



CHRISTIAN COUNTY COMMUNITY HEALTH *Assessment & Improvement Plan 2012*





Mission Statement

The Christian County Health Department provides and promotes affordable medical services, community health education and environmentally safe surroundings to improve the quality of life of present and future citizens of Christian County.

Vision Statement

To become a nationally accredited health department through the Public Health Accreditation Board by 2014.

Purpose

Changing the public's health one person at a time.

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Christian County Community Partners

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Betsy Bond	St. Luke Free Clinic
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Wally Bryan	Challenge House
Beth Campbell	Christian County Health Department
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Mike Cayce	Christian County Board of Health (Pharmacist)
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Introduction

The local public health system faces many challenges with rising health care costs, managed care, and shrinking resources. The Christian County Health Department has become more committed than ever to identifying public health issues and addressing those issues with policies to increase the quality of life in our community. We are pleased to present our Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP), a combined effort of the Christian County Health Department and its many community partnerships.

It is our hope that this Community Health Assessment and Community Health Improvement Plan will be the springboard for a community effort to improve the health status of Christian County. The assessment and plan are just the first steps in the development of objectives and strategies to mobilize community partnerships to improve community health. The end result will be a local public health system working together to deliver the 10 Essential Public Health Services for the purpose of ensuring a healthier Christian County.

We would like to thank our community partners listed on page 2. Without their hard work and dedication, this project would not have been possible. In total, 52 community partners participated in visioning and planning sessions to develop the framework of the Community Health Assessment and Community Health Improvement Plan. More than 850 citizens of Christian County participated in surveys regarding the Community Health Assessment. This project was truly a community effort.

We welcome your feedback to our Community Health Assessment and Community Health Improvement Plan. You may visit us at www.christiancountyhd.com to find out how the Christian County Health Department is *changing the public's health one person at a time*.



10 Essential Public Health Services

1. Monitor health status to identify community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure a competent public health and personal health care workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.

Mobilizing for Action through Planning and Partnerships

A community health assessment and plan was commissioned by public health officials, health care leaders, and local elected officials on January 12, 2011. The steering committee designated the Christian County Health Department (CCHD) to be the lead agency for the project. Community Health Assessment Coalition members were selected and commissioned to begin the project on March 3, 2011. Mobilizing for Action through Planning and Partnerships (MAPP), a community health improvement planning model developed by the National Association of County and City Health Officials in cooperation with the Centers for Disease Control and Prevention, was followed by the coalition as the framework of the Community Health Assessment and the Community Health Improvement Plan.

The MAPP community strategic planning process included the following four assessments:

- **Local Public Health System Assessment:** The National Public Health Performance Standards Program (NPHPSP) measures the capacity of the local public health system to conduct essential public health services.
- **Community Health Status:** statistical information gathered from various sources to provide an in-depth look at the health related behaviors of the many different segments within the community.
- **Forces of Change Assessment:** takes into account external forces of change, i.e. social, environmental, governmental and economic changes that have an impact on health services.
- **Community Themes and Strengths:** a survey providing an in-depth look at the quality of life within the community.

The coalition conducted many visioning-planning sessions to analyze all assessment data, identify priority health issues and create a plan specifying objectives, strategies, timelines, and partnership responsibilities to improve the health of Christian County.



Community Health Assessment

Community Health Status Assessment

Christian County, Kentucky is a predominantly agricultural community in the Pennyryle Region of Southwestern Kentucky. The county is home to nearly 74,000 citizens (see Table 1). Christian County and Kentucky as a whole have a high prevalence of smoking, overweight, obesity, and other behavioral risk factors like poor fruit and vegetable intake and physical inactivity. All of these risk factors can be linked to chronic diseases such as diabetes and heart disease, which are extremely prevalent in Christian County and Kentucky. Chronic disease and cancer prevention and control are among the Strategic Planning Priorities developed by Christian County's Community Health Assessment Coalition in 2011.

Table 1: Demographic Data:

Demographics (2011)	Christian County	Kentucky	United States
Population Estimate	73,591	4,369,356	311,591,917
Under 18 years old	28.2%	23.4%	23.7%
65 years and older	10.6%	13.5%	13.3%
White	73.6%	88.9%	78.1%
Black	21.3%	8.0%	13.1%
American Indian/Alaskan Native	0.7%	0.3%	1.2%
Asian	1.2%	1.2%	5.0%
Native Hawaiian/Pacific Islander	0.4%	0.1%	0.2%
Multiple Races	2.8%	1.6%	2.3%
Hispanic/Latino	6.4%	3.2%	16.7%

2011 US Census Bureau

Table 2: Adult Behavioral Risk Factor Surveillance System (BRFSS) Indicators for Adults over 18:

	Christian County	Kentucky	United States
Smoking	36%	29%	18%
Physical Inactivity	33%	31%	24%
BMI \geq 25 (Overweight or Obese)	63%	64%	63%
BMI \geq 30 (Obese)	31%	33%	27%
\geq 5 Fruits/Vegetables Daily	19%	21%	23%

Kentucky Department for Public Health, 2009 BRFSS

Community Health Assessment

Community Health Status Assessment

Approximately 18% of Christian County residents are uninsured and 21% have Medicaid. These rates are similar to those seen at the state and national levels. Access to health care is largely determined by one's ability to pay for that care. Uninsured patients are often at risk for increased morbidity and mortality from disease. Improving access to primary health care is another strategic planning priority developed by Christian County's Community Health Assessment Coalition in 2011.

Christian County has a low number of primary care physicians per 1,000 people when compared to the rest of the state. National data was not available for comparison.

Table 3: Healthcare Access:

	Christian County	Kentucky	United States
Uninsured (% under age 65)*	18%	18%	17.8%
Medicaid	21%	22%	N/A

Kentucky Health Facts, Kentucky Health Care Market Report, KY Department of Medicaid Services 2007

*Kentucky Health Facts, Small Area Health Insurance Estimates Program, US Census Bureau

Table 4: Primary Care Physicians per 1,000 Population:

	Christian County	Kentucky	United States
Physicians	0.5	1.0	N/A

Kentucky Health Facts, Kentucky Board of Medical Licensure

Table 5: Teen Birth Rate per 1,000 Population:

	Christian County	Kentucky	United States
Teen Births	61.01*	46.2	34.3

Kaiser State Health Facts 2010 (CDC)

*Kentucky Department of Public Health Family Planning Data 2011

Community Health Assessment

Community Health Status Assessment

Christian County has elevated rates of gonorrhea and chlamydia when compared to the rest of Kentucky. Syphilis rates, on the other hand, are comparably low. Rates of HIV/AIDS cases were not available, however there were 62 living HIV cases in Christian County as of 2011. Christian County residents were also more likely to get tested for HIV than residents in Kentucky overall. Tuberculosis rates in Christian County and Kentucky were fairly similar, as was the prevalence of diabetes and hypertension. Deaths from heart disease and stroke were also comparable between Christian County and Kentucky. Cancer rates, using age-adjusted data, were lower in Christian County than the rest of the state. Healthy Kentuckians 2010 Goals, based on Healthy People 2010, are provided for comparison when available.

Table 6: Communicable Disease Crude Rate/ 100,000 Population

	Christian County	Kentucky	Healthy KY 2010 Goal
Gonorrhea*	205.5	103.5	55.0
Chlamydia*	531.4	380.6	140.0
Syphilis*	1.4	7.7	0.27
Tuberculosis**	2.7	1.6	1.0
HIV (# Cases Living)***	62	5334	N/A
HIV Testing (% Adults under 65)****	51.7%	36.2%	N/A

*2011 Preliminary Data, KDPH STD Control Program

** 2011 US Census Bureau Annual Estimates

*** 2011 KDPH HIV Integrated Epidemiologic Profile for Kentucky

**** Kentucky Health Facts (BRFSS)

Table 7: Chronic Disease Prevalence, Age-Adjusted

Chronic Disease	Christian County	Kentucky	United States
Diabetes (Adults)	11.1%	9.9%	8.4%
Hypertension*	35.6%	36.4%	28.7%

2009 CDC National Diabetes Surveillance System

*Kentucky Health Facts (BRFSS), CDC BRFSS2009 Prevalence Data

Table 8: Chronic Disease Age-Adjusted Annual Mortality Rate/ 100,000 Population

Chronic Disease	Christian County	Kentucky	United States
Cancer	165*	211*	173.1**
Heart Disease	236.7	224.0	180.1****
Stroke	42.3	47.0	38.9****

Kentucky Health Facts (Kentucky State Data Center - Vital Statistics)

*Kentucky Cancer Registry 2008, **National Cancer Institute 2009

**** CDC National Vital Statistics Reports 2009

Community Health Assessment

Community Themes & Strengths Assessment

In early 2012, the Hopkinsville Chamber of Commerce's Christian County Cares 2015 conducted a Community Perception Survey. Christian County residents were asked questions regarding their perception of the community in relation to public safety, beautification and cleanliness.

Christian County has been able to take the results of that survey and identify our community strengths, as well as areas for continued growth.

The table on this page shows that many residents are happy with Christian County's community aesthetic as well as the quality of life offered.

The survey also discovered that most residents of Christian County feel safe with only 30% being a victim of property crime in the last five years and only 3% being a victim of violent crime in the last five years.

According to the survey results, job opportunities and recreational activities are two of the areas

needing the most attention and improvement. Only 28% of residents surveyed felt that there are enough job opportunities in Christian County. Over half of the people surveyed do not think there are enough recreational activities for adults, kids, or families.

Identified Community Strengths

- Clean and attractive community.
- Safe place to raise a family.
- Good quality of life.
- Sense of community pride.

Where does Christian County go from here?

- Support and add to the already growing amount of recreational activities.
- Increase and promote job opportunities in our community.
- Continue to show the value of safety within Christian County.

Most people agree that Christian County is a clean and attractive community, as well as offers a good quality of life.

	Agree	Somewhat Agree	Somewhat Disagree	Disagree
Christian County offers a good quality of life.	31.9%	51.2%	14.0%	2.9%
Christian County is a clean & attractive community.	15.0%	54.6%	20.3%	10.1%
Hopkinsville has a consistent look and feel to main attractions and corridors.	10.2%	40.8%	35.9%	13.1%
Christian County is a safe place to raise a family.	27.5%	49.3%	16.9%	6.3%
Christian County does enough to maintain a clean & attractive look.	11.7%	41.7%	32.5%	14.2%
Christian County provides adequate directional and attraction signage to help people get to their point of destination.	20.3%	43.5%	28.0%	8.2%

Complete survey results available at hopkinsvillechamber.com.

Community Health Assessment

Local Public Health System Assessment

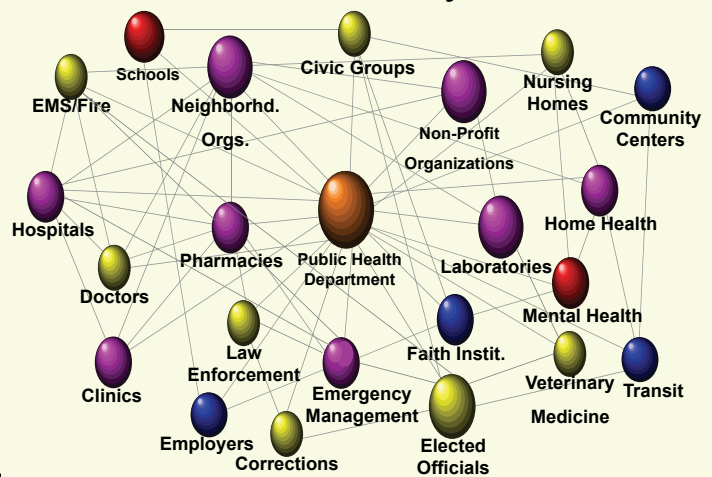
The public health system in Christian County was assessed using the National Public Health Performance Standards Program (NPHPSP) developed by the Centers for Disease Control (CDC). The purpose of this assessment was to identify our public health system’s strengths and weaknesses and then decide upon opportunities for improvements.

The NPHPSP standards focus on the overall public health system, rather than a single organization. A public health system includes all public, private, and voluntary entities that contribute to public health activities within a given area. Entities within our public health system include hospitals, physicians, managed care organizations, environmental agencies, social service organizations, educational systems, community-based organizations, religious institutions and many others. All of these organizations play a role in working to improve the public’s health.

The findings of the NPHPSP rated the delivery of the 10 essential public health services. The following public health services were rated in the moderate ranking based on level of activity:

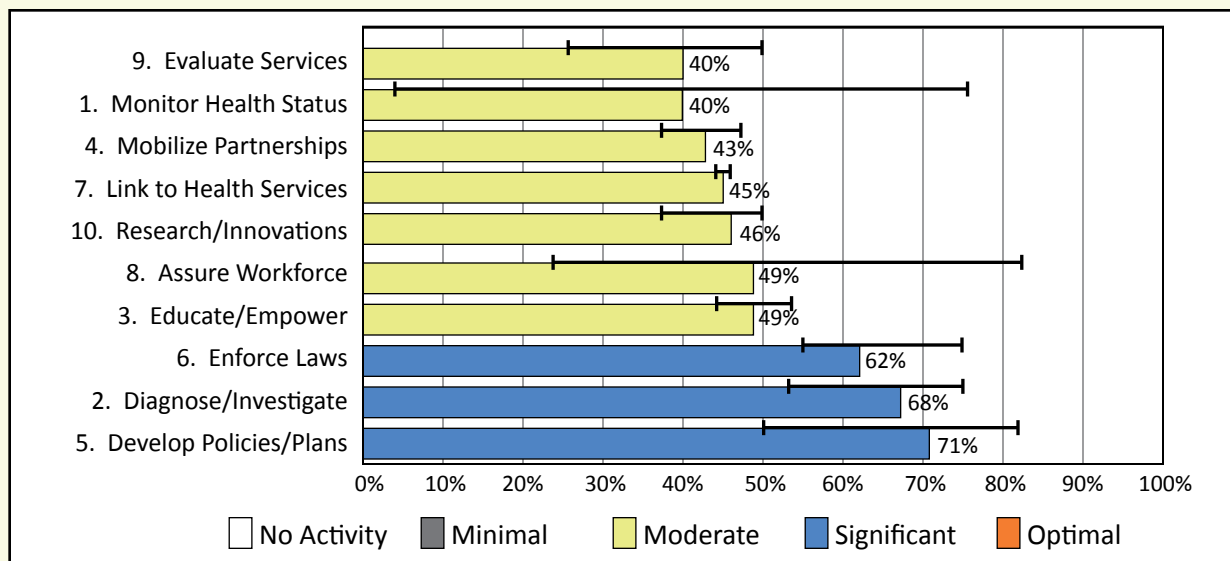
- Evaluate effectiveness, accessibility, and quality of personal and population based health services.
- Monitor health status to identify community health problems.
- Mobilize community partnerships to identify and solve health problems.
- Link people to needed personal health services and assure provision of health care when otherwise unavailable.

Public Health System



Services and activities in these areas are being performed by many organizations at satisfactory levels. However, the coordination of these services as a public health system falls below standard. These findings support the need for electronic medical records, centralized systems for reporting of health data, formation of a health care coalition, and a one stop location with services to help link people to needed personal health services. In addition, the NPHPSP illustrates a need for the public health system to provide additional research for new and innovative solutions to health problems, inform and educate people about health issues, and assure a competent public and personal health care workforce.

Rank ordered performance scores for each Essential Service, by level of activity:



Community Health Assessment

Forces of Change Assessment

The Community Health Assessment Coalition conducted the Forces of Changes Assessment on March 17, 2011. During the Forces of Change Assessment, numerous Christian County community members and leaders identified trends, factors and events that impact the health of our community. The findings were as follows:

Healthcare reform

Economic downturn/recession

High unemployment

Aging population

Medical advances/technology

Electronic medical records

Changes in reimbursement for insurance, Medicaid and Medicare payments

Provider shortage

Community/economic development

Increases in higher education/medical training opportunities

Community Health Assessment

Strategic Planning Priorities

A variety of data sources, including The Kentucky Institute of Medicine: Comparative Assessment for Health Risk and 2012 County Health Rankings from the Robert Wood Johnson Foundation were examined to identify key health issues:

Health Access

- High uninsured/underinsured population
- Access to primary health care
- Access to affordable prescription drugs
- Lack of 24 hour pharmacy
- Primary care physician to patient ratio
- Shortage of qualified medical providers
- Immunization coverage
- Affordable dental care
- Vision
- Lack of affordable health care
- Patient wait times
- Lack of access to local specialty care
- Primary care case management

Health Outcomes

- Cardiovascular/Heart disease deaths
- Prevalence of hypertension
- Prevalence of diabetes
- Cancer deaths—lung , colorectal, breast, prostate
- Premature birth/low birth weight babies

Behavioral/Social Factors

- Obesity
- Poor dietary habits
- Lack of physical activity
- Prevalence of smoking
- Unintentional injury and/or deaths
- Teen pregnancy
- Sexually transmitted disease
- Prevalence of alcohol and drug abuse

Surveillance/Environmental

- Communicable disease surveillance (control and prevention)
- Personal/community disaster preparedness
- Aging facilities and housing
- Water quality/air quality
- Illegal dumping sites
- Chemical disposal

2012 County Health Rankings

Health Outcomes:

How healthy a county is:

Christian County 51st of 120 counties

Health Factors:

What influences the health of the county:

Christian County 75th of 120 counties

- 53rd in Healthy Behavior
- 56th in Clinical Care
- 80th in Social & Economic Factors
- 116th in Physical Environment

Community Health Assessment

Strategic Planning Priorities

Based on the key health issues identified, the following strategic planning priorities were developed:

Strategic Planning Priority:	Contributing Factor:
Chronic Disease Prevention and Control	Lack of physical activity Poor nutrition/diet Obesity Genetic factors Prevalence of smoking Stress High uninsured/underinsured population Socio-economic factors
Cancer Prevention	Diet and exercise Smoking Abuse of alcohol, tobacco, or other drugs Underlying health issues that decrease immunity Genetic predisposition Environmental Factors
Improving Access to Primary Health Care and Oral Health	High uninsured/underinsured population High incident of chronic disease Low primary care physician to population ratio Poor oral health among economically disadvantaged Low immunization coverage Lack of resource awareness
Ensuring a Healthy Start for ages 0 to 5	High uninsured/underinsured population Low immunization coverage Low utilization of well-child follow-up visits Excessive no-show appointments Access to affordable medical nutrition therapy Lack of physical activity
Encouraging a Healthy Lifestyle in ages 6 to 18	Lack of physical education and nutritional counseling in schools Prevalence of obesity Prevalence of chronic illness among ages 6 to 18 Risky behaviors Prevalence of alcohol and drug abuse Sexual behavior/STD/Teen Pregnancy



Community Health Improvement Plan

Strategies

The Community Health Assessment Coalition in conjunction with Christian County Health Department staff identified five strategic planning priorities to serve as a guide for a Community Health Improvement Plan. These priorities are based on careful evaluation of county health rankings, community health needs surveys, and data collected for the Community Health Assessment.

1. Chronic Disease Prevention and Control

Strategy	Timeline	Responsible Party
Clearly identify available resources and develop a patient advocate position that will serve as one stop shop to instruct patients on available health care services in our community.	April 2013	Christian County Health Department (CCHD)
Increase number of health care providers recruited to serve our community.	Ongoing	Jennie Stuart Medical Center, Christian County Chamber of Commerce
Mobile Health Units to provide preventative health screenings and oral health screenings.	2014	CCHD
Free community workshops for diabetes, hypertension, and hyperlipidemia.	Ongoing	Jennie Stuart Medical Center, Health Care Providers, CCHD
Establishment of community gardens and cooking classes.	Spring 2013 and Ongoing	UK Extension YMCA
Establish a comprehensive diabetes management program. Establish three points of contact for diabetes centers of excellence within our community where diabetes patients can receive services.	Summer 2013	CCHD
Establishment of a healthcare coalition to oversee the Local Public Health System.	January 2013	Jennie Stuart Medical Center, Pennyroyal Mental Health Center, CCHD
Develop community health clinic to serve as a medical home for under-insured/uninsured population. Operate as a medical practice with full-time nurse practitioners. Oversight provided by Christian County Health Care Coalition. May develop as FQHC or look-a-like FQHC per requirements.	July 2013	Christian County Health Care Coalition, St. Luke Free Clinic
Develop and maintain a wellness policy within school systems (public and private) to include nutrition and physical activity requirements.	August 2013	Christian County Board of Education, Private Schools
Support and strengthen school nursing program to emphasize chronic disease prevention, management and control, health education, and nutritional counseling.	Ongoing	Christian County Board of Education, CCHD
Increase community physical activity through the development of infrastructure such as rails-to-trails project and walking trails in existing parks.	2014	Hopkinsville City Council
Adopt a complete streets ordinance to ensure all new subdivisions include proper infrastructure (including sidewalks) encouraging safe places for physical activity.	2014	Hopkinsville City Council

Community Health Improvement Plan

Strategies

2. Cancer Prevention

Strategy	Timeline	Responsible Party
Adopt a comprehensive smoke-free ordinance for Hopkinsville and Christian County.	January 2013	Hopkinsville City Council, Christian County Fiscal Court
Advocate for Smoke-Free Kentucky.	2012-2013 Legislative Sessions	Local Elected Officials, CCHD
No smoking campaigns, education, and tobacco cessation classes.	Ongoing	CCHD
Increase number of clinics/resources available to provide preventive exams.	Ongoing	Christian County Health Care Coalition
Offer counseling and nutrition classes.	January 2013	UK Extension Office, CCHD
Strengthen the Christian County Cancer Coalition.	July 2013	CCHD

3. Improving access to primary health care and oral health

Strategy	Timeline	Responsible Party
Establishment of a healthcare coalition to oversee the Local Public Health System.	January 2013	Jennie Stuart Medical Center, Pennyroyal Mental Health Center, CCHD
Develop a community health clinic to serve as a medical home for underinsured/uninsured population. Operate as a medical practice with full-time nurse practitioners. Oversight provided by Christian County Health Care Coalition. May develop as FQHC or look-a-like FQHC depending on requirements.	July 2013	Christian County Health Care Coalition, St. Luke Free Clinic
Support and strengthen school nursing program to emphasis chronic disease prevention, management and control, health education, and nutritional counseling.	Ongoing	Christian County Board of Education, CCHD
Establish a comprehensive diabetes management program. Establish three points of contact for diabetes centers of excellence within our community where diabetes patients can receive services.	Spring 2013	CCHD
Clearly identify available resources and develop a patient advocate position that will serve as one stop shop to instruct patients on available services in our community.	February 2013	CCHD
Increase number of health care providers recruited to serve our community.	Ongoing	Jennie Stuart Medical Center, Christian County Chamber of Commerce
Advocate for state legislation reorganizing School Nursing Program responsibilities to fall under Public Health Departments.	Ongoing	CCHD, Christian County Board of Education, Local Elected Officials
Mobile Health Units to provide preventative health screenings and oral health screenings.	2014	CCHD

Community Health Improvement Plan

Strategies

3. Improving access to primary health care and oral health, continued

Develop or increase the capacity of a public transportation system.	2014	Pennyrile Allied Community Services, Hopkinsville City Council
Advocate and support for the development of allied health and science program and facility at Hopkinsville Community College. Ensure an adequate public health system workforce.	2012-2013 Legislative Sessions	Local Elected Officials, Hopkinsville Community College, all community partners
Advocate and support legislation for allowing health care providers to treat sexual partners for chlamydia and gonorrhea without partner being present.	2012-2013 Legislative Sessions	Local Elected Officials, CCHD

4. Ensuring a healthy start for children ages 0-5

Strategy	Timeline	Responsible Party
No smoking campaigns, education, and tobacco cessation classes. Encourage parents of young children to stop smoking.	Ongoing	CCHD
Increase childhood immunizations.	2014	Local Pediatricians, CCHD
Expand Kentucky H.A.N.D.S. program (encouraging a healthy pregnancy and/or healthier toddler) to include all parents.	October 2012	CCHD
Provide low cost dietician/nutritionist services for medical nutrition services and/or education in schools, pre-schools and the community at large.	April 2013	UK Extension Office, CCHD
Encourage well-child exams.	Ongoing	Local Pediatricians, CCHD

5. Encouraging healthy lifestyles in children ages 6-18

Strategy	Timeline	Responsible Party
Develop and maintain a wellness policy within school systems (public and private) to include nutrition and physical activity requirements.	August 2013	Christian County Board of Education, Private Schools
Advocate for utilization of farm-to-school programs providing fresh fruits and vegetables for school meals.	September 2012	Christian County Board of Education, UK Extension Office, CCHD, Private Schools
Offer free sex education courses to parents on how to talk to their children about sex.	January 2013	Alpha Alternative, CCHD
Support and strengthen school nursing program to emphasize chronic disease prevention, management and control, health education, and nutritional counseling.	Ongoing	Christian County Board of Education, CCHD
Develop a diabetes management program within the public school system.	August 2013	CCHD
Clearly identify available resources and develop a patient advocate position that will serve as a one stop shop to instruct patients on available health care services in our community.	April 2013	CCHD
Provide health education to prevent teen pregnancy, sexually transmitted diseases, and risky behaviors.	Ongoing	Alpha Alternative, CCHD
Teenage suicide prevention and anger management counseling.	Ongoing	Pennyroyal Mental Health Center



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