

COMMUNITY HEALTH IMPROVEMENT PLAN: 2015 – 2017

Goal Statement: 1.1 Community members will make healthier food choices

Objective # 1: Increase Othello Healthy Communities Coalition to include the entire county, identify funding source to support coalition activities

Action	Projected Timeframe	Resources Required	Lead	Anticipated Results	Completion Date	Status
<p>Presentations on process/outcomes to community groups, city leadership, restaurant owners, grocery store owners, convenience stores, park and recs districts.</p> <ul style="list-style-type: none"> • <i>Ritzville Lions Club,</i> • <i>Othello Lions Club</i> • <i>Chamber of Commerce, Amy Hurlbut,</i> • <i>Othello Rotary</i> 	By: 12/31/2016	Presenters from Adams County Health Dept. (ACHD) & Adams County Health Alliance (ACHA)	Karen Pa, Timm T, Karen P	2 presentations to be done before year end 2015. <i>(One was completed by end of 2015. The other presentation was scheduled.).</i>	<p>OCH Board: 7/23/15</p> <p>Ritzville Lions Club: 11/24/15</p> <p>Othello Lions Club: 1/12/16</p> <p>Othello Rotary: 1/13/16</p>	Complete

<p>Involve Othello Healthy Communities Coalition (OHCC) <i>Found community partners were generally not willing to travel to opposite sides of county for meetings. Determined need to establish East Adams Coalition as county partner but independent of Adams County Health Alliance.</i></p> <p><i>ACHD will Obtain funding to support coalition development in East Adams County and provide staff to do work of coalition building:</i></p> <ul style="list-style-type: none"> <i>Critical Access Hospital Network Grant application</i> <i>Coalition Building – establish new coalition in East Adams County</i> 	<p>By: 12/31/2016</p> <p>By: 12/31/2016</p> <p>By: 12/31/2016</p>	<p>Healthy Communities Coalition members</p> <p>ACHD & ACHA members to complete grant application</p> <p>ACHD staff time, funds. Community buy-in to establish new coalition</p>	<p>Dulcye Field, Karen Pa</p> <p>Connie Agenbroad, Karen Pa, Karen P</p> <p>Karen Pa, Karen P</p>	<p>Development of county wide Healthy Communities coalition for oversight of health improvement programs/activities.</p> <p>Funds will be found to support coalition building activities and formation of coalition in East Adams County</p> <p>Receipt of \$13,000 from Critical Access Hospital Network/ for coalition building activities in East Adams County.</p> <p>Community coalition will be established in East Adams County.</p>	<p>Othello area continues to be served by 2 community coalitions: ACHD and PAID.</p> <p>\$13,000 Grant obtained through Critical Access Hospital Network for development of community coalition for East Adams County.</p> <p>Meeting #1: 11/2/16 <i>Full scope of coalition not yet determined.</i></p>	<p>Unable to complete: Redirect efforts</p> <p>Complete</p> <p>Ongoing (Community partners recruited and involved – 4 meetings held to date.)</p>
<p>Partner with WSU Extension Service to promote healthy food choices</p>	<p>By: 3/31/2017</p>	<p>Collaboration between ACHD, WSU Extension Office & Ritzville Library</p>	<p>Karen Potts, Dusti Kissler, Kylie Fullmer</p>	<p>East Adams County residents will have opportunity for education regarding healthy food choices.</p>	<p>3/8/17 Class: Eating Well and Making Healthy Food Choices with Diabetes 3/22/17 Class: Eating Gluten Free</p>	<p>Pending</p>

Partner with Ritzville Library District on "Learning Garden" Project	By: 6/30/2017	ACHD & ACHA support of project; PR, financial	Karen Potts, Kylie Fullmer	East Adams County residents, both children and adults, will have the opportunity to work community garden setting, learn about gardening to produce food items and participate in educational activities about healthy food preparation and selection.		<i>Pending</i>
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Objective # 2: Increase participation of grocery stores to label healthy food choices

Action	Projected Timeframe	Resources Required	Lead	Anticipated Outputs/Results	Completion Date	Status
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<p>Contact Leprekon to see if they are willing to label food products “Healthier Foods” or “Healthy Food” using “healthy food choices list from OHCC.. Karen Palmer and Dulcye will get the list. Include Mexican grocery stores (3) <i>Future expansion to Harvest Foods and Pretty Good Grocery in Ritzville, Jim’s Market in Lind and Java Bloom in Washtucna</i> <i>Future plan if above activities are successful: add a brochure with a list of participating grocery stores that provide healthy food choices.</i></p>	<p>By: 12/31/ 2016</p>	<p>ACHA and OHCC Template for stickers with the ACHA logo. (Dina McBride mentioned that EARH could work on the design for us)</p>	<p>ACHD Staff: Karen Pa</p>	<p>3 of the 4 grocery stores will participate in labeling healthy food.</p>	<p>-Karen Pal spoke with Leprekon in November 2015 – they requested that she come back after first of the year. -All grocery stores were contacted one or more times during 2015-2016. None were interested in further work to label foods.</p>	<p><i>Indefinitely on-hold due to lack of interest in participation by grocers.</i></p>
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Goal Statement: 1.2 Community members will be more physically active

Objective # 1: Increase use of walking paths and available walking trails in all communities.

Action	Projected Timeframe	Resources Required	Lead	Anticipated Results	Outputs & Completion Date	Status
<p>-Presentations to each community regarding what Othello has done to enhance their walking paths. -Media inclusion for education of current community walking path. -11-10-15 Karen P will talk to the library board regarding a bench that is possibly available. -Create maps of current walking paths using an app called map your ride or map your walk. Dulcye will map Othello path, Callie will map Lind, Ritzville and Washtucna. We need more info about the current walking paths in Washtucna and Lind, Callie will call the Cities of Lind and Washtucna.</p>	<p>By: 12/31/2016</p>	<p>ACHA – Other Possible Partners: Boy scouts, Lion’s club, to help build signs /benches/etc. Ag Shop’s in R-L and W. Othello Lions club, Librarys, Adams County Development Council, Adams County Juvenile Justice System Contact cities re: lighting of paths? Is Othello path complete? More signage needed? Grant funding?</p>	<p>Karen Pa</p>	<p>Walking path benefits will be presented to (4) communities Contact local newspapers (2 articles – 1 in each paper)</p>	<p>12/2015 Mapped the Ritzville and Lind Paths in 2015. Working on the Washtucna path. Contact Dulcye re: progress on the Othello path. Callie called the City’s of Lind and Washtucna for information re: their paths.</p>	<p>Partially Complete</p>

<p><i>-Obtain Grant funding to improve Othello path – safety and usability.</i></p> <p><i>-Purchase needed items for improvement project.</i></p> <p><i>-Work with City of Othello and other community partners to complete project.</i></p>	<p>By: 12/31/2016</p>	<p>ACHA Members to find/write grant.</p>	<p>Dulcye Field, Karen Pa</p>	<p>Funding will allow for improvements to Othello path, making it safer and more user friendly.</p>	<p>4/15/2016: Empire Health Foundation grant awarded of \$10,000 to improve Othello path.</p>	<p>Complete: Funding received; benches and exercise equipment purchased. Set-up to be completed this spring as weather allows.</p>
<p>Use American Heart Assoc. email link to help find walking terrains. www.startwalkingnow.org <i>11-10-15 add current walking paths in each city to this site? Could we do informal presentations to hospitals and cities for information to be posted to websites. Kelly is the contact at EARH, Connie at OCH. EARH has a new website</i></p>	<p>By: 12/ 31/2016</p>	<p>Web link, websites. Someone to share with city and county websites and request posting on those sites?</p>	<p>ACHD</p>	<p>Walking link will be on the County and City websites</p>		<p>Incomplete</p>

Goal Statement: 1.3 Mother's will breastfeed their infants

Objective # 1: Work across agencies to provide the same message to all pregnant women accessing services regarding breastfeeding

Action	Projected Timeframe	Resources Required	Lead	Anticipated Results	Outputs & Completion Date	Status
<p>Endorse National Breastfeeding Week (August 2016)</p> <p>Othello Hospital, Columbia Basin Health Assoc. and ACHD will endorse the ten steps to successful breastfeeding as listed below:</p>	By: 12/31/2016	Staff from each agency to meet and agree.	Othello Hospital: Connie Agenbroad	Othello will reach Gold Standard for Breastfeeding Support agencies will incorporate a written breastfeeding policy that is routinely communicated to all health care staff. (WIC, MSS)	<i>ACHD 2016: written BF policy in place, Friendly BF Clinic Policy in place, BF support statements on reader board X 2, presentation to childcare providers on safe breast milk storage in June..</i>	Complete and Ongoing

Ten Steps to Successful Breastfeeding;

1. Have written breastfeeding policy that is routinely communicated to all health care staff
2. Train all health care staff in the skills necessary to implement this policy
3. Inform all pregnant women about the benefits and management of breastfeeding
4. Help mothers initiate breastfeeding within half an hour after birth
- 5 show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infant
6. Give newborn infants no food or drink other than breast milk unless medically indicated.
7. Practice "rooming in" allowing mothers and infants to remain together 24 hours a day
8. Encourage breastfeeding on demand-whenver the baby is hungry
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infant's clinic.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital.

Goal Statement: 2.1 Teens will have opportunities for positive activities.

Objective # 1: Identify, strengthen and promote teen activities.

Action	Projected Timeframe	Resources Required	Lead	Anticipated Results	Outputs & Completion Date	Status
A clearing house of available activities will be developed and available for distribution.	By: 12/31/2016	<p>Computer skills/time/funding. College students needing projects.</p> <p>Personnel resource able to create brochure/web site format for information collected.</p>	<p>ACHD, U of W Masters in Public Health students.</p> <p>ACHD, Desert Oasis students, other youth?</p>	<p>-Develop a comprehensive county-wide list of available youth activities an electronic clearing house that links to the organizations.</p> <p>-Develop some form of distribution for this list: brochures, website links (ACHD, Schools, City websites, Etc), ideally a complete clearinghouse roster of activities.</p>	<p><i>12/6 – 8-/2015: 8 U of W students of the Masters in Public Health Program traveled to Othello and began this process. (Report, spread sheet and interview information they completed available). They presented their findings on 12/15 to classmates and staff at U of W and ACHD staff per Webinar.</i></p>	<p>Complete: <i>By 12/15/15 a comprehensive list of youth activities was developed.</i></p> <p>Incomplete <i>As yet unable to find individuals to do this work.</i></p>

Presentation to the communities regarding what's available or barriers for accessing activities. (use draft clearinghouse information)	By: 12/31/2016	U of W Masters of Public Health students And others if necessary	ACHD, Peter House,	A complete clearing house roster of activities for youth will be available for each community to be shared with parents, youth, educators, other community members as appropriate.	While the list was completed at the end of 2015, it has yet to be put into a format suitable for distribution.	<i>Incomplete</i>
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Goal Statement: 3.1 Identify resources available in the community for substance abuse prevention.

Objective # 1: Identify gaps, strengthen or promote existing programs, or create new programs.

Action	Projected Timeframe	Resources Required	Lead	Anticipated Results	Outputs & Completion Date	Status
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<p>Invite groups to attend ACHA meetings to present on their programs. 11-10-15 We have heard from TiSamm and MECLA, need to contact PAID, Celia with Chemical Dependency Prevention program, LEO's</p> <p>Contact with each school counselor regarding what is available and what barriers are in accessing programs</p>	<p>By: 6/30/16</p> <p>By: 12/31/16</p>	<p>Membership contact to possible presenters</p> <p>Staff time</p>	<p>ACHD</p> <p>Gloria , Dennis , Celia</p>	<p>Hear from a minimum of 3 groups/organizations. One coalition will be PAID.</p> <p>Increased information regarding school substance abuse.</p>	<p><i>Date: Timm T presented on TiSamm, 11/2/16: Dave Rehaume (PAID chair) presented to East Adams coalition – kick-off meeting.</i></p>	<p><i>Ongoing</i></p>
<p>ACHD will support regional efforts to reduce marijuana and e-cigarette use among 12-23 year olds through participation in training, capacity building and planning with regional partners.</p>	<p>By: 06/30/2017</p>	<p>Funding, Staff time,</p>	<p>Karen Pa, Karen P, Vicki</p>	<p>Increased capacity of ACHD staff to effectively conduct marijuana prevention work.</p> <p>Increased perception of county residents – youth and adults – of harm of marijuana use by youth.</p> <p>Decrease of unfavorable attitudes toward drug use laws and norms.</p>	<p>ACHD contracted with SRHD; Youth Marijuana Prevention and Education Program. Funds to support from 4/1/16 – 6/30/17.</p> <p>ACHD staff participate in many training opportunities and planning meetings sponsored by SRHD, DOH, others.</p>	<p><i>Funding and contract in place. Work Ongoing</i></p> <p><i>Ongoing</i></p>

Involve youth in prevention activities through participation in community coalitions and activities of Youth Marijuana Prevention and Education Program.	By: 6/30/2017	ACHD/IHCS staff time, funds, Buy-in by youth and schools	Karen Pa, Karen P, Celia G	Youth will become partners in prevention efforts and influence their peers to abstain from or delay initiation of marijuana and other drugs.	2/2/17: Youth from LRHS attended REACH meeting and offered suggestions for drug drop box promotion. Interest indicated in ongoing participation in Prevention activities.	Ongoing
Convene Stakeholders and maintain/develop coalition with focus of marijuana prevention and education.	Convene Stakeholders and maintain/develop coalition with focus of marijuana prevention and education.	Funding, staff time,	KarenPa, Celia G, Karen P	*Continue membership in and collaboration with PAID coalition in Othello. *Establish coalition in East Adams County for prevention work in Ritzville, Lind, Washtucna	ACHD/IHCS active participants in PAID. 11/2/16: Kick Off meeting for East Adams Coalition. (2/16/17)Coalition members selected name: REACH (Rural East Adams Communities Health) Coalition.	Ongoing

<p>Assess community knowledge, beliefs, attitudes, educational needs re; marijuana growth, sales, use.</p> <p>*Healthy Youth Survey 2016: All Adams County School will be recruited for participation.</p> <p>*Community Survey</p>	<p>By: 6/30/2016</p> <p>By: 6/30/17</p>	<p>Time : ACHD staff, IHCS staff, ACHA support, Additional personnel to assist: U of W Group</p>	<p>Karen Pa, Celia G</p> <p>Karen p, Karen Pa, IHCS staff, U of W Masters of Public Health students with Peter House, Advisor</p>	<p>Assessment of county resident's prevention and educational needs re; marijuana growth, sales and use.</p> <p>All Adams County Schools will participate in HYS 2016</p> <p>Data re: county resident's knowledge, beliefs and concerns about</p>	<p>Othello & Lind-Ritzville school districts participated in HYS 2016</p> <p>U of W Students developed comprehensive survey about marijuana issues and on 12/5 – 6/2016 surveyed 176 individuals (89 in Othello & 87 in Ritzville) plus conducted 30 in-depth key informant interviews. Results presented at ACHA meeting on 1/23/17.</p>	<p>Complete</p> <p><i>UW survey – Complete</i></p> <p><i>Continued use of survey by ACHD: Ongoing</i></p>
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<p>Adams County residents, both youth and adults, will be provided with education and/or materials about substance abuse, prevention and treatment.</p>	<p>By 6/30/17</p>	<p>ACHD/IHCS staff time, funding</p>	<p>Karen Pa, Karen P, other staff as appropriate</p>	<p>Adams County residents will become more knowledgeable about issues of drug use & abuse and prevention and treatment options.</p>	<p>1/5/16: Free Movie event; Ritzville. Kick off of Listen2Yourselfie ads. Youth Marijuana prevention materials distributed to middle-high school age youth.</p> <p>9/10/16: EARH Health Fair Booth 9/13/16: Lind Middle School Open House 9/15/16: Ritzville Grade School Open House 9/28/16: Community Forum – Ritzville. Guest speakers; Linda Thompson of GSSAC & Jared O’Conner WSPC.</p>	<p>Ongoing</p>
<p>Installation of a Drug Drop Box in East Adams County will provide access to a safe means to dispose of unused/unwanted medications. Community education will be provided to increase awareness of this option.</p>	<p>By: 6/30/17</p>	<p>ACHD staff time, funding, Collaboration with Sheriff’s Office, City or County Public works staff to install, outlets for widespread community education materials</p>	<p>Karen Pa, Karen P, Adams County Sheriff</p>	<p>Access to unused prescription drugs and illegal drugs will be decreased when residents have a safe means of disposal.</p>	<p>*Funds provided through the Critical Access Hospital Network grant designated for a drug drop box to be installed in Ritzville. *Various means of informing communities of Lind, Ritzville and Washtucna of this option have been identifies.</p>	<p>Complete</p> <p>In progress.</p>