

**Bernice**

CITY LIMIT  
POP. 562

**Grove**

CITY LIMIT  
POP. 6623

**Leach**

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POP. 237

**Cleora**

CITY LIMIT  
POP. 1463

**Jay**

CITY LIMIT  
POP. 2448

**Oaks**

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POP. 288

**Colcord**

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**Kansas**

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POP. 802

**Twin Oaks**

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**Eucha**

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POP. 457

**Kenwood**

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**West Siloam Springs**

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**Zena**

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**Delaware County**

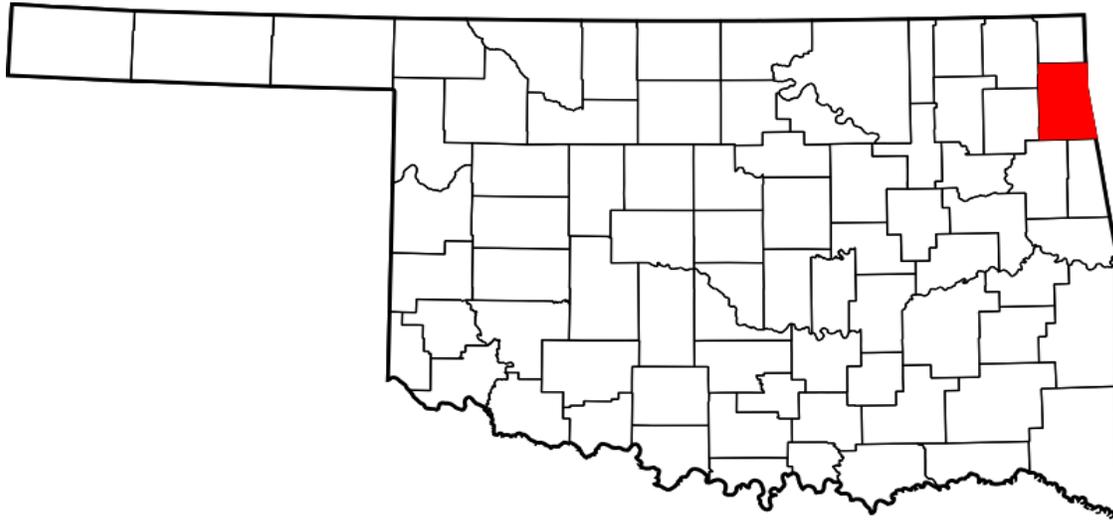
**Community Health Assessment**

**August 2014**

**Delaware County, Oklahoma**

# Table of Contents

Introduction.....	3
Demographics .....	4
The MAPP Process .....	5
Community Themes and Strengths Assessment .....	7
Local Public Health System Assessment .....	7
Community Health Status Assessment .....	8
Forces of Change Assessment .....	9
Priority Elements .....	9
Next Steps .....	13
Resources .....	13
Delaware County Community Health Survey.....	Attachment A
2012 Oklahoma Prevention Needs Assessment Survey - Results for Delaware County .....	Attachment B
Local Public Health System Assessment .....	Attachment C
2014Oklahoma’s State of the State’s Health Report .....	Attachment D
2011 OSDH Annual Summary of Infectious Diseases .....	Attachment E
2014 State of the County’s Health Report - Delaware County..	Attachment F
Oklahoma Kids Count Data Center .....	Attachment G
2014 County Health Rankings & Roadmaps. Oklahoma .....	Attachment H
U.S. Census Data .....	Attachment I
Forces of Change Assessment .....	Attachment J
Community Health Needs Assessment by the Institute for People, Place, and Possibility.....	Attachment K



## ***Introduction***

During the summer of 2013, the Delaware County Community Partnership engaged the community to assess the health status of county residents. Using the Mobilizing for Action through Planning and Partnerships (MAPP) model, organizers gathered information for four (4) assessment categories; Community Health Status, Community Themes and Strengths, Local Public Health System, and Forces of Change. Using these broad assessment categories provided for a comprehensive view of the current health outcomes, as well as the factors, both real and perceived, that influence this community's health.

After reviewing assessment data in the summer months of 2014, 9 elements were identified for closer review and discussion. It is among these elements that priority areas for improvement are to be selected. They include:

- Alcohol use
- Cardiovascular Health
- Diabetes
- Mental Health
- Obesity
- Poverty
- Substance Abuse
- Teen Pregnancy
- Tobacco

This report will briefly discuss these elements and the factors that resulted in their consideration for targeted health improvement.

# 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

## The MAPP Process

The following description of MAPP is taken from the NACCHO website, and can be found at: <http://www.naccho.org/topics/infrastructure/mapp/framework/mappbasics.cfm>

**Mobilizing for Action through Planning and Partnerships (MAPP)** is a strategic approach to community health improvement. This tool helps communities improve health and quality of life through community-wide strategic planning. Using MAPP, communities seek to achieve optimal health by identifying and using their resources wisely, taking into account their unique circumstances and needs, and forming effective partnerships for strategic action.

The MAPP tool was developed by NACCHO in cooperation with the Public Health Practice Program Office, Centers 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. The vision for implementing MAPP is:

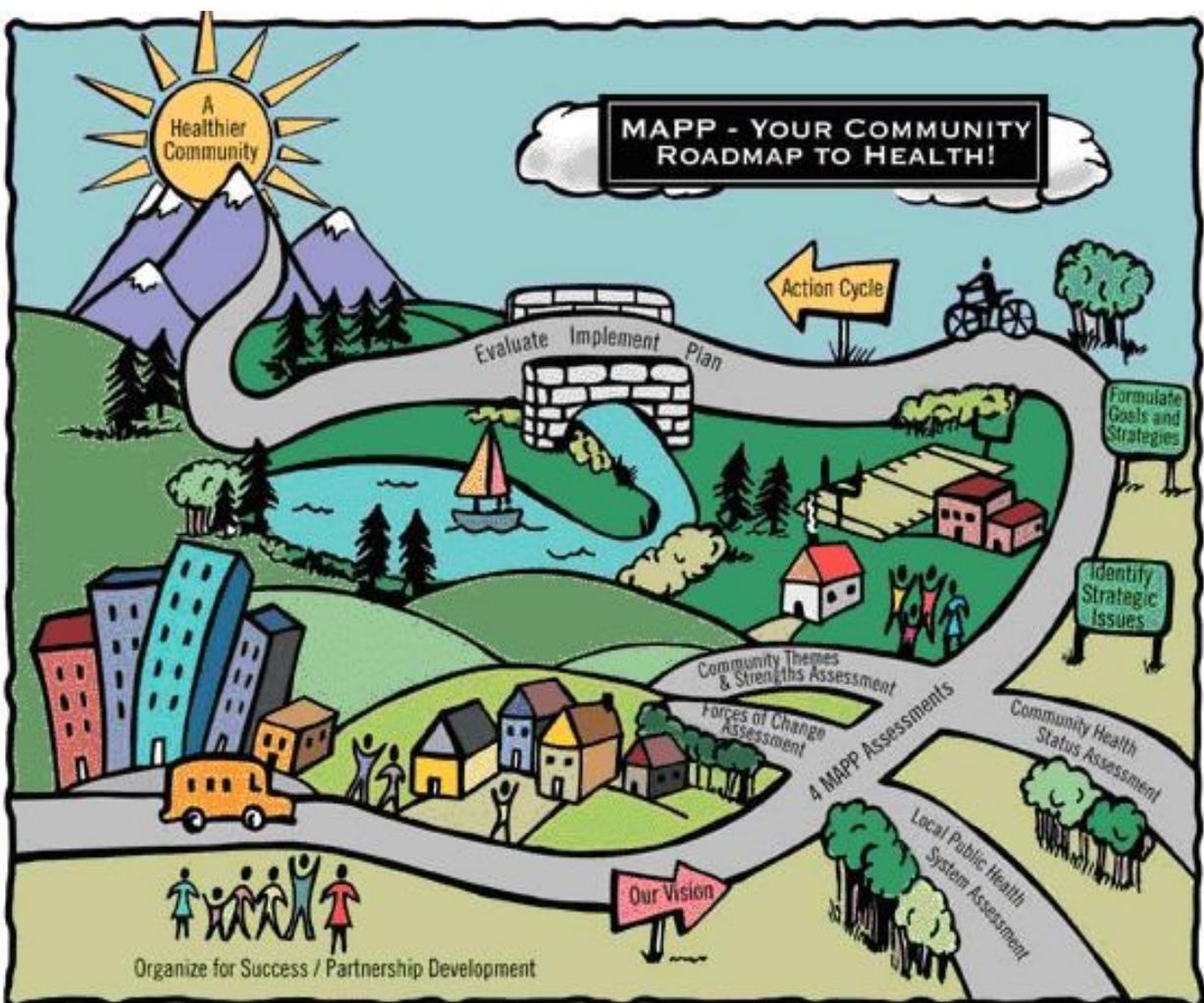
*“Communities achieving improved health and quality of life by mobilizing partnerships and taking strategic action.”*



The benefits of using the MAPP process, as identified by NACCHO, include:

- **Create a healthy community and a better quality of life.** The ultimate goal of MAPP is optimal community health - a community where residents are healthy, safe, and have a high quality of life. Here, a “healthy community” goes beyond physical health alone. According to the World Health Organization, “Health is a dynamic state of complete physical, mental, spiritual and social well-being and not merely the absence of disease or infirmity” (101st Session of the WHO Executive Board, Geneva, January 1998, Resolution EB101.R2). The Institute of Medicine echoes this definition and notes that “health is . . . a positive concept emphasizing social and personal resources as well as physical capabilities” (*Improving Health in the Community*, 1997, p. 41).
- **Increase the visibility of public health within the community.** By implementing a participatory and highly publicized process, increased awareness and knowledge of public health issues and greater appreciation for the local public health system as a whole may be achieved.

- **Anticipate and manage change.** Community strategic planning better prepares local public health systems to anticipate, manage, and respond to changes in the environment.
- **Create a stronger public health infrastructure.** The diverse network of partners within the local public health system is strengthened through the implementation of MAPP. This leads to better coordination of services and resources, a higher appreciation and awareness among partners, and less duplication of services.
- **Engage the community and create community ownership for public health issues.** Through participation in the MAPP process, community residents may gain a better awareness of the area in which they live and their own potential for improving their quality of life. Community-driven processes also lead to collective thinking and a sense of community ownership in initiatives, and, ultimately, may produce more innovative, effective, and sustainable solutions to complex problems. Community participation in the MAPP process may augment community involvement in other initiatives and/or have long-lasting effects on creating a stronger community spirit.



## Community Themes and Strengths Assessment



The Community Themes and Strengths Assessment provides insight into the issues that residents perceive as important. This assessment delves into perceived quality of life issues in the community and looks into the assets and resources recognized by community members. Two assessment tools were used to make up the Delaware County Community Themes and Strengths Assessment: the 2014 Delaware County Community Health Survey (Attachment A), and the 2012 Oklahoma Prevention Needs Assessment Survey (Attachment B) which was conducted by the Oklahoma Department of Mental Health and Substance Abuse Service.

## Local Public Health System Assessment



The Local Public Health System Assessment (Attachment C) focuses on the public health system within the county and includes any entity that contributes to the public's health. The assessment breaks down the system into its individual components as they contribute to the 10 essential services of public health. Those components are then evaluated for their effectiveness within the public health system. The 10 essential services of public health include:

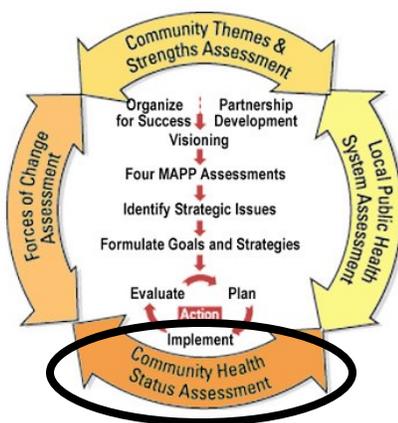
Monitor Health Status	Enforce Laws and Regulations
Diagnose and Investigate	Link People to Needed Services / Assure Care
Inform, Educate, and Empower	Assure a Competent Workforce
Mobilize Community Partnerships	Evaluate Health Services
Develop Policies and Plans	Research

The Local Public Health System Assessment is a prescribed assessment created by the National Public Health Performance Standards Program, a collaborative effort of seven national partners including:

- Centers for Disease Control and Prevention, Office for State Local, Tribal and Territorial Support (CDC / OSTLTS)
- American Public Health Association (APHA)
- Association of State and Territorial Health Officials (ASTHO)
- National Association of County and City Health Officials (NACCHO)
- National Association of Local Boards of Health (NALBOH)
- National Network of Public Health Institutes (NNPHI)
- Public Health Foundation (PHF)

The report from this assessment is found in Attachment C.

### **Community Health Status Assessment**



The Community Health Status Assessment takes an objective look at the community’s health status and quality of life. The data within this assessment focuses on health outcomes and risk factors. This assessment provides a fundamentally objective overview of the community’s health.

Data for this assessment was taken from Oklahoma’s 2014 State of the State’s Health Report (Attachment D), Oklahoma’s 2011 Annual Summary of Infectious Diseases (Attachment E), the 2014 State of the County’s Health Report (Attachment F), Oklahoma Kids Count Data Center 2013 (Attachment G), 2014 County Rankings and Roadmaps (Attachment H), U.S. Census Data (Attachment I), and the Community Health Needs Assessment Report by the Institute for People, Place and Possibility (Attachment K).

## Forces of Change Assessment



The Forces of Change Assessment is designed to identify external or internal forces that could impact the community and the public health system. These forces can include legislative or technology issues, but may also include economic impacts from changes in the business community. Of specific consideration for Delaware County include access to mental health providers, poverty, and substance abuse. The information source for this assessment included a focus group of community leaders. The findings of this focus group are included in Attachment J.

### **Priority Elements of the Assessment**

While the comprehensive assessment identified a multitude of elements worthy of improvement, a focused approach to community health improvement is necessary to ensure an effective approach to the community's health. As such, nine items were selected from the assessment for further consideration. Each item emerged as a significant issue based on one or more of the assessments. Following is a brief summary of each element and the data that supported its consideration.

### **Alcohol Use**

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

According to the 2014 County Health Rankings and Roadmaps, 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%.

## **Cardiovascular Health**

According to the 2014 State of the State's Health Report, heart disease is the leading cause of death in Delaware County with a rate of 263.6 compared to a state rate of 235.2 and a U.S. rate of 179.1. This rate was given a grade of "F" for the county. The 2014 State of the County's Health Report for Delaware County showed cardiovascular disease as the leading cause of death for age 65+, and for all age groups combined. It was the second leading cause of death for age groups 35-44, 45-54, and 55-64.

The 2014 Delaware County Community Themes and Strengths Assessment indicated that Delaware County residents identified cardiovascular health as being among the most important health problems.

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated a heart disease mortality rate of 213.79 per 100,000 compared to a state rate of 176.07 and a U.S. rate of 134.65.

## **Diabetes**

In the 2014 Delaware County Community Themes and Strengths Assessment, the Delaware County community indicated diabetes as the third most important health problem in the county.

The 2014 State of the State's Health Report identified the prevalence rate for diabetes at 14.2%, compared to a state rate of 11.5% and a U.S. rate of 9.7%, earning a grade of "F" for the county.

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated a diabetes prevalence rate of 13%, compared to a state rate of 10.5% and a U.S. rate of 8.95%. This report further indicated that Delaware County had a rate of 66.55% for diabetic Medicare patients who had a hemoglobin A1c test, compared to a state rate of 77.36% and a U.S. rate of 83.81%.

## **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 2014 Delaware County Forces of Change Assessment also identified lack of mental health resources as a threat to the wellbeing 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.

## **Obesity**

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%.

## **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 live in poverty.

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

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 to compared to state rate of 60.54% and a national rate of 48.34%.

## **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 also identified an increase in drug abuse including both prescription and synthetic drugs as a threat to the health and wellness of the county.

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

## **Teen Pregnancy**

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.

## **Tobacco**

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 Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated a smoking rate of 26.8%, compared with a state rate of 24.5% and a U.S. rate of 18.08%.

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

### **Next Steps**

The four assessments combine to form a comprehensive review of Delaware County's health status. This information will be shared with community partners and leaders in an effort to narrow the focus to priority areas targeted for improvement. Once the priorities are established, work will begin to create and implement a community health improvement plan.

### **Resources**

The Delaware County Community Partnership has access to resources to help address the public health issues identified in this community health assessment. These resources include, but are not limited to:

#### **For all public health issues**

- Delaware County Health Department  
[www.ok.gov/health/County\\_Health\\_Departments/Delaware\\_County\\_Health\\_Department/](http://www.ok.gov/health/County_Health_Departments/Delaware_County_Health_Department/)
- Cherokee Nation  
[www.cherokee.org](http://www.cherokee.org)
- Center for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)

#### **Alcohol use**

- Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS), Strategic Prevention Framework State Incentive Grant  
<http://www.ok.gov/odmhsas>
- ROCMND RPC  
<http://2kool2start.com/>

#### **Cardiovascular health**

- American Heart Association  
[www.heart.org/HEARTORG/](http://www.heart.org/HEARTORG/)
- Integris Grove Hospital  
[www.integrisk.com/grove](http://www.integrisk.com/grove)

## **Diabetes**

- American Diabetes Association  
[www.diabetes.org/](http://www.diabetes.org/)

## **Poverty**

- Oklahoma Health Care Authority (OHCA) – SoonerCare  
<http://www.okhca.org/individuals.aspx?id=94&menu=42>
- Northeast Oklahoma Community Action Agency  
<http://neocaa.org/>

## **Mental Health**

- ROCMND RPC  
<http://2kool2start.com/>
- Grand Lake Mental Health Center, Inc.  
<http://www.glmhc.net/index.php>

## **Obesity**

- Cherokee Nation Healthy Nation  
<http://www.Cherokee.org/Services/Health/HealthyNation.aspx>

## **Substance abuse**

- Oklahoma Office of Juvenile Affairs  
[www.ok.gov/oja/](http://www.ok.gov/oja/)
- ROCMND RPC  
<http://2kool2start.com/>

## **Teen Pregnancy**

- Integris Grove Hospital  
[www.integrisk.com/grove](http://www.integrisk.com/grove)
- Delaware County Health Department  
[www.ok.gov/health/County\\_Health\\_Departments/Delaware\\_County\\_Health\\_Department/](http://www.ok.gov/health/County_Health_Departments/Delaware_County_Health_Department/)
- Cherokee Nation  
[www.cherokee.org](http://www.cherokee.org)
- Center for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)

## **Tobacco**

- Tobacco Settlement Endowment Trust  
<http://www.ok.gov/tset/>