

Ashtabula County

Community Health

Improvement Plan

2017-2020



TABLE OF CONTENTS

Acknowledgements.....	3
Community Health Improvement Planning Process.....	4,5
Purpose of Community Health Improvement Plan and Overview of Priority Health Problems of Ashtabula County.....	6,7
Mission and Vision Statement of Ashtabula County Health Needs Assessment Committee.....	8
Priority Health Issues – Objectives and Strategies:	
Suicide Prevention.....	9,10
Childhood Obesity Prevention.....	11,12
Adult Obesity.....	13,14
Chronic Disease Prevention.....	15
Opiate Overdose Prevention.....	16,17
Alignment with State and National Health Priorities.....	19,20
Evaluation Process.....	21
Progress Tracking Form.....	22
Appendix.....	23

Acknowledgements

Agencies and Organizations Involved with Development of the Ashtabula County Community Health Improvement Plan:

Ashtabula County Health Department
Ashtabula City Health Department
Ashtabula Area City Schools District
Ashtabula County Board of Developmental Disabilities
Ashtabula County Children's Services
Ashtabula County Commissioners
Ashtabula County Community Action Agency
OSU-Ashtabula County Cooperative Extension Service
Ashtabula County Education Service Center
Ashtabula County Engineer's Office
Ashtabula County Family & Children's First Council
Ashtabula County Head Start
Ashtabula County Job & Family Services
Ashtabula County Mental Health Recovery Services Board
Ashtabula County Sheriff's Department
Ashtabula Regional Home Health Services
Buckeye School District
Catholic Charities of Ashtabula County
Center for Health Affairs, Ashtabula County Medical Center
Center for Health Affairs, University Hospitals Conneaut Medical Center
Center for Health Affairs, University Hospitals Geneva Medical Center
Community Counseling Center of Ashtabula County
Conneaut City Health Department
Conneaut School District
Country Neighbor
Family Planning Association of Northeast Ohio
Glenbeigh Hospital
Grand Valley School District
Jefferson School District
Kent State University Ashtabula Campus
Lake Erie Recovery Center
Leadership Ashtabula County
Pymatuning Valley School District
St. Joseph Emergency and Diagnostic Center of Andover
Signature Health
Western Reserve Independent Living Center

Community Health Improvement Planning Process

In December of 2015, the local health departments of Ashtabula County held a meeting with area health and human service agencies to discuss the need to update the 2012 Community Health Needs Assessment Report. Many of the agencies in attendance at this meeting in December of 2015 were members of the existing Ashtabula County Health Needs Assessment Committee.

At the meeting all area health and human service agencies in attendance agreed to meet in early 2016 to discuss the need for an updated Community Health Needs Assessment.

In early 2016, said Ashtabula County health and human services agencies met at the Ashtabula County Health Department and agreed that an updated Community Health Needs Assessment for Ashtabula County was needed, and that each agency was willing to help pay for a portion of the cost of 2016 Community Health Needs Assessment. The updated Community Health Needs Assessment report would then be used to amend the existing Ashtabula County Health Improvement Plan. During the spring of 2016, the Ashtabula County Health Needs Assessment Committee in concert with the Hospital Council of Northwest Ohio developed a health survey questionnaire that was used to survey Ashtabula County adults about their lifestyle habits and their perception of the quality and accessibility of health services in Ashtabula County.

The adult health survey data along with youth survey data collected from Ashtabula County youth (by the Ashtabula County Mental Health Recovery Board, a member of the Ashtabula County Health Needs Assessment Committee) was then analyzed and incorporated into the 2016 Ashtabula County Health Needs Assessment report.

In April of 2017, a community meeting was held to release the 2016 Ashtabula County Health Needs Assessment report to the public. In July of 2017, the Ashtabula County Health Needs Assessment report and the existing Community Health Improvement Plan for Ashtabula County was further analyzed by the Ashtabula County Health Needs Assessment Committee at a meeting held at the Ashtabula County Health Department.

During the July 2017 meeting, members of the Ashtabula County Health Needs Assessment Committee reviewed the findings of the 2016 Ashtabula County Health Needs Assessment report, as well as the content of the existing Community Health Improvement Plan for Ashtabula County.

At the meeting, it was pointed out that the focus of the existing Community Health Improvement Plan for Ashtabula County concentrated on three priority health problems:

- (1) Chronic Disease Prevention
- (2) Obesity Prevention in Children
- (3) Suicide Prevention

Data contained in the 2016 Ashtabula County Health Needs Assessment report continues to identify the three said existing priority health problems as still being major health

problems in Ashtabula County. The Ashtabula County Health Needs Assessment Committee felt that in addition to these priority health problems – Chronic Disease Prevention, Obesity Prevention in Children and Suicide Prevention – Opiate Addiction has also emerged as an additional health problem for Ashtabula County residents.

Task force groups in Ashtabula County continue to meet and implement education programs in schools and community settings to address Chronic Disease Prevention, Obesity Prevention in Children and Suicide Prevention. Obesity prevention in Adults has been added as a priority health issue by the Ashtabula County Health Needs Assessment Committee. In addition, Obesity Prevention in adults will be included in the Chronic Disease Prevention Task Force Group, as well as in the Childhood Obesity Task Force Group. A fourth task force group has also been formed to address Opiate Addiction problems in Ashtabula County.

This new task force group like those that were formed to address other priority health problems in Ashtabula County also identified gaps and barriers pertaining to essential health services necessary to address opiate addiction problems in Ashtabula County.

After the Ashtabula County Health Needs Assessment Committee identified health service gaps and barriers pertaining to priority health problems, the Ashtabula County Health Needs Assessment Committee developed goals and objectives to address the said health service gaps and barriers. Strategies were developed by the Ashtabula County Health Needs Assessment Committee to address the identified gaps and barriers and incorporated into the Ashtabula County Health Improvement Plan.

Measureable outcomes pertaining to the objectives of the Ashtabula County Community Health Improvement Plan will be used by the Ashtabula County Health Needs Assessment Committee as a measure of evaluating the success of the Ashtabula County Community Health Improvement Plan.

Purpose of Community Health Improvement Plan and Overview of Priority Health Problems of Ashtabula County

The population of Ashtabula County is estimated at 99,777 (U.S. Census Bureau 2015) with 93.3% White, 3.4% Blacks, 0.1% American Indian and Alaska Natives, 0.5% Asians, 2.2% persons reporting two or more races, and 3.8% report Hispanic or Latino origin.

Ashtabula County is largely a rural county and was recently designated as an Appalachian County by the Federal Government. Ashtabula County has a relatively high unemployment rate and has been struggling to attract new business and industry to lower its high unemployment rate. 20.1% of its residents were below the poverty line between 2011 and 2015 compared to 15.8% of Ohioans during this time period.

Data from the 2016 Ashtabula County Health Needs Assessment report revealed that Heart Disease is the leading cause of death in Ashtabula County, followed by Cancer, Chronic Obstructive Pulmonary Disease, Accidents and Strokes. Although suicide was not among the top five causes of death in Ashtabula County, it was deemed to be a priority health problem in Ashtabula County. Early intervention and treatment of mental health disease is needed to reduce suicide in Ashtabula County. Data from the Ashtabula County Health Needs Assessment report also revealed that Ashtabula County residents have a high obesity rate for children and adults, a significant smoking rate and are relatively sedentary. Moreover, the Ashtabula County Health Needs Assessment report revealed that lung, breast, prostate and colon cancer are the leading types of cancers causing death in Ashtabula County. Lifestyle habits such as a high fat diet and low consumption of fruits and vegetables can increase the risk of colon cancer; heavy consumption of processed meats can elevate the risk of prostate cancer. Breast cancer risk factors include genetic predisposition to breast cancer, obesity and excessive consumption of alcohol. The American Cancer Society recommends that women 45 to 54 years of age should have annual mammogram screenings starting at age 45. Women over 55 years of age may transition to biannual mammography or continue annual mammography. (Source: American Cancer Society Facts and Figures 2017).

In light of these findings, the Ashtabula County Health Improvement Plan has been constructed to address these risk factors affecting Ashtabula County residents. In addition to heart disease, cancer, chronic obstructive pulmonary disease, strokes and accidents, opiate overdose and addiction problems have emerged as a new priority health problem. Prevention and treatment services are needed to reduce the incidence of opiate overdose and addiction problems in Ashtabula County.

It should be noted that a major thrust of the Ashtabula County Health Improvement Plan is to lower the incidence of these causes of death by promoting the use of existing preventative health services and by developing new preventative health services, and in the case of opiate addiction, expand treatment services to help reduce deaths caused by opiate addiction.

It is our hope that the implementation of the strategies and programs contained in the Ashtabula County Health Improvement Plan will gradually but significantly lower the number of preventable deaths occurring in Ashtabula County from Heart Disease, Cancer, Chronic Respiratory Disease, Strokes, Diabetes, Suicide and from Opiate Overdoses. Moreover, it is our intention that the risk factors contributing to these causes of death (e.g. smoking, obesity, sedentary lifestyle and diet) be significantly reduced among Ashtabula County residents. The strategies and programs of the Ashtabula County Health Improvement Plan target children, adolescents and adults, since early prevention of these diseases and health problems are needed to reverse the trend of premature death due to the said health problems.

Mission Statement

The mission of the Ashtabula County Health Needs Assessment Advisory Committee is to improve the health status of Ashtabula County residents through implementation of the Ashtabula County Health Improvement Plan.

Vision Statement

The Ashtabula County Health Needs Assessment Advisory Committee envisions a community where all residents can reach their optimal mental and physical health.

PRIORITY: Suicide							
GOAL: To promote optimal mental health and prevention of suicide in Ashtabula County							
Objectives:					Source		
By 2020, decrease the suicide death rate from 14.78/100,000 in 2012 to 13.3/100,000 in 2020.					Ashtabula County Vital Statistics		
ACTION PLAN							
Improvement Strategy	Time Frame	Resources				Lead Person/Org.	
Implement research informed communication efforts to prevent suicide by increasing community knowledge and reducing stigma.	By October 2017- Ongoing	Ashtabula County Suicide Prevention Coalition, Local Media, Ohio Suicide Prevention Foundation				Ashtabula County Mental Health and Recovery Services Board	
Provide Gatekeeper trainings to the community	Ongoing	Ashtabula County Suicide Prevention Coalition, Ohio Suicide Prevention Foundation				Ashtabula County Mental Health and Recovery Services Board	
Explore using social media to increase awareness and share resource materials	Ongoing	Help Network of Northeast Ohio, MHRS Board website, Prevention Coalition Facebook page, Crisis Text Line				Ashtabula County Mental Health and Recovery Services Board	
Provide Postvention for those affected by the loss of a loved one through suicide	Ongoing	Ashtabula County Coroner's Office, Ashtabula County Incident Response Team, Ashtabula County LOSS Team, Ashtabula County funeral directors, Ashtabula County Suicide Prevention Coalition, Ohio Suicide Prevention Foundation				Ashtabula County Mental Health and Recovery Services Board	

Expand BOTVIN Life Skills programming into more Ashtabula County classrooms to increase youth assets and reduce risky behaviors	Ongoing	Ashtabula County Mental Health and Recovery Services Board, Ashtabula County Prevention Coalition, Ashtabula Suicide Prevention Coalition, Community Counseling Center, Local Civic Organizations, UHHS Conneaut-Geneva	Ashtabula County Mental Health and Recovery Services Board
Sustain a local protocol to track suicide completion statistics to use the data to inform local prevention efforts.	Ongoing	Ashtabula County Coroner's Office, Ashtabula County Mental Health and Recovery Services Board, Ashtabula County Suicide Prevention Coalition	Ashtabula County Mental Health and Recovery Services Board

PRIORITY: Childhood Obesity

GOAL: To increase the percentage of children in Ashtabula County who maintain a healthy weight as recommended by the American Academy of Pediatrics

Objective:	Source
By 2020, decrease the percentage of Ashtabula County youth between 6-10yrs of age that are considered obese according to BMI measurements based on sex and age from 34% to 32% in 2020.	Health Departments of Ashtabula County Well Child Clinic and Pediatricians offices in Ashtabula County
By 2020, decrease the percentage of Ashtabula County Head Start Preschoolers aged 2-4yrs considered obese from 14% in 2014-2015 to 12% in 2020.	Ashtabula County Head Start Enrollment Data

ACTION PLAN

Improvement Strategy	Timeframe	Resources	Lead Person/ Org.
Obtain baseline BMI data of youth ages 6-10 in Ashtabula County	2018	Survey instrument of the American Academy of Pediatrics and Pediatric Offices in Ashtabula County, Nutrition & Physical Activity Resource Inventory	Health Departments of Ashtabula County Maternal and Child Health Improvement Committee
Collaborate with community agencies and organizations to provide nutritional programming in schools and pre-schools	2018	Pediatric Offices in Ashtabula County My Plate 5-4-3-2-1-0-GO VeggieU Ohio Healthy Programs	Ashtabula County Maternal and Child Health Improvement Committee
Teach children and parents how to prepare a healthy meal	2018	Ashtabula County Elementary Schools Well Child Clinics of Health Department of Ashtabula County WIC Clinics VeggieU	Ashtabula County Maternal and Child Health Improvement Committee Ashtabula County Catholic Charities

Put farmers market information in Blessings in a Backpack	2018	Health Departments of Ashtabula County	Health Departments of Ashtabula County Maternal and Child Health Improvement Committee
Work with community agencies to promote awareness of fitness opportunities for youth	2018	IPOD Manual Longest Day of Play Committee ACMC YMCA UHConneaut/Geneva Ashtabula County Child and Family Health Services	Ashtabula County Board Childrens Services YMCA UH Conneaut/Geneva Health Departments of Ashtabula County

PRIORITY: Adult Obesity**GOAL: To reduce the incidence of adult obesity in Ashtabula County****Objective:**

By 2020, decrease the percentage of obese Ashtabula County residents from **43%** to **38%** as found in the 2016 Ashtabula County Health Needs Assessment Report .

Source

Health
Departments of
Ashtabula County
Primary Care
Providers of
Ashtabula County

By 2020, decrease the percentage of overweight Ashtabula County residents from **73%** to **68%** based on a body mass index greater than 25 in the 2016 Ashtabula County Health Needs Assessment Report.

Ashtabula County
IPOD Committee

ACTION PLAN

Improvement Strategy	Timeframe	Resources	Lead Person/ Org.
To increase public awareness of the existing 5 farmers markets in Ashtabula County	2018	Ashtabula County Nutrician & Fitness Guide	Ashtabula County IPOD
Work with community agencies to promote awareness of fitness opportunities for Ashtabula County residents	2018	Nutrition	Maternal and Child Health Improvement Committee of Ashtabula County
Promote new no cost and low cost fitness opportunities for Ashtabula County residents such as walking trails and biking lanes	2018	YMCA ACMC (Kid Fit) Ashtabula County Metro Parks	Ashtabula County IPOD Maternal and Child Health Improvement Committee of Ashtabula County
Work with existing local food producers to promote consumption of locally grown food	2018	OSU-Ashtabula County Cooperative Extension Service Ashtabula County Community Action Agencies	UH Conneaut/Geneva Community Outreach
Put farmers market information on Health Department of Ashtabula County websites and facebook	2018	Ashtabula County Health Department	Ashtabula County IPOD Committee Maternal and Child Health Improvement Committee of Ashtabula County

<p>Work with area fruit and vegetable growers to expand farmers market and include WIC vouchers as payment for produce</p>	<p>2018</p>	<p>WIC Community Action Agency of Ashtabula County Ashtabula County Job and Family Services</p>	<p>OSU-Ashtabula County Cooperative Extension Service Maternal and Child Health Improvement Committee WIC Clinics Community Action Agency of Ashtabula County</p>
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PRIORITY: Chronic Disease

GOAL: To limit the burden and decrease the prevalence of chronic disease in Ashtabula County

Objectives:	Source
By 2020, decrease the percentage of adults diagnosed with diabetes from 13% in 2016 to 9% in 2020.	Health Needs Assessment
By 2020, decrease the heart disease death rate from 367.50/100,000 in 2016 to 330.75/100,000 in 2020.	Ashtabula County Vital Statistics
By 2020, decrease the percentage of adults who identify as a current smoker from 21% in 2012 to 19% in 2020.	Network of Care

ACTION PLAN

Improvement Strategy	Timeframe	Resources	Lead Person/ Org.
Annually update the Intervention and Prevention of Ongoing Disease Resource Guide on available programs and resources in Ashtabula County	Annually (Dec. of each year)	Donations from IPOD committee agencies	UH – Geneva/Conneaut Health Departments of Ashtabula County
Annually provide at least one county wide symposium on a chronic disease topic for the general public	Annually	Donations from IPOD committee agencies & community partners	Ashtabula County IPOD Committee
Provide quarterly Diabetes education programs	2018-Ongoing	Free / Bill Insurance	ACMC and UH
Support hospitals, health care organizations, and health departments in offering smoking prevention and cessation programs to the public	2018-Ongoing	Grants and donations Bill health insurance companies Quitline	ACMC UH – Smokeless Program Health Departments of Ashtabula County
Work with store owners regarding the accessibility of tobacco products to underage consumers	2018-Ongoing	Public donations and grants	BOTVIN Life Skills in collaboration with UH, LARC, Community Counseling, Country Neighbor, Children Services, Health Departments of Ashtabula County, Ashtabula County Mental Health Board

PRIORITY: Opiate Use									
GOAL: To prevent the abuse of opiate use in Ashtabula County.									
Objectives:						Source			
By 2020, reduce the number of opioid related overdose deaths in Ashtabula County from 35 deaths in 2016 to 33 deaths or by 5%						Ashtabula County Vital Statistics			
ACTION PLAN									
Improvement Strategy	Time Frame	Resources					Lead Person/Org		
Implement research informed communication to educate the community in regards to opioid abuse/addiction and increase their knowledge of treatment and recovery resources.	2018-Ongoing	Ashtabula County Health Department, Ashtabula County Mental Health and Recovery Services Board, Ashtabula County Prevention Coalition, Ashtabula County Substance Abuse Leadership Team, Local Media, Ohio Department of Health, Ohio Department of Mental Health and Addiction Services.					Ashtabula County Mental Health and Recovery Services Board		
Increase access to the full continuum of care for the treatment and recovery support of opioid addiction.	Ongoing	Ashtabula County Mental Health and Recovery Services Board, Community Counseling Center, Glenbeigh, Lake Area Recovery Center, Ohio Department of Mental Health and Addiction Services, Signature Health.					Ashtabula County Mental Health and Recovery Services Board		

<p>Increase the ability of naloxone (NarCan) to individuals with an opioid addiction, family members and friends of those who are struggling with an addiction, community members, businesses and social service organizations.</p>	<p>Ongoing</p>	<p>Ashtabula County Health Department, Ashtabula County Mental Health and Recovery Services Board, Community Counseling Center, Glenbeigh, Lake Area Recovery Center, Ohio Department of Mental Health and Addiction Services, Signature Health.</p>	<p>Ashtabula County Mental Health and Recovery Services Board</p>
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The Ashtabula County Health Improvement Plan reflects priority health problems identified in both the Ashtabula County Community Health Needs Assessment and in the Ashtabula Health Improvement Planning Process.

The priority health problems identified by the Ashtabula County Health Needs Assessment align very well with priority health problems contained in the Ohio Department of Health State Health Improvement Plan (SHIP) for 2017-2019.

The said alignment can be found on page 19 of the Ashtabula County Health Improvement Plan. In addition, a description of the alignment of the Ashtabula County Health Improvement Plan with National Health Priorities found in Healthy People 2020 and the National Prevention Strategy can also be found on page 19 of the Ashtabula County Health Improvement Plan.

ALIGNMENT WITH STATE AND NATIONAL PRIORITIES

Ashtabula County (CHIP)	Ohio Department of Health-SHIP 2017-2019	Healthy People 2020 (The Office of Disease Prevention and Health Promotion, Center for Disease Control)	National Prevention Strategy (National Prevention, Health Promotion and Public Health Council)
Suicide/Mental Health and Opiate Addiction	<p>Promote effective strategies (e.g., resiliency/asset building) and cross collaboration to intervene with youth around suicide, relationship violence, and youth violence prevention.</p> <p>Identify data gaps and develop a plan to address them through data systems. Explore existing sources or identify potential new sources to address gaps.</p>	<p>Reduce the suicide rate.</p> <p>Reduce suicide attempts by adolescents.</p> <p>Reduce the proportion of persons who experience major depressive episodes (MDEs).</p>	<p>Provide individuals and families with the support necessary to maintain positive mental well-being.</p> <p>Promote early identification of mental health needs and access to quality services.</p>
Childhood Obesity	Implement priority strategies to increase physical activity and improve nutrition in Ohio as per the priority topics in the chronic disease prevention component of the SHIP for 2017-2019	<p>Reduce the proportion of children and adolescents who are considered obese.</p> <p>Improve health, fitness, and quality of life through daily physical activity.</p> <p>Increase the contribution of fruits to the diets of the population aged 2 years and older.</p> <p>Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older.</p> <p>Reduce consumption of calories from added sugars.</p>	<p>Increase access to healthy and affordable foods in communities.</p> <p>Help people recognize and make healthy food and beverage choices.</p> <p>Promote and strengthen school and early learning policies and programs that increase physical activity.</p> <p>Facilitate access to safe, accessible, and affordable places for physical activity.</p>
Chronic Disease	Ensure Ohioans are connected to the appropriate healthcare and public health services within their community.	Reduce the disease and economic burden of diabetes mellitus (DM) and improve the quality of life for all persons who have, or are at risk for, DM.	<p>Support comprehensive tobacco free and other evidence-based tobacco control policies.</p> <p>Expand use of tobacco</p>

	<p>Ensure Ohioans are receiving optimum preventive health services to prevent and reduce disease.</p> <p>Advocate for all Ohioans to have access to tobacco cessation services.</p> <p>Reduce the percentage of women who smoke during pregnancy.</p>	<p>Improve cardiovascular health and quality of life through prevention, detection, and treatment of risk factors for heart attack and stroke; early identification and treatment of heart attacks and strokes; and prevention of repeat cardiovascular events.</p> <p>Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.</p> <p>Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.</p>	<p>cessation services.</p>
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Evaluation Process

Throughout the year, the chair/co-chair of each taskforce will track the actions taken toward the implementation of stated strategies by filling out the attached “Ashtabula County Health Needs Assessment Advisory Committee Progress Tracking Form”. The taskforce groups include suicide prevention, childhood obesity prevention, chronic disease prevention and opiate overdose prevention. The information documented in this form will be submitted to the Chair of the Ashtabula County Health Needs Assessment Advisory Committee and presented at the annual meeting.

Annually, the full Ashtabula County Health Needs Assessment Advisory Committee will meet to review the activities of the past year and evaluate the progress of each taskforce group in meeting their specific objectives. The chairperson of each taskforce will provide a report to all members of the Ashtabula County Health Needs Assessment Advisory Committee on the accomplishments completed by each taskforce group. This report will be given in December of each year at the Ashtabula County Health Department. The Committee members will evaluate the feasibility and effectiveness of each proposed strategy, reassess the current status of available community assets and resources, and compare recent health indicator data to stated objectives. Strategies, action plans, objectives, and priority areas may be revised in response to findings. A formal report of the committee’s evaluation and conclusions will be published and distributed yearly.

Ashtabula County Health Needs Assessment Advisory Committee
 Progress Tracking Form

Throughout the year, please track your taskforce’s progress with each improvement strategy stated in the Community Health Improvement Plan within your respective priority issue. The information documented in this form will be submitted to the Chair of the Ashtabula County Health Needs Assessment Advisory Committee and presented at the annual meeting.

Priority Issue:

Taskforce Chair:

Taskforce Co-Chair:

Improvement Strategy:			
Partners Involved:			
Date	Actions Taken	Responsible Party	Results

APPENDIX

Source	Data Used	Website	
American Cancer Society, Causes, Facts and Figures	2017 Cancer Facts, Figures and Estimates American Cancer Society	www.cancer.org	