

Toole
County
Health
Department

2017-
2019



Public Health
Prevent. Promote. Protect.

Strategic
Plan

Introduction

In Toole County, residents thrive in a rural community and report a high quality of life. Toole County is located on the Canadian border and the economy is driven by a number of factors including railroad, the crossroads of a major highway and interstate, a private prison and agriculture. In 2013, a community health assessment found that Toole County residents' definition of a healthy community is one that includes good schools, good paying jobs, and religious or spiritual values. The 2013 Community Health Assessment also revealed that Toole County residents listed the most serious health concerns as alcohol abuse, drug abuse, depression/anxiety, mental health care and overweight and obesity. In 2014, the Toole County Health Department created their first strategic plan based on the Community Health Assessment. At the time, it would have been difficult to collaborate on a Community Health Improvement Plan due to some changes in healthcare providers and community upheaval. In 2015-16, partners were able to work together to create the Toole County Community Health Improvement Plan. This strategic plan is an update of the 2014 strategic plan and aligned with the 2017-2019 Community Health Improvement Plan.

In the recent County Health Rankings by Robert Wood Johnson Foundation, Toole County ranked 7th healthiest of the 56 counties in Montana. Creating a healthier Toole County is critical to our future success. Healthy children are better students, healthy adults make a more productive work force, and healthy seniors enjoy more satisfying retirement years. A healthy population is essential to a healthy economy.

Health, as defined by the World Health Organization, is a state of complete physical, mental and social well-being, not merely the absence of disease. As an agency, as we look towards the future, we will be cognizant of the World Health Organization's definition of health and strive towards improving the physical, mental and social well-being of the people we serve, the residents of Toole County.

This plan outlines strategies to improve the health of Toole County residents and strengthen the public health system and aligns with the Toole County Community Health Improvement Plan. The Toole County Health Department will use these strategies to focus our work from 2017-2019; providing for us a cohesive health agenda for our department.

The plan outlines the following community health status improvements:

- Prevent, identify and manage chronic conditions
- Promote the health of mothers, infants and children
- Prevent, identify and control communicable disease
- Prevent injuries
- Improve mental health and reduce substance abuse

In addition, the plan outlines the following long-term organizational viability improvements:

- Prepare the department for eventual accreditation by attaining efficiencies and meeting standards
- Plan for workforce development

- Plan to assure that all resources are used effectively and efficiently

These goals are more extensive than the Toole County Community Health Improvement Plan, which has goals to improve the following: mental health, youth risk behavior, and obesity.

The Toole County Health Department Mission:

In partnership with the communities we serve, Toole County, and the Montana Department of Public Health and Human Services, the mission of the Toole County Health Department is to enhance, protect and improve the health of the people in Toole County through evidence-based, public health related services, education, emergency preparation and policy support. We will provide services efficiently and without bias.

The Toole County Health Department Vision:

Healthy people living in a healthy community.

Prevent, identify and manage chronic conditions

Health Indicators:

- Decrease the proportion of adults who report they engage in no leisure time activity from 23.6% to 18.9%. (region 2 data)
- Decrease the proportion of high school youth who report they ate 6 or less servings of fruit in the last 7 days from 74.5% to 60%. (YRBS)
- Increase the proportion of adults who report they are up to date with colorectal, breast, and cervical cancer screening from 74% (colorectal), 76% (breast), and 84% (cervical) to 81%, 83%, and 92% respectively, utilizing the Montana Cancer Screening Program when appropriate. (Region 2 data)
- Decrease the proportion of youth who report they have smoke cigarettes in the past 30 days from 16% to 13%. (YRBS)
- Decrease the proportion of adults who report they are smokers from 27.5% (18-44 year olds) and 22.7 (45-64 year olds) to 22% and 18% respectively. (Vital Statistics)
- Decrease the proportion of high school students who report using an indoor tanning device from 9.52% to 7%. (YRBS)

Strategies:

1. Support worksites and local schools to implement health promotion policies that promote chronic disease prevention (tobacco free workplaces, breastfeeding, healthy eating, skin cancer prevention, and physical activity).
2. Implement worksite wellness policies and programs with the employees of Toole County.
3. Promote the implementation of smoke free multi-unit housing.
4. Support and promote communities and the county to adopt and implement policies addressing the built environment that promote the health of the community.
5. Increase awareness of chronic disease prevention and control through public education.

6. Provide training for school staff to support students with chronic disease to self-manage their condition.

Promote the health of mothers, infants and children

The Health Indicators:

- Decrease the proportion of women who report they smoke during pregnancy from 24% to 19%. (Vital Statistics)
- Decrease the rate of teen pregnancy from 9.2/1,000 people to 7.3/1,000 people. (Vital Statistics)
- Decrease the proportion of high school students who report not using a condom the last time they had sexual intercourse from 22.69% to 18%. (YRBS)
- Increase the number of qualifying women, infants and children who participate in WIC from 41.2% to 49%.
- Increase the number of women in WIC who initiate breastfeeding from 75.8% to 84%.
- Increase the number of women in WIC program who fully or substantially breastfeed for 3 months from 20.6% to 25%.

Strategies:

1. Support worksites and schools to implement health promotion policies that promote maternal, child, and infant health.
2. Increase awareness of maternal, child and infant health through at least one public education campaign per year.
3. Collaborate with local schools on evidence-based curricula intended to reduce teen pregnancy through both abstinence and contraception.
4. Implement evidence-based breastfeeding promotion programs in WIC program.
5. Support health care providers to identify high risk and otherwise eligible women and children and refer them to WIC and other health department programs.
6. Identify WIC enrolled women who smoke and refer to the QuitLine.

Prevent, identify and control communicable diseases

Health Indicators:

- Continue to monitor the number of communicable disease and conditions reported to the health department from health care providers within 24 hours of identification and ensure that average length of time between diagnosis and reporting continues to be less than 24 hours to ensure timeliness of identification, control and treatment.

- Increase the proportion of children aged 19-35 months who are fully immunized from 77% to 92%. (CoCASA 12/2013)
- Increase the proportion of adolescents aged 13-17 years who are fully immunized against Tetanus, Diphtheria, and Pertussis (Tdap), Meningococcal (MCV4), and Human Papilloma Virus (HPV) from 89% (Tdap), 67% (MCV4) and 26% (HPV) to 95%, 73%, and 31% respectively. (ImMTrax, 5/2014 data)
- Increase the number of high school students who say they have been taught about HIV and AIDs in school from 72% to 87%. (YRBS)

Strategies:

1. Support worksites and schools to implement health promotion policies that promote communicable disease and prevention (child and adult immunization and hand washing campaigns).
2. Write, maintain and enforce up-to-date communicable disease reporting policies.
3. Support health care settings to implement policies encouraging appropriate immunizations for employees and patients.
4. Increase awareness of communicable disease prevention and control through public education and in key settings (child, adolescent and adult immunization in schools and health care settings).
5. Improve access to child, adolescent and adult immunization services (after hour clinic for school immunizations and flu shots, flu shot clinics throughout county).
6. Maintain ability to respond 24/7 to communicable disease reports presenting public health threat.
7. Provide training to local school staff to implement communicable disease prevention and control.
8. Provide training and resources to local health professionals to support communicable disease prevention, reporting and control.

Prevent Injury

Health Indicators:

- Increase the proportion of teens who report always wearing their seat belts when someone else is driving from 27.5% to 33%. (YRBS)
- Increase the proportion of teens who report never risking in a car driven by someone who has been drinking alcohol in the past 30 days from 65.35% to 78%. (YRBS)
- Increase the proportion of teens who report not calling, texting or emailing while driving in the past 30 days from 51% to 61%. (YRBS)
- Increase the number of opportunities for adults age 50 and older to participate in activities that decrease fall risk from 1 to 3 per year.

Strategies:

1. Support worksites and schools to implement health promotion policies and education that promote motor vehicle crash prevention (seatbelt education and policy)
2. Educate and support health care settings to screen and educate patients regarding safe driving. (seat belt use and texting and driving)
3. Increase awareness of motor vehicle safety through public education.
4. Support training and education of occupant restraint best practices.
5. Support DUI taskforce in youth education regarding danger of riding in a car with a driver who has been drinking alcohol.
6. Implement and support evidence based fall prevention programs.

Improve mental health and reduce substance abuse

Health Indicators:

- Decrease the proportion of youth who report using alcohol in the past 30 days from 38.4% to 30%. (YRBS)
- Decrease the proportion of youth who report being depressed for 2 or more consecutive weeks in the past 12 months and stopped doing usual activities from 15.2% to 12%. (YRBS)
- Decrease the proportion of high school youth who report seriously considering suicide in the past 12 months from 17.46% to 14%. (YRBS)

Strategies:

1. Increase awareness of substance abuse prevention and mental health through public education.
2. Support evidence-based practices, programs and activities for substance abuse prevention.
3. Collaborate with the Toole County Mental Health Advisory Board to improve mental health services and awareness throughout community.
4. Support training for school staff to support students with known and undiagnosed mental illness, depression and suicidal ideation.
5. Support evidence-based practices, programs and activities for suicide awareness and prevention.

Improve Local Public Health Sustainability

Indicators:

- Prepare department for accreditation by attaining efficiencies and meeting standards as evidenced by formation of a quality improvement team and development of a performance management system.

- Implement plans to increase employee growth in skill and ability to effectively perform work as evidenced by development and implementation of a procedure book and workforce development plan.
- Assure that all resources are used effectively and efficiently as evidenced by creation of a Community Health Improvement Plan, new accounting system and contracts with health insurance plans.
- Maintain incorporation of Public Health Emergency Preparedness plans into policies and procedures of health department.
- Increase the number of environmental health priorities included in the strategic plan from 0 to 3 or more in the 2018-2021 strategic plan.

Strategies:

1. Train staff in quality improvement and develop quality improvement team.
2. Establish a performance management system.
3. Adopt and implement a formal workforce development plan.
4. Develop and implement a procedure book.
5. Strengthen partnerships between health care sector and health department.
6. Strengthen local board of health.
7. Collaborate with health care system and public to create Community Health Improvement Plan.
8. Implement a new accounting system.
9. Establish and maintain contracts with health insurance plans.
10. Collaborate with environmental health to determine common priorities, goals and objectives.
11. Utilize Public Health Emergency Preparedness plans when developing procedure book.