

COMMUNITY HEALTH IMPROVEMENT PLAN 2016-2017 ANNUAL REPORT



DEPARTMENT

July 1, 2016 through June 30, 2017

SUMMARY

The first Community Health Improvement Plan (CHIP) for Elkhorn Logan Valley Public Health Department (ELVPHD) was completed in 2013. At that time, four priority areas were identified after a collective community needs assessment process. The areas identified were 1. Obesity, 2. Behavioral/Mental Health, 3. Prevention and 4. Risky Behaviors. ELVPHD has chosen to complete the community needs assessment process every three years in order to align with the timetables for the three nonprofit hospitals in the ELVPHD service area. The ELVPHD CHIP priorities also align with those of the State Health Improvement Plan (SHIP).

Based on input from the priority area work groups during the community needs assessment process in 2016, the four priority areas were refined as follows in the ELVPHD 2016-2019 Community Health Improvement Plan:

- Priority 1: Obesity
- Priority 2: Access to Care
- Priority 3: Cancer Prevention and Screening
- Priority 4: Standard Motor Vehicle Safety

The 2016-2019 CHIP was approved by the ELVPHD Board of Health in May 2016.

For more information about the CHIP, the full plan can be accessed at: www.elvphd.org.

For this annual report, members of each priority work group were surveyed and asked the following questions:

- From your viewpoint, does this priority area remain a valid priority for the ELVPHD service area?
- In reviewing the goals for this priority area, are there additional goals that you feel should be added?
- In reviewing the goal do you feel this goal should be removed from this priority area?
- Have you and/or your agency started or completed any specific tasks/activities/actions which improved or assisted this priority area since July 1, 2016?

Of the 57 work group members surveyed from the four priority areas, 33.3% responded. Respondent input is included under each priority area below.

Also included in this report are the identified performance measures for the CHIP and individual priority areas, as well as progress noted to date. The purpose of the performance measures is to outline the key measures that will evaluate the implementation and effectiveness of the CHIP.

This section identifies each CHIP Priority area, goals, strategies and activities that have been completed.

Priority Area 1: Obesity

GOALS:

Increase fruit and vegetable consumption.

Increase Physical Activity.

STRATEGIES:

Promote healthy vending machines in communities, schools (including concession stands), and workplaces.

Promote the reduction of consumption of processed foods.

Promote healthy lifestyles for families through education related to family-based health tips and interventions, including shopping and cooking healthy, healthy meals “on the go” and healthy meals on a budget.

Promote worksite wellness policies/plans and implementation of evidence-based worksite wellness programs.

Promote at least 20 minutes of moderate physical activity each day.

Enhance community planning and design practices through support for the development of parks and walking trails, etc.

Promote healthy lifestyles for families through education related to family-based health tips and interventions, including – family physical activity, decreased screen time, getting outdoors, and utilization of parks, trails, walking routes, etc.

Noteworthy Accomplishments:

- St. Francis Memorial Hospital (SFMH) began color coding utensils for the salad bar in the cafeteria to help with portion control.
- SFMH extended the salad bar option from four days to five days.
- SFMH offers wellness labs and health coaching to its employees and spouses.
- Faith Regional Health Services (FRHS), through partnerships with local employers, have implemented health screenings and wellness programs for the benefit of those employees.
- Midtown Health Center (MHC) completed a literature review of best practices for primary care clinics to identify and stratify needs for obese patients. They developed an algorithm for clinical use and updated patient handouts to be more educational and user friendly, covering the topics of increasing fruits and vegetables and increasing physical activity. They are trying to provide more educational opportunities to patients through healthy lifestyle and nutrition counseling services offered free of charge at their clinic sites.
- ELVPHD updated walking maps for each community in the service area and have made them available on the ELVPHD website.
- ELVPHD staff have been involved in the development of walking/biking trails in the communities of West Point and Tekamah.
- ELVPHD submitted a grant application to assist with the walking/biking trail in Tekamah. The project was not funded.
- ELVPHD has promoted and encouraged participation in the NE 150 Challenge where all Nebraskans are encouraged to log at least 150 miles of physical activity throughout the year.
- ELVPHD continued to offer several obesity-prevention programs for the community including: Eating Smart and Being Active via the Minority Health Initiative program and the National Diabetes Prevention Program evidence-based curriculums.
- The UNMC College of Public Health Wellscapes grant proposal to the National Institutes of Health for an obesity-related project was funded for ELVPHD.

Priority Area 2: Access to Care

GOALS:

- Increasing access to primary care services.
- Increasing access to dental health services.
- Increasing access to behavioral/mental health services.
- Promoting health care careers

STRATEGIES:

- Education regarding necessity of Medicaid expansion in Nebraska.
- Enhance the availability of age-appropriate adult immunization opportunities.
- Enhance utilization of STD screening and treatment programs through primary care clinics and Title X services.
- Continue fluoride varnish program and create oral care policies in centers.
- Explore additional oral health services, such as sealants or fluoride in schools programs.
- Continue active involvement with the Northeast Nebraska Behavioral Health Network.
- Collaborate with the Area Health Education Center (AHEC) to familiarize youth about careers in medicine, dentistry, psychiatry, and public health.

Noteworthy Accomplishments:

- In the past year, the Nebraska Extension Office in Burt County has worked with or coordinated Medicare Open Enrollment Events with other SHIP Counselors assisting 473 individuals regarding their Medicare health coverage. In particular, their Medicare prescription drug plans were addressed. A potential savings to these individuals for the year were calculated to be over \$302,000.00. Providing health education to these Medicare recipients helps them afford their medications and remain healthy.
- MHC is working within the community for the Project Homeless Program.
- MHC will be adding a mobile dental unit in the summer of 2017 and several entities are now considering mobile dental options.
- SFMH has one physician that begins their clinic at 8:00 a.m. instead of 9:00 a.m.
- FRHS has recruited physicians to the area and increased the number of physician offices.
- Oakland-Mercy Hospital has been working on physician recruitment.
- A new pharmacy, The Wisner Apothecary, opened in the fall of 2016.
- In November 2016, the Boone County Health Center in Albion announced plans to build a new medical clinic in Newman Grove.
- In April 2017, Oakland Mercy Hospital received a grant to upgrade its radiology department.
- ELVPHD had an Oral Health Access for Young Children contract with the State of Nebraska to provide oral health preventive services (application of fluoride varnish 3-4 times during the funding year) and education for young children ages 0-5.
- ELVPHD received HRSA Dental funds from DHHS to provide preventative dental services to children ages 0-5 and older adults through Head Start, WIC, child care centers, long-term care facilities, assisted living facilities, and/or schools.
- ELVPHD expanded its private immunization program to adults and children and received a VFC (vaccines for children) grant to provide immunizations to children who meet the eligibility requirements.
- ELVPHD implemented an internship program for college students and has had multiple requests for internships.
- Health Director serves on the Northeast Nebraska Behavior Health Network Board of Directors.

Priority Area 3: Cancer Prevention and Screening

GOALS:

Increasing cancer prevention activities.

Increasing cancer screening rates.

Strategies:

Increase tobacco-free properties (including e-cigarettes).

Increase education regarding need for increased taxation (soda, tobacco, alcohol, etc.) as a method of prevention and cessation.

Explore additional cancer prevention programs, such as permanent shade structures, radon mitigation programs, etc.

Expand health fair screenings and screenings offered in innovative settings.

Pursue available funding sources to enhance availability of, and opportunities for, prevention and screening programs.

Continue radon screening program on fee-for-kit basis.

Noteworthy Accomplishments:

- Ponca Tribe of Nebraska has implemented 'Lunch and Learns' on the topics of cancer prevention and screening.
- FRHS performs annual skin screenings in the fall of each year.
- ELVPHD distributed free Fecal Occult Blood Test (FOBT) kits to persons between ages 50 and 75 years of age through distribution sites at local pharmacies in the ELVPHD service area and at the three ELVPHD office locations.
- ELVPHD participated in a *Pink Out* Night event at a volleyball game between Oakland-Craig Lady Knights and Howells Dodge Lady Jaguars in September 2016. Information on breast cancer was distributed.
- ELVPHD provided short-term radon test kits on a fee-for-kit basis at all of its offices (Wisner, Norfolk and Tekamah). Kits were also mailed upon request.

Priority Area 4: Standard Motor Vehicle Safety

GOALS:

Reducing standard motor vehicle accidents and injuries.

STRATEGIES:

Raise community levels of awareness regarding the dangers of distracted driving.

Collaborate with Nebraska State Patrol to host selective enforcement checks.

Increase child safety seat usage and proper installation for child safety seats.

Noteworthy Accomplishments:

- FRHS and ELVPHD are members of the Norfolk Safe Communities Coalition.
- SFMH sponsored West Point Guardian Angels and West Point Beemer Public Schools to reward students for safe vehicle use.
- FRHS, SFMH and Northeast Nebraska Community Action Partnership (NENCAP) have ongoing programs to conduct car seat safety checks and to promote car seat use with all newborns.

This section documents the identified performance measures and noted progress for each measure.

Performance Measures

CHIP Measure	Baseline	Year	Source	Progress
Number of Follow-Up meetings held face-to-face with CHIP leading partners (hospitals, Midtown Health Center).	6	2015	Agenda and Minutes	During 2016, five meetings were held with partners.
From July 2016 through June 2017, ELVPHD will share a menu of appropriate initiatives that are aimed at increasing the access to or intake of healthy foods to at schools, businesses, or worksites at least 10 times.	TBD	2016	2019 Community Health Assessment	This is a new measure and baseline data has not been previously assessed. A menu is currently in development. Target is set at 10 per year
From July 2016 through June 2019, all of ELVPHD's programs that relate to wellness, weight control, and nutrition will incorporate inexpensive exercise tips as part of the curriculum	TBD	2016	DPP, MHI's ESBA, Health Coaching, Worksite Wellness (if applicable)	This is a new measure and baseline data has not been previously assessed. Target is set at 100%
From July 2016 through June 2019, ELVPHD will participate in a minimum of 10 correspondences promoting cancer prevention policies.	TBD	2016	Manager's Meeting Minutes	This is a new measure and baseline data has not been previously assessed. Target is set at 10 per year
From August 2016- May 2017, ELVPHD would participate in a minimum of 5 correspondences (campaigns) annually with all schools and youth organizations to promote distraction free-driving	TBD	2016	Manager's Meeting Minutes	This is a new measure and baseline data has not been previously assessed. Target is set at 5 per school year
From July 2016 through June 2019, ELVPHD will promote public health careers by contacting at least 3 local colleges at least twice per school year to promote the availability of public health internships.	TBD	2016	Manager's Meeting Minutes	This is a new measure and baseline data has not been previously assessed. Target is set at 2 per school year. An intern application procedure and application were developed and sent to local colleges. ELVPHD has received

Obesity Measure	Baseline	Year	Source	Progress
Percentage of Diabetes Prevention Project class participants that are overweight who lose 7% of their body weight in a year.	67%	2015	Patient Navigator Coordinator	The baseline of 67 was set from classes held in 2015. The target is set for 25%. For the 2016-2017 contract year, 31 individuals took the class with 23

				reported as overweight. 17.4% of the overweight individuals lost 7% or more of his/her body weight. One class of 14 participants was taught to a group with intellectual disabilities. It was difficult to keep these individuals focused and for them to internalize what they learned.
Percent of minority participants who demonstrate knowledge gain and/or positive changes in attitudes or perceptions from health education about healthy eating/nutrition	TBD	2016	MHI Data tracking spreadsheet. (% Improved in at least one nutrition knowledge/ attitude/ perception)	Knowledge gain for healthy eating / nutrition was 91% for 2016. Target set at 75%. This activity is part of the Eating Smart Be Active curriculum conducted as part of the Minority Health Initiative contract with the Nebraska DHHS.
Percent of minorities who demonstrate knowledge gain and/or positive changes in attitudes or perceptions from health education about increasing physical activity	TBD	2016	MHI Data tracking spreadsheet. (% improved knowledge in physical activity questions)	Knowledge gain for healthy eating / nutrition was 46% for 2016. Target set at 75%. This activity is part of the Eating Smart Be Active curriculum conducted as part of the Minority Health Initiative contract with the Nebraska DHHS.
Percent of minorities who increase consumption of nutritious foods and beverages and/or limit sugar-sweetened beverages and sodium intake	TBD	2016	MHI Data tracking spreadsheet (%improved at least one nutrition behavior)	Percent that improved nutritious food intake was 83%. Target set at 50%. This activity is part of the Eating Smart Be Active curriculum conducted as part of the Minority Health Initiative contract with the Nebraska DHHS.
Percent of minorities who have increased physical activity	TBD	2016	MHI Data tracking spreadsheet (% increased at least one of the two physical activity behaviors)	Percent that improved physical activity levels was 55%. Target set at 50%. This activity is part of the Eating Smart Be Active curriculum conducted as part of the Minority Health Initiative contract with the Nebraska DHHS.

Percent of participants (whose BMI categorizes them as obese) who reduce their weight by at least 5% by the end of the 8-week program	TBD	2016	MHI Data tracking spreadsheet. (% lost at least 5% of weight, of those finished)	Percent that lost at least 5% by the conclusion of the 8 session core curriculum was 21%. Target set at 15%. This activity is part of the Eating Smart Be Active curriculum conducted as part of the Minority Health Initiative contract with the Nebraska DHHS.
Percent of participants (whose BMI categorizes them as obese) who maintain or attain weight loss of at least 5% by one year post-program completion	TBD	2016	MHI Data tracking spreadsheet.	Percent of participants who had maintained their weight loss as of 1 year post-core curriculum program was 68%. Target set at 10%. This activity is part of the Eating Smart Be Active curriculum conducted as part of the Minority Health Initiative contract with the Nebraska DHHS.

Access to Care Measure	Baseline	Year	Source	Progress
Increase number of influenza vaccines administered by 5% from 601 in 2015 to 630 in 2016	601	2015	Flu Shot Reporting Spreadsheet	ELVPHD provided 1062 influenza vaccines administered in 2016 and 550 in 2015. The target set at 630.

Cancer Prevention and Screening Measure	Baseline	Year	Source	Progress
Annual colon cancer FOBT kit return rate.	56%	2015	MedIt	The average return rate for the 2015-2016 contract year was 56%. The average return rate for the 2016-2017 contract year was 53%. The target return rate is 60%.
Return rate of radon kits.	56%	2015	Radon Master Spreadsheet.	For 2016, the average return rate was 64%. ELVPHD has a target return rate of 70%

Standard Motor Vehicle Safety Measure	Baseline	Year	Source	Progress
Compliance rate	88%	2015	Substance Abuse Prevention Coordinator	ELVPHD has a 2016 average compliance rate of 99%. The target compliance rate was set at 98%.

CHIP Recommended Changes

Based on survey responses from the priority area workgroups, the following changes were identified and updated on the CHIP.

1. Priority 1 (obesity)

“Identifying healthy foods at area restaurants” will be added as an activity to the CHIP. This will be an activity that will be assigned to an intern and will include: making a listing of which restaurants have healthy menu suggestions and then reach out to at least 5 restaurants (over a 3 year period) to see if we can work with them on adding this.

Several suggestions were already addressed in our CHIP and thus do not need to be added in.

2. Priority 2 (access to care)

It was determined that we will not be adding in the suggestion to encourage high schools to have certified nursing assistant classes as it doesn't fit with the goal of increasing primary care providers directly. It was determined that we will not be adding in the suggestion to increase specialty care services as this again doesn't fit with the goal of increasing primary care providers directly.

3. Priority 3 (cancer prevention / screening)

There was a suggestion about working with physicians with regard to recommended preventative cancer screenings. This will be added to the list of potential projects for an intern to complete (survey physicians regarding screening recommendations followed, etc.).

4. Priority 4 (vehicular safety)

No suggestions from respondents on activity/goal changes for this priority.

Additional changes to the CHIP will include a process for engagement of the CHIP workgroups under the “Follow-up and Monitoring” section. In addition, the “Annual Report” section will include a standard process for completing the annual report and include the suggested template of the annual report document, including linking of activities/progress to health indicators. An “Annual Revision” section will include a standard process for revising/updating the CHIP annually. This will include special considerations, such as input/suggestions from the CHIP workgroups, addition of emerging issues, and considerations of work plan amendment based upon data or changing circumstances.

Conclusions

As this is the first year of the 2016-2019 CHIP with many new performance measures identified, data is not available for some areas. Creative ways to move the plan forward in unfunded areas is a challenge. One option that ELVPHD is looking at is assigning specific areas to interns.