

Lincoln County

Health Matters

Community Health Improvement Plan 2014

Lincoln County Health Department & Community Partners



LINCOLN COUNTY
ALCOHOL/DRUG CENTER



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Lincoln County Health Department

N.E.W. Alliance Counseling

Family Resource Center of Lincoln County

Lincoln County Economic Development Council

Lincoln County Commissioner

Lincoln Hospital District 3

Odessa Memorial Hospital

Lincoln County Commissioner

Lincoln County Health Department

Lincoln Hospital District 3



Community Health Improvement Process

The community health improvement project is a comprehensive approach to assessing community health and developing and implementing action-plans to improve health through community member and partner engagement. The community health improvement project includes two distinct, yet connected, processes:

- The community health assessment process engages community members and partners to collect and analyze health-related data and information from a variety of sources. The findings of the community health assessment inform community decision-making, the prioritization of health problems, and the development and implementation of a community health improvement plan. The results of the community health assessments can be found in a separate document "Lincoln County Health Matters: 2012 Community Health Assessment" at: www.co.lincoln.wa.us.
- The community health improvement plan is action-oriented and outlines the community health priorities (based on the community health assessment and community input). The plan also includes how the priority issues will be addressed to improve the health of the community.

This document presents the Lincoln County Community Health Improvement Plan which was developed by the Lincoln County Health Department (LCHD) and the Community Health Improvement Advisory Committee (see page 3 for a list of members) through a series of three meetings over a three month period. The plan was largely informed by the results of the community health assessment. LCHD and the advisory committee were directed by Bridget Rohner, WSU Extension Director for Lincoln County. Bridget conducted meetings using tools for effective and efficient group productivity. An aggressive plan was made to cover discussions over the course of three meetings. The first meeting included education on the Community Health Assessment, a presentation by Washington State Hospital Association representative, Chelene Whitaker and an identification of the health needs of Lincoln County. Subsequently, the remaining meetings determined the goals and objectives for achieving improvement in the identified health priorities and planning and sustainability. The goal of these meetings were to:

- Develop strategic issues based on the community health assessment findings;
- Prioritize issues that need to be addressed in order to achieve the community health vision;
- Identify overarching goals and strategies to accomplish those goals;
- Write clear objectives and determine performance measures to monitor implementation and improvement; and
- Create action plans that determine the steps to implement chosen strategies, who would lead the implementation, and the time frame for implementation.

The following organizations and community members will be involved in the implementation of the Lincoln County Community Health Improvement Plan: Lincoln County Public Health Department, Lincoln Hospital District 3, Odessa Memorial Hospital, Lincoln County Drug & Alcohol, Northeast Washington Alliance Counseling, Lincoln County Economic Development Council, Davenport School District, Reardan School District, and Odessa School District.

Description of Lincoln County

This Community Health Improvement Plan encompasses the geographic area of Lincoln County which is located in the central portion of eastern Washington State. Lincoln County is the fifth least populous county in the state with 10,675 individuals. The city of Davenport, the largest incorporated city in Lincoln County and the county seat, accounts for 16.2% of the county population with another 35.2% living in other incorporated municipalities in the county. The remaining 48.6% live in unincorporated areas in Lincoln County. Lincoln County has the seventh largest land area in the state with 2,300 square miles. However, it has the third lowest population density in the state (out of 39 counties) with a density of 4.6 individuals per square mile.

The population in Lincoln County is unevenly distributed between age groups with young adults having the smallest proportion of the population. Adults 40-64 years of age represented the largest proportion of the population.

Over time, the age distribution in Lincoln County has shifted. The proportion of youth and young adults has decreased while the proportion of adults 40-64 years of age has increased. The proportion of the population that is 65 years of age or older has remained stable.

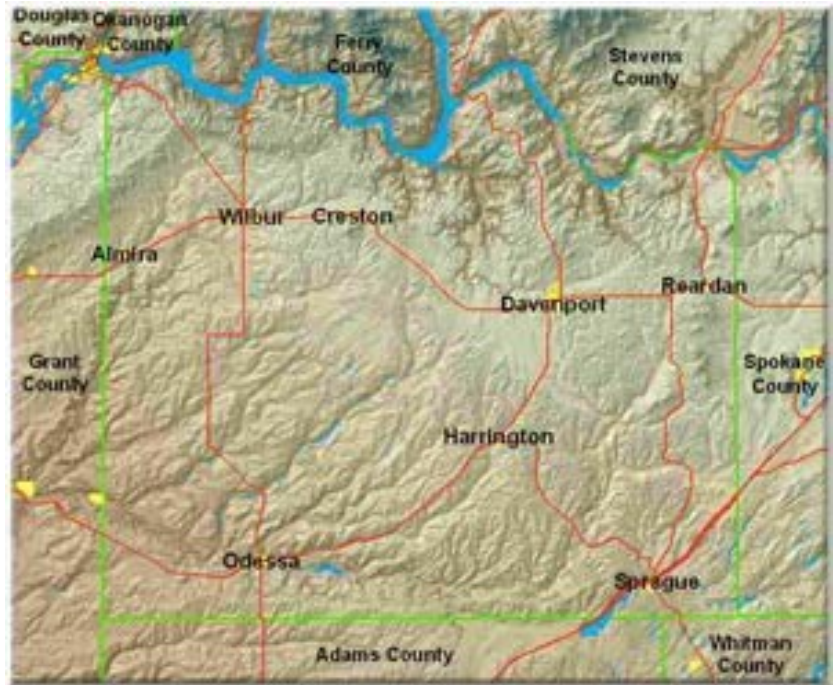
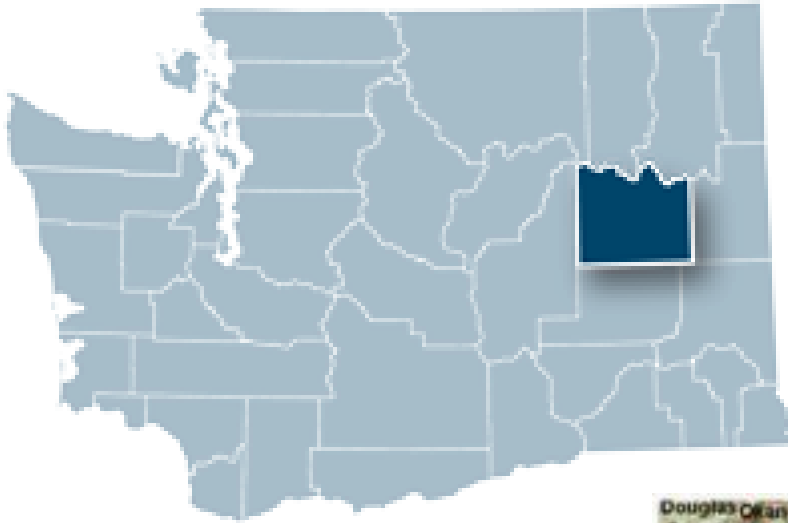
The median household income in Lincoln County is lower than both Washington State and the United States. The projected median household income in Lincoln County for 2011 was \$44,936 compared to \$55,500 statewide.

Lincoln County is not racially diverse. Among county residents in 2010, 95.0% were White, 0.3% Black, 1.6% American Indian/Alaska Native, 0.4% Asian/Pacific Islander, and 2.2% were of two or more races. Residents of Hispanic ethnicity comprised 2.3% of the population.

Among students who began ninth grade, 88.7% graduated from high school on time during the 2010/2011 school year. Another 4.7% of this class continued in high school beyond the traditional graduation date in order to complete high school. The 2010/2011 high school dropout rate was 6.7%.



Description of Lincoln County



Priority Issues



The first step to developing the Community Health Improvement Plan was to examine the results of the Community Health Assessment for common themes and discuss what the assessments revealed about the health of our community. Through these discussions and a facilitated process, several strategic issues emerged. Members of the planning committee first answered and discussed the following questions:

- What do healthy communities do?
- What do healthy communities have?
- What do healthy communities know?

The conversations led to four categories present in a healthy community: **Healthcare, Lifestyle, Community, and Education**. After much discussion, the committee determined the following under these categories:

What do healthy communities do?

Healthcare—Healthy communities provide healthcare and access to preventative services.

Lifestyle—Healthy communities model healthy lifestyles which include healthy eating, being physically active and promoting tobacco free living.

Community—Healthy communities are community-minded and provide support systems and resources for their residents.

Education—Healthy communities provide ongoing education post high-school for the development of community members.

What do healthy communities have?

Healthcare—Healthy communities have advanced healthcare and healthcare services that cover a wide range of needs.

Lifestyle—Healthy communities have values and, specifically, family values. They also have access to recreation opportunities, healthy foods, job opportunities and affordable housing.

Community—Healthy communities have a family and community focus and provide services like child-care and in-home geriatric care.

Education—Healthy communities have education opportunities beyond high school and provide choices for education types.

What do healthy communities know?

Healthcare—Healthy communities know their health trends. They also know what healthy behaviors are and how to access healthcare in their community.

Lifestyle—Healthy communities know their shared values.

Community—Healthy communities know the resources available to them and how to access those resources.

Priority Issues

Under the four priority categories, four issues were prioritized as community needs by the committee using development strategies.

Healthcare:

Need to close the gap between healthcare providers including behavioral health.

Lifestyle:

Need for childcare and job opportunities.

Community:

Need for access to resources, healthy options, and sustainable health initiatives

Education:

Need for broadband internet, healthy living curriculum, access to higher and continuing education & technical programs, practical life skills in curriculum at schools.

Overarching themes were identified and the priority issues selected to address in the Community Health Improvement Plan were:

1. Public access to an integrated healthcare system.

Currently, public health services are operating as silos with very little integration or overlap. While this issue is certainly evolving in current healthcare systems, the committee saw the need and benefit to the community to have this as a health improvement focus. Integration of health services includes hospitals, clinics, behavioral health services, county-supported health services, and outside resources not immediately available within the county.

GOAL: *Lincoln County residents will have access to an integrated healthcare system utilizing meaningful use principles structured in support of the "Medical Home".*

2. Community support for healthy lifestyles with opportunities for physical activities and better nutrition.

It was recognized that opportunities for physical activities and better nutrition lead to healthier communities. However, communities need to be in support of these initiatives and working together to create better opportunities and outcomes. This includes government agencies, healthcare providers, and educational agencies.

GOAL: *Lincoln County residents will live in a community that supports healthy lifestyles with opportunities for physical activities and better nutrition.*

3. Community support for child and family development.

Families are the foundation of our communities. Community service agencies and economic development should support the health of our children and families.

GOAL: *Lincoln County residents will live in a community that supports healthy child and family development.*

Key Players & Implementation

PRIORITY#1: Integrated Healthcare Systems

GOAL: Lincoln County Residents will have access to an integrated healthcare system utilizing meaningful use principles structured in support of the “Medical Home” model.

OBJECTIVE: By 2015, begin removing barriers between healthcare agencies in support of integrated healthcare based on patient needs/goals for improved health outcomes.

STRATEGIES:	PERFORMANCE MEASURE:	RESPONSIBLE PARTY:
Increase and enhance communications between providers and patients to enhance health outcomes	% of patients with a patient/provider developed health improvement plan % of adults reporting that they always get the social and emotional support they need (BRFSS)	Health Clinics/providers Patients
Improve communications /coordination between healthcare providers serving the same patient to improve health outcomes	Increased use of patient portal Utilization of Epic	Lincoln Hospital District #3, Odessa Hospital District #1, Clinics, N.E.W. Alliance, Lincoln County Drug and Alcohol Center, Dental Providers, Lincoln County Health Department
Improve health literacy in the Community	% of population receiving annual lab health screenings at health fairs. % of population with health insurance	Health Providers, Health Provider Communications Officers, Lincoln County Health Department
Utilize technology to enhance specialized services for patients in clinical, hospital, and residential settings. (ex. Home health monitoring, Telehealth access to specialists)	% of patients utilizing home health technology	Lincoln Hospital District #3, Odessa Hospital District #1, Clinics, N.E.W. Alliance, Lincoln County Drug and Alcohol Center, Dental Providers, Lincoln County Health Department
Promote integration of behavioral health, and substance abuse into the medical home model	% of youth reporting substance abuse (HYS) % of students and adults reporting binge drinking habits (HYS, BRFSS) % of youth and adults reporting smoking (HYS, BRFSS) % of adults reporting poor mental health days (BRFSS) % of population that identifies a personal doctor (BRFSS)	North Basin Clinics, Odessa Clinic, N.E.W. Alliance, Lincoln County Drug and Alcohol Center, Lincoln County Health Department
Collaborate with the Accountable Community of Health (Better Health Together) to assure coordination with and integration of regional health improvement goals	Lincoln County Public Health Coalition participation in Accountable Community of Health meetings.	Lincoln Hospital District #3, Odessa Hospital District #1, Clinics, N.E.W. Alliance, Lincoln County Drug and Alcohol Center, Dental Providers, Lincoln County Health Department

Key Players & Implementation

PRIORITY # 2: Healthy Lifestyles

GOAL: Lincoln County Residents will live in a community that supports healthy lifestyles with opportunities for physical activities and better nutrition.

OBJECTIVE: By 2015, Lincoln County communities and residents will begin influencing their community to support healthy lifestyles and better nutrition.

STRATEGIES:	PERFORMANCE MEASURES:	RESPONSIBLE PARTY:
Integrate expanded opportunities for physical activity and nutrition education in elementary classrooms, with family involvement	# of schools offering classes such as “Food Sense” % of adolescents meeting physical activity recommendations (HYS) % of adults participating in regular physical activity (BRFSS) % of students that drink sugary drinks (HYS)	Lincoln County Health Department Lincoln County Schools WSU Extension
Cities, towns and county planning departments should incorporate built environment standards in development to assure opportunities for physical interaction with our environment.	# of city, town, or county ordinances incorporating built environment standards that support walking, biking, and safe routes to access work and play opportunities	City Government Town Government County Government Lincoln County EDC
Review and update school health and wellness policies based on national best practices to support healthy lifestyles and habits in the school environment.	#of school districts with updated policies based on current best practice % of adolescents meeting the physical activity recommendations (HYS) % of youth at a healthy weight (HYS, LCHD BMI Assessments)	Lincoln County Schools Lincoln County Health Department WSU Extension
Research best practices for workplace health and wellness policies and programs for implementation by Lincoln County businesses.	# of employers with a workplace health and wellness policy/program	Lincoln County Health Department Lincoln County EDC
Expand Countywide healthy living initiative: 5,4,3,2,1 Let’s Go LinCo	# of Schools utilizing outreach materials # of businesses utilizing outreach materials	Lincoln County Health department Lincoln Hospital/North Basin Clinics Odessa Memorial Healthcare Center Schools WSU Extension

Key Players & Implementation

PRIORITY #3: Healthy Child and Family Development		
GOAL: Lincoln County residents will live in a community that supports healthy child and family development		
OBJECTIVE: By 2016, build communities that support healthy child and family development		
STRATEGIES:	PERFORMANCE MEASURE:	RESPONSIBLE PARTY:
Pursue expanded access to behavioral Health services in schools	% of students reporting being depressed (HYS) % of students reporting being bullied (HYS)	Lincoln County Schools ESD 101
Support work of community coalitions that prevent violence and promote positive youth development	# of community coalitions (LCHD) # of youth and adults enrolled in 4-H	Lincoln County Health Department WSU Extension
Provide universal developmental screenings to infants and toddlers to identify developmental delays for early identification and treatment	# of screenings provided (LCHD)	Lincoln County Health Department
Promote strong family development	% of families that eat dinner together most of the time (HYS) % of youth that are comfortable reaching out to parents for support (HYS) % of youth that feel included in family decisions affecting them (HYS) % of people worried or stressed about having enough money to by nutritious meals (BRFSS) % of adults reporting that they always get the social and emotional support they need (BRFSS)	Lincoln Count Health Department Lincoln Hospital and North Basin Clinics Odessa Memorial Healthcare Center N.E.W Alliance Counseling, Schools, Local Government, Business WSU Extension

Implementation of the strategies identified in the Lincoln County Community Health Improvement Plan (CHIP) require resources and commitment at a time when local government, schools and business are experiencing declining revenues and increasing expenses. With that realization, the CHIP planning committee understood that implementation and sustainability will rely on community collaborations to capitalize on community resources to develop a collective impact. A community working as one can achieve a collective impact not achievable by individual organizations. Therefore, strategies were developed utilizing the collective impact model, building a collective community movement for healthier living to achieve our health outcomes. Success and sustainability will require commitment of the community.

The first commitment is strengthening the local public health system partnerships and structure. A strong public health system can work to facilitate community partners and opportunities to impact health outcomes.

The second commitment involves enhancing the Lincoln County Public Health Coalition (Coalition) as a strong platform for ongoing community health improvement to bring key community health leaders into a collaborative relationship poised to implement change. The Coalition began in 1993 as a joint venture of Lincoln hospital District #3, Odessa Hospital District #1 and the Lincoln County Health Department with the mission of improving the health status of Lincoln County. As the leader for change, the Lincoln County Public Health Coalition maintains the responsibility for implementing the Community Health Improvement Plan as a community, rather than any specific agency. Through the Coalition, community health leaders and public health partners can develop shared efforts and resources leading to more efficient and effective implementation across community partners.

The third commitment involves regional and state collaborations. Washington State has adopted the Washington State Health Care Innovation Plan. This plan lays a framework for transitions in the health care system to address the triple aim: to improve the health of the population, improve the health experience for the patient and reduce healthcare cost. One aspect of this transition is the development of Accountable Communities of Health that support the triple aim. Lincoln County's collaboration with the Accountable Community of Health is critical in assuring mutual goals and strategies are implemented to improve the health status of Lincoln County.

The fourth commitment is to partnerships. We alone are limited in our ability to make change. Together we gain power, resources and influence. By committing to a collaborative Community Health Improvement Plan, Lincoln County can make a difference. Through collaborative implementation, Lincoln County can achieve a community that supports and provides a healthy environment for residents to live, work, play and worship.

