

Portage County

Community Health Improvement Plan

2016-2019

Progress Report: (2018-2019)



**Improving the Health
of Portage County**

**Portage County
Community Health Improvement Plan
Progress Report**

HEAL (Healthy Eating, Active Living)

Action Step	Responsible Person/Agency	Timeline	Progress
Implement Mindful by Sodexo and other Healthier Hospitals Initiatives			
<p>Year 1: UH Portage Medical Center will research Mindful by Sodexo and other Healthier Hospitals Initiatives.</p> <p>Collaborate with nutrition services to assess the current food and beverages in the hospital cafeterias, vending, meetings, and gift shops.</p> <p>Implement the Mindful program in at least one of the following priority areas:</p> <ul style="list-style-type: none"> • Healthy Cafeterias/Cafes • Healthy Vending Machines • Healthy Meetings and Events <p>Use marketing materials (posters, table tents, stickers, etc.) to better brand the program</p>	<p>Mindy Gusz, University Hospitals Portage Medical Center</p>	<p>October 1, 2017</p>	
<p>Year 2: Continue to implement, and monitor/assess implementation of, the Mindful program in all three priority areas within the hospital</p>		<p>October 1, 2018</p>	
<p>Year 3: Continue to implement, and monitor/assess implementation of, the Mindful program in all three priority areas within the hospital</p>		<p>October 1, 2019</p>	<p>1-15-19: Mindy (email): Indoor Farmer's Market held at UH Portage on 10/31. Very well attended !!!! Additional Sodexo nutrition educational print materials continue to be developed and distributed in the cafeteria.</p> <p>Additional healthy choices available in the UH Portage cafeteria and for catering. Still working on vending machines.</p> <p>UH Portage is collaborating with Ravenna schools to fulfill a need for a weekend backpack program for elementary students. First distribution will be in late January.</p>

Partner with Portage Park District to implement various programs/policies

<p>Year 1: Partner with local communities across the county to promote park planning, funding and development.</p> <p>Increase awareness, access and use of parks:</p> <ul style="list-style-type: none"> • Improve trail quality and signage. • Promote and expand the "Wild Hikes Challenge." • Promote park and trail use through social media, Meetup groups, hiking clubs. • Partner with health care providers to distribute maps and brochures of parks and trails. <p>Initiate partnerships for Park Rx program.</p>	<p align="center">Christine Craycroft, Portage Park District</p>	<p>October 1, 2017</p>	
<p>Year 2: Initiate and expand park programming for healthy recreation including walking and biking clubs.</p> <p>Distribute Parks Rx program materials to pilot groups of healthcare providers, and evaluate progress.</p> <p>Partner to create a pump track for bikes in association with the hike and bike trail.</p> <p>Add 3 miles of trails.</p>		<p>October 1, 2018</p>	
<p>Year 3: Expand participation in Park Rx and add programming.</p> <p>Install mileage markers along Hike & Bike trails.</p> <p>Open a new public park with at least one mile of new trail.</p>	<p align="center">Andrea Metzler, Portage Park District</p>	<p>October 1, 2019</p>	<p>1-15-19: Andrea: expanding of Park RX. Working with partners to provide actual programming. It is a 13 week session. There is at least one event each week. They will be surveying their participants. UH Portage will be offering screenings to participants. The events are scheduled a variety of days and times. Group hikes is something that people are looking for. That is being built in the program as well. Starts in March. Marketing materials will be created to get people interested in participating.</p> <p>Mileage markers are on the agenda but won't be looked at until late summer/early fall.</p> <p>Working on a new park. More info coming soon.</p> <p>Morgan Park is getting an additional 3 miles of trail.</p> <p>Working to add links to health resources on their website from community partners.</p> <p>Mike: is offering to help Portage Parks implement a smoke free policy. They have anti-smoking marketing materials available.</p>

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Implement Complete Streets Policies within the City of Kent			
<p>Year 1: Raise awareness of Complete Streets Policy and adopt comprehensive complete streets policies.</p> <p>Gather baseline data on all of the Complete Streets Policy objectives.</p> <p>Plan and hold a meeting with city residents, city planners and other city officials in attendance to discuss future policy changes.</p>	<p>Jeff Neistadt, Kent City Health Department</p>	<p>October 1, 2017</p>	
<p>Year 2: Begin to implement the following Complete Streets Objectives:</p> <ul style="list-style-type: none"> • Increase in total number of miles of on-street bicycle facilities, defined by streets and roads with clearly marked or signed bicycle accommodations. • Pursue Safe Routes to School status from the National Center for Safe Routes to School. • Pursue city council ordinance that any street needing significant repair transition to a Complete Streets model. • Pursue city ordinance requiring bike riders under 16 to wear a helmet. 		<p>October 1, 2018</p>	
<p>Year 3: Continue pursuit of Complete Streets, Safe Routes to School, and bike helmet ordinance efforts.</p> <p>Conduct walkability assessments of city neighborhoods, especially around school areas.</p>		<p>October 1, 2019</p>	<p>1-15-19: Mike: did a transportation walking assessment for Kent. Will use that info to implement the Safe Routes to School in the future.</p>

Develop a Portage County Obesity Coalition

<p>Year 1: Establish the basic principles of the coalition and develop evaluations for progress.</p> <p>Recruit community leaders, stakeholders, school RN's and primary care physicians to sign up and become members of the coalition.</p> <p>Announce the coalition through press releases and social media outlets. Work to establish a mailing list serv to send updates to the community.</p> <p>Complete an action plan and set 2-3 goals that the coalition will work towards implementing.</p> <p>Begin to determine resources and begin to secure funding.</p>	<p align="center">Natalie Caine-Bish, Kent State University Center for Nutritional Outreach</p>	<p>October 1, 2017</p>	
<p>Year 2: Work towards completion of established action plan goals.</p> <p>Expand coalition to recruit and include all partners interested in decreasing childhood and adult obesity.</p> <p>Collaborate in development of additional goals and pursuit of funding.</p> <p>Research community bike giveaway programs.</p> <p>Partner with community agencies (and PCHD bike helmet program) to distribute bike helmets to children in need.</p>	<p align="center">Becky Lehman, Portage County Combined General Health District</p>	<p>October 1, 2018</p>	
<p>Year 3: Evaluate other Obesity Prevention Coalition activities and provide recommended actions steps for future CHIP activities.</p>	<p align="center">Christopher Mundorf, Portage County Combined General Health District</p>	<p>October 1, 2019</p>	<p>1-15-19: Chris: Evaluation of stakeholders and original obesity coalition showed that lack of funding and time that has stalled the process. Some stakeholders talked about limited leadership for HEAL tasks. Also questions about the redundancy of the coalition. The CHIP HEAL group does much of the same things that the coalition would do. Looking at Obesity CHIP priorities from other counties to see what they are doing for a best practice picture. Food Advisory Committees are also being done around the state. This may be a policy level look at approaching the CHIP HEAL priority. Also, can look at combining with neighboring counties committees. Lack of sustainable funding is a barrier. The collective impact model is something to look at as a model to use. Some things to look at is when we meet, where we meet, and how we meet.</p> <p>Mark Frisone: JFS monies will only be available through the end of February for SNAP benefits. There are 15,000 people in Portage County they will lose their SNAP benefits. It would put a hurt on the food pantries. WIC will have funds through February as well. It will also impact the school lunch programs. Is there something that can be done locally? Can public health treat this issue as a disaster? Will need to see what the Governor will do.</p>

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Implement the Prescription for Health Program			
<p>Year 1: Research Prescription for Health program.</p> <p>Obtain baseline data to document need for Prescription for Health.</p> <p>Contact potential clinic and farmer's market partners. Schedule and attend meetings with potential partners – discuss the program and requirements for participation.</p> <p>Finalize clinic and program partners.</p> <p>Decide what program materials are needed.</p> <p>Develop program materials.</p>	<p>Jeneane Favaloro, AxessPointe Community Health Center</p>	<p>October 1, 2017</p>	
<p>Year 2: Research Prescription for Health program.</p> <p>Obtain baseline data to document need for Prescription for Health.</p> <p>Contact potential clinic and farmer's market partners. Schedule and attend meetings with potential partners – discuss the program and requirements for participation.</p> <p>Finalize clinic and program partners.</p> <p>Decide what program materials are needed.</p> <p>Develop program materials.</p>	<p>Amy Lee (NEOMED) and NEOMED SOAR Clinic</p>	<p>October 1, 2018</p>	
<p>Year 3: The CHIP Steering Committee decided to table this Action Step for Year 3, due to barriers in progress in Years 1 and 2.</p>		<p>October 1, 2019</p>	<p>1-15-19: Amy via email: One of the MPH students did a quality improvement project in SOAR last summer, incorporating a social needs assessment into the clinic. She demonstrated that this assessment can be used without increasing the patient overall time in the clinic. We have a student who is working on strategic planning this spring, which will include how this process can be a permanent fixture of the SOAR process.</p>

Incorporate families and children into community physical activities

<p>Year 1: Obtain baseline data on races and other organized physical activities in the county and if they offer a child or family component</p> <p>Provide at least one Community related program promoting physical activity and families.</p>	<p>Natalie Caine-Bish, Kent State University Center for Nutritional Outreach & The Portage County Obesity Coalition</p>	<p>October 1, 2017</p>	
<p>Year 2: Provide five family engagement Healthy Kids Running Series events in Portage County.</p> <p>Collaborate with Sequoia on the fitness activity and nutrition programs.</p>	<p>Natalie Caine-Bish, Kent State University Center for Nutritional Outreach and Jackie Smallridge, & Jacy Watson, Sequoia Wellness</p>	<p>October 1, 2018</p>	
<p>Year 3: Provide specific physical activities and targeted weight reduction programming for families, children, and youth including camps, race training, hiking and walking clubs, youth performance clubs, and diabetes prevention programming.</p> <p>Offer support groups and progress follow-ups.</p> <p>Explore potential for establishing one or more community recreation centers for area youth, in collaboration with established youth recreation program hubs and/or local churches.</p>	<p>Jackie Smallridge, & Jacy Watson, Sequoia Wellness and John Kovacich, Atwater Township</p>	<p>October 1, 2019</p>	<p>1-15-19: Andrea: Mindfulness hike and stretching fitness hike for the Parks RX program.</p> <p>Jackie: Diabetes prevention programs still running this year. It is proving to be a successful program.</p>

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Implement a Healthier Choices Campaign			
<p>Year 1: Work with Portage County Obesity Coalition and the KSU Center for Nutrition Outreach to develop a Healthier Choices Campaign.</p> <p>Secure funding to create campaign materials.</p>	<p>Natalie Caine-Bish, Kent State University Center for Nutritional Outreach & The Portage County Obesity Coalition</p>	<p>October 1, 2017</p>	
<p>Year 2: Roll out a Healthier Choices -type campaign to schools, youth centers, local gyms, and healthcare offices as pilot centers.</p> <p>Explore potential funding opportunities (United Way Community Needs Grant, etc)</p>		<p>October 1, 2018</p>	<p>:</p>
<p>Year 3: The CHIP Steering Committee decided to table this Action Step for Year 3 due to barriers in progress in Years 1 and 2.</p>		<p>October 1, 2019</p>	

Increase nutrition/physical education materials being offered to patients by primary care providers

<p>Year 1: Work with primary care physicians and offices to assess what information and/or materials they are lacking to provide better resources for overweight and obese patients.</p> <p>Develop nutrition/physical education tool kits to provide to primary care physicians that include dietitian referral information.</p> <p>Obtain funding for toolkit printing and training.</p>	<p>Natalie Caine-Bish, Kent State University Center for Nutritional Outreach & The Portage County Obesity Coalition</p>	<p>October 1, 2017</p>	
<p>Year 2: Investigate collaborative opportunities for system solutions with the three major health systems.</p> <ul style="list-style-type: none"> Identify people in each system that can share the screening tools; ascertain if EMRs from each system can be collected/shared. Investigate what primary care providers are screening for in offices (including mental health, substance abuse, and obesity). Obtain EMR required questions from all the health care systems. Determine PCP assessment criteria and follow up/referral protocols. 	<p>Joseph Diorio, and Mark Arrendondo Portage County Combined General Health District and Kirk Stiffler, Kent City Health Department</p>	<p>October 1, 2018</p>	
<p>Year 3: Develop local resource guidance information in collaboration with Sequoia Wellness, NEOMED, and additional HEAL partners and ensure availability and understanding by medical providers.</p> <p>Explore potential implementation of resource information connected into EMR systems.</p>	<p>Amy Lee Northeast Ohio Medical University</p>	<p>October 1, 2019</p>	<p>1-15-19: Amy via email: Amy has a graduate assistant who will start working on this project this spring. She will start by investigating how resources might get connected into EMR systems and contacting HEAL partners to lay the groundwork for a class to collect the information. A summer class will collect the actual information.</p> <p>Angela: Shared info on an article written by people from KSU College of Public Health. A survey of local providers was done. What do you do for physical activity? What resources do they have to refer patients to physical activity? Angela will reach out to the authors for more information.</p>

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Expand the Personal Improvement Program (PIP) in schools			
<p>Year 1: Increase awareness among schools about the PIP program. Meet with school superintendents, after school program directors, and other school staff.</p> <p>Explore feasibility of expanding the program to other schools.</p> <p>Explore funding opportunities to expand program.</p>	<p>William McCluskey, Edinburg Township</p>	<p>October 1, 2017</p>	
<p>Year 2: Implement the PIP program at West Main Elementary School in Ravenna.</p> <p>Recruit exercise physiologists, certified fitness instructors (ACSM), or PE students or teachers to volunteer for classes.</p> <p>Pursue sponsors and donations for healthy snacks and student t-shirts.</p> <p>Explore potential funding opportunities (United Way Community Needs Grant, etc)</p>		<p>October 1, 2018</p>	
<p>Year 3: The CHIP Steering Committee decided to table this Action Step for Year 3, due to barriers in progress in Years 1 and 2.</p>		<p>October 1, 2019</p>	

Implement postpartum weight loss educational program at WIC

<p>Year 1: Initiate "Healthier You" program to provide targeted nutrition education, breastfeeding support, recipes and physical activity recommendations to encourage healthy weight reduction to postpartum WIC mothers.</p> <p>Establish a Facebook group to appeal to millennials.</p>	<p>Amy Cooper, WIC Director</p>	<p>October 1, 2017</p>	
<p>Year 2: Expand "Healthier You" to include involvement of community partners.</p> <ul style="list-style-type: none"> • Collaborate with Portage Parks District to promote family (Mom and Me) walks in the park <p>Offer quarterly meet-ups of WIC mothers – offer education by community partners such as car seats, smoking cessation, stress management, safe sleep and baby wearing, as well as cooking demonstrations, breastfeeding education and mom-to-mom support.</p>		<p>October 1, 2018</p>	<p>1-16-18:</p>
<p>Year 3: Continue "Healthier You" educational initiatives (see Years 1 and 2).</p> <p>Utilize text messaging to offer postpartum mothers support and motivational tips for successful postpartum weight loss.</p>		<p>October 1, 2019</p>	<p>1-15-19: Amy: distributed 60 materials this last quarter. Excited to be partnering with Parks RX to get moms out in the community. Text messaging contract is signed and is awaiting final approval. That will allow unlimited texting to help improve attendance.</p> <p>Question if there is any programming between WIC and local libraries for programming. Need a listing of the library resources in Portage County.</p> <p>Amy shared that WIC benefits are approved by the end of February. Lack of funding due to the government shutdown.</p>

