

Columbia/Boone County

Community Health Improvement Plan



2017
Annual Report
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Public Health
Prevent. Promote. Protect.
Columbia/Boone County
Public Health & Human Services

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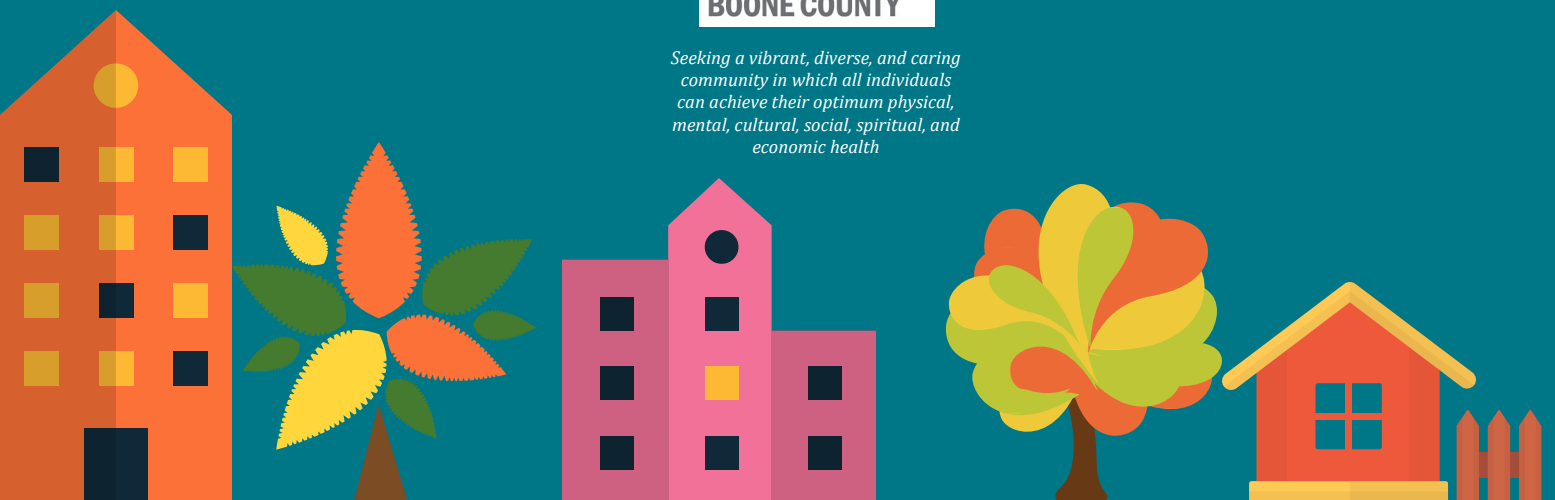
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Summary



Seeking a vibrant, diverse, and caring community in which all individuals can achieve their optimum physical, mental, cultural, social, spiritual, and economic health



Letter from the Director

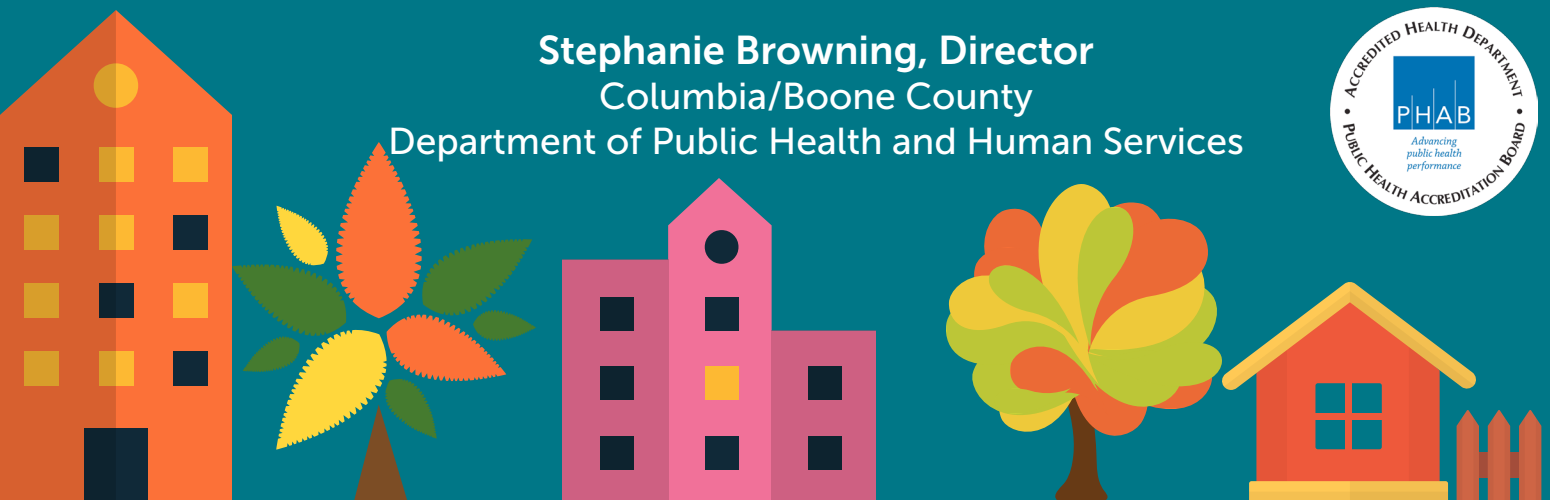
In early 2013, our department began a comprehensive process to identify the health needs of our community. Unlike previous efforts, this one went beyond the review of data, as we had done many times before, and expanded to include input from our community members, our public health partners, and our stakeholders. We used a six-phase model called Mobilizing for Action through Planning and Partnerships (MAPP), created by the National Association of County and City Health Officials (NACCHO) and the Centers for Disease Control and Prevention (CDC) Public Health Program Practice Office. The adoption of this model has provided us with valuable input from the community we serve. This input led to the development of the 2013 Community Health Assessment (CHA) and the 2014 Community Health Improvement Plan (CHIP). The CHIP was updated with an annual report in 2015, 2016 and again this year, 2017. The 2017 Annual Report shares the successes and challenges of implementing the CHIP during the period of October 2016 to September 2017, as well as our plans for the next twelve months.



In May 2017 PHHS produced the 2017 Columbia/Boone County Community Health Assessment (CHA) Addendum. This document serves as a complement to the 2013 CHA, and provides additional data on low income and minority populations, two populations where health inequities were identified. The information collected within the CHA Addendum, along with the inputs of our partner organizations and the public which we serve, informs the work of the CHIP. Our action plans are modified as needed to respond to the needs and trends of Boone County.

We are thankful to our partners who lend their time and expertise to the action teams. In November 2017 we began the next stage in our Community Health Assessment process, with the kick-off of the Live Well Boone County Community Health Partnership. Many of our action team members have committed to the Partnership, thereby collaborating in 2018, as we repeat the CHA to identify priorities for the future.

Stephanie Browning, Director
Columbia/Boone County
Department of Public Health and Human Services



Action Team Members

Behavioral Health Action Team

Team Member	Organization
Karen Cade	Compass Health
Steve Hollis	Columbia/Boone Public Health and Human Services
Becky Markt	Columbia Housing Authority
Rebecca Roesslet	Columbia/Boone Public Health and Human Services
Megan Steen	Burrell Behavioral Health
Kelly Wallis	Boone County Community Services

Health Disparities Action Team

Team Member	Organization
Stephanie Browning	Columbia/Boone Public Health and Human Services
Steve Calloway	Minority Men's Network
Megan Corbin	Central Missouri Community Action Agency
Jenny Grabner	Southern Boone Learning Garden
Debra Howenstine	Columbia/Boone Public Health and Human Services, MU Family and Community Medicine
Stanton Hudson	MU Center for Health Policy
Sky Jimenez	Race Matters, Friends
Carla Johnson	Columbia/Boone Public Health and Human Services
Verna LaBoy	Columbia/Boone Public Health and Human Services
Carla London	Columbia Public Schools
Sally Beth Lyon	Saint Louis University
Jen Maddox	Columbia Public Schools
Nikki McGruder	Diversity Awareness Partnership
Sarah Rainey	Columbia/Boone Public Health and Human Services
Rebecca Roesslet	Columbia/Boone Public Health and Human Services
Mahree Skala	Columbia/Boone County Board of Health
Ioana Staiculescu	MU Center for Health Policy
Carolyn Sullivan	New Chapter Coaching
Janet Thompson	Boone County Commission

Healthy Lifestyles Action Team

Team Member	Organization
Scott Clardy	Columbia/Boone Public Health and Human Services
Diane Coffman	MO Department of Health and Senior Services
Erika Coffman	City of Columbia- Parks and Recreation
Maureen Coy	Columbia/Boone Public Health and Human Services
Kevin Everett	MU Department of Family Medicine
Jenny Grabner	Southern Boone Learning Garden
Traci Harr-Kennedy	Tobacco Free Missouri
Mary Claire Howe	Beacon of Hope Foundation
Kelsie Knerr	Boone Hospital Center
Theresa Lackey	Southern Boone County
Laura McCulloch	Columbia/Boone Public Health and Human Services
Rebecca Roesslet	Columbia/Boone Public Health and Human Services
Ron Rowe	Youth Community Coalition (YC2)
Megan Samson	MU Extension
Michelle Shikles	Columbia/Boone Public Health and Human Services
Clara Umbe	Columbia/Boone Public Health and Human Services
Sarah Varvaro	Columbia/Boone Public Health and Human Services
Jenny Workman	City of Columbia- Employee Wellness

Safe & Healthy Neighborhoods Action Team

Team Member	Organization
Amy Bishop	City of Columbia - Police Department
Barbara Buffalo	City of Columbia - Office of Sustainability
Bill Cantin	City of Columbia - Office of Neighborhood Services
Rebecca Estes	Columbia/Boone Public Health and Human Services
Lisa Goldschmidt	Central Missouri Community Action Agency
Janet Godon	City of Columbia - Parks and Recreation
Leigh Kottwitz	City of Columbia - Office of Neighborhood Services
Becky Markt	Columbia Housing Authority
Rebecca Roesslet	Columbia/Boone Public Health and Human Services
Michelle Shikles	Columbia/Boone Public Health and Human Services
Lawrence Simonson	PedNet Coalition
Jason Wilcox	Columbia/Boone Public Health and Human Services

Introduction

The Process

During the development of the 2014 Community Health Improvement Plan (CHIP), five action teams were created to continue the work of the 2013 Community Health Assessment (CHA). Each of the five action teams have a designated Public Health and Human Services (PHHS) staff liaison who serves as the logistical support for the team. The MAPP Core Team, established in January 2013, continues to provide PHHS staff support to all action teams.

Two of the teams, Access to Care and Safe and Healthy Neighborhoods, suspended their team meetings during this reporting period. As noted in the 2016 CHIP Annual Report, the existence of current resources for the uninsured and underinsured, along with the limited availability of Medicaid, leaves little opportunity to improve access to health care in Boone County. Members of the Safe and Healthy Neighborhood action team continue to work towards the goals of the action plan but have done so without this group meeting formally. Updates of the work accomplished by Safe and Healthy Neighborhoods team members is noted later in this report.

The remaining three teams (Healthy Lifestyles, Health Disparities, and Behavioral Health) met on a regular basis. The frequency of the meetings varied based on the needs of the team and its activities. Each team meeting followed a standard format, with agendas, minutes, and sign-in sheets. Action team meetings serve as an opportunity for the groups to plan, discuss progress, and address barriers to team activities. The action plan document is considered a working document and is updated as needed by each team.



The MAPP Core Team meets on a quarterly basis to discuss the work of each of the action teams. At each MAPP Core Team meeting, action plans are reviewed to monitor progress in meeting performance measures and revised as needed.

Community Engagement

The 2016 CHIP annual report and 2017 CHA Addendum were made available to the general public electronically. Community presentations were given in 2016-2017 to provide information to residents and community partners on the CHA, CHIP, and Live Well Boone County. Presentations included Columbia Vision Commission, University of Missouri Sinclair School of Nursing, and Race Matters Friends, CoMo.



Safe and Healthy Neighborhoods

How do we prevent crime and promote safe and healthy neighborhoods where people live, work, and play?

The desire for a safe and healthy neighborhood was apparent during the MAPP process and continues to be a priority for our residents. As previously mentioned in this report, the Safe and Healthy Neighborhoods action team did not formally meet during this reporting period. However, team members continued to work on the strategies which support a safe and healthy neighborhood.

There were many accomplishments in the third year of this action plan. In response to the City of Columbia's strategic plan, the city conducted meetings in each of the Strategic Plan Focus Neighborhoods and more than 3,000 positive interactions occurred between law enforcement and residents of the three neighborhoods. Additionally, 187 residents participated in home buyer's classes and 625 initial energy assessments were completed. Work in other areas of the City led to the development of two additional neighborhood associations, bringing the total to 86.

In December 2016, the Columbia City Council passed a Policy Resolution committing Columbia to "Vision Zero", setting a goal of eliminating traffic deaths and serious injuries in Columbia by 2030. This resolution made Columbia the 22nd city in the United States, and the first in Missouri, to adopt a Vision Zero policy. COMO Vision Zero is made up of three teams



(Engineering, Education, and Enforcement), each with an action plan, and focuses on equitable, data-driven objectives. Several Safe and Health Neighborhood team members serve as members of the COMO Vision Zero Education Team. This team is tasked with developing a comprehensive safety and education campaign, hosting town hall meetings, gathering data, and working with other community partners to develop policies related to distracted driving. COMO Vision Zero's initial action plan will last through 2020.

The Columbia City Council also passed a resolution reaffirming the City to take action to reduce greenhouse gas emissions, as well as steps to create a climate action plan. The resolution was later adopted, creating the Mayor's Task Force on Climate Action and Adaptation Planning. The timeline for implementing the plan will initially run through June 2019. A number of action team members will serve on the Climate Action Plan, with oversight from an appointed advisory committee made up of Columbia residents. Climate Action goals will be drafted by May 2018, with mitigation and adaptation strategies formed between June 2018, and February 2019.



Healthy Lifestyles

How do we create a community and environment which provides access, opportunities, and encouragement for healthy lifestyles?

The Healthy Lifestyles action team focuses on tobacco-free environments, physical activity, and healthy food choices. Accomplishments for the team include:

- Ten Live Well Restaurants and three Move Smart centers were recognized
- Businesses participating in Stock Healthy/Shop Healthy are now eligible for a small stipend.
- A community garden, along with gardening education classes, was developed for refugees.

Live Well by Faith, a wellness program for Black churches in Boone County, continues to demonstrate improvements in participants' health. Participating churches have begun A Taste of African Heritage Cooking Classes, which is part of the Oldways curriculum. The 1,2,3,4 5 - FitTastic program with Women, Infant, and Children (WIC) families concluded its three year, grant funded program in the WIC clinic in 2017. This program will continue in schools and pediatric clinics. Worksite wellness programs, described in the 2016 annual report, continued. Tobacco retail licensing is being considered in Columbia. The Board of Health is currently working with the City's Law Department on drafting a retail tobacco licensing ordinance.



Action Plan

Looking Ahead:

The majority of the objectives developed in the 2014 CHIP have been met and the team has revised its action plan accordingly. Policy changes for healthy eating and active living are possible future activities. PHHS is currently working on a maternal/child needs assessment, which may inform future activities of this action team. The Healthy Eating Active Living (HEAL) grant was not renewed in 2018, yet the work initiated by that grant will continue.



Health Disparities

How do we address the root causes of health disparities to ensure health equity?

Membership in the Health Disparities Action Team continued to grow. With 26 active members, it is the largest Live Well Boone County action team. The team continued to focus on educating members in the community about health equity/disparities. A subcommittee worked to develop a PowerPoint presentation that can be used by any member of the team to provide a presentation on health disparities. In continuation from previous years, a health profile focused on child health disparities was produced.

Columbia Public Schools (CPS) has certified several trainers through the International Institute of Restorative Practices, the country's premier teaching facility in the realm of Restorative Practices. CPS continued to integrate Restorative Practices into the operations of its schools and classrooms. We are hopeful the schools' restorative practices, a new way of looking at conflict resolution, will translate into a community norm. All new CPS teachers are required to go through both equity and restorative practices training as they come on board.

The development of training opportunities in health disparities continues to be a priority. In early 2017, the Matters of Social Justice (MOSJ) Team formed to deliver a one-day educational workshop (Matters of Social Justice: Explore Implicit Bias in our Community) on July 11, 2017. Many action team members are actively involved in MOSJ. The Building Inclusive



Communities (BIC) continues to expand. The City of Columbia has trained a total of eight facilitators (six are active), with two more to be certified in 2018. BICs were conducted for 80 city employees and council/board or commission members and 132 city employees and council/board or commission members attended advanced classes. Central Missouri Community Action continued to provide poverty simulations throughout Boone County, ten in total, including an open community simulation hosted by the Daniel Boone Regional Library.

Action Plan

Looking Ahead:

Dr. Kevin McDonald, University of Missouri System Chief Diversity Officer and Vice Chancellor for Inclusion, Diversity and Equity, developed an Inclusive Community of Excellence framework that will be shared with local businesses and organizations. Diversity Awareness Partnership and the Heart of Missouri United Way were funded by MU to assist with the implementation of the framework throughout the community. The City of Columbia has agreed to actively participate in the program.

MOSJ is coordinating the 2018 Passport Series focusing on the personal journey and inclusive excellence in conjunction with the Inclusive Community of Excellence program. Health Disparities Action Team members will facilitate community viewing and discussion of Unnatural Causes seven times between January and August, 2018.



Behavioral Health

How do we reduce the risky behaviors and the stigma associated with behavioral health?

The importance of behavioral health was evident in our input from the community. In the 2013 Boone County Community Health Survey, drug abuse, mental health, and alcohol abuse were in the top five health conditions or behaviors among adults to have the greatest impact on our overall community health. Among youth, drug abuse was number one and mental health was number five.

During this reporting period, several community initiatives have been implemented to address youth behavioral health in Boone County. Through the work of the Boone County Schools Coalition, professional staff and students in all Boone County public schools, as well as Our Lady of Lourdes Interparish School, are receiving mental health screenings and support. The Family Access Center for Excellence (FACE) opened its doors in August, 2016. FACE was developed to provide a single, non-conflicted point of entry of services for children and families in Boone County. The Youth Community Coalition (YC2) successfully established active prevention coalition networks in three Boone County communities. These new groups meet on a regular basis to build community support and capacity for positive youth development. Community prescription drug take back events, a collaborative effort between local law enforcement and the Drug Enforcement Agency, continue to be held twice per year.



In September, 2017, the Look Around Boone youth behavioral health awareness campaign was launched. The campaign seeks to reduce the stigma associated with mental health and encourage youth and families to seek help. The campaign initiated with a social media presence and was implemented in all Boone County public schools and Our Lady of Lourdes Interparish School. The community-based portion of the campaign kicked off in December, 2017.

In the Spring of 2017, Columbia City Council and the Boone County Commission voted to join a Prescription Drug Monitoring Program (PDMP) already in use in St. Louis County. The PDMP requires dispensers, or pharmacists, in Boone County to electronically enter information on schedule II-IV drugs that they dispense into a database within seven business days. The program aims to improve patient care by providing a patient's controlled substance prescription history, identifying patients at high-risk who would benefit from early interventions, and reducing the number of people who misuse, abuse, or overdose. In November, more than 300 people attended the 2017 Missouri Opioid Summit: Central Region with speakers from across Missouri addressing different aspects of the opioid epidemic.

Action Plan

Looking Ahead:

Future efforts include developing a sustainability plan for the Look Around behavioral health awareness campaign and developing community prevention coalitions in other Boone County communities.



Summary

This annual report is the product of 12 months of collaboration with our local public health partners and the community we serve. The health of our community is ever changing, as are the priorities of our residents. In response to the changing needs of our community, our targets and activities will be updated when necessary to meet current needs and trends. This report will be updated annually and will be available to the general public on the Columbia/Boone County Department of Public Health and Human Services' website. We are thankful to our local public health partners who lend their time and expertise to the action teams. If you, or your organization, would like to become involved, please contact the Columbia/Boone County Department of Public Health and Human Services. We look forward to working with you.

Prepared by:

Rebecca Roesslet, MPH, Public Health Planner



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