



2014-2107 PUTNAM COUNTY  
COMMUNITY HEALTH  
IMPROVEMENT PLAN  
ANNUAL PROGRESS REPORT

Updated: March 2018

# Introduction

This document provides an overview of health-related data for Putnam County and progress made toward the 2014-2017 Putnam County Community Health Improvement Plan. Only the data related to the three CHIP priority areas are included. A full report of the 2016-2017 Community Health Assessment can be found at the Putnam County Health Department website at [www.putnamhealth.com](http://www.putnamhealth.com).

In January, 2015, the Partners for a Healthy Putnam County released the 2014-2017 Putnam County Community Health Improvement Plan. This plan was developed with input from multiple partnering agencies. The strategic issues were prioritized by the Partners and a workplan was developed to address the top three priorities:

- Obesity
- Alcohol and Drug Use
- Mental/Behavioral Health

Many different partners have been working to complete the objectives as written in the CHIP workplan. The Live Happy, Live Healthy Putnam County Fitness and Nutrition Wellness Team is working to address the obesity priority. The Putnam County Task Force for Youth and the Putnam Adolescent Response Team for Youth (P.A.R.T.Y.) focuses on alcohol and drug use in Putnam County, as well as other high-risk behaviors, among youth. Pathways Counseling Center, along with the ADAMHS Board, work to provide mental health services and alcohol and drug counseling in the community.

The following pages describe the three strategic issues as well as the goals, measures, data and objectives related to each. Also included is a description of the successes, programs and activities that have been completed each year to address the identified strategic priorities.

# CHIP Strategic Issue 1: Obesity

**Goal:** Decrease the percentage of Putnam County adults who are obese and children who are overweight or obese.

**Key Measure:** 2014 County Health Rankings – 30% of adults are obese. 2010 ODH Third Grade BMI Report states that 33.9% of third-graders are overweight or obese. Goal – reduce percentage of adults who are obese to 25% and reduce the percentage of overweight or obese third-graders to 30%.

## Updated Data since the 2013-2014 CHA:

### County Health Ranking Data

| County Health Ranking Year | 2014 | 2015 | 2016 |
|----------------------------|------|------|------|
| Adult Obesity              | 30%  | 31%  | 33%  |

### 2016 Community Health Status Assessment (Community Survey)

| Adult Comparisons | Putnam County 2016 | Ohio 2015 | U.S. 2015 |
|-------------------|--------------------|-----------|-----------|
| Obese             | 38%                | 30%       | 30%       |
| Overweight        | 36%                | 37%       | 36%       |

\*Updated third grade data is not available. A BMI study of third graders has not been completed in recent years by the Ohio Department of Health.

### CHIP Objectives:

- By May 31, 2015 increase awareness of student health-related policies.
- By October 31, 2016, two churches will offer mini farm market opportunities.
- By December 2016, one local community that is a considered a “food desert” will have better access to fruits and vegetables.
- By December 2016, one school garden will be established.
- By December 2017, four Cooking Matters programs will be offered in the community.
- By December 2017, four schools will have a policy to eliminate/reduce high calorie, low-nutrition drinks and foods from vending machines (This objective was removed in February 2016 after the annual Partners meeting. Schools already have policies in place).
- By December 2017, five worksites will be more aware of healthy nutrition policies in the workplace and adopt appropriate policies.
- By December 2015, a guide with maps for physical activity opportunities will be developed.

- By May 2016, three elementary schools will increase physical activity opportunities through various initiatives.
- By December 2017, four small business worksites will participate in wellness programs.

## Successes:

### 2015

- Schools were surveyed to determine existing policies. Information sent to all schools regarding “Recess Before Lunch” policy benefits
- Meetings were held with several churches regarding mini farm market. “Plant an Extra Row” program information also provided
- A “field day” to the Ft. Jennings School garden was organized to provide information to other schools regarding the development of school gardens. Meeting was held with Leipsic school regarding a garden, but it was decided to delay the development for another year
- Three Cooking Matters classes were held by OSU Extension
- Leipsic School students assisted with the development of walking maps of areas throughout the county
- Offered nutrition and physical activity programs to schools but were unable to schedule

### 2016

- One Cooking Matters class was held by OSU Extension
- PCHD obtained a grant to provide “Blessings in a Backpack” to qualifying Leipsic school children
- PCHD grant provided “Media Smart Youth” program at Ottawa Elementary and Continental School
- OSU Extension provided “Balance My Day” program at Ottawa Elementary (7<sup>th</sup> grade and after-school), Leipsic Elementary (after-school), and Pandora Elementary (after-school)
- OSU Extension provided “Eat, Play, Grow” and “Color Me Healthy” with preschools
- “Plant an Extra Row” information provided through social media and churches
- Information sent to churches to encourage mini-farm market opportunities.
- PCHD wrote a grant for increased fruit and vegetable access in Leipsic (food desert) – working with the Leipsic Community Center and Leipsic Pool. Will take place in 2017
- Leipsic Community Center wrote a grant to work with youth for a running and health nutrition program. Will take place in 2017
- Survey completed with schools and additional “Recess Before Lunch” policy information provided upon request. Several schools are considering adopting a policy
- Some schools interested in learning more about school gardens and possibly adding if funding is available. Research of funding opportunities conducted and shared with schools.
- Survey conducted with worksites. There was a poor response, therefore other ways of gathering this information is being considered
- Continued to develop walking/biking maps for different areas of the county for distribution

## 2017

- OSU Extension provided “Balance My Day” program at Ottawa Elementary (7<sup>th</sup> grade, kindergarten and afterschool. Leipsic Elementary (after-school), and Pandora Elementary (after-school)
- Provided Balance My Day curriculum at summer programs at YMCA and Summer Migrant School
- OSU Extension provided “Eat, Play, Grow” and “Color Me Healthy” with preschools in Leipsic and Ottawa.
- Cooking Matter Classes -2 in 2017
- Blessings in a Backpack program continued for Leipsic School
- “Media Smart Youth” program provided at Continental and Ottawa Elementary. The program has been expanded to the after school program at Leipsic Community Center
- Several schools in Putnam County have implemented the “Recess Before Lunch” policy (Fort Jennings, Pandora-Gilboa in 2017. Others include Miller City, Kalida and St. Anthony School).
- Leipsic Community Center’s “4 Courses to 5K” program for youth was implemented with great success.
- PCHD provided fresh fruit and vegetable tastings at the Leipsic Pool
- PCHD facilitated a fresh produce exchange program at the Leipsic Community Center
- Kalida, Fort Jennings and Leipsic St. Mary’s schools have a school garden. Other schools are interested and information to obtain funding was provided

There were some objectives that were not accomplished by the end of the 2014-2017 CHIP. Time, funding and interest was often a barrier for implementation.

- Churches with mini-farm market opportunities – information was provided to churches several times, however it is uncertain at this time if any churches have implemented a mini-farm market.
- Mobile farm markets were not implemented in food deserts, however, a free produce exchange was provided at the Leipsic Community Center
- Nutrition policies at worksites were not implemented. Surveys to determine interest were sent to several worksites in the county, with very little response.
- Maps of walking and biking areas. A school in Putnam County helped to get this started, however upon checking the maps for safety, it was determined that there were safety issues. The group determined that the promotion of unsafe areas to walk or bike would be unwise. The development of this may still occur in the future.
- Employee wellness programs at four small businesses was not implemented.

## CHIP Strategic Issue 2: Alcohol and Drug Use

**Goal:** Decrease the percentage of Putnam County adults who engage in excessive drinking and the percentage of youth who report using alcohol. Increase awareness of drug use in Putnam County by youth and adults.

**Key Measure:** 2014 County Health Rankings – 23% of Putnam County Adults report excessive drinking habits (fifth highest in state of Ohio). Pride Survey (2012-2013) – 21.4% of Putnam County students grades 6-12 reported using alcohol in the past 30 days. 4.2% use marijuana monthly and 5.1%

use illicit drugs monthly. Goal – decrease percentage of adult use of alcohol to 20%; youth who report alcohol use in the past month to 18%; youth who use illicit drugs to 4%.

## Updated Data since 2013-2014 CHA:

### County Health Ranking Data

| County Health Ranking Year | 2014 | 2015 | 2016 |
|----------------------------|------|------|------|
| Adult Excessive Drinking   | 23%  | 23%  | 20%  |

### 2016 Community Health Status Assessment (Community Survey)

| Adult Comparisons   | Putnam County 2016 | Ohio 2015 | U.S. 2015 |
|---|--------------------|-----------|-----------|
| Drank alcohol at least once in past month   | 74%                | 53%       | 54%       |
| Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion) | 44%                | 18%       | 16%       |

- 3% of Putnam County adults had used marijuana in the past 6 months
  - Increasing to 12% of those with incomes less than \$25,000
- <1% of adults reported using other recreational drugs in the past 6 months such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts and methamphetamines
- 5% of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months
  - Increasing to 15% of those with incomes less than \$25,000

### Putnam County Health Department Vital Statistics

| Year                 | 2014 | 2015 | 2016 |
|----------------------|------|------|------|
| Drug Overdose Deaths | 2    | 5    | 5    |

## Youth Pride Data

| Year   | 2012-2013 | 2015  |
|--|-----------|-------|
| Percentage of Youth Who Used Alcohol in the Last 30 Days       | 21.4%     | 17.5% |
| Percentage of Youth Who Used Illicit Drugs in the Last 30 Days | 5.1%      | 4.2%  |

## CHIP Objectives:

- By September 30, 2015 an educational program for parents and adults regarding drug and alcohol use will be available. (Program will be similar to Hidden in Plain Sight).
- By May 2015 a multi-component campaign for awareness of alcohol and drug use will be conducted.
- By December 2016, obtain additional data regarding community attitude toward alcohol and drug use through the Community Health Assessment process.

## Successes:

### 2015

- PARTY group promoted “Puking Isn’t Pretty” with billboard
- Task Force for Youth conducted Parents Who Host Lose the Most campaign with brochures to parents of graduates, PSA on radios, billboard and yard signs
- Putnam County Task Force for Youth had booth at the county fair – targeted youth and adults
- Red Ribbon Week activities (conducted throughout the school year)
- Drug/Heroin assemblies held at all county high schools – November 2015
- Efforts made by law enforcement to obtain better data regarding drug use in the county
- Law enforcements was trained and began to use Narcan as needed

### 2016

- Puking Isn’t Pretty campaign- included billboards, and incentives that were distributed by businesses in the county that teens frequent during prom season
- JEDI- overnight leadership conference for 6-8<sup>th</sup> grade students sponsored by the P.A.R.T.Y. youth group
- Jumping Into JEDI- 4-5<sup>th</sup> grade leadership conference provided through Pathways and the P.A.R.T.Y. group
- Red Ribbon Week activities (activities are conducted throughout the school year) sponsored by the Putnam County Task Force for Youth
- Glandorf Self-Esteem Day
- Parents Who Host Lose the Most campaign – promoted by the Task Force for Youth and local law enforcement
- Pathways sponsored a billboard based on SAMHSA data regarding early alcohol use linked to drug use: “The earlier you use alcohol, the more likely you’ll use heroin”

- Began planning for “Hidden in Plain Sight” program at the 2017 Putnam County Fair
- Opiate Task Force was formed to focus on drug use
- Opiate Town Hall meetings held in March and September. Great attendance at both. Presentations provided from recovering addicts, judge, assistant prosecutor, Pathways, etc.
- Community Health Assessment conducted to obtain alcohol and drug related data

## 2017

- Pride Survey conducted again in Winter 2017-2018 to obtain youth data regarding alcohol and drug use. Data is not yet available
- “Parents Who Host Lose the Most” campaign conducted in the county. This campaign uses signs and banners to encourage parents to refrain from hosting parties in which alcohol is provided to youth.
- Graduation brochures were sent to all graduating seniors in the county. The brochure provides important information about safe graduation parties.
- The Opiate Task Force continued to meet and is planning prevention efforts and faith-based programs.
- Red Ribbon Week activities sponsored by the Task Force for Youth
- Sheriff Brian Siefker provided “Hidden in Plain Sight” presentations to several groups. There are also plans to obtain a trailer to take to events to show parents and caregivers the signs of risky behaviors in children.

## CHIP Strategic Issue 3: Mental/Behavioral Health

**Goal:** To promote the mental health of our individuals, families and communities through programs that promote recovery, create opportunity and improve quality of life.

**Key Measure:** Physicians concerned regarding the relationship between mental health and physical health. Mental health professionals indicate concern regarding depression, suicide and stigma. 19 suicides occurred in Putnam County from January 2008-August 2013. 15 were men and an average age is 44 years.

### Updated Data Since the 2013-2014 CHA:

#### Putnam County Health Department Vital Statistics:

| Year     | 2008-2013 | 2014 | 2015 | 2016 |
|----------|-----------|------|------|------|
| Suicides | 19        | 1    | 3    | 4    |



## Pathways Counseling Center Data:

| Primary Mental Health Diagnosis | FY 2014 | FY 2015 | FY 2016<br>(includes jail data) |
|---------------------------------|---------|---------|---------------------------------|
| Adjustment Reactions            | 183     | 172     | 180                             |
| Depressive Disorders            | 193     | 212     | 156                             |
| Bipolar Disorders               | 70      | 66      | 66                              |
| Mood Disorders                  | 2       | 11      | 35                              |
| Schizophrenia                   | 36      | 27      | 25                              |
| Anxiety Disorders               | 46      | 66      | 65                              |
| Attention Deficit Disorders     | 24      | 39      | 30                              |

## CHIP Objectives:

- By December 2017, community-wide mental health education opportunities will be supported as written in the county's Behavioral Health Community Plan.
- By May 2016, a multi-component community campaign will be conducted to increase awareness.

## Successes

### 2015

- Conducted Mental Health First Aid training in January and June, 2015
- 2 trainings on mental health response with police
- Presentation to Kiwanis service club, Rosary Alter, Glandorf PTO, Miller City, Leipsic and CG schools with counseling services available
- Met with all judges regarding substance abuse services
- Talked to Library personnel on teen depression recognition, intervention and services available
- Health Fair booth at Kiwanis in May and October 2015, Senior Expo in August
- Gatekeeper training in June 2015 to teens about intervening in suicide/depression with peers
- Billboard campaign focusing on men and depression in May 2015
- Billboard campaign on prescription drug abuse

### 2016

- Billboard campaigns – Depression message for older men (“Men, \*Pic of Duct Tape\* does not fix Depression”); Mental health advocacy (Mental Health IS Health”)
- Suicide prevention key tags distributed to 6,000 students. Contact information for mental health care printed on the tags
- Gatekeepers training – 15 trained (14 were high school students that were recognized as leaders)
- Information provided at health fair (1,500 participants)
- Seminar with retired adults regarding the prevalence of depression and suicide among older adults

- Pathways Counseling Center intake process improved to reduce wait time for psychiatrist from 3.5 months to 12 days
- Open Access instituted to allow for same day, walk-in assessments at Pathways Counseling Center
- Working to develop a medical provider reference guide with services provided, insurances accepted, provider catchment area and costs of local medical service providers information.
- PCHD grant from ODH provided “Project KIND” program and Ottawa and Glandorf Elementary kindergarten students

## 2017

The Mental Health, Alcohol and Drug Addiction Recovery Board of Putnam County has been involved in several new projects and programs such as:

- Recovery Housing
- Drug Free Work-Force program
- Crisis Text Line – this was promoted throughout the county
- Opiate Task Force – committees have been formed to develop and implement identified objectives
- CISM – Critical Incident Stress Management Team (they can be called after a crisis to debrief with a jury, school, children services. Etc.)

Pathways Counseling Center has also implemented numerous programs to address mental health and addiction in Putnam County:

- 12 Clinical and 4 Support staff received Trauma-informed care training and providers continue to be a part of state-wide Trauma-Informed care initiatives.
- At the start of the 2017-2018 school year mental health clinicians were in 7 of the 9 public school districts serving students from grades 3 to 12.
- Free behavioral health screenings at the Leipsic Community Center (sponsored by the ADAMHS Board)
- Gatekeeper training (student leaders from 5 districts) on depression and suicide (about 15 trained)
- Targeted educational seminar on depression and suicide (~ 150 high school students).
- Opened a 3-bed female Recovery House in the summer of 2017. A 3-bed male Recovery House is planned for April 2018.
- Presentations to Rosary Alter, Glandorf PTO, Miller City schools, mother’s clubs, Library personnel, regarding mental health and addiction issues.
- Billboards and posters focusing on depression in males, prescription drug abuse, and the link between teen alcohol use and drug use, and the connection between gambling addiction and loss.
- Youth and Adult Mental Health First Aid Trainings (About 12 trained for Youth and 12 trained for Adults)
- Annual trainings for law enforcement officers and personnel about mental health and crisis response. Targeted trainings for L.E. regarding depression, suicide, and drug use.
- Participation in Senior Health Expo and Health fairs
- Helped create Medical Provider list

## Next Steps

The Partners for a Healthy Putnam County and other community partners continue to work towards a healthier community by addressing the identified strategic priorities in the 2014-2017 CHIP. In the summer of 2016, the Community Health Assessment (CHA) planning team met to plan a CHA update. The Mobilizing for Action through Planning and Partnership (MAPP) was used to complete the CHA. A community survey, focus groups and the local public health system assessment was completed in the Fall 2016. A forces of change assessment was completed in early 2017. Some of the data from the assessments is provided in this report. All of the MAPP assessments were completed and the information was released in April 2017. In May 2017, the priorities for the 2018-2020 Community Health Improvement Plan were identified. Those priorities are:

- Preventable and Chronic Disease/Conditions
- Mental Health and Addiction
- Safety
- Abuse

The 2018-2020 Putnam County Community Health Improvement Plan was released in March 2018. Implementation will be monitored and the plan will be reviewed at least annually and revised as needed.