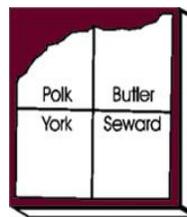


Community Health Improvement Plan 2018-2019 Annual Report



**Four Corners
Health Department**



Public Health
Prevent. Promote. Protect.



Summary:

The Community Health Improvement Plan (CHIP) for Four Corners Health Department (FCHD) was completed in 2017. At that time, four priority areas were identified after a collective community needs assessment process. These four priorities were selected with the overall goal in mind to improve the health and wellbeing of all those who reside in the FCHD District.

Improving the health of the FCHD District is a shared responsibility, not only of health care providers and the local public health system, but of everyone working to contribute to the well-being of its residents and visitors. It's important to recognize that no single organization has the depth or resources needed to raise the community health to a level of sustained excellence without strong partnerships. When partners successfully leverage resources, we can have the greatest impact on improving health outcomes.

The FCHD 2017-2021 Community Health Improvement Plan focus areas are as follows:

- Healthy Lifestyles (Physical Activity and Nutrition, Cancer, Diabetes, and Heart Disease)
- Motor Vehicle Crashes and Deaths
- Behavioral and Mental Health/Substance Abuse
- Local Public Health System Collaboration

For more information about the CHIP, the full plan can be accessed at www.fourcorners.ne.gov

This Annual Report includes review of each priority, goal, targets/performance measures, and objectives. Progress has been noted and review of Behavior Risk Factor Surveillance System (BRFSS) and Youth Risk Behavioral Survey (YRBS) data has been completed.

The BRFSS is a telephone survey of adults age 18 and older and includes landline telephone and cell phone data collection.

The YRBS is a survey to a random sample of public high school students in Nebraska attending grades 9-12.

When referring to the data tables, please note the following:

- Data in Green = Results Exceed State of Nebraska Averages
- Data in Yellow = Results Meet State of Nebraska Averages
- Data in Red = Results are Worse than State of Nebraska Averages

Priority Goal: Healthy Lifestyles

Reduce obesity and associated chronic disease (cancer, diabetes, and heart disease) through healthy nutrition, regular physical activity, and achievement and maintenance of healthy body weights.

Targets/Performance Measures:

The percentage of adults consuming fruits less than 1 time per day (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	42.0%	40.1%	55.1%	46.2%	28.8%	34.3%
2013	40.3%	39.7%	49.3%	45.4%	31.2%	34.4%
2015	39.1%	41.1%	47.1%	47.4%	31.0%	35.1%
2017	36.8%	36.9%	43.4%	42.0%	30.7%	31.9%

The percentage of adults consuming vegetables less than 1 time per day (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	26.1%	26.2%	31.9%	29.7%	20.2%	22.9%
2013	26.7%	23.3%	33.9%	26.6%	19.5%	20.1%
2015	20.3%	24.7%	22.2%	28.3%	18.4%	21.4%
2017	15.6%	20.0%	14.9%	21.9%	16.5%	18.1%

The percentage of adults meeting both aerobic physical activity and muscle strengthening recommendations (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	16.9%	19.0%	15.1%	19.7%	18.6%	18.4%
2013	16.0%	18.8%	14.4%	19.4%	17.6%	18.2%
2015	16.6%	21.8%	15.2%	23.3%	17.9%	20.3%
2017	20.5%	19.1%	21.9%	19.7%	19.0%	18.4%

The percentage of adults who have had their cholesterol checked in the past 5 years (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	74.1%	71.8%	68.1%	67.9%	80.0%	75.6%
2013	75.6%	74.0%	76.3%	71.1%	74.9%	76.9%
2015	70.3%	75.1%	65.7%	71.8%	74.8%	78.2%
2017	82.4%	84.4%	81.7%	82.5%	83.0%	86.2%

The percentage of adults who have had their blood pressure checked in the past year (BRFSS)

	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2013	90.5%	84.6%	89.7%	81.2%	91.3%	87.8%
2015	85.6%	88.0%	82.1%	85.2%	89.3%	90.6%
2017	89.8%	86.3%	88.2%	83.0%	91.0%	89.4%

Percentage of women (21-65 year olds) that are up to date on cervical cancer screening (BRFSS)

	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2012	82.8%	83.9%			82.8%	83.9%
2014	76.3%	81.7%			76.3%	81.7%
2016	79.5%	77.7%			79.5%	77.7%

Percentage of women (50-74 olds) that are up to date on breast cancer screening (BRFSS)

	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2012	74.4%	74.9%			74.4%	74.9%
2014	74.8%	76.1%			74.8%	76.1%
2016	74.9%	73.4%			74.9%	73.4%

Percentage of adults (50-75 year olds) that are up to date on colon cancer screening (BRFSS)

	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2012	61.5%	61.1%	60.7%	58.4%	62.2%	63.6%
2013	61.1%	62.8%	64.4%	61.0%	57.5%	64.4%
2014	64.9%	64.1%	66.9%	63.0%	62.5%	65.2%
2015	62.1%	65.2%	61.0%	63.7%	63.2%	66.6%
2016	65.0%	66.0%	65.9%	65.2%	63.9%	66.7%
2017	69.2%	68.3%	66.9%	67.4%	71.2%	69.2%

Percentage of adults that have ever been told they have pre-diabetes (BRFSS)

	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2013	5.5%	5.5%	4.3%	5.9%	6.7%	5.1%
2014	6.2%	5.8%	5.4%	5.8%	7.0%	5.7%
2016	5.5%	6.0%	5.9%	5.3%	5.2%	6.7%
2017	5.0%	5.9%	5.8%	5.0%	4.4%	6.8%

Percentage of NE high school students who report consuming fruit or drinking 100% fruit juices two or more times per day

	Nebraska	US
2014/2015	26.8%	31.5%
2016/2017	26.2%	31.3%

Percentage of NE high school students who report consuming vegetables three or more times per day

	Nebraska	US
2014/2015	13.2%	14.8%
2016/2017	11.8%	13.9%

Percentage of NE high school students who report being physically active 60 or more minutes per day during 5+ of the past 7 days

	Nebraska	US
2014/2015	52.8%	48.6%
2016/2017	51.7%	46.5%

Percentage of NE high school students who report completing strengthening exercises on 3+ of the past 7 days

	Nebraska	US
2014/2015	54.3%	53.4%
2016/2017	51.7%	51.1%

Percentage of adults who are obese (BMI = 30+) (BRFSS)

	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	28.3%	28.4%	28.1%	29.2%	28.4%	27.6%
2012	27.6%	28.6%	30.3%	29.2%	25.0%	28.1%
2013	32.4%	29.6%	35.2%	30.8%	29.4%	28.4%
2014	31.2%	30.2%	31.1%	31.7%	31.3%	28.7%
2015	33.6%	31.4%	32.8%	32.9%	34.4%	29.8%
2016	29.1%	32.0%	33.3%	32.6%	24.6%	31.4%
2017	33.9%	32.8%	33.0%	33.2%	34.6%	32.3%

Percentage of adults who are overweight or obese (BMI = 25+) (BRFSS)

	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	66.1%	64.9%	70.8%	72.8%	61.1%	56.8%
2012	63.7%	65.0%	67.3%	72.3%	60.0%	57.6%
2013	68.9%	65.5%	73.7%	72.2%	63.8%	58.5%
2014	72.8%	66.7%	78.6%	73.8%	66.8%	59.2%
2015	70.1%	67.0%	73.5%	73.4%	66.4%	60.2%
2016	66.7%	68.5%	79.6%	74.9%	52.8%	61.8%
2017	69.7%	69.0%	74.3%	75.2%	64.9%	62.4%

Percentage of adults who have ever been told they had a heart attack or coronary heart disease (BRFSS)

	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	7.1%	6.4%	8.6%	8.0%	5.5%	4.8%
2012	5.8%	6.2%	7.0%	7.8%	4.7%	4.6%
2013	8.0%	6.2%	10.2%	7.7%	5.7%	4.7%
2014	6.3%	6.0%	8.8%	7.4%	3.8%	4.6%
2015	6.8%	5.8%	7.6%	7.5%	6.1%	4.3%
2016	5.9%	5.8%	7.4%	6.9%	4.5%	4.7%
2017	5.9%	6.1%	6.8%	7.5%	4.7%	4.7%

Percentage of adults that have ever been told they have diabetes (BRFSS)

	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	7.7%	8.4%	8.3%	8.6%	7.2%	8.2%
2012	9.3%	8.1%	10.6%	8.3%	8.1%	7.9%
2013	7.9%	9.2%	11.0%	10.1%	4.9%	8.3%
2014	6.9%	9.2%	6.1%	9.7%	7.6%	8.6%
2015	9.1%	8.8%	8.5%	9.0%	9.6%	8.6%
2016	10.0%	8.8%	13.6%	8.7%	6.4%	8.9%
2017	11.1%	10.1%	11.9%	10.4%	10.4%	9.9%

Additional goals include a focus on female breast cancer and colon cancer. Specific data is not available for the Four Corners Health Department District at this time.

The “Cancer Incidence and Mortality in Nebraska: 2015 Report” distributed by the Nebraska Cancer Registry in May of 2018 concludes the following:

- Female Breast Cancer: FCHD Lower Incidence then NE Statewide
- Female Breast Cancer: FCHD Higher Mortality then NE Statewide
- Colon Cancer: FCHD Higher Incidence then NE Statewide
- Colon Cancer: FCHD Similar Mortality with NE Statewide

Strategies/Activities to reach Healthy Lifestyles Goal:

Promote District-wide resources that are available

- County fairs, Health Fairs, and Home Shows offer a Healthy Lifestyles focus
- Farmers Markets available in each county
- FCHD Resource Directory of available services
- FCHD Worksite Wellness programming
- Walkability focus in Henderson
- Milford Public Schools Wellscapes Program
- Tai Chi classes
- Stepping On classes
- Memorial Healthcare Systems “Blast off for Healthy Kids” elementary school program
- After-School programming offered through Extension Offices
- SNAP (Supplemental Nutrition Assistance Program)
- Cancer Awareness Month programs and activities
- Every Woman Matters
- Community Cancer Support Groups
- Relay for Life events
- Healthy Lifestyle Presentations
- Diabetes Prevention Program available in each county
- Diabetes Referral Network available in York, Seward, and Butler Counties
- Many of our local clinics, hospitals, and health related agencies offer healthy lifestyle services

Promote regular nutrition and physical activity messages in paper and/or on website

- FCHD “Monthly Message” shared with Worksite Wellness participants and Community Partners
- FCHD “Everyday Health” newsletter posted on FCHD website
- Press releases provided to local newspapers

Gathering local Body Mass Index (BMI) data

- FCHD will determine if an opportunity exists to collect BMI data from the schools in the District
 - This strategy has been removed. FCHD no longer has the funding to support this initiative. Time and resources have been shifted to other programs.

Priority Goal: Motor Vehicle Crashes and Deaths

Reduce motor vehicle crashes and deaths through increased traffic safety public education and awareness.

Targets/Performance Measures:

Percentage of adults who report always wearing a seatbelt when driving or riding in a car (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	65.6%	71.3%	54.8%	63.7%	76.7%	78.6%
2012	62.4%	69.7%	50.8%	61.7%	73.8%	77.3%
2013	72.6%	74.1%	61.7%	67.0%	83.5%	80.8%
2014	63.1%	72.4%	51.0%	64.7%	75.3%	79.8%
2015	68.1%	75.4%	54.3%	68.2%	81.8%	82.3%
2016	67.8%	73.8%	58.6%	66.8%	77.3%	80.6%
2017	72.2%	76.3%	61.8%	70.4%	82.5%	82.0%

Percentage of adults who report texting while driving in the past 30 days (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2012	28.7%	26.8%	29.4%	29.2%	28.0%	24.4%
2015	22.0%	24.9%	26.6%	27.6%	17.4%	22.3%
2017	20.5%	26.6%	17.2%	29.9%	23.7%	23.4%

Percentage of NE high school students who report never/rarely wearing a seatbelt			
	Nebraska	US	
2014/2015	11.3%	6.1%	
2016/2017	8.5%	5.9%	

Percentage of NE high school students who report texting or emailing while driving during the past 30 days			
	Nebraska	US	
2014/2015	49.4%	41.5%	
2016/2017	48.3%	39.2%	

Strategies/Activities to reach Motor Vehicle Crashes and Deaths Goal:

FCHD Drive Smart grant focuses on speeding, occupant safety, pedestrian safety, and bicycle safety

- Media Campaigns
- Education and Awareness Activities (including Home Shows, County fairs, Health Fairs, and College Events)
- Car Seat Checks
- Traffic Safety Education is now a component of the FCHD Worksite Wellness Program

Priority Goal: Behavioral and Mental Health/Substance Abuse

Improve behavioral/mental health and reduce substance abuse through prevention, awareness, and by ensuring access to appropriate, quality services.

Targets/Performance Measures:

Percentage of adults told they have depression (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	16.4%	16.8%	11.3%	11.5%	21.4%	22.0%
2012	16.9%	16.7%	10.8%	12.4%	22.9%	20.9%
2013	16.0%	18.2%	10.0%	12.9%	22.0%	23.4%
2014	15.3%	17.7%	10.3%	13.0%	20.1%	22.3%
2015	16.7%	17.5%	9.9%	12.4%	23.5%	22.5%
2016	17.3%	17.8%	14.0%	12.1%	20.5%	23.4%
2017	18.7%	19.4%	12.8%	13.0%	24.7%	25.8%

Percentage of adults reporting frequent mental distress in the past 30 days (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	7.8%	9.2%	6.0%	7.7%	9.5%	10.7%
2012	7.9%	9.0%	6.7%	7.4%	9.0%	10.6%
2013	6.8%	8.9%	4.1%	6.8%	9.4%	10.9%
2014	7.9%	8.2%	5.7%	6.4%	10.1%	9.9%
2015	8.2%	8.9%	5.2%	6.9%	11.2%	10.8%
2016	6.9%	9.5%	5.1%	7.0%	8.7%	12.0%
2017	10.4%	10.5%	5.5%	7.6%	15.3%	13.4%

Percentage of NE high school students who self-report depression during the past 12 months			
	Nebraska	US	
2014/2015	24.1%	29.9%	
2016/2017	27.0%	31.5%	

Percentage of NE high school students who considered suicide during the past 12 months			
	Nebraska	US	
2014/2015	14.6%	17.7%	
2016/2017	16.1%	17.2%	

Percentage of NE high school students who attempted suicide during the past 12 months			
	Nebraska	US	
2014/2015	8.9%	8.6%	
2016/2017	8.0%	7.4%	

Percentage of adults reporting current cigarette smoking (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	19.2%	20.0%	22.0%	22.1%	16.4%	17.9%
2012	17.0%	19.7%	18.3%	21.4%	15.8%	18.1%
2013	11.9%	18.5%	11.5%	19.8%	12.3%	17.2%
2014	15.7%	17.3%	15.9%	18.5%	15.5%	16.2%
2015	17.2%	17.1%	17.5%	18.4%	16.8%	15.8%
2016	17.7%	17.0%	20.6%	18.6%	14.9%	15.4%
2017	12.3%	15.4%	16.1%	16.4%	8.7%	14.5%

Percentage of adults reporting current smokeless tobacco use (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	5.4%	5.6%	9.8%	10.5%	1.0%	0.8%
2012	6.8%	5.1%	13.4%	9.5%	0.2%	0.8%
2013	5.2%	5.3%	10.4%	10.1%	0.0%	0.7%
2014	6.7%	4.7%	11.7%	8.5%	1.8%	1.0%
2015	6.2%	5.5%	11.5%	9.9%	0.7%	1.1%
2016	6.0%	5.7%	11.3%	10.5%	0.6%	0.9%
2017	5.0%	5.3%	9.2%	9.8%	0.8%	0.9%

Percentage of adults reporting binge drinking in the past 30 days (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	22.4%	22.7%	29.4%	30.2%	15.1%	15.7%
2012	21.3%	22.1%	26.6%	29.1%	16.2%	15.5%
2013	16.1%	20.0%	22.0%	25.2%	10.1%	15.0%
2014	21.8%	20.3%	30.3%	26.8%	13.6%	14.1%
2015	17.5%	19.5%	22.5%	26.0%	12.5%	13.1%
2016	17.3%	20.0%	23.2%	27.2%	11.2%	13.1%
2017	24.2%	20.6%	31.4%	27.3%	17.0%	14.2%

Percentage of adults reporting heavy drinking in the past 30 days (BRFSS)						
	Overall		Men		Women	
	FCHD	State of NE	FCHD	State of NE	FCHD	State of NE
2011	6.6%	7.5%	7.8%	9.2%	5.3%	5.9%
2012	7.7%	7.2%	11.5%	8.5%	4.1%	5.9%
2013	1.9%	6.8%	1.5%	7.3%	2.2%	6.3%
2014	7.6%	6.4%	9.9%	7.5%	5.4%	5.3%
2015	4.6%	5.7%	4.6%	7.0%	4.7%	4.6%
2016	6.0%	6.6%	7.5%	8.0%	4.5%	5.2%
2017	7.3%	7.0%	8.2%	8.2%	6.4%	5.8%

Percentage of NE high school students who report smoking cigarettes during the past 30 days			
	Nebraska	US	
2014/2015	13.3%	10.8%	
2016/2017	7.4%	8.8%	

Smokeless tobacco use by Nebraska high school students:

- Trend data is not available due to changes in how the question was asked on the 2017 YRBS.

Binge drinking by Nebraska high school students:

- Trend data is not available due to changes in the definition of binge drinking on the 2017 YRBS.

Strategies/Activities to reach Behavioral and Mental Health/Substance Abuse goals:

Increase awareness of mental health, decrease the mental health stigma, and promote available services

- QPR (Question, Persuade, Refer) Training available (6 trainers in FCHD District)
- Mental Health First Aid (Adult & Youth) Training available
- Bridges out of Poverty Training available
- WRAP (Wellness Recovery Action Plan) Training
- Seward Suicide Prevention Coalition
- Buddy Check (Veterans Support Group)
- LOSS Team (Local Outreach to Suicide Survivors)
- Living Well classes (5 trainers in FCHD District)
- Mental Wellness Resources on FCHD website
- FCHD Resource Directory of available services
- Primary care clinic(s) screen patients for depression using tools such as the PHQ-9 (Patient Health Questionnaire)

Evidence based strategies will be implemented across the FCHD District in Prevention Coalitions

- Coalitions work with Region V Services to implement strategies

Priority Goal: Local Public Health System Collaboration

Sustainable regional infrastructure for collective impact to increase the number of Four Corners residents who are healthy at every stage of life.

Strategies/Activities to reach Local Public Health System Collaboration Goals:

Enhance cross-sector collaboration in community planning and design to promote community health and safety

- A Community Health Advisory Team consists of partners from across the District. This team is emailed on a regular basis to inform them of FCHD happenings.
- FCHD is available to assist area hospitals with Community Health Needs Assessments and strategic planning
- FCHD continues to collaborate with partners on health and wellness initiatives, chronic disease management, and building capacity
- Numerous coalitions exist across the FCHD District – all of them working to strengthen the community's health

Summary

This is the first review of the 2017-2021 Community Health Improvement Plan.

Striving to move the plan forward in unfunded areas is challenging. However, we are excited to see where local public health system collaborations will take us.

The BRFSS and YRBS surveys will continue to serve as our primary data tool and will assist us in tracking progress over time.

While some areas are either worse or meet state of Nebraska averages, this does not mean that work isn't being done. FCHD continues to monitor the data and look for funding opportunities to assist with future programming across the District.

Continued district-wide collaboration is essential to ensure that goals are being accomplished.