COMMUNITY HEALTH IMPROVEMENT PLAN MEETING #2

Lewis and Clark County | 2019
Healthy Together

A community partnership to improve health
OVERVIEW OF MEETING #1
What is a Community Health Improvement Plan?
Community health partners
Opportunity for prioritization
Opportunity for alignment
Opportunity for meaningful partnerships
Opportunity to address root causes
What is more upstream?

Social Determinants of Health
Results of Meeting 1
What social determinant of health presents the biggest area of concern for Lewis and Clark County?

- Economic stability: 47%
- Education: 18%
- Social and community context: 26%
- Health and healthcare: 9%
Results of January 2019 Health Priority Survey

- 47 members of Healthy Together Task Force responded
- Answers were weighted to reflect whether issue was first, second, or third choice (3 points for 1st place, 2 for 2nd, 1 for 3rd)
Priority Areas for Collective Action

Early Childhood

Behavioral Health
<table>
<thead>
<tr>
<th>Priority Area</th>
<th>Focus Area</th>
<th>Focus Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal</td>
<td>Strategies</td>
<td>Goal</td>
</tr>
<tr>
<td>Strategies</td>
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<td>Strategies</td>
</tr>
</tbody>
</table>
ENVIRONMENTAL HEALTH

Air Quality
Goal: Improve outdoor and indoor air quality in L & C County
Strategies

Lead
Goal: Reduce all sources of lead exposure
Strategies

STRUCTURE OF THE PLAN
**Our Process**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JANUARY 7TH</strong></td>
<td>Select top priorities areas for collective action</td>
</tr>
<tr>
<td><strong>FEBRUARY 4TH</strong></td>
<td>Identify focus areas within each priority area</td>
</tr>
<tr>
<td><strong>FEBRUARY 4TH AND MARCH 4TH</strong></td>
<td>Small groups working within priority focus areas to develop goal and strategies</td>
</tr>
<tr>
<td><strong>APRIL 1ST</strong></td>
<td>Draft plan presented</td>
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</tbody>
</table>
My commitments to you

- I will not waste your time
- We will not wordsmith
- You will have opportunities for meaningful input
- We will be relentlessly committed to create a plan that is useful and operational
Your commitments to this process

- Be solution minded
- Follow the 80% principle
- Stay engaged and bring your expertise to the table
- Consider who will take ownership of this plan
STRUCTURE OF THE PLAN

Meeting 1

Priority Area

Focus Area

Focus Area

Goal

Strategies

Goal

Strategies

Today

Meeting 3
Questions?
Concerns?
Collective Impact
Priority Health Area #1
Early Childhood
There are 760 births in Lewis and Clark County every year.
Prenatal Care in First Trimester
Percentage of Births

MT Dept. of Public Health and Human Services

15.9% of county women smoked during pregnancy in the period 2011-2015

MT Dept. of Public Health and Human Services
Healthy People 2020 Target, 9.4%
WIC Participation

Number Participating in County WIC Program

- 2016: 858
- 2017: 844
- 2018 (1st Half): 878

Montana WIC Program, MT Dept. of Public Health and Human Services
Breastfeeding

**Child Was Breastfed or Fed Breast Milk As an Infant**

- 2012: 82.3%
- 2015: 84.2%
- 2018: 86.6%

Healthy People 2020 Target, 81.5%

**County WIC Infants Fully Breastfeeding**

- Average for Nov. 2017 - Oct. 2018

- At 3 Months: 25.2%
- At 6 Months: 18.7%

Lewis and Clark Public Health, WIC Program

2018 PRC Community Health Survey
Of the nearly 4,000 children under age 5...

One in five lives in poverty
One in three young children lives in a single parent household.
There are more than 300 children aged 6 and under living with their grandparents
Almost half of all young children have private health insurance coverage (Medicaid)

Private coverage: 57%

Public coverage: 43%

Only 2.5% are uninsured
Immunizations

Had Annual Flu Vaccination
Ages 6 Months and Older

<table>
<thead>
<tr>
<th>Year</th>
<th>Montana</th>
<th>US</th>
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</thead>
<tbody>
<tr>
<td>2011-12</td>
<td>36.8%</td>
<td>41.8%</td>
</tr>
<tr>
<td>2017-18</td>
<td>42.1%</td>
<td>41.7%</td>
</tr>
</tbody>
</table>

Healthy People 2020 Target: 80.0%

Toddlers Up to Date on Immunizations
Ages 19-35 Months

MT Dept. of Public Health and Human Services
Licensed Child-Care Facilities in County

Family Group Care: 41
Child Care Centers: 37
Head Start Programs: 8

Child Care Connections, Helena MT

Center for American Progress, 2018 Report
Annual Average Cost in Montana

- Infant Care: $9,062
- 4-Year-Old Care: $7,922
- Housing: $8,382
- College: $6,323
41% of 3 and 4 year olds are enrolled in preschool. In all, there are 731 children aged 3 and up enrolled in nursery or preschool in Lewis and Clark County.
Injury

Always Use a Bicycle Helmet
Of County Residents Who Rode Bike in Past Year

2018 PRC Community Health Survey
Adverse Childhood Experiences

52% of Montanans under age 18 report having at least one adverse childhood experience (ACE).

17% of Montanans under age 18 report having 3 or more ACEs.

MT Dept. of Public Health and Human Services
Child Abuse and Neglect

![Graph showing Child Abuse and Neglect in the County from 2010 to 2017. Number of reports and children entering foster care are indicated.](image-url)
Infant deaths

Infant Deaths Before Age 1
Per 1,000 Live Births

2004-2010: 5.9, 6.0, 6.6
2011-2016: 6.4, 5.7, 5.9

Healthy People 2020 Target, 6.0
Key Early Childhood Initiatives
How does your work intersect with early childhood?
BRAINSTORM AT YOUR TABLE

• What are the key assets in our county related to early childhood?
• What are the barriers to improving early childhood outcomes in our community?
• What other key initiatives exist in our county that are addressing early childhood health?
Brainstorm at your table

The top five priority areas for action for improving early childhood outcomes in Lewis and Clark County
Key focus area selection criteria

- Data indicates need to focus in this area
- There are leaders already working on this area of early childhood
- Potential for greater alignment and stronger partnerships
- Resources exist to address this focus area and there is an evidence base of effective interventions available to impact outcomes
- Health equity and social determinants can be addressed in category
Priority Health Area #2: Behavioral Health
Behavioral Health Data
Loneliness

Loneliness
County, 2018

2018 PRC Community Health Survey
48.5% of low-income county residents sleep less than 7 hours a night.

Healthy People 2020 Target, 25.2%

2018 PRC Community Health Survey
High School Students Who Sleep Less Than 8 Hours/Night

<table>
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<tr>
<th></th>
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<tbody>
<tr>
<td>Healthy People 2020 Target</td>
<td>70.4%</td>
<td>67.2%</td>
<td>74.6%</td>
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</table>

2017 Youth Risk Behavior Survey
15% of high school students say they’ve been forced to do sexual things they did not want to do.

13.5% of county residents said they’ve been hurt by an intimate partner.

10.5% of county high school students said they were threatened or injured with a weapon on school property.

2018 PRC Community Health Survey

2017 Youth Risk Behavior Survey
One in four high school students reports being bullied in the last year.
Depression

Have Been Diagnosed with Depression

2018 PRC Survey

28.3% of low-income county residents reported “poor” or “fair” mental health

2015: 15.6%, 2018: 24.8%

2015: 22.4%, 2018: 19.5%

2015: 20.4%, 2018: 21.6%
One in three high school students reports symptoms consistent with depression in the last 12 months.
41.2% of county residents said their life has been negatively affected by their own or someone else’s substance abuse.

2018 PRC Community Health Survey
Tobacco Use

Current Tobacco Use Among County High School Students 2017

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2013</th>
<th>2017</th>
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<tbody>
<tr>
<td>Cigarettes</td>
<td>18.9%</td>
<td>18.4%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Smokeless Tobacco</td>
<td>14.1%</td>
<td>13.1%</td>
<td>12.7%</td>
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Adults Who Currently Smoke 2014-2016

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<tr>
<th></th>
<th>2014</th>
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<th>2016</th>
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<tbody>
<tr>
<td>County</td>
<td>17.5%</td>
<td>19.2%</td>
<td>16.8%</td>
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Behavioral Risk Factor Surveillance System
E-cigarettes

21.3% of county high school students use e-cigarettes and other vaping products
2017 Youth Risk Behavior Survey

6.5% of adults in the county use e-cigarettes and other vaping products
2018 PRC Community Health Survey
Heavy and/or Binge Drinking

Adults

2018 PRC Community Health Survey
Substance Abuse Among County High School Students
Have Tried at Least Once

- Alcohol: 65.5%
- Marijuana: 39.4%
- Prescription Pain Meds (no Rx): 17.5%
- Synthetic Marijuana: 10.4%
- Inhalants: 9.1%
- Ecstasy: 7.6%
- Cocaine: 6.7%
- Meth: 4.1%
- Steroids (no Rx): 3.8%
- Heroin: 3.8%

24.8% of county high school students engaged in binge drinking* at least once in past 30 days

2017 Youth Risk Behavior Survey
*Binge drinking is defined as having 5 or more alcoholic drinks in a row on 1 or more days in the past month
Healthy People 2020 Target: 8.6% for ages 12-17
Suicide
One in four high school students seriously considered attempting suicide in the past 12 months.
Suicide: Youth

High School Students Who Attempted Suicide

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<td>2013</td>
<td>14.9%</td>
<td>7.9%</td>
<td>8.0%</td>
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<tr>
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<td>13.4%</td>
<td>8.9%</td>
<td>8.6%</td>
</tr>
<tr>
<td>2017</td>
<td>15.8%</td>
<td>9.5%</td>
<td>7.4%</td>
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Youth Risk Behavior Surveys
Suicides in Lewis and Clark County, 2017

- Males = 15
- Females = 4

Average age: 51
Suicides by Method
Lewis and Clark County, 2017

Trend:
58.3% increase in suicides 2016 to 2017

All data this page courtesy of Lewis and Clark County Coroner

- Men
- Women
Suicide Deaths
Per 100,000 People

PRC Community Health Surveys
Key Behavioral Health Initiatives
Individual brainstorm

How does your work interface with behavioral health in our county?
BRAINSTORM AT YOUR TABLE

• What are the key assets in our county related to improving behavioral health outcomes?
• What are the barriers to improving behavioral health in our community?
• What other key initiatives exist in our county that are addressing behavioral health?
Brainstorm at your table

The top five priority areas for action for improving behavioral health outcomes in Lewis and Clark County
Key focus area selection criteria

Data indicates need to focus in this area

There are leaders already working on this area of early childhood

Potential for greater alignment and stronger partnerships

Resources exist to address this focus area and there is an evidence base of effective interventions available to impact outcomes

Health equity and social determinants can be addressed in category