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Clermont County Community Health Improvement Plan

2016

Annual Update

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**Clermont County
Public Health**
Prevent. Promote. Protect.

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Overview

Welcome to the 2016 Annual Update of the Clermont County Community Health Improvement Plan (CHIP). Each year Clermont County community stakeholders come together to review the goals, objectives, strategies and activities initially included in the 2014 CHIP. Progress made toward reaching the goals is then documented within the annual update document. This annual review also provides an opportunity to include new activities into the CHIP work plan that serve to address and promote the goals of each of the CHIP priority areas.

Similar to last year's update, 2016 has proved to be a year of forward progress for CHIP activities. Among the 2016 activities which reached planned goals are the following: the Clermont County Park District ran a successful levy campaign which will provide funds to open the Ten Mile Creek Preserve in Pierce Township, as well as support other park projects; Clermont CAN partnered with Batavia Township and the Eastside Adventure Challenge to offer the Family Fun 1 (renamed the Family Fun Adventure Challenge) in May, which significantly increased participation and provided a free, family-friendly event centered around increasing physical activity; and the Clermont County Opiate Task Force has demonstrated continued growth as a group to address substance use issues impacting the community.

The 2016 CHIP update has also resulted in the addition of a fifth priority area, Access to Care, for inclusion in the CHIP document. The stakeholder group was asked to consider Access to Care in an effort to align the Clermont County CHIP with the Ohio State Improvement Plan (SHIP) which includes this as a priority area. Clermont County stakeholders evaluated available data elements related to Access to Care such as poverty levels, income, and numbers of providers within the community. Additionally, the stakeholders also participated in a qualitative assessment process to identify and evaluate impacted populations, gaps and barriers, and available resources within the community. The results of these efforts are outlined in this document under the new Access to Care priority area, and include a goal, objective, strategies and activities aimed at improvements for the residents of Clermont County.

The Clermont County Community Health Improvement Plan will be updated once again in the fall of 2017 to track ongoing progress of improving the health of all who live, play, work, learn and grow in Clermont County.

Obesity, Physical Activity, and Nutrition

Goal 1: Improve health, fitness and quality of life through daily physical activity.

Objective 1.1: By August 2019, decrease by 5% the number of Clermont County adults and children who engage in no leisure time physical activity.

Strategy 1.1.1: Enhance the built environment in various settings (i.e., parks, schools, workplace) to promote and create opportunities for physical activities.

Activity	2016 Accomplishments	Future Steps
Create a new passive walking trail (the Ten Mile Creek Preserve) in Pierce Township.	Clermont County Park District Levy 2016- passed. The levy will provide funds to finish Shor Park in Union Township, open Ten Mile Creek Preserve in Pierce Township, and fund much needed upgrades to the facilities at our existing parks.	Will continue to monitor grant application, and progress on development of the Ten Mile Creek Preserve walking trail. 2017- Ohio River Valley trail to connect to Clermont County Line. Clermont County Park District to plan and engineer the trail from county line to New Richmond.
Extend the Williamsburg to Batavia Bike/Hike Trail.	Williamsburg to Batavia Trail paved connection to Greenbriar Road in 2016. Fundraising efforts continue to complete trail. January 2016 fundraising event raised over \$15,000 for the trail.	Extension of the Bike/Hike trail is continuing with plans to complete.
Initiate creation of the Walking Path Project at UC Clermont Campus to connect sidewalks on campus and with Southwest Ohio Developmental Center for student and community use.	No update available from the UC Clermont.	Four additional phases of the Trail System have been planned: <ul style="list-style-type: none"> • Trail to access the east edge features that include waterfall area, watershed stream and remote edge forest features. • Trail to access the west side open forest space and watershed stream. • Trail to connect walkers/hikers with wetlands space. • Signage to identify plant and functional components of the wetlands area.
Clermont County Public Health will attend four	A Clermont County Public Health representative met with the Assistant Director of Planning and Economic Development to	CCPH will continue to seek involvement in other projects and groups that have a focus on

Clermont County Planning Commission and other appropriate community development meetings to promote sidewalks and bike paths in future construction projects.	discuss how the planning and development process works.	increasing community walkability and opportunities for physical activity.
New Activity: In 2017, the Anderson Twp -Ohio River Valley trail will reach the Clermont County line, Clermont County Park District will make trail from county line to New Richmond.		
Lessons Learned:		
Footnotes:		

Objective 1.2: By August 2019, increase by 5% the number of adults in Clermont County who meet or exceed current federal physical activity guidelines for aerobic and muscle-strengthening activity.

Strategy 1.2.1: To increase the number of settings with opportunities and policies that promote and support physical activity (including worksites, parks, schools, etc.).

Activity	2016 Accomplishments	Future Steps
The Clermont YMCA will develop and promote free and/or low cost exercise classes (to include offerings like yoga, Zumba, Tai Chi and Dog Boot Camp) for adults, to be held in Clermont County Parks.	Activity did not occur in 2016	Will continue to monitor the availability of these offerings through the YMCA at Clermont County Parks for the 2017 CHIP update.
Implement the CDC StairWELL to Better	A University of Cincinnati nursing student created a proposal for implementation of the Stairwell to Better Health program on the	Clermont County Public Health will consider proposal/implementation of the Stair Well to

<p>Health Program to promote the benefits of using the stairs and to encourage their use in place of elevators.</p>	<p>Clermont County Bauer Campus in the Family Support Services Building. The proposal was provided to Clermont County Public Health for future use/implementation.</p>	<p>Better Health program in collaboration with Facilities Maintenance at the Family Support Services Building on the Clermont County Bauer Campus in 2017.</p>																		
<p>Continue to offer classes such as Tai Chi, Strength and Balance, Zumba, and Silver Sneakers classes for older adults at Clermont Senior Services Lifelong Learning Centers.</p>	<p>Senior Services continues to offer Zumba, Silver Sneakers Flex (Strength and Balance) and Tai Chi classes for older adults at Clermont Senior Services Lifelong Learning Centers. The Silver Sneakers class is held 3x/week. Data for classes offered between January 2016 – December 2016 are as follows:</p> <table border="1" data-bbox="520 475 1297 704"> <thead> <tr> <th># Participants</th> <th>Class Name</th> <th>Class Frequency</th> </tr> </thead> <tbody> <tr> <td>318</td> <td>Tai Chi</td> <td>4-6 week series</td> </tr> <tr> <td>1322</td> <td>Silver Sneakers</td> <td>2x/week</td> </tr> <tr> <td>Not reported</td> <td>Yoga</td> <td>1x/week</td> </tr> <tr> <td>1337</td> <td>Line Dancing</td> <td>2x/week</td> </tr> <tr> <td>200</td> <td>Tap Dance</td> <td>1x/week</td> </tr> </tbody> </table>	# Participants	Class Name	Class Frequency	318	Tai Chi	4-6 week series	1322	Silver Sneakers	2x/week	Not reported	Yoga	1x/week	1337	Line Dancing	2x/week	200	Tap Dance	1x/week	<p>Senior Services continues to offer these classes through its Senior Services Life Long Learning Centers in Clermont County.</p>
# Participants	Class Name	Class Frequency																		
318	Tai Chi	4-6 week series																		
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<p>Walking trail at Wildey Center utilized by individuals attending programming, staff and neighboring residents, with average weekly use of 56 individuals.</p>	<p>Approximately, 50 people per week use the walking track, at various times throughout the day.</p>	<p>Utilization of the walking track will continue to be monitored.</p>																		
<p>Wildey Center is offering the Happy Bee Fit Club for adult individuals with disabilities. The class is offered 1x/week, with an average attendance of nine individuals. This program will be promoted to engage more participants.</p>	<p>This class was offered every Wednesday in 2016. Amy Sullenberger owns the business and teaches a one-hour, intense, fun fitness lesson. She incorporates activities into the schedule that helps everyone have a good time while learning health habits. Classes cost \$30 for 4 classes and were held on the dates below:</p> <p style="padding-left: 40px;"> January 6, 3, 20, 27 February 3, 17, 24 March 2, 9, 23, 30 May 4, 11, 25 June 1, 8, 15, 29 July 6, 13, 20, 27 August 3, 10, 16, 24 September 7, 14, 20, 28 October 5, 12, 18, 26 </p>	<p>Classes will continue in 2017.</p>																		

	**Classes took a break November and December, but will resume January, 2017	
Wildey offers a bowling league (2 leagues per week with 28 individuals per league) as well as walking tours at points of interest which are offered approximately 3x/month and provide opportunities for physical activity	<p>The Spring and Fall Bowling Leagues were held at Eastgate Lanes in Loveland and were very well attended.</p> <p>2016 Dates are below:</p> <p style="padding-left: 40px;">March 14, 17, 21, 24, 31 April 4, 7, 11, 14, 18, 21, 25, 28 May 2, 5, 9 16 September 12, 15, 19, 22, 26, 29 October 3, 6, 17, 20, 24, 27, 31 November 3, 7, 10, 14, 17, 21</p>	Eastgate Lanes has purchased the old Suburban Bowl in Batavia; this will now be known as Batavia Bowl and in 2017, we will hold one league at Eastgate and one at Batavia which will boost attendance.
Clermont County Board of Developmental Disabilities funding supports adults on an individual budget by purchasing annual memberships to the YMCA. It is proposed that this program be expanded to additional individuals and offer coaching for participation in Special Olympic sport activities.	<ul style="list-style-type: none"> • Clermont County Board of Developmental Disabilities funding supports adults on an individual budget by purchasing annual memberships to the YMCA. This program is currently supporting 20 individuals with disabilities to attend at the YMCA. It is proposed that this program be expanded to additional individuals and offer coaching for participation in Special Olympic sport activities. • Additional fitness memberships include 3 for Planet Fitness, 1 Tri-Health Fitness, 1 Cincinnati Sports Club, 1 Beechmont Racquet Club, and 1 Cincinnati Therapeutic Riding & Horsemanship 	
New Activity: 1. In 2016, the Interact for Health grant supported Yoga in the Park program at Shor Park in Union Township offered through the summer (n=52 participants) and Mommy & Me fitness class offered through Clermont County Park District.		
Lessons Learned: none reported		
Footnotes: n/a		

Strategy 1.2.2: Provide education about federal physical activity guidelines for adults and children through multiple media formats.

Activity	2016 Accomplishments	Future Steps
Clermont CAN will plan and facilitate the Family Fun 1 on an annual basis, to include education about the benefits of physical activity.	In 2016, Clermont CAN renamed the Family Fun 1 to Family Fun Adventure Challenge and partnered with Batavia Township’s East Side Adventure Challenge held on May 7, 2016 at Batavia Township Park. Attendance for the Family Fun Adventure Challenge was 373 and for the East Side Adventure Challenge attendance was 208 for a total of 581 participants.	The Family Fun Adventure Challenge (FFAC) will continue to partner with Batavia Township and the next FFAC is scheduled for May 13, 2017. CAN will include more education about the benefits of physical activity in the 2017 event.
Clermont CAN will create and publish a newsletter and newspaper articles several times per year for distribution to multiple media outlets.	Clermont CAN members rotated responsibility for writing articles on a monthly basis that focus on nutrition and physical activity. Newsletters are published on the CCPH website. Nine articles have been posted in 2016 with two more planned for the remainder of the year.	Clermont CAN will continue to publish monthly newsletters on a variety of topics including physical activity in 2017. Article topics will be discussed at meetings prior to publication to ensure the newsletter touches on physical activity and/or nutrition and ensure the newsletter has an obvious target market.
Clermont County Public Health will utilize multiple media formats to disseminate public health messages about physical activity for adults and children.	Information on physical activity benefits and recommendations were promoted via the CCPH Facebook page in 2016. The CCPH Facebook page hit 585 likes. Eighteen posts on physical activity benefits and recommendations were made on the CCPH Facebook page in 2016. The Places and Spaces brochure is routinely promoted to encourage residents and visitors to take advantage of the many locations in the county for physical activity.	CCPH will continue to utilize social media (Facebook), press releases/newsletters, and print media to share information with the public on physical activity benefits and opportunities for adults and children in Clermont County.
New Activity: 1. In 2017, OSU will be emailing “Live Well, Live Healthy challenges” 3x/year.		
Lessons Learned: Clermont CAN will seek opportunities to partner the Family Fun 1 with other events in the community as it is anticipated that this will increase community participation and expand the reach of efforts to promote the event.		
Footnotes: n/a		

Goal 2: Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.

Objective 2.1: By August 2019, decrease by 5% the proportion of adults and children who are considered overweight/obese.

Strategy 2.1.1: Promote healthy weights and good nutrition among adults and children in Clermont County.

Activity	2016 Accomplishments	Future Steps
Increase accessibility of, and promote access to, fresh fruit and vegetables to Clermont County WIC participants (ages four months and older) by distributing WIC and farmer's market coupons at multiple farmer's market locations in Clermont County.	In 2016, WIC staff attended four different market locations on nine occasions. A total of 402 sets of farmers' market coupons were issued to WIC participants; 304 of these coupon sets were issued at the markets.	Continue with same plan in 2017
Promote and implement physical activity and nutrition in Clermont County schools, targeting schools with 50% or higher eligibility for the free and reduced price lunch program, through SNAP-Ed program using <i>Balance My Day</i> curriculum.	Clermont County Extension taught 395 Supplemental Nutrition Assistance Program Education (SNAP-Ed) programs in 2016 (increase 22%), directly reaching 7,563 residents (increase 30%). Senior citizens, families with/without children and youth participated in interactive classes developed to improve quality of diet and basic cooking skills, better manage food resources impacting family budget, practice safe food preparation and increase physical activity resulting in positive lifestyle changes. Post-class participant evaluations show positive behavior change was reported comparing pre-test and post-test results in 17 out of 18 outcome measures. The highest positive change occurs in <i>drink water instead of soda</i> (14.8% increase), <i>make meals using whole ingredients</i> (18.3% increase) and <i>eat more fruits/vegetables of different colors</i> (13.8% increase).	Continue to offer programming to youth, teens and adults through the Ohio SNAP-Ed Program.
The SNAP-Ed Program will be working with food pantries with a focus on adults in 2016.	OSU Extension Office currently working with food pantries with a focus on adults in 2016.	
Expand Family CAN	Family CAN was unable to expand as planned due to diminished	Child Focus is looking into condensing the Family

program offered through Child Focus to include families in home visiting program as well as private childcare providers.	funding by Care Source. Participation was also an issue.	CAN program and moving out into communities to address transportation issues.
WIC program provides individual nutrition counseling and referral for children at high risk for being overweight/obese (evidenced through high weight for height growth patterns as monitored every 3-6 months at WIC visits).	From January – September 2016, 200 out of the 1,417 children (or 14.1%) age 2-5 years who completed a certification/recertification appointment were provided individual nutrition counseling and offered a referral to the doctor for having a BMI equal to or greater than 95%.	The CCPH WIC program will continue to monitor children evidence of high risk of overweight/obesity and will provide necessary nutrition counseling and referral.
Provide education to healthcare providers on routine assessment of BMI and benefits of providing counseling on nutrition and diet to children, adolescents and adults.	The updated “A Guide to WIC” was uploaded to CCPH’s website under the CCPH Physician Resource web link. This document explains reasons WIC staff refers participants to their physician to further address weight and diet concerns. The guide encourages collaboration between doctors and WIC offices.	In 2017, WIC staff plans to visit eight doctors’ offices to promote WIC services and encourage doctors to refer patients to the WIC program to receive nutrition information, breastfeeding support, and supplemental foods.
At WIC’s monthly Walk in Wednesday clinic, nutrition information and education tools will be offered to at least 60 WIC participants each month to improve eating and drinking habits.	At Walk in Wednesday clinics, a monthly average of 71 WIC participants were offered nutrition information and education tools to encourage an improvement eating and drinking habits.	Starting October 1, 2016 WIC is offering walk-in appointments for all types of appointments all Wednesdays of each month; therefore, expect WIC staff expect to offer at least 175 WIC participants nutrition information and education tools each month.
WIC’s monthly Walk in Wednesday clinic, physical activity ideas will be offered to at	At Walk in Wednesday clinics, a monthly average of 71 WIC participants were offered physical activity ideas and education tools to encourage an improvement in physical activity at home.	Starting October 1, 2016 WIC is offering walk-in appointments for all types of appointments all Wednesdays of each month; therefore, WIC staff expect to offer at least 175 WIC participants

least 60 WIC participants each month to encourage increased activity at home.		nutrition information and education tools each month.
A breastfeeding support group will be held four times each year to encourage breastfeeding.	A breastfeeding support group was held in May, August, and October 2016.	Continue with same plan in 2017
A WIC breastfeeding class will be offered twice each month to educate and encourage women to choose to breastfeed.	From January – September 2016 18 breastfeeding classes were held.	Continue with same plan in 2017
Nutrition, exercise, and WIC program information will be provided to at least 10 childcare/Headstart centers.	Eight Headstart centers and three private day cares were visited by WIC staff in 2016. A book about nutrition was read to children, and more than 300 bags were given to 3-5 year olds at the centers. Each bag contained a WIC brochure, activity books, and frisbee.	(No plans at this time to visit Headstart in 2017)
At least 10 food pantries will be provided with healthy, cheap, and easy to make recipes and WIC program information to give to their customers.	WIC staff visited 10 food pantries to offer WIC signs to hang in the food pantry and WIC brochures, WIC cookbooks, and <i>Where to Get Help with Foods</i> handouts to give to families.	(No plans at this time to visit food pantries in 2017)
New Activity: 1. In 2017, WIC staff will offer a pedometer, food diary, and measuring cups to WIC postpartum women who are considered high weight and experienced high weight gain during pregnancy. Report on the number of WIC postpartum women who are high weight with high weight gain.		
Lessons Learned: none reported		
Footnotes: n/a		

Strategy 2.1.2: Provide education and resources regarding healthy nutrition guidelines for adults and children through multiple media formats.

Activity	2016 Accomplishments	Future Steps
<p>The OSU Extension Office will offer classes to the public that emphasize healthy food preparation and nutritious eating.</p>	<ul style="list-style-type: none"> • OSU Extension Office offers the Dining with Diabetes classes three times per year. Partnering with Clermont-based Pill Box Pharmacy owner Robert Westbrook, Certified Diabetes Educator, Extension provided nutrition education and food preparation strategies focused on managing diabetes to 40 residents and family members. Post-class evaluation forms from the Dining with Diabetes participants showed 100% experienced positive results after attending the classes and planned to use the information to make changes in their diet. After the 3-class series, individuals reported to be more accepting of diagnosis, intend to cook more at home using recipes supplied in class, plan to increase physical activity and eat smaller portions. • <i>Do You Have Food Sense</i> is the title of a program with the aim of educating participants from Inter Parish Ministries Mobile Food Pantry the importance of planning and preparing nutritious meals. Participants learn through “dialogue approach to adult learning” including hands-on food preparation and food tastings. Six-month self-reporting evaluation from 20 participants shows the following behavior changes. “I now eat smaller portions of food because I am a Type II Diabetic. I don’t use grease and I bake instead of frying. I eat rawer vegetables and less meat. Learned how to budget my money and make healthier food for my family.” • Additionally, the <i>Homemade in the Heart of Clermont County Resources for Healthy Living</i> recipes are available on the OSU website. • One in six people get sick from contaminated food each year. Food safety is a shared responsibility of all parties in the food production and consumption continuum, meaning that home food preparers can safely preserve home grown and whole food products by practicing safe 	<p>Both the Dining with Diabetes classes and the <i>Homemade in the Heart of Clermont County</i> recipes will continue to be offered through OSU Extension in 2017.</p>

	<p>food handling in the home. To help families meet this responsibility for safe home food preservation, four Preserving the Harvest programs were offered. Post evaluations from 54 participants showed increased knowledge in safe food preservation techniques and self-confidence in freezing, water bath and pressurized canning. Additionally, because families with young children are at a higher risk of contracting Campylobacter during summer break, OSU Extension recruited 18 individuals to participate in a six-week educational Food Safety Intervention to emphasize at-home and vacation food preparation practices. Study results are forthcoming.</p>	
<p>Clermont CAN will create and publish a newsletter and newspaper articles several times per year for distribution to multiple media outlets.</p>	<p>Clermont CAN members rotated responsibility for writing articles on a monthly basis that focus on nutrition and physical activity. Newsletters are published on the CCPH website. Nine articles have been posted in 2016 with two more planned for the remainder of the year.</p>	<p>Clermont CAN will continue to publish monthly newsletters on a variety of topics including physical activity in 2017. Article topics will be discussed at meetings prior to publication to ensure the newsletter touches on physical activity and/or nutrition and ensure the newsletter has an obvious target market.</p>
<p>Clermont County Public Health will utilize multiple media formats to disseminate public health messages about healthy eating and good nutrition for adults and children.</p>	<p>The WIC Program dieticians have created a quarterly newsletter that includes information on nutrition, healthy eating and physical activity for adults and children. The newsletter is accessible on the CCPH website. CCPH produced 36 healthy eating posts on Facebook in 2016.</p>	<p>The WIC program will continue to publish their quarterly newsletter on the CCPH website.</p>
<p>Child Focus is offering the Kids Health Corner which provides nutrition information to participants.</p>	<p>Child Focus's center of attention is to assist families in implementation of healthy habits in the homes of children. Child Focus has reviewed and revised our Family Success Roadmap process to address the increase in early childhood obesity. Through this process, staff assists parents to identify goals for their family providing ongoing support in working to reach identified goals. Healthy Eating/Healthy Living is one of the goals families may choose from. Promotion of best practice in children's activity and nutrition according to the nationally</p>	<p>No update on future plans.</p>

	recognized 5-2-1-0 (5 or more fruits and vegetables a day, 2 or less hours of screen time, 1 hour of physical activity and 0 sugary beverages) is followed. Parents are provided practical strategies to increase activity, nutrition education and information related to improved health and local events and resources.	
OSU Extension goes to Child Focus classrooms to provide info on nutrition and physical activity. Choosy Movement materials are available.	OSU Extension taught nutrition education and physical activity to 540 preschool students in partnership with Child Focus Head Start classrooms in 2016.	No update on future plans.
Home visitors will be trained on the I Am Moving I Am Learning Choosy materials for use during home visits.	This activity did not occur in 2016.	Child Focus will continue to train home visitors on the goal setting process and the educational materials to share with parents.
Quarterly newsletters will be written by WIC dietitians to encourage healthy behaviors. Newsletters will be posted on CCPH's WIC website and offered to at least 60 participants at each monthly Walk in Wednesday clinic.	From January – September 2016, three newsletters were written to offer to an average of 71 WIC participants at each Walk in Wednesday clinic and posted on CCPH's website.	Starting October 1, 2016, WIC will offer walk-in appointments for all types of appointments every Wednesday; therefore, WIC staff expect to offer the newsletter to at least 175 WIC participants each month.
New Activity: none reported		
Lessons Learned: none reported		
Footnotes: n/a		

Tobacco

Goal 1: Reduce illness, disability, and death related to tobacco use and secondhand smoke.

Objective 1.1: By August 2019, reduce cigarette smoking among Clermont County adults by 65 and increase smoking cessation attempts by adult smokers by 40%.

Strategy 1.1.1: Promote increased awareness of risks of tobacco use and identify and promote opportunities on smoking cessation for residents of Clermont County.

Activity	2016 Accomplishments	Future Steps
<p>Promote Smoke-Free Ohio Program (education, cessation and enforcement).</p>	<p>CCPH developed materials for the CCPH website in November 2016 featuring tobacco issues in Clermont County, including messaging on the Tobacco Use Prevention and Cessation Program. Also included was information on the Great American Smoke Out, effects of smoking that included local statistics, the CCPH Smoke-Free Workplace Program, the Smoke-Free Ohio Program, and information about CCPH’s Certified Tobacco Treatment Specialist.</p> <p><u>Smoke Free Ohio program data July 2016-September 2016:</u> 2-complaints, 0- valid violations, 0- notice of violations, 0-fine letters</p> <p><u>CCPH Tobacco Treatment Specialist data October 2015-November 2016:</u> Provider contacts-2, patient contacts- 55, referrals- 6, # group sessions- 15, individual treatment hours- 53 hours, group treatment hours- 14.75 (includes presentations to Community Alternative Sentencing Center (CASC), # outreach activities- 83 (includes letters to physicians and local dentist).</p>	<p>The CCPH Tobacco Treatment Specialist will conduct 60 hours of direct patient cessation services during 2017.</p>
<p>Implement a media campaign to increase awareness of risk of tobacco use and secondhand smoke exposure.</p>	<p>CCPH developed materials for the website in November 2016 featuring tobacco issues in Clermont County, including messaging on the Tobacco Use Prevention and Cessation Program. Also included was information on the Great American Smoke Out, effects of smoking with local statistics, the CCPH Smoke-Free Workplace Program, the Smoke-Free Ohio Program, and CCPH’s</p>	<p>CCPH continues to post social media messages related to tobacco cessation counseling classes available for the public at CCPH.</p>

	Certified Tobacco treatment Specialist. CCPH posted information on tobacco use and cessation 13 times. CCPH released 4 news articles promoting the CCPH tobacco cessation program. Mercy Clermont Hospital offers tobacco cessation courses monthly.	
Promote the Tobacco Use Prevention and Cessation Program and the Ohio Smoke-Free Workplace Act, which include education, cessation and enforcement.	Smoking status is assessed and educational materials are given to all WIC participants who smoke. Women who participate in the WIC program who are interested in smoking cessation support are referred to a free service such as the Ohio Quit Line. CCPH has a registered nurse that is a Certified Tobacco Treatment Specialist. A brochure regarding tobacco cessation counseling services has been developed.	CCPH will pursue opportunities to offer tobacco cessation classes to the public and county employees.
Advocate for increased taxes on tobacco products.	CCPH has advocated for tax increases on tobacco products through the Association of Ohio Health Commissioners.	CCPH will continue to advocate for increased taxes and/or new laws that will decrease tobacco use.
Smoking status will be assessed and educational materials will be given to all WIC participants who smoke. Women interested in smoking cessation support will be referred to a free service such as Ohio Quit Line.	<p>A smoking cessation handout was developed to provide information about the benefits of quitting and how to access free smoking cessation support.</p> <p>From January – September smoking cessation materials were offered to WIC women participants on approximately 309 occasions. An average of 27% of WIC women participants are current smokers and/or exposed to second hand smoke in the home.</p>	Continue with same plan in 2017.
New Activity: 1. In 2017, Clermont County is proposing employees to be tobacco free or attending an established number of tobacco cessation classes in order to receive insurance discount in 2018; 2. The Miami Township parks became Smoke-Free October 2016; 3. Clermont County campuses will be Smoke-Free 2018; 4. In 2017, Clermont County Park District will look into implementing Smoke-Free campus into renting/leasing agreements within the Clermont County Park District; 5. In 2018, HUD housing will be Smoke-Free.		
Lessons Learned: none reported		
Footnotes: n/a		

Drug Addiction

Goal 1: Minimize/eliminate substance addiction, distribution, overdose and death in Clermont County through increased awareness, education, advocacy and treatment.

Objective 1.1: By August 2019, maintain unintentional prescription drug poisoning deaths in Clermont County at the 2012 level.¹

Strategy 1.1.1: Increase awareness of and education about addiction and unintentional drug overdose in Clermont County.

Activity	2016 Accomplishments	Future Steps
Develop and distribute educational information utilizing multiple media outlets regarding <i>Coalition for Drug Free Clermont County</i> activities, issues related to unintentional drug overdose (i.e., signs and symptoms of addiction, prevention measures, treatment options, perception/stigma associated with drug addiction) and injury surveillance data.	Distributed overdose cards and the Opiate Task Force (OTF) response plan at the Clermont County Fair and numerous community presentations in 2016. Distributed educational materials at two (2) town hall meetings and other meetings. The Opiate Task Force (OTF) website is under development with expected launch in early 2017. An OTF Facebook page was developed. The County Public Information Office is tweeting and providing articles on relevant information regarding recovery and treatment. Recovery Coaches are providing education to county residents regarding access to treatment. The Mental Health and Recovery Board partnered with Sheriff's Office to develop and distribute Narcotics Tip Line and Crisis Line magnets.	Continue current efforts.
Provide education targeted at healthcare providers to promote utilization of the OARRS and SBIRT programs.	CCPH did a mailing to health care providers and dentists in Clermont County in 2016 that included information on OARRS and prescribing guidelines.	
Propose collaboration with UC East Nursing Program to provide students education about the SBIRT program.	Education was provided to two nursing students during clinical observation hours on the SBIRT (Screening, Brief Intervention and Referral to Treatment) program.	This activity with nursing students did not continue in 2016.

<p>Educate community members about the purpose and availability of prescription drug drop boxes to increase their utilization, and promotion of Drug Take Back Days in Clermont County.</p>	<p>The DEA Take Back Day was held in the Spring 2016 by various police jurisdictions. The Monitor, Secure and Dispose campaign was promoted throughout the county. There are seven permanent drug drop boxes located in Clermont County as of December, 2016. A mailing to health care providers, including dentists, in Clermont County was done in December 2016, which included information on the availability and location of the drug drop boxes in Clermont County.</p>	<p>Continue educational efforts and yearly support of the DEA Take Back Day.</p>
<p>Increase the number of drug drop boxes throughout Clermont County.</p>	<p>Individual lockable medication boxes and/or medication disposal bags were distributed at the Drug Take Back Day, county fair, and other health fairs throughout the county.</p>	<p>CCPH will work with local, private pharmacies in 2017 to encourage them to install drug drop boxes for community use.</p>
<p>Educate the general public and non-traditional partners (e.g., real estate companies, faith based organizations and workplaces) about drug diversion and drug abuse, to include use of the <i>Monitor, Secure and Dispose Campaign</i>.</p>	<p>Paul McCully, retired pastor, is working with Clermont County Mental Health and Recovery Board to reach out to faith based organizations to provide information and training on addiction.</p>	<p>Continued efforts to educate public about permanent drop box locations. Increased outreach to faith-based organizations through Drug Free Coalition. Provide trainings to faith-based organizations.</p>
<p>Advocate for funding directed at the prevention of and treatment for drug addiction.</p>	<p>Clermont County Mental Health & Recovery Board (CCMHRB) applied to Interact for Health for grant to implement Quick Response Team (QRT). CCMHRB received a Drug Free Work Place grant from Ohio Department of Mental Health & Addiction Services (OMHAS) for FY2017. The Board held meetings with federal and state legislators throughout the year and participated in OACBHA advocacy efforts. The Board allocated additional \$500,000 levy money and dropped reserves from \$1 million to \$750,000 to increase Alcohol and Other Drug (AOD) and Mental Health (MH) services.</p>	<p>Work with Ohio County Behavioral Health Authorities (OACBHA) and state legislators on SFY2018-2019 state budget funding. Monitor CARA grants and apply for any that is appropriate.</p>
<p>Promote continuation and expansion of the Clermont County Opiate Task Force.</p>	<p>The OTF added 15-20 members and the total number of members is now over 80. Strong agendas continue to attract members to attend the meetings.</p>	<p>The coalition will continue to address strategies for improvement including formalizing member orientation, reviewing organizational structure and continued recruitment of new members.</p>

<p>Provide education to Clermont County students in grades K – 9 utilizing the Project Alert and Lions Quest programs through Clermont County Community Services.</p>	<p>In 2016, the program served a total of 2,403 students in grades kindergarten- 6th grade.</p>	
<p>Provide prevention programs in schools, housing units and institutions, awareness activities, community events, and outreach to women through Clermont Recovery Center (CRC).</p>	<p>The evidence-based prevention practice, LifeSkills Training, was provided to CFI school based staff and teachers from two school districts. A full time CRC prevention specialist was placed at Amelia High School. Prevention activities are occurring at two (2) low income apartment complexes in the county. Outreach to women continues through CRC’s specific programming and through addition of an outreach team (Recovery Coaches, new Outreach person and Case Manager that meets clients in the jail, hospital, agency, home and community).</p>	<p>Continued funding and implementation of the prevention grant.</p>
<p>New Activity: In 2016, CCPH utilized multiple media formats to disseminate public health messages about addiction and unintentional drug overdose in Clermont County. CCPH produced 17 website updates, CCPH and OTF generated 255 Facebook posts, 96 radio PSA, 12 billboards, a movie theatre ad that ran for 6 months at Pierce Point theater during 2016 .</p>		
<p>Lessons Learned: The original objective was to decrease by 50% the number of unintentional drug overdoses in Clermont County by August of 2019. Clermont County has been hit particularly hard by the heroin epidemic and continues to increase at an alarming rate each year. The group reevaluated the objective and agreed to set the measurement to attempt to reach the levels of overdose rates from 2012. This may still be a difficult target to reach with the continued increases from year to year in overdose deaths.</p>		
<p>Footnotes: ¹ This Objective was changed due to significant increases in drug overdose death rates.</p>		

Strategy 1.1.2 Identify and promote overdose prevention, death prevention, and treatment options for persons with drug addiction in Clermont County.

Activity	2016 Accomplishments	Future Steps
Expansion of Medication-Assisted Treatment (MAT) through Clermont Recovery Center (CRC).	With Board funds, CRC is expanding MAT by 300 slots in FY2017.	Continue expansion in FY2018 with additional levy funding.
Evaluation of policy change at CRC to allow walk-in visits for initial assessment in place of scheduled appointments.	Anecdotally, walk-ins have increased the number of clients accessing treatment. An outreach team has been added to connect even more people to treatment who were not following through.	Continued walk-in assessments and funding of outreach team if successful.
Promotion and expansion of the Community Alternative Sentencing Center (CASC).	The final report for Year One is in progress. Currently, CASC is at or near maximum census.	Possible expansion of additional beds and/or to women.
Implementation of a program for Narcan distribution.	The Mental Health and Recovery Board provided an additional \$25,000 to CRC for Narcan kits, in 2016. CRC was also provided with 69 Project DAWN naloxone kits through the Ohio Department of Health Violence and Injury Prevention Program via Clermont County Public Health. Three new police departments are now carrying Narcan. Narcan is being made available at community events.	Providing Narcan will remain a priority of the Board and CRC. CCPH will continue to work with the Ohio Department of Health to obtain and distribute naloxone to Fire/EMS, law enforcement and CRC in 2017
Drug use will be assessed and referrals for treatment will be offered to WIC participants who are currently using.	Plans have been made to use screening forms to determine current drug use and/or risk of future drug use. Plans have also been made to offer referrals and access to various treatment options.	Use screening forms with all WIC women and start reporting on the number of WIC women who are currently using drugs illegally.
<p>New Activity: 1. CCMHRB and CRC/GCB are in the process of obtaining recovery housing in Clermont County for clients involved with opiates/heroin. Housing will be available by July 1, 2017; 2. An additional \$500,000 in levy funds will be available for CCMHRB for SFY 2018. New or expanded mental health and alcohol/drug services will be added for SFY 2018 with these funds (assuming that the CCMHRB's state/federal allocations are not cut in the budget).; 3. The CCMHRB is in the process of applying for grants that would bring new programs to Clermont County (e.g., Quick Response Team (QRT) in CY 2017.</p>		
<p>Lessons Learned: none reported</p>		
<p>Footnotes: n/a</p>		

Goal 2: Increase awareness and reduce infectious disease risks of HIV, hepatitis C and hepatitis B through education, testing, vaccination and referral for care.

Objective 1.1: By August 2019, increase the proportion of persons who are aware of their HIV, hepatitis B and hepatitis C status, and decrease the number of new hepatitis C infections by 25%.

Strategy 1.1.1: Increase awareness of HIV, hepatitis B and hepatitis C risks through education, and promote testing, treatment and vaccination to the general public and healthcare providers.

Activity	2016 Accomplishments	Future Steps
Promote free, anonymous hepatitis C and HIV testing at Clermont County Public Health and Clermont Recovery Center (CRC) to the public and healthcare providers.	Clermont County Public Health and CRC offer, on a monthly basis, free, anonymous HIV testing, which is conducted by Portsmouth Health Department. Hepatitis C testing is no longer offered through this program due to funding. CCPH advertises HIV testing availability on the CCPH website; CRC offers testing to individuals obtaining services through the CRC program.	CCPH will continue to offer HIV testing to the public, and will explore options for Hep C testing in the future.
Mail hepatitis B and C educational materials and information about hepatitis A and B vaccine program to individuals with positive hepatitis B and C lab tests, and encourage follow up with primary care provider.	Clermont County Public Health receives reports of positive test results for Hep B and C on individuals who reside within Clermont County. On a weekly/monthly basis, letters are mailed to these individuals to provide education on Hep B and C, and to encourage them to follow up with their primary care provider. CCPH does offer hepatitis A and B vaccine for individuals who have insurance or can self-pay.	If CCPH ventures into Hep C testing, this may also include participation in the CDC immunization program.
Collaborate with addiction treatment facilities in Clermont County to encourage hepatitis vaccination as appropriate for participants who test positive for hepatitis B and C.	CCPH receives positive hepatitis test results on individuals undergoing treatment in addiction facilities in Clermont County. Follow up on these cases includes education on vaccinations for hepatitis A and B as appropriate.	CCPH will continue to work with addiction treatment facilities in Clermont County as needed to promote hepatitis vaccination.
Create referral list for	A referral list for hepatitis C treatment services has been started,	CCPH will continue work on this project in 2017.

hepatitis C treatment services.	but is not complete. Individuals with positive Hep C test results are always encouraged to follow up with their primary care provider.	
Provide education to healthcare providers regarding hepatitis C testing and treatment.	CCPH did not offer Hep C testing during 2016 as funding for this testing was lost through the program conducted at CCPH by Portsmouth Health Department. Information about hepatitis C in relation to IV drug use is available on the CCPH website, and is included in the 2014-2019 Clermont County Community Health Improvement Plan which was mailed to all Clermont County Health Care Providers as part of a resource CD in March of 2015.	CCPH will continue to explore avenues to provide education to health care providers regarding hepatitis C testing and treatment.
Conduct feasibility study for a needle exchange program in Clermont County.	No updates for 2016	Continue to provide education to the public in 2017. Monitor results of other Bloodborne Pathogen Reduction Programs in Southwest Ohio and Northern Kentucky.
Utilize multiple media formats to disseminate public health messages about HIV and hepatitis B and C through Clermont County Public Health.	CCPH has utilized social media, primarily Facebook, to promote public health messages about HIV and hepatitis. CCPH posted 3 Facebook posts in 2016 educating on Hepatitis. Additionally CCPH posts information about HIV testing, and hepatitis as it relates to IV drug use, on the CCPH webpage.	CCPH will continue to utilize Facebook/social media platform to promote HIV and hepatitis information for the public.
Clermont County Developmental Disabilities added Bloodborne Pathogen Training, and all staff receives training on universal precautions to prevent exposure to HIV that can result from needle sharing.	150 personnel on average will receive this training annually.	Continue with current plan.
New Activity: none reported		
Lessons Learned: none reported		
Footnotes: n/a		

Mental Health

Goal 1: Improve mental health through education, prevention and integration of mental and physical health services.

Objective 1.1: By August 2019, reduce the suicide rate by 5% in Clermont County.

Strategy 1.1.1: Reduce stigma and increase awareness and prevention of mental health issues through education and advocacy.

Activity	2016 Accomplishments	Future Steps
Continue to Offer Signs of Suicide (S.O.S.) program in Clermont County Schools.	School districts have switched to “Redo Days” and other programs that are easier and more cost effective to implement. Board is co-funding these projects with FCF.	Continue to support schools in providing suicide prevention programs.
Promote Suicide Prevention Week each year in September.	The Board obtained Proclamation from Commissioners and information was placed on website and Facebook. The number of suicides in Clermont County dropped from 34 in 2014 to 19 in 2015, a fact that was promoted in articles and local papers.	Continue same activities in 2017.
Promote participation in the annual Candlelight Vigil to remember those lost to suicide.	Candlelight Vigil held 9/14/2016.	Plan to do event again in 2017.
Support and promote the biennial Clermont County Youth Summit on Suicide Prevention.	Not held in 2016.	Work with Suicide Prevention Coalition to schedule Summit in 2017.
Support and promote the Active Minds program at UC East and UC Clermont.	UC Clermont turned back mini grant funds to the Board in 2016, as no leadership for the project is currently available.	Reach out to UC Clermont in 2017 with information on mini grants.
Promote QPR (Question, Persuade and Refer) Training and Mental Health First Aid Training.	CFI training center provides QPR on at least quarterly basis. Six (6) Mental Health First Aid trainings were provided in 2016 with Board funding the materials.	Continue efforts.
Utilize multiple media	An article was written for the local paper. The Board obtained	Continue education and awareness in 2017.

formats to provide education and awareness in May for Mental Health Month.	Proclamation from Commissioners and information was placed on website and Facebook.	
Provide education to Clermont County healthcare providers on the signs of suicide and the connection between mental and physical health.	Asst. Director of Crisis Programs at CFI provides ongoing information to community health care providers.	Continue with activity as stated.
Advocate for funding for mental health services.	The Board held meetings with federal and state legislators throughout the year and participated in OACBHA advocacy efforts. The Board allocated additional \$500,000 levy money and dropped reserves from \$1 million to \$750,000 to increase AOD and MH services.	Continued advocacy on the SFY 2018-2019 state budget and federal grant opportunities (legislation through Congress and the Substance Abuse and Mental Health Services Administration (SAMHSA)).
Promote utilization of the Clermont County Crisis Hotline.	CFI and Board promoted Crisis Hotline at multiple presentations and distributed tri-fold cards. Calls significantly increased in the last year. Board involved in effort to stop a regional Crisis Line that would have impacted awareness of the Clermont line.	Continue and expand as resources permit.
Promote availability and utilization of the Mobile Crisis Unit.	CFI and Board promoted mobile crisis team at multiple presentations and distributed tri-fold cards. Calls significantly increased in the last year. The Board sustained Mobile Crisis when the DOJ grant ended in September 2016 and expanded the services for FY2017. More police were trained in CIT and educated about use of Mobile Crisis to assist them in mental health related calls.	Continue and expand as resources permit.
Developmental Disabilities (DD) became a certified mental health provider in 2016; DD began services in 2015 for counseling and psychological services for individuals with dual diagnosis of developmental disability and mental health; DD	150 staff was trained during year one on 10 modules of training and is applying the practices in the work environment. In years two and three the training will expand to include the individuals Developmental Disabilities serves and by the end of year three DD will be able to apply for certification.	

<p>started participating as an agency in the sanctuary model that represents a trauma-informed method for changing organizational culture to effectively provide an environment within which healing from psychological and social traumatic experience can be addressed.</p>		
<p>WIC participants diagnosed with or self-reporting depression will be asked by a health professional if treatment is being received. Handouts and referrals to doctors, counselors, and support groups will be offered.</p>	<p>A depression handout was developed to offer to WIC women to inform them on signs of depression, nutrition and activity that may reduce symptoms, and how to get help.</p>	<p>Start reporting on the number of WIC women who have been diagnosed with depression.</p>
<p>New Activity: 1. An additional \$500,000 in levy funds will be available for CCMHRB for SFY 2018. New or expanded mental health and alcohol/drug services will be added for SFY 2018 with these funds (assuming that the CCMHRB's state/federal allocations are not cut in the budget); 2. The CCMHRB is in the process of applying for a couple grants that would bring new programs to Clermont County (e.g., Quick Response Team (QRT) in CY 2017.</p>		
<p>Lessons Learned: none reported</p>		
<p>Footnotes: n/a</p>		

Access to Care

Goal 1: Increase Access to Care through coordination and linkage to services¹

Objective 1.1: Collaborate with community partners to identify and promote healthcare services in Clermont County

Strategy 1.1.1: Link people to needed services

Activity	2016 Accomplishments	Future Steps
New Activity: 1. Develop service resource list; 2. Utilize multiple media formats, including social media, to promote services.		
Lessons Learned: In 2016 CCPH placed bus advertising campaigns listed below: <ul style="list-style-type: none"> • Prescription Drugs – 5 buses 12/15/15 – 6/14/16 • WIC Healthy Heroes – 20 buses 6/1/16-11/30/16 		
Footnotes: ¹ Access to care was added in October 2016 during the CHIP update meeting as a fifth health issue facing Clermont County.		

Strategy 1.1.2: Improve access to healthcare services and reduce barriers to care

Activity	2016 Accomplishments	Future Steps
New Activity: 1. Co-locate and coordinate services; 2. Deliver services at convenient times and locations; 3. Explore opportunities to meet transportation needs.		
Lessons Learned: CTC provided 10,752 Medicaid trips for medical appointments in 2015.		
Footnotes: n/a		



Clermont County Public Health

Prevent. Promote. Protect.

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