

Putnam County Community Health Improvement Plan

2015

CHIP One-Year Evaluation Report

Draft, revised June 2, 2016



Public Health
Prevent. Promote. Protect.

This CHIP One-Year Evaluation 2015 report is a “living document.” It is intended to record community-wide efforts related to the progress and plans for the Putnam County CHIP (Community Health Improvement Plan).

All partners are encourage to contribute updates, revisions and corrections to:

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Putnam County's Community Health Improvement Plan (CHIP) focuses on two overarching priorities:

- ▶ prevent chronic diseases
- ▶ promote mental health and reduce substance abuse*

Chronic disease prevention

- 1** Expand role of public and private employers in obesity prevention.
- 2** Prevent childhood obesity by partnering with childcare centers and schools.
- 3** Increase access to evidence-based Chronic Disease Self-Management Programs (CDSMP).
- 4** Prevent initiation of tobacco use in New York youth and young adults.
- 5** Promote smoking cessation, especially in low SES populations and those with poor mental health.

Mental health improvement and Prevent substance abuse

- 6** Promote mental, emotional and behavioral health (MEB).
- 7** Prevent suicides among youth and adults.
- 8** Prevent substance abuse.

Chronic diseases—such as obesity, heart disease, stroke, cancer, diabetes, asthma and arthritis—are among the most common and costly health issues in the United States. Putnam's adult obesity rates remain high at 21.7 percent, while the percentage of children and adolescents categorized as obese has improved from 17.2 percent to 16 percent. Additionally the percentage of adults who smoke saw no improvement with 13.9%.

Mental health conditions are also prevalent in Putnam County. Every year, more than 1 in 5 New Yorkers have symptoms of a mental disorder and one in ten adults and children experience problems serious enough to affect functioning in work, family and school life. In Putnam County the numbers are similar and may be rising. Putnam residents have reported 3.1 poor mental health days in the previous month—up from 2.2 days in previous surveys. Suicidal behavior is another concern. It takes a significant toll on families and the community, and may result in loss of life. Populations with high rates of suicide remain youth, veterans and seniors.

In recent years, the opioid epidemic has also reached Putnam County and after years of growing concern, community partners formally instituted substance abuse prevention into the CHIP at the Public Health Summit V in the fall of the 2015. With this formal incorporation, Putnam's top two priorities now exactly mirror those crafted by the New York State Department of Health (NYSDOH) Prevention Agenda 2013-2017.

All data reported is from the NYS Expanded Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS is a national health telephone survey.

* prevent substance abuse formally incorporated in fall 2015.



Community Partners

Advanced Chiropractic Wellness Care

Akzo Nobel

Brewster Central School District

Camp Wilbur Herrlich

Carmel Central School District

Center for a Tobacco-Free Hudson Valley

Center for Regional Healthcare Innovation

Child Advocacy Center of Putnam County

Child Care Council of Dutchess and Putnam

Communities That Care Coalition of Putnam

Cornell Cooperative Extension

Dunmore Corporation

Economic Development Corporation

Garrison Union Free School District

Green Chimneys

Haldane Central School District

Mahopac Central School District

Mental Health Association in Putnam County

Mental Health Providers Group

National Association of Mental Illness, Putnam County

National Council on Alcoholism and Other Drug Dependencies, Putnam

New York State Health Foundation

Putnam County Office for Senior Resources

Open Door Family Medical Center—Brewster

POW'R Against Tobacco

Putnam County Chamber of Commerce

Putnam County Department of Health

Putnam County Department of Social Services and Mental Health

Putnam County Sheriff's Department

Putnam County Youth Bureau

Putnam Family and Community Services

Putnam Hospital Center

Putnam Independent Living Services

Putnam Valley Central School District

Reality Check

Search For Change

Suicide Prevention Task Force

Unilock

Veterans Task Force

Visiting Nurse Association of Hudson Valley

Visiting Nurse Services of Westchester and Putnam

GOAL 1

Expand role of public and private employers in obesity prevention.



Monitoring progress

- ▶ Four quarterly wellness display boards were developed, produced and disseminated to three worksites.
- ▶ Two wellness partner worksites hosted blood pressure screenings, with a total of 38 employees participating.
- ▶ Two wellness partner worksites hosted flu immunization clinics, with a total of 33 employees participating.
- ▶ Two wellness partner worksites hosted educational lunchtime presentations on prediabetes. Risk factors for the condition, the lifestyle changes that can prevent or reverse the disease and testing recommendations were among the information discussed.
- ▶ Discussions started with two non-profit organizations about launching or enhancing on-site worksite wellness programs.

2016 NEXT STEPS

- ▶ Meet with new non-profit businesses to discuss their wellness priorities.
- ▶ Invite worksite wellness partners to attend PC Employee Wellness lunchtime presentations and activities for possible additions to their own programs.
- ▶ Establish web page for worksite wellness resources.

GOAL 2

Prevent childhood obesity, by collaborating with child care centers and schools.



Monitoring progress

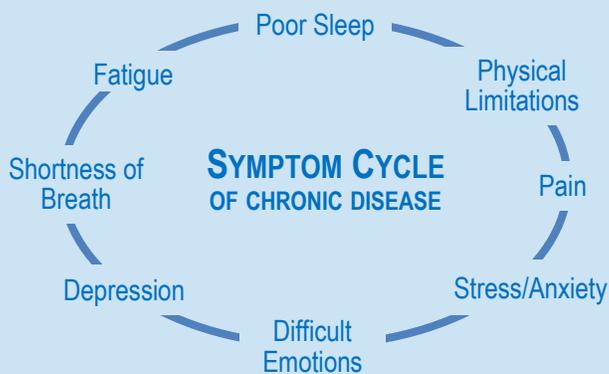
- ▶ Twenty childcare centers implemented vegetable gardening curricula developed by Cornell Cooperative Extension of Putnam in collaboration with the Child Care Council of Dutchess and Putnam.
- ▶ Thirty teachers attended a “Demonstration Day” held at Austin Road Elementary School that introduced the toolkit which incorporates physical activity in the classroom. Twenty three teachers expressed interest in utilizing the toolkit.
- ▶ Three libraries hosted “Pizza Power” and “Smoothie Goodness,” programs developed and presented by Cornell Cooperative Extension and the PCDOH to interest youth in eating “a rainbow” of new fruits and vegetables.
- ▶ Two after-school programs, demonstrating how to grow pumpkins and prepare pumpkin dishes, were created and presented by Cornell Cooperative Extension and the PCDOH.
- ▶ Eight hands-on vegetable gardening programs and three food preservation courses for adults were presented by Cornell Cooperative Extension to help families provide a healthy diet and lifestyle.

2016 NEXT STEPS

- ▶ Provide physical activity toolkit to interested teachers.
- ▶ Develop and implement survey for teachers to evaluate toolkit.

GOAL 3

Increase Access to Evidence-Based Chronic Disease Self-Management Programs.



Monitoring progress

- ▶ Four successful CDSMP workshops were held in 2015. Three took place at a Putnam County Senior Center and one was conducted at Patterson Library. Forty-three individuals registered for the programs; a total of 28 participants completed the program.
- ▶ Half-day training was provided by a consultant for the APP Learning Collaborative Technical Support to improve the Putnam County Evidence-Based Partnership collaborative process, define values of the collaborative and clarify partner roles.
- ▶ New CDSMP marketing materials were developed and disseminated in 2015.
- ▶ Program infrastructure was enhanced as the Putnam County Department of Health and Office for Senior Resources signed an official Memorandum of Understanding (MOU) with the Quality & Technical Assistance Center of NY (QTAC-NY), which provides technical consultation, and data collection and analysis to support the delivery of evidence-based self-management programs that improve health.
- ▶ Three additional organizational partners in the Putnam County Evidence-Based Partnership—Putnam Hospital Center, Visiting Nurse Association of Hudson Valley and Open Door Brewster—all report under this MOU.

2016 NEXT STEPS

- ▶ Strategize to enhance marketing of the program, including physicians.
- ▶ Train a Putnam County Master Trainer to be able to offer a yearly refresher class to facilitators as needed.

Monitoring progress

- ▶ Revision of the public health code to include “e-cigarettes” in Putnam County’s Clean Indoor Air Act, passed unanimously on May 5. Included educating legislators and generating media campaigns to the general public regarding the harms of electronic cigarettes.
- ▶ 2015 POW’R survey results for Putnam:
 - Smoking rate increased to 16%, from 11% in 2013 (NYS=20%, 2015)
 - 10% smoke daily (8% in 2013)
 - 6% smoke only some days (3% in 2013)
 - 77% of residents think pharmacies should not sell tobacco products
 - 62% favor public health policies banning tobacco sales in pharmacies
 - 77% of residents think stores in near schools should not sell tobacco products
 - 68% favor public health policies that ban tobacco sales in stores near schools
- ▶ Independent pharmacy Community Pharmacy in Brewster voluntarily opted to stop selling tobacco products, after CVS announced it would stop selling tobacco products.
- ▶ Exposure to second-hand smoke reduced further with Tobacco-Free Parks, Tobacco-Free Housing and Tobacco-Free Grounds at worksites, municipal buildings and other organizations. Five out of six Putnam County towns have banned tobacco use in their parks, and Putnam County Housing has instituted a ban on the use of tobacco products on their properties, both indoors and outdoors.
- ▶ Continued success with Smoke-Free media efforts, with many local radio stations instituting a policy to run electronic cigarette advertising only in time slots allotted for alcoholic beverage advertising (when youth are less likely to be listening).

GOAL 4

Prevent initiation of tobacco use in New York youth and young adults.



2016 NEXT STEPS

- ▶ Pursue legislation requiring apartment complexes with 4 or more dwellings to disclose smoking policies to current and future tenants.
- ▶ Pursue passage of Tobacco 21, legislation to raise the age at which individuals can buy tobacco products from 18 to 21.
- ▶ Pursue passage of legislation requiring tobacco retailers to obtain a county license to sell tobacco.

Monitoring progress

- ▶ Incorporation of smoking questions and cessation referrals into the electronic medical record (EMR) completed at Putnam Hospital Center, after final approval from HealthQuest.
- ▶ Electronic smoking “Quitline” launched at Putnam Hospital Center in May, facilitating electronic referrals from EMR to quitline. Open Door Brewster has similar electronic referral in place as well.
- ▶ A total of 101 referrals to the NYS Smokers’ Quitline came from Agarwal Radiation Oncology Center (Carmel), Brewster Open Door, and Putnam Hospital Center during the year 2015, representing a significant increase over the previous year of 9 faxed referrals, before the EMR established at PHC.
- ▶ Staff from PCDOH, Search for Change and Putnam Family & Community Services participated in an eight-hour facilitator training to implement “Freedom From Smoking” curriculum.
- ▶ Provided education to health care providers on the importance of smoking cessation counseling and the use of the “5As.”

GOAL 5

Promote smoking cessation, especially in low SES populations and those with poor mental health.



2016 NEXT STEPS

- ▶ Continue to increase referrals to NYS Quitline.
- ▶ Provide smoking cessation support groups in Putnam County.
- ▶ Strengthen relationships with Mental Health Association and Putnam Family and Community Services to provide cessation support for their customers.
- ▶ Work with Visiting Nurse Services of Westchester and Putnam to institute their use of the electronic Quitline.

GOAL 7

Prevent suicides among youth and adults.

2016 NEXT STEPS

- ▶ Implement SafeTALK questionnaire to evaluate effectiveness of program.
- ▶ Hold multiple SafeTALK and ASIST suicide first-aid trainings in fall.
- ▶ Implement CALM (counseling on access to lethal means) training for first responders and community
- ▶ Train and develop Postvention Team for Putnam with Suicide Prevention Coalition of New York.

Monitoring progress

- ▶ Partnering with Westchester BOCES and the Suicide Prevention Coalition of NY on the “Creating Suicide Safety in the Lower Hudson Valley Region” initiative to develop and implement a coordinated system of protocols for prevention, intervention and postvention.
- ▶ Increased educational opportunities for residents, school children and administrators, and health care providers about suicide prevention, including:
 - **SafeTALK**, a three-hour basic mental health first aid training—*4 trainings*
 - “Train-the-trainer” sessions for **SafeTALK** facilitators —*5 Putnam participants*
 - **Lifelines** school-based curriculum, a comprehensive suicide awareness and responsiveness program for teens and parents that includes prevention, intervention and postvention—*5 of 6 Putnam-based school districts and neighboring partner community of North Salem*
 - **Project CONNECT**, community partner postvention trainings—*Received grant for trainings to develop postvention team*
- ▶ Developed post-test questionnaire to evaluate the effectiveness of **SafeTALK** to be launched in 2016.
- ▶ Hosted **Means Matter** forum for residents and providers with Catherine Barber, MPA, Director of the Means Matter Campaign at the Harvard School of Public Health’s Injury Control Research Center, aimed at reducing access to lethal means of suicide.
- ▶ Began work to incorporate **Columbia Suicide Severity Scale** screening into electronic medical record at Putnam Hospital Center.



Monitoring progress

- ▶ The Partnership for Success (PFS) Grant survey, focusing on the use of prescription drugs, pain relievers and heroin, was completed by more than 2100 student grades 8 to 12.
- ▶ Anonymous PFS grant online survey of young adults, ages 18 to 25, developed and disseminated in Putnam County on prescription drug and heroin abuse. Goal of collecting over 300 responses was reached.
- ▶ The Prevention Needs Assessment is in its eighth year of data collection, and is completed by all six Putnam County school districts (alternating three one year, the other three in the following year). The data identifies substance abuse trends, and risk and protective factors related to Putnam County youth.
- ▶ Second Annual Substance Abuse Prevention Conference was held at Putnam Hospital Center featuring Andrew Kolodny, MD, and Ziva D. Cooper, Ph.D. Nearly 100 community partners were in attendance.
- ▶ Unused prescription medicines continued to be collected through two yearly Medication Take Back Days and local MedReturn boxes at the Kent Police Department, the Carmel Police Department and the Putnam Sheriff's Office.
- ▶ Planning for the "Family Meals" initiative got underway to promote family mealtime, which is associated with reducing substance abuse, improving mental health and school success.
- ▶ Monthly Narcan Trainings for the community are sponsored by Arms Acres/Conifer Park, Drug Crisis in Our Backyard and the Putnam Communities That Care Coalition.
- ▶ Simulated Impaired Driving Program and Pre-Prom Programs are held in five Putnam school districts by the Department of Social Services/Mental Health/Youth Bureau and Putnam Communities That Care Coalition.

GOAL 8

Prevent substance abuse.*

** prevent substance abuse formally incorporated in fall 2015.*

2016 NEXT STEPS

- ▶ Develop county-wide goals and objectives to prevent substance abuse.
- ▶ Identify coalition partners to support substance abuse prevention.
- ▶ Use PFS survey data to develop media campaign targeting PC youth.



prioritize

strategize

evaluate

discuss

identify

RECAP:

PUTNAM COUNTY
PUBLIC HEALTH SUMMIT V

October 20, 2015

Putnam Hospital Center

85 public health partners

43 community agencies

Presentations and Discussions:

Community Health Assessment

Data Presentation

Erin Ray Pascaretti

Epidemiologist

PCDOH

Community Health Improvement Plan

Status Report

Kris Boyle

Health Educator

PCDOH

Community Service Plan

Status Report

Luanne Convery

VP Patient Care and MH director

PHC

Mental Health and Substance Abuse Priority:

Opioid Overdoes Epidemic Presentation

Kristin McDonnell, Executive Director, NCADD, Putnam;

Doreen Lockwood, Project Coordinator,

Partnership for Success, NCADD

Forces of Change Assessment Exercise

Barbara Ilardi

Supervising Public Health Educator

Breakout session

Chronic disease prevention

Breakout session

Mental health promotion and

Substance abuse prevention

