
MONTGOMERY COUNTY

Community Health Improvement Plan

2016-
2020



Public Health
Prevent. Promote. Protect.



MONTGOMERY COUNTY

Wellness Coalition

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ACKNOWLEDGEMENTS

The Montgomery County Wellness Coalition and Montgomery County Health Department sincerely appreciate the following organizations and agencies that participated in prioritizing the health topics areas, contributing to the planning process of the Community Health Improvement Plan, and committing to work to improve health in Montgomery County.

- Crawfordsville Community Schools Corporation*
- Franciscan St. Elizabeth Health-Crawfordsville*
- Nucor Steel*
- Crawfordsville Chamber of Commerce*
- Purdue Extension Montgomery County*
- Montgomery County Council*
- Crawfordsville Police Department*
- Montgomery County Sheriff's Office*
- City of Crawfordsville, Mayor's Office*
- City of Crawfordsville, Parks and Recreation Department*
- Indiana West Advantage*
- Montgomery County Courts*
- Medical Care Trust*
- Youth Service Bureau*
- Montgomery County Health Department*
- IUPUI Fairbanks School of Public Health
- Purdue University
- Wabash College
- Montgomery County Wellness Coalition

**Denotes Advisory Group Member*

A special thanks goes to these content contributors to this Community Health Improvement Plan:



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LETTER TO THE COMMUNITY

Dear Montgomery County Residents,

The 2016-2020 Montgomery County Community Health Improvement Plan (CHIP) is the result of a robust Community Health Assessment process in which data was collected regarding community health issues that are most important to Montgomery County residents.

The CHIP is an action-oriented evolving document to mobilize the community in areas where we can be most influential in, improving the health of all Montgomery County residents, particularly those most vulnerable. It serves as a comprehensive set of strategies for our community, based on the most current information we have regarding the health status of our community. The top three priority areas identified by the community are mental health, substance abuse, and youth health.

Clearly, health is influenced by things such as individual behaviors, age, genetics, and access to quality care. However, social and economic factors such as education, health insurance, employment and income, as well as, living and working conditions all shape the overall health and vitality of our communities.

The plan not only informs the community about the health status of county residents, it also serves as a living document that guides the health department and our community partners, in aligning program development, activities, and resources to collectively improve the community health status over years to come.

The 2016-2020 Montgomery County Community Health Improvement Plan provides a common vision and shared approach for local partners to carry out improvement efforts. More importantly, it is a foundation to stimulate strategic partnerships to create a healthier Montgomery County.

The Montgomery County Health Department appreciates your commitment in the giving of your time, resources, talents, and suggestions in making Montgomery County the best it can be.

Sincerely,



Nancy Sennett
President, Montgomery County Health Board

Our goal is to make Montgomery County a healthier community. We envision a place where everyone has access to health care and preventative services, where we celebrate embracing healthy lifestyles and where our community is strong and vibrant. As partners in the local health system, we recognize we can only achieve this goal through partnerships and positive changes at the individual, family, school, workplace, and community level.

EXECUTIVE SUMMARY

A Community Health Improvement Plan (CHIP) is the result of a collaborative process involving key community partners, agencies, and the community at large. **This plan provides the framework that will be utilized to improve health factors, and health outcomes, for Montgomery County residents.** The purpose of the CHIP is to aid those developing individual and organizational work plans containing activities based on identified strategies, to achieve measurable objectives, to meet overarching goals established in this plan.

In December 2015, the results of the Community Health Assessment (CHA) were incorporated into the 2015 Montgomery County Community Health Profile and made available to the public. This profile helped to inform a Community Advisory group, and community at large, of important health topic areas in Montgomery County. **The Health Department partnered with the Wabash Democracy and Public Discourse initiative and used trained facilitators to take the Community Advisory group through issue**

prioritization session; the top 8 priority areas determined by this group were then taken to a series of public prioritization sessions. The Community Advisory Group and community input sessions produced three top priority areas: Substance Abuse, Mental Health, and Youth Health.

Upon determination of the priority areas the Community Advisory Group met to identify community resources, objectives, and strategies to achieve improvements in the priority areas. Goals, objectives, and strategies were established using consideration from Healthy People 2020 Initiative and the 2011-2016 Indiana State Health Improvement Plan.

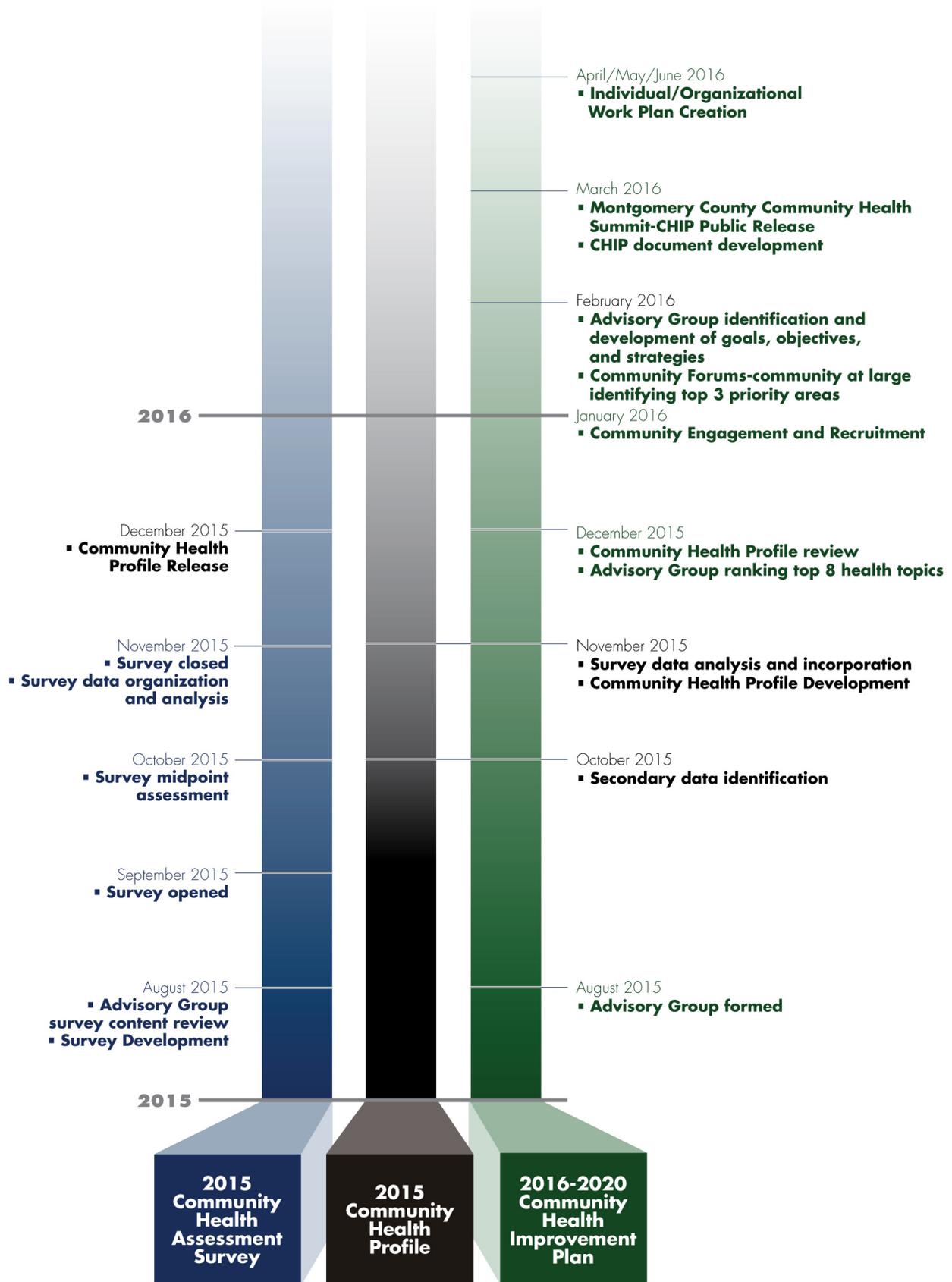
The Community Health Improvement Plan is an evolving document that will be evaluated and updated. The CHIP Action Plan can be adjusted and updated as needed to add, remove, or change current objectives and strategies. Community Partners who are identified and added to assist in the implementation of strategies will be incorporated into the CHIP annual updates.

Improving health in Montgomery County is a collaborative effort and can only be achieved with active participation of the community at all levels. An effective CHIP requires and relies upon the commitment of individuals, families, schools, workplaces, and communities towards common goals. **This CHIP serves as the commencement of the “Montgomery County Committed to Wellness, Wellness begins with ME!” Initiative.**

At this point in time there are no policy changes that have been identified as needed to implement any strategy.

PRIORITY AREAS	Community Health Improvement Goals 2016-2020
Mental Health	Improve mental health in Montgomery County through prevention and education, and by improving access to appropriate, quality mental health services.
Substance Abuse	Reduce substance abuse to improve the health, safety, and quality of life for all.
Youth Health	Improve the development, health, safety, and well-being of youth in Montgomery County.

CHIP PLANNING PROCESS



CHIP PLANNING PROCESS

WHAT IS THE RELATIONSHIP BETWEEN THE CHIP AND OTHER PLANNING EFFORTS?

On Sept. 8, 2015, representatives from the Montgomery County Health Department, City of Crawfordsville and Franciscan St. Elizabeth Health – Crawfordsville kicked off the Community Health Needs Assessment survey process with a joint press conference. After the survey closed, data was organized and then shared with the various stakeholders.

Franciscan St. Elizabeth Health – Crawfordsville – a member of Franciscan Alliance – is also required to complete a Community Health Needs Assessment and develop an Action Plan to address community health needs every three years as part requirements of the Affordable Care Act. The data provided to the hospital will assist hospital leadership, staff and community leaders to develop an action plan for issues of access to healthcare, services, programs and outreach efforts to Montgomery County.

While both the Community Health Improvement Plan and Franciscan St. Elizabeth – Crawfordsville’s Action Plan are not identical, each addresses the CHNA data provided and augment one another. Thus, both the Community Health Improvement Plan (CHIP) and the Franciscan St. Elizabeth – Crawfordsville’s Action Plan serves as a framework and guide for organizations, to develop individual Work Plans or Action Plans. Franciscan St. Elizabeth Health – Crawfordsville’s Action Plan satisfies a Work Plan to address CHIP strategies, but also contains other important improvement efforts identified in the Community Health Needs Assessment.

Franciscan St. Elizabeth Health – Crawfordsville’s action plan is regularly reviewed by hospital leadership and staff, the division board and the corporate board. Franciscan St. Elizabeth Health – Crawfordsville partners with other governmental agencies and bodies, community non-profit organizations, businesses, churches and community leaders in an effort to improve the lives and health of all of the communities in Montgomery County.

NATIONAL STANDARDS

HEALTHY PEOPLE 2020

Healthy People provides national objectives, based on scientific evidence, for improving health for all Americans. For over three decades, Healthy People has established measurable benchmarks and monitored progress in order to:

- Encourage collaborations across communities and sectors.
- Empower individuals toward making informed health decisions.
- Measure the impact of prevention activities.

Healthy People is managed by the Office of Disease Prevention and Health Promotion (ODPHP) within the U.S. Department of Health and Human Services (HHS).

Healthy People 2020 strives to:

- Identify nationwide health improvement priorities;
- Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress;
- Provide measurable objectives and goals that are applicable at the national, state, and local levels;
- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge; and
- Identify critical research, evaluation, and data collection needs.



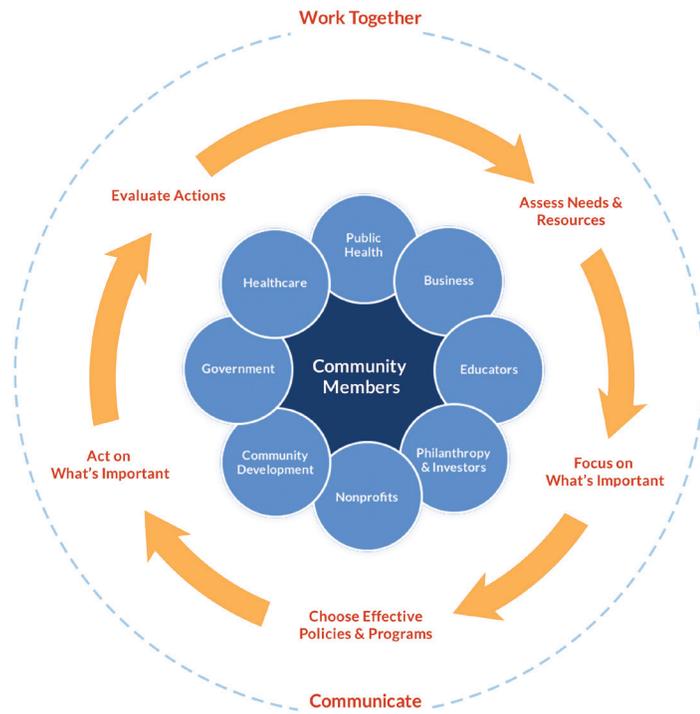
Overarching Goals:

- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.
- Achieve health equity, eliminate disparities, and improve the health of all groups.
- Create social and physical environments that promote good health for all.
- Promote quality of life, healthy development, and healthy behaviors across all life stages.

Source: <http://www.healthypeople.gov/2020/About-Healthy-People>

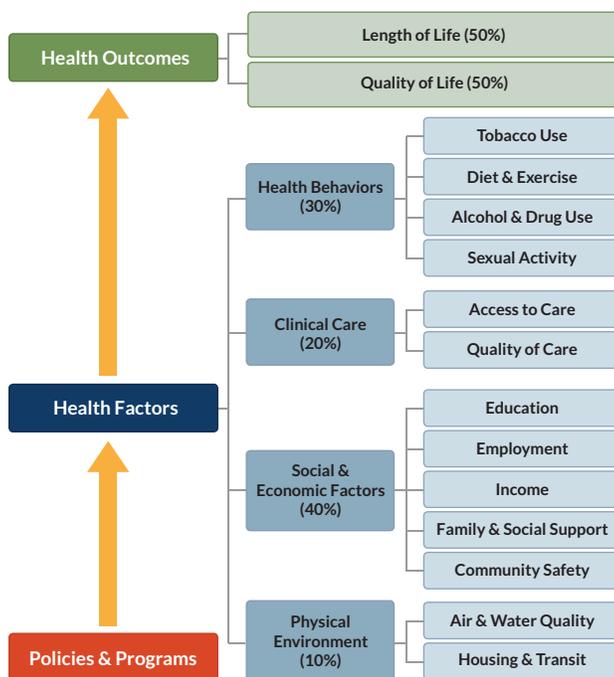
COUNTY HEALTH RANKINGS

County Health Rankings provided by the Robert Wood Johnson Foundation in collaboration with the University of Wisconsin Population Health Institute **uses a model of population health that emphasizes multiple factors which if improved, will increase the health of a community.**



The Action Center

Improvement requires ACTION – this model provides guidance for a community that is ready to take steps in the right direction. It assists in identifying key stakeholders within the community and next steps in creating an ACTION PLAN. The diagram allows communities to start where they are in a planning process and move forward. The model shows that Working Together and Communication are needed throughout the entire process.



County Health Rankings model © 2015 UWPHI

The Approach

The County Health Rankings are calculated based on this model of population health. The model identifies the many factors that impact community health. These factors, if improved, can help make a healthier community in which residents want to live, learn, work, and play. Policies and programs identified to improve the health of the community impact health factors which impact health outcomes.

COUNTY HEALTH RANKINGS

Health rankings are broken down into two main categories:

1. Health Factors
2. Health Outcomes

Health Outcomes (length and quality of life) are impacted by Health Factors such as health behaviors.

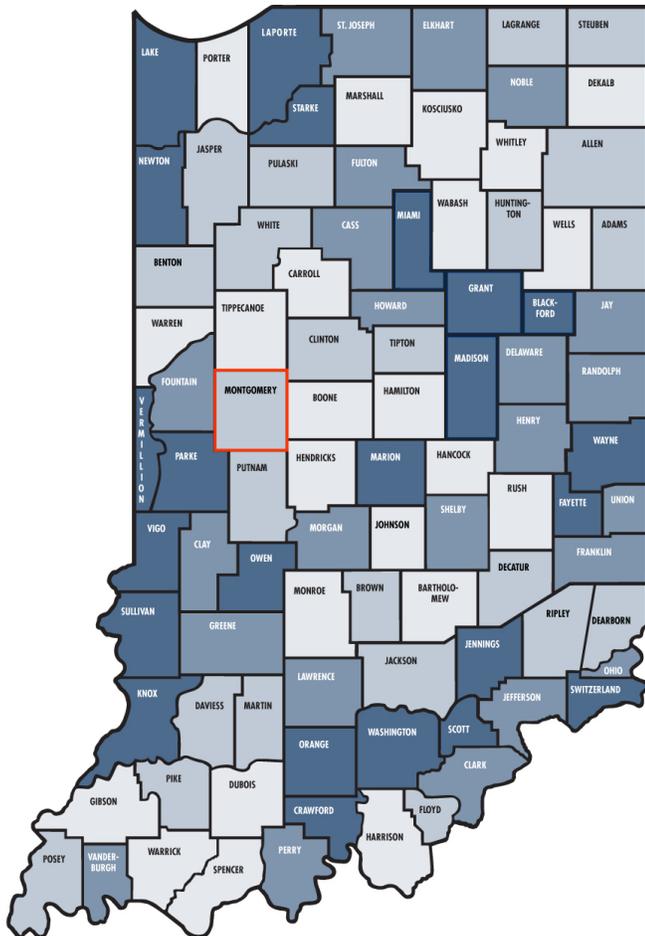
Clinical Care, Social and Economic Factors, as well as Physical Environment also impact these areas, and provide data to support the overall rankings.

Montgomery County Ranks 31st in Health Factors, but only 50th in Health Outcomes.

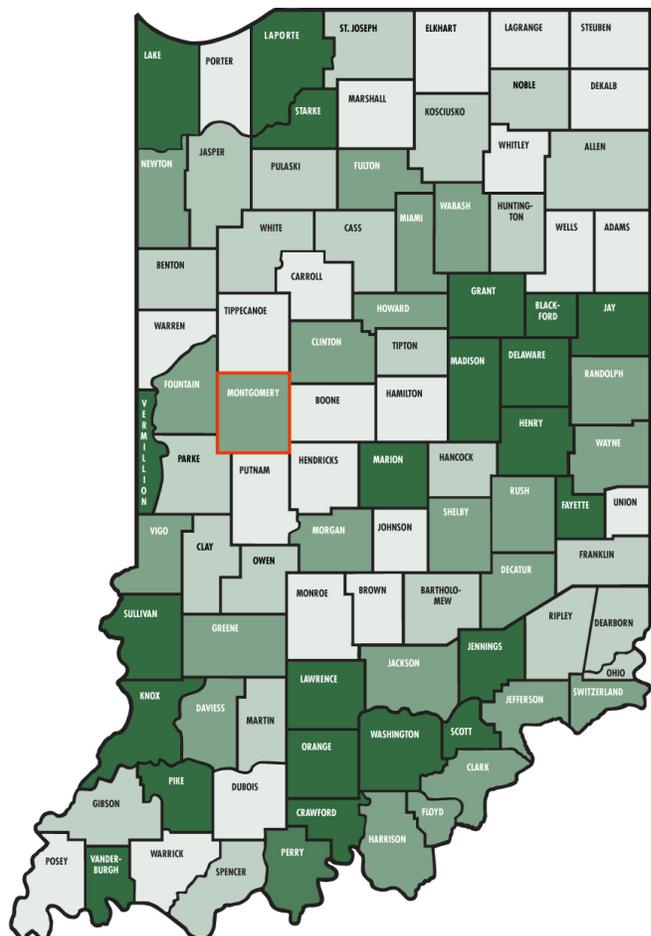
For more information visit:

<http://www.countyhealthrankings.org/app/indiana/2015/rankings/montgomery-county/outcomes/overall/snapshot>

2015 Health Factors — Indiana



2015 Health Outcomes — Indiana



COMMUNITY DESCRIPTION

Montgomery County ranked 31st in Overall Health Factors and 50th for overall Health Outcomes, out of 92 counties in IN, according to County Health Rankings Report, released in March 2015. Montgomery County is a rural county with a population of over 38,000, with over 16% living below the poverty level.



ETHNICITY	
White alone, not Hispanic or Latino, percent, 2013	92.5%
Black or African American alone, percent, 2013	0.4%
Asian alone, percent, 2013	0.6%
Two or More Races, percent, 2013	1.2%
Hispanic or Latino, percent, 2013	4.7%
EDUCATION	
High School graduate or higher, percent of persons age 25+, 2009-2013	87.8%
Bachelor's degree or higher, percent of persons age 25+, 2009-2013	17.8%

Source: <http://quickfacts.census.gov/qfd/states/18/18107.html>

Montgomery County Public Health System



Public Health in Montgomery County is more than just service providers. Montgomery County, as all counties, has a complex public health system consisting of multiple partners, agencies, organizations, and employers.

PRIORITY AREAS

MENTAL HEALTH

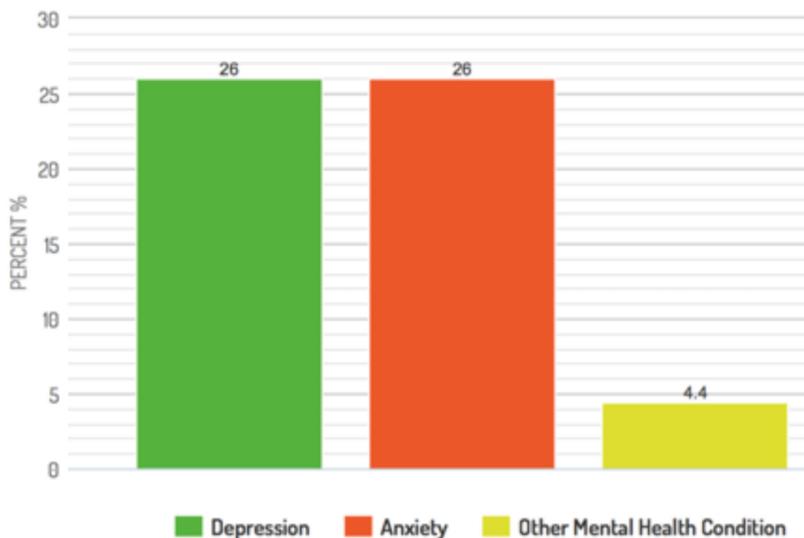
Why is Mental Health important?

According to the Center for Disease Control and Prevention, depression is the most common type of mental illness. It is estimated to affect more than 26% of U.S. Adults, and by 2020 depression will be the second leading cause of disability throughout the entire world.*

Evidence has shown that depressive disorders and other mental disorders strongly correlate to the occurrence and treatment effectiveness of chronic diseases including diabetes, cancer, cardiovascular disease, asthma, and obesity. Mental disorders have also been shown to affect many health risk behaviors like physical inactivity, smoking, excessive drinking, and insufficient sleep.*

Mental Health in Montgomery County

Percent of survey respondents indicated they themselves had never been told by a health professional that they had the following:



2015 CHA survey

How often is stress a problem for you in handling such things as your health? Your finances? Your family or social relationships? Or your work?



2015 CHA survey

*Source: <http://www.cdc.gov/mentalhealth/basics.htm>

PRIORITY AREAS

SUBSTANCE ABUSE

Why is Substance Abuse important?

Excessive Alcohol Use, illicit drug use and abuse continues to rise nationally and the social and financial impacts on society are rising as well. Alcohol and drug use have significant economic costs. Excessive alcohol use costs \$235 billion in lost productivity, health care, and criminal justice expenses each year.*

Tobacco use continues to be a problem for Indiana and the United States. Tobacco use in the form of smoking cigarettes is the leading cause of preventable deaths and disease in the United States, with 480,000 (1 out of every 5) deaths every year attributable to smoking.**

According to National Institute on Drug Abuse: “Abuse of tobacco, alcohol, and illicit drugs is costly to our Nation, exacting more than \$700 billion annually in costs related to crime, lost work productivity and health care.”

	HEALTH CARE	OVERALL
TOBACCO	\$130 billion	\$295 billion
ALCOHOL	\$25 billion	\$224 billion
ILLICIT DRUGS	\$11 billion	\$193 billion

Substance Abuse in Montgomery County

2015 Community Health Assessment Survey:

PERCENT SAID “YES” THESE ARE COMMUNITY PROBLEMS

Issue	Percent %
Abuse of Prescription Pain Medicine	70.6%
Heroin and Meth Use	81.6%

* Source: www.drugabuse.gov/related-topics/trends-statistics

** Source: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/

PRIORITY AREAS

YOUTH HEALTH

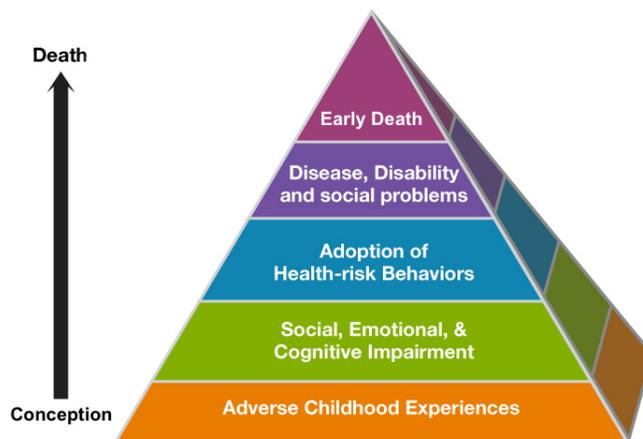
Why is Youth Health important?

According to the Adverse Childhood Experience study, **some of the worst health and social problems experienced by adults in our nation arise as a consequence of adverse childhood experiences.** These experiences can include but are not limited to:

- Emotional, Physical or Sexual Abuse
- Emotional or Physical Neglect
- Exposure to domestic violence
- Household substance abuse
- Household mental illness
- Parental Separation or Divorce
- Household member who is incarcerated

The ACE (adverse childhood experiences) study suggests that the above noted experiences are major risk factors for the leading causes of illness and death as well as poor quality of life. **The greater number of adverse experiences a child has increases the risk for social, emotional and cognitive impairment; adoption of health risk behaviors; disease, disability and social problems; early death.***

According to the World Health Organization, “Neuropsychiatric conditions are the leading cause of disability in young people in all regions. If untreated, these conditions severely influence children’s development, their educational attainments and their potential to live fulfilling and productive lives. Children with mental disorders face major challenges with stigma, isolation and discrimination.”**



Youth Health in Montgomery County

According to the Kids Count in Indiana 2016 Data Book Montgomery County Snapshot:

- 18.5% of children ages 0-17 live in poverty
- 47.2% of public school students receive free and reduced lunches
- 24.6% of children are food insecure
- Teen birth rate is 19.8 per 1,000 females ages 15-17
- Child Abuse rate is 12.2 per 1,000 children under age 18***

* Source: <http://www.cdc.gov/violenceprevention/cestudy/about.html>

** Source: http://www.who.int/mental_health/maternal-child/child_adolescent/en/

***Source: <http://www.iyi.org/index.php/data-library/data-services/county-snapshots/montgomery-county>

ACTION PLAN

MENTAL HEALTH

GOAL:

Improve mental health in Montgomery County through prevention and education, and by improving access to appropriate, quality mental health services.

OBJECTIVES:

1. Conduct a Mental Health Resource Gap Analysis to identify key gaps in services, education, and awareness in Montgomery County by March 2017.
2. Reduce average number of poor mental health days in past 30 days from 4 days to 2.5 days by 2020 (County Health Rankings).

STRATEGIES:

1. Increase awareness and education of mental health conditions in Montgomery County, with the goal of eliminating the negative stigma associated with mental health conditions.
2. Identify and promote free community based trainings to help Montgomery County residents identify, understand, and respond to signs of mental illness and substance abuse.
3. Increase awareness of mental health services accessible to Montgomery County residents.
4. Encourage mental health professional career paths through increasing and supporting education and awareness programs in schools.
5. Conduct quarterly surveys of local mental health agencies regarding waiting lists and current local mental health needs.
6. Support and promote early screening initiatives through local programs and developmental pre-schools.

ACTION PLAN

SUBSTANCE ABUSE

GOAL:

Reduce substance abuse to improve the health, safety, and quality of life for all.

OBJECTIVES:

1. To increase the average age of first time use of alcohol, tobacco, and other drugs from 13.29 to over 15 years of age by 2018 (Youth Use Survey, 2014).
2. To reduce the overall priority score ranking for drug problems in Montgomery County from the top 25% of all counties to the top 50% of all counties by 2020 (Center for Health Policy).
3. Decrease percentage of adults reporting binge or heavy drinking from 16% to 12% by 2020 (County Health Rankings).
4. Decrease percentage of driving deaths with alcohol involvement from 20% to 16% by 2020 (County Health Rankings).
5. Decrease percentage of adult smokers from 23% to 19% by 2020 (County Health Rankings).

STRATEGIES:

1. Identify evidenced based programs, supported through mini-grants and other external funding, to educate about substance abuse in Montgomery County.
2. Identify key business community partners to educate and implement programs for employees to reduce substance abuse and promote overall wellness.
3. Identify and promote free community based trainings to help Montgomery County residents identify, understand, and respond to signs of mental illness and substance abuse.
4. Promote and support educational programs within schools to increase awareness, for both students and parents, regarding substance abuse issues in Montgomery County.
5. Support key community partners in implementing support groups, peer led discussion, and resources for individuals, and their families, after release from treatment or custody.
6. Utilize media, both social platforms and local outlets, to raise community awareness on substance abuse issues and resources available in Montgomery County.
7. Conduct Gap Analysis for all Montgomery County systems to identify key gaps contributing to substance abuse in youth.
8. Identify funding and community partners to support implementation of smoking cessation programs in Montgomery County.

ACTION PLAN

YOUTH HEALTH

GOAL:

Improve the healthy development, health, safety, and well-being of youth in Montgomery County.

OBJECTIVES:

1. Reduce teen birth rates from 19.8 to less than 15 per 1,000 female adolescents ages 15-17 by 2020 (Kids Count Data, 2013).
2. Decrease food insecurity rate from 24.6% to less than 20% of children in Montgomery County (Kids Count Data, 2013).
3. To increase the average age of first time use of alcohol, tobacco, and other drugs from 13.29 to over 15 years of age by 2018 (Youth Use Survey, 2014).
4. Decrease the rate of substantiated cases of child abuse and neglect per 1,000 children younger than age 18 from 12.2 (2014) to 8.2 per 1,000 children by 2018 (Indiana Department of Child Services).

STRATEGIES:

1. Identify, promote, and support implementation of mentoring program for youth.
2. Conduct Gaps Analysis for all Montgomery County school systems to identify key gaps contributing to substance abuse, and mental health conditions in youth.
3. Continue to support, and promote, all entities in after school programs.
4. Continue to support schools in providing safe-learning environments, including supporting and promoting school-based bullying programs.
5. Identify, promote, and support local programs educating youth and families on proper nutrition and exercise awareness.
6. Conduct health access assessment for local youth and families to identify gaps leading to lack of access to healthcare.
7. Identifying, promoting, and supporting expanding prenatal coverage and parenting classes.
8. Support and advocate for health services that include access to contraceptives and sexually transmitted infection testing and treatment.
9. Collaborate in creating and/or expanding local programs to provide food resources during school year breaks and summer break.
10. Identify, promote, and support youth based programs in Montgomery County.
11. Identify, promote, and support local child abuse programs and services.

NEXT STEPS

In the coming months community partners will be collaborating to develop individual and organizational Work Plans. These Work Plans will contain specific activities and timelines which identify “what, how, and when” community partners will address the strategies listed above in the CHIP Action Plan.

The Montgomery County CHIP will serve as the guide for community partners for the next four years. The CHIP is an evolving document and will be updated and revised annually.

The next official revision will be released in March of 2017 with an update on what has transpired over the past year. Revisions will also include new objectives and strategies that have been identified.

At this point in time no needed policy changes have been identified. If at a later date potential policy changes needed to allow for implementation of activities are identified, these will be addressed in updated versions of the CHIP.

The Montgomery County CHIP will serve as the guide for community partners for the next four years. The CHIP is an evolving document and will be updated and revised annually.

The path to balanced health and wellness is different for each individual. This model reminds us that Wellness is a balance of combined health factors that influence health outcomes.



WELLNESS BEGINS WITH ME!

HOW CAN YOU COMMIT TO IMPROVING COMMUNITY HEALTH?

Throughout the development of the Montgomery County Community Health Improvement Plan community leaders have committed to improve health in our community.

However, improving health in Montgomery County begins at the individual and family level. Having a basic understanding of health and wellness goes a long way in improving the quality and length of life for you and your family. Instilling healthy habits in our youth is important for them to develop properly, succeed in school, and contribute to society as adults. Understanding proper nutrition, being active, and having healthy relationships allow for families and communities to prosper.

Let's start simple...

Let's commit to three things you and your family will do to improve health and wellness in your home and community. These can be specific or broad, they can be simple or complex, and they can be easy or challenging. The important thing is to **COMMIT!**



Public Health
Prevent. Promote. Protect.



1. I WILL COMMIT TO: _____

2. I WILL COMMIT TO: _____

3. I WILL COMMIT TO: _____

Let others know that **“Wellness Begins With ME!”**

Use #WellnessBeginsWithME! and #MontCoCommitted2Wellness when posting to social media and you could be shared on the Montgomery County Wellness Coalition Members' Social Media pages.