

Healthy Living

OUR PRIORITY 1 IMPROVEMENT TARGETS

PRIORITY #1 – Healthy living to prevent chronic disease GOAL – Equip and motivate Logan County residents to make healthier choices			2015	2018	
Measurable Objectives (How we will know we are making progress)	Data Source	Frequency of Measurement	Beginning	Ending	change
1.1 Increase the percentage of residents that exercise at least 5 times each week to 30% by 2018.	CHA Survey	3 years	13.7%	17.5%	3.8% Improvement Did not reach target of 30%
1.2 Increase the number of participants in the new Falls Prevention Program by 30%. (Baseline: 60 participants)	Solid Ground / Matter of Balance	Annual	60 people	286 people	376% increase
1.3 Reduce the percentage of overweight and obese residents to 65% by 2018.	CHA Survey	3 years	69.2%	72.6%	Increased 3.4 percentage points
	RWJ CH Rankings, Patient Centered Homes, CHWP, WIC	Annual	WIC children who are obese 13.52% 2016 CHR 30% obese (overweight not included)	WIC children who are obese 9.1% in 2017 CHR 35% obese (overweight not included)	33% Decrease WIC children who are obese Increased
1.4 Increase the percentage of participants in the hospital weight loss/chronic disease management program who attempt to lose weight by 10% annually.	MRH	Annual	0	526 (as of 12/31/17)	525% increase
1.5 Encourage healthy food pantries/food sites.	Coalition	Annual	1 – Our Daily Bread	Second Harvest offered 2 independent fruit/veg	Improvement

				deliveries which sold out	
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OUR PRIORITY 1 STRATEGIES

PRIORITY #1 – Healthy living to prevent chronic disease GOAL – Equip and motivate Logan County residents to make healthier choices		
Strategies (What we will do to achieve our goals and objectives)	Lead Organization (Who is responsible)	Did we achieve
D1.1 Establish a mechanism to coordinate the programs that exist in the community to engage more residents in them.	Coalition	New Facebook and website presence - Achieved
1.2 Expand the Healthy Habits, Healthy You program.	MRH / Coalition	Doubled the number of people who know about it - Achieved
1.3 Explore the feasibility and review evidence-based practices of peer-to-peer opportunities to support people in the prevention of chronic disease through diet and exercise.	LCHD	Unfunded at this time.
1.4 Expand opportunities to increase physical activity.	Coalition / YMCA / Parks	Winter Program inaugural and increased sites Published list of walking events
1.5 Seek additional funding to support efforts of Coalition.	LCHD	Applied for Aetna Grant, America Walks grant. Unfunded
1.6 Expand opportunities to access convenient healthy food with an emphasis on at-risk communities; work with locally owned restaurants and food pantries to review offerings and advocate for a healthier meal policy.	Coalition	Feasibility study took place at Indian Lake to determine needs. Healthy food offerings were labeled at local restaurants and grocery stores - Achieved
1.7 Establish a “Healthier ME” program to assist those overweight on their getting fit journey.	MRH	39 participants - Achieved

Substance Abuse

OUR PRIORITY 2 IMPROVEMENT TARGETS

PRIORITY #2 – Substance Abuse					
GOAL – Reduce the number of individuals and families that are negatively affected by substance abuse					
Measurable Objectives (How we will know we are making progress)	Data Source	Frequency of Measurement	2015	2018	% Change
2.1 Reduce the percentage of adults that think it is OK for underage youth to drink to 18% by 2018.	CHA Survey <i>Attitudes toward Drinking – Ques. #6(1)</i> Search Institute Survey <i>Question #89</i>	3 years	CHA: 18.9% Agree: 15.8% S. Agree: 3.1% SI Survey:	CHA: 14.4% Agree: 11.6% S. Agree: 2.8% SI Survey:	16.1%
2.2 Reduce the percentage of adults that think it is OK for adults to supply underage youth with alcohol to 14% by 2018.	CHA Survey <i>Attitudes toward Drinking – Ques. 6(4)</i>	1 years	CHA: 7.5% Agree: 5.3% S. Agree: 2.2%	CHA: 5.4% Agree: 3.3% S. Agree: 2.1%	5.1%
2.3 Increase the number of people w/ diagnosis of opiate addiction seeking treatment by 5% by 2018.	CCI / CHWPLC	Annual	CCI = 151 # in Addiction tx w/ opiates in diagnosis	CCI – 135 # in Addiction tx w/ opiates in diagnosis	- 11% Fewer # opiates, but moving to other drugs
2.4 Decrease number students who report using prescription drugs not prescribed to them in the last 30 days by 3%.	SI- A&B Youth Survey <i>Ques. #88</i>	2 years	SI Survey #88 3%	SI Survey #88 3%	No change
2.5 Decrease number of students who report using heroin in past 12 months by 3%.	SI -A&B Youth Survey <i>Ques. #112</i>		SI Survey #112 0%	SI Survey #112 0%	No change
2.6 Reduce the rate of opiate prescriptions in Logan County by 1% annually.	OARRS	Annual	2015 OARRS 1 st qtr. – 17.4 doses dispensed	2018 OARRS 1 st qtr – 12.67 doses dispensed	- 27% Significant reduction in rx opiates

OUR PRIORITY 2 STRATEGIES

PRIORITY #2 – Substance Abuse GOAL – Reduce the number of individuals and families that are negatively affected by substance abuse		
Strategies (What we will do to achieve our goals and objectives)	Lead Organization (Who is responsible)	Did we achieve
1.1 Develop a Logan County Substance Abuse Prevention Plan that will include a mechanism for coordinating the various programs that currently exist and that target high risk areas or populations.	FCFC / CORE Coalition	CORE Prevention/Education Team is working on “tool box” of evidence based curriculums/training available to schools, etc.
1.2 Engage individuals in recovery to communicate to those still suffering from addiction, a message of hope and encouragement (peer-to-peer approach).	CORE Coalition / LCHD	<ul style="list-style-type: none"> - Certified Peer Support Specialists - OD Response Teams - Parent Support Grp. - CORE Tx & Recovery Supports team – Events
1.3 Promote the use of Rx Drug Drop Boxes and Take Back Day Events	CORE Coalition/ Law Enforcement/ MRH	<ul style="list-style-type: none"> - Two Permanent Drug Drop Boxes - 2x/yr Drug Take Back Events - Prev/Education Team promotes w/ FB, website, newspaper, WPKO
1.4 Increase capacity for access to Medication Assisted Treatment by 3 local providers.	CCI / CHWP / MRH	<ul style="list-style-type: none"> - CHWPLC has 8 MAT Providers - Maple Leaf Fam & Sports Med has 2 MAT providers - CCI has 1 provider
1.5 Educate physicians regarding over-prescribing opiates, offering alternatives, and use of the OARRS system.	MRH / CORE Coalition	<ul style="list-style-type: none"> - MRH, CHWPLC, local physicians <p style="text-align: center;">At least 35 local medical providers received trng.</p>
1.6 Improve CORE website and develop other addiction resource tools for addicted persons and their families.	CCI / CORE Coalition	<ul style="list-style-type: none"> - Contract w/ Berry Digital to manage CORE site - Increased # of Sober Support Mtgs options - Addiction resource guide in draft - Recovery Community very active - New link to tx protocol w/ MRH -ER for OD patients

Mental Health

OUR PRIORITY 3 IMPROVEMENT TARGETS

PRIORITY #3 – Mental Health					
GOAL – Equip and motivate Logan County residents to make healthier choices					
Measurable Objectives (How we will know we are making progress)	Data Source	Frequency of Measurement	2015 Beginning	2018 Ending	change
3.1 Decrease unhealthy stress-relieving behaviors as measured by a decrease in the percentage of people who drink, overeat, and/or smoke to relieve stress to 21% by 2018.	CHA Survey	3 years	50.8%	39%	11.8%
3.2 Reduce the percentage of people that seriously consider suicide to 4.5% by 2018.	CCI / PHS	Annual			
3.3 Increase the number of primary care practices in Logan County that have a suicide prevention policy in place than includes an evidence based suicide screening.	Coalition	Annual	No policies in place	Three primary care practices in Logan County have adopted suicide prevention policies that including EB screenings.	Zero to three practices with policies in place.

OUR PRIORITY #3 STRATEGIES

PRIORITY #3 – Mental health GOAL – Equip and motivate Logan County residents to make healthier choices		
Strategies (What we will do to achieve our goals and objectives)	Lead Organization (Who is responsible)	Did we achieve
2.1 Implement an education campaign to reduce the stigma associated with mental health.	Suicide Prevention Coalition/CCI	Yes—MHFA and Gatekeeper/QPR trainings have increased and funding from MHDAS and SPC has been allocated to sustain them.
2.2 Promote the Crisis Text Line in local schools and throughout the community.	Suicide Prevention Coalition/MHDAS	Yes—promotion via billboards, giveaways at health fairs, and promotional materials in all middle and high schools in Logan county.
2.3 Educate local primary care providers on evidenced-based screening tools and suicide prevention strategies and assist in establishing policies, protocols, and practices.	Suicide Prevention Coalition	Yes—the SPC assisted three primary care practices in Logan County in establishing suicide prevention policies that include EB screening and safety planning.
2.4 Seek additional funding to support this work.	Suicide Prevention Coalition	Yes—OACBHA grants for text line promotion, OSPF grants for postvention services, and increased fundraising (added the golf outing fundraiser in 2015).

Access

OUR PRIORITY 4 IMPROVEMENT TARGETS

PRIORITY #4 – Resource and awareness communication					
GOAL – Effectively disseminate information about the community’s health and social service programs to all Logan County residents					
Measurable Objectives (How we will know we are making progress)	Data Source	Frequency of Measurement	2015 Beginning	2018 Ending	change
4.1 Increase the percentage of adults that are aware of the Healthy Habits, Healthy You campaign to 30% by 2018.	CHA Survey	3 years	6.3%	12.8%	Increase of 51%
4.2 Increase awareness among residents in at-risk neighborhoods of Community Health and Wellness Partners of Logan County by 2018.	CHWP	Annually			
4.3 Increase awareness among residents and agencies of Logan County about services and community resources related to health and mental health.	MRH/CCI/LCHD	Annually	No Helpline 211	Helpline 211 1663 total calls 8/16-3/18	1663 new calls to 211
4.4 Increase access of transportation to available resources and services.	TLC	Annually		Current strategy	Discussion and strategies being developed

OUR PRIORITY 4 STRATEGIES

PRIORITY #4 – Resource and awareness communication GOAL – Effectively disseminate information about the community’s health and social service programs to all Logan County residents		
Strategies (What we will do to achieve our goals and objectives)	Lead Organization (Who is responsible)	What did we achieve
4.1 Explore a 211 information and referral line for Logan County.	ARC Coalition/Colcas	Helpline 211 in operation since August of 2016.
4.2 Develop a communication plan to ensure that all of the current or future services and programs that address the CHIP priorities are clearly known by the residents that need them.	United Way/Colcas	Helpline 211 banners, billboards, posters, newsletters, presentations to residents, magnets etc.
4.3 Conduct an analysis of needs relating to access to health care services for residents of Logan County and develop an action plan to improve such access.	ARC Coalition, LCHD	Completed Gap analysis and plan of action. Awareness of services, Dental care, transportation, STD testing
4.4 Explore expanded affordable transportation options for weekend and evening hours.	TLC, ARC	Current plan of action-developed criteria for a transportation scholarship program.