

NEXT STEP for Mobilizing for Action through Planning and Partnership (MAPP) process:

- The PHDC will form up to **four subcommittees** to address each of the top priorities of the Delaware County community.
- Each subcommittee will work on action plans in 2009 to take to the community for implementation and ownership of the action plans developed.

We encourage participation from interested community members and agencies who would like to be a part of the action planning and implementation processes.

For more detailed information and data please visit www.delawarehealth.org/mapp.htm.

If you are interested in participating as a member of the Partnership for Health Delaware County (PHDC) please contact Lux Phatak at lphatak@delawarehealth.org or call her at (740) 203-2081.

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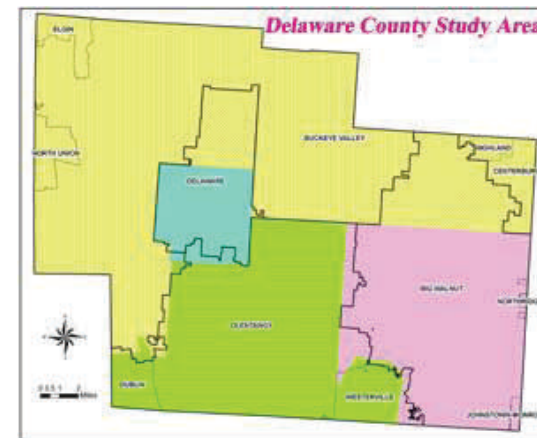
Mobilizing for Action through Planning and Partnership
Delaware County, Ohio



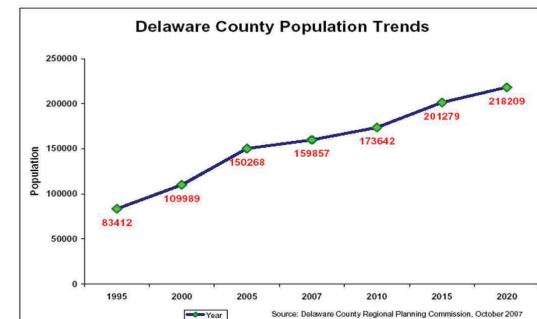
2008 Delaware County Health Status Report

BY
Delaware General Health District, 1 & 3 West Winter St, Delaware OH 43015
www.delawarehealth.org/mapp.htm

July 2008



In addition to county-wide survey results, data was broken down by four study areas shown above.



Partnership for Healthy Delaware County

Delaware County Health Status Report

Developing and sustaining a healthy community requires the efforts of many diverse civic, commercial and community organizations, as well as the efforts of individuals who live, work and play in Delaware County. An essential function of District boards of health is to assess the status of health in their communities and to present this information to the public in order to identify opportunities for health promotion and disease prevention. The purpose of the health status report is to identify priority areas for health improvement and to serve as a catalyst for community action.

The Partnership for a Healthy Delaware County (PHDC) led by the Delaware General Health District (DGHD) is working to bring its vision of Delaware County to life – “A welcoming environment where all can thrive and enjoy emotional and physical wellbeing.” To help make this happen, PHDC is currently engaged in a Mobilizing for Action through Planning and Partnership (MAPP) process.

In the 1990s the Delaware General Health District established the Partnership for a Healthy Delaware (called the APEX committee) to provide a community voice in setting health priorities for the county. The committee evolved to become the PHDC. It’s purpose has been to assist in the assessment and analysis of community health needs and risk factors, to facilitate community-based interventions, to evaluate the interventions, and to promote broad implementation of effective interventions.

The MAPP process is developed and recommended by National Association of County and City Health Officials (NACCHO). This process is a community-wide strategic planning tool for improving public health. It is a community driven process mobilizing and engaging the community; action with and by the community, planning driven by the community, and development of partnerships designed to strengthen the community.



The image above shows the entire MAPP process. The flow chart in the middle of the diagram is the strategic planning process. The surrounding circle shows the four assessments that feed data or input from the community into the strategic planning process.

The PHDC members considered all the issues and developed the list of the top 10 priorities for the Delaware County community. The PHDC group will develop action plans for a specified number of top issues. The top four issues were:

Priority issue #1: Overweight/obese status of residents and their related eating and exercise habits

Priority issue #2: Alcohol, substance abuse, and violence among county youth

Priority issue #3: Linkages and access to services

Priority issue #4: Assistance to vulnerable populations in accessing needed health services

The next step would be for the community partners to use this extensive assessment and prioritization process results to build on their agency priorities to meet the community needs and address gaps in services.

For Example: The Delaware General Health District Board of Health (BOH) conducted a retreat in June 2008 to determine the DGHD program/services priorities for the next 5 years.

The BOH considered the MAPP assessments, the PACE-EH (Environmental assessment process) and work on previous priorities established in 2003. The staff presented the board with prior (2003) and current (2008) perspectives to help evaluate past results and analyze them before they developed the five revised priorities for the DGHD. The top five BOH priorities are:

Communicable Disease Control

- Prevent, monitor, investigate, & control infectious disease
- Bioterrorism/pandemic preparedness planning
- Increase immunization rates

Environmental Health

- Food operation inspections and education; consumer education
- Promote clean environment – sewage treatment, protection of water supply & air quality
- Recreation - promote development & use of playgrounds, trails and bike paths

Chronic Disease

- Preventing diseases: cancer, cardiovascular health, and diabetes
- Reduce health risks: decrease tobacco use; and improve nutrition and physical fitness

Healthy Youth

- Prevention and safety education; Youth leadership development
- Decrease the use of tobacco, alcohol, & drugs; promote healthy non-violent relationships
- Increase use of helmets and car seats

Agency Infrastructure

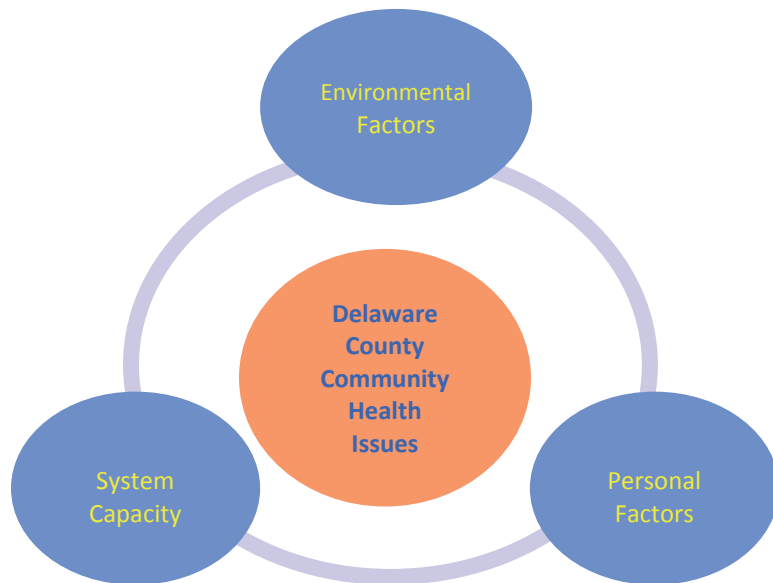
- Support public health accreditation initiatives
- Continuous quality improvement (CQI), leadership and constituency development
- Advocacy - Promote linkage and access to health care for vulnerable populations
- Strengthen public health information systems and education

In addition to these primary research steps, relevant secondary data were reviewed, most of them focusing on youth. These included:

- Recent statistics from the Delaware County Department of Job and Family Services (**DJFS**)
- 2006 Delaware County vital statistics from Ohio Department of Health's "Data Warehouse" (**DW**)
- Delaware County Youth Health Assessment 2005 (**DCYHA**)
- Hayes High School Power of Healthy Choice Pilot Project (**Hayes High School**)
- Obesity Prevention Nutrition & Physical Activity Curricula Projects – 7th & 8th Grade Students and 4th, 5th and 6th Grade Students (**OPNPACP**)
- Body Mass Index (**BMI**) data from 2005–2007 in Elementary and Middle Schools in Delaware County
- Ohio Department of Health (**ODH**) Data warehouse

The PHDC members were given a summary report highlight the key findings across all of the research data, both primary and secondary, and how they may affect the public health of Delaware County residents.

The key findings of 58 possible problem areas were identified and presented to the PHDC members from three perspectives, in this order:



The Delaware General Health District commissioned the MAPP process in May of 2006 and was the lead agency to fund and facilitate the assessments. The assessment processes used to collect data from the Delaware County community and the results of the assessments are presented in this report.

One of the primary components of the MAPP process is the **Forces of Change Assessment (FOC)**, which identifies legislative, technological, and other impending changes affecting the community in which the public health system operates. This assessment 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?"

Properly executed, the Forces of Change Assessment yields a comprehensive yet focused list of the key forces facing the community and a description of their impacts.

The Partnership for Healthy Delaware County (PHDC) arranged a three hour brainstorming session to address the above questions. PHDC members then identified the five most important forces among all those discussed.

- **FORCE 1: Communication Challenges**
- **FORCE 2: Youth Issues**
- **FORCE 3: Population Changes**
- **FORCE 4: Economic Issues**
- **FORCE 5: Planning issues**

As part of the Mobilizing for Action through Partnership and Planning (MAPP) process, the **Community Themes and Strengths Assessment (CTSA)** calls for opportunities for any citizen in Delaware County to:

- Voice his or her opinion regarding health and health care issues in the county;
- Identify strengths that should be preserved; and
- Express concerns and suggest priorities for action.

These citizen opinions are to be added to the information collected from the other phases of the MAPP process. To accomplish this, the Delaware General Health District (DGHD) and The Strategy Team, Ltd. (facilitators) held two town hall meetings in the county, open to all citizens. The meetings were well publicized and the locations were chosen for their accessibility to residents. Both meetings were scheduled from 7 to 8:30 p.m. Nine residents attended the first session, ten attended the second, for a total of 19. The attendees were predominantly female, but there were three male attendees between the two groups.

- During each meeting, a representative from the DGHD provided a brief overview of the purpose and process of MAPP as well as the goals for the evening's session.

Professionals from The Strategy Team then facilitated each session for discussion of two central questions:

- What about Delaware County makes it a healthy place for you and your family to live? *Personal health, environmental health, safety, etc. are included in this category – i.e., all aspects of health.*
- What about Delaware County needs to be changed to make it a healthier place for you and your family to live? In other words, what are your concerns about health issues *including environmental health, personal, safety, etc.?*

Overall, the highest priority health issues perceived by Delaware County residents included the following:

- **Not enough community centers (e.g., affordable recreational and health facilities) available to county residents / Lack of widespread public support for community centers;**
- **Traffic and transportation problems / Lack of bike paths / Need for connecting right-of-way to access bike paths / Lack of sufficient public transportation;**
- **Need for more education to promote healthier behaviors.**

The **Community Health Status Assessment (CHSA)** conducted using the Centers for Disease Control and Prevention (CDC) - Behavioral Risk Factor Surveillance System (BRFSS) survey - instrument answers the question, “How healthy are our residents?” and “What does the health status of our community look like?” The results of the Community Health Status Assessment provide the MAPP Committee with an understanding of the community’s current health status and ensure that the community’s priorities include specific health status issues.

A Community Health Status Assessment is the process or work of collecting (via 15-16 minutes telephone surveys), analyzing, and reviewing Delaware County public health self reported data to describe population health status.

Completion of the Community Health Status Assessment was accomplished by the deployment of the Behavioral Risk Factor Surveillance Survey (BRFSS). The BRFSS utilized 1321 telephone surveys to quantify the health needs and concerns of Delaware County residents. This survey identifies priority issues related to community health and quality of life by answering the following conceptual questions (Actual survey included more than 50 questions):

- *How healthy are Delaware County residents?*
- *What does the health status (at this point in time) of the Delaware County community look like?*

The detailed report of the Community Health Status (BRFSS) can be obtained from www.delawarehealth.org/mapp.htm.

CDC provided a report analyzing our input.

The third meeting was used to discuss the results of the performance measures instrument by reviewing each indicator. Through dialogue the PHDC members identified areas that need improvement, activities that should be maintained at current levels, and areas where efforts can be decreased to free up resources.

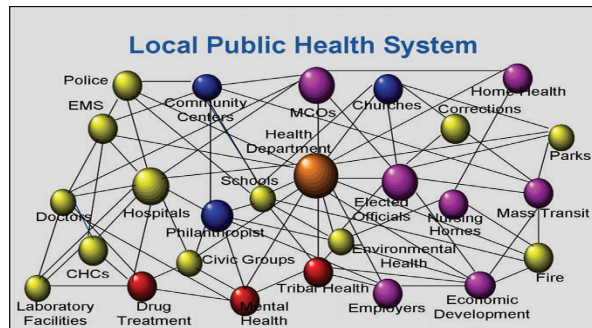
The results of this discussion were used in the identification of the following strategic issues.

PHDC Committee Outcomes	DGHD Staff Outcomes
1. Linkage of people to personal health services	• Constituency Development
2. Assisting vulnerable populations in accessing needed health services	• Linkage of people to personal health services
3. Better utilization of partnerships to maximize resources	• Public Health Leadership Development
4. Education and Empowerment	• Evaluation of population based health services
	• Linkage with higher learning & research institutions

The next step of prioritization was conducted with the participation of PHDC members and facilitated by The Strategy Team. The primary data sources are presented in the table below:

Step	Research Step & Acronym	Description
1	Community Health Status Assessment (Behavioral Risk Factor Surveillance Survey – BRFSS)	Survey of county residents re: health behaviors and issues
2	Forces of Change Assessment (with Partnership for Healthy Delaware County) – FOC	Brainstorming session of local professionals re: health issues and needs
3	Community Themes and Strengths Assessment – CTSA	Town Hall Meetings with county residents
4	Youth Forums sponsored by the Delaware - Morrow Mental Health and Recovery Services Board-- YF	Focus groups re: health and safety issues among youth
5	Local Public Health System Assessment -- LPHSA	Assessment by local professionals of system capacity, strengths, and weaknesses

The last assessment in the MAPP process was **Local Public Health System Assessment (LPHSA)** that measures the capacity of the local public health system to conduct essential public health service.

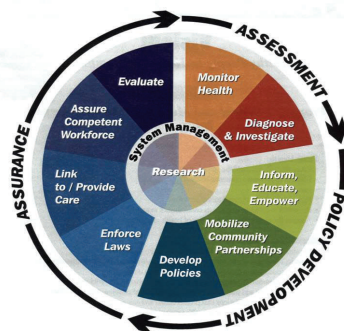


The local Public Health System Assessment is a broad assessment, involving all of the organizations and entities that contribute to public health in the community. The Local Public Health System Assessment answers the questions, “What are the components, activities, competencies, and capacities of our local public health system?” and “How are the Essential Services being provided to our community?”

The local public health system includes all public, private and voluntary entities, as well as individuals and informal associations that contribute to the delivery of public health services. Delaware County MAPP process brought all of these diverse interests together to determine the most effective way to conduct public health activities.

The LPHSA was an elaborate process involving three different meetings: At the first meeting the PHDC committee (and other participants) were oriented to the Essential Services; followed by discussion on the Essential Services — what they are and how they are being provided within the community by community agencies and organizations. PHDC then discussed the results by identifying where various organizations’ activities fit together and where gaps exist.

At the second (six hours) meeting the PHDC committee completed the CDC performance measures instrument. Members discussed each model standard and came to consensus on all responses. The health department (agency specific) instrument was completed by the DGHD staff. The outcome from both the PHDC Committee and DGHD staff assessment was submitted to CDC using an online National Performance Standard Program instrument.

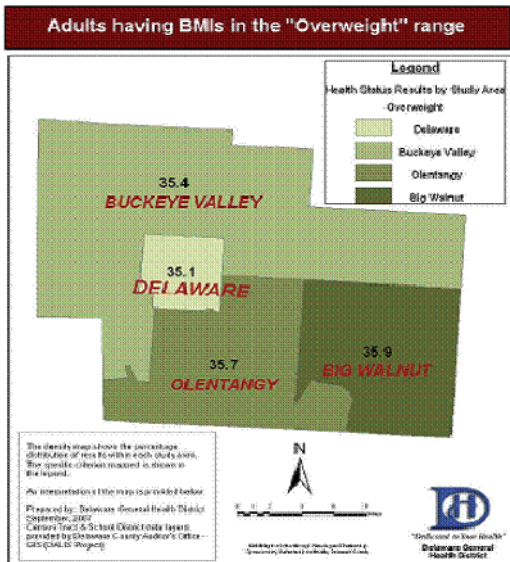


The survey questions and procedures used for the 2007 Community Health Status Assessment were adapted from the Center for Disease Control and Prevention’s BRFSS and the Kansas Institute of Health’s Kansas Health-Nutrition Activity survey. Additional questions were determined jointly by the PHDC Assessment Subcommittee and The Strategy Team, Ltd. (Consulting firm).

The table below summarizes the estimated prevalence of various risk factors and critical health issues reported by Delaware County BRFSS respondents in 2007. For each risk factor, the 2007 weighted percentage is compared to 2002 Delaware data and to 2006 Ohio data and is presented as being significantly higher, lower, or similar (no statistical difference).

Risk Factors and Critical Health Issues (2007 Delaware County data)	Weighted %	Compared to 2002 Delaware BRFSS	Compared to 2006 Ohio BRFSS
Medical visit in past 12 months	73%	Higher (67%)	Similar (74%*)
Dental visit in past 12 months	81%	Higher (75%)	Higher (73%*)
Flu shot during the past year (Ages 65+)	74%	Higher (56%)	Similar (68%)
Pneumonia vaccine ever (Ages 65+)	65%	Higher (49%)	Similar (69%)
Colonoscopy in past 2 years (Ages 50+)	60%	Higher (48%)	Similar (57%)
Adult “always” wears seatbelts	84%	Similar (81%)	Higher (70%*)
Child aged <15 in household “always” wears seatbelt or is in car safety seats	92%	Similar (96%)	Higher (87%*)
Oldest child in household “always” wears helmet while riding bicycle	47%	Similar (40%)	Higher (32%*)
Overweight (BMI between 25.0 and 29.9)	35%	Similar (39%)	Similar (35%)
Obese (BMI greater than 30.0)	22%	Similar (18%)	Lower (28%)

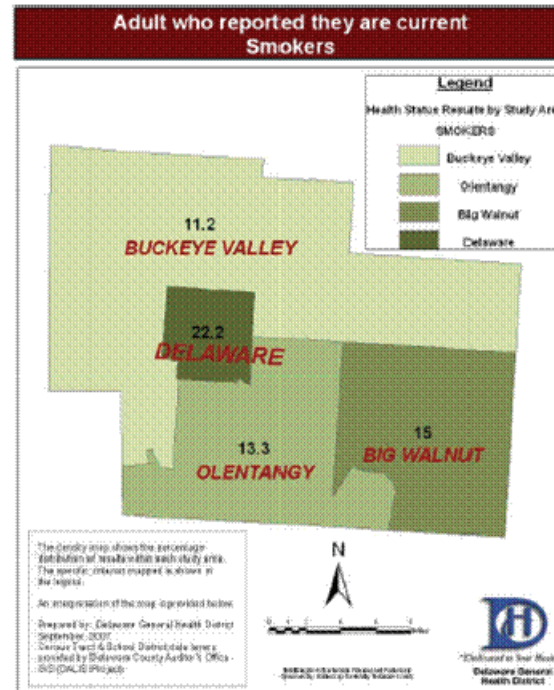
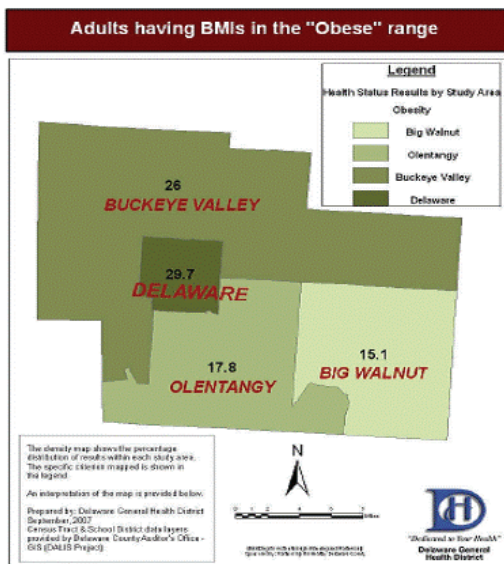
Geographic Breakdown of BRFSS Survey Results



There is no statistically significant difference across all areas of the county. There was a slight decrease seen in the percentage of 2007 population surveyed (35%) as compared to the data from 2002 (39%) BRFSS survey.

BMI= (weight / inches²) x 703.
Standard weight status guidelines were used:
Normal weight, BMI = 18.5-24.9;
Overweight, BMI = 25-29.9;
Obese, BMI= over 30.

Those in the Delaware region were more likely to have BMIs indicating obesity (29.7%) while those in the Big Walnut and Olen tangy regions were less likely to have BMIs indicating obesity (15.1% and 17.8%). The percentage with BMIs indicating obesity in 2007 (22%) is significantly lower than the Ohio 2006 (28%) data, but slightly higher than Delaware County 2002 BRFSS data. Healthy People 2010 objective is to reduce the proportion of adults who are obese to 15%.



Those in the Delaware region were more likely to report being current smokers (22.2%) while those in the Buckeye Valley region were less likely to report being current smokers (11.2%). The goal of Healthy People 2010 is to reduce Tobacco smokers to 12%. There was a significant reduction in total smokers (16%) observed in Delaware County 2007 BRFSS as compared to Delaware County 2002 BRFSS data (22.6%).

There were no statistically significant differences in perceptions of secondhand smoke across the four regions. The entire county perceived Environmental Tobacco Smoke (ETS) a health threat.

