Improving Community Health Through Collaboration
About Me

Chris Tilden, Ph.D., MHA
Director of Community Health, Lawrence-Douglas County Health Department

Past roles:

Project Director, Mississippi Delta Rural Hospital Improvement Program (2010-2012)

Director, Bureau of Local and Rural Health, Kansas Department of Health and Environment (2002-2010)

Director, Office of Rural Health, Kansas Department of Health and Environment (2000-2010)

President, MedicalSearch Institute (1996-2000)
About Douglas County

Population: 110,000 (5\textsuperscript{th} most populous in KS)

Lawrence: 87,000
Eudora: 6,000
Baldwin City: 4,500
Lecompton: 500
Unincorporated: 12,000

Lawrence-Douglas County Health Department
✓ City-County Health Department
✓ Staff of 40
✓ Community health (6 staff)
  Director
  Planner
  2 analysts
  2 community liaisons
What is Population Health?

✓ Overall health outcomes of a population
✓ Differences/disparities within the population and the root causes
Evolution of Public Health

✓ Public Health 1.0
  ✓ Late 19th century through most of 20th century
  ✓ Systematized sanitation, improved water and food safety, developed prevention and treatment tools (vaccinations, antibiotics), expanded epidemiology and lab sciences
  ✓ Focus principally on environmental health and infectious disease

✓ Public Health 2.0
  ✓ Increased responsibility as a safety net provider
  ✓ Growing recognition of changing drivers of health

✓ Public Health 3.0
  ✓ Cross-sector collaboration to understand and address community determinants of health
  ✓ Some pioneering communities are testing this approach to public health
Evolution of Public Health: Still

✓ **Public Health 3.0**
  ✓ Karen DeSalvo, MD, MPH (former Health Officer for City of New Orleans, National Coordinator for Health Information Technology, Assistant U.S. Secretary for Health in the Department of Health and Human Services)

✓ **Public Health Accreditation Board (PHAB)**
  ✓ Measure performance against Essential Public Health Services
  ✓ State, territorial, tribal, local
  ✓ Launched in 2011
  ✓ 220 health departments (31 state, 188 local, and 1 tribal) covering 80% of U.S. population
Community Health Assessment

DOMAIN 1: Conduct and disseminate assessments focused on population health status and public health issues facing the community (PHAB)

Standard 1.1: Participate in or Conduct a Collaborative Process Resulting in a Comprehensive Community Health Assessment (updated annually)

Standard 1.2: Collect and Maintain Reliable, Comparable, and Valid Data That Provide Information on Conditions of Public Health Importance and On the Health Status of the Population

Standard 1.3: Analyze Public Health Data to Identify Trends in Health Problems, Environmental Public Health Hazards, and Social and Economic Factors That Affect the Public’s Health

Standard 1.4: Provide and Use the Results of Health Data Analysis to Develop Recommendations Regarding Public Health Policy, Processes, Programs, or Interventions
### Health Status (Domain 1.2)

<table>
<thead>
<tr>
<th>Douglas County</th>
<th>Adults</th>
<th>Kansas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Fair or poor self-perceived health status (%)</strong></td>
<td>16%</td>
</tr>
<tr>
<td>10%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26%</td>
<td><strong>High blood cholesterol (%)</strong></td>
<td>38%</td>
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<tr>
<td>21%</td>
<td><strong>Hypertension (%)</strong></td>
<td>32%</td>
</tr>
<tr>
<td>28%</td>
<td><strong>Obese (%)</strong></td>
<td>34%</td>
</tr>
<tr>
<td>14%</td>
<td><strong>Disability (%)</strong></td>
<td>22%</td>
</tr>
<tr>
<td>139</td>
<td><strong>Heart Disease (age-adjusted death rate/100,000)</strong></td>
<td>157</td>
</tr>
<tr>
<td>27</td>
<td><strong>Stroke (age-adjusted death rate/100,000)</strong></td>
<td>38%</td>
</tr>
</tbody>
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**Percent of All Deaths by Cause**

- **Cancer**: 22%
- **Heart Disease**: 20%
- **Other/Various**: 29%
- **Chronic lower respiratory diseases**: 6%
- **Kidney disease**: 1%
- **Pneumonia and influenza**: 2%
- **Suicide**: 2%
- **Diabetes**: 3%
- **Alzheimer's disease**: 4%
- **Cerebrovascular disease (Stroke)**: 5%
- **Unintentional Injuries**: 6%

### Male Life Expectancy 1985-2014

- **Us, Kansas & Douglas County**
- **Source**: Intiture for Health Metrics and Evaluation

<table>
<thead>
<tr>
<th>Year</th>
<th>Expectancy in Years</th>
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<tbody>
<tr>
<td>1985</td>
<td>70</td>
</tr>
<tr>
<td>1990</td>
<td>75</td>
</tr>
<tr>
<td>1995</td>
<td>80</td>
</tr>
<tr>
<td>2000</td>
<td>85</td>
</tr>
<tr>
<td>2005</td>
<td>88</td>
</tr>
<tr>
<td>2010</td>
<td>90</td>
</tr>
<tr>
<td>2014</td>
<td>92</td>
</tr>
</tbody>
</table>

- **US**
- **Kansas**
- **Douglas County**
Many, many sources of data:

- Community Health Rankings (www.countyhealthrankings.org)
- Behavioral Risk Factor Surveillance Survey
- Vital Statistics (state)
- Census
- Community Commons (www.communitycommons.org)
- CDC Data and statistics (https://www.cdc.gov/Features/DataStatistics.html)

Don’t forget to ask your community!

- Concerns survey (online; paper)
- Public forums
- Observation studies
- Photovoice
DOMAIN 5: Develop public health policies and plans

Standard 5.1: Serve As a Primary and Expert Resource for Establishing and Maintaining Public Health Policies, Practices, and Capacity

Standard 5.2: Conduct a Comprehensive Planning Process Resulting in a Tribal/State/Community Health Improvement Plan

Standard 5.3: Develop and Implement a Health Department Organizational Strategic Plan

Standard 5.4: Maintain an All Hazards Emergency Operations Plan
✓ What exactly is a CHIP?
✓ Douglas County: sought formal representation from all local jurisdictions in the county
  - one county commissioner
  - one city commissioner
  - one mayor
  - several senior staff
✓ Representation from many sectors: business, education, law enforcement, social services, healthcare, etc.
Community Health Improvement Plan: Still
Issues identified as important to our health

- Access to health care services
- Access to safe and affordable housing
- Alcohol, tobacco and drugs
- Child abuse and neglect
- Discrimination
- Healthy food access & food insecurity
- Mental health
- Physical activity
- Poverty and good paying jobs
Issues identified: continued

- Access to health care services - 29
- Access to safe and affordable housing - 24
- Alcohol, tobacco and drugs - 19
- Child abuse and neglect - 23
- Discrimination - 24
- Healthy food access & food insecurity - 25
- Mental health - 32
- Physical activity - 18
- Poverty and good paying jobs - 21

Source: Organizational assessment (interest level of 4 or 5)
Issues identified: still

- Access to health care services - 19
- Access to safe and affordable housing - 19
- Alcohol, tobacco and drugs - 11
- Child abuse and neglect - 19
- Discrimination - 15
- Healthy food access & food insecurity - 18
- Mental health - 42
- Physical activity - 16
- Poverty and good paying jobs - 33

Source: Public Community Health Forums
Steering Committee – issues selected for community health plan

• Behavioral health (crisis intervention, recovery, prevention)
• Poverty and jobs
• Safe and affordable housing
• Healthy food and physical activity

Overarching theme: discrimination & equity
What I hope you have learned:

✓ Public health is evolving its focus to collaboration to effect PSE change
✓ Community health assessment and planning at the heart of public health mission
✓ Requirements for accreditation

  CHA:
  ✓ Process (multi-sector)
  ✓ Mixed methods analysis
  ✓ Community at-large had opportunity for engagement

  CHP
  ✓ Used recognized model
  ✓ Broad stakeholder engagement
  ✓ CHA data used to identify themes and issues
  ✓ Community assets identified
  ✓ Priority community health issues identified
  ✓ Measurable objectives, strategies, and performance measures identified

✓ Sources of data for assessment and planning (work with public health to identify, collect and analyze data)

✓ We have to address upstream root causes (social determinants of health) if we are going to have impact on health outcomes and the cost of intervening when there are poor health outcomes