



# **Putnam County Community Health Improvement Plan**

One-Year Evaluation Report, 2014

Revised April 22, 2015



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

- ▶ prevent chronic diseases
- ▶ promote mental health

## Chronic disease prevention goals

- 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 goals

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

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.

According to the County Health Rankings, **29% of adults and 17.2% of children in Putnam County are obese.**

Additionally, 23% of residents are physically inactive, 11% smoke, and excessive drinking is indicated in 22% of the population. All these factors contribute to the burden of chronic disease.

Mental health conditions also appear 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. Mental health conditions, such as depression and anxiety, also affect an individual's ability to engage in health promoting behaviors, which can lead to chronic diseases. Issues with physical health, in turn can have a negative impact on mental health, decreasing one's ability to participate in treatment and recovery. Suicidal behavior may result in loss of life and takes a significant toll on families and the community. **Populations with high rates of suicide include youth, veterans and seniors.**

## GOAL 1

Expand role of public and private employers in obesity prevention.



### 2015 NEXT STEPS...

- ▶ Engage micro-businesses in wellness programming.
- ▶ Establish web page for worksite wellness resources.

## *Monitoring progress*

### Partners:

- ▶ ECONOMIC DEVELOPMENT CORPORATION
- ▶ NEW YORK STATE HEALTH FOUNDATION
- ▶ PUTNAM COUNTY CHAMBER OF COMMERCE
- ▶ PUTNAM COUNTY DEPARTMENT OF HEALTH (PCDOH)

- ✓ **Raised \$10,000 and received an additional \$10,000 in matching funds for worksite wellness through the New York State Health Foundation grant.**
- ✓ Developed brochure listing available components of the worksite wellness program.
- ✓ Created and launched promotional campaign to promote value of worksite wellness (media release, marketing brochure, email marketing).
- ✓ **Identified three medium-sized businesses and on-site wellness coordinators for pilot program to work with PCDOH staff.**
- ✓ Met with on-site wellness coordinators to assess their organizational needs. Provided tailored recommendations:
  - Developed, produced and disseminated four quarterly wellness displays at worksites.
  - Provided in-house PCDOH experts as speakers for seven “Lunch & Learn” events.
  - Conducted employee flu vaccination clinics at two worksites.
  - Developed and disseminated a variety of health and wellness related information to businesses (Healthy Meeting Guidelines, newly launched Putnam County Eat Smart Restaurant Week and the American Cancer Society’s Healthy Living Newsletter).
  - Facilitated arrangements with reputable, local wellness experts (yoga instructor, registered dietitian nutritionist) for businesses to contract directly.
- ✓ Established database of participating worksite wellness sites for tracking programmatic components and purposes of evaluation.

## GOAL 2

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



### 2015 NEXT STEPS...

- ▶ Deliver training programs to eleven new child care providers.
- ▶ Roll out toolkit program to youth in school and after-school programs.

## Monitoring progress

### Partners:

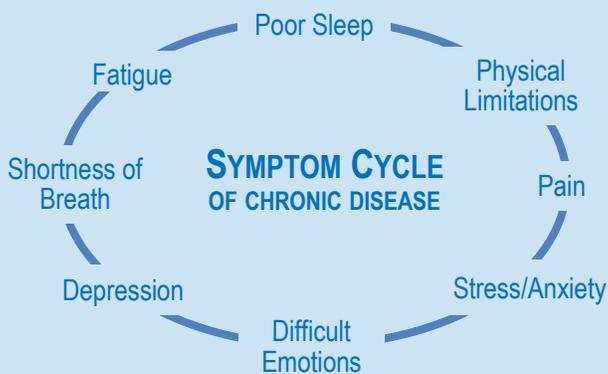
- ▶ CARMEL CENTRAL SCHOOL DISTRICT (CCSD)
- ▶ CHILD CARE COUNCIL OF DUTCHESS AND PUTNAM (CCCDP)
- ▶ CORNELL COOPERATIVE EXTENSION (CCE)
- ▶ MAHOPAC CENTRAL SCHOOL DISTRICT (MCSD)
- ▶ PUTNAM COUNTY DEPARTMENT OF HEALTH (PCDOH)
- ▶ PUTNAM COUNTY YOUTH BUREAU (PCYB)

- ✓ Developed a survey for child care providers to determine the current use or interest in onsite gardens.
  - Determined best method for reaching target group was through an online survey.
  - Disseminated survey in this format.
- ✓ **Developed and implemented gardening curriculum:**
  - Researched best practices for school gardens and began development of a website.
  - Provided training on how to start a garden to family child care providers and daycare directors.
  - Formulated trainings to link to common core concepts.
- ✓ **Facilitated the launch of gardens at four child care centers.**
- ✓ **Developed a physical activity toolkit for elementary classroom with the help of an MPH intern.**
- ✓ Provided the toolkit to the wellness committees at the MCSD and CCSD for feedback and consideration:
  - Mahopac will have a demonstration day with teachers. Training is on the agenda for spring 2015.
  - Carmel put the toolkit project on hold temporarily due to staff transition period.
- ✓ **Collaborated with PCYB to utilize the toolkit in an after-school mentoring program.**

# Monitoring progress

## GOAL 3

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



## 2015 NEXT STEPS...

- ▶ Enhance infrastructure through a new formalized partnership.
- ▶ Develop Calendar of upcoming CDSMP sessions in Putnam County.

### Partners:

- ▶ MENTAL HEALTH ASSOCIATION OF PUTNAM COUNTY
- ▶ OFFICE FOR SENIOR RESOURCES
- ▶ OPEN DOOR FAMILY MEDICAL CENTER—BREWSTER
- ▶ PUTNAM COUNTY DEPARTMENT OF HEALTH
- ▶ PUTNAM FAMILY AND COMMUNITY SERVICES
- ▶ PUTNAM HOSPITAL CENTER
- ▶ VISITING NURSE ASSOCIATION OF HUDSON VALLEY

- ✓ Contacted Medical Reserve Corps to identify potential peer leaders.
- ✓ Identified bilingual peer leader for Tomando Control de su Salud for the Spanish-speaking population (not a direct translation from English version).
- ✓ Ten participants completed CDSMP held in Mahopac in April/May.
- ✓ Thirteen participants completed CDSMP peer leader training in September.
- ✓ Seven mental health clients participated in first CDSMP workshop series, provided in collaboration with the Mental Health Association of Putnam County.
- ✓ Planning second CDSMP workshop series to Putnam Mental Health Association clients due to positive feedback from participants.
- ✓ Investigating partnership between Putnam Family Community Services and Putnam Mental Health Association for future sessions.

# Monitoring progress

## Partners:

- ▶ CENTER FOR A TOBACCO-FREE HUDSON VALLEY
- ▶ POW'R AGAINST TOBACCO
- ▶ PUTNAM COUNTY DEPARTMENT OF HEALTH (PCDOH)
- ▶ PUTNAM COUNTY YOUTH BUREAU (PCYB)
- ▶ REALITY CHECK

✓ Provided multiple education sessions over two years to Putnam County Legislators regarding tobacco use and marketing, in support of proposed ban on selling tobacco products in Putnam pharmacies:

- 2013 POW'R survey showed 62% of Putnam residents believe that pharmacies should not sell tobacco products and 52% favor a law banning such sales (68% of women were opposed; 56% of men).
- Gained additional legislative support for pharmacy ban when resubmitted in 2014, losing by a narrower margin.
- In the interim, CVS announced it would stop selling tobacco products. Will evaluate whether to try for PC specific ban or see if the CVS momentum takes hold with other pharmacies.

✓ Launch of “Kick Butts” media campaign in March 2014 by POW'R Against Tobacco and NYS Tobacco Control Program.

✓ Launch of targeted media campaigns to educate youth on the negative impact of tobacco marketing in 2014 by POW'R Against Tobacco.

## GOAL 4

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



## 2015 NEXT STEPS...

- ▶ Conduct follow-up POW'R survey.
- ▶ Educate about dangers of e-cigarette use especially among youth.

# Monitoring progress

## Partners:

- ▶ CENTER FOR A TOBACCO-FREE HUDSON VALLEY
- ▶ OPEN DOOR FAMILY MEDICAL CENTER—BREWSTER
- ▶ POW'R AGAINST TOBACCO
- ▶ PUTNAM COUNTY DEPARTMENT OF HEALTH (PCDOH)
- ▶ PUTNAM HOSPITAL CENTER

- ✓ Obtained baseline data from NYS Smokers' Quitline.
- ✓ Work completed on incorporating smoking questions and cessation referrals into the electronic medical record (EMR) at Putnam Hospital Center. Awaiting final approval from HealthQuest.
- ✓ Discussions initiated between the Center for a Tobacco-Free Hudson Valley and the federally qualified health center Open Door Brewster, FQHC, to determine feasibility of implementing tobacco cessation protocol through EMR use.

## GOAL 5

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



## 2015 NEXT STEPS...

- ▶ Increase referrals to NYS quitline.
- ▶ Utilize EMR and educate to increase providers completing "5A" screening.



# Monitoring progress

## GOAL 7

Prevent suicides among youth and adults.

### Partners:

- ▶ CHILD ADVOCACY CENTER OF PUTNAM COUNTY
- ▶ MENTAL HEALTH ASSOCIATION OF PUTNAM
- ▶ MENTAL HEALTH PROVIDERS GROUP
- ▶ PUTNAM COUNTY DEPARTMENT OF SOCIAL SERVICES AND MENTAL HEALTH
- ▶ PUTNAM HOSPITAL CENTER
- ▶ SCHOOL DISTRICTS IN PUTNAM COUNTY
- ▶ SUICIDE PREVENTION TASK FORCE
- ▶ VETERANS TASK FORCE

✓ Launched Suicide Prevention Task Force, jointly led by the Mental Health Association of Putnam County and the Child Advocacy Center of Putnam County.

✓ Increased opportunities for education about suicide awareness and prevention:

- Held trainings for residents on suicide alertness and prevention: three-hour basic session called **SafeTALK** and a two-day in-depth suicide first-aid training **ASIST**.
- Delivered “train-the-trainer” session to train **SafeTALK** facilitators.
- Provided community partner postvention training **Project CONNECT** to develop planned collaborative community response to a death by suicide.
- Initiated **Lifelines** curriculum, a comprehensive suicide awareness and responsiveness program for teens in three of the four large PC school districts (fourth already had program).

✓ Launched **Means Matter** public health campaign aimed at reducing access to lethal means of suicide. Hosted kick off training for residents and providers.

✓ Prepared for launch of **Text 4 Teens**, a crisis text line that helps teens deal with a variety of issues including bullying, drugs/alcohol, sexual assault, or problems at home or school.

✓ Developed and launched **Putnam County Cares SPEAK** app, a mobile phone app that puts local mental health resources at your fingertips.

✓ Began work to incorporate Columbia Suicide Severity Scale screening into electronic medical record at Putnam Hospital Center.

## 2015 NEXT STEPS...

- ▶ Develop process to evaluate effectiveness of trainings.
- ▶ Identify medical offices for possible use of Columbia Suicide Severity Scale.

