

ALLEGANY COUNTY HEALTH PLANNING COALITION

The April 2014 update of the Dashboard shows how the county has progressed over the 3 years with the identified need areas and selected data points. The status report provides the final progress ranking for the measures associated with each identified action in the LHAP. This report highlights the actions taken to fulfill the strategies for each priority and/or identifies the ongoing challenges and recommendations.

LOCAL HEALTH ACTION PLAN- 3 Year Summary
January 2012-June 30, 2014

Priority #1: Tobacco

Strategy A: Screen pregnant women for tobacco use and provide brief intervention to help them quit and offer cessation services.

Strategy B: Decrease tobacco use among youth and adults.

Highlights:

- Some reduction seen in tobacco use by pregnant women, youth and adults
- Program ACHD & Tri-State Women's Health....
- Increased use of Quitline by area residents
- Smoke Free Campaign
- Tobacco Free Policies- College, Restaurant, Worksite, Parks, and in particular recent implementation of policies in public housing

Challenges:

- E-Cigarettes
- Continued financial support for free nicotine patches
- Support of more smoke-free environments
- Tobacco cessation utilization has decreased noticeably during FY 2014
- Staff time involved with developing and implementing environmental policies

Recommendations:

- Provide support for community groups interested in establishing smoke-free environments
- Promote the use of the SBIRT tool among all OBs
- Support outreach for continued tobacco cessation services

Priority #2: Obesity

Strategy A: Activate policy and environmental changes to increase physical activities.

Strategy B: Promote increased choice of and access to healthful food and beverage choices

Highlights:

- Increased physical activity in community via schools and worksites and promoted increase choice of health food and beverages
- Greater percentage of adults at healthy weight and less children in the 95th percentile BMI or above
- School supported with mini-grants, physical activity dice, Project Fit, 95210, NutraKids, and healthy concession tips
- Worksite supported with surveys, mini-grants, Chamber Wellness Tips, Monthly blasts-policy & environmental change, Worksite Modules and challenges, and link to Healthiest Maryland Businesses
- Community challenges: Healthiest Community, Mile Movers, Screen Free Week, and support of Environmental Wellness Camps

- Other nutrition programs: Smart Moves, Change to Win, Provider Education with Obesity Assessment and Referral tools, Healthy Vending Pilot, and Breastfeeding provider education, follow up post discharge, commitment to recommended State policies.
- Child Care Let's Move – assessment and goal achievement for incentives

Challenges:

- Engagement in behavior change and culture shifts, limited policy and environmental changes
- Tracking progress across the community
- Loss of CTG funding
- Low fruit and vegetable consumption

Recommendations:

- Continue to promote policy and environmental changes
- Seek to make healthy choices available and affordable
- Continue to monitor BMI in elementary schools
- Maintain outreach to engage worksites and other community groups in wellness strategies

Priority #3: Access

Strategy A: Increase access to health care services by maintaining or increasing enrollment in public & safety net programs, increasing provider availability and addressing the transportation barrier.

Strategy B: Provide dental care for under/uninsured adults

Highlights:

- Increased number of insured adults with Medicaid Expansion and Qualified Health Plans
- Supported Navigators, Assisters and Certified Application Counselors
- Transportation options expanded with Mobility Management Program at HRDC via Healthy Allegany and partnerships
- Behavioral Health Community Case Manager added at WMHS
- ACA Forum focused on Behavioral Health
- Dental services for adults (including seniors and individuals with special needs) increased via Mission of Mercy, Mountain Health Alliance especially Allegany County Health Dept. and Allegany Health Right

Challenges:

- Maintaining capacity of primary care and mental health providers, numbers changed over the 3 year period
- Replacing dentist lost at ACHD due to relocation
- Data unavailable on the # of county residents enrolled in Qualified Health Plans
- Some remain uninsured based on cost of coverage options
- Need for psychiatrists remains

Recommendations:

- Complete assessment of provider capacity July 2014, and support coordinated recruitment of needed providers
- Repeat transportation survey in July 2014
- Expand transportation program beyond Allegany County
- Educate the public about the most appropriate setting to obtain care, and insurance options during enrollment period
- Continue to address social determinants of health, including housing
- Enhance Community Health Worker Program
- Support early childhood initiatives and Mental Health First Aid

Priority #4: Emotional & Mental Health

Strategy A: To integrate mental health and physical health including more depression screening

Strategy B: Facilitate opportunities for social connectedness

Highlights:

- Rate of behavioral health related ED visits declined and self-reported poor mental health days decreased
- More depression screening is done
- Social connectedness supported via faith based community programs and mini-grants, including advocate program, hot line, outreach center, and bicycle buddies
- 9 Community Health Workers completed training and are promoting stronger connections between clients and providers
- Integrative Wellness education programs and rack cards
- Mental Health First Aid trainings and instructor training provided
- Education series on Poverty initiated

Challenges:

- Tracking data associated with community outreach
- Community wide engagement
- Connection of behavioral health and physical health services

Recommendations:

- Address poverty with a community approach
- Establish referral process for primary care providers to an Urgent Care Coordinator
- Continue social connection grants
- Investigate domestic violence

Priority #5: Substance Abuse-Alcohol & Drugs

Strategy A: Provide education on controlled substance prescriptions including screening, treatment, and monitoring as well as misuse, storage, and disposal.

Strategy B: Enforce laws and promote programs to prevent excessive alcohol consumption

Highlights:

- Alcohol related crashes slightly reduced
- Increased education about prescription medications and disposal
- Take Back Initiative and permanent disposal sites for prescription and controlled substances
- Just Bring It-Medication List and Safety Check
- Prescriber education on safe prescribing of controlled substances
- Breathalyzer at community events and compliance checks among alcohol retailers
- Education of teens regarding binge drinking

Challenges:

- Increase in drug induced deaths
- Cultural acceptance of excess drinking
- Continued funding for the use of the breathalyzer at public events

Recommendations:

- Continue prescriber education, safe disposal sites and prescription drug use screening
- Support Overdose Prevention Task Force

Priority #6: Screening**Strategy A:** Improve delivery of clinical prevention services consistent with USPSTF recommendations**Strategy B:** Support self-management programs for diabetes and other chronic diseases as needed**Highlights:**

- US Preventive Services Task Force recommendations for screening shared via primary care offices and worksites
- Know Your Numbers campaign
- Participation in and offering of disease self- management increased
- WMHS opened the Center for Clinical Resources (Diabetes, Congestive Heart Failure, Chronic Obstructive Pulmonary Disease, Anticoagulation, Medication Therapy Mgmt.)
- STI screenings consistently delivered

Challenges:

- Increased rate of ED visits for hypertension and diabetes
- Tracking of preventive services is limited
- There is some confusion about covered preventive services and variance by insurance.
- Limited support for free STI screening and testing services for high risk groups
- STI services from the health department are limited to only one day a week

Recommendations:

- Support the Center for Clinical Resources
- Enhance cross agency collaboration of disease management
- Utilize Community Health Workers to address health status and lifestyle

Priority # 7: Heart Disease & Stroke**Strategy A:** Support evidence based practices that will impact the rate of heart disease deaths**Highlights:**

- Heart disease death rate has decreased slightly
- Cardiac prevention services continue to grow, including cardiac rehab, CHF clinic
- 911 Campaign to support improved door to balloon results

Challenges:

- Unable to develop and distribute the Getting Healthier Together message as initially intended, need to break down the message
- Complications of multiple chronic conditions

Recommendations:

- Promote healthier choices and support behavior change with motivational interviewing
- Support coordination of disease management programs

Priority #8: Health Literacy

Strategy A: Reduce barriers of health literacy with the Agency for Healthcare Research and Quality (AHRQ) model

Highlights:

- Survey completed assessing health literacy issues, identifying need for medication reminders and assistance with medical and financial forms
- Education program on health literacy offered to providers
- Numerous strategies implemented to increase patient understanding and address health literacy, including use of teach back method, pharmacists on units to explain medications, post-discharge phone calls, community health workers and more

Challenges:

- Unable to implement complete health literacy assessment of health care facilities in community
- Ensuring providers accept health literacy needs of public and support identified strategies

Recommendations:

- Continue to offer education on health literacy for providers
- Seek methods for increasing patient understanding and engagement in decision making

Priority #9: Healthy Start

Strategy A: Promote breastfeeding (see Obesity)

Strategy B: Increase babies given a healthy start by screening and counseling pregnant women regarding creation of a safe environment, tobacco & alcohol misuse, as well as promoting healthy eating and physical activity

Highlights:

- Infant mortality rate not increasing
- Promotion of breastfeeding increased with provider education, site visit by National Breastfeeding Center, outreach to provider offices, changes on perinatal units
- Various information distributed to pregnant women to increase healthy start for babies

Challenges:

- Support for breastfeeding inconsistent
- Clinic visits reduced and more consultation done via phone, thereby reducing distribution of written materials.

Recommendations:

- Support early childhood interventions
- Establish home visiting program for high risk families that tracks outcomes

Priority #10: Dental- see Access

Priority # 11: Cancer

Strategy A: Increase screening rates for breast, cervical, and colon cancer.

Highlights:

- Death rate for all types of cancer decreased to below the goal level
- Screenings for breast, cervical and colon cancer provided to those in need via ACHD meet yearly performance measures

Challenges:

- Unable to obtain screening rates from primary care providers
- Limited recall and reminder systems being implemented
- Ongoing financial support for cancer screening and treatment and staff to perform outreach

Recommendations:

- Promote healthier choices and preventive measures
- Utilize Community Health Workers to promote recommended cancer screenings
- Increase outreach using minority representatives from community coalitions

Priority #12: Immunizations

Strategy A: To increase immunization rate with continued education and policy changes

Highlights:

- Percentage of children and adults getting vaccinated against flu has increased
- Mandated flu vaccination for WMHS employees increased rate of vaccination and ACHD employee flu vaccination rate improved.
- Immunization resource added to ACHD website
- School age children are monitored and provided immunizations according to state health department guidelines

Challenges:

- Misconceptions about the flu and other vaccines.

Recommendations:

- Continue to promote recommended vaccines through providers and community networks

Priority #13: Chronic Respiratory Disease

Strategy A: Implement an educational campaign regarding chronic respiratory diseases

Highlights:

- Rate of ED visits for asthma decreased
- Education and screening for COPD and asthma implemented
- Better Breathers Club initiated

Challenges:

- Limited understanding of asthma and COPD in community overall

Recommendations:

- Incorporate COPD and asthma with other disease management programs