

2016 REGIONAL HEALTH PLAN: York and Adams Counties



Healthy
York County
Coalition



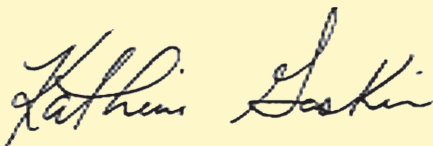
A LETTER TO OUR COMMUNITY PARTNERS

HEALTHY ADAMS COUNTY AND THE HEALTHY YORK COUNTY COALITION ARE EXCITED TO INTRODUCE OUR REGIONAL HEALTH PLAN.

Please take the time to read through the summary of our goals to address two very important community issues: A high rate of adult overweight and obesity and a high rate of adult depression. We have identified a few key strategies to lower the rates of these two major health issues in the region. Please join us as we work together to make our communities healthier.

We are currently bringing organizations and individuals to the table to bring this plan to life through regional roundtables. If you are interested in attending and participating, please contact Kathy Gaskin, Adams County, at (717) 337-4137 or Deb Gogniat, York County, at (717) 851-2333.

Sincerely,



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INTRODUCTION

ADAMS COUNTY AND YORK COUNTY HAVE MORE IN COMMON THAN JUST THEIR SHARED BORDER AND SOUTH-CENTRAL PENNSYLVANIA CULTURE.

A number of residents live in one county and work in the other. A number of organizations serve both counties including the following health organizations: Family First Health, Hanover Hospital, TrueNorth Wellness, and WellSpan Health to name a few. Furthermore the adult residents living in these counties share a number of common health challenges.

Two Coalitions in our region, Healthy York County Coalition and Healthy Adams County, have been committed since 1994 and 1996 respectively to conducting community health needs assessments (CHNA's) to identify those health challenges. The assessments have provided a "pulse" on health issues within the communities, enabled a targeted response to affect positive change and provided opportunities for the communities to collaborate around key health issues. Conducted every three years, the CHNA uses information from primary and secondary sources to identify health issues of consequence to the communities. It identifies community health needs based on the prevalence of health risks and health disparities. It focuses specifically on health risks that are among the leading causes of death and disability with some

emphasis on those risk factors that are unevenly distributed across demographic groups. The most recent CHNA's show the most significant health risks among adults in Adams and York Counties are related to obesity, and mental health in terms of both the number of people affected and the amount of death and disability each creates.

The goal of this Regional Health Plan is to identify and implement effective collaborative strategies to address these two health conditions that are detrimental to long-term health and quality of life: (1) Adult Overweight and Obesity and (2) Adult Depression. The following pages describe both of these conditions and in addition outline the ten year goals, 3 year objectives and strategies that accompany the objectives. Strategies will be revisited every year or three years depending on the amount of time needed to achieve them. These conditions are ones that cannot be addressed by any one entity or many entities working on their own but instead call for many entities and organizations working together to make an impact. Healthy York County Coalition and Healthy Adams County need you to join us and work with us to truly make a difference in the quality of life for both of our counties.

COMMUNITY HEALTH ISSUE #1

A HIGH RATE OF ADULT OVERWEIGHT/OBESITY

ADAMS & YORK COUNTIES JOIN THE REST OF THE NATION IN FACING A GROWING OVERWEIGHT/OBESITY RATE AMONG ADULTS.



While the regional Community Health Needs Assessment (CHNA) did not show significant change in overweight & obesity levels from the 2011 study, the rates are alarmingly high. The CHNA telephone survey asked interviewees for their height and weight to calculate Body Mass Index (BMI). The findings show that 68% of the adults in both Adams and York County are overweight or obese (see Chart A).

Excess weight threatens the health of the region, increasing the risk of diabetes, heart disease, high blood pressure, arthritis, asthma and some cancers. A deeper look into the predictors of obesity reveals there are differences between demographic groups – particularly those related to poverty status. Low income individuals are more likely to experience economic and social conditions which can negatively impact health.

CHART A:	Adams County 2011 / 2015	York County 2011 / 2015
Overweight	36% / 37%	34% / 37%
Obese	38% / 32%	32% / 32%
Combined Overweight & Obesity	74% / 68%	66% / 68%

GOAL: REVERSE THE TREND OF ADULT OVERWEIGHT/OBESITY BY 2025

OBJECTIVE 1 – INCREASE FRUIT AND VEGETABLE CONSUMPTION WITH A PRIMARY FOCUS ON THE LOW-INCOME POPULATION



2015 Baseline:

- Adams County - 4% adults consume at least three vegetables servings daily.
- York County - 4% adults consume at least three vegetables servings daily.

Strategy 1 – Improve local food accessibility by strengthening and promoting community gardens, community-supported agriculture (CSA), and initiatives that connect local growers with underserved populations (e.g., Healthy Options in Adams County)

Strategy 2 – Improve year-round and local food availability at corner and convenience stores throughout the county

Strategy 3 – Enhance local food distribution through food pantries and innovative initiatives (e.g., mobile markets)

OBJECTIVE 2 – INCREASE THE PERCENTAGE (%) OF ADULTS PARTICIPATING IN THE RECOMMENDED LEVEL OF PHYSICAL ACTIVITY (30 MINUTES PER DAY, 5 DAYS A WEEK)



2015 Baseline:

- Adams County - 18% adults exercise 30 minutes on five days in past week.
- York County - 17% adults exercise 30 minutes on five days in past week.

Strategy 1 – Develop and strengthen infrastructure initiatives (e.g., complete streets, playgrounds/parks, bikeable/walkable communities) that increase access to physical activity opportunities

Strategy 2 – Increase community awareness of ways to be physically active in the community or at home, alone or in groups, and year-round

Strategy 3 – Identify and implement county-wide initiatives that encourage physical activity (This does not apply to general programs offered by local organizations.)

COMMUNITY HEALTH ISSUE #2

A HIGH RATE OF ADULT DEPRESSION

SIMILAR TO OTHER COMMUNITIES IN THE COUNTRY, ADULT DEPRESSION OCCURS IN ALL DEMOGRAPHIC AND GEOGRAPHIC COMMUNITIES THROUGHOUT THE REGION, BUT INCREASES WITH VARIABLES SUCH AS POVERTY STATUS, RACE, EDUCATION, ECONOMIC HARDSHIPS AND SOCIAL SUPPORT.



Depression is a medical condition that is common and can be very serious. Depression affects people of all ages, races, and genders. Individuals living in poverty are particularly at risk for depressive symptoms.

There are many types of depression that can affect the way that adults feel and think which impacts how they live, eat, sleep and

act. Depressive disorders are more common among persons with chronic conditions (e.g., obesity, cardiovascular disease, diabetes, asthma, arthritis, and cancer) and among those with unhealthy behaviors (e.g., smoking, physical inactivity, and binge drinking). Often the stigma associated with depression, stops individuals from telling family or friends and/or seeking medical treatment.

CHART B:	Adams County	York County
	2011 / 2015	2011 / 2015
Had depressive symptoms one or more days in the last 2 weeks	58% / 55%	61% / 59%
Has been told by a health care provider that they have a depressive disorder?	20% / 20%	20% / 21%
Average number of mentally unhealthy days in past 30 days	3.2 days	3.4 days

GOAL: DECREASE THE NUMBER OF POOR MENTAL HEALTH DAYS PER MONTH

OBJECTIVE 1 – INCREASE THE PERCENTAGE (%) OF ADULTS WHO ARE SCREENED FOR DEPRESSION



2015 Baseline:

Diagnosed with a depressive disorder

• Adams County	20%
• York County	21%

Strategy 1 – Develop a standardized screening process for use throughout the community

Strategy 2 – Encourage regular screenings of adult patients among primary care providers (PCP)

Strategy 3 – Identify opportunities for community organizations (non-medical) to engage in appropriate depression screening

OBJECTIVE 2 – PROMOTE THE APPROPRIATE UTILIZATION OF AVAILABLE RESOURCES AND SERVICES.

Baseline:

No measureable baseline data available at this time.

Strategy 1 – Create an inventory of available resources and services that assist in the management of depression, and identify any service gaps

Strategy 2 – Develop and implement a process (or processes) by which individuals suffering from some degree of depression are connected with the appropriate care/management resources

OBJECTIVE 3 – IMPROVE / INCREASE THE MENTAL HEALTH PROVIDER-TO-PATIENT RATIO

2015 Baseline:

Mental Health Population/Provider Ratio

• Adams County	1,493:1
• York County	1,155:1

Strategy 1 – Identify advocacy opportunities that support equitable funding and/or provider recruitment

Strategy 2 – Explore and, when possible, implement alternate models for providing depression counseling (e.g., tele-psych, doctoral interns in PCP offices)

COMMUNITY HEALTH NEEDS ASSESSMENT

THE REGIONAL COMMUNITY HEALTH NEEDS ASSESSMENT COMMITTEE WORKED CLOSELY WITH THE CENTER FOR OPINION RESEARCH AT FRANKLIN & MARSHALL COLLEGE OVER 15 MONTHS TO CONDUCT AND SUMMARIZE THE ASSESSMENT THAT WAS RELEASED IN JUNE 2015. THE FULL REPORT IS AVAILABLE ON THE COALITIONS' WEBSITES.

The assessment used information from primary and secondary sources to identify health issues of consequence in the community. The primary information source was a survey of adult residents of Adams County (N=769) and York County (N=1028). Comparative health information was provided by the annual County Health Rankings, a collaborative effort of the University of Wisconsin and the Robert Wood Johnson Foundation (RWJF). The third source of data came from the Pennsylvania Department of Health.



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