

2020-2022 Gallia County Community Health Improvement Plan

June 1, 2020

A guide to improving the health and wellbeing of the residents of Gallia County, Ohio. A collaborative community effort convened by the Gallia County Health Department with assistance from the Center for Public Health Practice at the Ohio State University.

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Executive Summary

In 2018, the Gallia County Health Department (GCHD), in partnership with Holzer Health Systems (Holzer), embarked on a comprehensive regional community health assessment (CHA) with the surrounding counties of Vinton, Meigs, and Jackson. The region utilized a framework known as MAPP (Mobilizing for Action through Planning and Partnerships). MAPP is a nationally recognized best practice for community health assessment and community health improvement planning designed by the National Association of City and County Health Officials (NACCHO). MAPP features four distinct assessments that result in a comprehensive view of the health of a community. Following the assessment phase, GCHD convened 16 community stakeholders to examine the results of the CHA and develop a Community Health Improvement Plan (CHIP). The CHIP is a long term plan that identifies health priorities, goals, objectives, and action steps that can be used by a community to guide them in the development and implementation of projects, programs, and policies that are aimed at improving the health of the residents of Gallia County.

Thirty-nine community partners participated in the development of the CHIP. The Center for Public Health Practice at the Ohio State University's College of Public Health was retained by the GCHD as the facilitator. Community partners were tasked with examining the data provided in the CHA along with their knowledge of the community to select the most pressing health priorities that they will dedicate resources, time, and effort towards over the course of this CHIP. The approved health priorities for Gallia County are: Substance Abuse, Mental Health, and Chronic Disease Prevention.

Following priority selection, workgroups created individual work plans to address each priority and members were charged with drafting work plans to address the health issues. The work plans detail the specific goals, objectives, and measures that will be used to address these priorities and track progress. The workgroups considered several overarching principles as they further refined the health priorities and created action plans. The principles included the tiers of the Health Impact Pyramid, the importance of Policy, System, and Environmental Changes, the significance of the Social Determinants of Health, the concepts of evidence based public health practice, and priority alignment with Ohio's State Health Improvement Plan and national community health improvement planning frameworks.

Implementation of the CHIP will begin in June 2020. Gallia County is fortunate to have a large group of dedicated community members that will oversee the implementation and evaluation of the CHIP until the next planning cycle commences in 2022.

Vision Statement

Gallia County:

A safe, educated, and healthy community!

Welcome from the Health Commissioner

As we complete our next cycle of Community Health Improvement Planning, it is my pleasure to present the 2020-2022 Gallia County Community Health Improvement Plan (CHIP). This plan will serve as a guide to improving the health and wellbeing of all residents of Gallia County.

Multiple community agencies, residents, and stakeholders participated in the Community Health Improvement Planning process utilizing the MAPP framework (Mobilizing for Action through Planning and Partnerships), to determine the priority health improvement areas for Gallia County. This collaborative utilized data gathered from the 2019 Gallia County Community Health Assessment, along with the expertise of multiple community stakeholders in Gallia County. Workgroups were then formed for each priority and the Health Impact Pyramid was reviewed. The workgroups developed action plans with evidence-based objectives and actions that included policy, system, and environmental changes. They also considered the Social Determinants of Health and Ohio's State Health Improvement Plan throughout their work.

The Community Health Improvement Plan is data driven with baselines and targets to monitor progress. The Gallia County Health Department will share progress with the Ohio Department of Health on a regular basis. The plan will also be reviewed annually to reflect accomplishments and new areas of need. Both the 2019 Community Health Assessment and 2020-2022 Community Health Improvement Plan are available at galliahealth.org for community members to review and submit feedback.

The collaboration and partnership demonstrated throughout this process reassures me that Gallia County residents and stakeholders are committed to improving the health and future for all Gallia County residents. I want to thank the Center for Public Health Practice located in the College of Public Health at the Ohio State University for their constant support and facilitation of the Community Health Assessment and Community Health Improvement Plan. I encourage all Gallia County residents to contribute to this effort and join the Gallia County Health Department and multiple community partners in working towards a healthier Gallia County.

Sincerely,



Gerald E. Vallee, MD
Health Commissioner/Medical Director

Introduction

In 2018, the Gallia County Health Department (GCHD) partnered with Holzer Health System (Holzer) and the counties of Vinton, Meigs, and Jackson (LHDs) to conduct a comprehensive assessment of the community's health to fulfill Gallia County's Community Health Assessment (CHA) and Holzer's Community Health Needs Assessment (CHNA) requirements. The group utilized a framework known as Mobilizing for Action through Planning and Partnerships (MAPP). MAPP is a nationally recognized, best practice, six-phase framework for community health assessment and improvement planning designed by the National Association of City and County Health Officials (NACCHO). The six phases of MAPP are represented in Figure 1. They are:

1. Organizing, when a group of stakeholders is convened to serve as the steering committee for the MAPP process.
2. Visioning, when a community identifies what a shared community vision is.
3. Assessments, when data about the health of the community is collected and analyzed. A description of the assessments is below.
4. Identify Strategic Issues, when the most pressing health priorities in a community are identified.
5. Formulate Goals and Strategies, when the action plan for addressing those strategic issues is drafted.
6. Action Cycle, when the strategies drafted in phase 5 are planned, implemented, and evaluated in a continuous cycle until the next MAPP begins.



Figure 1: The MAPP Framework. The phases descend the center of the image and the assessments surround the phases.

Upon the completion of the assessment phase, GCHD again engaged its community partners to gather inputs to review the CHA data, select health priorities based on the data, and collectively create a plan of action to address these that resulted in this Community Health Improvement Plan (CHIP). The CHIP is a comprehensive plan that details actions steps that will be used by organizations as they implement projects, programs, and policies. A list of participating individuals and organizations is located in Appendix A.

This report begins with a brief description of the process used to engage community and stakeholders in the development of the CHIP. Following the summary of the process, there is a section for each identified priority. This document lists the goals and key measures selected for each health priority accompanied by data that is evidence of its significance. Detailed work plans that include measurable goals, objectives, action steps, and evidence-based strategies for each priority are located in Appendix B. This report concludes with a discussion of the next steps relative to implementation, ongoing monitoring, and evaluation of the CHIP. A list of key terms and acronyms can be found in Appendix C.

The Process

The Gallia County Health Department was responsible for providing oversight for the CHIP development process and contracted with the Center for Public Health Practice in the Ohio State University's College of Public Health (CPHP) to serve as lead facilitator. In that role, CPHP designed the overall CHIP development process, as well as organized and led CHIP project meetings. The overall CHIP process occurred over the course of seven months. Figure 1 shows the timeline of CHIP development. Thirty-nine community partners (planning group) representing various sectors of the community were engaged in the development of the CHIP.



Figure 1: Gallia CHIP development timeline

Visioning

A previously identified definition, or vision, of health served as the guiding principle for the development of the CHIP. The vision of health was adopted in 2016 through a process that asks the community to identify what the ideal future includes pertaining to community health. Community members are asked to identify what a healthy community means to them, what they picture when they see a healthy community, and what definition of a healthy community best captures their vision of health. That vision of health was presented to the planning group to be affirmed as the guiding principle for this CHIP in October 2019. The approved vision for health in Gallia County is:

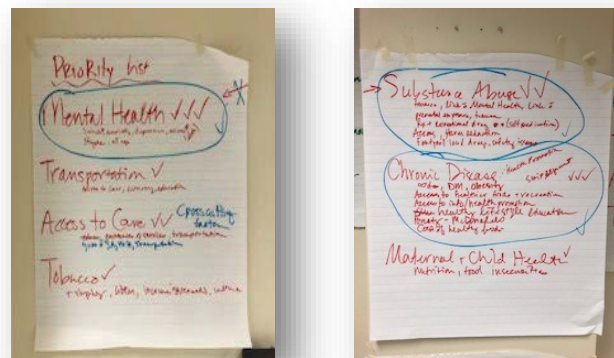
Gallia County: A safe, educated, and healthy community!

Following the visioning process, the planning group developed priorities and created the action plans that compromise the work of the CHIP.

Developing Priorities

Identifying Health Priorities

The planning group engaged in large and small group processes to analyze the CHA in order to determine the most pressing health issues impacting Gallia County. Planning group members applied the following criteria to identify health priorities:



Images: Prioritization session notes from October 30, 2019 meeting

1. What is the magnitude of this health issue? Does the health issue impact a high number of residents or high percentage of the population?
2. What is the seriousness of this health issue? Does the health issue lead to premature death or serious illness across the population?
3. What is the feasibility of having a positive impact on this health issue? Given the current state of the community's health system, are the resources needed to address the health issue available or easily attainable?
4. What is the impact of the health issue on vulnerable populations? Considering the social determinants of health, does the health issue disproportionately affect certain subpopulations or geographic areas within the community?
5. How does this health issue align with Ohio's priorities? Does the health issue align with the current State Health Improvement Plan (SHIP) priorities of Mental Health and Addiction, Maternal and Infant Health, and Chronic Disease? See Figure 2 for CHIP alignment with state and national priorities.

After carefully considering the assessment data and the above criteria, the planning group determined that the most pressing health priorities in Gallia County are:

1. **Chronic Disease Prevention**
2. **Mental Health**
3. **Substance Abuse**

An overview of these priorities, including a summary of the goals and objectives, is located in the next section of the CHIP. After the health priorities were approved, the planning group brainstormed a list of existing assets and resources in Gallia County that could be leveraged to help address the health issues. That list can be found in Appendix D.

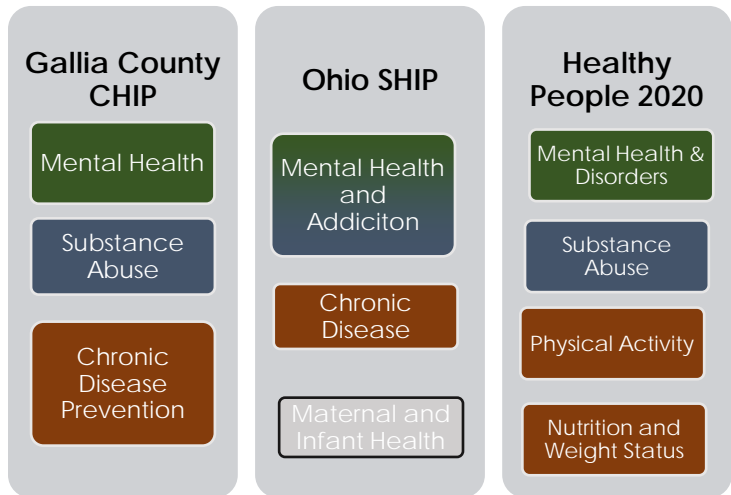
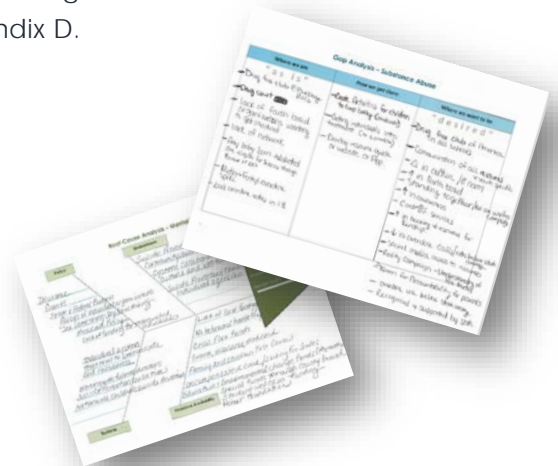


Figure 2: Gallia County CHIP alignment with state and national priorities.

Work Plan Creation

Next, work groups were formed to create work plans that will address the approved health priorities. Work groups met in person twice between January and February 2020. During these meetings, they conducted a root cause analysis on the health priorities. During this activity, the work groups generated potential root causes for the identified health priorities, focusing on existing policies, the environment, and resources that were currently in the community and what policies, environmental changes, and resources were needed in the community. Following



Images: Root Causes and Gap Analyses results from January 15, 2020 meeting.

the root cause analysis, groups conducted a gap analysis of the priority in order to show where gaps in services and initiatives might exist. Groups were given education on policy, systems, and environmental changes and the impact that implementing sustainable changes can have on health outcomes in a community. Work groups used the results of both the root cause analysis and the gap analysis to formulate goals and objectives to address those priorities. During this process, workgroups identified a key measure for each goal to serve as outcome measures for the plan. Measurable objectives, with associated action steps and time frames were also developed to achieve the goals. Groups were encouraged to continue to consider vulnerable populations and policy changes throughout the planning process.

Due to the emergence of the COVID-19 pandemic, finalization of the work plans via distance consultation was delayed from February to May 2020.



Images: Gallia County community stakeholders gather at the Gallia County Health Department to draft CHIP work plans January – February 2020

A formal definition of what concepts and frameworks work groups were asked to consider during the generation of the workplans follows:

The Social Determinants of Health are factors in a community that impact health outcomes. They include conditions such as socioeconomic status, education, neighborhood, and access to healthcare. Addressing these at the community level will impact health outcomes such as morbidity and mortality, healthcare expenditures, and health status. They are factors in a community that impact

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education		Stress	
Support	Walkability				
	Zip code / geography				

Health Outcomes
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Figure 3: The Social Determinants of Health

health outcomes. Figure 3 defines the Social Determinants of Health.

Policy, System, and Environmental Changes: These are changes in laws, rules, and the environment that impact the health of a community and change the context to make the healthy choice the default choice. Policy, systems and environmental changes are sustainable and long lasting. In particular, work groups considered policy changes that would most greatly impact vulnerable populations and address the causes of higher risks on those populations.

The Health Impact Pyramid describes the effectiveness of different types of public health interventions. Interventions focusing on socioeconomic factors, at the base of the pyramid, have the greatest potential to improve health. Although interventions at the higher levels have less of an impact on health, the likelihood of long-term success is maximized at all intervention levels. Figure 4 displays the Health Impact Pyramid.

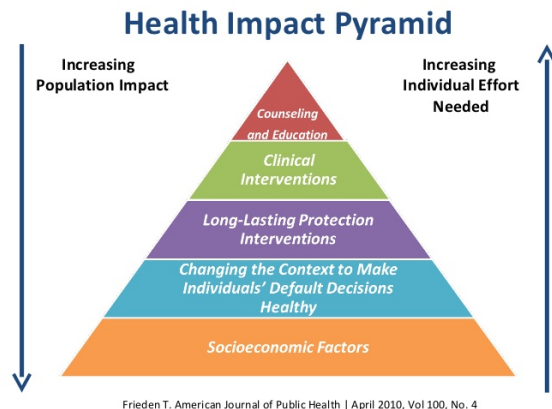


Figure 4: The Health Impact Pyramid

Evidence Based Public Health Practices: These are tested programs, policies, and interventions that are proven to be most effective in successfully changing behavior. They create sustainable changes to improve health.

The following pages include an overview of the priorities and the goals and objectives outlined during CHIP development that will improve the health of Gallia County.

Our Plan to Address Priorities

Priority: Substance Abuse



Why is this a priority? Substance Abuse, including alcohol, tobacco, and other drugs, impacts everyone at all levels of the community. It not only leads to negative health outcomes but causes many other issues, including loss of economic productivity and decreased quality of life. According to the 2019 Gallia County Community Health Assessment (CHA), 83% of residents say drug and or alcohol abuse is one of the top three health issues in Gallia County. In addition, substance abuse was identified as one of the top health issues in the community. Gallia County has a higher rate of drug use and drug overdose death than the state of Ohio. Substance abuse also affects the most vulnerable among us, children. It impacts people across the span of their childhood, from babies born with neonatal abstinence syndrome to children being cared for by their grandparents due to parental drug use.

Mortality - Drug Overdose			
2016		2019	
Gallia Co.	Ohio	Gallia Co.	Ohio
18.0	21.0	26.0	26.66

Our plan: We will leverage our resources to decrease substance abuse in Gallia County and strengthen family units, decrease burnout in service providers, improve the health of children, and change the culture of the community to save lives and enrich quality of life in Gallia County.

Goals: Decrease substance abuse in Gallia County adults; Increase resiliency and protective factors in youth in Gallia County

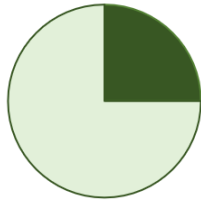
Key Measure(s): Overdose deaths, Delay in first use

Vulnerable populations impacted by CHIP: Active drug users: policy to increase treatment service awareness; Youth: School policy to implement preventive drug education program

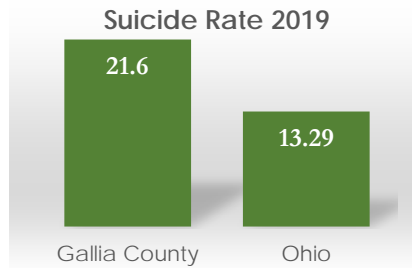
Objectives:

- By December 31, 2022, increase utilization of substance abuse treatment services by 20%.
- By December 31, 2022, increase the number of individuals who are trained and equipped to administer naloxone by 20%.
- By December 31, 2022, all schools in Gallia County will implement a preventive drug education program (tobacco, alcohol, substances).
- By December 31, 2022, increase participation in youth led prevention in Gallia County by 10%.

Priority: Mental Health



25% of residents do not get help with mental health due to stigma.



20% of residents said that mental health is one of the top health issues.

Why is this a priority? Mental wellness impacts all areas of life and fuels all of the other issues that people are dealing with. It overwhelms the system, impacts families, and affects the most vulnerable among us, children. According to the 2019 Gallia County Community Health Assessment (CHA), the mortality rate due to suicide was 21.6 per 100,000 population compared to 13.29 per 100,000 for the state of Ohio. Residents participating in the focus groups noted that suicide and mental health were major health issues in the community. 19.5% of CHA survey respondents said mental health (depression, anxiety, stress and stigma) is one of the top three health concerns for the community. Additionally, community stakeholders participating in the assessment identified mental health issues, impacting both the entire population and children especially, were major forces on the community. Access to mental health care services is an important component of the mental health issue in Gallia County. The county has less mental health providers per person (92.1 providers per 100,000 population) than the state of Ohio (154.8 per 100,000). And 46.92% of CHA survey respondents reported that it was somewhat or very difficult to get needed mental health care.

Our plan: We will leverage our resources to reduce stigma, increase compassion, decrease the suicide rate, and increase connectivity between both residents and agencies to improve mental health throughout the community.

Goals: Decrease suicide rate in Gallia County; Increase the amount of mental health education in Gallia County; Enhance connectivity among agencies.

Key Measure(s): Suicide mortality rate, Number of community trainings, Connected agencies

Vulnerable populations impacted by CHIP: Mentally ill: policy to implement suicide review board

Objectives:

- By December 31, 2022, decrease the Gallia County suicide rate by 20%
- By December 31, 2022, provide mental health training to 25% of primary care providers
- By December 31, 2022, establish a collaborative information sharing network among Gallia County agencies to enhance mental health activities.

Priority: Chronic Disease Prevention

Why is this a priority? Chronic Disease impacts the community in many ways. It leads to morbidity and mortality in our community, impacts the economic security of our resources, and affects the future of our

2019 Indicator	Gallia Co.	Ohio
High Cholesterol (/100)	43.5	38.7
Mortality - Heart Disease (/100,000)	123.9	110.63
High Blood Pressure (/100)	35.5	28.8
Mortality - Ischemic Heart Disease (/100,000)	140.1	119.8
Diabetes (/100)	12.5	10.4
Adult Obesity (/100)	32.0	30.9

community. According to the 2019 Gallia County Community Health Assessment (CHA), Gallia County's ischemic heart disease mortality rate was 140.1 per 100,000 population, compared to 119.8 for the state of Ohio. The number of people in Gallia County who reported a diabetes diagnosis increased from 11.3% in 2016 to 12.5% in 2019. In addition, chronic disease was noted as a major health priority for CHA focus group participants. Chronic disease impacts Gallia County's economic security by impacting the productivity of the workforce and affecting the economic security of Gallia County households by driving up healthcare costs.

Our plan: We will leverage our resources to educate and empower our residents in order to drive down healthcare costs, improve economic security, create a culture of health, and improve quality of life in Gallia County.

Goals: Decrease obesity rate in Gallia County; Increase middle and high school activity levels; Increase adult physical activity rates

Key Measure(s): Adult obesity rate; Youth physical activity rates; Adult physical activity rates

Vulnerable populations impacted by CHIP: Low income residents: SNAP and WIC acceptance at farmers market; Youth: policy to implement active extracurricular activity

Objectives:

- By December 31, 2022, establish a farmer's market in Gallia County.
- By December 31, 2022 implement an extracurricular physical activity program in Gallipolis City Schools.
- By December 31, 2022, implement a Get Moving Gallia Campaign.

Next Steps and Call to Action

GCHD will continue to monitor the CHIP on a regular basis over the next three years. The work plans located in Appendix B identify the agencies and individuals responsible for implementing each of the objectives outlined in this CHIP. GCHD will collect monitoring frequency updates from each responsible party in order to gauge the progress of the CHIP. Goals and objectives will be monitored to assure that timeframe targets are being met. To allow the CHIP to evolve with the community, goals and objectives will be adjusted or amended if needed. GCHD will publicly release an annual update, highlighting the success of the CHIP and providing any information on major changes that have been made. GCHD will be utilizing Clear Impact software to collect and report CHIP progress.

This CHIP represents the work of a dedicated group of community representatives. If you or your agency are interested in becoming involved with CHIP initiatives and community health improvement planning in Gallia County, please contact Brittany Muncy, MSN, RN at brittany.muncy@galliahealth.org.

Appendices

Appendix A: Community Participants

October 30, 2019 – Community Health Assessment Prioritization Meeting	
Name	Agency
Gwen Craft	Holzer Health System
Ashton Cale	Holzer Health System
Jackie Corn	Area Agency on Aging
Jenny Henchey	Gallia County Health Department
Jamie Nash	Buckeye Hills Career Center
Craig Wright	Gallipolis City Schools
Kelly Velazquez	United Health Care Community Plan
Courtney Vollborn	Gallia County WIC
Tyler Schweickart	Gallia County Health Department
Dr. Gerald Vallee	Gallia County Health Department
Lou Ann Whittington	Gallia County Health Department
Brittany Muncy	Gallia County Health Department
Melissa Conkle	Gallia County Health Department
Amy Sisson	Gallia County Survivor Services
Melinda Kingery	Gallia County Board of Developmental Disabilities
Angela Stowers	Gallia, Jackson, Meigs ADAMH Board

January 15, 2020 and February 12, 2020 Work Group Meetings		
Work Group	Name	Agency
Mental Health	Amy Sisson	Gallia County Survivor Services
Mental Health	Tyler Schweickart	Gallia County Health Department
Mental Health	Terri Kowalski	Holzer Health System
Mental Health	Amanda Knipp	Hopewell Health Center
Mental Health	Sarah James	Gallia County Local Schools
Mental Health	Tamara French	Buckeye Hills Career Center
Mental Health	Brandi Stevens	Buckeye Hills Career Center
Mental Health	Tarin Mink	Hopewell Health Center
Mental Health	Robin Harris	Gallia, Jackson, Meigs ADAMH Board
Mental Health	Jamie Bartee	Buckeye Hills Career Center
Mental Health	Crystal Rankin	Hopewell Health Centers
Substance Abuse	Matt Champlin	Gallia County Sheriff
Substance Abuse	Tina Ragland	Gallia County Board of Developmental Disabilities (Early Intervention)
Substance Abuse	Shelly Sizemore	Field of Hope
Substance Abuse	Thom Mollohan	Gallia Citizens for Prevention and Recovery
Substance Abuse	Debbie Mullins	Holzer Health System
Substance Abuse	Jason Holdren	Gallia County Prosecuting Attorney
Substance Abuse	Shawn Feeman	Health Recovery Services
Substance Abuse	Angela Stowers	Gallia, Jackson, Meigs ADAMH Board
Substance Abuse	Jenny Henchey	Gallia County Health Department
Substance Abuse	Joni Ferrell	Gallia County Health Department
Substance Abuse	Ellen McCabe	Buckeye Hills Career Center
Substance Abuse	Lora Jenkins	Gallia County Family and Children First Council
Substance Abuse	Brittany Muncy	Gallia County Health Department
Substance Abuse	Neil Creasey	Holzer Health System
Substance Abuse	Craig Wright	Gallipolis City Schools
Chronic Disease	Kelly Velazquez	United Health Care Community Plan
Chronic Disease	Aimee Vance	Buckeye Hills Career Center
Chronic Disease	Melissa Conkle	Gallia County Health Department
Chronic Disease	Vicky Abdella	Area Agency on Aging
Chronic Disease	Courtney Vollborn	Gallia County WIC
Chronic Disease	Gwen Craft	Holzer Health System
Chronic Disease	Alexus Hurlow	University of Rio Grande (Student)

Appendix B: Work Plans

Priority #1: Substance Abuse				
Goal 1.1: Decrease substance abuse in Gallia County adults				
<i>Key Measure(s): 23 Overdose Deaths (2019 Coroner Report); Target: 17, 25% decrease</i>				
Alignment with State and National Priorities:	Healthy People 2020: SA-12 Reduce drug-induced deaths			
	Ohio SHIP : Mental Health and Addiction			
Objective(s) that address policy change(s) needed to accomplish goal: 1.1.1 (SSP resource guide distribution)				
Priority Populations impacted: Active drug users				
Objectives	Measure	Action Steps	Timeframe	Lead
Objective 1.1.1: By December 31, 2022, increase utilization of substance abuse treatment services by 20%.	Baseline: # of individuals in treatment Target: 20% over baseline	<ul style="list-style-type: none"> Establish baseline Increase distribution of ADAMS Board Treatment and Resource Guide Pass a policy for SSP requiring participants to sign off that they've received the resource guide as a first-time participant Unity media campaign "How to guide" to go home with school children (one page) 	Start: 7/2020 End: 12/2022	Brittany Muncy – GCHD Angela Stowers – ADAMHS
Objective 1.1.2: By December 31, 2022, increase the number of individuals who are trained and equipped to administer naloxone by 20%.	Baseline: # of individuals trained and equipped Target: 20% over baseline	<ul style="list-style-type: none"> Establish baseline Decrease stigma with naloxone Develop a collaborative education program CPR committee to develop and deploy mass media campaign 	Start: 7/2020 End: 12/2022	Joni Ferrell – GCHD Neil Creasey and Deb Mullins – Holzer Health System

Goal 1.2: Increase in resiliency and protective factors in youth in Gallia County				
Key Measure(s): School survey – OHYES! Delay in first use (will be added when results are available - delayed due to COVID-19)				
Alignment with State and National Priorities:	Healthy People 2020 SA-2 Increase the proportion of adolescents never using substances			
	Ohio SHIP: Mental Health and Addiction			
Objective(s) that address policy change(s) needed to accomplish goal: 1.2.1				
Priority Populations impacted: Youth				
Objectives	Measure	Action Steps	Timeframe	Lead
Objective 1.2.1: By December 31, 2022, all schools in Gallia County will implement a preventive drug education program (tobacco, alcohol, substances).	Baseline: 0 programs Target: 100% of schools implement program	<ul style="list-style-type: none"> Assess data Refine program Implement Gallipolis City Schools program School board passes policy Education to parents on program Coordinate services with Health Recovery Services 	Start: 7/2020 End: 12/2022	Craig Wright – Gallipolis City Schools Shawn Freeman-Health Recovery Services Jenny Henchey – GCHD
Objective 1.2.2: By December 31, 2022, increase participation in youth led prevention in Gallia County by 10%.	Baseline: TBD Target: 10% over baseline	<ul style="list-style-type: none"> Establish baseline Research program Develop participation campaign Youth develop action plan 	Start: 7/2020 End: 12/2022	Shelly Sizemore–Field of Hope Thom Mollohan - CPR

Priority #2: Mental Health

Goal 2.1: Decrease suicide rates in Gallia County				
<i>Key Measure(s): Suicide mortality rate 21.6/100,000 (2019 CHA) Target: 16.2, 25% decrease</i>				
Alignment with State and National Priorities:	Healthy People 2020: MHMD-2 Reduce suicide attempts by adolescents			
	Ohio SHIP : Mental Health and Addiction			
Objective(s) that address policy change(s) needed to accomplish goal: 2.1.1				
Objectives	Measure	Action Steps	Timeframe	Lead
Objective 2.1.1: Between July 1, 2020 and December 31, 2022, decrease the Gallia County suicide rate by 20% per year.	Baseline: 21.6 (2019 CHA) Target: 17.3	<ul style="list-style-type: none"> Implement a suicide review board <ul style="list-style-type: none"> Gather data from coroner on yearly suicide trends Pass policy to mandate suicide review board Develop target messaging for affected groups Institute changes in community based on review results 	Start: 7/2020 End: 12/2022	Amy Sisson – Gallia County Survivor Services
Goal 2.2: Increase the amount of mental health education in Gallia County.				
<i>Key Measure(s): 0 trainings (2020 – GCHD)</i>				
Alignment with State and National Priorities:	Healthy People 2020 MHMD-9 Increase the proportion of adults with mental health disorders who receive treatment , MHMD-1 Reduce the suicide rate			
	Ohio SHIP : Mental Health and Addiction			
Priority Populations impacted: People most at risk for mental health issues				
Objectives	Measure	Action Steps	Timeframe	Lead
Objective 2.2.1: Between July 1, 2020 and December 31, 2022, provide mental health training to 25% of primary care providers in Gallia County.	Baseline: TBD Target: 25% of PCP	<ul style="list-style-type: none"> Establish baseline by compiling list of all primary care providers in county. Develop a training needs assessment Provide trainings to target groups based on identified need assessment gaps 	Start: 7/2020 End: 12/2022	Robin Harris – ADAMHS Board

Goal 2.3: Enhance connectivity among agencies				
Key Measure(s): Participation in FCFC meetings, CPR meetings, collective impact				
Objectives	Measure	Action Steps	Timeframe	Lead
<p>Objective 2.3.1: By December 31, 2022, establish collaborative information sharing network among Gallia County agencies to enhance mental health activities.</p>	<p>Baseline: 0 Target: Established network</p>	<ul style="list-style-type: none"> • Representatives from this group will attend other meetings to ensure the mission of the work group is being carried out • Establish charter that dictates: <ul style="list-style-type: none"> ○ Each group represented gets time to share information/creating goals to impact the community ○ Each group represented gets full investment of the members of the council/groups 	<p>Start: 7/2020 End: 12/2022</p>	<p>Amy Sisson – Gallia County Survivor Services</p>

Priority #3: Chronic Disease

Goal 3.1: Decrease obesity rate				
<i>Key Measure(s): Decrease % of adults reporting a BMI of 30 or greater from 32% to 28% (2019 CHA)</i>				
Alignment with State and National Priorities:	Healthy People 2020 NWS-8 Increase the proportion of adults who are at a healthy weight ; NWS-15 Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older			
	Ohio SHIP : Chronic Disease Prevention			
Priority Populations impacted: WIC recipients, Elderly (focus on working with WIC and AAA to provide vouchers)				
Objectives	Measure	Action Steps	Timeframe	Lead
Objective 3.1.1: By December 31, 2022, establish a farmer’s market in Gallia County.	Baseline: 0 current markets Target: 1 active market	<ul style="list-style-type: none"> • Find partners <ul style="list-style-type: none"> ◦ Potential Partners <ul style="list-style-type: none"> ▪ Duncan’s ▪ Heritage Ohio ▪ Economic Development ▪ OSU Extension • Consider mobile market • Get the farmers involved • Research other counties that have markets • Determine location • Advertise at community events • Create community Board to oversee 	Start: 7/1/2020 End: 12/31/2022	Gwen Craft-Holzer Health System Courtney Vollborn- WIC Vicky Abdella-AAA

<p>Goal 3.2: Increase middle and high school youth activity levels <i>Key Measure: Hours of activity - during/after school (Source: OHYES! Results Will be added when results are available -delayed due to COVID-19)</i></p>				
<p>Alignment with State and National Priorities:</p>		<p>Healthy People 2020 PA-3 Increase the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity</p> <p>Ohio SHIP: Chronic Disease Prevention</p>		
<p>Priority Populations impacted: <i>Youth (12-18 years old)</i></p>				
<p>Objective(s) that address policy change(s) needed to accomplish goal: 3.2.1</p>				
Objectives	Measure	Action Steps	Timeframe	Lead
<p>Objective 3.2.1: By December 31, 2022 implement an extracurricular physical activity program in Gallipolis City Schools.</p>	<p>Baseline: 0 Target: 1</p>	<ul style="list-style-type: none"> • Work with school system to gain buy-in • Program ideas: <ul style="list-style-type: none"> ◦ Girls on the Run ◦ Heart and Soul • Let me Run • Secure funding for program • Explore creating and implementing policy to give student discounts at area gyms 	<p>Start: 7/1/2020</p> <p>End: 12/31/2022</p>	<p>Melissa Conkle – GCHD</p> <p>Gwen Craft – Holzer Health System</p>
<p>Goal 3.3: Increase physical activity <i>Key Measure(s): Decrease percentage of adults reporting no leisure time physical activity from 30% to 27% (2019 CHA).</i></p>				
<p>Alignment with State and National Priorities:</p>		<p>Alignment with National Priorities: Healthy People PA-2 Increase the proportion of adults who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity</p> <p>Alignment with SHIP: Chronic Disease Prevention</p>		
Objectives	Measure	Action Steps	Timeframe	Lead
<p>Objective 3.3.1: By December 31, 2022, implement a Get Moving Gallia Campaign.</p>	<p>Baseline: 0 campaigns Target: 1 implemented campaign</p>	<ul style="list-style-type: none"> • Create walkable, safe walking trail map • Increase social media posting to encourage trail usage • Install permanent signage along trails with positive messages • Improve bike trail with lights and other safety measures • Find funding for environmental improvements • Improve Holzer Trail • Increase access between Thomas Do-It Center and Haskins 	<p>Start: 2/2020</p> <p>End: 12/2022</p>	<p>Melissa Conkle – GCHD</p> <p>Gwen Craft – Holzer Health System</p>

Appendix C: Key Terms

CHA – Community Health Assessment; the collection, analysis, and distribution of information on the health status and health needs of the community, including statistics on health status, community health needs/gaps/problems, and assets.

CHIP – Community Health Improvement Plan; a long-term and systematic plan to address health priorities that were drafted as a result of the CHA.

EBPHP – Evidence Based Public Health Practice; the implementation, and evaluation of effective programs and policies in public health through application of principles of scientific reasoning, including systematic uses of data and information systems, and appropriate use of behavioral science theory and program planning models.

GCHD – Gallia County Health Department

HP2020 – Healthy People 2020; the federal government’s prevention agenda that is updated every 10 years.

National Prevention Strategy – From the office of the Surgeon General, lays out a prevention-oriented society where communities work together to achieve better health for all Americans.

ODH – Ohio Department of Health

OSU CPHP – The Ohio State University Center for Public Health Practice

PHAB – Public Health Accreditation Board; the accrediting organization for local, state, and tribal public health in the United States.

SHIP – State health improvement Plan; a CHIP completed at the State level.

Appendix D: Assets and Resources

Chronic Disease:

- Gallia County Health Department
- Holzer Health System
- Nurse Practitioners – Private Practice
- Hopewell Health Centers Federally Qualified Health Center (FQHC)
- Area Agency on Aging District 7 Chronic Disease Self-Management Wellness Classes
- Holzer Diabetic Support Groups
- All Schools Wellness Plans
- Medicaid Plans Case Management

Substance Abuse:

- Hopewell Health Centers
- Integrated Services
- Holzer Behavioral Health & Recovery
- Citizens for Prevention and Recovery
- ADAMHS Board
- Field of Hope
- Holzer Opioid Committee
- Harm Reduction Program
- Health Recovery Services
- Cardinal Recovery
- DFCA @ Buckeye Hills Career Center
- Alcoholics Anonymous – Narcotics Anonymous
- All schools
- Recovery Courts/Drug Courts
- Treatment Alternatives to Street Crime
- Prism
- Ohio Valley Physicians
- Law Enforcement
- Diane Smith
- Teen Institute/Youth Coalition
- Youth Athletic Program/other clubs
- Faith-based programs
- Strong Towers
- Youth Coalition
- French Art Colony & Ariel – Lessons in the Arts

Mental Health

- Hopewell Health Centers Crisis Unit
- Hopewell Health Centers Outpatient Services
- Integrated Services
- Citizens for Prevention and Recovery (CPR)/Youth Coalition
- Health Recovery Services

- ADAMHS Board
- Suicide Hotline
- School Counselors
- Social Worker – Schools
- Psychologist – Schools
- CPR Suicide Prevention Committee
- Faith Based Communities
- Specialized Recovery Services Program (SRS)
- Mental Health Court
- Youth Athletics/Clubs
- French Art Colony & the Ariel – Lessons in the Arts/Music
- Victim Services
- Holzer Health System’s Crisis/Behavioral Health Services and Unit
- Private providers