect prenatal and infant health outcomes. Environmental factors like neighborhood can have an effect too if the neighborhood lacks access to exercise opportunities and nutritious food.

Key Community Health Assessment (2017) Findings

- The percentage of pregnant mothers in Preble County receiving first trimester prenatal care is steadily increasing since a low point in 2012; however, the current percentage of women receiving first trimester care is 74.2%, which is lower than the Healthy People 2020 target of 77.9%.
- The percentage of Preble County mothers who smoke while pregnant, 18.1%, is higher than the state and national rates of 13.0% and 10.9%, respectively. The Healthy People 2020 target is 1.4%, meaning that Preble County's rate is 13 times higher than the Healthy People 2020 target.
- The percentage of preterm births in Preble County was decreasing from 2010 to 2013, but in 2014 the rate exceeded the state and Healthy People 2020 rates. In 2015, the most recent year for which data are available, Preble County's rate of 11.8% was lower than the state rate of 12.2%, but was higher than the Healthy People 2020 target of 11.4%.
- The low birth weight rate in Preble County exceeds the state rate, the national rate, and the Healthy People 2020 target. In 2015, Preble County's rate was 9.0% versus 8.5% for the state and 8.2% for the U.S. rate, while the Healthy People 2020 target is 7.8%.
- The birth rate to Preble County teenage mothers, 10.6 per 1,000 mothers who are 15-17 years of age, is consistently lower than the HP 2020 target of 36.2 per 1,000, but is higher than the State of Ohio's rate in three out five years – 2011, 2013, 2015. Ohio's rate was 10.0 in 2015.

Community Partners and Resources

- YMCA/YWCA
- Preble County Public Health
- Preble County Jobs and Family Services
- Preble County Council on Aging
- Preble County Community Action Partnership
- Preble County Schools Success Program
- Preble County YMCA
- School Nurses
- Head Start
- Woman, Infants, and Children (WIC)

Goals

1. All Preble County residents have the ability to quickly and efficiently obtain appropriate quality services from health care providers.
2. Increase the number of people (particularly youth) receiving regular dental care.

3. Increase the number of pregnant women receiving proper pre-natal care to meet 80% of all pregnant mothers and exceed the Health People 2020 target.

Priority Area 1: Maternal and Family Health

Goal 1: All Preble County residents have the ability to quickly and efficiently obtain appropriate quality services from health care providers

National Strategies to Reduce Risk Factors for Obesity	State Strategies/Action Steps to Reduce Risk Factors for Obesity	Preble County Improvement Strategies (What We Want to Do)	Preble County Action Steps and Performance Measures (How We're Going to Do It)	Local Partners (Who Needs to Work Together on This)	Timeline
<p>Healthy People 2020 Objectives</p> <ul style="list-style-type: none"> • Increase the proportion of persons with a usual primary care provider (AHS-3) • Increase the proportion of children, including those with special health care needs, who have access to a medical home (MICH-30) • Increase the proportion of children with special health care needs who receive their care in family-centered, comprehensive, and coordinated systems (MICH-31) <p>National Prevention Strategies</p> <ul style="list-style-type: none"> • Support implementation of community-based preventive services and enhance linkages with clinical care. • Reduce barriers to accessing clinical and community preventive services, especially among populations at greatest risk. • Enhance coordination and integration of clinical, behavioral, and complementary health strategies. 	<p>Ohio State Health Improvement Plan:</p> <ul style="list-style-type: none"> • Health Insurance enrollment and outreach • Maintain current Medicaid extension eligibility levels • Improve Access to comprehensive primary care (PCMHs) • Integrate community health workers and pathways to community HUB model • Remove barriers that impede access to covered tobacco cessation treatments, such as cost sharing and prior authorization and promote increase utilization of covered treatment benefits by tobacco users 	<ol style="list-style-type: none"> 1. Improve Access to Primary and Preventative Health Care. 2. Increase Awareness of Healthcare Services and Education on Preventative Care. 3. Increase Community Education on the Health Insurance Opportunities and Enrollment. 	<ol style="list-style-type: none"> 1. Implement policy, systems or environmental approaches to increase access to cancer screening services (i.e. breast, cervical and colorectal cancers). 2. Increase the number of residents with insurance coverage (established certified insurance counselling services, refer for Medicaid/Medicare enrollment). 3. Implement evidence-based activities that increase public awareness about breast, cervical and colorectal cancer screenings. 4. Reach out to medical providers to increase coverage. (Recruit providers through loan forgiveness programs for service in 	<p>Preble County Public Health (PCPH), Preble County YMCA, Essence of Wellness (EOW), Heat Start, Miami University, WIC</p>	<p>September 2018 – September 2019</p> <p>September 2018 – September 2021</p> <p>September 2018 – September 2021</p> <p>January 2019 – January 2021</p>

			HPSA/Medically underserved areas.		
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Priority Area 1: Maternal and Family Health Action Plan

Goal 2: Increase the number of people (particularly youth) receiving regular dental care.

National Strategies to Reduce Risk Factors for Obesity	State Strategies/Action Steps to Reduce Risk Factors for Obesity	Preble County Improvement Strategies (What We Want to Do)	Preble County Action Steps and Performance Measures (How We're Going to Do It)	Local Partners (Who Needs to Work Together on This)	Timeline
<p>Healthy People 2020 Objectives</p> <ul style="list-style-type: none"> • Increase the proportion of persons with dental insurance (AHS-1.2) • Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical care, dental care, or prescription medicines (AHS-6) • Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary dental care 	<p>Ohio State Health Improvement Plan:</p> <ul style="list-style-type: none"> • Increase access to dental care.* <p>*Ohio SHIP does not provide specific strategies in this area.</p>	<ol style="list-style-type: none"> 1. Increase Access to Dental care/services for youth. 2. Increase care for those without insurance and/or on Medicaid/Medicare. 	<ol style="list-style-type: none"> 1. Raise awareness and promote a mobile dental center and increased visits to dental providers 2. Assess data from Kettering Emergency Department admissions for clients presenting with dental issues. 3. Create a train-the-trainer approach for non-dental professionals to increase oral health educational opportunities. 4. Established a work group to explore opportunities for retired dental professionals and/or dental professionals who are not board certified to volunteer their services or work under subversion. 5. Explore funding opportunities to establish a dental clinic through PCPH. 	<p>Kettering Health Network, Preble County Public Health (PCPH), Preble County YMCA, Essence of Wellness (EOW), Heat Start, Miami University, WIC</p>	<p>September 2018 – March 2021.</p> <p>September 2018 – September 2019</p> <p>January 2019 – January 2020</p> <p>January 2020 – June 2021</p> <p>September 2018 – March 2021</p>

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Priority Area 1: Maternal and Family Health Action Plan

Goal 3: Increase the number of pregnant women receiving proper pre-natal care to meet 80% of all pregnant mothers and exceed the Health People 2020 target.

National Strategies to Reduce Risk Factors for Obesity	State Strategies/Action Steps to Reduce Risk Factors for Obesity	Preble County Improvement Strategies (What We Want to Do)	Preble County Action Steps and Performance Measures (How We're Going to Do It)	Local Partners (Who Needs to Work Together on This)	Timeline
<p>Healthy People 2020 Objectives</p> <ul style="list-style-type: none"> Increase the proportion of pregnant women who receive early and adequate prenatal care (MICH-10.2) Increase the proportion of pregnant women who receive prenatal care beginning in the first trimester (MICH-10.1) <p>National Prevention Strategies</p> <ul style="list-style-type: none"> Increase use of preconception and prenatal care. Support reproductive and sexual health services and support services for pregnant and parenting women. Provide effective sexual health education, especially for adolescents. 	<p>Ohio State Health Improvement Plan:</p> <ul style="list-style-type: none"> Home visiting program that begins prenatally Maternal and child health programs trained in providing SA's (Ask, Advise, Assess, Assist and Arrange) brief counseling intervention smoking cessation, Baby & Me Tobacco Free Program, or Moms Quit for Two. Reduce percent of adults unable to see a doctor due to cost Reduce primary care professional shortage areas 	<p>1. Increase pre-natal care for those without insurance and/or on Medicaid/Medicare.</p>	<p>1. Fill service gaps in prenatal/reproductive health care to address smoking, unintended pregnancy through Sojourner Addiction Treatment Services, outreach via Kettering emergency department.</p> <p>2. Provide reproductive health education in all Preble county school districts through the partnership with superintendents and principals.</p> <p>3. Establish/refer all pregnant women seen through PCPH clinics to smoking cessation programs.</p> <p>5. Utilize evidence-based models for home visiting to provide enhanced support to assist pregnant women in getting health</p>	<p>Preble County Public Health (PCPH), Kettering Health Network, Sojourner Addiction Treatment Center, Local physicians, Preble county school districts</p>	<p>September 2018 – March 2021.</p>

			insurance, engaging in health care services, securing basic needs assistance and practicing healthy behaviors.		
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Priority Area 2: Chronic Disease

Situational Analysis

According to the CDC, about half of all adults had one or more chronic health conditions and one of four adults had two or more chronic health conditions. Two of the ten leading causes of death account for almost half (48 percent) of the deaths in the United States – heart disease and cancer. The CDC also reports that diabetes is the leading cause of limb amputations (not caused by accidental causes), and new cases of blindness among adults.

Social determinants of health research from the American Heart Association notes clear associations between societal factors and cardiovascular health. For example, research indicates that people with lower educational levels die younger, largely due to cardiovascular disease. The lower the income, the higher the risk for cardiovascular disease. — “There also is evidence that people who experience the chronic stressors, such as racism, might have higher blood pressure as a result.”

Studies support that the neighborhoods in which people live likely affect their heart disease risk. “We need to learn more about why that is, but contributing factors could include less access to healthy food, less opportunity for physical activity, higher stress levels with higher crime, noise, traffic, etc.”

“Emerging evidence suggests that one’s tendency to develop high blood pressure and perhaps diabetes as adults is in some way determined by things that happen before birth and through early life. There’s evidence that children with low birth weight tend to have structural changes to the heart and kidneys that may predispose them high blood pressure and diabetes, when they’re adults.”

Key Community Health Assessment (2017) Findings

- The three most frequently cited chronic conditions for Preble County adults are high blood pressure (28.4%), high blood cholesterol (18.4%), and diabetes (14.9%). In addition, the prevalence of obesity in Preble County is 34.1%. Obesity, while not a chronic disease, is a health factor identified by the steering committee as a priority concern.
- The prevalence of high blood pressure in Preble County is significantly lower than the rate for Ohio and the nation based on survey results (28.4% versus 34.3% and 30.9%).
- The rate of high cholesterol conditions, based on the household survey, is significantly lower for Preble County adults (18.4%) versus the rate for Ohio and the nation (36.7% and 36.3%, respectively).
- The rate of coronary heart disease is significantly higher in Preble County than the state and national rates (9.7% in Preble County versus 4.2% for Ohio and 3.9% for the U.S.).
- The diabetes rate for adults in Preble County is 14.9% based on survey results versus 11.8% and 10.8% for the state and nation, respectively. The Preble County percentage is significantly higher than the U.S. percentage.
- The prevalence of obesity among Preble County adults is 34.1% versus 31% for Ohio, according to County Health Rankings data provided by the Robert Wood Johnson Foundation. According to survey results, the rate of overweight and obese for Preble County adults is 69.5% versus 66.5% and 65.3% for

Ohio and the nation, respectively. The County rate is statistically significantly higher than the rate for the state and the U.S.

Community Partners and Resources

- YMCA
- Preble County Public Health
- Essence of Wellness
- Kettering Health Network

Goals

1. Educate community members about chronic disease prevention and management.
2. Increase awareness in the community about proper nutrition.
3. Educate community member about the importance of preventative screenings.

Priority Area 2: Chronic Disease Action Plan

GOAL 1: Educate community members about chronic disease prevention and management

National Strategies to Reduce Risk Factors for Obesity	State Strategies/Action Steps to Reduce Risk Factors for Obesity	Preble County Improvement Strategies (What We Want to Do)	Preble County Action Steps and Performance Measures (How We're Going to Do It)	Local Partners (Who Needs to Work Together on This)	Timeline
<p>Healthy People 2020 Objectives</p> <ul style="list-style-type: none"> Increase the proportion of adults who self-report good or better health (HRQOL/WB-1) Increase the proportion of office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to exercise (PA-11.1) Increase the proportion of adults who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high (HDS-4) <p>National Prevention Strategies</p> <ul style="list-style-type: none"> Provide people with tools and information to make healthy choices. Engage and empower people and communities to plan and implement prevention policies and programs. Promote positive social interactions and support healthy decision making. 	<p>Ohio State Health Improvement Plan:</p> <ul style="list-style-type: none"> Increase the number of CHW training programs that address chronic disease prevention and management Increase mass-reach communications including youth, secondhand smoke and quitting campaigns Increase awareness of prediabetes Expand the HUB model to incorporate chronic disease prevention and management 	<ol style="list-style-type: none"> Increase physical activity opportunities. Reduce the prevalence of tobacco use. 	<ol style="list-style-type: none"> Work with local government to provide safe routes and pathways for all to travel by foot, when possible. Promote physical activity in community venues through signage, worksite policies, social support and joint use agreements. Enhance school based physical education and extracurricular activities for physical activity. Expand activity programs for older adults. Develop free community fitness programs and community-wide physical activity campaigns. Expand access to evidence-based tobacco cessation treatments. Implement smoke-free policies in multi-unit housing complexes and adoption of smoke free workplace policies. 	<p>PCPH Staff: WIC Director, Nursing Director, designated staff in clinical and WIC areas.</p> <p>Outside partners: small retailers, hospital systems, and the Preble county YMCA. Preble County School Districts.</p>	<p>September 2018 – March 2021.</p> <p>January 2019 – January 2021</p> <p>January 2019 – January 2020</p> <p>January 2019 – January 2021</p> <p>September 2018 – March 2021</p> <p>September 2018 – March 2021</p> <p>September 2018 – March 2021</p>

Priority Area 2: Chronic Disease Action Plan

GOAL 2: Increase awareness in the community about proper nutrition

National Strategies to Reduce Risk Factors for Obesity	State Strategies/Action Steps to Reduce Risk Factors for Obesity	Preble County Improvement Strategies (What We Want to Do)	Preble County Action Steps and Performance Measures (How We're Going to Do It)	Local Partners (Who Needs to Work Together on This)	Timeline
<p>Healthy People 2020 Objectives</p> <ul style="list-style-type: none"> • Increase the proportion of physician visits made by all child or adult patients that include counselling about nutrition or diet (NWS-6.3) • Increase the contribution of fruits to the diets of the population aged 2 years and older (NWS-14) • Increase the contribution of vegetables to the diets of the population aged 2 years and older (NWS-15.1) <p>National Prevention Strategies</p> <ul style="list-style-type: none"> • Increase access to healthy and affordable foods in communities. • Help people recognize and make healthy food and beverage choices. • Support policies and programs that promote breastfeeding. 	<p>Ohio State Health Improvement Plan:</p> <ul style="list-style-type: none"> • Increase the number of school districts with wellness policies in compliance with USDA recommendations • Increase the number of licensed early child and school aged child care providers that have adopted organizational health eating/active living policies • Increase the number of high-risk children receiving interventions to prevent and manage obesity through a home visitor or WIC provider • Increase access to healthy food through: Healthy Food for Ohio Program, SNAP incentive Programs, and Health food in small retail stores 	<p>1. Increase Access to healthy foods and produce.</p>	<p>1. Increase the number of programs with nutrition standards for health food and beverage procurement.</p> <p>2. Expand and enhance school-based nutrition programs offering affordable, healthy food items to students.</p> <p>3. Draft policies, engage stakeholders with community-based organizations (CBOs) and worksites to adopt policies such as workplace lactation support.</p> <p>4. Increase the utilization of WIC benefits among recipients.</p> <p>5. Work with small grocers and convenience stores to offer healthy foods and produce at competitive prices.</p>	<p>PCPH Staff: WIC Director, Nursing Director, designated staff in clinical and WIC areas, PIO.</p> <p>Outside partners: small retailers and local physicians, hospital systems, local day cares and the Preble county YMCA.</p>	<p>January 2019 – January 2020</p> <p>January 2019 – January 2020</p> <p>September 2018 – March 2021</p> <p>September 2018 – March 2021</p> <p>January 2019 – March 2021</p>

Priority Area 2: Chronic Disease Action Plan

GOAL 3: Educate community members about the importance of preventative screenings					
National Strategies to Reduce Risk Factors for Obesity	State Strategies/Action Steps to Reduce Risk Factors for Obesity	Preble County Improvement Strategies (What We Want to Do)	Preble County Action Steps and Performance Measures (How We're Going to Do It)	Local Partners (Who Needs to Work Together on This)	Timeline
<p>Healthy People 2020 Objectives</p> <ul style="list-style-type: none"> • Increase the proportion of office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to exercise (PA-11.1) • Increase the proportion of adults who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high (HDS-4) <p>National Prevention Strategies</p> <ul style="list-style-type: none"> • Support implementation of community-based preventive services and enhance linkages with clinical care. • Reduce barriers to accessing clinical and community preventive services, especially among populations at greatest risk. • Enhance coordination and integration of clinical, behavioral, and complementary health strategies. 	<p>Ohio State Health Improvement Plan:</p> <ul style="list-style-type: none"> • Increase the number of CHW training programs that address chronic disease prevention and management • Increase the number of CHWS who are employed chronic disease prevention and management work. • Increase prediabetes screening and DPP referrals by a health care provider • Increase primary care providers' utilizations of Electronic Health Records to identify and manage individuals with hypertension • Expand access to and referral to evidence-based tobacco cessation treatments 	<p>1. Increase rate of preventative screening in Preble county.</p>	<p>1. Promote prediabetes screening and follow-up</p> <p>2. Promote hypertension screening and follow-up.</p> <p>3. Work with mobile clinics from partner hospital networks to bring mobile biometric screening services to Preble county residents.</p> <p>4. Encourage healthcare providers to promote increased patient use of community-based nutrition and physical activity resources.</p>	<p>PCPH Staff: WIC Director, Nursing Director, designated staff in clinical and WIC areas.</p> <p>Outside partners: small retailers, local physicians, hospital systems including Kettering Health Network, Premier, and Reid Hospital Systems, and the Preble county YMCA.</p>	<p>September 2018 – September 2020</p> <p>September 2018 – September 2020</p> <p>September 2018 – January 2020</p> <p>January 2019 – January 2020</p>

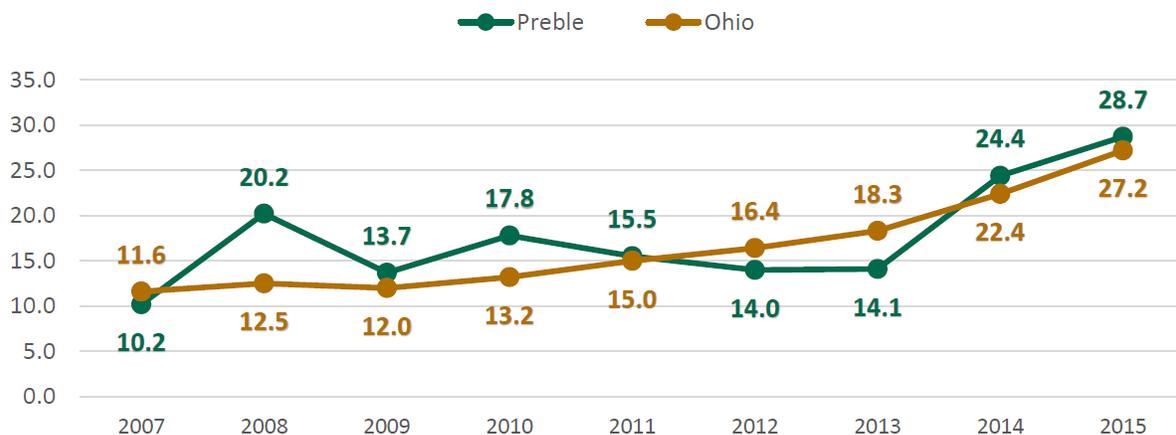
Priority Area 3: Mental Health and Addiction

Situational Analysis in Preble County

Substance abuse, particularly opioids, is a leading health concern in Preble County. Despite several initiatives and programs developed to address the issue, it remains a priority for the community. To augment and enhance existing programs, residents need better education and awareness of existing services to increase healthy decisions and behaviors. To this end, the community will collaborate on implementing programs and interventions that increase opportunity for healthy decision making among residents in order to leverage existing community efforts to reduce substance use. In addition, the community will implement evidence-based programs that impact youth substance use initiation.

According to the CDC, drug overdose deaths and opioid-involved deaths continue to increase in the United States. Prescription or illegal opioids are the main driver of drug overdose deaths. Opioids were involved in 33,091 deaths in 2015, and opioid overdoses have quadrupled since 1999. In 2015, Ohio was one of the top five states with the highest rates (29.9 per 100,000) of death due to drug overdose.⁸⁰ Studying unintentional drug overdose trends for Preble County and Ohio indicates that Preble County's rate outpaced the State of Ohio's rate in five years out of a nine-year trend (Refer to the following figure).

Figure 5. Unintentional Drug Overdose, Age-adjusted Death Rates per 100,000 Population (PCPH 2017 CHA)

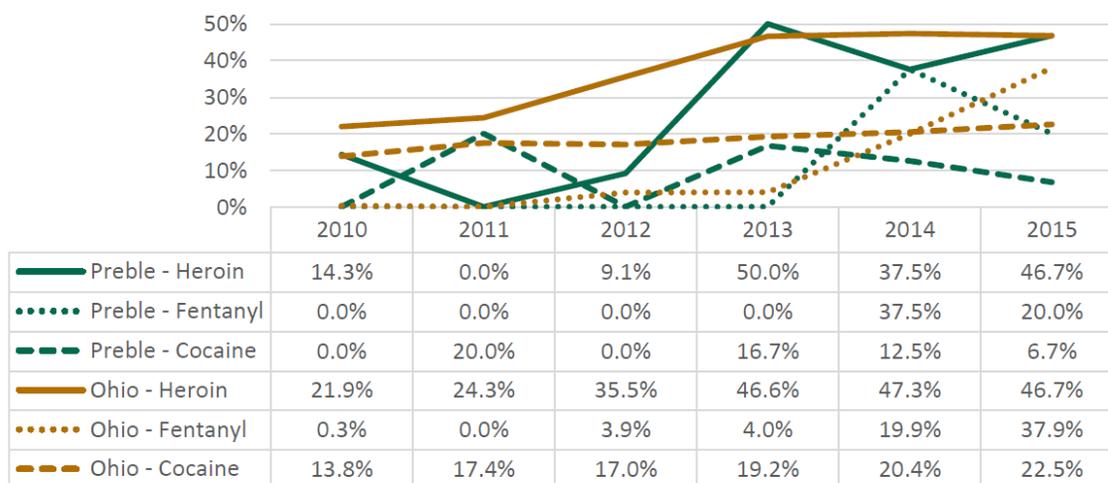


Source: Ohio Department of Health, Mortality

Respondents to the Preble County Community Health Assessment Survey were asked if they have ever taken prescription pain medication (Codeine, Vicodin, OxyContin, Hydrocodone, Percocet, etc.) that was not prescribed to them or differently than instructed by the doctor. One in seven (13.6%) of respondents indicated that they have at one time or another. Respondents were also asked if they or anyone in their family have been affected by street drug use like heroin, methadone, cocaine, etc. and 14.6% indicated that illegal drug use has.

While the percentage of unintentional drug overdose deaths involving heroin is generally lower in Preble County than for Ohio, it matched the rate for the state of Ohio (46.7%) in 2015. The percentage of unintentional drug overdose deaths involving fentanyl is lower in Preble County than for Ohio.

Figure 6. Unintentional Drug Overdose Deaths by Drug, 2010-2015 (PCPH 2017 CHA)



Source: Ohio Department of Health, Mortality

Mental Health and Substance Abuse Data Highlights

- Unintentional drug overdose deaths have nearly tripled from 2007-2015
- Fentanyl-laced heroin has been linked to a surge of overdoses in Ohio
- Drug overdose deaths involving fentanyl accounted for 1 out of 3 drug overdose deaths in 2014 and 1 out of every 5 in 2015 in Preble County

Disparities

- Female respondents are significantly more likely to report that they have been diagnosed with mental or emotional problems (6.8%) than are male respondents (2.1%)
- Individuals living in households earning under \$15,000 per year are significantly more likely to report that they have been diagnosed with a depressive disorder or mental/emotional problems
- Adults under the age of 55 are significantly more likely to indicate binge drinking in the past 30 days

Community Partners and Resources

The following community partners committed during the CHIP planning phase to addressing behavioral health issues in Preble County:

- Preble County Mental Health & Recovery Board*
- Preble County Public Health
- Recovery and Wellness Centers of Midwest Ohio
- Preble County SAPP (Substance Abuse Prevention Partnership)

*Designates lead agency(ies)

Additional partners to address this issue may be recruited throughout the implementation process.

Goals

1. Strengthen the county substance abuse coalition (SAPP).
2. Mitigate or eliminate substance abuse in the community to protect the health, safety, and quality of life for all
3. Reduce youth substance abuse and the early onset of drug use.

Priority Area 3: Mental Health and Addiction Action Plan

GOAL 1: Strengthen the county Substance Abuse Coalition (SAPP)					
National Strategies to Reduce Risk Factors for Substance Abuse	State Strategies/Action Steps to Reduce Risk Factors for Substance Abuse	Preble County Improvement Strategies (What We Want to Do)	Preble County Action Steps and Performance Measures (How We're Going to Do It)	Local Partners (Who Needs to Work Together on This)	Timeline
<p>Healthy People 2020 Objectives</p> <ul style="list-style-type: none"> • Increase the contribution of fruits to the diets of the population aged 2 years and older (NWS-14) • Increase the contribution of vegetables to the diets of the population aged 2 years and older (NWS-15.1) <p>National Prevention Strategies</p> <ul style="list-style-type: none"> • Implement programs for reducing drug abuse and excessive alcohol use (e.g., student assistance programs, parent networking, or peer-to-peer support groups). • Educate youth and adults about the risks of drug abuse (including prescription misuse) and excessive drinking. • Increase awareness on the proper storage and disposal of prescription medications. 	<p>Ohio State Health Improvement Plan:</p> <ul style="list-style-type: none"> • Strengthen community substance abuse and addiction prevention services, including those specifically provided in school settings as well as suicide prevention efforts. • Strengthen the continuum of community housing options for people in recovery. • Support mental health consultants who are available to work with teachers, staff and families of at-risk children in preschools and the early learning settings. • Increase the number of project DAWN (Community based naloxone distribution sites) 	<p>1. Increase impact and reach of the Preble County Substance Abuse Coalition (SAPP).</p>	<p>1. Encourage and support community partnerships to address mental health and addiction issues.</p> <p>2. Expand the Success Program that is working with at risk families in Preble county school districts.</p> <p>3. Increase membership and partnership in monthly SAPP meetings.</p>	<p>PCPH Staff: WIC Director, Nursing Director, designated staff in clinical and WIC areas.</p> <p>Outside partners: Mental Health and Recovery Board (MHRB), Preble County Substance Abuse Prevention Partnership (SAPP), Recovery and Wellness, Preble County Public Health, HIT Foundation, Success Program, Preble County Job and Family Services, Preble County YMCA</p>	<p>September 2018 – September 2019 and ongoing.</p> <p>September 2018 – September 2019</p> <p>September 2018 – March 2021</p>

Priority Area 3: Mental Health and Addiction Action Plan

GOAL 2: Mitigate or eliminate substance abuse in the community to protect the health, safety, and quality of life for all

National Strategies to Reduce Risk Factors for Substance Abuse	State Strategies/Action Steps to Reduce Risk Factors for Substance Abuse	Preble County Improvement Strategies (What We Want to Do)	Preble County Action Steps and Performance Measures (How We're Going to Do It)	Local Partners (Who Needs to Work Together on This)	Timeline
<p>Healthy People 2020 Objectives</p> <ul style="list-style-type: none"> • Reduce drug-induced deaths (SA-12) • Reduce the past-year nonmedical use of prescription drugs. (SA-19.1) <p>National Prevention Strategies</p> <ul style="list-style-type: none"> • Focus on mental health and emotional well-being. • Support implementation and enforcement of alcohol and drug control policies • Educate youth and adults about the risks of drug abuse (including prescription misuse) and excessive drinking. • Work with media outlets and retailers to reduce alcohol marketing to youth. • Increase awareness on the proper storage and disposal of prescription medications. 	<p>Ohio State Health Improvement Plan:</p> <ul style="list-style-type: none"> • Increase the number of Project DAWN sites • Strengthen community substance abuse and addiction prevention services, including those specifically provided in school settings as well as suicide prevention efforts. • Ensure access to Naloxone training for all appropriately licensed first responders; sustain and expand statewide and local distribution efforts. 	<ol style="list-style-type: none"> 1. Decrease drug overdose deaths annually. 2. Decrease the rise in both new and old means of substance abuse in Preble county. 3. Increase the number of primary care physicians' screening for depression during office visits. 	<ol style="list-style-type: none"> 1. Expand treatment facilities and opportunities for in county treatment, which includes men. 2. Work with neighboring counties such as Montgomery county to bring in needle exchange program, communicable disease testing and treatment options. 3. Keep to up to date information from state and federal officials regarding drug trends. 4. Introduce and increase physicians' offices to screening types and processes. 	<p>PCPH Staff: WIC Director, Nursing Director, designated staff in clinical and WIC areas.</p> <p>Outside partners: small retailers, hospital systems, and the Preble county YMCA, Mental Health and Recovery Board (MHRB), Preble County Substance Abuse Prevention Partnership (SAPP), Recovery and Wellness, Preble County Public Health, HIT Foundation, Success Program, Preble County Job and Family Services, Preble County YMCA</p>	<p>September 2018 – March 2021</p> <p>September 2018 – March 2021</p> <p>March 2019 – March 2020</p>

Priority Area 3: Mental Health and Addiction Action Plan

GOAL 3: Reduce youth substance abuse and the early onset of use					
National Strategies to Reduce Risk Factors for Substance Abuse	State Strategies/Action Steps to Reduce Risk Factors for Substance Abuse	Preble County Improvement Strategies (What We Want to Do)	Preble County Action Steps and Performance Measures (How We're Going to Do It)	Local Partners (Who Needs to Work Together on This)	Timeline
<p>Healthy People 2020 Objectives</p> <ul style="list-style-type: none"> Increase the proportion of at-risk adolescents ages 12-17 years who, in the past year, refrained from using alcohol for the first time. Increase the proportion of at-risk adolescents ages 12-17 years who, in the past year, refrained from using marijuana for the first time. <p>National Prevention Strategies</p> <ul style="list-style-type: none"> Educate youth and adults about the risks of drug abuse (including prescription misuse) and excessive drinking. Implement programs to reduce drug abuse and excessive alcohol use (e.g., student assistance programs, parent networking, or peer-to-peer support groups). 	<p>Ohio State Health Improvement Plan:</p> <ul style="list-style-type: none"> School-based alcohol/other drug prevention programs including youth-led prevention. Develop curriculum on opiate prevention and pilot in schools. Support mental health consultants who are available to work with teachers, staff, and families of at-risk children in preschools and other early learning settings. 	<ol style="list-style-type: none"> Increase social support systems for adults and youth. Expand evidence-based programs targeting youth and families. 	<ol style="list-style-type: none"> Collect baseline data on all existing mental health support groups in Preble County and increase awareness of those groups. Implement youth prevention programming and promote school policies that support this effort. Promote consistent school policies regarding substance use and related violations. Double the number of churches who are providing follow-up support system programs. 	<p>PCPH Staff: WIC Director, Nursing Director, designated staff in clinical and WIC areas.</p> <p>Outside partners: Mental Health and Recovery Board (MHRB), Preble County Substance Abuse Prevention Partnership (SAPP), Recovery and Wellness, Preble County Public Health, HIT Foundation, Success Program, Preble County Job and Family Services, Preble County YMCA</p>	<p>September 2018 – September 2019</p> <p>September 2018 – March 2021</p> <p>March 2019 – March 2020</p> <p>January 2019 – January 2021</p>

CHIP Annual Reporting, Maintenance, and Next Steps

Preble County Public Health will distribute the Community Health Improvement Plan (CHIP) widely to all Health Partners and other interested parties (e.g., residents, elected officials, healthcare providers) in printed and electronic formats. It will also be made publicly available on PCPH's website (www.preblecountyhealth.org).

The Health Department will work with a wide range of community partners to report and monitor the implementation of the CHIP. The Plan will be modified by the Preble County CHIP Steering Committee as necessary in the months and years ahead. Additionally, the CHIP may inform local agency strategic plans across the county where appropriate.

The progress of meeting the local priorities will be monitored with measurable indicators identified by the community partners and PCPH. Individuals that are working on action steps within each workgroup will meet on an as needed basis. The full Preble County CHIP Steering Committee will meet bi-annually to report on overall progress of action plans, including implementation selected strategies, barriers, and overall outcomes. An excel worksheet will be utilized to track progress and evaluate each of the workgroup's action plans. Additionally, Community Health Assessments will be utilized to monitor overall progress on each priority area. This will occur no less than every three years. Additional methods may be used to track progress in-between assessments, which may be determined based on each priority area and/or measurable objective. Each workgroup will also be responsible for evaluating completion of each selected strategy and any associated outcomes. This evaluation will be tracked through CHIP Steering Committee meetings, quarterly Health Partner meetings, and other electronic mechanisms to share information. All evaluation methods will be reported no less than annually during the Preble County CHIP Coalition meetings. The action steps, responsible person/agency and timelines will be reviewed at least annually by the priority area workgroups. Edits and revisions to the entire plan will be made accordingly.