



Community Health Improvement Plan

2016—2021

*Leading our Community in
Prevention*

www.pikecountyhealth.com

Adopted: _____

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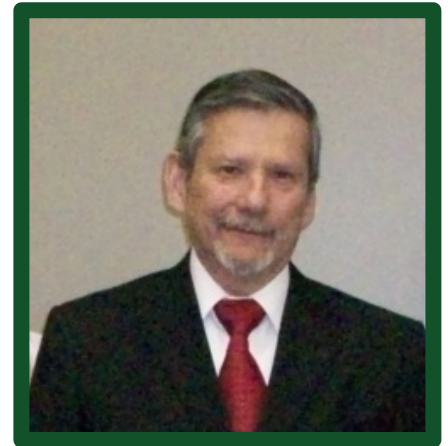
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LETTER FROM DIRECTOR

**Public Health Director
Rafael Rangel, MD, MPH**



Due to the many changes in our health care system, the Pike County Health Department has become more committed than ever to identifying public health issues and addressing those issues with policies to increase the quality of life in our communities. Utilization of the Mobilizing for Action through Planning and Partnerships (MAPP) model, we were able to prioritize public health issues for Pike County and identify the resources needed to address them. We are pleased to present our Community Health Improvement Plan (CHIP), a combined effort by the Pike County Health Department and our many community partners.

This process has led to the formation of a health coalition comprised of partners who represent a cross section of service agencies and individuals committed to the health of their communities. It is our hope that this improvement plan is just the beginning, and that this coalition will continue with developing goals, objectives, and strategies to mobilize partnerships and improve the health of Pike County.

We would like to thank our community partners (see pages 6-9) for all their dedication to the improvement plan process for Pike County. These dedicated individuals participated in two different community health forums to lay the groundwork for our Community Health Assessment (CHA) and CHIP. We would also like to thank the 1,400 residents of Pike County who completed surveys for the CHA; without the input of all these individuals, this improvement plan would not have been possible.

We welcome your feedback on our CHIP. You may visit us at www.pikecountyhealth.com to learn how the Pike County Health Department is working to protect and improve the health of Pike County residents.

Sincerely,

Rafael Rangel, MD, MPH

Rafael Rangel, MD, MPH
Pike County Health Department Director

Mission and Values

The mission of the Pike County Health Department is to provide services and education to safeguard the health of the community.



COMMUNITY HEALTH IMPROVEMENT PROCESS

Methodology

The Pike County Health Department (PCHD) and its community partners utilized a community health assessment process based on the Mobilizing for Action through Planning and Partnerships (MAPP) model. MAPP is a community-driven strategic planning process which helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. MAPP is not an agency-focused assessment process; rather, it is an interactive process that can improve the efficiency, effectiveness, and ultimately the performance of local public health systems.

The PCHD augmented the MAPP process with a Three Perspective approach to gathering information. Data gathered in conjunction with the Community Health Status Assessment provided a Data Perspective on the health of each community. Information gathered during Community Forums, primarily attended by representatives of community partner organizations, provided the Organizational Perspective. In an effort to add the perspective of individual citizens of each community, both paper and electronic surveys were distributed; information from these surveys provided the Individual Perspective.

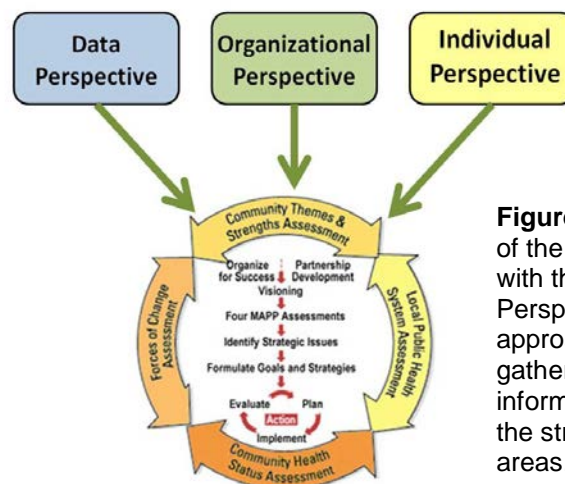


Figure 1: Diagram of the MAPP model with the Three Perspective approaches for gathering data and information to create the strategic focus areas.

The PCHD convened community partner groups to synthesize the information obtained in the CHA process into strategic initiatives, goals, and objectives for the CHIP. Each community group was given information from the assessments and organized into either the data, organizational, or individual perspective. With this information, the community partners participated in a nominal group consensus building activity where strategic focus areas emerged—**unemployment, substance abuse, and obesity/physical activity/poor choices**. Community partners decided and agreed upon to structure workgroups by partner type (i.e., healthcare partners, school partners, community partners, and worksite partners) to focus on specific strategic initiatives.

Community Partner—Organizations

Table 1: Lists the PCHD community partner organizations.

Appalachian Hospice Care	Mountain Comprehensive Care Center
Big Sandy Community and Technical College	Pike County Board of Education
City of Coal Run	Pike County Board of Health
Community Trust Bank	Pike County Health Department
East Kentucky Broadcasting TV & Radio	Pike County Senior Program
Elkhorn City Area Heritage Council	Pike County Sheriff’s Department
Feds Creek Elementary	Pikeville Independent Schools
Johns Creek Elementary	Pikeville Medical Center
Judi’s Place for Kids	Pikeville YMCA
Kentucky College of Osteopathic Medicine	Presbyterian Homes and Services Organization
Kentucky State Police	SOAR/CDC
Kentucky Transportation Cabinet	Tug Valley ARH
Kentucky Vehicle Enforcement	University of Pikeville

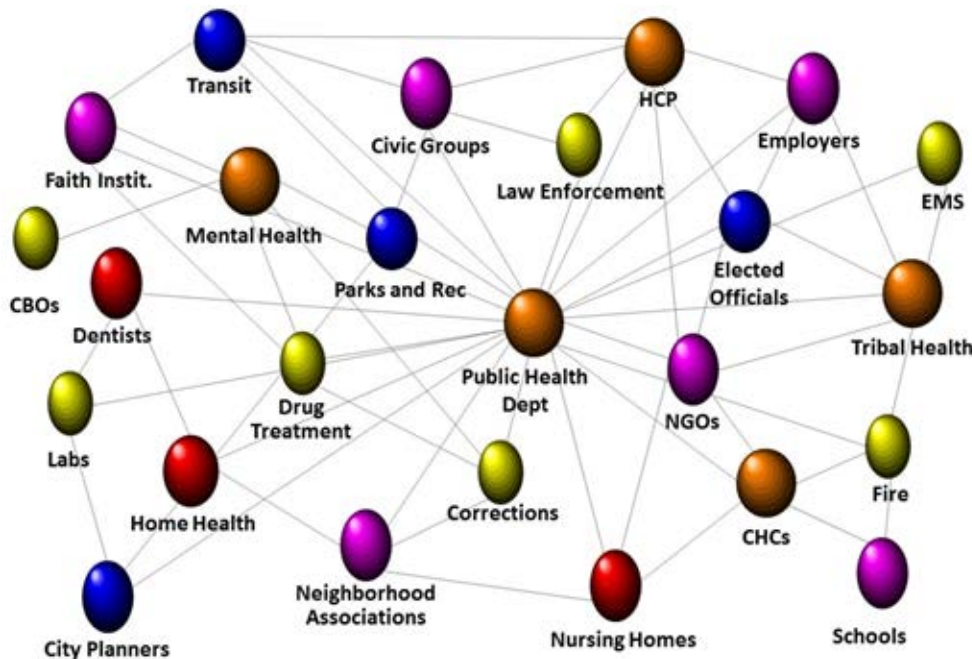


Figure 2: The “Egg Chart” depicts a sample of people and organizations that comprise the local public health system.

Community Partner—Individuals

Table 2: Lists the PCHD individual community partners.

Name	Title	Organization
Melissa Downey	Coordinator Phelps Senior Center	Pike County Senior Program
Rhonda Moore	FRYSC Coordinator	East Ridge High School
Paula Vaughn, RN	Community Chief Nursing Officer	Tug Valley ARH
Ireland Blankenship	Board Member	Pike County Board of Education
Dwayne Smith	FRYSC Coordinator	Johns Creek High School
Dawn Rowe	FRYSC Coordinator	Pikeville Independent Schools
Sara Bailey	Processing Clerk	Pike County Sheriff's Department
Nina Reynolds	Director of Infection Control	Pikeville Medical Center
Linda Noe	Coordinator Blackberry/McCarr Senior Center	Pike County Senior Program
Diana Thacker	Program Director	Pike County Senior Program
Steven Mounts	Public Affairs Officer	Kentucky State Police
Patricia Adkins	Pikeville Senior Center	Pike County Senior Program
Jerica Hamlin	School Based Therapist	Mountain Comprehensive Care Center
Trista Robinson	School Based Therapist	Mountain Comprehensive Care Center
Kimberly Cantrell	Public Health Advisor	CDC
Cindy Hamilton	Director of Administrative Services	Pike County Health Department
Suetta Clevinger	Public Health Services Manager	Pike County Health Department
Ballard Shumate	Council Member	Elkhorn City Area Heritage Council
John Rehmeyer	Executive Director A-OPTIC	University of Pikeville
Jessica Taylor	Registered Nurse	Presbyterian Homes and Services Organization
Ken Billiter	Board Member	Pike County Board of Education
Jim Hatfield	Program Coordinator	Pikeville YMCA
Tammy Gregory	School Health Coordinator	Pike County Board of Education

Name	Title	Organization
Debra Huffman	Board Member	Pike County Board of Health
Sheila Belcher	Standards and Interpretations Coordinator	Pikeville Medical Center
Susie Stanley	Coordinator Belfry Senior Center	Pike County Senior Program
Katherine Bryant	Coordinator Shelby Valley Senior Center	Pike County Senior Program
Mary Simpson	Dean, School of Nursing	University of Pikeville
David Roberts	Public Health Advisor	SOAR/CDC
Jamie Fields	Public Affairs Officer	Kentucky Vehicle Enforcement
Rafael Rangel, MD	Public Health Director	Pike County Health Department
Janet Johnson	MNT Nutritionist III	Pike County Health Department
Sherry Riddle	CEO/Executive Director	Pikeville YMCA
Rita Shumate	Council Member	Elkhorn City Area Heritage Council
Jettie Stevenson	Coordinator Kimper Senior Center	Pike County Senior Program
Theresa Maynard	Assistant Vice President	Community Trust Bank
Sherrie Tibbs	Registered Nurse	Mountain Comprehensive Care Center
Israel Howard	Health and Physical Education Teacher	Pikeville Independent Schools
Matthew Good	Health Educator III	Pike County Health Department
Yamiley Coleman	Health Educator II	Pike County Health Department
Lynn Cross	Chief Deputy	Pike County Sheriff's Department
Laura Kretzer	Executive Director	Judi's Place for Kids
Sandra Layne	Administrative Specialist	Kentucky Transportation Cabinet
Carolyn Tackett	Coordinator Pikeville Senior Center	Pike County Senior Program
Terry Tackett	Highway Safety Coordinator	Kentucky Transportation Cabinet
Shannon Deskins	Reporter	East Kentucky Broadcasting TV & Radio
Shana Slone	School Based Therapist	Mountain Comprehensive Care Center
Jenna Meyer	Public Health Advisor	SOAR/CDC
Jackie Cole	Environmental Health Director	Pike County Health Department

Name	Title	Organization
Stephanie Bentley	Nurse Supervisor II	Pike County Health Department
Jan Mercer	FRYSC Coordinator	Feds Creek Elementary
Carla Reed, RN	Registered Nurse	Tug Valley ARH
Amanda Varney, RN	Registered Nurse	Williamson Memorial/Frontier Nursing University
Brenda Miller	Workforce Solutions	Big Sandy Community and Technical College
Megan Williams	Public Health Advisor	SOAR/CDC
Cathy Rehmeier, Ph.D.	Associate Professor of Pathology	Kentucky College of Osteopathic Medicine
William Johnson	Director of Pupil Personnel	Pikeville Independent Schools
Jennifer Fraley	Assistant City Clerk	City of Coal Run
Jessica Helvey	Health Educator I	Pike County Health Department
Cheryl Hickman	VP – Assistant to President/CEO	Pikeville Medical Center
Maleshea Dunning, DO	Family Practice Physician	Pikeville Medical Center
Renee' Wysor	QAPI Coordinator and Staff Educator	Appalachian Hospice Care
William Betz, DO	Chair, Department of Family Medicine, Senior Associate Dean for Osteopathic Education	University of Pikeville

Healthy Pike County Vision

During the community health forum for the community needs assessment, participants were asked to envision what a healthy Pike County would look like. **Table 3** depicts what community participants decided would make Pike County look healthy.

Visioning: What does a healthy Pike County look like?	
Drug Free	Decrease in Diabetes
Decrease in Obesity	Decrease in Smoking
Affordable Care	Increase in Physical Access
Increase in Prevention	Workplace Wellness
Safety	Hopeful/Engaged
Decrease in Motor Vehicle Accidents	Increase in Knowledge of Health Habits
Education	Jobs
Decrease in Teen Pregnancy	Opportunity for Physical Activity
Knowledge of Resources	Decrease in Unemployment Rate
Increase in per Capita Income	Decrease in Disability
Awareness of Environmental Conditions	Mental Health
Civic Involvement	Senior Programs
Safer Roads	



Picture 1: Groups of community partners working together at the Community Health Forum to develop the strategic focus areas for Pike County

COMMUNITY HEALTH IMPROVEMENT PLAN

Strategic Focus Areas

Unemployment: The loss of thousands of jobs in the eastern Kentucky coal fields over the past few years has been a direct result of declining markets for higher quality and higher priced eastern Kentucky coal. Pike County’s unemployment rate in February 2015 was 8.7, but increased to 12.6 by February 2016. Eastern Kentucky, including Pike County, has consistently seen higher rates of unemployment over the years.

Unemployment affects not just the individual, but also his or her family, the community, and the state. Unemployment often brings with it despair, unhappiness, and anguish. It forces people to live their lives in a way they do not wish to. Tension from unemployment can increase the general health of an individual and their family members. Mental health problems, including low self-confidence, feelings of unworthiness, depression, and hopelessness often develop when someone is unemployed. With the loss of income and the frustration involved, the recently unemployed may develop negative attitudes toward common things in life and may feel that all sense of purpose is lost. Frequent emotions could be: low self-esteem, inadequateness, and feeling rejected and hopeless.

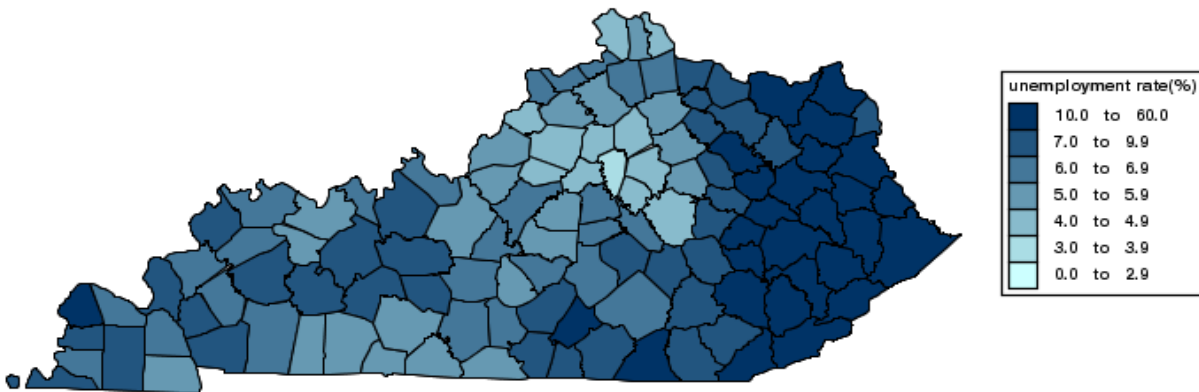


Figure 3: Unemployment rates by county, not seasonally adjusted, for Kentucky in February 2016.

Unemployment Rates February 2016

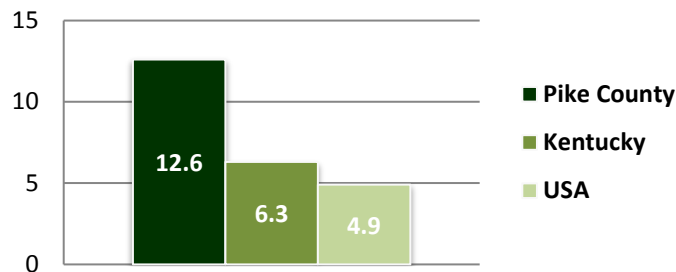


Table 4: Graph depicting Pike County’s unemployment rates for February 2016 compared to Kentucky and the United States. *Source*—Bureau of Labor Statistics, 2016

Substance Abuse: Substance abuse, particularly the abuse of prescription drugs, is one of the most critical public health and safety issues facing Pike County. The number of Pike County residents who die from drug overdoses each year is steadily climbing and having a devastating toll on families and communities.

Kentucky's overall overdose fatalities increased during 2014. Overdose deaths of Kentucky residents, regardless of where the death occurred and non-residents that died in Kentucky was 1,087 for 2014, compared to 1,010 overdose deaths in 2013.

Overdose deaths increased in Pike County, as well. In 2013 there were 24 overdose deaths in the county and by 2014 the overdose death total was 32. Furthermore, per 100,000 persons, Pike County had 50.8 overdose deaths in 2014, which is second only to Floyd County who had 55.1 overdose deaths per 100,000 persons.

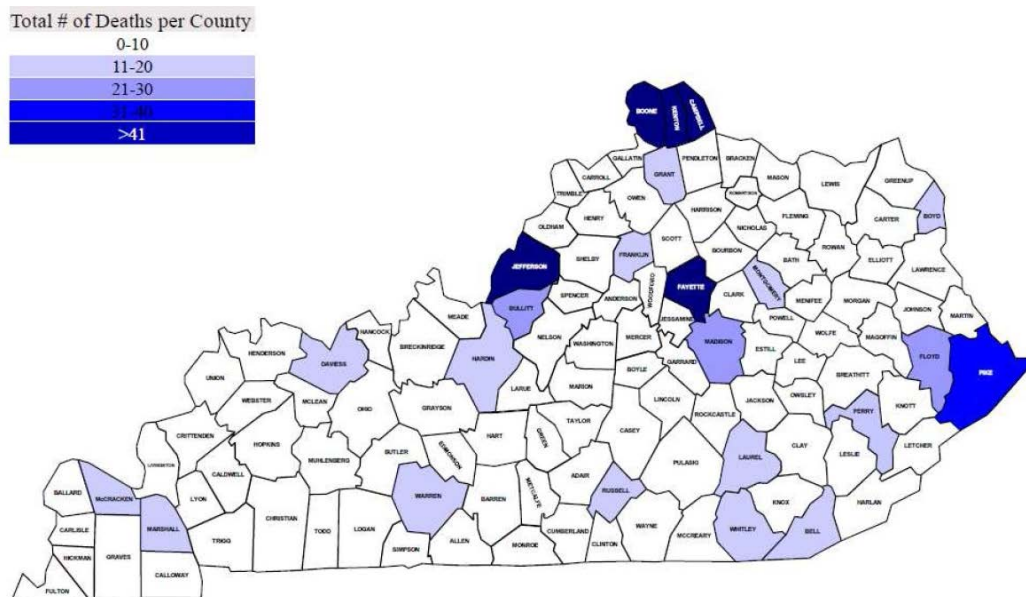


Figure 4: Overdose deaths by county for Kentucky in 2014

2017 Drug Overdose Deaths per 100,000 Persons

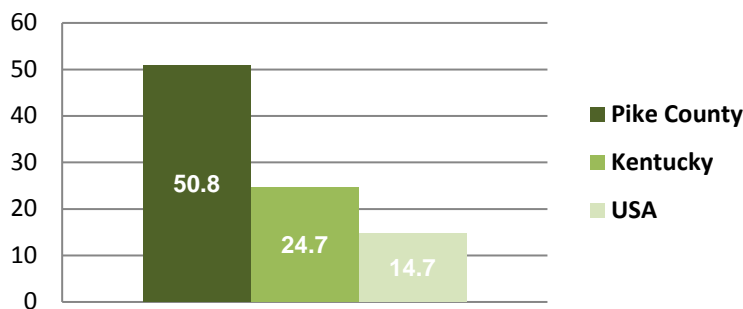


Table 5: 2014 overdose deaths per 100,000 population in Pike County compared to Kentucky and the United States. Sources—Kentucky and US data from the CDC MMWR January 1, 2016; Pike County Data from the Kentucky Office of Drug Control Policy

Obesity: Obesity is considered a chronic disease by medical standards. Medically, an adult with a body mass index (BMI) of 30 or above is considered obese and a BMI between 29.9 to 25 is considered overweight; below 25 is considered a normal BMI. Obesity contributes to many serious health problems, including: cardiovascular disease, diabetes, some cancers, joint problems, sleep problems, liver disease, and more.

Kentucky falls within the United States “Obesity Belt” and in every county of Kentucky almost one third of the adult residents are considered obese. In 2012, the adult obesity rate for Kentucky was 31.3%, making Kentucky the 9th most obese state in the United States. Furthermore, in Pike County, 37% of the adult population was considered obese by BRFSS data.

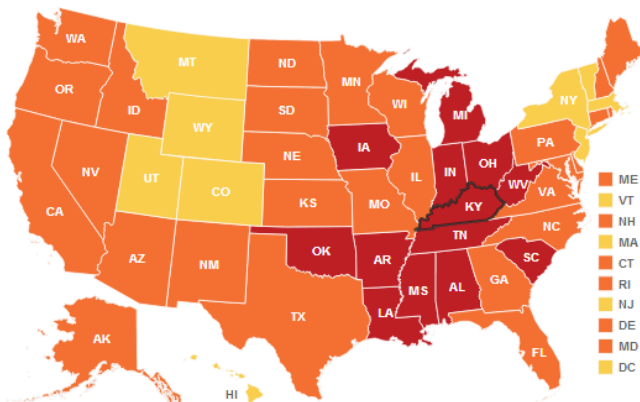
High rates of obesity in a population have many causes, including: heredity, environment, culture, income, and education all play a role in obesity rates of a population. Personal habits, such as having a poor diet and being inactive are at the root of most obesity epidemics. Most obese people need professional help to learn new healthy lifestyle habits to lose weight and keep it off. A persons’ physical and social environment, along with mental health are also important in combating obesity within a population.

Adult Obesity Rate by State, 2012

Select years with the slider to see historical data. Hover over states for more information. Click a state to lock the selection. Click again to unlock.

Percent of obese adults (Body Mass Index of 30+)

0 - 9.9% 10.0 - 14.9% 15.0 - 19.9% 20.0 - 24.9% 25.0 - 29.9% 30.0 - 34.9%



Two Decades of Rising Rates

Adult obesity rates, 1990 to 2012

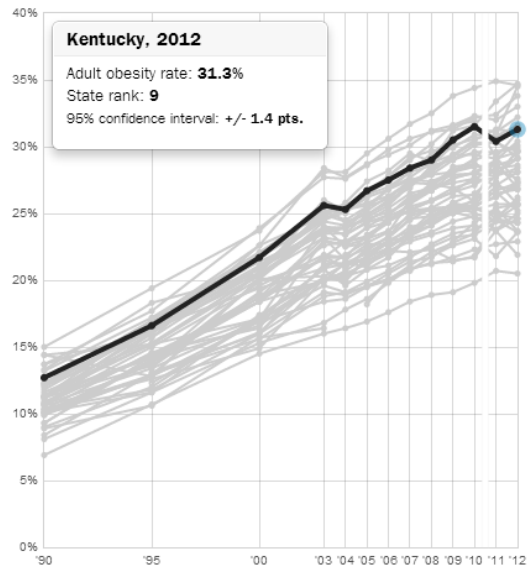


Figure 5: 2012 obesity rates for the United States along with Kentucky’s rising trend of obesity rates over the past decade

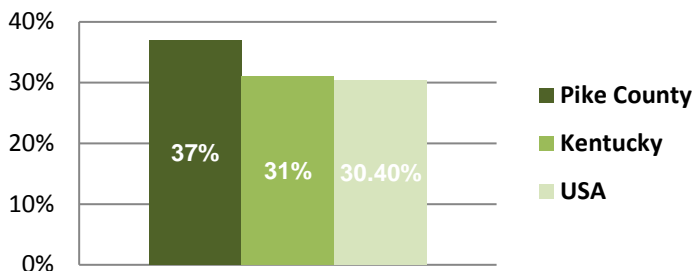


Table 6: 2006—2012 BRFSS data on the percentage of adult obesity in Pike County compared to Kentucky and the United States.

STRATEGIC INITIATIVES GOALS & OBJECTIVES

Strategic Initiative #1: Coalition Development and Structure

Goal 1: Formalize a sustainable structure for the Pike County Health Coalition

Objective 1: Charter four workgroups of community partners by June 1, 2016 to represent four major areas of the community (Healthcare, Schools, Community, and Worksite partners).

Objective 2: Identify a leader for each workgroup by August 1, 2016.

Objective 3: Charter a group (i.e., the leaders of each of the four workgroups) to discuss a formal name and meeting frequency for the full coalition. Recommendations sent to the coalition membership by July 1, 2016.

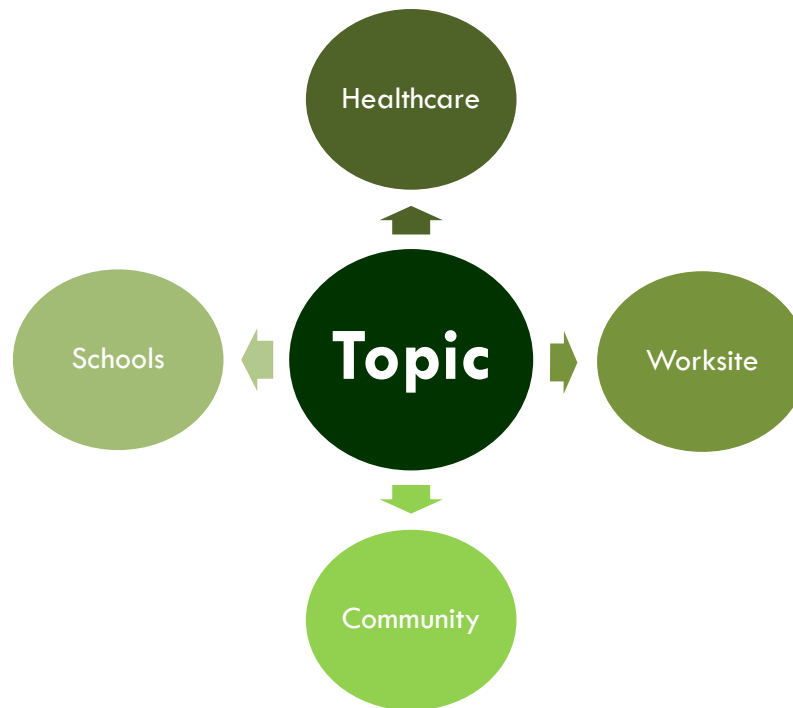


Figure 6: Coalition workgroups for the Pike County Health Coalition

Goal 2: Increase community involvement in Pike County Health Coalition

Objective 1: Utilize a coalition meeting to conduct a review of organizations and citizens of Pike County that could be valuable members of one of the four chartered workgroups. List these individuals and invite them to participate in the activities of the coalition. Complete the list and invitation by September 1, 2016

and increase the membership of the coalition by a minimum of 10 individuals / organizations by October 1, 2016.

Objective 2: Assemble a group of coalition members to discuss and develop a plan for communicating the ongoing work of the coalition with the community. Plans should include a minimum of three communications strategies. Recommendations submitted by the group to the full coalition by August 1, 2016.

Objective 3: Implement the coalition communication plan by August 1, 2016.

Strategic Initiative #2: Obesity/Physical Activity/Healthy Choices

Goal 1: Pike County Health Coalition to plan and implement an evidence-based program or policy to reduce obesity, increase physical activity, or assist in healthy decision-making skills.

Objective 1: Identify and list the activities and organizations currently providing activities, interventions, educational programs, and/or policy development/enforcement surrounding obesity prevention, encouragement of physical activity, good nutrition, and other healthy-living choices. Provide these lists to the full coalition membership by October 1, 2016. See **appendix II** for completed lists of organizations and services offered.

Objective 2: Conduct a special coalition meeting, inclusive of all four workgroups, to evaluate the current Pike County activities surrounding obesity prevention, physical activity, nutrition, and healthy choices. Analyze the activities based on a potential for collaboration among coalition members to strengthen participation, use of evidence-based activities, and gaps in current activities. Complete this analysis by December 1, 2016.

Objective 3: Based on analysis in Strategic Initiative 2 Objective 2, identify and implement an evidence-based intervention supported by all four workgroups by May 1, 2017.

Strategic Initiative #3: Reduction of Substance Abuse

Goal 1: Pike County Health Coalition to plan and implement an evidence-based program or policy to reduce substance abuse in Pike County.

Objective 1: Identify and list the activities and organizations currently providing activities, interventions, educational programming, and/or policy development/enforcement surrounding substance abuse prevention, treatment, and/or policy that could impact the prevalence of substance abuse in Pike County. Provide the list to the full coalition membership by March 1, 2017.

Objective 2: Conduct a special coalition meeting, inclusive of all four workgroups, to evaluate the current Pike County activities surrounding substance abuse prevention, treatment, and/or policy that could impact the prevalence of substance abuse in Pike County. Analyze the activities based on potential for collaboration among coalition members to strengthen participation, use of evidence-based activities, and gaps in current activities. Complete this analysis by June 1, 2017.

Objective 3: Based on analysis in Strategic Initiative 3 Objective 2, identify and implement an evidence-based intervention supported by all four workgroups by May 1, 2018.

Strategic Initiative 4: Reduction of Unemployment

Goal 1: Pike County Health Coalition to plan and implement an evidence-based program or policy to reduce unemployment in Pike County.

Objective 1: Identify and list the activities and organizations currently providing activities, interventions, educational programs, and/or policy development/enforcement surrounding reduction of unemployment or increase in economic development in Pike County. Provide the list to the full coalition membership by March 1, 2018.

Objective 2: Conduct a special coalition meeting, inclusive of all four workgroups, to evaluate the current Pike County activities surrounding reduction of unemployment or increase in economic development in Pike County. Analyze the activities based on potential for collaboration among coalition members to strengthen participation, use of evidence-based activities, and gaps in current activities. Complete this analysis by June 1, 2018.

Objective 3: Based on analysis in Strategic Initiative 4 Objective 2, identify and implement an evidence-based intervention supported by all four workgroups by May 1, 2019.



Picture 2: Community partners at a Pike County Coalition meeting working on strategic initiatives

CONNECTION TO KENTUCKY STATE HEALTH GOALS & NATIONAL HEALTH GOALS

The Pike County Health Coalition has strategic initiatives addressing substance abuse and obesity. These initiatives align closely with state and national priorities, specifically Kentucky Health Now, which places a heavy emphasis on substance abuse and obesity: <http://www.healthy-ky.org/sites/default/files/White%20KY%20Health%20Now%20PowerPoint.pdf>.

Furthermore, major focus areas in the Centers for Disease Control and Prevention’s (CDC) Winnable Battles are tobacco use, nutrition, physical activity, and obesity: <http://www.cdc.gov/winnablebattles/>.

COMMUNICATION AND DISTRIBUTION PLAN

The Pike County CHIP is posted on our health department’s website for community review, www.pikecountyhealth.com. The document will also be disseminated electronically to all participating community partners and hard copies will be given to all the Pike County Health Department’s Board of Health members. In addition, staff at the health department will each receive an electronic copy for their review and use during the strategic planning process.



Picture 3: Above is a picture of the home screen for the Pike County Health Department webpage

APPENDIX I

Community Health Status

Table 7: Depicts the social, physical, and behavioral factors influencing the population the PCHD serves. It also depicts residents' access to care and maternal/child health, along with certain health conditions affecting the population at large.

	Pike County	Kentucky	US	Data Source
Demographic Factors				
Males (%)	49.0%	49.3%	49.2%	US Census Bureau (2010)
Females (%)	51.0%	50.7%	50.8%	US Census Bureau (2010)
<i>Race Statistics:</i>				
White (%)	97.8%	88.0%	76.9%	US Census Bureau (2016)
African American (%)	0.8%	8.3%	13.3%	US Census Bureau (2016)
Hispanic (%)	0.8%	3.5%	17.8%	US Census Bureau (2016)
Persons Under 5 Years (%)	5.9%	6.5%	6.5%	US Census Bureau (2010)
Persons Under 18 Years (%)	21.9%	23.6%	24.0%	US Census Bureau (2010)
Persons 65 Years and Over (%)	13.7%	13.3%	13.0%	US Census Bureau (2010)
Population Classified as Veterans	3,041	289,837	19,535,341	US Census Bureau (2012—2016)
Population Classified as Foreign Born (%)	0.8%	3.5%	13.2%	US Census Bureau (2012—2016)
Population With a Disability, Under 65 Years (%)	23.4%	13.0%	8.6%	US Census Bureau (2012—2016)
Social Factors				
Population	60,555	4,436,974	323,127,513	US Census Bureau (2016)
High School Graduation Rate (% of persons age 25+)	75.0%	84.6%	87.0%	US Census Bureau (2012 – 2016)
Bachelor's Degree or Higher (% of persons age 25+)	12.9%	22.7%	30.3%	US Census Bureau (2012 – 2016)
Unemployed Persons 16+ (%)	11.7%	8.3%	7.4%	Local Area Unemployment Statistics (2013)
Persons Below the Poverty Level (%)	31.4%	18.5%	12.7%	US Census Bureau (2016)
Children Living Below Poverty Level Under the Age of 18 (%)	29.0%	25.5%	22.2%	Small Area Income and Poverty Estimates (2013)
Self-Rated Health Status (% of Adults Who Report Fair or Poor Health)	35.0%	21.0%	17.0%	County Health Rankings (2015)
Children in single parent households (%)	31.0%	34.0%	31.0%	County Health Rankings (2015)
Median Household Income (in 2016 dollars)	\$32,816	\$44,811	\$55,322	US Census Bureau (2012—2016)

Physical Factors				
# of Recreational Facilities (per 100,000)	3	328	30,393	County Business Partners (2013)
Air Pollution – Particulate Matter Days	12.96	13.47	11.3	CDC Wonder (2011)
Behavioral Factors				
Prevalence of Adult Smoking (%; Age-adjusted)	30.5%	26.1%	21.7%*	BRFSS (2006 – 2012)
Prevalence of Youth Smoking (% of high school students)	27.0%	25.0%	23.0%	Kentucky Health Facts (2007)
Adult Prevalence of Obesity (%; Age-adjusted)	37.0%	31.0%	30.4%*	BRFSS (2006 – 2012)
Sexually Transmitted Infection (Chlamydia rate per 100,000)	204.1	394.3	453.3	STD Surveillance System (2012)
Binge drinking: Adults (%; Age-adjusted)	7.5%	11.5%	16.3%*	BRFSS (2006 – 2012)
No Exercise: Adults (%; Age-adjusted)	38.5%	28.7%	25.9%*	BRFSS (2006 – 2012)
Recommended Fruit and Vegetable Intake (% adults)	10.0%	11.0%	-	Kentucky Health Facts (2011 – 2013)
Flu Vaccination in the Past Year (% adults)	43.0%	39.0%	-	Kentucky Health Facts (2011 – 2013)
Tooth Loss (% of adults missing 6 or more teeth)	33.0%	23.0%	-	Kentucky Health Facts (2011 – 2013)
Access to Care				
Primary Care Providers (per 100,000)	72.4	78.2	48	Area Health Resources Files (2011)
Immunization Coverage for Ages 19-35 Months (%)	85.0%	80.0%	81.0%	Kentucky Health Facts (2007)
Uninsured Adults (% under 65 years)	17.5%	16.8%	16.8%	Small Area Health Insurance Estimates (2013)
Uninsured Children (% under 19 years)	6.6%	6.5%	7.5%	Small Area Health Insurance Estimates (2013)
Mentally Unhealthy Days: Adults (per person; Age-adjusted)	6.9	4.3	-	BRFSS (2006 – 2012)
Maternal and Child Health				
Teen Birth Rate (ages 15-19; rate per 1,000)	55.1	39.5	26.5	National Vital Statistics System – Natality (2013)
Pregnant Women Receiving Adequate Prenatal Care (%)	65.0%	66.0%	-	Kentucky Health Facts (2008 – 2012)
Number of Child Victims of Substantiated Abuse	279	17,917	-	KIDS COUNT Data Center (2013)
Low Birth Weight Deliveries (%)	10.3%	8.8%	8.0%	National Vital Statistics System – Natality (2011 – 2013)
Moms Who Smoked During Pregnancy (%)	31.6%	22.6%	-	KIDS COUNT Data Center (2010 – 2012)

Early Childhood Obesity (age 2-4 years; %)	15.8%	15.6%	-	KIDS COUNT Data Center (2010)
Diabetes				
Diabetes Screenings (% of Medicare Enrollees That Receive Screening)	82.3%	85.2%	84.6%	Dartmouth Atlas of Health Care (2012)
% of Adult Population with Diabetes (Age-adjusted)	13.8%	9.4%	8.1%*	BRFSS (2005 – 2011)
Cancers				
Cancer Deaths (rate per 100,000; Age-adjusted)	240.1	200.5	166.2	National Vital Statistics System – Mortality (2011 – 2013)
Lung, Trachea, and Bronchus Cancer Deaths (rate per 100,000; Age-adjusted)	81.5	69.1	44.7	National Vital Statistics System – Mortality (2011 – 2013)
Colorectal Cancer Deaths (rate per 100,000; Age-adjusted)	26.1	17.4	14.9	National Vital Statistics System – Mortality (2011 – 2013)
Breast Cancer Deaths (rate per 100,000; Age-adjusted)	29.6	22.4	21.3	National Vital Statistics System – Mortality (2011 – 2013)
Prostate Cancer Deaths (rate per 100,000)	22.8	20.8	-	Kentucky Cancer Registry (2009 – 2013)
Respiratory Illness				
Adults with Asthma (%)	18.0%	15.0%	-	Kentucky Health Facts (2011 – 2013)
Number of Inpatient Hospitalizations Due to Asthma (0-17 year olds)	113	6,837	-	2009 – 2011 KY Cabinet for Health and Family Services

Data Collected: January 24, 2018; September 16, 2015

* US Median Rate

- No Data Found

APPENDIX II

Local Public Health Systems Assessment

Table 8: Depicts the 1st Essential Health Service to monitor the health status of a population. This table recognizes the organizations that monitor Pike County's health and what services that organization provides to monitor and identify health problems.

Essential Public Health Services #1 Monitor Health Status to Identify Community Health Problems	
Organization	Service
Pike County Health Department	Epidemiology, environmental, school health and disease prevention
Judi's Place for Kids	Track child sexual abuse and severe physical abuse allegations and their status
Pikeville Independent Schools	Needs Assessment
Tug Valley ARH	Collaboration with local, state, and national leaders: community assessment
Pikeville Medical Center	Monitor infectious disease and report to local and state departments of health
Pike County Senior Program	Assessment
Mountain Comprehensive Care Center	Home place clinic, DID, Greenhouse programs, substance abuse, TRP, crisis stabilization center for youth, and crisis unit for adults
Pike County Schools	Monitor immunizations and physicals required. Monitor health conditions.
Family Resource and Youth Services	Needs Assessment

Table 9: Depicts the 2nd Essential Health Service to diagnose and investigate health problems within a population. This table recognizes the organizations and their services that they provide to diagnosis and investigate certain health conditions of Pike County residents.

Essential Public Health Services #2 Diagnose and Investigate Health Problems	
Organization	Service
Pikeville Senior Citizens	Home deliveries and in house meals
Pike County Health Department	TB, STD's, general health screenings, pregnancy tests, cancer screenings, communicable diseases, lead, and anemia
Pikeville Independent Schools	Vision screenings, hearing screenings, and presidential fitness testing
Pikeville Medical Center	Report diagnosis to public health for investigation
Elkhorn City Area Heritage Council	Walkability Survey for Handicapped
Blackberry McCarr Senior Center	Health Assessment
East Ridge High School	Health, vision, and hearing screenings
Tug Valley ARH	Safety fairs, education fairs, healthy eating, and review state and national healthcare stats for local community
Pike County Schools	Hearing screenings, vision screenings, call parents about lack of immunizations/physicals and call health department to arrange appointment, home visits for lice
Family Resource and Youth Services Centers	Family enrichment programs and health screenings

Table 10: Depicts the 3rd Essential Health Service to inform, educate, and empower the public. This table recognizes the organizations and their services that they provide to help inform, educate, and empower the residents of Pike County to make decision about their health.

Essential Public Health Services #3 Inform, Educate, and Empower People about Health Issues	
Organization	Service
Pike County Health Department	Public education through newspaper, radio, TV, and billboards. WIC, prenatal, and HANDS. Education in prevention classes – tobacco, alcohol, drug, and smoking cessation. School nutrition and fitness program (planet health), community outreach program, diabetes classes, food handlers classes, food managers classes, certified sewage installers classes, gardening, and pool manager classes.
Mountain Comprehensive Care Center	Educate patients on mental health and physical health through consultations, prevention, and treatment.
Pikeville Independent Schools	Suicide prevention education, mental health education, and substance abuse education.
East Ridge High School	Drug and alcohol prevention program.
Judi's Place for Kids	Education to prevent, recognize, and respond to child sexual abuse. Other public trainings as requested on child abuse/child development issues.
Community Trust Bank	Wellness Program offered to all employees.
Kentucky Department of Transportation	Educate employees
YMCA	Education, youth fitness, childhood obesity, and diabetes class
Pike County Schools	Hand out information on lice and supplies. Call parents about screening failures.
Pikeville Medical Center	Offer education opportunities for public such as healthy living, diabetes education, cancer forums, and birthing classes.
Pike County Senior Program	Health education
Tug Valley ARH	Wellness, diabetes, heart disease, and smoking cessation
Presbyterian Homes and Services	In-services (education to staff and education for resident families)

Table 11: Depicts the 4th Essential Health Service to mobilize communities to address health problems. This table recognizes the organizations and the services they provide to help mobilize Pike County residents to address their health problems.

Essential Public Health Services #4 Mobilize Community Partnerships and Action to Identify and Solve Health Problems	
Organization	Service
Pikeville Independent Schools	Guest speakers, agency meetings, and wellness committee
YMCA	Partnerships with PMC for referral after rehab, health department for Healthy Monday & Wellness Wednesday, and city/county schools. Fit Pike County Committee, city government – aquatics.
Judi's Place for Kids	Facilitate multidisciplinary team on child sexual abuse for Pike County.
University of Pikeville	Frontier Medicine, Better health partnerships, and Big Sandy Diabetes Coalition
Mountain Comprehensive Care Center	Case management services, health advocates, and school based therapy
Presbyterian Homes and Services	Mobile x-ray services, health fairs, wellness checks, and labs with ARH hospital
Pike County Health Department	Work with senior citizens, hospitals, school systems, businesses, vital statistics, and state health department. Work with Big Sandy Diabetes Coalition, Fit Pike, and health professionals. Work with diabetes partnerships, family planning group, Eastern KY Breastfeeding Coalition, Lactation Improvement Network of KY, ASAP, FAIR, and Unite.
Pike County Senior Program	Health fairs
Tug Valley ARH	Diabetic Coalition and partnership with local and state health care agencies
Elkhorn City Area Heritage Council	Walkability survey and pedestrian plan

Table 12: Depicts the 5th Essential Health Service to develop policies and plans. This table recognizes the organizations and the services they provide to help develop policies and plans for the health and wellbeing of Pike County residents.

Essential Public Health Services #5 Develop Policies and Plans the Support Individual and Community Health Efforts	
Organization	Service
Pikeville Independent Schools	Wellness policy
Elkhorn City Area Heritage Council	Pedestrian plan to promote walking
Pike County Schools	Organized a coordinated school health committee
Pike County Health Department	State policies, local policies, smoke free policies, strategic plan to increase breastfeeding rates, and community programs
Family Resource and Youth Services Centers	Clothing Closet
Tug Valley ARH	Wellness events with local schools
Pike County Senior Program	Senior Games with BSADD
Mountain Comprehensive Care Center	Residential programs, case management, and assisting clients with becoming independent in community

Table 13: Depicts the 6th Essential Health Service to enforce laws and regulations. This table recognizes the organizations and the services they provide to enforce laws and regulations to protect the health and safety of Pike County residents.

Essential Public Health Services #6 Enforce Laws and Regulations that Protect Health and Ensure Safety	
Organization	Service
Pikeville Medical Center	Works with organizations to report patient issues such as abuse in situations where patient would be in danger
Mountain Comprehensive Care Center	Mandatory reporting of abuse and neglect
Pike County Health Department	TB control, communicable disease reporting, HIPPA, lead reporting laws, and police role in regulating citizens, food establishments, sewage systems, mobile home parks, tattoo/ear piercing, swimming pools, rodent complaints, complaints, and public restrooms.
Pikeville Independent Schools	Required school health documents: physicals, immunizations, eye exams, and dental screenings
Family Resource and Youth Services Centers	Parent and child evaluations
Presbyterian Homes and Services of Kentucky	Follow state guidelines
Judi's Place for Kids	Follow regulations for reporting allegations of child abuse and follow state/national standards for children's advocacy centers
Pike County Schools	Send students home for lack of immunizations
Tug Valley ARH	Proactive risk assessment to ensure patient safety

Table 14: Depicts the 7th Essential Health Service to link people to needed health services. This table recognizes the organizations and the services they provide to link Pike County residents to care.

Essential Public Health Services #7 Link People to Needed Personal Health Services and Assure the Provision of Health Care when Otherwise Unavailable	
Organization	Service
Family Resource and Youth Services Center	After school child care
Pike County Health Department	Prevention programs such as women’s cancer screening program, family planning, KYNECT, and vaccinations. Breastfeeding referral to lactation consultant/peer counselors
Pikeville Independent Schools	Referrals to health and social services
Judi’s Place for Kids	Referrals to a variety of health and social services
Pikeville Medical Center	Case Management and work to connect patients with needs to organizations that provide assistance
YMCA	Link people and refer participants to wanted/needed programs
Tug Valley ARH	Case Management
Mountain Comprehensive Care Center	Case Management (adults and children)
Presbyterian Homes and Services of Kentucky	Psych referrals
Pike County Senior Program	Transport clients to doctor’s appointments

Table 15: Depicts the 8th Essential Health Service to assure a competent health service workforce. This table recognizes the organizations and the services they provide to a competent healthcare workforce for Pike County residents.

Essential Public Health Services #8 Assure a Competent Public Health and Personal Health Care Workforce	
Organization	Service
University of Pikeville	Development of primary care residents, Central Appalachian interdisciplinary pain education consortium, and population health and quality improvement models
Tug Valley ARH	Staff development and competency verification
Judi's Place for Kids	Provides training to staff and community partners regarding issues of child abuse
Presbyterian Homes and Services of Kentucky	Educate current employees about policies and procedures
Pike County Senior Program	State monitoring and nutrition
YMCA	HEPA programs in all child care, smoke free environment, and soda and vending free work place.
Kentucky Department of Transportation	Work with employees on health issues and making sure employees are aware of their healthcare.
Pike County Tourism	Lenna Goff
Pikeville Medical Center	National Certification to provide and ensure quality; evaluating employee competency
Pike County Health Department	Selection of personnel, training and continuous updates, conferences, meetings, online courses, and mandatory trainings
Pike County Schools	CPR Training, emergency medical training , and seizure training

Table 16: Depicts the 9th Essential Health Service to evaluate health services. This table recognizes the organizations and the services they provide to effectively evaluate and assess the quality of public health services to Pike County residents.

Essential Public Health Services #9 Evaluate effectiveness, accessibility, and quality of personal and population-based health services.	
Organization	Service
Pikeville Independent Schools	Evaluation of educational programs for faculty, staff, and students to determine whether a positive movement or knowledge is gained. Dare, Suicide/Mental Health Awareness, Red Ribbon Week, and school health requirements
Pike County Schools	Run yearly reports on immunizations and screenings
Pike County Health Department	Research in different areas, teen pregnancy, WIC research, clinic results, and cancer screening test and results, continuous evaluation of programs and employees to determine effectiveness
Judi's Place for Kids	Monitor program through the use of caregiver surveys (initial and follow-up) and partner surveys
Mountain Comprehensive Care Center	Qi committees and processes
Community Trust Bank	Obtain and review reports from insurance carrier that identifies top 10 paid claim diagnosis within company
Pike County Senior Program	Reassess clients information to further help their needs

Table 17: Depicts the 10th Essential Health Service to conduct research for new innovations. This table recognizes the organizations and the services they provide to research new innovations for health problems.

Essential Public Health Services #10 Research for new insights and innovative solutions to health problems	
Organization	Service
Family Resource and Youth Services Center	Backpack program and family, read nights
Pike County Health Department	Clinic evaluations and patients seen
Elkhorn City Area Heritage Council	Adventure Tourism (promoting, marketing, and recruiting)
Presbyterian Homes and Services of Kentucky	Food drives and donations to Backpack program
University of Pikeville (UPike)	Involved with health services reach to improve the overall healthcare system: improve outcomes, lower costs, and improve system. Terminate longer cancer research project. Swing bed utilization in rural homes.
Pike County Senior Citizens	Research for grants and to further our training to be able to help clients and to do our jobs efficiently
Mountain Comprehensive Care Center	Seeking new grants to solve perceived community problems

Pike County Health Department
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(606) 437-5500
Hours of Operation: M—F 7:30am to 4:30pm

