

# Mahoning County Community Health Improvement Plan 2017 Goal Achievement Status Report –

## PRIORITY ONE: Healthy Eating/Active Living

	Goal Target 2017 - 2018	Goal Target 2019
Indicators	Adults Not Eating 5 Servings of Fruits or Vegetables / Day	Minutes / Week Children Active in School
	WIC Breastfeeding Rates	
	Mercy Health Breastfeeding Initiation Rates	
	Mercy Health Exclusive Breastfeeding Rates	
	Adults Who Are Physically Inactive	Adult Obesity

## PRIORITY TWO: Infant Mortality and Birth Outcome Inequity

	Goal Target 2017 - 2018	Goal Target 2019
Indicators	Births with First Trimester Prenatal Care	Low Education (HS diploma or less) Infant Mortality Rate / 1,000 Live Births
	Progesterone Education	Infant Mortality Rate / 1,000 Live Births, Deliveries Paid by Medicaid
	Number of Fetal and Infant Mortality Review Recommendations	
	Number of Deaths Due to Unsafe Sleep Environment	Low Birth Weight
	<18 Month Inter-Conception Spacing	Pre-Term Births
	Tobacco Use During Pregnancy	

## PRIORITY THREE: Chronic Disease

	Goal Target 2017 - 2018	Goal Target 2019
Indicators	YMCA Diabetes Prevention Program Participants	Incidence of Diabetes / 1,000 Adults
	Mercy Health Primary Care Practices Meeting Primary Care 6	Adult Smoking
	YMCA Diabetes Prevention Program Evaluation	Diabetic HbA1c Monitoring
	Tobacco Cessation Program Enrollees	

## PRIORITY FOUR: Substance Use Disorders (Heroin and Opiates)

	Goal Target 2017 - 2018	Goal Target 2019
Indicators	Prescription Drug Overdose Coalition Creation	SBIRT Implementation
	School Systems Using Evidence Based Prevention Programs	Drug Poisoning Deaths
	Access to Medical Detox	Students Reporting Prescription Opiate/Heroin Use
	Opiate Prescription Per Capita	
	Naloxone Prescriptions	
	Newborns with Neonatal Abstinence Syndrome	

## PRIORITY Five: Health Inequities

	Goal Target 2017 - 2018	Goal Target 2019
Indicators	Foundations Prioritizing Funding	Formal Linkages Created
	Agencies Trained in Cultural Competency	
	Rate of Completion of Dialogue on Racism Action Plan	

<b>KEY</b>	<b>Goal Met</b>	<b>Making Progress</b>	<b>Goal Not Met</b>	<b>Moving Away from Goal</b>	<b>Data Not Available</b>
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### **PRIORITY ONE: Healthy Eating/Active Living**

To **increase the number of adults and children regularly engaged in healthy eating and active living**, new collaboratives have been formed with local hospitals and community agencies. Mercy Health and Akron Children's Hospital Mahoning Valley both expanded exercise programs in underserved areas. Mercy Health added two additional "Stepping Out" classes in 2017 and had a 10% increase in attendance. (9,503 in 2017 compared to 8,642 in 2016). Akron Children's Hospital provided exercise programs for children throughout all of 2017: The *Eat Right and Move!* program provided awareness and education in 9 schools and 76 community agencies for a total of 19,662 participants. The ACHMV Fitness Clubs held at the local YMCA had a total of 188 participants. 63.2% experienced an overall decline in their BMI, with an average BMI reduction of 1.2, and an average A1C decline of 1.6%. Lastly, ACHMV Fitness coach worked with 421 participants. 70.8% of whom had a reduced BMI, and an average reduction of A1C of 1.6%. 64.6% of all participants were enrolled in Medicaid. The MCDBOH continues to conduct self-management programs for individuals with chronic diseases. Participation increased from 42 in 2016 to 68 in 2017. MCDBOH added a second trainer to teach the diabetes self-management classes and are now offering an evidence-based fall prevention program. A class to address chronic pain will become available in 2018. This past year saw the establishment of the Healthy Community Partnership – Mahoning Valley has been formed to address barriers to healthy eating and active living. The Youngstown Neighborhood Development Corporation received \$40,000 to expand the Fruit and Vegetable Prescription Program. All Mahoning County Pathways HUB Community Health Workers have completed training in breastfeeding support strategies yet despite increased education, exclusive breastfeeding rates at discharge and breastfeeding initiate rates have not yet reached the goals of 54% and 90% respectively.

### **PRIORITY TWO: Infant Mortality and Birth Outcome Inequity**

The MY Baby's 1<sup>st</sup> Coalition is continuing their efforts to **reduce infant mortality and eliminate the inequity between black and white birth outcomes**. A collaborative with the Kappa Alpha Psi Fraternity is promoting responsible fatherhood and infant safe sleep practices among men. During 2017, 700 first responders were educated on how to refer families in need of a safe sleep environment for their child. Two additional sites have been selected to provide a highly effective model of group prenatal care called CenteringPregnancy®. Community education regarding the health benefits of birth spacing and progesterone is on-going. The Mahoning County Pathway HUB served 400+ women at highest risk for infant loss. Also during 2017, a transportation program was initiated to improve the ability of MY Baby's 1<sup>st</sup> program enrollees to access needed services. Ridership numbers increase 30% monthly.

### **PRIORITY THREE: Chronic Disease**

Many community efforts are underway to **reduce the number of residents newly diagnosed with diabetes and to reduce morbidity for those with diabetes currently**. Area hospitals, the YMCA of Youngstown, and MCDBOH conducted diabetes prevention and diabetes education programs in the community. The Well-Being Collaborative of Ohio conducted free HbA1C screenings to identify undiagnosed and uncontrolled diabetes and made referrals to hospital and community based educational programs. During 2017, 73.8% of Mercy Health primary care practice diabetic patients had an HbA1C less than or equal to 9%. While this did not meet the practices' 2017 goal of 80%, it was an improvement from 73% in 2016. The Mercy Health Regional Tobacco Cessation Program reached out to 35 health care providers in the first half of 2017 to increase awareness of local

cessation programs. They are also continuing to establish 100% tobacco free policies in Mahoning County based public colleges, university, and workplaces and are currently assisting the Youngstown Metropolitan Housing Authority to provide cessation services to tenants.

#### **PRIORITY FOUR: Substance Use Disorders (Heroin and Opiates)**

to aid in the **reduction of deaths from substance use disorders** MCDBOH convened a Prescription Drug Overdose Coalition in March 2017. An Overdose Fatality Review Board is completing the review of all circumstances surrounding drug overdose deaths from 2016 and 2017. The *Start Talking Program* is being fully implemented in one school district for the 2017-2018 school year. The coalition created a response plan for EpiCenter Drug Overdose Alerts and is developing policies for Law Enforcement naloxone use, and prescribing guidelines for emergency departments and primary care practices. Mercy Health Behavioral Health Institute is providing access to acute medical detox and 215 health care professional students have been trained in Screening, Brief Intervention, and Referral to Treatment (SBIRT). Eight community agencies, university, and resident trainings were completed in the first half of 2017. In addition, 66% of new Mahoning County Pathways HUB clients received SBIRT screening. A total of 449 Project DAWN (Deaths Avoided With Naloxone) kits were distributed to first responders resulting in 144 known saves. Five known saves were recorded from the distribution of 172 Project DAWN kits to community members.

#### **PRIORITY FIVE: Health Inequities**

Many community efforts took place in 2017 to **eliminate racial and ethnic health outcome disparities**. Of the nine original action plans developed by the Great Youngstown Community Dialogue on Racism, five have been completed (Dispense Information, Good Nutrition, Racial Awareness Program (RAP), Reach Out to Moms and Dads, and Community Block Parties). During 2017, Akron Children's Hospital hosted 9 Bridges out of Poverty trainings with 217 participants representing four local agencies. 6 additional training are planned for 2018. During 2017, with the support of the Community Foundation of the Mahoning Valley, the Western Reserve Health Foundation, the Trumbull Memorial Health Foundation and the William Swanston Charitable Trust joined forces to create a Health Community Partnership to address healthy eating and active living through the lens of eliminating racial health outcome inequities.