

## Healthy Bullitt County 2020

### Community Health Improvement Plan: Year Three Report—Fiscal Year 2018 (July 1, 2017 – June 30, 2018)

#### Community Health Assessment (CHA)

Updates to the county health data used in the 2015 Community Health Assessment are now available. New data indicates the Bullitt County population has grown to over 80,000. The good news is some factors such as adult uninsured rate, teen birth rate, and tooth loss are improving. Other improvements are ongoing, including: more women receiving adequate prenatal care, decrease in the number of women smoking while pregnant and a decrease in the percentage of low birth weight deliveries.

The data reviewed also indicates continued challenges. Adult obesity continues to increase. The rate of sexually transmitted diseases has increased from 223.8 in 2017 to 288.1 in 2018. The number of primary care providers is down to 13.1 per 100,000 population from 17.3 in 2015. The leading causes of death in Bullitt County continue to be cancer and heart disease (image 1). The full report of the Bullitt County Indicators is located in the Appendix.

#### Top Five Leading Causes of Death for Residents<sup>†</sup> of Bullitt Co., Kentucky, 2017\*

Leading Cause of Death	Number of Deaths
MALIGNANT NEOPLASMS (CANCER)	151
DISEASES OF HEART	127
CHRONIC LOWER RESPIRATORY DISEASES (EX. COPD)	72
ACCIDENTS (UNINTENTIONAL INJURIES)	61
INTENTIONAL SELF-HARM (SUICIDE)	20

\*Mortality data for year 2017 are preliminary and subject to changes

<sup>†</sup>Resident mortality data includes deaths which have occurred to the residents of a specified geographic area, regardless of the place of occurrence.

**Image 1.** Top five leading causes of death for residents in Bullitt County, Kentucky for 2017. Data from the Cabinet for Health and Family Services, Office of Vital Statistics.

#### Community Health Improvement Plan (CHIP)

##### Year One and Year Two Recap

This is the second iteration of the community health assessment/community health improvement plan (CHA/CHIP) process for Bullitt County using the Mobilizing for Action through Planning and Partnerships (MAPP) model. MAPP is a six-phase, five-year cycle of community assessment and improvement. Year one involved a cross section of community partners coming together to create a vision of what a healthy Bullitt County looks like and plot a road map for the community to use to achieve that vision.

The vision statement created by the group is:

“Our Vision for Bullitt County is a healthy community where all citizens enjoy physical, mental, and spiritual health through collaboration, commitment, and willingness to change for a greater quality of life.”

**Year One Overview**—Once the community partners adopted the vision, work began to evaluate the community as a whole using the four assessments in the MAPP protocol. The four assessments were: The Community Health Status; Community Themes and Strengths; Forces of Change; and Local Public Health System. For more information about the 4 assessments that were completed, please see the 2<sup>nd</sup> Annual Report of the CHA/CHIP on our website.

After completion of the four assessments, community partners gathered to study the results, select the top four issues on which to work then developed the goals and objectives that became the Community Health Improvement Plan (CHIP).

**Year Two Overview**—This year is considered the first year of CHIP implementation. The focus has been on developing the Strategic Issue workgroups, training them on what a coalition is and what it does, then beginning to work on the goals and objectives of each workgroup. This has been accomplished through outreach to our current partnerships within the community, presenting the CHA/CHIP to these groups, soliciting sign-up for the formation of a workgroup for each strategic issue, training them on what is required, and establishing regular monthly meeting dates and times for the workgroups. Each of the four strategic issues (Strengthen Community Resources, Healthy Choices, Access to Healthcare, and Substance Abuse) has been addressed in this year through numerous activities. More detailed information on the activities of each workgroup can be found in the Year Two CHIP report.

**Strategic Issue # 1: Strengthen Community Resources**—The Inter-Agency Council is a partnership among community businesses, agencies and civic groups that meets the fourth Tuesday each month at the Bullitt County Health Department. This group created the Community Resource Guide and updates it on a continuing basis. They work to add resources, introduce the guide to others in the community and encourage others to place their agency or service on the guide through an online process.

**Strategic Issue # 2 Healthy Choices** — This strategic issue is addressed by the Coalition for Recreation, Education & Wellness (CREW). CREW meets the first Thursday of each month at 2:00 P.M. at the Bullitt County Health Department. Their charge is to provide community opportunities and resources designed to facilitate an increase in healthy lifestyle behaviors. Some events sponsored by this coalition included: “*Healthier You...*” tips, a December activity calendar, an Introduction to Zumba course, diabetes education events, weight-loss challenges and worksite wellness programs. Bullitt County Public Schools have been engaged in increasing physical activity among the students and staff with walking challenges, Physical Education challenges, and weight loss challenges. Other healthy behaviors focused on are eating more fruits & veggies each day, reducing screen time to less than two hours a day, drinking non-sugared drinks, and dental check-ups twice a year.

**Strategic Issue # 3 Access to Care** — The cross-sector characteristic of this issue makes it a challenging one. Regulatory agencies, elected officials, Economic Development, transportation, and the health care system are a few stakeholders needed to adequately address this issue. The Bullitt County Providers Coalition has become the lead agency and has evolved to a more community-based focus to increase access to care for all. Each month the group discusses ways to reach the population with healthcare provider information, how to draw providers to the county, and network with other providers.

**Strategic Issue # 4 Substance Abuse**— The Partners in Prevention Coalition (PIP) is the coalition addressing this issue for 25 years. PIP and the Access to Care Workgroup have been working to assess resources in the county through meetings with local law enforcement agencies, local substance abuse provider groups, schools, healthcare providers, and among the community groups with which we have contact.

PIP planned and held a community forum on substance abuse issues. A group of local substance abuse providers were invited to highlight their treatment and therapy services, explain some of the terminology of substance abuse treatment, and when, where, and how to access services. PIP also developed a brochure highlighting substance abuse treatment facilities in the area, what type of treatment they provide, addresses, and contact numbers. They were distributed to all law enforcement agencies in the county, school counselors, judges, the court system, and other community partners.

The PIP coalition worked with the Safe and Drug Free Schools Coordinator to get 100% 24/7 Tobacco Free Campuses for all schools in the Bullitt County Public Schools system and in July 2016 a comprehensive policy making all campuses and school-sanctioned events 100% tobacco free was passed. PIP created and distributed awareness materials for this policy.

Naloxone (Narcan) trainings are being held around the county in response to increased opioid overdose reports. On September 12<sup>th</sup>, 2017 the health department sponsored a training and dispensing event in collaboration with the Kentucky Pharmacists Association and the Kentucky Department for Public Health. We were the 20th county to participate in the KDPH Naloxone program and 67 individuals completed the training and received naloxone kits. BCHD offered hepatitis C and HIV screening tests as well, but zero were performed.

### **Year Three Report**

This is the second year of implementation of the CHIP. The focus has been on continuing the work of each Strategic Issue workgroup. Bullitt County has seen a lot of change in community partners and elected officials, leading to many new ideas.

**Strategic Issue # 1: Strengthen Community Resources**—The Inter-Agency Council continues to be huge a partnership among community businesses, agencies and civic groups. Meetings are held the fourth Tuesday of each month at the Bullitt County Health Department where, on average, 20-25 different agencies attend. Each meeting starts with introductions and sharing of information and ends with one or two agencies having a detailed presentation on services they

provide to the community. Moreover, the group has taken on the additional duties as the Lead Team for the overview of the CHIP implementation in the county. The other three strategic workgroups provide semi-annual CHIP progress reports to the Inter-Agency Council. The final report for fiscal year 2017 was presented at the September 2017 meeting.

The online Community Resource Guide continues to be added to different websites and community partners are sharing this information with their clients. The resource guide is accessed an average of 10-20 times per day. The health education team reviewed the information in the resource guide in December 2017 and updated the information as much as possible.

**Strategic Issue #2: Healthy Choices** –The Healthy Choices workgroup has been very busy this year. The Bullitt County Health Department partnered with the Bullitt County C.R.E.W. (Coalition for Recreation, Education, and Wellness) to increase opportunities for physical activity in the community. The group has representatives from the Bullitt County Health Department, University of Louisville, YMCA, WellCare Health Plans, Aetna, Anthem, OVEC Head Start, Bullitt County Public Schools and interested community members.

A survey on physical activity was selected as a project for C.R.E.W. The survey would be kept brief so as to maximize interest and be available online through SurveyMonkey. C.R.E.W. used \$20 Walmart gift cards as incentives for those that fully completed the survey, and prize drawings would be staggered monthly from March through June. The questions asked community members if they felt they were getting enough physical activity, and if not, what reasons contributed to this. Sample reasons were provided with the option to write in their own. The survey began on January 28<sup>th</sup> to coincide with the Bullitt County Health Fair at the Paroquet Springs Conference Centre and ended on June 30<sup>th</sup>.

At the June 2018 C.R.E.W. meeting, it was decided to leave the survey open one additional month due to low male participation. A meeting was set up with the Bullitt County YMCA to target more males, resulting in an extra 83 surveys being completed. At the end of July 2018, the survey was closed and results were reviewed and presented at the August 2018 C.R.E.W. meeting. There were 567 surveys collected, and respondents were 18% male and 82% female. The survey collected zip code of residence to determine if respondents were a resident of Bullitt County, or if they were active in Bullitt County for work or recreation. The results showed 86% of respondents lived in Bullitt County, whereas 14% lived outside of the county.

The survey revealed the following as the top three barriers to physical activity:

1. Too busy to exercise,
2. No motivation to exercise, and
3. I already exercise as much as I like.

The group felt that based on these results, a health promotion campaign could help people see that exercise can be both enjoyable and time efficient. The campaign would be set for spring 2019. C.R.E.W. also thought many people may not realize how much physical activity is recommended for sustaining good health, so an educational component would be beneficial as well.

Other events that the Healthy Choices workgroup has worked on are yearly events: Family Fest and Holiday Challenge. Both events were in 2017 and continue to be a growing event in Bullitt County. The Family Fest was in September at Little Flock Baptist Church, with 210 people in attendance. Family Fest is a **FREE** event that promotes the importance of the family being physically, mentally, socially, and emotionally fit. Increasing your physical activity can improve health, lower stress, and even improve social relations for all ages. Spending time together with our families also plays a role in our overall health. Maintain Don't Gain Holiday Challenge was in November, and 48 people participated. Four \$100 prizes were drawn and given to participants. These events are to encourage everyone that physical activity can be fun and can look different for each person.

**Strategic Issue #3: Access to Care** – Bullitt County Health Department has been partnering with Bullitt County Public Schools and local government agencies that have the Kentucky Employee Health Plan to do Go 365 biometric screenings. The biometric health screening is defined as “the measurement of physical characteristics such as height, weight, body mass index, blood pressure, blood cholesterol (HDL & LDL), blood glucose and triglycerides”, and this is used as part of a workplace health assessment to benchmark and evaluate changes in employee health status over time. BCHD advises clients to follow up with their primary care physician or help them find a primary care physician, if needed. In 2018, BCHD completed 508 biometrics screenings.

BCHD still currently sits on the Bullitt County Providers Coalition. The progress is about the same as last year's update as the coalition has seen a lot of turnover and is only meeting quarterly now. The most up-to-date idea this coalition is coming up with a list of providers in the county and getting them on the on-line resource guide for community members can locate what options they have in Bullitt County.

In November 2017, the Kentucky Department for Public Health (KDPH) identified an outbreak of hepatitis A virus (HAV). Similar to HAV outbreaks in other states, the primary risk factors are illicit drug use and homelessness. Bullitt County's first confirmed case was diagnosed in November 2017; the last previously confirmed case was in 2012.

In December 2017, health education staff and our epidemiologist provided a handwashing and HAV education program to clients with Room in the Inn. Over the course of the next several months, we provided education to the public through our newsletter, social media and in-person outreach with family court system and the community. Educational materials on HAV and vaccination were professionally printed and distributed to community partners, including substance abuse treatment facilities so this information could be shared with clients. Information on where you can get the vaccine and primary care information for Bullitt County was also provided to the community.

The BCHD director is serving on several advisory boards that address social determinants of health and health equity. One example is the Bullitt County Metro United Way advisory board. This board helps direct grant funds for programs that impact social determinants of health. The director presented the CHA/CHIP with the board and shared how the strategic issues of the CHIP

can direct the areas of need and determine priority programs for funding. Programs address areas of early childhood development, basic needs, emergency assistance, and youth success.

During 2018 the BCHD continued active involvement in the Housing First initiative. The BCHD director is a charter member of the Bullitt County Housing First Board. The mission of this organization is to end homelessness in Bullitt County by providing immediate shelter to women and women with children while coordinating resources and transitioning housing services through community and business partnerships. The initiative is still in startup mode but the organization has secured 501(c)3 status and the Kentucky Articles of Incorporation for a non-profit entity. An executive director has been hired and a building has been leased and will be undergoing renovations with a goal of opening in Summer 2019.

Through BCHD's involvement, data is being shared with community leaders and agencies to shed a light on homelessness in the county; access to care is being addressed through BCHD services including HANDS, WIC, and Hepatitis A awareness; as well as, referrals for resources.

**Strategic Issue #4: Substance Abuse** –Bullitt County Partners in Prevention (PIP) is continuing to work for a Drug-Free community. This coalition continues to apply for the DFC Drug-Free Communities (DFC) grant and are waiting for awards letter in October 2018. In this past year, PIP has completed several activities in Bullitt County. VIP poster campaign and calendars were completed; these are students within the community who commit to a drug-free life. A red ribbon event within the schools was completed in October 2017. This is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October in the United States.

Smoke-Free policy education cards were distributed to promote smoke-free campus within our school system during football and basketball games. Early Intervention programs at all three high schools were provided by CenterStone. Other programs completed were Hidden in Plain Sight, Kick Butts Day sucker messages, and generation RX in high schools.

## Appendix

<b>Bullitt County Indicators</b>	<b>Year 3 (2018)</b>	<b>Year 2 (2017)</b>	<b>Baseline (2015)</b>	<b>Change (baseline- 2018)</b>	<b>Data Source</b>
<b>Social Factors</b>					
Population	80,246	79,151	77,955	+2,291	US Census Bureau (2017)
White (%)	96.2%	96.5%	96.7%	-0.5%	US Census Bureau (2017)
African American (%)	1.2%	1.2%	1.1%	+0.1%	US Census Bureau (2017)
Hispanic (%)	2.0%	1.9%	1.7%	+0.3%	US Census Bureau (2017)
High school graduation rate (% of persons age 25+)	86.7%	86.3%	85.0%	+1.7%	US Census Bureau (2012-2016)
Bachelor's degree or higher (% of persons aged 25+)	14.2%	14.3%	12.7%	+1.5%	US Census Bureau (2012-2016)
Unemployed (% of persons 16+)	4.2%	4.1%	7.8%	-3.6%	Local Area Unemployment Statistics (2017)
Persons below the poverty level (%)	10.4%	9.6%	10.2%	+0.2%	US Census Bureau (2017)
Children living below the poverty level (% under 18)	--*	14.5%	15.4%	--*	Small Area Income and Poverty Estimates (2015)
Self-rated health status (% of adults reporting fair or poor health)	17.0%	16.0%	21.0%	-4.0%	BRFSS (2016)
Children in single parent households (%)	31.0%	33.0%	33.0%	-2.0%	American Community Survey (2011-2015)
Median household income	\$58,702	\$54,755	\$57,462	+\$1,240	Small Area Income and Poverty Estimates (2016)
<b>Physical Factors</b>					
# of recreational facilities (per 100,000)	17.7	20.2	8.0	+9.7	County Business Patterns (2016)
Air pollution – particulate matter days	--*	10.7	13.5	--*	Kentucky Environmental Public Health Tracking Network (2012)
<b>Behavioral Factors</b>					
Prevalence of adult smoking (% age-adjusted)	20.0%	20.0%	27.3%	-7.3%	BRFSS (2016)
Prevalence of youth smoking (% of high school students)	--*	--*	31.0%	--*	Kentucky Health Facts (2007)
Adult prevalence of obesity (% age-adjusted)	36.0%	33.0%	30.3%	+5.7%	BRFSS (2014)
Sexually transmitted infections (Chlamydia rate per 100,000)	288.1	223.8	229.3	+58.8	National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention (2016)
Binge drinking (% adults, age-adjusted)	17.0%	17.0%	10.3%	+6.7%	BRFSS (2016)
No exercise	30.0%	29.0%	31.8%	-1.8%	BRFSS (2015)

(% adults, age-adjusted)					
Recommended fruit and vegetable intake (% adults)	10.0%	11.0%	11.0%	-1.0%	Kentucky Health Facts (2013-2015)
Flu vaccination in the past year (% adults)	31.0%	34.0%	36.0%	-5.0%	Kentucky Health Facts (2014-2016)
Tooth loss (% adults missing 6 or more teeth)	17.0%	19.0%	19.0%	-2.0%	Kentucky Health Facts (2014-2016)
<b>Access to Care</b>					
Primary care providers (per 100,000)	13.1	13.2	17.3	-4.2	Area Health Resource File (2015)
Immunization coverage for ages 19-35mo (%)	--*	--*	86.0%	--*	Kentucky Health Facts (2007)
Uninsured adults (% under 65 years)	6.0%	8.0%	13.7%	-7.7%	Small Area Health Insurance Estimates (2015)
Uninsured children (% under 19 years)	4.0%	4.0%	5.8%	-1.8%	Small Area Health Insurance Estimates (2015)
Mentally unhealthy days per month (adults, per person, age-adjusted)	4.1	3.9	4.9	-0.8	BRFSS (2016)
<b>Maternal and Child Health</b>					
Teen birth rate (ages 15-19, rate per 1,000)	28.0	30.0	30.0	-2.0	National Center for Health Statistics – Natality Files (2010-2016)
Pregnant women receiving adequate prenatal care (%)	76.0%	77.0%	66.0%	+10.0%	Kentucky Health Facts (2012-2016)
Number of child victims of substantiated abuse	303	266	168	+135	KIDS Count Data Center (2016)
Low birth weight deliveries (%)	7.0%	7.6%	8.1%	-1.1%	KIDS Count Data Center (2013-2015)
Moms who smoked during pregnancy (%)	17.0%	18.4%	17.9%	-0.9%	KIDS Count Data Center (2014-2016)
Early childhood obesity (ages 2-4, %)	--*	11.9%	14.4%	--*	Pediatric Nutrition Surveillance Program (2010)
<b>Diabetes Indicators</b>					
Diabetes screenings (% of Medicare enrollees that are screened)	--*	85.0%	86.8%	--*	Dartmouth Atlas of Health Care (2014)
% of adult population with diabetes (age-adjusted)	--*	13.2%	9.1%	--*	CDC Diabetes Interactive Atlas (2013)
<b>Cancers</b>					
Cancer deaths (rate per 100,000, age-adjusted)	178.5	170.1	162.9	+15.6	Kentucky Cancer Registry (2015)
Lung, trachea, and bronchus cancer deaths (rate per 100,000, age-adjusted)	70.1	61.7	54.6	+15.5	Kentucky Cancer Registry (2015)



Colorectal cancer deaths (rate per 100,000, age- adjusted)	14.6	18.1	14.4	+0.2	Kentucky Cancer Registry (2015)
Breast cancer deaths (rate per 100,000, age- adjusted)	17.4	11.6	17.5	-0.1	Kentucky Cancer Registry (2015)
Prostate cancer deaths (rate per 100,000, age- adjusted)	--*	13.2	13.6	--*	Kentucky Cancer Registry (2011-2014)
<b>Respiratory Illness</b>					
Adults with asthma (%)	24.0%	21.0%	15.0%	+9.0%	Kentucky Health Facts (2014-2016)
Number of inpatient hospitalizations due to asthma (0-17 yrs.)	31	78	97	-66	Kentucky Environmental Public Health Tracking Network (2014-2016)