



ALLEN COUNTY COMMUNITY
HEALTH IMPROVEMENT PLAN
SUMMARY REPORT

2018-2020





EXECUTIVE SUMMARY

Early in 2018, Allen County Public Health (ACPH), in collaboration with Activate Allen County (AAC), convened a group of community partners to serve as the committee to oversee the Mobilizing for Action through Planning and Partnerships (MAPP) process. MAPP is a nationally respected community health assessment and improvement planning framework that includes defining a vision for health in the community, comprehensively assessing the community's health, and creating detailed work plans to improve upon priorities identified as a result of that assessment. ACPH contracted with the Center for Public Health Practice at the Ohio State University (CPHP) to facilitate the process.

27 community partners comprised the MAPP committee and provided oversight for the development of this community health improvement plan (CHIP). The committee was tasked with providing inputs to inform the vision for health, contributing to the assessments, examining the data provided in those assessments and utilizing their knowledge of the community to select health priorities. The CHIP is part of a long-term plan that details those identified health priorities, and their associated goals, objectives, and action steps. It can be used by a community to guide the development and implementation of projects, programs, and policies aimed at improving the health of the residents of Allen County. Health priorities selected by community partners included: Substance Use and Mental Health, Chronic Disease Prevention, Maternal and Infant Health, and Housing.

Workgroups created individual work plans to address each health priority. The work plans detail the specific goals, objectives, and measures that will be used to address these priorities and track progress. The workgroups considered several overarching principles as they further refined the health priorities and created action plans. The principles included the Health Impact Pyramid, the concepts of evidence based public health practice, and priority alignment with Ohio's State Health Improvement Plan.

July 2018 is the starting date of the implementation of this CHIP. Allen County is fortunate to have a large group of dedicated community members that will oversee the implementation and evaluation of the CHIP until the next planning cycle commences in 2020.

ALLEN COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN 2018-2020

Work Plan Summary

Priority Area 1:

To increase mental health wellness and decrease substance use in youth, the following objectives are recommended:

1. Establish Medicaid funded behavioral health services in middle and high schools.
2. Operationalize afterschool pro-social activities.
3. Provide prevention and early intervention services in schools.

Priority Area 2:

To reduce chronic disease rates and tobacco use, the following objectives are recommended:

1. Increase community participation in Activated Allen County Challenges.
2. Expand local produce access.
3. Implement recommended strategies in the Allen County Active Transportation Plan.
4. Distribute a faith-based community resource guide.
5. Implement a sustainable tobacco cessation service model.
6. Take steps toward passing a Tobacco 21 policy.
7. Implement Health in All Policies processes.

Priority Area 3:

To improve coordination of pre and postnatal services, the following objectives are recommended:

1. Increase the number of women entering prenatal care in the first trimester.
2. Increase the rate of infants receiving recommended well baby care.
3. Create a resource map linking women with services.

Priority Area 4:

To reduce the stock of substandard housing, and increase access to public transportation services, the following objectives are recommended:

1. Create a strategic plan to address substandard housing.
2. Develop a system to better track use of social programs to avoid duplication.
3. Create a strategic plan to develop the necessary funding needed to ensure public transportation services are available and accessible to those that need such services.
4. Increase the number of passengers able to access and use RTA's services.

LIST OF COMMUNITY PARTNERS

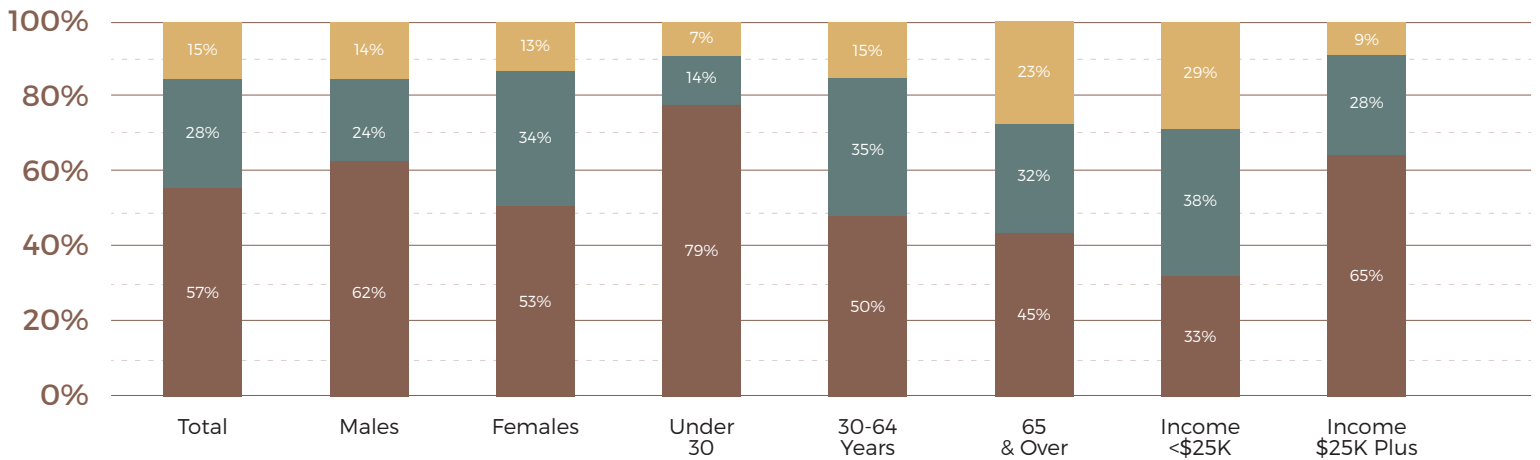
<p>John Snyder Executive Director, Activate Allen County; Professor, School of Health and Rehab. Sciences, College of Medicine, OSU Lima</p>	Activate Allen County	<p>Sharetta Smith Chief of Staff</p>	City of Lima
<p>Josh Unterbrink Coordinator</p>	Activate Allen County	<p>Susan Crotty Director, Community Development</p>	City of Lima
<p>Kayla Monfort Coordinator</p>	Activate Allen County	<p>Jennifer Clark Chief Population Health Officer</p>	Health Partners of Western Ohio
<p>Jay Begg County Commissioner</p>	Allen County Commissioners	<p>Jed Metzger President</p>	Lima Allen County Chamber of Commerce
<p>Kathy Luhn Health Commissioner</p>	Allen County Public Health	<p>Thom Mazur Executive Director</p>	Lima Allen County Regional Planning Commission
<p>Deb Roberts Director of Nursing</p>	Allen County Public Health	<p>Jeff Utz Director, Lima Memorial Physicians</p>	Lima Memorial Health Systems
<p>Bill Kelly Director of Environmental Health</p>	Allen County Public Health	<p>Mike Schoenhofer Executive Director</p>	Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties
<p>Monica Harnish Director, Health Planning Services; Accreditation Coordinator</p>	Allen County Public Health	<p>Tammie Colon Associate Executive Director</p>	Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties
<p>Shelly Miller Coordinator, Creating Healthy Communities Program</p>	Allen County Public Health	<p>Amy Marcum Regional VP Mission and Values Integration</p>	Mercy Health St. Rita's Medical Center
<p>Tami Gough Director, Prevention and Health Promotion Services</p>	Allen County Public Health	<p>Carol Braden-Clarke President</p>	United Way of Greater Lima
<p>Beth Siebert Storm water and Watershed Programs Coordinator</p>	Allen County Soil and Water Conservation District	<p>Nell Lester Coordinator</p>	West Central Ohio Health Ministries Program
<p>Jeff Sprague President/CEO</p>	Allen Economic Development Group	<p>Robin Johnson Executive Director</p>	West Central Ohio Regional Healthcare Alliance
<p>Keisha Drake Executive Director</p>	Bradfield Community Center	<p>Jackie Fox CEO</p>	West Ohio Community Action Partnership
<p>David Berger Mayor</p>	City of Lima	<p>Jeanetta Francy Epidemiologist</p>	Allen County Public Health

OVERALL HEALTH STATUS

A community focus group conversation brought up the fact that many residents do not know or take advantage of the many places in the county available to access care, no matter their socio-economic status.

source: Community Focus Group

Allen County Adult Health Perceptions*



* Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"



Allen County adults were most likely to rate their health as fair or poor if they:

50%
Were separated

38%
Had been diagnosed with diabetes

29%
Had an annual household income under \$25,000

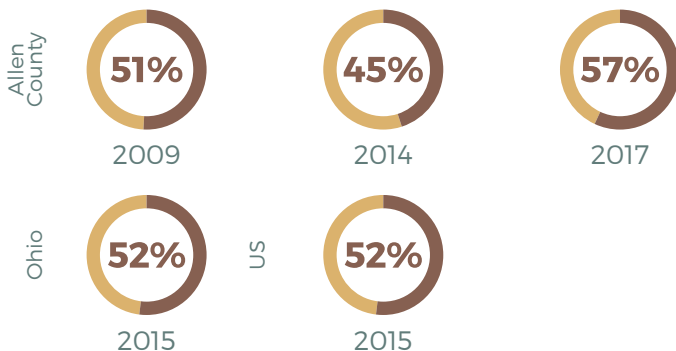
25%
Had high blood pressure

22%
Had high cholesterol

24%
Were African American

23%
Were 65 years of age or older

Adults who rated health as excellent or very good



“Often, I cut medicine in half- I take half one day and half the next”

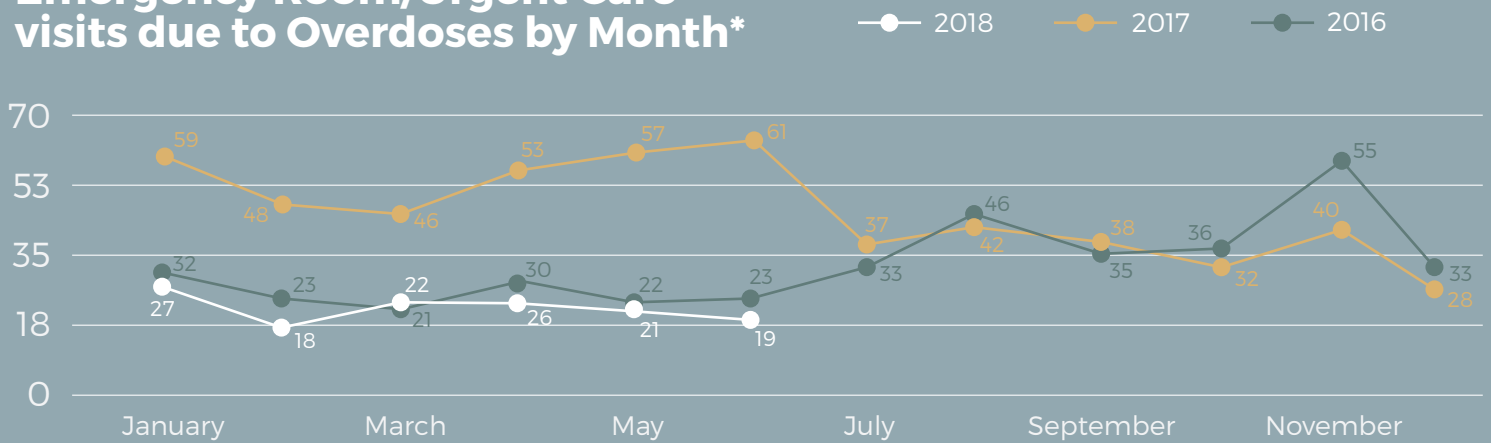
source: Community Focus Group Participant

IMPROVE MENTAL HEALTH AND DECREASE SUBSTANCE USE

“ I feel like there are a lot of resources ... I go to Coleman down the street; there all these helpful things I didn't know about. ”

source- Community Focus Group Participant

Emergency Room/Urgent Care visits due to Overdoses by Month*



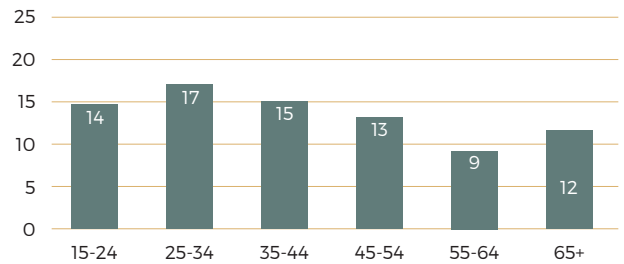
Considered attempting suicide in the past year

Allen County

5% 2009
4% 2014
3% 2017

Number of Suicide Deaths by Age Group

Allen County Number of Suicide Deaths By Age Group 2011-2017*
Total Deaths = 80



*From 2011-2017, 21% of Allen County suicide deaths occurred to those ages 25-34 years old.

Allen County adults indicated the following caused them anxiety, stress or depression

- 33% Job Stress
- 31% Financial Stress
- 20% Death of Close Family Member or Friend
- 17% Marital/Dating Relationship
- 14% Poverty/No Money
- 11% Sick Family Member
- 11% Other Stress at Home
- 8% Fighting at Home
- 8% Family Member with Mental Illness
- 6% Unemployment
- 6% Caring for a Parent
- 4% Divorce/Separation
- 3% Not Feeling Safe in the Community
- 2% Not Feeling Safe at Home
- 2% Not Having Enough to Eat
- 1% Not Having a Place to Live
- 1% Sexual Orientation
- 12% And Other Causes

Note: Drug overdose data is retrieved from the state's EpiCenter surveillance database. Overdose cases include all emergency room or urgent care visits in which drugs were identified as the cause of traumatic injury. The overdoses cases were further refined by selecting only those cases where the chief complaint included the terms "OD" or "overdose". Traumatic injuries due to drugs caused by suicide attempts or accidental overdoses of everyday drugs (such as Tylenol or Ibuprofen) were removed where identified. **This data is an estimated number rather than a final count** because initial diagnoses and/or details of a particular case may change from a patient's initial examination to his/her final outcome. It is important to note that case notes available through EpiCenter rarely identify the specific drug or drugs

2018-2020 ACTION STEPS

1. Establish Medicaid funded behavioral health services in middle and high schools.
2. Operationalize afterschool pro-social activities.
3. Provide prevention and early intervention services in schools.

WORK GROUP

Allen County Opiate Community Action Commission:

Contact Mike Schoenhofer at the Mental Health and Recovery Services Board: 419-222-5120.

*Please note that this group is comprised of representation from the city, EMS, Police, schools, Allen County Public Health, our local Health Systems and others.

SUCCESSSES

- The Let's Talk Program has been presented over 50 times and has reached over 1,500 parents with the tools to use when speaking to their children.
- The Opiate Community Action Commission has been established and is focusing on: opiate prescribing practices, adding additional detox beds, increasing medication drop box locations, Narcan initiatives, first responder fatigue, as well as prevention and education initiatives. All local physicians are screening for depression as part of a standard of care.
- Both Coleman and Mercy Health have opened detox programs providing a total of 10 beds. Over 90 patients have been served and currently over 80% are continuing treatment through outpatient recovery services.
- With pointed community action and support, Emergency Room visits due to Overdoses is seeing a dramatic decline (see chart on opposite page).

GET ENGAGED

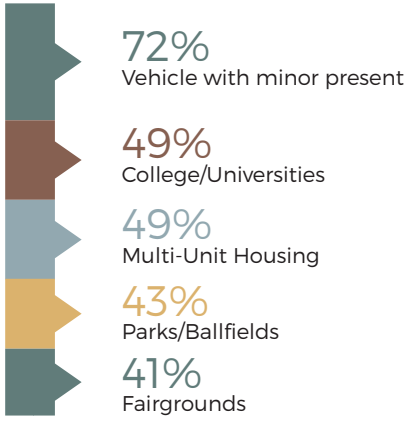
- Parents must begin talking to their kids about drugs, suicide, and encourage them by talking about their strengths and talents www.letstalk.care.
- Learn more about strategies in process by the Allen County Opiate Community Action Commission and considering joining us.
- Take a course on Mental Health First Aid - www.mhfa.care
- Put the Hope Line for information or crisis 1-800-567-4673 or text line 741741 into your phone in case you or someone you know needs to access this support network.
- Become informed about the risks of taking ANY opioid pain medication either legally prescribed or illegally gotten.

INCREASE WELLNESS/ DECREASE CHRONIC DISEASE

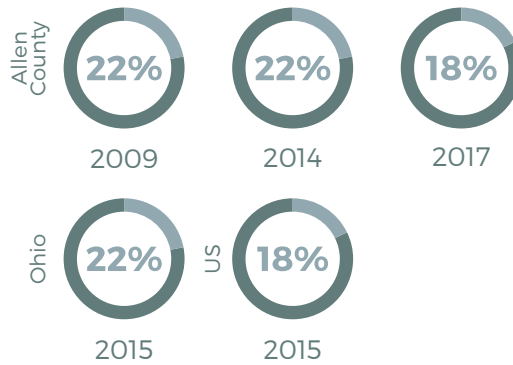
“Through talking with residents during evaluations, we learned that programs like **Cooking for Change** and **Healthy Happens Here** are helping residents understand more about how to prepare healthy foods and they also now have more places to buy such foods.

source: Community Evaluation Response

Adults who would support an ordinance to ban smoking in the following places



Current Allen County Adult Smokers

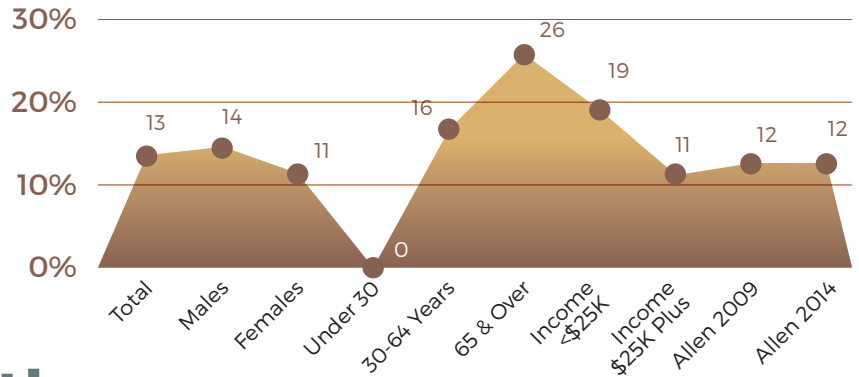


62%

of current smokers stopped smoking at least 1 day in the last year because they were trying to quit

Allen County Adult Current Smokers

Allen County Adults Diagnosed with Diabetes



Cardiovascular Health trend data

Been Diagnosed with High Blood Pressure



70% of Allen County adults are overweight or obese



Had a Heart Attack



Nearly **1 out of 5** (18%) of adults did not have any servings of vegetables or fruit in the past 7 days, increasing to **25%** of African Americans



2018-2020 ACTION STEPS

1. Increase community participation in Activated Allen County Challenges.
2. Expand local produce access.
3. Implement recommended strategies in the Allen County Active Transportation Plan.
4. Distribute a faith-based community resource guide.
5. Implement a sustainable tobacco cessation service model.
6. Take steps toward passing a Tobacco 21 policy.
7. Implement Health in All Policies processes.

WORK GROUPS

Allen County Food Policy Council:

Contact Kayla Monfort at Activate Allen County:
419-303-2868

Allen County Worksite Wellness Collaborative:

Contact Robin Johnson at West Central Ohio Regional
Healthcare Alliance: 419-226-9167

Allen County Creating Healthy Communities:

Contact Shelly Miller at Allen County Public Health:
419-228-4457

Allen County Tobacco Coalition:

Contact Josh Unterbrink at Activate Allen County:
419-303-3387

SUCCESSSES

- The Allen County Food Policy Council was established in 2014.
- The Downtown Lima Farmer's Market was brought back in the Summer of 2015 after not being available for multiple years. This market allows for local growers and produces to sell their products in Downtown Lima and increases the access to fresh and local food choices to residents. In the 2018 season, SNAP/EBT was added and produce sales, number of vendors and number of participants are steadily increasing each year.
- LACNIP continues to grow the community garden program. From 2016-2017, there was a 50% increase in the number of active community gardens.
- Over 5000 employees in 24 Allen County workplaces are participating in and benefiting from the Activated Business Challenge.
- Three school districts have implemented safer walking and biking routes to school, Two school districts implemented 100% tobacco free policies.
- 11 schools have been supported through the Activated School Challenge, impacting over 8000 Allen County students.
- 20 restaurants are taking part in our Active Menu Challenge and offering labeled healthy options for customers to choose.
- Lima SPROUTS (Sustained Production on Urban Tracts) was developed to explore the ability to train entrepreneurs in urban farming and pilot utilizing vacant lands in Lima to grow crops and potentially turn urban farming into a sustainable business. This is an extension of the LACNIP programs already in place.
- The Lima SPROUTS piloted Lima's own CSA (Community Supported Agriculture) program, where residents could purchase weekly produce boxes from our SPROUTS entrepreneurs and increase their intake of local, healthy foods while supporting our local farmers.
- Through an award from the Ohio Department of Transportation, 8 local law enforcement officers were trained on "Enforcement for Pedestrian and Bicycle Safety" in order to continue to increase our efforts around safe walking and biking commutes for community residents.

GET ENGAGED

- Support local businesses and farmer's markets selling fresh produce.
- Work to Activate your child's school or preschool, your workplace and your favorite restaurant by telling them about the programs they can join for free.
- JOIN a workgroup listed above to assist in continuing the work around wellness and disease prevention in Allen County.
- Sign up for our local Community Supported Agriculture (CSA) program by visiting the Lima SPROUTS website: www.limasprouts.com.
- Support policies that protect people from secondhand smoke such as tobacco free workplaces and public spaces (ie. parks).

IMPROVE MATERNAL AND INFANT HEALTH OUTCOMES

57%

of pregnant women enter prenatal care in the first trimester

10%

(1 in 10) pregnant women smoke

Infant Mortality 2015

Overall 6.2

African American 13.1

per 1,000 live births in Allen County (10 year average)

source: Ohio Department of Health, Bureau of Vital Statistics November 2016

26%

of Allen County mothers never breastfed

6.6%

of Allen County babies are born at low-birth weight

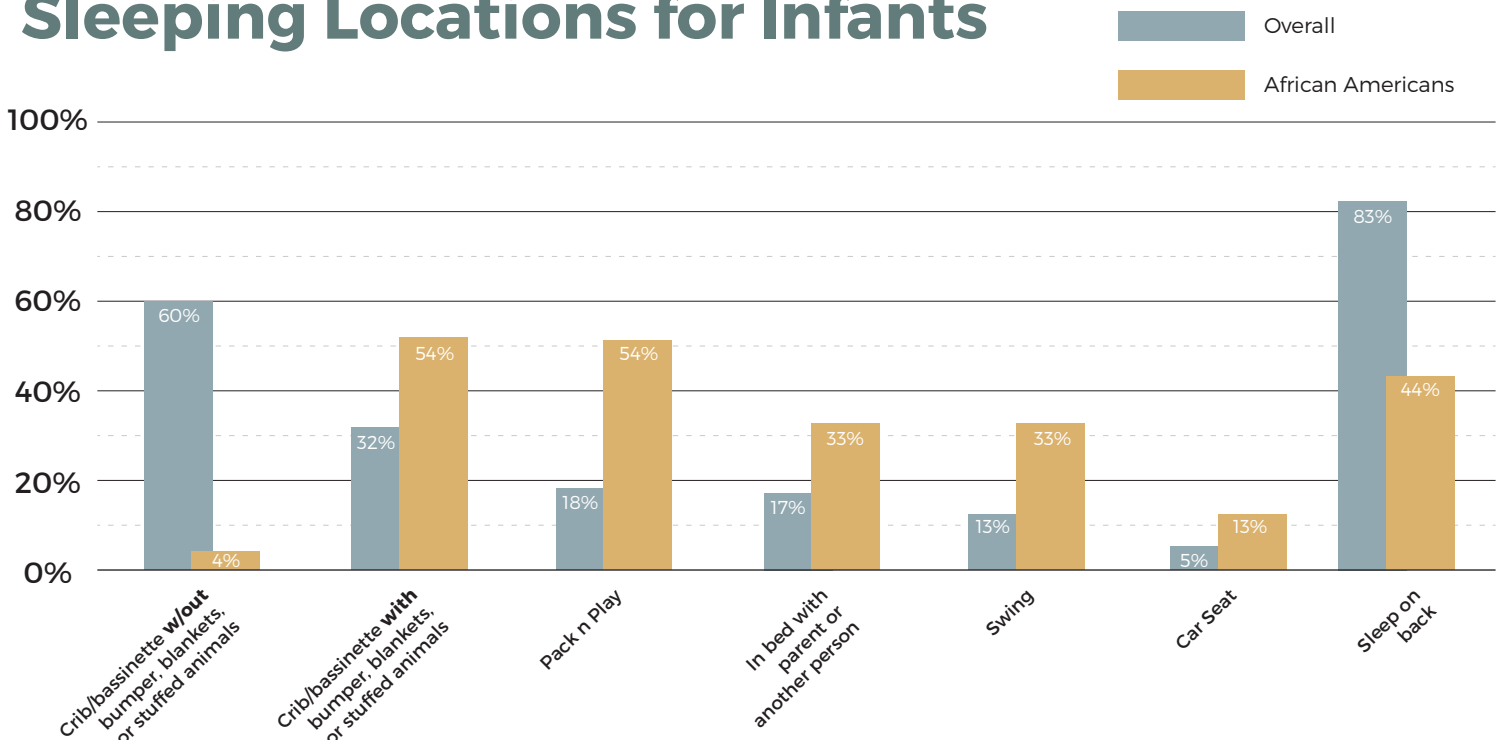
source: 2015 Perinatal Statistics, Region III+

7.6%

of Allen County babies are born pre-term

source: 2015 Perinatal Statistics, Region III+

Sleeping Locations for Infants



2018-2020 ACTION STEPS

1. Increase the number of women entering prenatal care in the first trimester.
2. Increase the rate of infants receiving recommended well baby care.
3. Create a resource map linking women with services.

WORK GROUP

Maternal Infant Task Force:

Contact Tami Gough at Allen County Public Health: 419-228-4457

SUCCESSSES

- The Maternal-Infant Task Force was formed in December of 2014.
- A screening referral process was established for OB offices to connect with local Medically Assisted Treatment Centers for treatment of opiate-addicted pregnant women.
- Lima Memorial Hospital, St. Rita's Health Partners, and Bluffton Hospital have adopted supportive breastfeeding policies and are working through the Ohio First Steps for Healthy Babies program where all 3 are earning state recognition for their work in breastfeeding support, protection and promotion.
- Over 25 workplaces have adopted supportive breastfeeding policies.
- Over 20 Pack and Plays are distributed each month to families who need safe spaces for infants to sleep.

GET ENGAGED

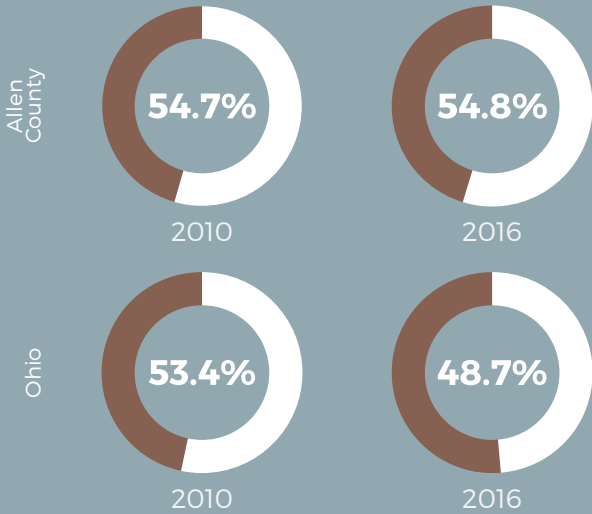
- Implement company policies in your workplace to support breastfeeding women.
- Promote the ABCs of safe sleep spaces for infants – Alone, on their Backs, in a Crib without bumper pads, loose bedding, or soft toys.
- Encourage women to get early prenatal care.
- Join the Maternal Infant Task Force or a subgroup, listed above.
- Encourage your favorite restaurant, store or organization to sign the “Breastfeeding Welcome Here” pledge and commit to being a Breastfeeding Friendly location for nursing mothers.
- Assist us in the creation of a resource to link women with community services. If you know of resources that should be included, please contact the Maternal Infant Task Force at the number above.

HOUSING AND PUBLIC TRANSPORTATION

“ The landlord is there just to collect the money and not to take care of properties...How do we keep landlords accountable? ”

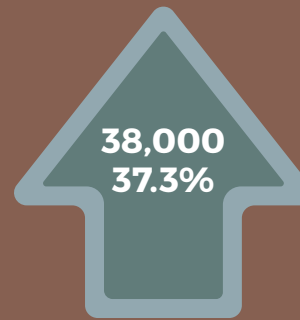
source- Community Focus Group Participant

Households w/Rent >30% of Income



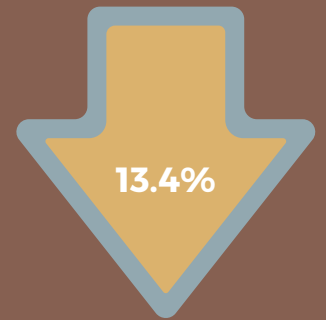
Source: United States Census Bureau

Funding Data Chart



Transportation Dependent Population

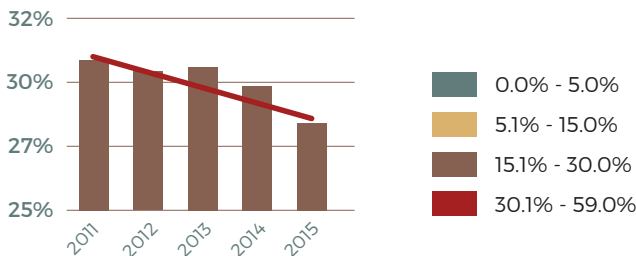
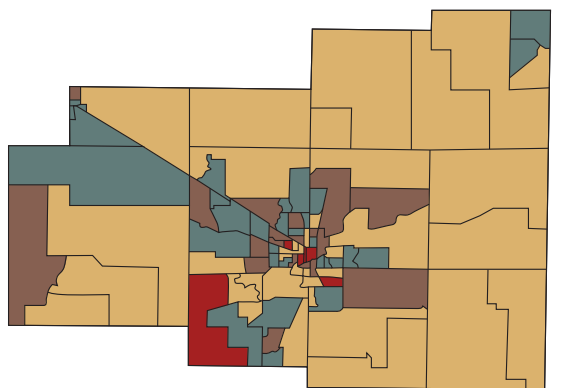
Disabled · Elderly · Low-Income



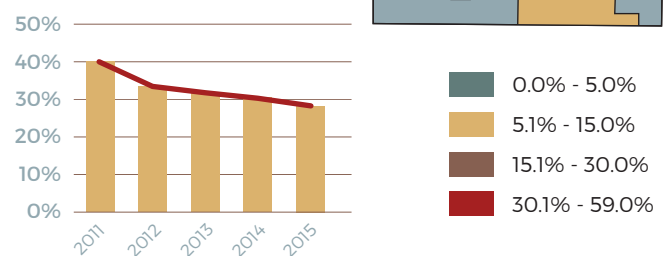
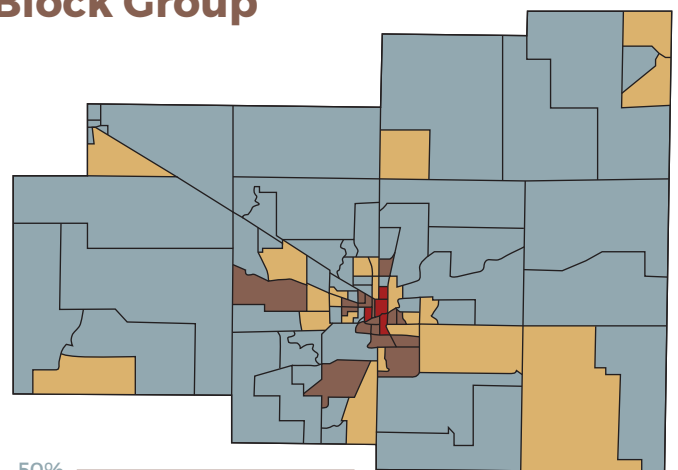
Decrease in Allen County RTA Federal and State Operating Assistance

Source: United States Census Bureau

Percent of Population Spending More Than 30% of Income on Housing by Block Group



Percentage of Households with No Vehicles by Block Group



2018-2020 ACTION STEPS

1. Create a strategic plan to address substandard housing.
2. Develop a system to better track use of social programs to avoid duplication.
3. Create a strategic plan to develop the necessary funding needed to ensure public transportation services are available and accessible to those that need such services.
4. Increase the number of passengers able to access and use RTA's services.

WORK GROUPS

Allen County Bike and Pedestrian Task Force

Contact Monica Harnish at Allen County Public Health: 419-228-4457

Allen County Housing Consortium

Contact Dan Faraglia at Coleman Professional Services: 567-242-6082

FACTS Coalition (Future of Accessible-Coordinated Transportation Services):

Contact Erica Petrie at Area Agency on Aging 3 at 419-227-3947

SUCCESSSES

- In 2015, the Allen County Housing Consortium standardized the definition of safe, sanitary, secure, habitable homes and worked collaboratively to develop a checklist to assess standard housing quality.
- In 2014, the Lima Allen County Regional Planning Commission used community input to develop a report that generated transportation recommendations based on 15 strategies.
- In 2015, the Lima/Allen County Regional Transit Authority created a fixed route to the Heart Institute and Occupational Health facilities. Additionally, all vehicles now have wheelchair capacity and bike racks have been added to all vehicles.
- In 2016, the City of Lima received a Bronze Award as a Bike Friendly Community by the League of American Bicyclists.
- The FACTS Coalition continues to meet with representatives from numerous community organizations to address meeting the transportation needs of those in our community.
- The number of dilapidated homes has been greatly reduced due to a large effort to demo these homes throughout the county. Over 200 homes have been demolished and this effort plans to continue.

GET ENGAGED

- Try commuting to your destination by foot, bike, or bus when possible.
- Promote Allen County walking, hiking and bicycling resources including the trail map located in the resource section of the Activate Allen County website.
- Join a workgroup listed above to assist in continuing the work around housing and public transportation in Allen County.

YOUTH OUTCOMES

“ Obesity in children is very high. They play video games, eat fast food, and do not go out and play anymore ”

source- Community Focus Group Participant



32%
of youth in 6th-12th grades are classified as overweight or obese

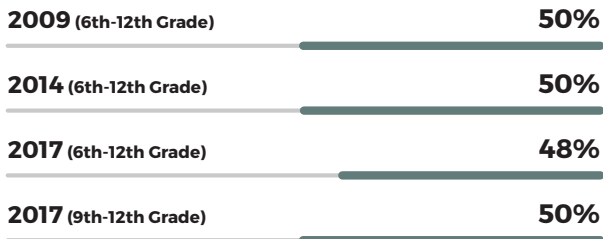
88%

of youth in 6th-12th grades are eating 1-4 servings of fruits and vegetables per day



Youth who WERE physically active at least 60 minutes 5 or more days in the past week

Allen County



US



Youth who DID NOT participate in at least 60 minutes of physical activity on any day in the last week

Allen County



US



6%
of Allen County youth are current smokers

56%
of Allen County youth were exposed to secondhand smoke



Youth were exposed at the following places



17%
Friend's Home

29%
Another Relative's Home

29%
Home



9%
Park/Ballfield



17%
Car



13%
Fairgrounds

YOUTH OUTCOMES

5%



Misused Prescription Drugs

12%

Smoked Marijuana in the last 30 days

	Allen County 2009 (6th-12th)	Allen County 2014 (6th-12th)	Allen County 2017 (6th-12th)	Allen County 2017 (9th-12th)	Ohio 2013 (9th-12th)	U.S. 2015 (9th-12th)
Youth who had seriously considered attempting suicide in the past year	13%	18%	15%	18%	14%	18%
Youth who had attempted suicide in the past year	5%	8%	7%	8%	6%	9%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	27%	29%	27%	31%	26%	30%

Youth contemplating suicide said they would talk to

a close friend

52%

a parent

36%

Youth who didn't use drugs said that the reason they did not use was because it would upset their parents

73%

Parents who said they talked to their kids about: Harmful effects of

Drugs

61%

Suicide

33%

Parents who provided youth

Alcohol

33%

Prescription drugs

38%

Behaviors of Allen County Youth

Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smokers	Non-Current Smokers
Have had at least one drink of alcohol in the past 90 days	83%	17%
Participated in extracurricular activities	83%	94%
Have used marijuana in the past 30 days	74%	8%
Had sexual intercourse in the past 12 months	68%	23%
Been bullied in any way in the past year	52%	37%
Experienced 3 or more adverse childhood experiences (ACEs) in their lifetime	48%	26%
Seriously considered attempting suicide in the past 12 months	43%	13%
Misused prescription drugs	39%	3%
Attempted suicide in the past 12 months	26%	5%

Current Youth Smoking Trend

16% - 2009

9% - 2014

6% - 2017

**We need to stop with
arguing about who is**

right

and who is

wrong

**and focus on how we
can make it work.**

**Then you get people
who will come together
and all work together.**

Source: Community Focus Group



www.ActivateAllenCounty.com