

Wibaux County Health Improvement



PARTNERS

The local Wibaux Board of Health was instrumental in the assessment and planning aspect of the Wibaux Health Improvement Plan. With their in-put, a steering committee comprising of key individuals was devised. The hard work and dedication of these community members is to be commended.

Board of Health members: Mike Schneider, Chairman; Seth Domek, Darin Miske and Al Knight, Commissioners; Dave Bertelsen, Mayor; Frank Datta, DES and Business Owner; Lisa Roberts, DON Wibaux County Nursing Home; Kevin Pena, County Sanitarian; Ron Efta, County Attorney

Steering Committee members: Corinne Bacon, Wibaux Senior Center; Beth Hecker, Public Health; Nina Helvik, Wibaux Clinic-Glendive Medical Center; Barb Maus, Wibaux Clinic-Fallon Medical Complex; Trish Olson, Public Health; Mindy Van Vleet, Wibaux Library; Jan Huisman, Wibaux Schools; Patty Zinda, Community Member.

Funding

Funding sources to support the Community Health Improvement efforts have been generously provided by the Public Health Systems Improvement Grant administered by the Montana Department of Health and Human Services and Wibaux County Montana. Funding for implementation of particular aspects of this improvement plan will be generously provided by OneOk, a local utility company.

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Executive Summary

As indicated by the Community Health Surveys, the people of Wibaux County know Wibaux is a wonderful place to live, raise children and to retire. Because the community members know the greatness of the community, they also know the limitations of the community. The Wibaux County Board of Health recognizes and respects this knowledge. With their input and guidance, The Community Health Improvement Steering committee was developed. The steering committee members contributed their time and knowledge in this effort. Each member was chosen with care, acknowledging their affiliation with our local community stakeholders. Their great efforts will positively affect the Wibaux community for many years to come. Thank you.

Methodology

The Wibaux Public Health Department conducted a Community Health Assessment to determine the community’s perception of their health needs. With the data collected, the Wibaux County Board of Health proceeded to identify their perception of community health issues. A steering committee was convened to prioritize the identified community needs. The steering committee analyzed the Community Health Assessment data and their knowledge of the community needs.

The general health needs were prioritized utilizing a standard rating system provided by the Montana Public Health Systems Improvement Office. Each member independently rated each need for preventability, feasibility, impact and existing support. The score sheets were returned to the Public Health Office and each score was averaged and documented. At the following meeting, the group determined goals to achieve in each priority category. They discussed the feasibility of those goals and then determined the most achievable and impactful goals to set. They discussed different strategies to achieve the goals and again discussed the feasibility and achievability of each strategy.

Averaged Score Sheet for Health Priorities

CHIP MEETING 03-04-2019					
Column1	Column2	Column3	Column4	Column5	Column6
Issue	Preventability	Feasibility	Impact	Existing Support	
Behavioral Health					
A. Stress	2	2	2	1	
B. Isolation	3	3	3	1	
Access to Healthcare					
A. Resources	2	2	2	1	
B. Transportation	3	3	3	2	
Physical Environment					
A. Physical Resources	2	2	2	1	
B. Physical Activity	3	3	3	2	
Quality Childcare	3	3	3	1	
Tobacco Use	3	3	3	2	
A. E-cigarettes	3	3	3	2	
Please Score each from 1-3.					
1 being the least and 3 being the most, or highest degree of preventability, feasibility, impact or existing support.					

Goals, Objectives and Strategies

Priority Area: **Behavioral Health**

Goal #1: Increase positive community opportunities to reduce stress and isolation in the population.

Objective #1.1: Wibaux County will explore and develop social opportunities to engage the community members in healthy interactions.

Strategies/Activities:

- Offer diverse activities to allow for more community interests
The Senior Center, Schools, Chamber of Commerce, Extension Office and Public Health will collaborate and provide (1) new activity a year.
- Recruit new Senior Companions to address isolation in the senior population; The Senior Center, Public Health and the Wibaux Clinic will collaborate and recruit possible volunteers.

*The community will offer 1 new activity per year, discontinuing any activities that no longer engage the public.

Objective #1.2: Increase community participation in events.

Strategies/Activities:

- Utilize Social Media each week to engage the population; Public Health and the Extension Office will provide a community Calendar via Facebook.
- Determine strategies to increase participation in events: The Senior Center, Schools, Chamber of Commerce, Library, Extension Office and Public Health will collaborate to determine and implement strategies to increase participation.

*Calendars will be shared on a monthly basis. Collaborations will net at least 2 strategies to improve participation.

Goal #2: Increase healthy childcare options for families in our community.

Objective #2.1: Determine feasibility of a community daycare.

Strategies/Activities:

- Hold at least 1 community meeting to determine the interest in a community daycare; The Extension Office and Public Health will collaborate to plan a community meeting.
- Collaborate with Family Connections of Montana to determine guidelines and regulations for a community daycare and relay that to the interested community meeting participants; Public Health will contact Family Connections and invite them to the community meeting.

Objective #2.2: Identify individuals interested in starting their own daycare.

Strategies/Activities:

- Utilize the meetings to gather data.

*Identify individual/s and support them to provide a new daycare in Wibaux.

Goal #3: Improve awareness of suicide and prevention strategies in the community.

Objective #3.1: Provide QPR instruction to the community.

Strategies/Activities:

- Attain certification for QPR suicide prevention curriculum; Public Health will participate in a self-guided education plan.
- Provide education opportunities to the schools, county, Sheriff's office, nursing home staff and any other interested community members.

*Public Health will utilize pre and post QPR data to determine if the audiences improved their awareness of suicide and prevention.

Priority Area: **Access to healthcare.**

Goal #1: Increase community access to healthcare.

Objective #1.1: Increase access to in-home healthcare to prevent and/or monitor chronic illness.

Strategies/Activities:

- Collaborate with the Montana Apprentice Program to determine feasibility of EMS to provide in-home assessments and services.
- Collaborate with EMS to determine strategies to increase the number of EMS providers in the county.

*The EMS service will increase their number of providers by 50%.

Objective #1.2: Increase access to Medicaid Expansion for qualified community members.

Strategies/Activities:

- Public Health will collaborate with the Wibaux Public Library and Wibaux Medical Clinics to refer and assist qualified community members to apply for Medicaid, Snap and/or TANF on-line at the Library.
- The Library and Public Health will provide guidance for the application process by 1. word of mouth, 2. social media and 3. the local newspaper.

*Public Health will address the process on social media and the newspaper. The library will utilize word of mouth to promote the process.

Objective #1.3: Provide long-distance transportation for medical appointments not funded by Medicaid.

Strategies/Activities:

- Contact local churches for monetary support and a registry of local community members willing to provide services..
- Approach the County Commissioners to determine feasibility to utilize the county van for long distance transportation.

* Will attempt to achieve contributions to equal \$500.00 and have 4 people willing to provide services utilizing a county van.

Priority Area: **Physical Fitness**

Goal #1: Increase physical activity in Wibaux.

Objective #1.1: Provide exercise venues for the community.

Strategies/Activities:

- The Extension Office will allow the public to utilize the Wibaux Fairgrounds Exhibit Hall for walking three days a week.
- The Senior Center Coordinator will plan and execute an exercise program at the Senior Center, two days a week.
- Provide matching funds for a One Ok donation with the remaining CHIP and CHAW funds.

*Three venues will be offered to the public; Fairgrounds, Senior Center and the new walking path and lights in the city park.

Objective #1.2: Collaborate with Wibaux Extension to provide the Strong People Program

Strategies/Activities:

- Promote the Strong People Program.
- Collect pre-post data to determine efficacy.
- Provide support (BP monitoring, BMI etc.) for participants.

*Wibaux Extension will present the program annually, to increase the number of participants.

Priority Policy: **E-Cigarette Policy**

Goal: Implement the new E-cigarette policy.

Objective #1.1: Written Policy

Strategies/Activities:

- Research templates

- Present to BOH
- Collaborate with the County Attorney for input for the policy.

Objective #2: Implement Policy

Strategies/Activities:

- Public Health in collaboration with the Tobacco Prevention Specialist will increase public awareness through social media, posters and word of mouth.
- The Tobacco Prevention Specialist will place new signs in businesses.

Conclusion

Wibaux is a tight knit community. The members watch out for each other and attempt to help each other in any way possible. The Community Health Improvement Plan is just another way we all will work together to “help” each other. Our common goal is for each of us to live our healthiest, happiest life possible. As we do that, our community will also become healthier, happier and stronger.

What a great place to call home!