

Community Health Improvement Plan Annual Report for 2022 – 2023

MARCH 2024

IMPLEMENTED BY: GROWING HEALTHY TOGETHER GREENE COUNTY

FACILITATED BY: GREENE COUNTY PUBLIC HEALTH



Contents

Introduction..... 3

 Background Information..... 3

 Process for Monitoring and Revision 3

 Data..... 4

 Strategies..... 5

 Community Context..... 5

Progress on CHIP Priority Areas 6

 Priority 1: Obesity..... 6

 Priority 2: Substance Use Disorders 9

 Priority 3: Preventative Health Services 10

Author

Jillian Drew
Greene County Public Health
360 Wilson Drive Xenia OH 45504
937-374-5600
www.gcph.info

Introduction

Background Information

The Growing Healthy Together Greene County Steering Committee (GHT) participated in a Community Health Assessment (CHA) process led by Greene County Public Health (GCPH) from 2019 - 2020. The quantitative and qualitative data and analysis conducted by the Hospital Council of Northwest Ohio provided the foundation to develop the 2020 Community Health Improvement Plan (CHIP). This report is an update on the progress made from 2022-2023 regarding the goals, objectives and strategies outlined in the CHIP.

The CHIP outlines community based strategic priority health issues. Through collaborative community stakeholder engagement, resident health status can be improved. Various community organizations have worked together as GHT to develop a shared understanding and vision for a healthier Greene County. At the completion of the Community Health Assessment in Spring of 2020, three health priorities were identified. Along with the personal health aspects and contributing factors were identified by GHT:

Priorities	Obesity	Substance Use Disorders	Preventative Health Services
Personal Health	Physical Activity*	Binge Drinking	Lack access to healthcare because of cost (inequity)
	Fruit & Vegetable Consumption	Tobacco Use*	Service availability and accessibility
Contributing Factors	Lack motivation for physical activity	Adverse Childhood Experiences (inequity)*	Health Insurance Coverage*
	Food insecurity (inequity)	Stress	Health Literacy (inequity)
	Diabetes*	Poor mental health	
	Adverse Childhood Experiences (inequity)*		

* Aligns with Ohio Department of Health, [State Health improvement Plan](#)

Process for Monitoring and Revision

GCPH took on a lead role in monitoring and revising the plan. While prioritizing COVID-19 response in Greene County throughout 2020 and 2021, with closures and the fluctuations in community levels of COVID-19, it has still been a challenge for community partners to devote consistent to plan implementation. For public health, the response work has continued in 2022, while simultaneously working to reengage partners and the initiatives set forth in this plan. In 2023, we continued to implant strategies outlined in this plan and worked with our partners to complete the next community health assessment and community health improvement plan.

However, to maintain a level of continuity in plan implementation as well as a commitment to address priorities identified by the community and stakeholders, GCPH documented the work that has been accomplished. The following was the original outline for plan implementation including the data to be monitored and strategies to be implemented:

Data

- **Obesity:**
 - 63% of Greene County adults were overweight or obese based on body mass index (BMI)
 - 17% of adults did not participate in any physical activity in the past week
 - Including 1% who were unable to exercise
- **Nutrition:**
 - In 2019, 32% of adults ate 1 to 2 servings of fruits and/or vegetables per day, 49% ate 3 to 4 servings per day, and 17% ate 5 or more servings per day. Two percent (2%) of adults ate no servings of fruits and vegetables per day.
- **Alcohol Consumption:**
 - 66% of Greene County adults had at least one alcoholic drink in the past month, increasing to 75% of those with incomes more than \$25,000
 - 22% of adults were binge drinkers
 - 32% of current drinkers were binge drinkers
- **Cholesterol, blood pressure:**
 - 30% were diagnosed with high blood pressure
 - 37% were diagnosed with high blood cholesterol
- **Adverse childhood experiences (ACEs,) are potentially traumatic events that occur in childhood (0-17 years):**
 - 12% of Greene County adults had four or more adverse childhood experiences (ACEs) in their lifetime. Thirteen percent
- **Poverty:**
 - 12.7% individuals, 8.2% families
 - 13% of adults had experienced at least one issue related to hunger/food insecurity in the past year.

Access the full Community Health Assessment data listed above and more here:

http://www.gcph.info/files/resources/Community_Health_Assessment.pdf

Strategies

Priority	Lead	Strategy
Obesity	Public Health J. Drew	Physical Activity: Community-Wide Campaign*
	OSU Extension L. Halladay	Dining with Diabetes: Beyond the Kitchen On-line self-paced course information: https://fcs.osu.edu/BTK
	OSU Extension T. Corboy	Healthy food initiatives in food banks Ohio Ag Program: http://ohiofoodbanks.org/programs/program-detail.php?id=3&page=10*
Substance Use Disorders	Public Health L. Gonyer	Alcohol Brief Interventions
	Public Health A. Romer	Smoke-Free Policies Indoor Places*
	OSU Extension R. Supinger	Mental Health First Aid*
Preventative Health Services	Layh & Associates A. Poortinga	Greene County Mental Health Collaborative
	TBD	Telemedicine Telehealth

[*State Health Improvement Plan Alignment](#)

Community Context

2020 - 2023 have been challenging years for everyone, CHIP implementation has taken a back seat to the ever-changing priorities associated with COVID-19. There have been many changes in staff, and the work culture/environments in GCPH and the agencies that make up the GHT steering committee. This report is intended to reflect the work planned, started, and completed, while providing a general update. Many revisions in the work occurred, and a new Community Health Assessment survey was conducted in 2022. This offered an opportunity for a reset in 2023 as the data was analyzed and the GHT committee identified priorities based on the findings.

Progress on CHIP Priority Areas Priority 1: Obesity

About this Priority

According to the health assessment, 63% of Greene County adults were overweight or obese based on body mass index, 17% of adults did not participate in any physical activity in the past week and including 1% who were unable to exercise. The goal with this priority is to increase personal health behaviors including physical activity and fruit and vegetable consumption. Some identified contributing factors for these behaviors are lack of motivation for physical activity, adverse childhood experiences, food insecurity, diabetes.

CHA Data Point(s)/ Indicators:	Objective(s):	Measurable Outcome(s)	Strategy	Lead
<p>63% of Greene County adults were overweight or obese based on body mass index (BMI)</p> <p>17% of adults did not participate in any physical activity in the past week</p> <p>1% were unable to exercise in the past week</p>	<p>Increase the proportion of adults who are at a healthy weight</p>	<p>Number of campaign activities</p> <p>Number of campaign participants</p>	<p>Physical Activity: Community-Wide Campaign*</p>	<p>Public Health J. Drew</p>
<p>32% of adults ate 1 to 2 servings of fruits and/or vegetables per day</p> <p>49% ate 3 to 4 servings per day</p> <p>17% ate 5 or more servings per day</p> <p>2% of adults ate no servings of fruits and vegetables per day.</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>Number of participants</p>	<p>Dining with Diabetes: Beyond the Kitchen On-line self-paced course information: https://fcs.osu.edu/BTK</p>	<p>OSU Extension L. Halladay</p>
		<p>Lbs. of food donated</p>	<p>Healthy food initiatives in food banks Ohio Ag Program: <a 112="" 130="" 939="" 956"="" data-label="Page-Footer" href="http://ohiofoodbanks.org/programs/program-</p> </td> <td> <p>OSU Extension
T. Corboy</p> </td> </tr> </tbody> </table> </div> <div data-bbox="> <p>6</p> </p>	

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Progress

Status: **Completed**

Objective: Increase the proportion of adults who are at a healthy weight

Strategy: Physical Activity: Community-Wide Campaign*

Update: In May and September 2023, GCPH participated in the Neighborhood Night Out event series [Neighborhood Night Out | Xenia, OH \(cityofxenia.org\)](#). These outreach events were designed to take local government and community organizations directly to the Xenia

community. GCPH highlighted nutritional and physical activity engagement activities for the events. Approximately 150-200 families per event were reached. To address this priority when we could not be out in the community, we looked for campaign materials that could be distributed in other ways. We identified the Move Your Way (<https://health.gov/moveyourway#parents>) resources for parents as a great way to reach families which will increase messaging.

Greene County Public Health received a mini-grant from the Ohio Department of Health (ODH) for Healthy Eating Active Living (HEAL). Assessments were done in three communities (Fairborn, Jamestown, and Xenia). From the assessment and input from community members, little pantries were placed in each jurisdiction. Currently, walking audits are being conducted in Fairborn, to increase walkability to grocery stores.

The agency will apply for the Creating Healthy Communities grant from ODH in the spring of 2024. This grant will give us the opportunity to expand our nutrition and physical activity in Greene County.



Status: Completed

Objective: Increase the contribution of fruits to the diets of the population aged 2 years and older

Strategy: Dining with Diabetes: Beyond the Kitchen On-line self-paced course information: <https://fcs.osu.edu/BTK>

Update: Ohio State University Extension had four residents complete the self-paced Dining with Diabetes Beyond the Kitchen program. They did not hold any in-person Dining with Diabetes classes but did conduct a onetime presentation called Dining with Diabetes: Take Charge of Your Diabetes with fifteen attendees.

Status: Completed

Objective: Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older

Strategy: [Healthy food initiatives in food banks Ohio Ag](#)

Program: http://ohiofoodbanks.org/programs/program-detail.php?id=3&page=10*

Update: To address this priority GCPH Health Education team has been partnering with Fairborn and Xenia Fish Food Pantries monthly to host health fairs. During this time, they promote healthy eating and active living initiatives to families and individuals that attend. Around 120 families and individuals attended per event.

In 2023, OSU Extensions Greene County's Master Gardener Volunteers (MGV) donated 4245.8 lbs. to local food pantries in Greene County.

Priority 2: Substance Use Disorders

About this Priority

Toward the end of 2019 we began to see a decline in opioid use disorders and assessment data showed disorders related to drinking, mental health, and smoking. Addressing these issues on the heels of the opioid epidemic was a challenge as the Greene County Drug Free Coalition continues to address opioid abuse with the rising numbers during COVID.

CHA Data Point(s)/ Indicators:	Objective(s):	Measurable Outcome(s)	Strategy	Lead
<p>66% of Greene County adults had at least one alcoholic drink in the past month, increasing to 75% of those with incomes more than \$25,000</p> <p>22% of adults were binge drinkers</p> <p>32% of current drinkers were binge drinkers</p>	Reduce the proportion of persons engaging in binge drinking during the past 30 days—adults aged 18 years and older	<p>Number of activities</p> <p>Number of participants</p>	Alcohol Brief Interventions	Public Health L. Gonyer
<p>Adverse childhood experiences (ACEs,) are potentially traumatic events that occur in childhood (0-17 years):</p> <p>12% of Greene County adults had four or more adverse childhood experiences (ACEs) in their lifetime.</p>	Increase the proportion of adults with mental health disorders who receive treatment	<p>Number of trainings</p> <p>Number of participants</p>	Mental Health First Aid*	Public Health D. Brannen
<p>10% of Greene County adults were current smokers</p> <p>24% of adults were considered former smokers</p>	Increase tobacco-free environments in schools, including all school facilities, property, vehicles, and school events	Number of newly implemented tobacco control policies	Smoke-Free Policies Indoor Places*	Public Health A. Romer

Progress

Status: Completed

Objective: Reduce the proportion of persons engaging in binge drinking during the past 30 days—adults aged 18 years and older

Strategy: [Alcohol Brief Interventions](#)

Update: In 2023 we partnered with Central State University Extension Office for our second annual Mocktail Challenge (no alcohol) to bring awareness to the danger associated with alcohol consumption, impaired driving, tobacco and vaping, and mental health resources. We were fortunate to have Sergeant Milstead, from the Ohio State Highway Patrol- Xenia, present to the students on impaired driving. Student organizations participating in the Mocktail Challenge competed to create the best mocktail and had the opportunity to win gift cards ranging from \$50-\$200. Thank you to State Farm for their generous donation and support! This event reached over 200 students and faculty.

Status: **Completed**

Objective: Increase the proportion of adults with mental health disorders who receive treatment

Strategy: [Mental Health First Aid*](#)

Updates: In October 2023, Greene County Public Health in collaboration with numerous regional partners, host a Community Reception Center training for the Medical Reserve Corps (MRC). During the lunch section our epidemiologist, Dr. Don Brannen presented a psychological awareness first aid training to fifty-five MRC volunteers and community members.

Status: **Complete**

Objective: Reduce tobacco use by adults and adolescence & Increase tobacco-free environments in schools, including all school facilities, property, vehicles, and school events

Strategy: [Smoke-Free Policies Indoor Places*](#)



Update: In 2023 GCPH helped strengthen the smoke-free policy for foster care homes, by collaborating with Ohio's foster/adoptive parent training manager to integrate education on smoke-free living and vaping prevention into their curriculum and new resource directory.

Priority 3: Preventative Health Services

About this Priority

CHA Data Point(s)/ Indicators:	Objective(s):	Measurable Outcome(s)	Strategy	Lead
<p>30% Rated mental health as not good on four or more days (in the past 30 days)</p> <p>17% of adults used a program or service for help with depression, anxiety, or other emotional problem for themselves or a loved one.</p> <p>Focus Groups: All groups suggested marketing existing programs and services more effectively in order to increase community awareness</p>	<p>Increase the proportion of adults with mental health disorders who receive treatment</p>	<p>Number of participants</p>	<p>Greene County Mental Health Collaborative</p>	<p>Layh & Associates Poortinga</p>

<p>38% of adults identified cost as an issue regarding their healthcare coverage.</p> <p>13% of adults reported there was a time in the past year they needed to see a doctor but could not because of cost. Increasing to 17% of females</p>	<p>Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical care</p>	<p>Client access numbers by client type (consider demographics)</p>	<p><u>Telemedicine</u></p>	<p>TBD</p>
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Progress

Status: **In Process**

Objective: Increase the proportion of adults with mental health disorders who receive treatment

Strategy: Greene County Mental Health Collaborative

Update: As of December 2022, the Mental Health Collaborative officially became a non-profit and is still in active status with potential funding in place. Unfortunately, interest slowed and there has not been any activity over the past year. There is an interest in reengaging the group for future work. No, additional work was completed in 2023.

Status: **Not Started**

Objective: Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical care

Strategy: Telemedicine

In conclusion

Over the last three years the steering committee, Growing Health Together (GHT) was able to accomplish several of the strategies put forth by the Community Health Improvement Plan. Due to the COVID-19 response, transition of employees and partners, we were unable to accomplish all the strategies.

In the Fall of 2022, the Growing Healthy Together Steering Committee began working on the next Community Health Assessment (CHA) process. Surveys were sent out to 3,200 residents across Greene County with a return of 505 completed surveys. Data was analyzed and, in the Spring of 2023, we released the 2023 CHA. GHT utilized this most recent data and the National Association of County and City Health Officials (NACCO) 1.0 national framework: Mobilizing for Action through Planning and Partnerships (MAPP) process to carefully develop and categorize community priorities with accompanying strategies. The 2023 Community Health Improvement Plan was completed, and over the next three years priorities and strategies will be implemented at the county-level with the hope to improve population health and create lasting sustainable change.

2024-2026 areas of priority are:

1. Access to Care
 - a. Promote and maintain transportation options
 - b. School Dental Programs
2. Health Behaviors
 - a. Multi-component obesity prevention interventions
 - b. Retail tobacco and paraphernalia sales licensing program

3. Mental Health and Addiction
 - a. Crisis lines
 - b. School-based social and emotional instruction
 - c. Naloxone education/distribution programs and syringe service programs
4. Maternal and Infant Health
 - a. Multi-component infant mortality prevention interventions

Thank You, Growing Healthy Together Greene County Steering Committee:

Beavercreek Chamber of Commerce
Beavercreek Township Board of Trustees
Buckeye Health
CareSource
Central State University
City of Xenia
Clark State Community College
Council on Rural Services
Dayton Children's Hospital
Fairborn Municipal Court
Family and Children First Council
Five Rivers Health Center - Xenia
Greene CATS Public Transit
Greene County Board of County
Commissioners
Greene County Board of Developmental
Disabilities
Greene County Council on Aging
Greene County Department of Job and Family
Services
Greene County Drug-Free Coalition
Greene County Educational Service Center
Greene County Emergency Management
Agency
Greene County Housing
Greene County Parks & Trails
Greene County Public Health
Kettering Health Greene Memorial
Layh & Associates, Inc.
Mental Health & Recovery Board of Clark,
Greene & Madison Counties
Ohio State University Extension Office
Soin Medical Center – Kettering Health
TCN Behavioral Health Services
United Way of the Greater Dayton Area
Village of Yellow Springs