



Owen County Health Collaborative

2020-2024

Community Health Improvement Plan

Community Partners

Thank you to our community partners, for your public stewardship and investment in our community. A special thank you to those who have generously devoted their time and energy into completing our Community Health Assessment, participating in the planning process, and for their contributions to the Owen County Community Health Coalition.

| Name | Agency | Name | Agency |
|----------------|-----------------------------|------------------|---------------------------|
| Adam Gaines | City of Owenton | Greg Davis | New Liberty Fire Dept |
| Allen Cammack | Jonesville Fire Dept | Greg Estes | |
| Amanda Peters | HIRT | Holly Bowling | OC Tourism |
| Amy Marston | Harm Reduction Owen | Jennifer Miller | anthem |
| Autumn Smith | Northkey | Jennifer Hubbard | Bluegrass Care Navigators |
| Becky Gibson | Early Childhood Development | Karen Wash | School Nurse |
| Becky Mefford | Youth Service Center | Kendall Otoole | TRDHD |
| Becky Michels | Community Member | Kim Smith | Commonwealth Credit Union |
| Billy Matthews | Senator Paul | Kenny Locke | |
| Blair Baldwin | CLC | Lary Karsner | EMA |
| Bobbie Curd | Owenton News Herald | Laura Williams | HANDS |
| Casey Ellis | CJE | Lauren Hensley | Northkey |
| Charlie Riddle | | Lauren Keith | Community Action |
| Chastity Smoot | TRDHD | Leslee Minch | TRDHD/HANDS |
| Cindy Walker | OC Government | Leslie Salsbury | Passport Health |
| Cindy Wilhoite | Community Rep. | Linda Bates | Wellcare |
| Cory Porter | Sheriff's Office | Lindsey Tirey | TRDHD |
| Cyndi Clifton | OC Library | Lonnie Kuhn | Corinth Fire Dept |
| Dan Brenyo | OC Community Programs | Mark Bess | Sheriff's Office |
| David Lilly | Community Rep. | Marlin Webster | |
| Diane Coleman | TRDHD | Marty Lilly | OC Sheriff's Dept. |
| Duane Kline | OCHS | Megan McCain | Senator McConnell |
| Emily Burke | OC Extension Office | Melissa Lloyd | ASAP Chairperson |
| Georgia Heise | TRDHD | Melody Stafford | Triad |

| | | | |
|------------------|----------------------|---------------------|----------------------------|
| Michelle Marrs | Aetna | Sarah Paige Tuttle | DFC Coordinator |
| Mike Haines | Community Member | Shanna Osborne | Care Coordinator |
| Mollie Haines | Owen County PIO | Sherra Dunlap | Owen Electric/HR |
| Natasha Trauth | NorthKey | Stacey Sipple | OC Senior Center |
| Pat Beverly | volunteer | Stacie Rockaway | Massie Field Rep. |
| Phillip Pratt | State Representative | Tamara Risch Morris | United Methodist Charities |
| Rachele Cobb | TRDHD/Environmental | Tammy | Gratz Café |
| Rebecca Mills | POST 5 | Terry Gentry | Owenton Police Chief |
| Reggie Taylor | OC Board of Ed | UK Healthcare | Kim Haney |
| Shalayne Maxwell | Ion Center | WellCare | Linda Bates |
| Sharon Osborne | The Brook Hospitals | | |

Overview

Introduction

Achieving health equity for all members of a community is the core foundation of public health. Addressing health inequities goes beyond the broad scope of public health, by requiring identification of the multiple social determinants that prevent a person from having the same access to resources, opportunities, and healthcare.

Addressing the social determinants of health requires engaging multiple individuals who have knowledge about the social, economic, and physical barriers that affect a community. Community members of multiple sectors have profound insight in identifying these barriers, and as a group, they are able to analyze how to overcome those barriers together.

The Owen County Community Health Collaborative recognizes that there are multiple pillars that serve as a means to improve one’s health. Those pillars include Physical, Emotional, Social, Spiritual, Intellectual, Financial, and Environmental. These pillars also represent the core of the Community Wellness Coalition’s mission and vision statement.

Vision:

Owen County will be recognized as a healthy community.

Mission:

Members of the Owen County Community Health Collaborative will facilitate partnerships that remove the barriers to health and wellness of Owen County residents.

Description of MAPP process: A community-wide strategic planning process for improving public health. This process increases visibility of public health, creates advocates for public health, creates a healthy community and better quality of life, anticipates, and manages change, and creates a stronger public health infrastructure through building stronger partnerships and public health leadership.

Community Health Status: The Community Health Status Assessment identifies priority community health and quality of life issues. Questions answered include: "How healthy are our residents?" and "What does the health status of our community look like?" The survey availability was promoted through online social media platforms including Facebook, at local county MAPP community meetings, and offered for a period of six months from August 2019 to Mar 2020.

Forces of Change Assessment: The Forces of Change Assessment focuses on identifying forces such as legislation, technology, and other impending changes that affect the context in which the community and its public health system operate. This answers the questions: "What is occurring or might occur that affects the health of our community or the local public health system?" and "What specific threats or opportunities are generated by these occurrences?"

Local Public Health System Assessment: The Local Public Health System Assessment (LPHSA) focuses on all of the organizations and entities that contribute to the public's health. The LPHSA answers the questions: "What are the components, activities, competencies, and capacities of our local public health system?"

Themes & Strengths Assessment: The Community Themes and Strengths Assessment provides a deep understanding of the issues that residents feel are important by answering the questions: "What is important to our community?" "How is quality of life perceived in our community?" and "What assets do we have that can be used to improve community health?"

Community Health Assessments Themes

| Category | Rank | Avg |
|---|------|-----|
| Clean air and water | 1 | 2.6 |
| Good schools | 2 | 4.3 |
| Access to healthcare | 3 | 4.6 |
| Access to healthy foods | 4 | 4.6 |
| Good jobs & healthy economy | 5 | 4.9 |
| Safe Neighborhoods | 6 | 4.9 |
| Smoke free communities | 7 | 6.1 |
| Public transportation | 8 | 6.2 |
| Access to physical exercise opportunities | 9 | 6.8 |
| Other Home health provided by LHD | 10 | 9.8 |

Community Health Status: Nearly 54% of respondents rely on their physician to obtain the majority of health-related information followed by 25.8% obtaining the majority of their health-related information on the internet or from social media. A total of 22% of respondents in Owen County report not having a Primary Care physician (PCP). More than 45% of respondents in Owen County report consuming chips and/or cookies and other packaged foods on a daily basis. Additionally, at least 73% report consuming bread on a daily basis. Attention should be given to promoting healthier choices to reduce fat consumption including saturated and trans fats, sodium, sugars, and overall calories. When evaluating the amount of exercise compared to the awareness of exercise opportunities in the community, those exercising at least 3-4 times a week, have a higher awareness of available exercise opportunities. Of those who do not exercise, the awareness of exercise opportunities in the community decreases to 73.4%, respectively. Further investigation should be conducted to determine barriers to exercising in Owen County to assess appropriate community education/interventions with a goal of improving the percentage of the population exercising regularly. Of those suffering with Stress, 32.2% of respondents, more than 81% of those persons suffer with at least one comorbidity and more than 62% suffer with two or more comorbid conditions such as depression and anxiety. Morbidity: Heat & Lung Disease- Obesity, Smoking, Substance Use

Public Health System:

Owen County has no hospital or urgent care center or treatment facilities. In recent years we have had to address the misuse of EMS Services with an educational campaign, residents have hindered direct access to federal agencies such as social security or veterans' affairs. We have a desperate need for mental health services as shown in our ratio of patients to providers. Our residents have limited access to secondary education or professional certification. There is the need for increased utilization and stabilization of the public transit system which is in need for software to expand services.

Themes & Strengths: Owen County is a large geographic county, believed to be a bedroom community where a majority of residents work outside the community having a rate of 25% disconnected youth, a stagnant economy, and an unhealthy workforce. During a windshield survey, safety concerns were also noted when studying walkability. lack of lighting, destroyed sidewalks, trashed lots and sidewalks. Youth Mental Health Crisis

Forces of Change: Owen County has a struggling and ever-changing local economy with turnover of factories and a grave loss of jobs as a result. Lack of efficient usage of local state and federal funding, an overall lack of local employment opportunities. Additionally, the drug epidemic affects our community by consuming EMS and law enforcement as well affecting the development of our youth. Currently, Owen County does not have an operational drug treatment facility, but TRDHD does have a mobile harm reduction unit. Mental Health Crisis – need of providers, Wage Gap Political Polarization barrier. Workforce Readiness- baby boomers retiring, health of workforce

Health Priority #1: Physical Health Access

Accessing affordable physical exercise opportunities is a challenge for our community members specifically those living in low-income housing and rural communities. According to the Robert Wood Johnson Foundation, 36% of adults in Owen County are considered obese and our Community Health Assessment shows that 78% of our residents have limited or no access to physical exercise opportunities.

Health Priority #2: Nutrition Access and Health Literacy

One of the negative effects of COVID19 is declined access to not only healthy foods but food in general. According to Feeding America, Owen Counties' food insecurity rate has increased from 14.8% to 19.5% from 2018 to 2020. Additionally, health literacy, specifically understanding the nutritional value of food and consumption of nutritional food is lower than Kentucky's average.

Health Priority #3: Promote healthy development for children and adolescents.

Providing safe and nurturing environments is essential to Early Childhood Education and Youth Engagement. Research shows that children need to be stimulated as well as nurtured, early in life, if they are to succeed in school and beyond. Mental Health Data, ACES data

Owen County Community Health Improvement Plan:

Health Priority #1: Improve health, fitness, and quality of life through regular physical activity.

Objective: Reduce the percentage of Owen County residents reporting no physical activity in their free time by 3% by June 2024.

| Most Recent Data | Target | Baseline | Source |
|------------------|--------|----------|-------------------------------------|
| 28% | 25% | 28% | County Health Rankings and Roadmaps |

Improvement Strategies

Establish Physical Health Workgroup by June 2022

| <i>Activity</i> | <i>Responsible Party/Assets or Resources</i> |
|---|--|
| Create a document for coalition members to identify how their organization’s mission, goals, reach, and resources aligns with increasing physical activity. | <i>Physical Health Workgroup</i> |
| Assign a leader to guide the workgroup. | <i>Physical Health Workgroup</i> |
| Recruit members from local and regional agencies and organizations who may be interested in joining workgroup. | <i>Physical Health Workgroup</i> |

Conduct monthly workgroup meetings

| <i>Activity</i> | <i>Responsible Party/Assets or Resources</i> |
|--|--|
| Host monthly zoom meetings to discuss and organize work surrounding physical health. | <i>Physical Health Workgroup</i> |

| | |
|---|----------------------------------|
| Document monthly meetings with agenda and minutes from August 2022 to December 2024. | <i>Physical Health Workgroup</i> |
| Develop a strategic plan to establish direction and course of action for the workgroup by June of 2022. | <i>Physical Health Workgroup</i> |

Host at least 4 physical activity challenges/events per year.

| <i>Activity</i> | <i>Responsibility</i> |
|---|--|
| Collaborate with 4 Community partners per year to host community health challenges with incentives and prizes | Physical Health Workgroup |
| Host yearly community family fun/exercise/nutrition educational events | Physical Health Workgroup Extension office Owen County Schools |

Implement StoryWalk events in 5 locations annually.

| <i>Activity</i> | <i>Responsibility</i> |
|--|---|
| Establish StoryWalk committee by June 2021 | Physical Health Workgroup Owen County Public Library Owen County Public Schools |
| Create and promote quarterly StoryWalk events | Physical Health Workgroup Owen County Public Library Owen County Public Schools |
| Identify 5 accessible community locations for a StoryWalk trail by July 2022 | Physical Health Workgroup Owen County Public Library Owen County Public Schools |

Health Priority #2: Improve health by promoting healthy eating and making nutritious foods available.

Objective: Increase the percentage of Owen County residents who consume fruits and vegetables on a daily basis by 3% by June 2024.

| Most Recent Data | Target | Baseline | Source |
|------------------|--------|----------|-------------------------|
| 70% | 73% | 70% | Community Health Survey |
| 82% | 85% | 82% | Community Health Survey |

Improvement Strategies *Establish Nutrition Workgroup by June 2022*

| Activity | Responsible Party/Assets or Resources |
|---|---------------------------------------|
| Create a document for coalition members to identify how their organization’s mission, goals, reach, and resources aligns with increasing physical activity. | Nutrition Workgroup |
| Assign a leader to guide the workgroup. | Nutrition Workgroup |
| Recruit members from local and regional agencies and organizations who may be interested in joining workgroup. | Nutrition Workgroup |

Conduct monthly workgroup meetings

| Activity | Responsible Party/Assets or Resources |
|---|---------------------------------------|
| Host monthly zoom meetings to discuss and organize work surrounding physical health. | Nutrition Workgroup |
| Document monthly meetings with agenda and minutes from August 2022 to December 2024. | Nutrition Workgroup |
| Develop a strategic plan to establish direction and course of action for the workgroup by June of 2022. | Nutrition Workgroup |

Increase WIC utilization at Farmers Market in Owen County by June 2024.

| Activity | Responsibility |
|---|----------------------------------|
| Meet with Farmers Market vendors to educate them on accepting WIC vouchers by August 2022 | Extension Office, Farmers Market |
| Increase the number of Farmers Market locations and times. | Extension Office, Farmers Market |

Launch “Rebel Recipe” healthy eating campaign by May 2022.

| Activity | Responsibility |
|---|--|
| Collaborate with extension office and local business to supply Owen Countians with heathy meal vouchers | Extension office Meadowview Community Partners |
| Promote monthly “Rebel Recipes” | Wellness Workgroup Community Partners Meadowview |
| Host monthly Facebook live “Rebel Recipes” | Wellness Workgroup Community Partners Meadowview |

Collaborate with Owen County Schools to implement “5-2-1-0 a day” Curriculum by June 2024.

| Activity | Responsibility |
|--|----------------------------------|
| Meet quarterly with school wellness committee to implement district wide wellness policy | OC Schools Wellness Committee |
| Promote monthly 5-2-1-0 “boosters” on social media | Wellness Workgroup |

Launch Sugary Beverage Campaign in Owen County by June 2024

| <i>Activity</i> | <i>Responsibility</i> |
|--|--|
| Launch Sugary Beverage Campaign in OC Public Schools by June 2024. | Nutrition Workgroup School Wellness Committee OC Schools |
| Meet quarterly with a local restaurant to educate and offer more sugar-free beverage options with kid's meals. | Nutrition Workgroup Local Restaurants |
| Promote Sugary Beverage Campaign on social media monthly | Nutrition Workgroup Health Department |

Healthy Priority #3: Promote healthy development for children and adolescents.

Objectives: To increase HANDS participation 5% by June 2024.

| Most Recent Data | Target | Baseline | Source |
|------------------|-------------|----------|---------------|
| 21 Families | 23 Families | 21 | HANDS Program |

Improvement Strategies *Establish Early Childhood Workgroup by June 2022*

| <i>Activity</i> | <i>Responsible Party/Assets or Resources</i> |
|---|--|
| Create a document for coalition members to identify how their organization’s mission, goals, reach, and resources aligns with increasing physical activity. | <i>Early Childhood Workgroup</i> |
| Assign a leader to guide the workgroup. | <i>Early Childhood Workgroup</i> |
| Recruit members from local and regional agencies and organizations who may be interested in joining workgroup. | <i>Early Childhood Workgroup</i> |

Conduct monthly workgroup meetings

| <i>Activity</i> | <i>Responsible Party/Assets or Resources</i> |
|---|--|
| Host monthly zoom meetings to discuss and organize work surrounding physical health. | <i>Early Childhood Workgroup</i> |
| Document monthly meetings with agenda and minutes from August 2022 to December 2024. | <i>Early Childhood Workgroup</i> |
| Develop a strategic plan to establish direction and course of action for the workgroup by June of 2022. | <i>Early Childhood Workgroup</i> |

Promote the HANDS program through social media and community events

| <i>Activity</i> | <i>Responsible Party/Assets or Resources</i> |
|---|--|
| Post monthly on social media about the HANDS program and activities | <i>Early Childhood Workgroup HANDS Program</i> |

| | |
|---|--|
| Host in-person quarterly events where sign-ups for HANDS is available | <i>Early Childhood Workgroup HANDs Program</i> |
|---|--|

Implement local preschool and childcare policies by June 2024

| <i>Activity</i> | <i>Responsible Party/Assets or Resources</i> |
|---|--|
| To develop a local universal preschool policy by June 2024 for all 4-year-olds in Owen County Schools district. | <i>Early Childhood Workgroup</i> |
| Local childcare policy that requires licensed childcare centers to support breastfeeding mothers, limit screen time, and only serve healthy options at meal/snack time by June 2024 | <i>Early Childhood Workgroup Local Preschools/Daycares</i> |

Healthy Priority #4 Reduce current use of E-Cigarettes among adolescents.

Objectives: To reduce the number of 10th graders who have used an e-cigarette by 3% in the last 30 days.

| Most Recent Data | Target | Baseline | Source |
|-------------------------|---------------|-----------------|-----------------|
| 32.7% | 30% | 32.7% | 2018 KIP Survey |

Improvement Strategies *Establish Tobacco Workgroup by June 2022*

| <i>Activity</i> | <i>Responsible Party/Assets or Resources</i> |
|---|--|
| Create a document for coalition members to identify how their organization’s mission, goals, reach, and resources aligns with increasing physical activity. | <i>Tobacco Workgroup</i> |
| Assign a leader to guide the workgroup. | <i>Tobacco Workgroup</i> |
| Recruit members from local and regional agencies and organizations who may be interested in joining workgroup. | <i>Tobacco Workgroup</i> |

Conduct monthly workgroup meetings

| <i>Activity</i> | <i>Responsible Party/Assets or Resources</i> |
|---|--|
| Host monthly zoom meetings to discuss and organize work surrounding physical health. | <i>Tobacco Taskforce Workgroup</i> |
| Document monthly meetings with agenda and minutes from August 2022 to December 2024. | <i>Tobacco Taskforce Workgroup</i> |
| Develop a strategic plan to establish direction and course of action for the workgroup by June of 2022. | <i>Tobacco Taskforce Workgroup</i> |

Offer Prevention/Cessation Classes at Owen County High School

| <i>Activity</i> | <i>Responsible Party/Assets or Resources</i> |
|--|--|
| Offer weekly In-Depth Courses for students caught with e-cigarettes at the high school | <i>Tobacco Taskforce Workgroup Owen County Schools Owen County Prevention Coalition</i> |
| Become trained in NOT on Tobacco Cessation Program and offer quarterly groups at the high school or in the community | <i>Tobacco Taskforce Workgroup Owen County Schools Owen County Drug Prevention Coalition</i> |

Meet with Owen County Drug Prevention Coalition once a month.

| <i>Activity</i> | <i>Responsible Party/Assets or Resources</i> |
|---|---|
| <i>Support the prevention efforts of Owen County Drug Prevention Coalition in Owen County Schools and in the community.</i> | <i>Owen County Drug Prevention Coalition/ Tobacco Taskforce Workgroup</i> |
| <i>Attend monthly coalition meetings.</i> | <i>Owen County Drug Prevention Coalition Tobacco Taskforce Workgroup</i> |