

Healthy Washington County Community Health Action Plan 2020-2022

Health need: Wellness

Objective – Improve health-related quality of life and well-being for all individuals. Needs – Prevention, make healthy choices, small behavior changes, improve overall health. **Bold Goal: Increase average life expectancy by 3+ years for Washington County Residents by 2030**

Strategy	Goals	Measures	Progress
Increase participation rates in community based wellness activities	<p>80% PDC (portion of days covered) at Walgreen’s by 12/2020 (goal=TBD)</p> <p>5% month over month increase in Walgreen’s pharmacist consultations for 2020</p> <p>25% increase in smoking cessation classes by 2021 (goal=TBD)</p> <p>25% increase in H&W classes by 2021(goal=TBD)</p> <p>25% increase in hypertension/prediabetes screening by 2021 (goal=TBD)</p>	<p># classes offered</p> <p>#screenings offered</p> <p># participants</p>	
Develop effective communications outreach tool to connect consumers to available community resources	<p>25% increase in outreach events by 2021 (goal=TBD)</p> <p>HWC Website/social media will be live by 2020</p> <p>Annual 5% increase in HWC website visits, social media views and community redirects once live</p>	<p># outreach events</p> <p>#HWC website visitors</p> <p>#HWC social media views</p> <p># redirects from community organization sites</p>	

Health need: Nutrition and Weight Status

Objective – Promote health and reduce chronic disease risk through the consumption of healthful diet and achievement and maintenance of healthy body weight.

Needs – Reduce overweight and obesity, increase physical activity, eat healthy diet.

Bold Goal: Washington County will Lose 1,000,000 pounds by 2030

Strategy	Goals	Measures	Progress
Increase awareness of healthier eating behaviors and healthier choices available to consumers.	Annual 2% change in nutritional literacy rate Less than 68% of adults will be overweight or obese as identified in CHNA Decrease in rate of childhood obesity as measured by CHNA. (rate increased by 2.3% in FY 2019) LTG: % change in purchasing and consumption patterns	% change in nutrition literacy rate as measured in pre/post-tests, surveys # participants to nutrition related classes/events	
Develop new physical activity resources while promoting and maintaining existing resources	A minimum of 2% decrease in physical inactivity rate as measured by CHNA	% adults inactive % adults who meet physical activity guidelines # of new resources developed or expanded # of new gym memberships # physical activity events	

Health need: Diabetes

Objective – Reduce the disease burden of diabetes mellitus (DM) and improve the quality of life for all persons who have or are at risk for DM

Needs – Education, Prevention, Behavior change **Bold Goal: Reduce Washington County incidence of newly diagnosed diabetes type II by 50%**

Strategy	Goals	Measures	Progress
Provide National Diabetes Prevention Program	Prevent type II diabetes Reduce risk for developing type II diabetes	# classes offered # persons referred # persons enrolled	
Provide Living Well with Diabetes Program	50% increase in educational referrals by 2021 Patients referred will complete 75% of educational program sessions	# of participants completing sessions Patient BMI before and after program	
Encourage collaborative care using best practice	Reduce BMI Reduce HbA1C values	Patient HbA1C value before and after program	
Conduct In-store Educational Shopping Tours	80% PDC (portion of days covered) at Walgreen’s by 12/2020 5% month over month increase in Walgreen’s pharmacist consultations for 2020	# persons enrolled	
Conduct healthy eating/cooking demonstrations	50% increase in participation 25% increase in prediabetes screening by 2021	# of participants engaged # screenings	

Health need: Heart Disease and Hypertension

Objective – Improve cardiovascular health and quality of life through prevention, detection and treatment of risk factors for heart disease.

Needs – Early detection, education, management of blood pressure and cholesterol changes

Bold Goal: Reduce the Washington County heart disease mortality rate by 50%

Strategy	Goals	Measures	Progress
Conduct Health Screenings	50% increase in hypertension screening by 2021	# persons screened # persons educated	
Educate community on social determinants of health	Provide 5 trainings on social determinants of health that reach > 250 people during 2020	# trainings held # training participants	
Teach and implement Red/Yellow/Green Self-Management Health Info	Increase distribution of evidenced based patient guides and resources to community physician practices Provide self-management education to patients 25% increase educational offerings and support for smoking cessation 25% increase in H&W classes by 2021	# physician practices distributing health guides to patients #services adopting use of Red/Yellow/Green guides #guides distributed # patients with BP <140/90 versus >140/90 before and after programs	
Promote Community Resources on HWC website	Highlight and promote all educational events and educational resources via website	# clicks on page # of downloads of info # of Diabetes messages # of Hypertension messages # of Cancer messages # of COPD messages # communication outlets disseminating messages	

Health need: Mental Health

Objective – Improve mental health through screening, prevention, promoting understanding and ensure access to appropriate mental health treatment when needed Needs – Timely access to care, crisis stabilization, education, early identification

Bold Goal: Reduce the number of Fatalities as the result of Behavioral Health issues 75% by 2030

Strategy	Goals	Measures	Progress
Improve access to care	100% of persons can access a mental health treatment provider within 24 hrs by 2022 <ul style="list-style-type: none"> - Ensure adequacy of providers - Explore telemedicine solutions 	# days for new patient to see psychiatric provider % decrease in ED related mental health visits % decreased in 30 day mental health readmissions	
	Provide crisis intervention and stabilization	#mobile crisis interventions # ED diversions # hospital admissions	
Suicide prevention	50% decrease in the rate of suicide by 2022 <ul style="list-style-type: none"> - Resource and data collection - Is This The Night events 	Suicide rate per 100,000	
	Screen 75% of adults for depression in primary care practices annually	% of adults screened	
Increase understanding and anti-stigma	Provide 8 mental health first aid trainings annually	# of events provided # of attendees	
	Develop Photvoice and art program to share personal stories	Completed photovoice program # of locations	
	Social Media and support campaign	# users and participants	

Health need: Substance Use Disorder

Objective – Reduce substance abuse to protect the health, safety and quality of life for all Needs –Prevention, improved access to recovery, reduce overdose deaths, increase understanding and provide support

Bold Goal: Reduce the number of Fatalities as the result of Behavioral Health issues 75% by 2030

Strategy	Goals	Measures	Progress
Improve access to recovery	100% of persons can access substance use disorder treatment within 24 hrs by 2022	# ED visits	
	Increase availability of Peer Support services at all locations; community, homes, shelters, Emergency Dept., hospital, physician practices	# of Peer Support interventions # persons successfully linked to substance use treatment	
Prevent overdose fatalities	50% decrease in the rate of overdose fatalities by 2022 Provide crisis stabilization services	# of overdose fatalities # of patients referred # of patients engaged harm reduction	
	Enhance mobile crisis intervention services by increasing availability to 24/7	#mobile crisis interventions # ED diversions	
	50% decrease in number of opioid pills dispensed	# of opioid pills dispensed	
Increase understanding, anti-stigma and provide support to families / concerned persons	Washington County Recovers will conduct awareness campaign	# of events # of info distributed	
	Provide support groups; Concerned Persons and Families Strong	# of groups # of attendees	

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