

# Delaware County

## Community Health Improvement Plan

2014-2018

Final outcomes

# SUMMARY

## ACCESS TO CARE

Launch of the Delaware County Mobility Management Website  
  
**Delaware County Mobility Management Website**  
[www.delawaremobility.com](http://www.delawaremobility.com)

*Mission: To meet the transportation needs of all residents of Delaware County--with specific emphasis on the needs of the ADA, senior citizen communities and mobility challenged residents; to provide them with a means of transportation that increases their level of self-sufficiency and expands the scope of their mobility.*

- Delaware Area Transit Agency (DATA) usage increased the number of Delaware County residents utilizing alternative transportation by 142%. Average trips increased from 875 trips in 2014 to 2,116 in 2018.
- SourcePoint increased the number of Delaware County residents receiving transportation assistance by 256%, from an average of 162 clients in 2013 to 577 in 2018.



### Community Paramedicine

In June 2015, legislation was passed that removed the word "emergency" from the description of medical care that paramedics could provide.

### Programming Developed

The Delaware Fire Department and SourcePoint collaborated to develop and implement the *First In Residence Support Team (FIRST)* to serve individuals 55 years and older. The program has since expanded to serve individuals under 55 who are in-need.

- FIRST is a service of the fire department designed to resolve non-emergency calls for assistance by identifying and implementing the proper resources needed
- FIRST works to link clients to available community resources and volunteers to help them live safely in their own home and stay healthy as they age
- to date, FIRST has served over 700 individuals 55+
- service to individuals under 55 increased by 140%, from 43 individuals in 2017 to 103 in 2018



## ALCOHOL & DRUG ABUSE

### Alcohol & Drug Use Statistics

Despite the efforts being made, the binge drinking rates continue to climb. This issue has been identified and will be a focus of strategies for the 2019-2022 CHIP. Overall drug usage/ abuse has improved since the start of the 2014-2018 CHIP.

- Binge-drinking among adults 19% in 2013 up to 22% in 2017
- Heroin use by high school-aged youth dropped 3% overall, to less than 1% of this age group in 2017
- Marijuana use by high school-aged youth dropped from 17.7% to 9% of this age group in 2017; the overall number who have ever tried Marijuana in this age-group dropped from 28.7% to 17%
- number of annual opiate and pain reliver doses dispensed per patient decreased from 510.9 to 463.8 doses per patient

### Strides made toward Trauma Informed Care (TIC)

(TIC) Training was held in July 2015 for 40 attendees, representing 18 agencies. Four years later, six agencies had implemented TIC practices at their worksites.

### Screening, Brief Intervention and Referral to Treatment (SBIRT)

For over two years, work has been ongoing with a major healthcare system that resulted in the receipt of \$60,000 from Ohio Department of Health to pilot the *Screening, Brief Intervention and Referral to Treatment (SBIRT)* model in Delaware County. SBIRT is used to assess those at mid to high risk for substance use disorders. SBIRT process training by a national trainer was provided February 2019, with five sites committed to implementing in April 2019.



**SBIRT**  
Screening, Brief Intervention & Referral to Treatment  
DELAWARE COUNTY - OHIO

### Substance Abuse Education

Programs were developed for under-served populations, such as older and incarcerated adults. *Drug-Free Delaware* worked with SourcePoint to provide Project WISE for older adults beginning in 2015 through 2018. The Delaware County Sheriff's Office worked

with behavioral health experts to develop programming for incarcerated adults including:

- naltrexone/Vivitrol program
- Father Factor
- Recovery / Re-entry program

Uniting OUR County

**Drug-Free Delaware**  
to protect our youth from the harm caused by alcohol & other drugs

### Directly Impacting Delaware County Residents

When FIRST expanded their services to individuals under 55 in mid-2017, Jane had already made 24 emergency calls to DFD EMS that year. To resolve this issue and make sure the DFD EMS was available for true-emergency calls, FIRST stepped in to help. They began working with Jane to build a relationship and identify what needs lead Jane to call. FIRST found that Jane had no family doctor because she was verbally abusive and failed to show up for appointments. As a result, any medical need lead Jane to make an emergency call. The FIRST Service Coordinator made a connection to the Delaware County Board of Developmental Disabilities to assist Jane. Together, a plan was developed, and a goal was set for Jane to make it three weeks with no EMS calls. When Jane met her goal, she received a reward. After three weeks and no calls, Jane was so excited, that she believed she could go another month with no calls. Since that time, Jane has called DFD EMS twice in a two-month time frame; however, these calls were for emergency medical conditions that could not wait. As work continues with all the agencies, Jane has been linked to a provider to assist her in becoming socially involved. This has been a great accomplishment for Jane, of which she is very proud.



### Naloxone and Naloxone education made available

- *Maryhaven* and *DGHD* now provide Naloxone distribution/ education programs
- by the end of 2018 all EMS and law enforcement should carry Naloxone

### Education program to be developed, in response of legalization of Marijuana

After House Bill 523 (effective on September 8, 2016) legalized medical marijuana in Ohio, a Marijuana Task Force was formed to develop a comprehensive education program on marijuana facts for parents and schools. This task force continues to meet.

## ENVIRONMENTAL HEALTH



### Litter and Recycling

An anti-littering, pro-recycling social media campaign was presented on the *DGHD* Facebook page, resulting in 390 hits. Twenty-two law enforcement agencies attended a one-day workshop sponsored by Keep Ohio Beautiful on the enforcement of the Ohio litter laws.

*Delaware County Soil and Water Conservation District* arranged for 3 volunteer storm water drain labeling programs with 67 volunteers that resulted in 189 drains labeled in Delaware City.



### Railroad Safety

*Delaware County Railroad Safety Task Force* created a Facebook page. An Operation Lifesaver safety campaign was created and included the following messages:

- **See Tracks, Think Train, Stay Off Stay Away**
- **I Keep My Selfies Off the Tracks**
- **Look, Listen, Live**

All three traffic congested railroad crossings in Delaware County had safety features installed to prevent motorists from stopping or queuing on the tracks during rush hours. Those three tracks are located at Glenn Road, Shoemaker Road, and Olentangy Street in Powell. This image highlights the stop light safety feature installed in Powell to prevent motorist from queuing on the tracks during rush hours.



### County Recognition

In honor of National Rail Safety Week, the *Delaware County Railroad Safety Task Force* was recognized with a proclamation by the Delaware County Commissioners at their September 18, 2017 meeting, for their efforts to provide railroad crossing safety information to our residents and to improve safety devices at railroad grade crossings. The Task Force was formed by the Delaware County Commissioners in 1998 and has facilitated the improvement of safety devices at all of Delaware County's 64 grade-crossings.

## FAMILY SUPPORT



### Partnership Established

In 2016, the *United Way of Delaware County* secured a partnership with *Delaware City Schools'* Willis Education Center to house their Strengthening Families Initiative for Delaware County families. The SF Initiative focuses on behavioral, social, and emotional development opportunities for children and families. In cooperation with Action for Children the Childcare Developmental Associate-Paraprofessional Credential (CDA) is now offer at SF.



- 135 hours of CDA classes offered
- 31 people registered with 26 completing the course

### Toy Library Launch

This toy lending library provides opportunities for families and education providers to engage with toys and games centered around:

- fine motor skills
- sensory
- vocal recognition
- balance
- STEM education
- dramatic play



At the end of 2018, 136 families were enrolled with 38 visiting more than 3 times in 12 months. Special play groups led by *Delaware Speech and Hearing* began that teach parents how to promote speech and language through play in the home.

### Born Learning Trails (BLT)

Trails were installed in various parks throughout the county. BLTs are a series of 10 interactive signs that offer fun, active learning activities for young children and their families. It helps parents, caregivers and communities create quality engagement opportunities when out on a stroll or visiting a local playground.

### Born Learning Trail Locations:

- **Blue Limestone Park**
- **Veteran's Park at the YMCA**
- **Genoa Township**
- **Berkshire Township**
- **Buckeye Valley Middle School**
- **Glen Oak Park**



### Supplies for Scholars

Events were held at 5 locations, provided a shopping spree experience to fill a backpack with grade-appropriate school supplies. These supplies help to maximize academic potential for students ranging from Kindergarten through 12th grade.

- 2018 provided over 2,000 children with school supplies

### Afterschool Programing:

- drop-in Teen Room
- open gym
- spring & summer break programming
- Big Brothers/Big Sisters
- Girl Scouts
- STEM Lab
- Dungeons & Dragons
- Anime Club
- Girls on the Run
- Mindfulness Yoga



**Container Gardens**  
Stratford Ecological Center planted and distributed the proceeds of 200 container gardens to in need residents of Oxford and Harlem Townships.

### Grandparents' Cafe

The Grandparents Cafe program offered at *SourcePoint* provides a forum for guided, small-group discussions on pertinent topics related to role of being the responsible caregiver for a grandchild.



Syntero offers **Drop-in Mental Health Services** and 4-Part Parenting Class through a grant funded by *Nationwide Children's Hospital*

*Grace Clinic* offers a monthly **Mini Clinic** where they can evaluate, diagnose and treat common infections in addition to well child and sports physicals.

Delaware County families with preschoolers attended **Make It, Take It** events during the holiday season. The children participated in crafts and songs led by a Speech Language Pathologist from *Delaware Speech and Hearing Center*. In addition to offering families a fun and free activity, the Speech Language Pathologist worked to provide language input alongside the opportunity for families to find community.

## FOOD INSECURITY

### Delaware County Hunger Alliance (DCHA) Impact

- 28-member agencies have joined DCHA
- 75% increase in the number of agencies being active in food insecurity
- distributed over 6.5 million pounds of food
- served approximately 143,200 meals to residents who are food insecure
- opened 2 new pantries in Delaware City
- established 5 mobile food pantries to reach remote or underserved areas of Delaware County



### 2016 Food Pantry Client Survey

- 94% of the respondents indicated that they consume all or most of the fresh produce that they obtain
- 82% rated their experience as one of the best
- 85% said that they always feel welcomed at the pantries

### Partnership for SNAP Compatibility

Thanks to the work of the *Andrews House*, *Delaware County Hunger Alliance*, and *DGHD*, the downtown Delaware Farmer's Market accepted SNAP Benefits for the first time in 2018.



### Prescription Produce Program

A partnership was developed between *Grace Clinic* and *Helpline* to refer patients to participating food pantries. 90% of the prescriptions for fresh produce were filled in the first year of the program.

### Ohio Wesleyan University's Cooking Matters Program

- reached over 1,800 food insecure residents
- provided instruction on how to cook nutritious meals for their families on a budget

### Cooking Matters Pop-up Food Demonstrations

OWU Students provided off-campus demonstrations to increase awareness about how to prepare a nutritious meal on a budget at:

- People in Need produce market days
- Downtown Delaware's First Friday events
- *Grace Clinic*



### Delaware Rotary's Taste of Downtown Delaware

- raised over \$20,000 in a 2-year period with the proceeds donated to the DCHA

### Delaware County Farm Bureau Benefit in the Barn

- raised approximately \$110,000 in 3 years for the DCHA to support their efforts in assisting those who are food insecure
- in 2018, Union County Farm Bureau joined the efforts, increasing attendance at the event to well over 800

### GIS Map of Food Resources

A map was created that identifies locations in Delaware County for community meals, pantry services, and available grocery stores.

### 20-minute Video was Developed by the DCHA

- creates awareness of food insecurity in Delaware County
- premier showing at the Strand Theater with over 60 stakeholders in attendance



## MENTAL HEALTH



### Suicidal Screening & Referral

*Helpline* received a grant from SAMHSA (Substance Abuse and Mental Health Services Administration) to evaluate the county's suicidal ideation and mental health referral process over a 3 year period. *Helpline's* Hotline Specialists worked with *Central Ohio Mental Health* (until COMH closed in 2017) to track adults who screened positive for suicidal ideation, to determine if those adults who were referred for mental health counseling, completed their initial mental health appointment.

### SAMHSA Grant Data:

- 585 adults were screened via Grady Hospital ER, released from psychiatric hospitalization, screened at the jail or called on the suicide hotline
- 274 identified adults were either referred to *COMH* for counseling as a new client, completed an initial intake appointment, or were already in the system as a client
- 15,340 minutes (255+ hours) of counseling were provided to those adults via the suicide hotline

### Continued Support

*Delaware-Morrow Mental Health Recovery Services Board* continued to support *Helpline's* ongoing suicide outreach services once the SAMHSA grant period ended.

### Youth Mental Health Statistics

- high school students reporting feeling sad and/or hopeless for 2 or more weeks in a row went from 22.9% in 2013 & 2014 up to 24% in 2016-2017 school year
- almost half (47.5%) of middle school students surveyed during 2013 & 2014 reported being bullied on school property, with numbers remaining high (30%) during 16-17 school year
- almost a quarter (23.5%) of high school students surveyed during 2013 & 2014 reported being bullied on school property, with numbers remaining stable (22%) during 16-17 school year

### Improved Data Collection

During 2016-2017, great strides were made with community agencies and public-school districts to improve the collection of student health data. During that timeframe, the local Youth Risk Behavior Survey reached a total of 10,784 students across four public school districts.

### Bullying Prevention Campaign

In fall of 2017, in honor of National Bullying Prevention month, educational resources were provided to local school districts highlighting *Helpline's* FREE text services:

- educational postcards for parents & school districts were distributed at countywide events showcasing the bullying issue
- middle and high school public school buildings (16 in total) were provided posters promoting *Helpline's* FREE text services
- 2 week Facebook campaign reached a total of 14,091 Delaware and/or Morrow county residents

**Suicide, Violence & Drug Prevention Curriculum Highlight**  
During the 2017/2018 school year, *Helpline* and *Recovery Prevention Resources* Prevention Educators reached the following schools with their prevention curriculums:

- Too Good for Violence - 19 schools (Violence & Drug Prevention)
- Too Good for Drugs - 12 schools (Violence & Drug Prevention)
- Safe Dates - 7 schools (Violence Prevention)
- Love All That & More - 2 schools (Violence Prevention)
- Boys & Girls Empowerment Clubs - 5 schools (Violence Prevention)
- Thank God I'm Female - 3 schools (Violence Prevention)
- Signs of Suicide - 14 schools (Suicide Prevention)

## OBESITY/OVERWEIGHT



### Overweight/ Obesity Statistics

Despite efforts, the rates continue to increase for Delaware County Adults that are overweight/ obese:

- 57% in 2007
- 61% in 2013
- 65% in 2017

State and national levels are also on the rise:

- 2016 Ohio statewide average was 67%
- 2017 CDC national average was 71%

### Social Marketing Campaign Launched

#### *Every Day Choose. 5321AlmostNone*

Between April 2016 and December 2018, the campaign was implemented by *DGHD* and 25 community organization/ agency partners to influence Delaware County families to eat healthier and be more physically active. The mini-campaign, *Choose a Fast 500*, a direct spin-off from the campaign's 3 Healthy Meals, Less Fast Food behavior continues today.

5321AN annual campaign facts:

- averaged 66 events
- reached 4,242 people
- distributed healthy promotional items: bags, refrigerator magnets, education handouts, portion plates, water bottles and hacky sacks
- Facebook ads and postings reached an average of 30,200 people

### Increase in Average Vegetable and Fruit Intake *Every Day Choose.*



Delaware County adults increased their average daily servings of fruit and vegetables beyond the recommended "5-A-Day" to almost 6 servings per day. There was a 100% increase in the daily servings of vegetables, up from 2.1 to 3.1 servings per day. Delaware County has 48% of its residents eating 3-4 servings of either fruits or vegetables on an average day.

### More Engagement Needed: Adult Physical Activity

Although 86% of adults surveyed reported that they were either trying to lose weight or not gain weight, only 47% reported being physically active for 4 or more days in a typical week.

*DGHD* and its partners recognize the need for more public engagement in daily physical activity and have identified this as a 2019-2022 *CHIP Strategy*.

### Assisted Local Food Operators to Develop Healthier Menus

The *DGHD* On the Menu Program was coordinated through the *DGHD* Food Unit and a public health dietitian to engage 13 local food operators in improving the health of their menu items.

### Programs Created for Delaware County Families

*Delaware County YMCAs* implemented programing to improve health/ obesity on an individual level:

- Adult Diabetes-prevention Program, key goal is weight loss
- Healthy Weight and Your Child, youth-based program that attempts to engage the entire family