

**Bernice**

CITY LIMIT  
POP. 562

**Grove**

CITY LIMIT  
POP. 6623

**Leach**

CITY LIMIT  
POP. 237

**Cleora**

CITY LIMIT  
POP. 1463

**Jay**

CITY LIMIT  
POP. 2448

**Oaks**

CITY LIMIT  
POP. 288

**Colcord**

CITY LIMIT  
POP. 815

**Kansas**

CITY LIMIT  
POP. 802

**Twin Oaks**

CITY LIMIT  
POP. 198

**Eucha**

CITY LIMIT  
POP. 457

**Kenwood**

CITY LIMIT  
POP. 1224

**West Siloam Springs**

CITY LIMIT  
POP. 846

**Zena**

CITY LIMIT  
POP. 198

***Delaware County  
Community Health  
Improvement Plan***

**January 2015**

**Delaware County, Oklahoma**

# COMMUNITY CONTRIBUTORS

Abundant Blessing Center  
Bridges of Hope  
Cherokee Nation  
Christian Medical Clinic  
Community Crisis Center  
Delaware County Community Health Impact Organization  
Delaware County Community Partnership  
Delaware County Department of Human Services  
Delaware County Health Department  
Ebenezer Lutheran Church  
Good Shepherd Hospice  
Grand Gateway Area Agency on Aging  
Grand Lake Mental Health Center  
Grove Public Schools  
Integris Grove Hospital  
Northeast Oklahoma Community Action Agency  
Northeast Technology Center  
Oklahoma Health Care Authority  
Oklahoma State Department of Health  
Oklahoma State University Extension Office  
ROCMND Area Prevention Resource Center  
University of Oklahoma Sooner Success  
Wal-Mart

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# Delaware County CHIP Planning Committee

adopted the following Vision

## **VISION**

*Delaware County is a united community that values access-to-care, education, self-sufficiency, and healthy lifestyles.*



***DELAWARE COUNTY COMMUNITY PARTNERSHIP***

**Partnering Together to Serve the  
Residents of Delaware County**

# EXECUTIVE SUMMARY

In the summer of 2013, Delaware County initiated a process that led to the creation of this Community Health Improvement Plan (CHIP). To facilitate an organized, comprehensive approach to creating the plan, organizers followed the nationally recognized “Mobilizing for Action through Planning and Partnership” (MAPP) process. Following this process, dedicated community partners participated in the following six phases.

1. Partnership Development/Organizing for Success
2. Visioning
3. Four community-based assessments:
  - Community Themes and Strengths
  - Local Public Health System
  - Forces of Change
  - Community Health Status
4. Identify Strategic Issues
5. Formulate Goals and Strategies
6. Action Cycle—Plan, Implement, Evaluate (an ongoing process)

By August 2014, Delaware County representatives met to employ Phase 4: Identifying Strategic Issues. At the August meeting, the comprehensive assessment data was presented to community representatives with detailed data on nine elements that emerged from the assessments as having particular importance to Delaware County. Those nine elements include:

- Alcohol Use
- Cardiovascular Health

- Diabetes
- Poverty
- Mental Health
- Obesity
- Substance Abuse
- Teen Pregnancy
- Tobacco

Following a detailed review and discussion of these nine elements, the team voted to focus on 4 priority areas:

- Healthy Lifestyles
- Mental Health
- Poverty
- Substance Abuse

With the selection of the 4 priority areas, Phase 5 of the MAPP process began. Work groups were formed around each priority area and charged with the development of goals and strategies. Over the following two months, these workgroups met individually to identify key measures they felt would lead to improved outcomes for their respective priority area.

The plan that follows is a culmination of that work, and provides the platform for Phase 6, Plan-Implement-Evaluate, the “Action Cycle” of this process.

While this CHIP provides specific focus for four priority issues, the Delaware County Community Partnership will not limit its activities to these issues alone.

# The Framework: Mobilizing for Action through Planning & Partnerships (MAPP)

## MAPP Overview



The community engaged in the MAPP process to conduct community-based assessments from a variety of sources.

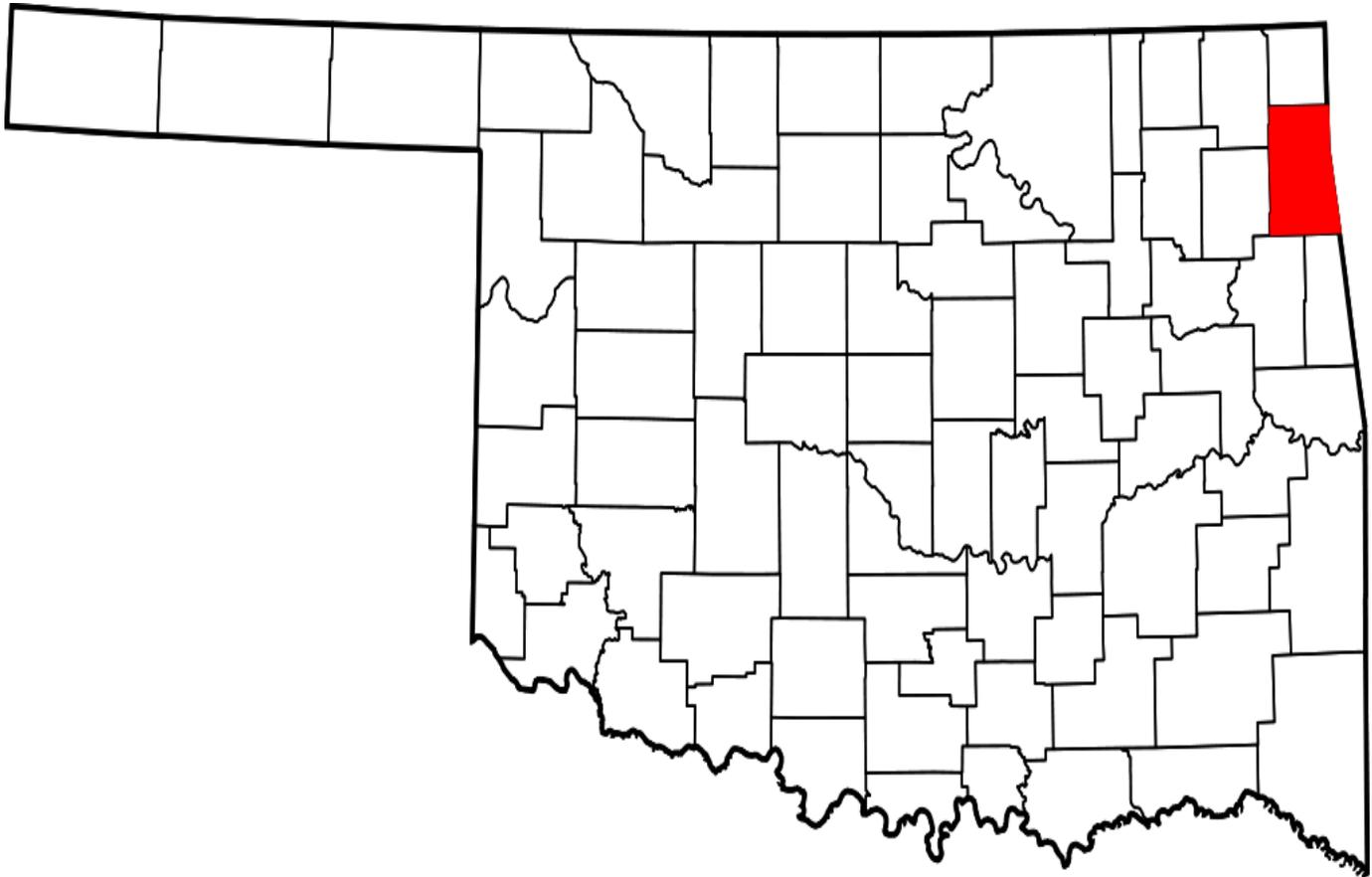
- **Partnership Development**—The Delaware County Community Partnership has been a cornerstone of community collaboration since the first meeting in 1995. Its mission is to be a comprehensive collaboration of organizations and individuals dedicated to improving the quality of life for the people of Delaware County by encouraging healthy attitudes and behaviors.
- **Four MAPP Assessments**—Beginning in the summer of 2013, the planning and completion of the four assessments (Community Health Status Assessment, Community Themes and Strengths Assessment, Forces of Change Assessment, and Local Public Health System Assessment) began. The assessments were completed over the next twelve months.
- **Identifying Strategic Issues**—After reviewing the assessment data in the fall of 2014, nine elements were identified for closer review and discussion. The priority areas for improvement were selected from these nine elements. The nine elements were: Alcohol Use, Cardiovascular Health, Diabetes, Mental Health, Obesity, Poverty, Substance Abuse, Teen Pregnancy, and Tobacco.
- **Visioning**—This phase was completed in the Delaware County Community Partnership meeting. Using a survey to obtain input, several vision statements were developed. The group then discussed what a healthy Delaware County would look like. The discussion led to a consensus on a single vision statement for the Delaware County Health Improvement Plan.
- **Identify Strategic Issues**—From the nine elements, the group selected four top priorities to include in the Delaware County Health Improvement Plan. They were: Healthy Lifestyles, Mental Health, Poverty and Substance Abuse.

- **Formulate Goals and Strategies**—Once the priorities were determined, the sub-committees formulated goals and brainstormed strategies for addressing the four priority issues. They were taken to the Delaware County Community Partnership for review, modification, and approval.
- **Action Cycle**—With completion of the initial plan, the action cycle begins. Workgroups will meet as necessary to continue planning, implementation, and evaluation. We will work to ensure that organizations, agencies, coalitions, and volunteer groups throughout the county are invited to join this ongoing effort of improving health.



Note: The MAPP tool was developed by NACCHO in cooperation with the Public Health Practice Program Office, Center for Disease Control and Prevention (CDC). A work group composed of local health officials, CDC representatives, community representatives, and academicians developed MAPP between 1997 and 2000.

# DELAWARE COUNTY



Delaware County is located in the northeastern section of Oklahoma. The county is bordered by both Arkansas and Missouri. The population is just over 41,000. The county seat is Jay. The county was named for the Delaware Indians who had established a village prior to the arrival of the Cherokees in the 1830s.

Delaware County was created in 1907. Prior to becoming Delaware County, a large portion of the area was known as the Delaware District of the Cherokee Nation. Today Delaware County continues to be recognized by the Cherokee Nation as the Delaware District.

The median household income in dollars is, \$36,423.00, which falls well below the state average of \$49,937.00. Nearly 1 in 5 residents in Delaware County live in poverty. The annual estimated rate for child poverty in the county is 34.3% which explains the nearly 72% of children eligible for free and reduced lunches in the county.

The economy improves in the summer due to Grand Lake. Grand Lake attracts tourists throughout the summer. The increase in tourism during the summer months leaves the area as the third most populated area in the state with only Oklahoma City and Tulsa ahead.

# DEMOGRAPHICS

2010 Demographics	Oklahoma	%	Delaware County	%
<b>Total Population</b>	3,751,351		41,487	1.1
<b>Age</b>				
19 years and under	1,041,610	27.8	10,254	24.7
20 - 64 years	2,203,027	58.8	22,697	54.7
65 + years	506,714	13.4	8,532	20.5
<b>Gender</b>				
Male	1,856,977	49.5	20,470	49.3
Female	1,894,374	50.5	21,017	50.7
<b>Race/Ethnicity</b>				
White	2,706,845	72	27,811	67
Hispanic or Latino	332,007	9	1,248	3
African American	277,644	7	92	.2
Asian	65,076	2	519	1.3
American Indian & Alaska Native	321,687	9	9,277	22.4
Native Hawaiian & Pacific Islander	4,369	<1	30	.07
Other	154,409	4	450	1.1
Identified by two or more	221,321	6	3,308	7.9
<b>Selected Economic Characteristics</b>				
Mean household income (dollars)	65,977	X	50,671	X
Median household income (dollars)	49,937	X	36,423	X
Mean travel time to work (minutes)	27.0	X	27.2	X
Percent unemployed	6.6	X	4.4	X

2010 Census Bureau Report

# ISSUE ONE: HEALTHY LIFESTYLES

Nearly one-third of Delaware County residents are classified as obese, the county continually ranks low for fruit and vegetable consumption and physical activity which contributes to the high obesity rates in the county.

Regular physical activity is proven to decrease the risk of numerous diseases including but not limited to cardiovascular disease, cancer, obesity, and type 2 diabetes. Physical activity also improves quality of life. Eating a balanced diet also lowers risk of disease and assists in maintaining a healthy weight.

The 2014 Delaware County Community Themes and Strengths Assessment indicated that Delaware County residents identified obesity as the most important risky behavior in their communities. This assessment also indicated that Delaware County citizens identified lack of physical activity and poor nutrition among the top health problems in their county.

The 2014 State of the State's Health Report indicated an obesity rate for Delaware County of 33.2%, compared to a state rate of 32.2% and a U.S. rate of 27.6%,

earning a grade of "F." The same report also indicated rates for the following contributing risk factors and behaviors: minimal fruit consumption - 51.5%, minimal vegetable consumption - 26.9%, and no physical activity - 31.9%.

The 2014 State of the County's Health Report indicated that 88.2% of Delaware County adults did not eat the recommended five servings of fruits and vegetables a day. It further estimated that 35.5% of residents had no leisure activity in the past month.

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated an obesity rate of 33.8%, compared to a state rate of 32.09% and a U.S. rate of 27.29%. It also reported an overweight rate of 36.55%, compared to a state rate of 35.84% and a U.S. rate of 36.32%.

The 2014 Delaware County Community Themes and Strengths Assessment indicated that Delaware County residents identified teenage pregnancy as one of the ten most important health problems in their communities.

The same report indicated that residents also considered 'not

using birth control' and 'unsafe sex' among the most important risky behaviors in the community. The 2014 State of the State's Health Report indicated teen fertility at a rate of 28.3 per 1,000, compared to a state rate of 22.9 and a U.S. rate of 15.4, earning a grade of "F."

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated a teen birth rate of 60.7 per 1,000, compared to a state rate of 53.8 and a U.S. rate of 36.9.

According to the 2014 State of the County's Health Report on average in Oklahoma, births to teen mothers accumulate \$3,807 a year for each teenage birth, which is often passed on to citizens. With an average of 58.7 births per year (2008-2012), teen pregnancy costs the citizens of Delaware County \$254,308.00 a year.



# HEALTHY LIFESTYLES

## **Objective:**

**Increase fruit consumption in Delaware County from 48.5% to 53.5% by December 31, 2020. (State of the State's Health Report)**

**Increase vegetable consumption in Delaware County from 73.1% to 78.1% by December 31, 2020. (State of the State's Health Report)**

## **Strategies:**

- Develop partnerships to support community gardens.  
(National Prevention Strategy - Healthy Eating) (Healthy People 2020: Healthier Food Access)
- Inform public of community gardens.  
(National Prevention Strategy - Healthy Eating) (Healthy People 2020: Healthier Food Access)
- Provide nutrition education and utilize produce from community gardens when available.  
(National Prevention Strategy - Healthy Eating) (Healthy People 2020: Healthier Food Access)
- Expand and promote community gardens.  
(National Prevention Strategy - Healthy Eating) (Healthy People 2020: Healthier Food Access)
- Raise awareness of the availability of fresh fruits and vegetables at local food banks.  
(National Prevention Strategy - Healthy Eating) (Healthy People 2020: Healthier Food Access)

## **Objective:**

**Increase access to exercise opportunities from 25% to 45% by December 31, 2020. (County Health Rankings)**

## **Strategies:**

- Develop partnerships for free/reduced cost physical activity programs and facilities.  
(National Prevention Strategy – Active Living) (Healthy People 2020: Physical Activity)
- Promote physical activity programs and events.  
(National Prevention Strategy – Active Living) (Healthy People 2020: Physical Activity)
- Partner with physical activity champions to develop programs.  
(National Prevention Strategy – Active Living) (Healthy People 2020: Physical Activity)
- Advocate for physical activity in schools.  
(National Prevention Strategy – Active Living) (Healthy People 2020: Physical Activity)

## **Objective:**

**Increase the percentage of citizens reporting a good or better health rating from 76.4% to 81.4% by December 31, 2020. (State of the State's Health Report)**

## **Strategies:**

- Provide nutrition education.  
(Oklahoma Health Improvement Plan –Obesity Reduction) (Healthy People 2020 Educational and Community Based Programs)
- Provide education with regards to health risks.  
(Oklahoma Health Improvement Plan –Obesity Reduction) (Healthy People 2020 Educational and Community Based Programs)
- Promote wellness checks.  
(Oklahoma Health Improvement Plan –Obesity Reduction) (Healthy People 2020 Educational and Community Based Programs)
- Increase the number of wellness screening options available.  
(Oklahoma Health Improvement Plan –Obesity Reduction) (Healthy People 2020 Educational and Community Based Programs)
- Raise awareness of community programs.  
(Oklahoma Health Improvement Plan –Obesity Reduction) (Healthy People 2020 Educational and Community Based Programs)

## **Objective:**

**By December 31, 2020, offer sexual health programs in each of the 10 school districts in Delaware County.**

## **Strategies:**

- Increase the number of schools offering sexual health programs.  
(National Prevention Strategy – Reproductive and Sexual Health) (Healthy People 2020: Family Planning)
- Inform higher risk population of availability of evidence based sex education curriculum (public schools, alternative schools, substance abuse facilities).  
(National Prevention Strategy – Reproductive and Sexual Health) (Healthy People 2020: Family Planning)
- Support and expand the S.H.A.P.E. Program and other coalition supported sexual health programs.  
(National Prevention Strategy – Reproductive and Sexual Health) (Healthy People 2020: Family Planning)
- Inform community of services provided by the Delaware County Health Department.  
(National Prevention Strategy – Reproductive and Sexual Health) (Healthy People 2020: Family Planning)

# ISSUE TWO: MENTAL HEALTH

The 2014 State of the State's Health Report indicated nearly 1 in 4 adults in Delaware County reported 4 or more days of poor mental health (23%) in the previous month. The same report found the suicide rate for the county at 21.4, compared to a state rate of 16.5, and a U.S. rate of 12.1.

The 2014 Delaware County Forces of Change Assessment also identified lack of mental health resources as a threat to the well-being of the county.

The 2014 County Health Rankings and Roadmaps indicated a shortage of mental health providers for Delaware County with a rate of 1 mental health provider for every 1,072 residents, compared to a state rate of 1 per 438, and a U.S. rate of 1 per 536. The same report also indicated on average residents of Delaware County reported 4.2 poor mental health days per month which is the same as the state average but well above the national average of 2.4.

The 2014 Delaware County Community Themes and Strengths Assessment indicated approximately 27% of respondents

indicated mental health as one of the top five health problems in Delaware County. The same report indicated substance abuse, depression, prescription drug abuse, domestic/partner violence, and anxiety as the top five behavioral health issues in Delaware County. The report also indicated approximately 37% of respondents are currently taking medications prescribed by a physician for behavioral health issues.

The 2012 Oklahoma Prevention Needs Assessment for Delaware County indicated that, of 12th grade students responding to the survey:

- 45.2% had a family history of antisocial behavior
- 52.9% had parental attitudes favorable to antisocial behavior
- 39.1% had depressive symptoms

The 2014 State of the County's Health Report indicated violence-related deaths (suicide and homicide) are also leading causes of death in Oklahoma. Delaware County's homicide rate of 5.7 deaths per 100,000 population is

24% higher than the state rate of 16.6 deaths per 100,000 population.

The Community Healthy Needs Assessment Report by the Institute People, Place and Possibility indicated 20.7% of Delaware County adults aged 18 and older who self-report that they receive insufficient social and emotional support all or most of the time compared to a state rate of 20.1%, and a U.S. rate of 20.68%. This indicator is relevant because social and emotional support is critical to navigating the challenges of daily life as well as for good mental health. Social and emotional support is also linked to educational achievement and economic stability.

The Community Healthy Needs Assessment Report by the Institute People, Place and Possibility further indicated a suicide rate of 20.47 per 100,000 compared to a state rate of 15.44 and a U.S. rate of 11.57. This indicator is relevant because suicide is an indicator of poor mental health days.

# MENTAL HEALTH

## **Objective:**

**Decrease the percentage of citizens reporting 4 or more days of poor mental health per month from 22.6% to 17.6% by December 31, 2020. (State of the State's Health Report)**

## **Strategies:**

- Promote existing mental health programs.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Explore mental health tools with responses.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Develop a comprehensive mental health resource guide to allow residents easy access to information regarding existing mental health services.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Develop a Speakers Bureau of mental health professionals. (Coping Skills, etc.)  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Host a Mental Health Fair in Delaware County.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*

## **Objective:**

**Reduce the suicide rate in Delaware County from 21.4 to 16.4 by December 31, 2020. (State of the State's Health Report)**

## **Strategies:**

- Develop a social marketing campaign.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Hold in-services in Delaware County Schools.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Provide outreach to senior citizen centers, schools, and worksites.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Educate local newspapers on how to properly cover suicides.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Promote the suicide hotline.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Provide QPR Training in Delaware County.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Explore options for a texting line with real time response.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*
- Develop and support a teen coalition within the school to reduce suicide rates.  
*(Healthy People 2020 Mental Health & Mental Health Disorders) (National Prevention Strategy Mental Health & Emotional Well-being)*

# ISSUE THREE: POVERTY

The Forces of Change Assessment indicated a threat to the health and wellness of the community. This threat was identified as poverty resulting in poor health behaviors and outcomes.

The Kids Count Data Center indicated an increase in the child poverty level for Delaware County from 2008 to 2012. The annual estimated rate for child poverty for 2012 was 34.3%.

The 2014 State of the State's Health Report indicated a poverty rate of 20.9%, compared to a state rate of 17.2% and a U.S. rate of 15.9%, earning a grade of "F." The report also states 1 in 5 Delaware County residents live in poverty.

According to U.S. Census data, 20.8% of Delaware County's population is under the poverty level.

The 2014 County Health Ranking and Roadmaps indicated:

- 34% of children live in poverty
- 21% of residents receive inadequate social support
- 41% of residents have some college
- 5.6% are unemployed
- 33% live in single-parent household

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated 71.99% of children in Delaware County are eligible for free/reduced lunches compared to state rate of 60.54% and a national rate of 48.34%. The report further indicated the income per capita in Delaware County to be \$20,561, compared to the state average of \$24,046, and a national average of \$28,050. The same report also determined only 21.64% or 6,296 resident age 25 or older have obtained an Associate's level degree or higher, this percentage is significantly lower than the 30.14% of Oklahoma residents, and the 36.19% of U.S. residents. The report also found 15.76% of the population or 4,585 residents aged 25 or older had no high school diploma or equivalent, this is also higher than the state rate of 15.76% and the U.S. rate of 14.28%. This report further determined that 32.10% of residents between the ages of 18 to 64 are uninsured compared to a state rate of 26% and a U.S. rate of 20.76%.



In the Delaware County Local Public Health System Assessment, responses to questions in Essential Service 7 (Link People to Needed Services/Assure Care) ranged from minimal to moderate activity in the county. This indicated some work has been done in this area but much more is needed. Transportation is a major barrier to care as well as employment in Delaware County. Transportation resources are limited within the county. According to the Community Health Needs Assessment Report by the Institute for People, Place and Possibility only .02% of the population utilizes public transportation to commute to work, compared to a state rate of .47%, and a U.S. rate of 4.98%.

# POVERTY

## **Objective:**

**Decrease the percentage of Delaware County residents living in poverty from 20.9% to 15.9% by December 31, 2020.  
(State of the State's Health Report)**

## **Strategies:**

- Host a formal all day “Bridges Out of Poverty” training in Delaware County with special emphasis on targeting business leaders.  
*(Healthy People 2020-Social Determinants of Health) (National Prevention Strategy-Empowered People)*
- Support and promote workforce preparation training to residents seeking employment.  
*(Healthy People 2020-Social Determinants of Health) (National Prevention Strategy-Empowered People)*
- Promote and support adult literacy and health literacy classes.  
*(Healthy People 2020-Social Determinants of Health) (National Prevention Strategy-Empowered People)*
- Promote and support G.E.D. classes.  
*(Healthy People 2020-Social Determinants of Health) (National Prevention Strategy-Empowered People)*
- Promote the Oklahoma Higher Learning Access Program.  
*(Healthy People 2020-Social Determinants of Health) (National Prevention Strategy-Empowered People)*
- Share successes in order to gain support of city and county leadership.  
*(Healthy People 2020-Social Determinants of Health) (National Prevention Strategy-Empowered People)*
- Support and promote the Bridges of Hope program by increasing applications to the “Getting Ahead” program.  
*(Healthy People 2020-Social Determinants of Health) (National Prevention Strategy-Empowered People)*

## **Objective:**

**Improve access to transportation.**

## **Strategies:**

- Explore opportunities to improve transportation resources.  
*(Healthy People 2020-Social Determinants of Health) (National Prevention Strategy-Empowered People)*
- Increase education and awareness on need of transportation.  
*(Healthy People 2020-Social Determinants of Health) (National Prevention Strategy-Empowered People)*

# ISSUE FOUR: SUBSTANCE ABUSE

The 2014 Delaware County Community Themes and Strengths Assessment indicated that Delaware County residents identified drug abuse among both adults and youth as the one of the most important risky behaviors in their communities.

The Forces of Change Assessment identified substance abuse as a community issue. Threats to addressing this issue included:

- Increased crime including theft and child abuse
- Not enough treatment and prevention facilities
- Consequences are not significant enough
- Increase in drunk driving (car/boats)
- Abuse of prescription drugs in addition to illegal drugs

Opportunities created included:

- Education
- Awareness of right to refuse
- Limit accessibility to drug-making facilities
- Prescription Drug Monitoring Program
- Prescription Drug Drop Boxes

The 2012 Oklahoma Prevention Needs Assessment Survey indicated that, of students in Grade 12 that responded to the survey:

- 29.4% had used marijuana in their lifetime, 13.9% within the last 30 days
- 12.6% had used sedatives in their lifetime
- 17.0% had used prescription drugs in their lifetime

The 2014 Delaware County Community Health Survey indicated that Delaware County residents ranked alcohol abuse as the third most important risky behavior in their communities.

The 2012 Oklahoma Prevention Needs Assessment Survey indicated that, of students in Grade 12 that responded to the survey:

- 72.5% had used alcohol in their lifetime
- 36.2% had used alcohol in the past 30 days
- 22.9% had participated in binge drinking
- 12.3% had driven a vehicle while drinking, 25.3% had ridden with a drinking driver

The 2014 County Health Rankings and Roadmaps indicated Delaware County's rate for

excessive drinking was 11%, compared to a state rate of 13%, and a national rate of 10%. The same report also indicated alcohol impaired driving deaths for Delaware County at 47%, compared to a state rate of 34%, and a national rate of 14%.

According to the 2014 State of the State's Health Report, Delaware County's smoking rate was 22.9%, compared with a state rate of 23.3% and a U.S. rate of 19.6%. This earned Delaware County a grade of "D."

The 2012 Oklahoma Prevention Needs Assessment Survey indicated that, of students in Grade 12 that responded to the survey:

- 53.1% had smoked cigarettes in their lifetime, 26.9% within the last 30 days
- 23.1% had used smokeless tobacco, 6.9% within the last 30 days
- 6.2% were smoking 1/2 pack or more of cigarettes per day

The 2014 Delaware County Community Themes and Strengths Assessment indicated residents identified tobacco use as one of the most important risky behaviors in their communities.

# SUBSTANCE ABUSE

## **Objective:**

**Decrease the rate of 12<sup>th</sup> grade students reporting alcohol consumption from 72.5 to 42.5 by December 31, 2020.**

*(Oklahoma Prevention Needs Assessment)*

**Decrease the rate of 12<sup>th</sup> grade students reporting an intention to use drugs from 45.9 to 40.9 by December 31, 2020.**

*(Oklahoma Prevention Needs Assessment)*

## **Strategies:**

- Promote and expand existing substance abuse programs including Celebrating Families, 1-800-QUIT-NOW, 24/7 Tobacco Free Schools and Parks, and Project Alert.  
*(Oklahoma Health Improvement Plan-Tobacco Use Prevention) (National Prevention Strategy-Substance Abuse & Tobacco)*
- Develop a comprehensive substance abuse resource guide to allow residents easy access to information regarding substance abuse services.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Partner with and support existing substance abuse agencies including Grand Lake Mental Health, Grand Nation, Jay CAN, and ROCMND to utilize all available resources.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Provide visual materials to schools to educate on the dangers of substance abuse to include alcohol, drugs, prescription drugs, and tobacco.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Increase parental awareness and education utilizing the PACT 360 program.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Develop and support a teen coalition within the school to reduce substance abuse.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*

## **Objective:**

**Decrease the rate of 12<sup>th</sup> grade students reporting tobacco use from 53.1 to 48.1 by December 31, 2020.** *(Oklahoma Prevention Needs Assessment)*

**Decrease the adult smoking rate from 25% to 20% by December 31, 2020.** *(County Health Rankings)*

## **Strategies:**

- Increase the number of 24/7 Tobacco Free Schools in Delaware County.  
*(Oklahoma Health Improvement Plan-Tobacco Use Prevention) (National Prevention Strategy-Tobacco)*
- Encourage municipalities and worksites to incorporate both 24/7 Tobacco Free and E-Cig policies.  
*(Oklahoma Health Improvement Plan-Tobacco Use Prevention) (National Prevention Strategy-Tobacco)*

# SUBSTANCE ABUSE

## **Objective:**

**Decrease the rate of 12th grade students reporting prescription drug misuse in their lifetime from 21.0 to 16.0.**

*(Oklahoma Prevention Needs Assessment)*

## **Strategies:**

- Increase the number of prescription drug disposal sites.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Partner with media to promote drug disposal sites.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Partner with law enforcement agencies, physicians, and pharmacies to increase awareness of drop boxes.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Partner with physicians to implement a pain management program.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Encourage and educate physicians on the benefits of utilizing the Prescription Drug Monitoring System.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*

## **Objective:**

**Reduce underage drinking and alcohol use among pregnant women in Delaware County by 5% by December 31, 2020 through continued education and enforcement. (ROCMND)**

## **Strategies:**

- Continue conducting alcohol compliance checks.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Offer Responsible Beverage and Sales and Service (RBSS) training to retailers.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Promote stricter enforcement of the Social Host Law.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*
- Continue media campaign to raise awareness of the dangers of drinking while pregnant.  
*(Healthy People 2020-Substance Abuse) (National Prevention Strategy-Substance Abuse)*

# SUMMARY

As the Delaware County Community Partnership moves into Phase 6 and implementation of the County Health Improvement Plan (CHIP), it is important that we remember this is a very fluid and dynamic process. All phases of the MAPP process may need to be revisited at any time due to unforeseen circumstances and developments. This is to be expected. Though we strive to be deliberative in the strategic planning process, no doubt there are obstacles and opportunities that we have yet to discover. The Delaware County Community Partnership will formally review this plan annually. The committees/teams created to attend to each of the four priority issues will be in constant evaluation mode as they work to implement strategies.

The Delaware County Community Partnership has been the cornerstone of community collaboration since the first meeting in 1995. The mission of the Delaware County Community Partnership is to be a comprehensive collaboration of organizations and individuals dedicated to improving the quality of life for the people of Delaware County by encouraging healthy attitudes and behaviors. This plan is the next step in improving the quality of life of the residents of the county.

The Delaware County Community Partnership has learned over the years that improving health outcomes takes time and effort. However, it has also seen that improved health outcomes do eventually come. This is demonstrated by such things as:

- Seventh lowest incidence of cancer in the state
- 82% of residents reported a usual source of health care, ranking Delaware County among the top 10 counties in the state
- The rate of death due to diabetes improved by 57%
- The rate of death due to nephritis improved by 63%

With the experience and knowledge of these successes, the Delaware County Community Partnership will continue to apply itself to improving the health of its citizens. The Delaware County Community Partnership understands that this journey never ends, there will always be room for improvement, no matter how much we accomplish, and that the battle to improve “public health” is worth all of the time and effort on behalf of the residents of our county.

# **PRIORITY ISSUES WORKGROUP MEMBER ORGANIZATIONS**

## **Healthy Lifestyles**

Delaware County Health Dept.  
Oklahoma State Dept. of Health  
OU SoonerSuccess  
Cherokee Nation  
Christian Medical Clinic  
Integris Grove Hospital  
Abundant Blessing Center

## **Mental Health**

Delaware County Health Department  
Oklahoma State Dept. of Health  
OU SoonerSuccess  
ROCMND Youth Services  
Grand Lake Mental Health  
Integris Grove Hospital

## **Poverty**

Delaware County Health Dept.  
Oklahoma State Dept. of Health  
OU SoonerSuccess  
Integris Grove Hospital  
Bridges of Hope –Delaware County  
Christian Medical Clinic

## **Substance Abuse**

Delaware County Health Department  
Oklahoma State Dept. of Health  
OU SoonerSuccess  
Integris Grove Hospital  
Grand Lake Mental Health  
ROCMND Youth Services

# COMMUNITY RESOURCES

## Healthy Lifestyles

DCCP DIABETES EDUCATION	INTEGRIS DIABETES EDUCATION
CHEROKEE NATION DIABETES PROGRAM	CATCH KIDS CLUB
HEALTHY KIDS - INTEGRIS	GRAND LAKE FAMILY YMCA
G-SPORTS CLUB	FITNESS FOR LIFE
GROVE FARMERS MARKET	DIABETES SUPPORT GROUP
INTEGRIS HEALTH EDUCATION PRESENTATIONS	MONKEY ISLAND WALKING PATH
INTEGRIS GROVE LACTATION CLASS	INTEGRIS COUCH TO 5K PROGRAM
INTEGRIS WALK WELL TO 5K PROGRAM	WEIGHT WATCHERS
SOONER SUCCESS	DELAWARE COUNTY HEALTH DEPARTMENT
CHRISTIAN HELP CENTER	CHEROKEE NATION HEALTH SERVICES
CHEROKEE NATION HEALTHY NATION	
ABUNDANT BLESSING CENTER	SHAPE
LIGHTHOUSE PREGNANCY CENTER	CHEROKEE NATION PROGRAMS
DELAWARE COUNTY HEALTH DEPARTMENT	PARENTING PROGRAMS

## Mental Health

GRAND LAKE MENTAL HEALTH CENTER	JANIE SWEETEN
INTEGRIS GENERATIONS	TEA & SYMPATHY
211	OKLAHOMA COUNSELING CENTER
SYSTEMS OF CARE	OASIS
ROCMND YOUTH SERVICES	CREOKS
SCHOOL COUNSELORS	INTEGRIS CORPORATE EMPLOYEE ASSISTANCE PROGRAM
PARKSIDE (TULSA)	CHEROKEE NATION HEALTH SERVICES

# COMMUNITY RESOURCES

## Poverty

BRIDGES OF HOPE DELAWARE COUNTY	FOOD BANK
GETTING AHEAD PROGRAM	CHRISTIAN HELP CENTER
ABUNDANT BLESSING CENTER	LAUNDRY LOVE
LITERACY PROGRAM	SOONER SUCCESS
FAITH BASED FOOD PANTRY'S & CLOTHING CLOSETS	CHRISTIAN MEDICAL CLINIC
DHS	FQHC-AFTON
CHEROKEE NATION FOOD DISTRIBUTION	RX OKLAHOMA
DELAWARE COUNTY HEALTH DEPARTMENT	COMMUNITY ACTION

## Substance Abuse

CHEROKEE NATION HEALTH SERVICES	ROCMND
INTEGRIS TOBACCO TREATMENT COORDINATOR/PROGRAMS	CHEROKEE NATION PROGRAMS
1-800-QUITNOW	211
JAY CAN	GROVE CAN
DRUG COURT	SMALL 12 STEP PROGRAMS - MOSTLY FAITH-BASED
HOUSE OF HOPE	SAFE PASSAGES
CAAIR	GRAND LAKE MENTAL HEALTH CENTER