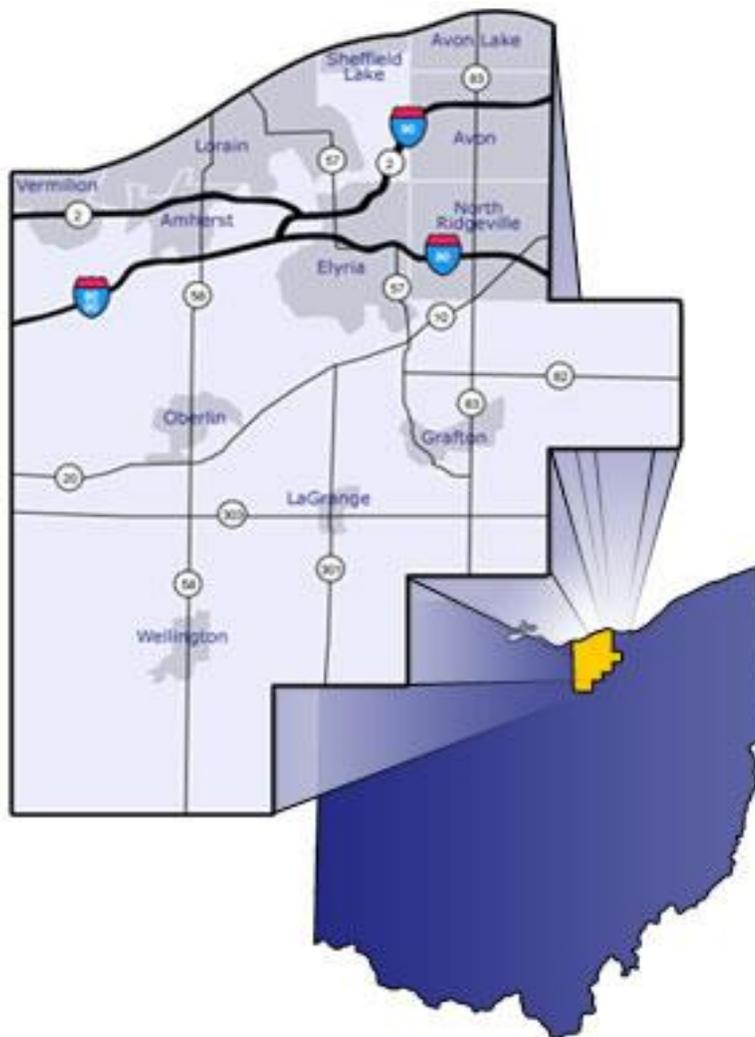


# LORAIN COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN

# 2017 ANNUAL REPORT



Completed July 2, 2018

## Introduction

In December 2012, partner agencies used data from the 2011 Lorain County Community Health Assessment (CHA) to prioritize issues affecting Lorain County residents, and the top five issues became the Lorain County Community Health Improvement Plan (CHIP) Priorities. At the CHIP Summit in August 2014, CHIP Priorities were shared with partners, as well as an introduction of coordinating agencies for each priority, initial plans for implementation, and progress measures to obtain by 2019. Lorain County's CHIP Priorities are

1. Improve Access to Care
2. Expand Coordinated Education and Prevention Services, with a focus on reducing infant mortality
3. Improve Weight Issues and Obesity Among Adults and Children
4. Reduce Alcohol, Tobacco, and Drug Use and Abuse Among Adults and Children
5. Improve Mental Health of Seniors, Adults, and Children

The Lorain County CHIP was finalized in December 2014. Creation of the initial plan was an undertaking that included input from over 50 partner agencies through the coordination of the Lorain County CHIP Steering Committee and facilitation by the Public Services Institute at Lorain County Community College. CHIP Steering Committee organizations served as the coordinating agencies for the priorities identified in the CHIP. The 2017 Lorain County CHIP Steering Committee was comprised of the following organizations:

- Alcohol and Drug Addiction Services Board of Lorain County
- Cleveland Clinic Avon Hospital
- Lorain County Board of Mental Health
- Lorain County Public Health
- Lorain County Health & Dentistry
- Lorain County Metro Parks
- Mercy Health
- Public Services Institute at Lorain County Community College
- University Hospitals Elyria Medical Center

Beginning in June 2017, Lorain County Public Health assumed the role of the facilitating organization for the Lorain County CHIP Steering Committee from the Public Services Institute.

## Lorain County Community Health Assessment

Lorain County completed its second comprehensive CHA in 2015. The adult survey was conducted by the Hospital Council of Northwest Ohio, the organization that also conducted the first comprehensive CHA in 2011. Youth data was collected by the Alcohol and Drug Addiction Services Board of Lorain County and Communities That Care of Lorain County in 2014 through the PRIDE Survey. Findings from both surveys were added to create one report. The PRIDE Survey was also conducted in 2016 with the results shared with the community and stakeholders in May 2017. Visit <http://www.loraincountyhealth.com/aboutus/lorain-county-community-health-assessment> to view the 2015 and 2011 Lorain County CHAs and Lorain County CHIP.

## 2017 CHIP Refinement Meeting

On February 28, 2017, the Public Services Institute facilitated a meeting with CHIP Priority Team members to provide an update on team progress thus far, look at an overview of CHA data trends, and help with the refinement of CHIP Priority objectives and activities. Sixty-eight people attended the session and answered the following questions:

1. What are some areas of progress/momentum to build upon?

2. What are some areas needing improvement that if addressed could positively impact a large number of people throughout Lorain County?
3. What are some areas needing improvement that would help address health disparities between groups of people in Lorain County?

Following small group sessions, participants convened and were asked to rank CHIP Priorities along with potential new objectives. The Public Services Institute compiled the rankings and shared the results with CHIP Priority Team members to use for refinement of objectives and activities, some of which are reflected in the tables that follow.

### 2017 Update - Improve Access to Care

<b>CHIP Priority 1: Improve Access to Care</b> <b>Coordinating Agencies: Lorain County Health &amp; Dentistry, Mercy Health, and University Hospitals Elyria Medical Center</b>			
Objective	Goals	Measures	Performance Targets
Strengthen network of patient-centered medical homes	<ul style="list-style-type: none"> <li>• Strengthen network of patient-centered medical home activities</li> </ul>	<p><b>2011:</b> 52% of adults had one doctor/healthcare professional they go to for routine medical care, 31% had more than one, and 16% did not have one doctor to see on a routine basis</p> <p><b>2015:</b> 52% of adults had one doctor/healthcare professional they go to for routine medical care, 29% had more than one, and 18% did not have one doctor to see on a routine basis</p>	Help 4,586 adults obtain a medical home (or acquire at least one doctor to see on a routine basis) for a 2% rate of decrease in those who do not have a medical home; reduction from 16% to 14% by 2019
Reduce barriers for access to care	<ul style="list-style-type: none"> <li>• Improve access to dental services</li> <li>• Help more adults (under age 30, low income, and adults living in the urban areas of Elyria and Lorain) obtain medical insurance and maximize use of their insurance plans</li> <li>• Make prescriptions more accessible</li> <li>• Support initiatives that reduce barriers to transportation</li> <li>• Promote coordinated transitional care management services including those following inpatient hospital stays</li> </ul>	<p>Location and hours of operation for health care providers</p> <p><b>2015:</b> Transportation barriers assessment completed and used as baseline for county transportation data and hours of operation and location for health care providers. Top transportation barriers were: No ride, car trouble, no car, no gas money, no public transportation, ride not on time, ride unreliable, no money, no license, weather, no car/shares car.</p>	Gather baseline data

Projects and progress in 2017:

- 2017 was a rebuilding year for the Access to Care CHIP Priority Team where goals, measures, and performance targets were reevaluated.
- Goals listed above were updated to better focus on access needs and realistic expectations for the team.
- Team will continue analysis and review of emergency room data regarding its use among specific populations in the community.

**2017 Update - Expand Coordinated Education and Prevention Services**

<b>CHIP Priority 2: Expand Coordinated Education and Prevention Services</b>			
<b>Coordinating Agency: Lorain County Public Health</b>			
<b>Objective</b>	<b>Goals</b>	<b>Measures</b>	<b>Performance Targets</b>
Reduce infant mortality rate	<ul style="list-style-type: none"> <li>• Improve maternal and child health to reduce infant mortality rates</li> </ul>	<p><b>2012:</b> Infant mortality rate for those less than 1 year old was 6.8 deaths per 1,000 live births (Ohio Vital Statistics)</p> <p><b>2014:</b> Infant mortality rate for those less than 1 year old was 6.1 deaths per 1,000 live births (Ohio Vital Statistics)</p> <p><b>2015:</b> Infant mortality rate for those less than 1 year old was 5.9 deaths per 1,000 live births (Ohio Vital Statistics)</p> <p><b>2016:</b> Infant mortality rate for those less than 1 year old was 4.5 deaths per 1,000 live births (Ohio Vital Statistics)</p>	Reduction of infant mortality rate to 5.0 deaths per 1,000 births by 2019

Projects and progress in 2017:

- Lorain County Public Health (LCPH) assumed the role of the Coordinating Agency for this CHIP Priority Team in January 2017.
- Referrals and completed prenatal and newborn home visits rose to 188 prenatal visits and 410 newborn visits in 2017.
- A Community Baby Shower was held in July 2017 and included 29 different agencies. Six hundred-sixty people attended, 297 of whom were pregnant or had an infant less than a year old.
- LCPH received funding from the Ohio Department of Health for the Moms and Babies First: Ohio’s Black Infant Vitality Program and the Maternal Child Health Grant. On October 1, 2017, the Moms and Babies First grant was subcontracted to Mercy Resource Mothers, and that program provided services to an average of 60 clients each month.
- The Cribs for Kids program continued to provide Lorain County families with a safe sleep environment for their infants. During the 2016-2017 grant cycle, 328 Pack ‘n Plays were distributed, up from 248 during the 2015-2016 grant cycle.

- Twelve Lorain County daycares and preschools coordinated with LCPH to work toward designation or redesignation of Ohio Healthy Program, an educational program focused on dietary and physical education policy changes in daycares and preschools.

### 2017 Update - Improve Weight and Obesity

<b>CHIP Priority 3: Improve Weight and Obesity Among Adults and Children</b>			
<b>Coordinating Agencies: Lorain County Metro Parks and Lorain County Public Health</b>			
<b>Objective</b>	<b>Goals</b>	<b>Measures</b>	<b>Performance Targets</b>
Increase rates of physical activity among adults and children	<ul style="list-style-type: none"> <li>• Increase awareness of and access to affordable venues for fitness and recreational activities at community and neighborhood levels</li> </ul>	<p><b>2011:</b> 2/3 of adults were overweight (35%) or obese (32%)</p> <p><b>2011:</b> 1/4 of youth were overweight (11%) or obese (14%)</p> <p><b>2011:</b> 56% of adults engaged in physical activity for 30 min 3 or more days; 29% for 5 or more days per week</p> <p><b>2011:</b> Participation in 60 min of physical activity by youth - 65% on 3 or more days; 46% on 5 or more days; 24% everyday</p> <p><b>2014:</b> 12% of 6<sup>th</sup> graders, 9% of 8<sup>th</sup> graders, and 11% of 10<sup>th</sup> graders did not participate in any physical activity on at least 1 day in the past week (PRIDE Survey)</p> <p><b>2015:</b> Over 2/3 of adults were overweight (32%) or obese (37%)</p> <p><b>2015:</b> 53% of adults engaged in physical activity for 30 min 30 or more days; 30% for 5 or more days per week; 23% were not participating in any physical activity</p>	<p>Increase rates of physical activity among adults by 5% (11,464 more adults) by 2019</p> <p>Increase rates of physical activity among youth by 5% (1,516 more youth ages 12-18) by 2019</p>

#### Projects and progress in 2017:

- A pilot program was started with Cleveland Clinic physicians to prescribe physical activity to patients, and the Lorain Family Health Center started a “Walk With A Doc” program every other Thursday.

- United We Sweat continued offering residents free physical activity opportunities, and the program expanded its reach in both the number of opportunities offered and locations throughout the county.
- A countywide step challenge, Step It Up, was coordinated in September 27. Twenty-seven teams participated and collectively walked 135 million steps.
- A small-scale pilot for a program called Adventure Seekers was coordinated in Elyria. Nineteen youth ages 10 and 11 participated. The program aimed to increase physical activity and knowledge of active living.

## 2017 Update - Reduce Alcohol, Tobacco, and Drug Use and Abuse

<b>CHIP Priority 4: Reduce Alcohol, Tobacco, and Drug Abuse Among Adults and Children</b> <b>Coordinating Agencies: Alcohol and Drug Addiction Services Board of Lorain County</b> <b>and University Hospitals Elyria Medical Center</b>			
Objective	Goals	Measures	Performance Targets
Reduce incidence of smoking among youth and adults	<ul style="list-style-type: none"> <li>• Reduce incidence of smoking in Lorain County</li> <li>• Improve alcohol, tobacco, and other drugs education within schools</li> </ul>	<p><b>2009:</b> 29% of Lorain County mothers smoked during pregnancy (ODH Vital Statistics Warehouse)</p> <p><b>2011:</b> 22% of Lorain County adults were current smokers; higher among rural areas (29%), Elyria (25%), and Lorain (25%) versus suburbs (13%)</p> <p><b>2011:</b> 14% of youth ages 12-18 smoked within the past 30 days; 18% for those ages 17-18</p> <p><b>2014:</b> 2% of 6<sup>th</sup> graders, 10% of 8<sup>th</sup> graders, and 17% of 10<sup>th</sup> graders smoked in the past year</p> <p><b>2015:</b> 18.1% of Lorain County mothers smoked during pregnancy (ODH Vital Statistics Warehouse)</p> <p><b>2015:</b> 22% of Lorain County adults were current smokers; higher among urban areas (27%) and rural areas (20%) versus suburbs (14%)</p>	<p>Reduce the incidence of smoking among youth by 2% by 2019 (607 fewer youth ages 12-18, 174 fewer youth ages 17-18)</p> <p>Reduce the incidence of smoking among adults by 2% by 2019 (4,586 fewer adults)</p>
Reduce the number of heroin and opiate-related deaths	<ul style="list-style-type: none"> <li>• Reduce misuse of prescription pain medication in Lorain County</li> <li>• Increase capacity for treatment and recovery supports</li> </ul>	<p><b>2013:</b> 67 confirmed accidental drug overdose deaths (Lorain County Coroner's Office)</p> <p><b>2015:</b> 65 confirmed accidental drug overdose</p>	Reduce overdose deaths from heroin and opiates by 25% within 3 years by the end of 2017 (17 fewer deaths)

<b>CHIP Priority 4: Reduce Alcohol, Tobacco, and Drug Abuse Among Adults and Children</b> <b>Coordinating Agencies: Alcohol and Drug Addiction Services Board of Lorain County</b> <b>and University Hospitals Elyria Medical Center</b>			
Objective	Goals	Measures	Performance Targets
		deaths (Lorain County Coroner's Office)  <b>2016:</b> 131 confirmed accidental drug overdose deaths (Lorain County Coroner's Office)  <b>2017:</b> 132 confirmed accidental drug overdose deaths (Lorain County Coroner's Office)	

The Reduce Alcohol, Tobacco, and Drug Use and Abuse CHIP Priority was split into two focus areas. One was to reduce the incidence of tobacco, coordinated by University Hospitals Elyria Medical Center, and the other focus was to reduce deaths due to drugs and alcohol, coordinated by the Alcohol and Drug Addiction Services Board of Lorain County (ADAS).

Projects and progress in 2017 - Drug and Alcohol:

- Lorain County created guidance for a coordinated response for EpiCenter alerts for overdoses. The two-level response included an immediate notification to those in need and a second response once anomalies were validated.
- Lorain County secured the funding for response and treatment, including
  - \$500,000 per year for a four-year grant cycle from the Substance Abuse and Mental Health Services Administration to train and provide Narcan to first responders, create an outreach team for overdose survivors, and train first responders on addiction and resources.
  - \$588,000 from the 21<sup>st</sup> Century Cures Act to expand detox and medication-assisted treatment, quick response teams, warm hand-offs in emergency rooms, and a START Team at Lorain County Community College.
  - \$50,000 in prevention funding to increase Botvins Lifeskills in earlier grades.
  - Regional \$1 million investment for a withdrawal management stabilization center.
- Town hall meetings and community events were held in the county to address the heroin and opioid crisis.

Projects and progress in 2017 - Tobacco:

- Cities and organizations went tobacco-free in 2017, including Lorain County Community College, the City of North Ridgeville, and the Village of Wellington.
- Hospitals offered tobacco education and cessation programs to residents.
  - Mercy Resource Mothers provided a tobacco education program to clients.
  - Cleveland Clinic launched a 7-week pilot program for patients who were referred after a lung cancer screening.
- The team held brainstorming sessions to identify audiences, places, and incentives for future cessation efforts, including schools, churches, driving schools, and recreation centers.

## 2017 Update - Improve Mental Health

CHIP Priority 5: Improve Mental Health of Seniors, Adults, and Children			
Coordinating Agencies: Lorain County Board of Mental Health			
Objective	Goals	Measures	Performance Targets
Improve access to the continuum of mental health care among adults	<ul style="list-style-type: none"> <li>Improve access to the continuum of care</li> <li>Enhance the quality of mental health services</li> </ul>	<p><b>2011:</b> 17% of adults reported obstacles that interfered with their ability to get needed mental health services for themselves or their families</p> <p><b>2014:</b> Mental health providers ratio 1,570:1 (2014 County Health Rankings, Robert Wood Johnson Foundation)</p> <p><b>2015:</b> 15% of adults reported obstacles that interfered with their ability to get needed mental health services for themselves or their families</p>	Reduce the incidence of adults not seeking or securing mental health services when needed by 5% by 2019
Reduce suicide	<ul style="list-style-type: none"> <li>Reduce the incidence of suicide in Lorain County adults and youth</li> </ul>	<p><b>Number of suicides reported by Lorain County Coroner*</b></p> <p><b>2013:</b> 50 adults and 4 youth (under the age of 19 years) completed suicide</p> <p><b>2014:</b> 27 adults and 3 youth (under the age of 19 years) completed suicide</p> <p><b>2015:</b> 37 adults and 1 youth (under the age of 19 years) completed suicide</p> <p><b>2016:</b> 43 adults and 0 youth (under the age of 19 years) completed suicide</p> <p><b>2017:</b> 57 adults and 3 youth (under the age of 19 years) completed suicide</p> <p><b>Number of youth reporting suicide attempts in the past 12 months:</b></p> <p>Sixth Grade Students <b>2014:</b> 8% , <b>2016:</b> 9%</p> <p>Eighth Grade Students <b>2014:</b> 12% , <b>2016:</b> 6.9%</p> <p>Tenth Grade Students <b>2014:</b> 10.8% , <b>2016:</b> 10%</p> <p><i>* Please note the suicide data is based only on those</i></p>	<p>Reduce deaths by suicide by 25% by 2019 (approximately 14 fewer deaths)</p> <p>Reduce rate of youth suicide attempts by 5% by 2019 (91 youth)</p>

CHIP Priority 5: Improve Mental Health of Seniors, Adults, and Children			
Coordinating Agencies: Lorain County Board of Mental Health			
Objective	Goals	Measures	Performance Targets
		<i>who the Lorain County Coroner determines have died by suicide. Lorain County residents who die by suicide in another county are not included, so numbers underestimate the total number of suicides by Lorain County residents.</i>	

Projects and progress in 2017:

- National data reflects a 20% to 25% increase in the average number of suicides over the last ten years tracked 2004 to 2014, but up until 2017, The Improve Mental Health Team (Suicide Prevention Coalition) had not seen a large increase in the number of suicides. The team is now investigating system ways to get suicide prevention training and resources out to the Board community. Question, Persuade, and Refer (QPR) training is being made widely available across the county, and, through partnerships with other CHIP members, crisis textline information is being widely disseminated in areas where middle-aged males, the most at-risk demographic, congregate.
- A Zero Suicide Workgroup, aimed at eliminating suicides of those who are active with healthcare providers, has been formed. Hospitals and mental health agencies are represented and are focused on identifying ways to improve identification, referral, and treatment across the county. A training for members of the Zero Suicide Coalition in Lorain will participate in an evidence-based training on Assessing and Managing Suicide this June.
- A variety of trainings were held to increase awareness of mental health and suicide, with specific trainings targeting the elderly and middle-aged men, two vulnerable groups in the county.
- The Buddy Connect program was developed to facilitate a sense of belonging and address social isolation in older adults by pairing participants with a volunteer buddy.
- It was positive to note the reduction in suicide attempts for eighth grades. It is not clear if this relates in any way to the efforts of the work done by the eight Lorain County middle schools that have participated in the You Belong initiative to reduce social isolation, a risk factor for youth suicide. The data on the efficacy of these interventions for FY2018 is still being analyzed.

**Next Steps**

Teams will continue to work toward their objectives and goals throughout the remainder of the CHIP cycle. Some teams have been working with the Lorain County Public Health’s Informatics Team to assist with the identification of measures and data collection systems. The next CHA process will begin in fall 2018. The Hospital Council of Northwest Ohio will conduct the adult survey, and the Alcohol and Drug Addiction Services Board of Lorain County and Communities That Care will conduct the youth survey. In addition to the adult and youth survey data, local data sources, such as hospital discharge data, will be added to the assessment report. The CHA report will be used by Lorain County partners to create the second CHIP in 2019, and the Hospital Council of Northwest Ohio will facilitate this process. Following this timeline will allow the local hospitals and public health to align with the required 3-year assessment and planning cycle set forth by the State of Ohio by the year 2020.