

Healthy Bullitt County 2020



Tobacco Cessation



Exercising



Longest Day of
Play

**Community Health Improvement Plan
Executive Summary
September 2016**

Community Health Assessment

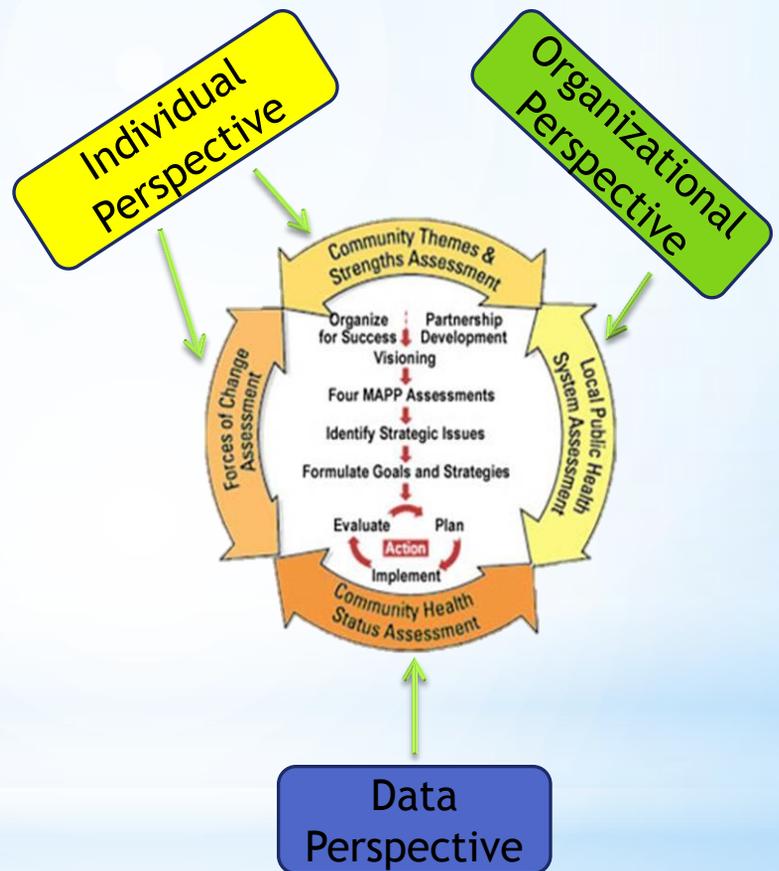
Methodology

The Bullitt County Health Department (BCHD) utilized a community health assessment process based on Mobilizing for Action through Planning and Partnerships (MAPP). MAPP is a community-driven strategic planning process which helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. The Bullitt County Health Department augmented the MAPP process with a three perspective approach to gathering information.

The data gathered for the Community Health Status came from independent (secondary) sources such as the Robert Wood Johnson Foundation County Health Rankings.

The individual perspective came from over 1200 community surveys taken along with the community forum participants.

The organizational perspective resulted from a review of the total local public health system completed during one of the community forums.



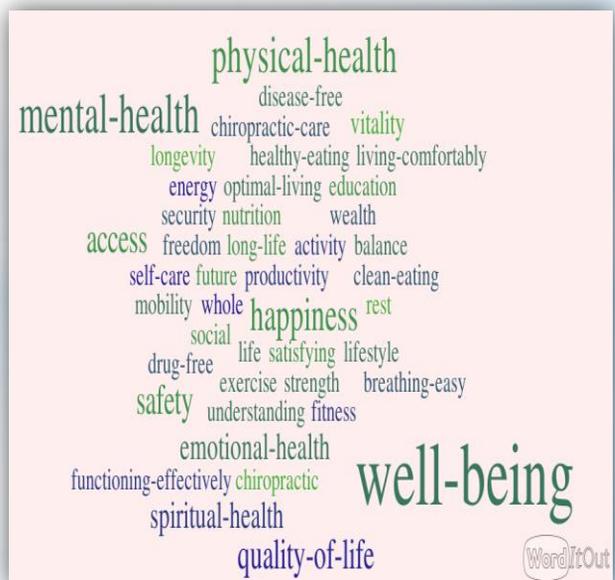
Community Health Assessment

In June 2015, fifty-five partners from various community agencies, organizations, businesses, and governmental representatives, along with a few “concerned residents” brainstormed the following questions:

- In one or two words define: What does “Health” mean to you? (Words created the word cloud shown below).
- What does a healthy community mean to you?
- What are the important characteristics of a healthy community for all who work, learn, live, and play here?
- In your ideal community, what would you hear, see, taste, touch, and smell?
- What needs to be in place for us to work together effectively to achieve our vision?
- What are the key behaviors that will be necessary for the CHA/CHIP partners, the community and others, in the next 5 years, to achieve the vision?

The complete Community Health Assessment and Community Health Improvement Plan can be viewed at www.bullittcountyhealthdept.org

Visioning: What does a healthy community mean to you?	
Decrease Chronic Illness	Safe Parks and walkways
Improved food options	Smoke Free
Prevention Focus	Improved transportation
Insurance and Health Access	Improved education on all levels
More Physicians	Focus on Bullitt County
Focus more on Mental Health	More recreational venues-hike & bike trails



Community Health Assessment

Strategic Goals and Community Feedback

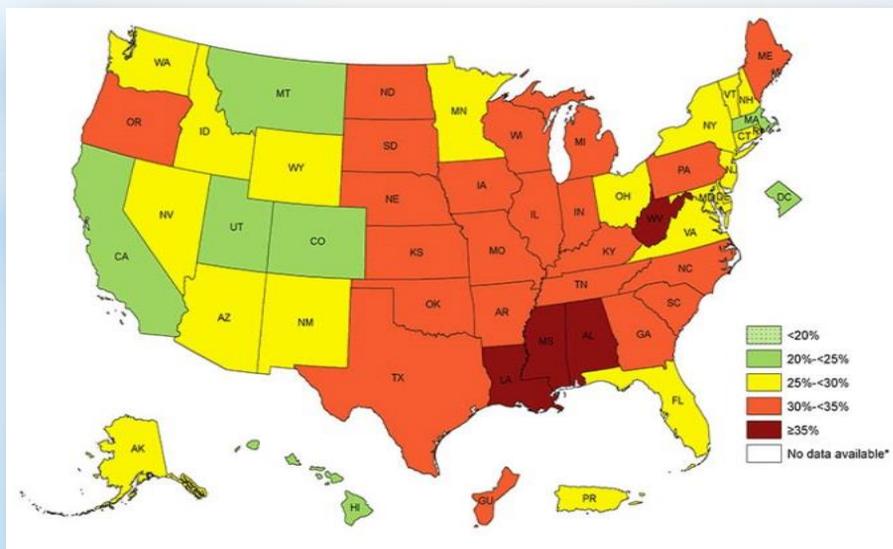
Upon completion of the Community Health Assessment various strategic goals were identified to assist in achieving Bullitt County's vision of community health. However, both the communities and BCHD visions for a healthier community are one in the same:

Strategic Goals Identified by BCHD:

- Decrease obesity
- Cancer related treatment/prevention and chronic diseases
- A decrease of alcohol, tobacco, and other drug use and abuse (ATOD)
- Increasing access to care
- Mobilizing Community Partners

What is a Healthy Community to you (community identified)?

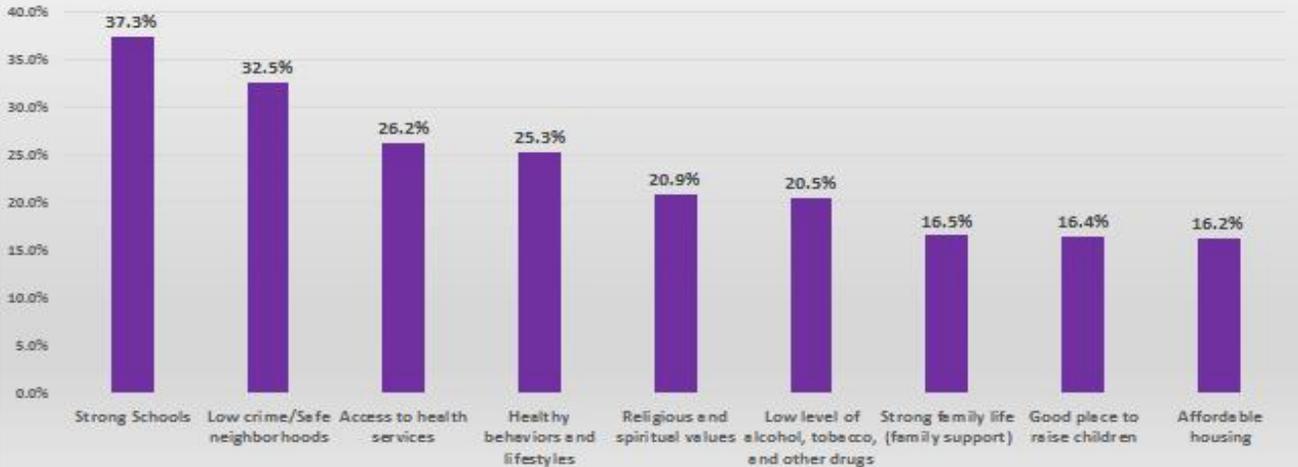
- A larger focus on mental health
- A centralized focus on Bullitt County
- An increase in available healthy food options
- A focus on *prevention and treatment*
- An increase in recreational venues, transportation and education on all levels
- An overall decrease in chronic illness



Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

Community Health Improvement Plan

What are the 3 Most Important Things Needed for a Healthy Bullitt County



Community Health Improvement Plans should be a blueprint to guide the community toward a healthier environment and lifestyles. These plans can help create programs, educate the public, and guide health-planning by public and private partners. They can be used to develop and implement policies that support health lifestyle choices. To assist with these efforts, national and state health goals used to model local efforts in making lasting changes in the health outcomes of our community.

The overall goal of this community health assessment and the resulting community health improvement plan is to improve health outcomes (measured by the length of life and the quality of life) by increasing healthy behaviors through lifestyle changes. This includes four Strategic Issues chosen by the partners on which to focus:

1. Strengthening existing resources to work more effectively through the use of evidenced-based practices;
2. Increasing healthy choices for Bullitt County residents;
3. Increasing access to health care in our community;
4. Reducing substance abuse

County partners created workgroups to focus on each of these four strategic issues.

Strengthen Community Resources

One of the strategic issues identified in the assessment process was the need to gather community resource information into a type of one-stop guide for the community. The goal of this effort is to make access to local resources and care easier for residents.

The Bullitt County Inter-Agency Council has been meeting for two years as a 135-member strong coalition. They are compiling a resource guide to increase access to community-based programs and are working to bring the Metro United Way 211 information system into the county. The Council will be the lead agency for the CHIP through the next 4 years of the implementation phase. The Community Resource guide can be accessed at <https://bchdguide.wordpress.com>

A goal is to provide leadership in the community health improvement process and bring others into the effort. The Inter-Agency Council meets on the 4th Tuesday of every month at 2:30 p.m. at the Bullitt County Health Department.



Strategic Issue # 2

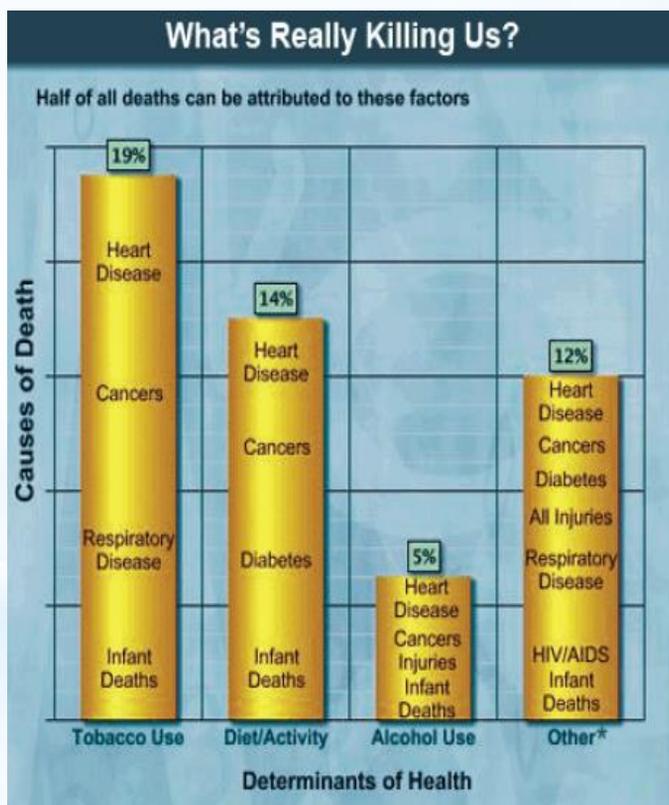
Healthy Choices

The main objective for the Healthy Choices strategic issue is to reduce premature death and chronic disease by increasing healthy lifestyle behaviors. Changing behaviors will affect modifiable risk factors associated with many of the top ten causes of premature death. These include, but are not limited to; tobacco cessation, increasing daily exercise, reducing time in front of screens (TV, computers, video games), increasing consumption of fresh fruits and vegetables, completing wellness check-ups, and building healthy relationships.

There are other things within the Healthy Choices issue to be considered and for which to work. They include supportive policies in the community that can change the social norms by making healthy behaviors more attractive than the unhealthy choices. Some examples of policies are smoke-free public places, healthy meeting policies, sidewalk requirements, green spaces, and vending machine policy.

Looking at the chart, it is easy to see the connection between lifestyle choices and the leading causes of death over the life span according to the Department of Health and Human Services. Six of the top ten causes of death are listed in this chart. All are directly related to the daily choices we make.

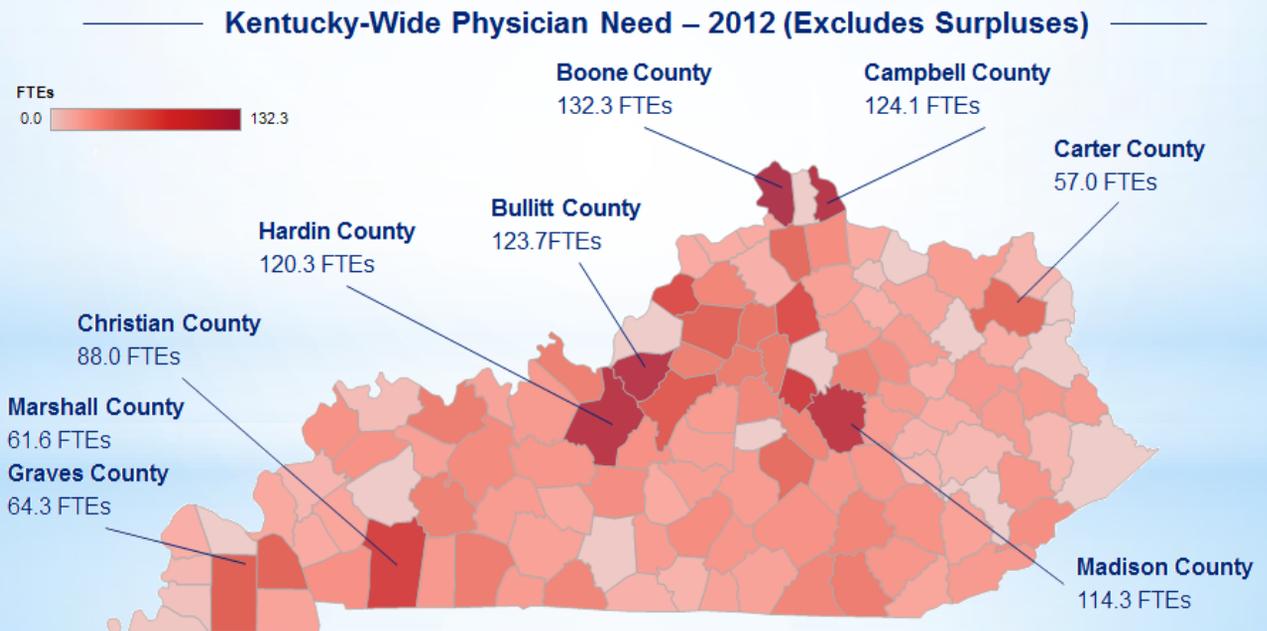
Genetics play a role in the length and quality of life but cannot be modified; lifestyle choices can be modified.



Access to Healthcare

One means of assuring access to health care is to strengthen coordination among local public health system partners to eliminate gaps in service and improve referral mechanisms among providers. Another is to increase awareness of available services through the development of the community resource guide, both hard copy and online versions, of local public health and health care organizations. This will be distributed to all partners in the local public health care system.

Active recruiting of medical professionals should be ongoing by elected officials, economic development agencies, the Chamber of Commerce, and others in the county. Finally, continuous public education and outreach efforts are necessary so that all residents are aware of the population-based and personal health care services available in the community.



The Commonwealth of Kentucky Health Care Workforce Capacity Report, May 2013
FTE = Full Time Equivalent

Substance Abuse

Reducing abuse of alcohol, tobacco and other drugs, especially among the youth of the county, is vital to the future health of the county. National agencies agree that policy change and social normalization are best-practice strategies for combating Alcohol, Tobacco and Other Drugs (ATOD) issues in a community.

Partners In Prevention Coalition has been working on ATOD issues in Bullitt County since 1995. They will continue to work for policies to strengthen protective factors in the community and schools, to educate families and youth about substance abuse, and to reduce risk factors. An important goal of prevention is to change the balance between risk and protective factors so that protective factors outweigh risk factors.

Risk Factors	Domain	Protective Factors
Early Aggressive Behavior	Individual	Self-Control
Lack of Parental Supervision	Family	Parental Monitoring
Substance Abuse	Peer	Academic Competence
Drug Availability	School	Anti-drug Use Policies
Poverty	Community	Strong Neighborhood Attachment



Community Health Improvement Plan

Strategic Issues in Summary

A *strategic goal* is a fundamental policy choice(s) or critical challenges that must be addressed in order for a community to achieve a healthy vision. Listed below is the strategic issue(s) identified by the CHIP assessment and current actions by the BCHD.

Strategic Goal	Action
➤ Strengthening community resources	➤ Continue to build community partnerships
➤ Increasing healthy choices	➤ Develop/maintain a resource guide
➤ Increasing access to healthcare	➤ Identifying and implementing evidence-based practices
➤ Decreasing substance abuse	➤ Establish workgroup for each strategic issues

A Community Achieving a Healthy Vision: Success Stories



The Bullitt County Board of Education passed a 100% 24/7 Tobacco Free Campuses Policy in August 2016.

The Bullitt County Health Department became an accredited health department in March 2016.



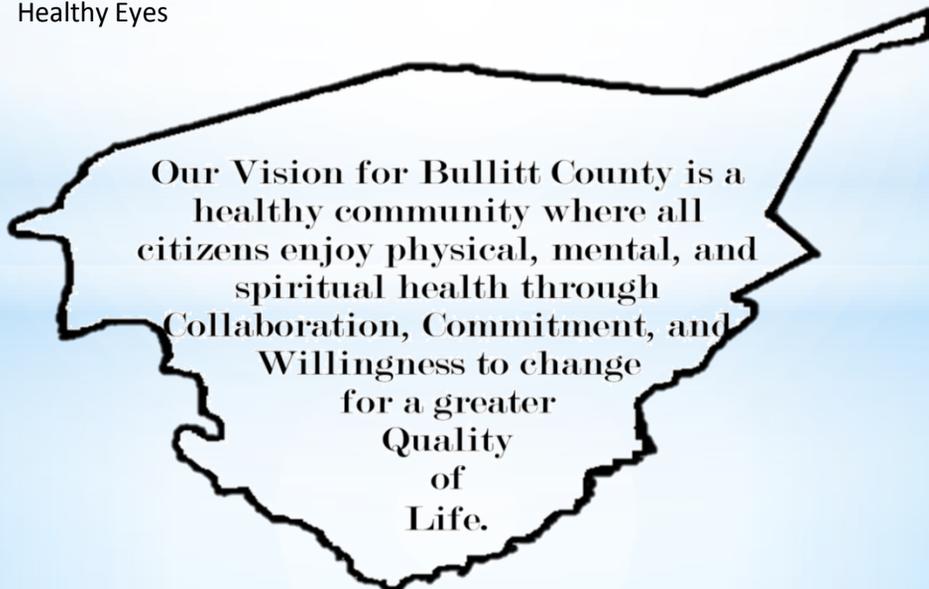
Going Forward & Getting Involved

- A CHIP annual report will be submitted to the local newspaper and placed online for the community to access at www.bullittcountyhealthdept.org
- How can you or your organization be involved in our Community Health Improvement Plan?
 - ✓ Collect and share evidence-based practices that have been shown to make positive changes in lifestyle choices. This list of programs and policies is available from Healthy Bullitt County 2020 lead team by calling 955-5355.
 - ✓ Be open to operational and policy changes that promote healthy lifestyle behaviors. Look for effective, affordable, and creative health promotion activities/policies.
 - ✓ Help promote locally grown foods.
 - ✓ Support development and expansion of sidewalks, walking/biking trails along with other recreational venues in the county.
 - ✓ Learn more about local services at <https://bchdguide.wordpress.com/>
 - ✓ Add your services and/or programs to the Bullitt County Resource Guide by contacting us at contactbchd@gmail.com
 - ✓ Join the Inter-Agency Council meetings on the 4th Tuesday of every month at 2:30 p.m. at the Bullitt County Health Department.
- Access the full Community Health Assessment (CHA) and the Community Health Improvement Plan (CHIP) visit the Bullitt County Health Department website at www.bullittcountyhealthdept.org

**GET !
INVOLVED!**

Healthy Bullitt County 2020 Partners

Amazon
American Cancer Society
American Heart Association
Baptist Health
Baptist Health Systems
Bernheim /Bullitt Lick Middle YSC
Bernheim Forest
Baptist Health Medical Group
Buckman & Farris Law Office
Bullitt County Attorney's Office
Bullitt County Board of Education
Bullitt County Board of Health
Bullitt County Chamber of Commerce
Bullitt County Extension Office
Bullitt County Health Department (BCHD)
Bullitt County Judge Executive
Bullitt County Ministerial Association
Bullitt County Public Schools
Bullitt County YMCA
Care Source
Center for Women & Families
Century 21 Advantage Plus Realtors
Cheer Bling
Coventry Care of KY
Dare to Care Food Bank
Elder Serve Homecare
Forest Edge Winery
Forever Young Chiropractic
Healthy Eyes
Kentucky Vocational Rehab
KentuckyOne Health
KIPDA
KY Rural Health Coalition
KY Youth Career Center
Lebanon Junction/Cedar Grove Elem FRC
LGE-KU Utilities
Medical Center Jewish South
Metro United Way
North Bullitt High/Hebron Middle YSC
Ohio Valley Educational Cooperative (OVEC) Head Start
Old Mill/Crossroad Elem FRC
Park Community Credit Union
Passport Health Care
Pediatrics of Bullitt County
Pioneer News
Property Valuation Administrator
Republic Bank
Roby/Mt. Washington Elem FRC
Seven Counties Services
Shepherdsville City Council
Shepherdsville Fire Department
Shepherdsville First Baptist Church
49th District State Representative
U of L Institute for Sustainable Health & Optimal Aging
U of L School of Public Health
UK School of Public Health
Walgreens, Mt. Washington



This Executive Summary is a product of the Bullitt County Health Department Health Education Department, September 2016

www.bullittcountyhealthdept.org