

Jasper County Community Health Plan: Towards A Healthy Illinois 2010

July 2007

Approved by
Jasper County Board of Health

Coordinated by
Debbie Clark, B.S., Assistant Administrator
Joel Clark, B.A., L.E.H.P., Public Health Administrator

Priorities:

- Access to Health Care
- Illness and Death Due to Cancer
- Heart Disease

Acknowledgments I-Plan

This Jasper County Community Health Plan has been developed by the local community health committee and staff of the Jasper County Health Department. The plan was reviewed by the Jasper County Board of Health. The plan was approved by the board of health, at the July 2007 board meeting.

The department gratefully acknowledges the cooperation and participation of the staff, the I-PLAN Community Health Committee and the Jasper County Board of Health.

BOARD OF HEALTH APPROVAL LETTER

It is with great pleasure that I take this opportunity to present the Jasper County Health Department Plan for Local Assessment of Need. The Jasper County Board of Health has reviewed and approved the I-PLAN Community Health Assessment Plan. The assessment and plan was developed with the participation of health department staff, and the Local Community Health Committee. The board of health is pleased that the staff of the Jasper County Health Department was able to work cooperatively with other community agencies and residents, in the development of the plan and assessment. I would like to personally thank all of the people involved in this effort. This board will continue to support the staff in their efforts to provide programs that are responsive to the needs of our community

Sincerely,

Jeanine Huddlestun-Johns, D.D.S.
Board of Health President

EXECUTIVE SUMMARY

This Jasper County Community Health Plan represents an attempt to address the three priority areas identified in the Needs Assessment process. The content of the plan includes a description of each priority area. The description includes an analysis of each problem or priority, and how the priority relates to state and national statistics, and the Year 2010 objectives. Objectives were then established for each priority, with intervention strategies listed to address each problem. In order for the Jasper County Health Department to complete the assessment and plan, it was necessary to recruit members of the community to serve on the Community Health Committee. The Jasper County Board of Health decided to act in the capacity of the community health committee. It was their task to identify health problems in the community, prioritize the problems and then develop a plan to continue to address these priority areas. The I-PLAN Community members decided that heart disease, cancer and access to health care, were again the major problems facing Jasper County residents. The committee realized that these categories had also been priorities in 1999. They felt that significant progress had been made to reduce the morbidity and mortality rates in these areas. However, the committee also felt that the 5 year time frame to address the priorities was not sufficient. All committee members felt that a significantly longer time frame would be more workable. Thus, the same three priorities were again identified. The staff of the Jasper County Health Department, will continue to work towards the reduction of morbidity and mortality associated with the priority health areas. Intervention strategies will continue to be implemented. Evaluations of our progress will be conducted in year three or four of the project.

Joel Clark, BA, LEHP
Public Health Administrator

COMMUNITY HEALTH PLAN

Statement of Purpose:

The community health plan was developed and reviewed by the Local Community Health Committee. The purpose of the Community Health Plan is to address the health priorities that were identified in the needs assessment. Outcome and impact objectives which were developed, will be used as a goal for our department. To meet these objectives, intervention strategies will be utilized. It is hoped that by implementing and following this plan, we will be able to continue to improve the health of Jasper County residents. A significant amount of progress has already been achieved. This plan will attempt to bring more health care providers and improved health care to our rural population. By implementing the recommendations of the community groups, and recognizing the identified priorities, then targeting the sector of the population most affected by the specific health concerns, the department attempts to increase their awareness and access to health care.

A Local Community Health Committee was formed to have input into the Community Health Plan. The Jasper County Board of Health decided to act in the capacity of the Local Community Health Committee. The Board of Health has a good mix of community members; willing to serve on the committee.

DESCRIPTION OF THE COMMUNITY HEALTH PLAN DEVELOPMENT PROCESS

The Community Health Plan was developed with input from the Local Community Health Committee, and staff from the health department. Once the priorities were developed, risk factors, and direct and indirect contributing factors were established for each priority. Objectives and intervention strategies were then discussed and approved by the committee. Finally the plan was then developed, based upon the discussions of the committee, and the department staff. The plan was then submitted to the Board of Health for approval.

Local Community Health Committee

Jeanine Huddlestun- Johns, D.D.S.
2019 CR 200 North
Greenup, IL 62428
217 923-3045

Jerry Kinder
15 Gregory Drive
Newton, IL 62448
618 783-3815

Tom Clark B.S.
400 West Reynolds
Newton, IL 62448
618 783-8255

Marcie Street, R.N., B.S.N.
6509 East Richland Avenue
Newton, IL 62448
618 752-9306

Robert Schafer, D.V.M.
5 Elderberry Road
Newton, IL 62448
618 7833205

Carlotta Barbee, R.N.
7230 N. 1100th Street
Newton, IL 62448
618 783-4135

Clara Short
P.O. Box 182
Newton, IL 62448
618 783-2476

Paula Lidy
P.O. Box 356
Newton, IL 62448
618 783-8523

Reginald Vernier, M.D.
506 West Washington
Newton, IL 62448
618 783-8713

George Saliba, M.D.
507 West Washington
Newton, IL 62448
618 783-5094

Mary Finley, R.N., B.S.N., M.B.A.
11504 North 900th Street
Newton, IL 62448
618 783-8154

Access to Health Care Priority

Description: Jasper County has had a long standing federal and state designation as a Health Professional Shortage Area, a Medically Under-served Area, and a Primary Care health Service Shortage Area, and a Mental Health Professional shortage area. . The county has only two full time physicians, with three other physicians who see clients on a part time or limited basis. Psychiatrists are even harder to recruit, with less than four available in a multi county area. IPLAN statistics also indicate that Jasper County has a higher percentage than the state as a whole, of adults population (age 18 and above), who did not visit a doctor, and receive a physical examination in the last two years. This problem can be attributed to the fact that on an average approximately 14% of the county population is uninsured, and the county has an extremely limited physician base. Another indicator, which limits physician access, is the ratio of Medicaid enrollees to Medicaid Physician Vendors in Jasper County. The ratio is much higher in Jasper County, than it is statewide. In 2002, the last year that statistics were available, the rate in Jasper County was 553.0:1. The Illinois rate for the same year was 82.3:1. This is a significant difference, and has a dramatic impact upon access to health care services in the county. The percent of population who are Medicaid enrollees has increased dramatically. In 1985 the percentage was 8.7%. In 2002 the percentage jumped to 16.4%. The percentage has doubled in 7 years.

During the previous 5 years IPLAN process, contacts were made with at least four different physicians interested in establishing a practice in Jasper County. All of the candidates seemed interested however, some of the candidates were interested in a full time practice, but wanted their start up costs funded by the community. The IPLAN Community Health committee felt like there was a need to continue the process to recruit another full time physician and psychiatrist. We are all hopeful, that this may be accomplished during the next 5 year IPLAN cycle.

Outcome Objective:

1. By the year 2012, facilitate the recruitment of at least one more full time physician and psychiatrist for Newton and Jasper County.

Impact Objective:

1. Facilitate the establishment of additional full time primary health care clinic in the Jasper County area by the year 2012.
2. By the year 2012 encourage part-time clinics to consider placing a full-time physician in the clinic.
3. Reduce the ratio of Medicaid enrollees to Medicaid Physician Vendors to 400:1 by the year 2012. This would be a 25% reduction. The current ratio is 553.0:1.

Intervention Strategies:

1. Re-activate the physician recruitment committee, and solicit support from the community.
2. Notify the Center for Rural Health of the continuing interest to recruit a full time physician. Discuss recruitment strategies with the center.
3. Contact area students who are attending medical school, to see if they would be interested in returning to Jasper County to start a practice.
4. Make contacts with various medical schools to let them know of our interest in recruiting a full time physician.
5. Promote the “quality of life” advantages of working and living in Jasper County.

Illness and Death Due to Cancer Priority

Description:

Jasper County, over an nine-year period from 1990 to 1998, has seen an increased death rate for malignant neoplasm (a combination of all cancers) from 12% in 1990 to 19% in 1998. Illinois' rate has stayed constant at 24%.

Crude rates for lung cancer has slightly decreased in Jasper County. 1999 - 2004 aggregate crude rates were 69.2 per 100,000 people. Illinois crude rates for the same years was 54.3. The crude rates for Jasper County and Illinois from 1990 through 1998 was 69.5 and 57.9 respectively per 100,000. Lung cancer deaths in Jasper County show a slight decrease.

Healthy People 2010 objective for cancer is to reduce cancer deaths to a rate of no more than 158.6 per 100,000 people within the United States. Crude cancer rates from 1999 to 2003 averaged 192.5 per 100,000 people in Jasper County (National Cancer Institute). To reach this goal by 2010, Jasper County will have to reduce their crude cancer death rate drastically.

Outcome objective:

1. Reduce the rate of death due to all cancers in Jasper County by the year 2010 to no more than 185 per 100,000. This would be a reduction of 10% from the 1999-2005 average rate.

Impact objective:

1. In 2005, 25 percent of the adult population did not receive a routine physical or checkup from their doctor. By the year 2012 the percentage will be reduced by 10 percent or 122.5 percent of the population. (BRFSS Data)
2. In 2004, there were 49 years of potential life lost from malignant neoplasm. Decrease these years of potential life lost by 10% or 44 years of potential life lost by the year 2012. (IPLAN data)
3. Reduce the number of Jasper County residents who smoke. In 2005, 20.9% of residents surveyed by BRFSS, were smokers. By the year 2012 those who smoke will be reduced by 10% to 18% (BRFSS Data).
4. Reduce the number of obese residents of Jasper County. In 2005, 22.4% of residents surveyed by BRFSS, were considered obese. By the year 2012, residents considered obese,

will be reduced to 20%.

5. Reduce the lung cancer mortality rate from 69.2 per 100,000 to 59 per 100,000 by 2012.

This is a 15% reduction. (IPLAN)

6. Reduce the colorectal cancer mortality rate from 31.3 per 100,000 to 26.6 per 100,000 by 2012. This is a 15% reduction. (IPLAN)

7. Increase the number of educational cancer presentations sponsored by the health department by the year 2012.

Intervention Strategies:

1. The public health educator will continue to address the importance of routine health checks when doing public speaking presentations. The health department will continue working with the Health Improvement Foundation to provide Prostate Specific Antigen (PSA) testing.

Clients with abnormal readings will be referred to their physician. The health department also teams with Sarah Bush Hospital mobile mammography van to provide low cost mammograms at the health department once per month. We have also teamed with St. Anthony's hospital and their physicians this past year to provide free digital rectal exams for prostate cancer, free skin cancer checks and free colorectal screening for colon cancer. We hope to make this an annual event.

2. To reduce the number of residents who die of cancer before age 65, staff nurses will

- encourage all clients to get regular routine health checks.
- Continue to talk to public groups including the health classes at the high school, home extension groups, church groups and others as requested.
- Extend education about environmental factors that contribute to cancer.
- Continue to participate and raise funds for the local Relay for Life.

3. Increase the proportion of population that doesn't smoke by

- Yearly presentation to all Jasper County 4th grade students by school nurses on detrimental effects of tobacco on health.
- Public education to all clients that have their blood pressure screened at the health department by verbal counseling and or literature.
- The public health educator will address adverse effects on health of individuals using tobacco.

- Provide free tobacco cessation medications to those participating in Quitline services.
 - Promote no smoking and Quitline services at the Jasper County Fair.
 - Promote no smoking and Quitline services through local billboards.
 - Promote local smoke-free restaurants through the local newspaper, radio and the health department website. Encourage all restaurants to become smoke-free.
4. The number of obese residents of Jasper County will decrease by
- Educating clients who have high cholesterol, high blood sugar, and/or high blood pressure by public health staff nurses.
 - Will print at least one newspaper article per year in local newspapers about diet and obesity contributing to illness and death due to cancer.
 - Provide free lipid profile screening to all residents of the county once per year.
5. To reduce the increasing rate of lung cancer in Jasper County
- Public health educator will address in public presentations adverse effects of tobacco on the health of individuals.
 - The health department will offer free tobacco cessation medications through our Quitline services as grant funds allow.
6. To increase the attendance of participants in educational classes use satellite conferencing, and the latest information from the American Cancer Society. Encourage attendance by offering free up-to-date cancer education and screenings.

Heart Disease Priority

Description:

Over an six-year period from 1999 to 2004 in Jasper County, the crude mortality rate for cardiovascular disease (diseases of the heart and blood vessels) has declined. However, heart disease is still the number one cause of death in Jasper County. Three direct risk factors; obesity, sedentary life style, and smoking run high compared to the state's rate. Also the county's crude rate is much higher than the State of Illinois' coronary heart disease death rate, although the variance is getting closer. From 1999 to 2004, the Jasper County aggregate crude rate was 230.0 per 100,000 people. This is considerably higher than the state's rate of 161.0.

More emphasis on prevention and a healthy lifestyle has reduced this deviation between Jasper County and the State of Illinois. However, the national (Healthy People 2010) objective is to reduce deaths from coronary heart disease to no more than 166 per 100,000 by the year 2010. To reach this goal Jasper County would have to decrease the crude heart disease deaths rates dramatically.

Outcome objective:

1. By the year 2012 reduce the crude death rate from coronary heart disease in Jasper County to 195 per 100,000 people. This would be a 15 percent reduction of the 1999 - 2004 aggregate rate of 230.0.

Impact objective:

1. The number of Jasper County residents with hypertension who are taking action to control their blood pressure will be increased by 10 percent from 110 referrals to a physician to 121 referrals to a physician by the year 2012. (Internal records)
2. Decrease the proportion of people who have sedentary life styles in Jasper County by 10% from a rate of 32.9 percent to 29.6 percent by the year 2012. (IPLAN data)
3. In 2005, 22.4% of residents surveyed by BRFSS, were considered obese. By the year 2012, residents considered obese will be reduced to 20%. (BRFSS Data)
4. Reduce the number of Jasper County residents who smoke. In 2005 20.9% of residents surveyed by BRFSS were smokers. By the year 2012, people who smoke will be reduced by 10% to 18%. (BRFSS Data)
5. The number of county residents with high cholesterol who are taking action to control their

levels will be increased by 10 percent by 2010. (Internal records)

6. Jasper County residents with diabetes who are taking action to control their diabetes will be increased by 10 percent by the year 2010. (Internal records)

Intervention Strategies:

1. The Jasper County Health Department will monitor those taking action to control their blood pressure by counting the number of individuals that have their blood pressure screened in office and at the outlying blood pressure clinics. These will be tabulated yearly. Every client that has their blood pressure checked will be given education and referred to the physician if needed.

2. The proportion of people who have sedentary life styles in Jasper County will decrease by 10% in the next five years, by having public health nurses address importance of physical activity to the following groups of individuals:

- WIC clients
- FCM clients
- Clients who have their blood pressure screened
- Clients who have their blood sugar screened
- Clients that have their cholesterol screened

The public health educator will address the importance of physical activity when doing public speaking presentations. The importance of physical activities on health will be addressed at least once yearly in newspaper articles to local media.

3. The number of obese residents of Jasper County will decrease to 10% in the next five years by:

- Education to clients who have high cholesterol, high blood sugar, and/or high blood pressure by public health staff nurses.
- At least one newspaper articles per year in local newspapers regarding detrimental effects on health of being obese.
- Public health educator will address obesity, as a health risk in public presentations.

4. Increase the proportion of population that doesn't smoke to 80% in the next three years.

- Yearly presentation to all Jasper County 4th grade students by school nurses on detrimental effects of tobacco on health.
- Public education to all clients that have their blood pressure screened at the health department by verbal counseling and or literature.
- The public health educator will address adverse effects on health of individuals using tobacco.

5. The number of county residents with high cholesterol who are taking action to control their levels will be increased by 10% in the next three years. This will be monitored by tabulating yearly those who have cholesterol checked at the Jasper County Health Department and outlying clinics. More individuals will be eligible to be screened due to free lipid profile screening available to all county residents. Counseling will be given to all individuals that have their cholesterol checked, with appropriate literature as needed. Public health educator will review cholesterol information as needed/requested during public health presentations.

6. Jasper County residents with diabetes who are taking action to control their diabetes will increase by 10% in next three years by documenting number of blood sugars checked yearly and number referred to physician. Generalized diet, heart disease link, medication and/or physical activity counseling given as needed and/or requested to all diabetics clients per public health nursing staff.