

Community Health Improvement Planning Meeting



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OUR VISION:

A COUNTY WHERE CITIZENS ARE AWARE
AND INSPIRED TO LIVE A SAFE AND
HEALTHY LIFE, WHILE MAXIMIZING
RESOURCES TO PROVIDE AND ENCOURAGE A
HEALTHY STEPHENS COUNTY.

MAPP Assessment Process

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General Information

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Population: 45,048

Average age: 45-64

Median household income: \$43,524

Education: 16.5 of the population has college or higher level education

Community Survey²⁰

Health Insurance source:

- 53.2% have employer provided health insurance.
- 21.4% have private insurance.
- 21.9% pay with Medicare
- 7.3% have no insurance.

Local Data

- 13% below poverty, while state is 15.7%.¹³⁻¹⁴
- 12.2% have no health coverage, while state is 19.8%.¹³⁻¹⁴
- Poverty is at 13% and county received a grade of 'C'.¹⁴

The Local Public Health System Performance Assessment shows that the local public health system is having trouble linking people to needed personal health services and assuring the provision of health care when otherwise unavailable. The assessment also revealed the need for better communication amongst agencies.

Sources

1. 2011 Summary of Infectious Diseases
 2. 2011 Uniform Crime Report
 3. Adult Behavior Risk Factory Survey
 4. Annie E. Casey Foundation
 5. Duncan Regional Hospital
 6. OK Department of Commerce
 7. OK Department of Human Services
 8. OK Department of Mental Health and Substance Abuse Services
 9. OK Health Care Authority
 10. OK Policy Institute
 11. OK State Department of Health
 12. Robert Wood Johnson Foundation-County Health Rankings
 13. State of the State Health Report
 14. State of the County Health Report
 15. Stephens County Health Department Data Reports (PHIDDO)
 16. United States Census/American Community Survey
 17. United Way of Stephens County
 18. 2011 Oklahoma Youth Risk Behavior Survey
 19. Wichita Mountains Prevention Network (OK Prevention Needs Assessment)
 20. Local Community Themes and Strengths Survey
- Stephens City Health Improvement Planning Mtg.

County Health Rankings

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- In 2012 Stephens County ranked **28th out of 77** Oklahoma counties in overall health outcomes!
- In 2013 Stephens County ranks **31st out of 77** Oklahoma counties in overall health outcomes!

Locally Conducted Surveys

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- **2012 Community Themes and Strengths Survey²⁰**
 - Online survey and distributed hard copies throughout community and in some schools
 - 1,226 people completed the survey
 - Conducted during April-May 2012

Obesity

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Community Survey

- 35.3% reported obesity amongst adults as the 3rd most important health risk. Obesity in children ranked 10th with (23.3%).²⁰

Most people look for opportunities to be more active. When asked 26% responded they were not satisfied with the opportunities to live active lifestyles in Stephens County.²⁰

Local Data

- In 2011 17% of youth in Oklahoma reported being obese. 16% reported being overweight.¹⁸
- In 2011, 63% of youth in Oklahoma did not attend any physical education classes (PE)in an average week when they were in school.¹⁸

Obesity (cont.)

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Local Data

- 27.6% of adults in Stephens County are obese. ¹⁴
- 32% of adults in Oklahoma are obese, giving the State a “D” ¹³
- 32.7 % had no physical activity, giving Stephens County an ‘F’. ¹⁴
- 15.8% consumed recommended fruits and veggies and received a grade of ‘F’. ¹⁴
- 15.8% of Oklahoma youth across the state classified themselves as overweight, 14.7% as obese. ¹⁸

Obesity (cont.)

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Focus Group

During a focus group held in the community of Marlow participants were asked about barriers to being healthy:

- Promote locally grown produce
- Need better places to shop; access to healthier foods
- Sidewalks need to be accessible to ALL (children, adults, seniors, etc.)
- Need to promote trails (have events on trails, etc.)
- Transportation- lack of access to food pantries; lack of awareness of what transportation is available and how to access

Diabetes

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Community Survey

- 26.8% of respondents reported diabetes in the household. ²⁰

Local Data

- 24.9% adults in Stephens County reported having diabetes, for a grade of “D”. ¹⁴
- 17% more adults had diabetes in Stephens County in 2011. ¹⁴
- 11.2% prevalence of diabetes, for a grade of “F”. ¹⁴

Cardiovascular Health

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Community Survey

- High blood pressure and high cholesterol was listed as the 1st and 3rd most prevalent household issues experienced.²⁰

Local Data

- Stephen County's leading cause of death is Heart Disease.¹⁴
- Heart Disease is the leading cause of death at 317.5/100,000 and a grade of 'F'.¹⁴
- Heart Disease is higher than state average at 242.1/100,000¹⁴
- Stephens County had the 8th worst rate of deaths due to heart disease in the State.¹⁴

Cancer

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Community Survey

- 25.1% of respondents reported cancer as the 6th major risk affecting Stephens County. ²⁰
- 21.8% responded having some type of cancer in the household. ²⁰

Local Data

- Cancer is 2nd leading cause of death across all age groups. ¹⁴
- Grade of 'D' for cancer deaths. ¹⁴
- Grade of 'F' for cancer incidence, 563.2/100,000. ¹⁴
- Stephens County Cancer incidence is the 8th highest in the state. ¹⁴
- Based on data collected from Duncan Regional Hospital Cancer Center; prostate, breast, lung, and colorectal are the leading cancer types in Stephens County.

Mental Health

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Community Survey

- 30.4% of residents responded having someone in their household who was stressed or depressed. ²⁰

Local Data

- Average of 3.8 poor mental health days for a grade of 'D'.¹⁴
- 9.9/100,000 suicide rate for a grade of 'C' ¹⁴ which is lower than state at 14.7/100,000¹³
- 14.1% of Oklahoma youth seriously considered attempting suicide during the 12 months before the survey ¹⁸
- 1 in 10 Oklahoma youth made a plan about how they would attempt suicide, during the 12 months before the survey .¹⁸

Sexual Health

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Community Survey

- 18% responded that teen pregnancy was a major health risk. ²⁰

Local Data

- 142 cases of Chlamydia. ¹
- 22 cases of Gonorrhea. ¹
- 0 cases of Syphilis ¹
- Received a 'C' for teen fertility. ¹⁴
- Birth rate for teens age 15-17 increased by 39% in 2011 for Stephens County. ¹⁴
- 50% of youth in Oklahoma reported having had sexual intercourse, while 17% reported having had four or more partners during their lifetime. ¹⁸
- Nearly half of Oklahoma sexually active youth did not use a condom at last sexual intercourse. ¹⁸

Dental

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Community Survey

- 23.2% of those who responded reported some type of dental problem in the household.²⁰

Local Data

- Only 62.1% of adults in Stephens County visited a dentist receiving a grade of 'F'.¹⁴

Tobacco

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Community Survey

- 30.9% responded to having some type of tobacco use in the household²⁰

Local Data

- 22.3% of Stephens County residents are current smokers, for a grade of 'F'.¹⁴
- 19% more adults in Stephens County were smokers in 2011.¹⁴
- 23% of youth in Oklahoma smoked cigarettes on at least 1 day during the 30 days before the survey.¹⁸
- 13% of youth in Oklahoma used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.¹⁸
- 46% of youth who reported current cigarette smoking tried to quit smoking cigarettes in the 12 months before the survey.¹⁸

Alcohol

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Community Survey

24% of residents indicated Alcohol Use Among Youth and adults as a major health risk. ²⁰

Local Data

- Prevalence of binge drinking among adults is 8.2% ¹⁸
- Adult heavy/chronic drinking is 4.6% ¹⁸
- Women of childbearing age (18-44 y/o) who report binge drinking is 6.7%. ¹⁸
- One in 5 students rode one or more times during the 30 days before the survey in a vehicle driven by someone who had been drinking alcohol. ²⁰

Alcohol

Table 2: Alcohol Consumption- Youth (30 Day)-Stephens County

	Youth Past 30 Day Use				Youth Past 30 Day Binge Use				Youth Riding with Drinking Driver				Youth Drinking and Driving			
	6 th Grade	8 th Grade	10 th Grade	12 th Grade	6 th Grade	8 th Grade	10 th Grade	12 th Grade	6 th Grade	8 th Grade	10 th Grade	12 th Grade	6 th Grade	8 th Grade	10 th Grade	12 th Grade
OK	8.8	21.2	32.4	42.9	5.4	12.5	20.1	28	19.8	24	24.8	27	1.8	4	7.4	16.7
Stephens	5.3	20.1	25.3	41.6	2.6	8.9	17	26.5	19.7	23.6	16.6	25

Source: 2010 Oklahoma Prevention Needs Assessment (OPNA) – all values are percentages

	Lifetime Use			
	6 th Grade	8 th Grade	10 th Grade	12 th Grade
OK	4.3	10.8	18	21.9
Stephens	3.9	8.6	16.7	20.5

Source: 2010 Oklahoma Prevention Needs Assessment (OPNA) - all values are percentages

Illicit Drug Use

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Community Survey

- 43.8% of residents indicated meth as a major health risk. ²⁰
- Ranked # 1 health risk in Stephens County ²⁰

Local Data

- From 2006-2010 Stephens County had 155 Meth Treatment Admissions. ¹⁹
- 32.1% of 12th grade students and 17.9% of 10th grade students in Stephens County reported use of marijuana. ¹⁹
- 14% of 8th and 10th grade students and 10.3% of 12th grade students reported use of inhalants. ¹⁹

RX Drug Abuse/Misuse

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Community Survey

- 39.9% of residents indicated RX drug use/abuse as a major health risk. ²⁰
- Ranked 2nd highest health risk in Stephens County ²⁰

Focus Group

- Those in attendance expressed concern and the need to address drugs specifically meth and RX drug abuse. The need for additional information, and resources was expressed.

Rx Drug Abuse/Misuse (cont.)

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Local Data

- Stephens County is higher than the State for non-medical use of prescription drug data with fatal overdoses, non-fatal overdoses, changes in treatment for misuse, and drug poisoning. ¹⁹
- 50% of all fatal opiate overdoses in Stephens County occurred between the ages of 25-45 from 2006-2010. ¹⁹
- In 2009 there were 33 hospital discharges in Stephens County with an overdose/poisoning diagnosis compared to 9 in 2007 and 12 in 2008. ¹⁹
- According to OBN there were 0.84/1000 (# of overdoses 38) non-fatal overdoses in Stephens County ¹⁹
- 9.6% of 12th grade students reported the use of non-medical prescription drugs in 2010. ¹⁹
- Stephens County is ranked 12th (worse) out of 77 counties for opioid use. ¹⁹

Safety/Injury Prevention

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Community Survey

- 11.6% of respondents reported non-use of seatbelts and 8.6% non-use of child seats as major health risks. ²⁰
- 19.5% reported Stephens County has having unsafe roads. ²⁰
- 18.9% reported bullying as a major health risk. ²⁰
- 56% of residents in Stephens County indicated they had a family disaster plan (natural or manmade)

Local Data

- The 3rd leading cause of death in Stephens County was unintentional injury. ¹⁴
- 17% of Oklahoma youth reported being bullied on school property ¹⁸
- 3% of Oklahoma youth did not go to school recently because they felt they would be unsafe at school or on their way to school. ¹⁸
- 93% of youth reported never or rarely wore a bicycle helmet ¹⁸
- 8% never wore a seat belt when riding in a car driven by someone else ¹⁹
- Stephens County is ranked 26th out of 77 counties for motor vehicle crash death rates. ¹²

Priority Categories

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Substance Abuse/Use (youth and adult)

- Rx Drug Abuse
- Tobacco
- Alcohol
- Methamphetamine
- Other

Cancer (prostate, breast, lung, and colorectal- most common)

Mental Health

- Depression
- Suicide
- Stress

Healthy Living

- Obesity
- Physical activity
- Nutrition
- Heart disease
- Sexual behaviors
- Dental

Safety

- Bullying
- Texting
- Seatbelt/Car Seat/Helmet Usage
- Violence
- Safe Driving
- Emergency Preparedness

Access to Resources (Inclusive of all categories)

How do you rank?

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- Do these categories address the needs of the community?
- Is there anything missing?
- How would you rank in order 1-5; 1 being most important?

Next Steps

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- Determine priority areas
- Create committees for each priority area
- Meet separately to create action plans
- Compile plan
- Meet for discussion and feedback
- Solidify Stephens County's County Health Improvement Plan

Contact Information

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