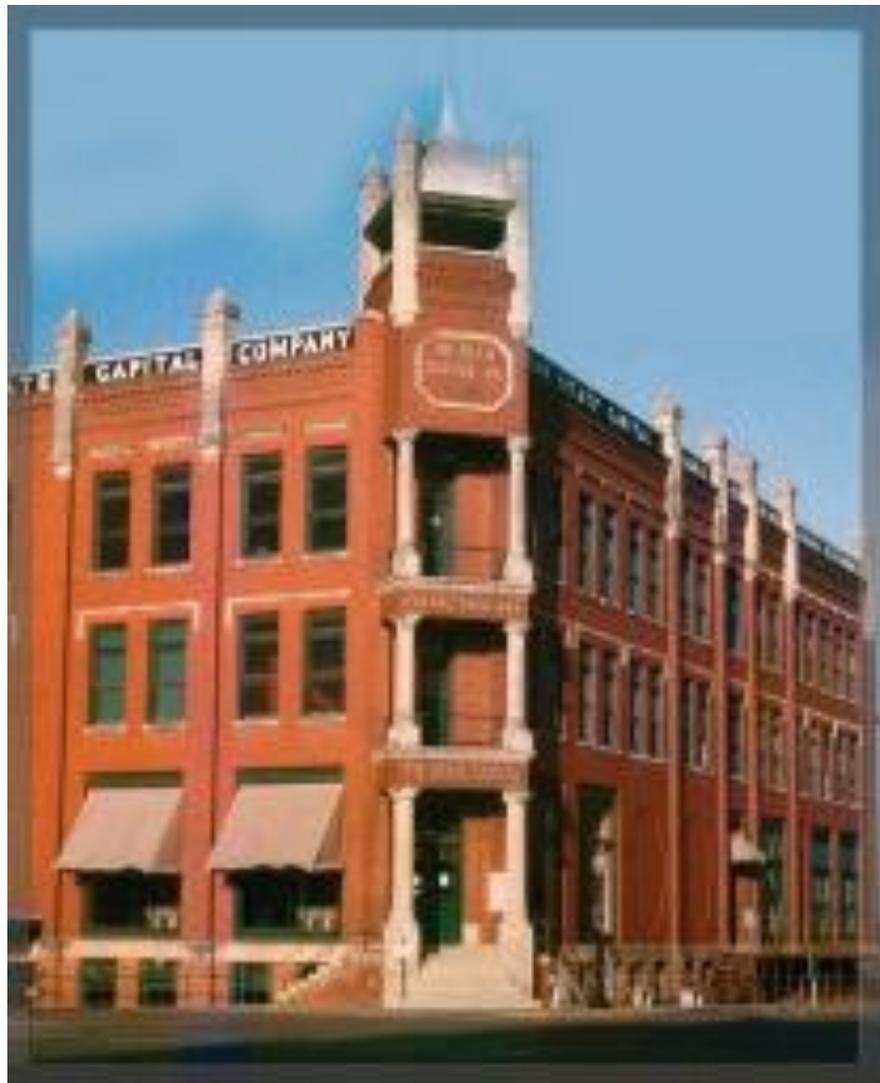


# Logan County Community Health Assessment



Winter 2013  
Logan County, Oklahoma

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## Introduction

During the winter of 2010, the Logan County 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 provides 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 fall of 2012, 10 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
- Cancer
- Cardiovascular health
- Child health
- Diabetes
- Obesity
- Poverty/access to care
- Sexual health
- Substance abuse
- Tobacco

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

# Demographics

<b>2010 Demographics</b>	<b>Oklahoma</b>	<b>%</b>	<b>Logan County</b>	<b>%</b>
<b>Total Population</b>	3,751,351		41,848	
<b>Age</b>				
19 years and under	1,041,610	27.8	12,272	29.4
20 - 64 years	2,203,027	58.8	24,283	58.0
65 + years	506,714	13.4	5293	12.6
<b>Gender</b>				
Male	1,856,977	49.5	20,720	49.5
Female	1,894,374	50.5	21,128	50.5
<b>Race/Ethnicity</b>				
White	2,706,845	72	33,886	81.0
Hispanic or Latino	332,007	9	2,170	5.2
African American	277,644	7	3,804	9.1
Asian	65,076	2	195	0.5
American Indian & Alaska Native	321,687	9	1,380	3.3
Native Hawaiian & Pacific Islander	4,369	<1	20	<1
Other	154,409	4	839	2.0
Identified by two or more	221,321	6	1,724	4.1
<b>Selected Economic Characteristics</b>				
Mean household income (dollars)	65,977	X	59,000	X
Median household income (dollars)	49,937	X	43,530	X
Mean travel time to work (minutes)	27.0	X	20.8	X
Percent unemployed	6.6	X	7.5	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:

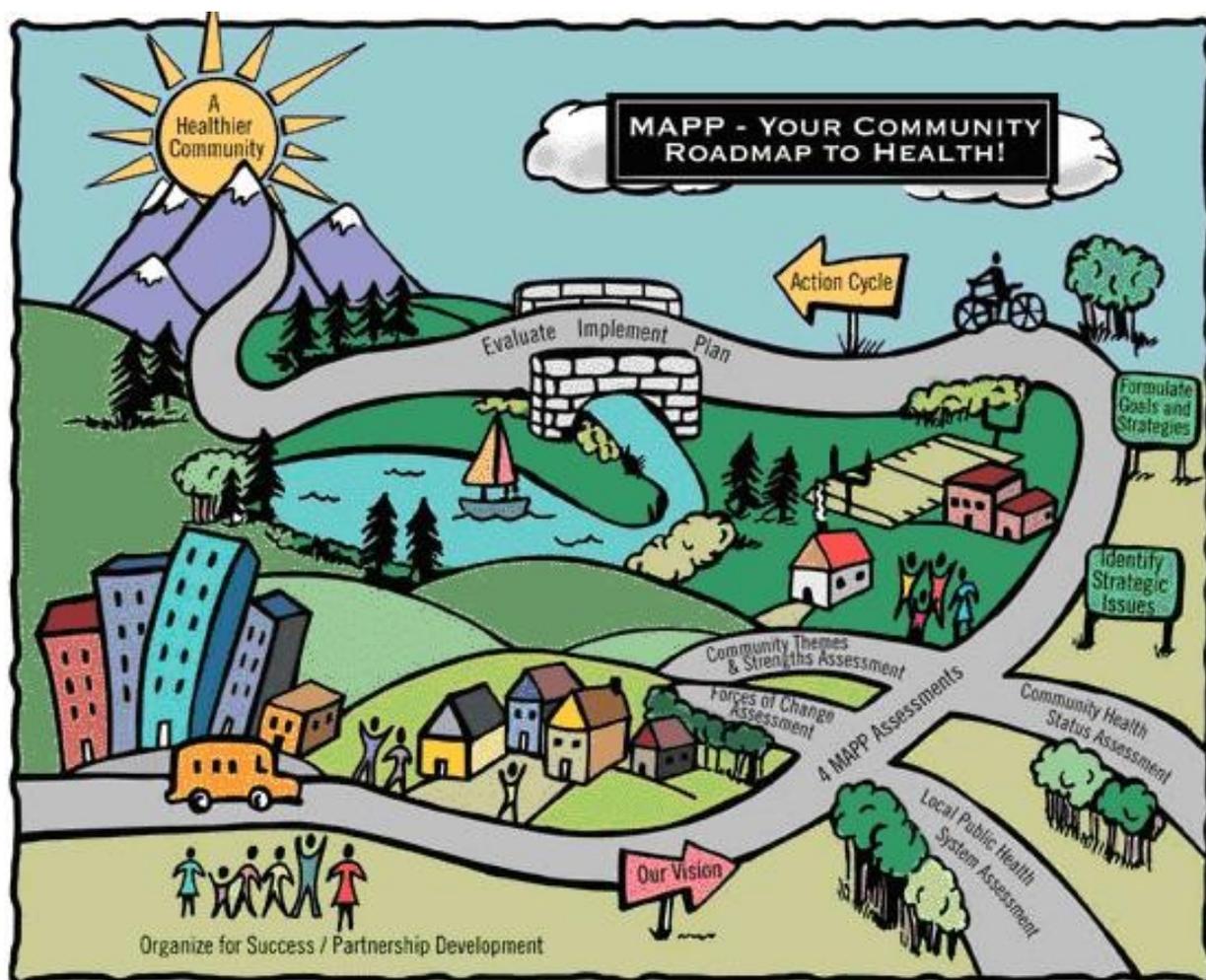
*“Communities achieving improved health and quality of life by mobilizing partnerships and taking strategic action.”*



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 Logan County Community Themes and Strengths Assessment: the 2012 Logan County Partnership Community Themes and Strengths Assessment Survey (Attachment A), and the 2010 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 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.

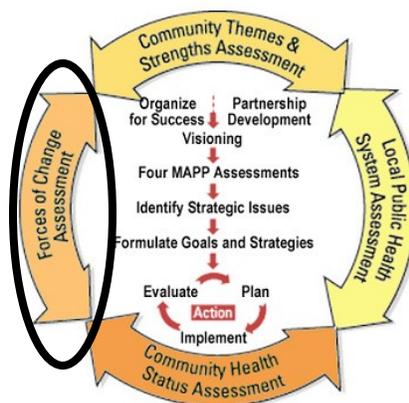
## Community Health Status Assessment



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 2011 State of the State's Health Report (Attachment D), Oklahoma's 2010 Annual Summary of Infectious Diseases (Attachment E), the 2010 State of the County's Health Report (Attachment F), Oklahoma Kids Count Data Center 2012 (Attachment G), 2012 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 J).

## 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 Logan County include public school funding, venues for youth after school activities, 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 K.

### 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, ten 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 2012 Logan County Community Themes and Strengths Assessment indicated that Logan County residents ranked alcohol abuse as the most important risk behavior in their communities.

The 2010 Oklahoma Prevention Needs Assessment Survey indicated that, of students in Grade 12 that responded to the survey:

- 77.2% had used alcohol in their lifetime
- 41% had used alcohol in the past 30 days
- 24.5% had participated in binge drinking
- 17.1% had driven a vehicle while drinking, 22.5 % had ridden with a drinking driver

However, according to the Community Health Needs Assessment Report by the Institute for People, Place and Possibility, Logan County's rate of heavy alcohol consumption was 10.5%, compared to a state rate of 13.71% and a U.S. rate of 16.05%, putting Logan County in the "green" on this report's dashboard indicator scale.

## **Cancer**

The 2011 State of the State's Health Report listed cancer as the second leading cause of death in Logan County with a rate of 182.9 per 100,000, compared to a state rate of 198.3 and a U.S. rate of 178.4, earning a grade of "C." Logan County was given a grade of "B" for cancer incidence at 435.5 per 100,000, compared to a state rate of 498.9 and a U.S. rate of 481.7.

The 2010 State of the County's Health Report for Logan County showed cancer as the leading cause of death for age groups 35-44 and 55-64. It was the second leading cause of death for age groups 25-34, 45-54, 65+, and for all age groups combined. It was the third leading cause of death for the age group 15-24.

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated a cancer mortality rate of 182.58 per 100,000, compared to a state rate of 194.79 and a U.S. rate of 178.64, putting Logan County in the "red" on this report's dashboard indicator scale.

## **Cardiovascular Health**

According to the 2011 State of the State's Health Report, heart disease is the leading cause of death in Logan County with a rate of 226.2 per 100,000 compared to a state rate of 242.1 and a U.S. rate of 190.9. This rate was given a grade of "D" for the county. The 2010 State of the County's Health Report for Logan County showed cardiovascular disease as the leading cause of death for age groups 45-54, 65+, and for all age groups combined. It was the second leading cause of death for age groups 35-44 and 55-64. It was the third leading cause of death for age group 25-34.

The 2012 Logan County Community Themes and Strengths Assessment indicated that Logan County residents do not recognize cardiovascular health as being among its most important health problems.

## **Child Health**

According to U.S. Census data, 29.4% of the population of Logan County is at or under the age of 19. The 2012 Logan County Community Themes and Strengths Assessment indicated that of respondents; 43% reported insufficient community programs for elementary age children; 48% reported insufficient after school opportunities for middle school and high school aged students; 61% reported insufficient recreation opportunities for children; and 65% reported insufficient non-sports related activities for children.

According to the 2011 State of the State's Health Report, infant mortality in Logan County was 7.9 per 1,000, compared to a state rate of 8.6 and a U.S. rate of 6.8, earning Logan County a grade of "D." The same report indicated that 7.1% of babies were born with a low birth weight, compared to a state rate of 8.2% and a U.S. rate of 8.2%, earning Logan County a grade of "B."

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated an infant mortality rate of 8.34 per 1,000, compared to a state rate of 7.92 and a U.S. rate of 6.71, putting Logan County in the "red" on this report's dashboard indicator scale.

According to the Kids Count Data Center, Logan County's high school drop out rate decreased from 11.8% in 2006 to 6.4% in 2010, an improvement of 45.8%.

Also according to the Kids Count Data Center, Logan County's rate of juvenile arrests for violent crimes decreased from 34.1 per 100,000 in 2007 to 6.1 per 100,000 in 2010, representing an 82% improvement.

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated a rate for 'free and reduced price school lunch eligibility' of 64.77%, compared to a state rate of 60.54% and a U.S. rate of 48.34%, putting Logan County in the "red" on this report's dashboard indicator scale.

The Forces of Change Focus Group identified "no youth venue for afterschool activity" as a community issue. Threats to addressing the issue included; lack of ownership of the problem, liability associated with afterschool activities, the involvement of at-risk youth, transportation, the family culture at home, lack of community involvement, and the expense of an activity program. Opportunities created by this issue included; grants as potential funding sources for programs and facilities, engage community churches, determine the number of youth without afterschool care to quantify the need, implement prevention versus reaction, offer parent education, upgrade parks, allow for community service, and implement organized sports programs for older age students.

However, the Community Health Needs Assessment Report by the Institute for People, Place and Possibility reported a rate of 9.56 recreation and fitness facilities per 100,000 population, compared to a state rate of 8.23 and a U.S. rate of 9.99, putting Logan County in the "green" on this report's dashboard indicator scale.

## **Diabetes**

In the 2012 Logan County Community Themes and Strengths Assessment, the Logan County community indicated diabetes as the second most important health problem in the county.

The 2011 State of the State's Health Report listed diabetes as the sixth leading cause of death in Logan County with a rate of 23.2 per 100,000, compared to a state rate of 29.4 and a U.S. rate of 22.5, earning a grade of "C" for the county. The same report identified the prevalence rate for diabetes at 12.9%, compared to a state rate of 11.0% and a U.S. rate of 8.3%, 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 10.2%, compared to a state rate of 9.96% and a U.S. rate of 8.77%. This put Logan County in the "red" on this report's dashboard indicator scale. This report further indicated that Logan County had a rate of 82.22% for diabetic Medicare patients who had a hemoglobin A1c test, compared to a state rate of 74.35% and a U.S. rate of 80.31%, putting Logan County in the "green" on this report's dashboard indicator scale.

## **Obesity**

The 2012 Logan County Community Themes and Strengths Assessment indicated that Logan County residents identified obesity as the most important health problem in their communities. They identified being overweight as the second most important risk behavior (tied with drug abuse).

report also indicated rates for the following contributing risk factors and behaviors: fruit/vegetable consumption - 11.9%, no physical activity - 30.2%. Both of these rates were also graded as “F.”

The 2010 State of the County’s Health Report indicated that 87.4% of Logan County adults did not eat the recommended five servings of fruits and vegetables a day. It further estimated that 30.4% of residents had no leisure activity in the past month and 68.6% did not reach the recommended physical activity level.

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated an obesity rate of 32.5%, compared to a state rate of 31.56% and a U.S. rate of 27.35%. It also reported an overweight rate of 37.11%, compared to a state rate of 35.84% and a U.S. rate of 36.32%. Both of these outcomes put Logan County in the “red” on this reports dashboard indicator scale. The same report also indicated rates for the following contributing risk factors and behaviors: inadequate fruit/vegetable consumption - 88%, physical inactivity (adult) - 30.30%, grocery store access - 7.17 establishments per 100,000 population, WIC-authorized food stores - 9.40 stores per 100,000 population. All of these were in the “red” on the dashboard indicator scale.

### **Poverty / Access to Care**

The 2012 Logan County Community Themes and Strengths Assessment indicated that 42% of respondents sometimes had a problem covering their share of medical costs. 57% indicated insufficient jobs available in the community, 58% indicated insufficient opportunities for advancement for the jobs that were available.

The Kids Count Data Center indicated no change in the child poverty level for Logan County from 2006 to 2010. The annual estimated rate for child poverty for 2010 was 19.1%.

The 2011 State of the State’s Health Report indicated that 21.1% of Logan County had no insurance, compared to a state rate of 19.8% and a U.S. rate of 14.3%, earning a grade of “F” for the county. The same report indicated a poverty rate of 13.9%, compared to a state rate of 15.7% and a U.S. rate of 13.2%, earning a grade of “C.”

According to U.S. Census data, 15% of Logan County’s population is under the poverty level.

### **Sexual Health**

The 2012 Logan County Community Themes and Strengths Assessment indicated that Logan County residents identified teenage pregnancy as the third most important health problem in their communities. However, the same report indicated that residents did not consider ‘not using birth control’ and ‘unsafe sex’ among the most important risk behaviors in the community. The 2011 State of the State’s Health Report indicated teen fertility at a rate of 13.6 per 1,000, compared to a state rate of 30.4 and a U.S. rate of 22.1, earning a grade of “B.” It also reported that “Logan County had the fifth lowest rate of births to teens aged 15-17 years.”

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated a teen birth rate of 31.20 per 1,000, compared to a state rate of 58.30 and a U.S. rate of 41.20, putting Logan County in the “green” on the dashboard indicator scale.

The 2010 Annual Summary of Infectious Disease indicated that Logan County's Chlamydia rate was 422.96 per 100,000, compared to a state rate of 381.20. The same report identified a Gonorrhea rate of 136.21 per 100,000, compared to a state rate of 116.46. Syphilis was indicated at a rate of 4.78 per 100,000, almost double the state rate of 2.45.

The Community Health Needs Assessment Report by the Institute for People, Place and Possibility indicated a Chlamydia incidence rate of 422.96 per 100,000, compared to a state rate of 412.73 and a U.S. rate of 406.89, putting Logan County in the "red" on the dashboard indicator scale.

The Kids Count Data Center reported a 21.8% drop in the teen birth rate (ages 15-19) from 2006 to 2010.

## **Substance Abuse**

The 2012 Logan County Community Themes and Strengths Assessment indicated that Logan County residents identified drug abuse as the second most important risk behavior in their communities (tied with being overweight).

The Forces of Change Focus Group identified substance abuse as a community issue. Threats to addressing the issue included; state of the family culture, not enough treatment and prevention facilities, limited communication between existing resources, law enforcement not having a drug dog, limited law enforcement presence outside of Guthrie, abuse of prescription medication in addition to illegal drugs, and lack of a social host ordinance. Opportunities created by this issue included; implementing better anti-drug abuse education, interpreters for better communication, capturing better data for evidence-based practices, increased use of existing drug court, holding Reality Parties, promotion of pending county-wide social host law, and implementing appropriate drug testing programs.

The 2010 Oklahoma Prevention Needs Assessment Survey indicated that, of students in Grade 12 that responded to the survey:

- 36% had used marijuana in their lifetime, 18.2% within the last 30 days
- 13.4% had used sedatives in their lifetime
- 16.7% had used prescription drugs in their lifetime

## **Tobacco**

According to the 2011 State of the State's Health Report, Logan County's smoking rate was 25.4%, compared with a state rate of 25.5% and a U.S. rate of 17.9%. In addition, there was an increase in adult smokers by 43%. This earned Logan County a grade of "F."

The 2010 Oklahoma Prevention Needs Assessment Survey indicated that, of students in Grade 12 that responded to the survey:

- 45.5% had smoked cigarettes in their lifetime, 26.1% within the last 30 days
- 28.4% had used smokeless tobacco, 13.5% within the last 30 days
- 6.8% 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 22.10%, compared with a state rate of 24.76% and a U.S. rate of 18.21%. This put Logan County in the “green” on the dashboard indicator scale for this report.

The 2012 Logan County Community Themes and Strengths Assessment indicated that Logan County residents identified tobacco use as the sixth most important risk behavior in their communities, giving it only half as much emphasis as the top three issues of alcohol abuse, being overweight, and drug abuse.

## **Next Steps**

The four assessments combine to form a comprehensive review of Logan 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 Logan County 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**

- Logan County Health Department
  - ◇ [www.ok.gov/health/County\\_Health\\_Departments/Logan\\_County\\_Health\\_Department/](http://www.ok.gov/health/County_Health_Departments/Logan_County_Health_Department/)
- 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/>
- Logan Community Services
  - ◇ <http://logancommunityservices.org/>

### **Cancer**

- Mercy Hospital Logan County
  - ◇ [www.mercy.net/guthrieok](http://www.mercy.net/guthrieok)

## **Cardiovascular health**

- Mercy Hospital Logan County
  - ◇ [www.mercy.net/guthrieok](http://www.mercy.net/guthrieok)
- Guthrie YMCA
  - ◇ [www.ymcaokc.org/Locations/GUTHRIE.aspx](http://www.ymcaokc.org/Locations/GUTHRIE.aspx)
- City of Guthrie Parks and Public Grounds
  - ◇ [www.cityofguthrie.com/index.aspx?nid=76](http://www.cityofguthrie.com/index.aspx?nid=76)
- American Heart Association
  - ◇ [www.heart.org/HEARTORG/](http://www.heart.org/HEARTORG/)

## **Child health**

- CATCH (Coordinated Approach to Child Health) Kids Club
  - ◇ [http://www.ok.gov/health/Community\\_Health/Community\\_Development\\_Service/Health\\_Promotion/CATCH/index.html](http://www.ok.gov/health/Community_Health/Community_Development_Service/Health_Promotion/CATCH/index.html)
- Family & Children's Consultants
  - ◇ <http://www.familyandchildrensconsultants.com/index.html>
- Safe Kids USA
  - ◇ [www.safekids.org](http://www.safekids.org)
- Oklahoma Department of Human Services
  - ◇ <http://www.okdhs.org/>
- Sooner Success
  - ◇ [www.okddc.ok.gov/current\\_project\\_pages/sooner\\_success.html](http://www.okddc.ok.gov/current_project_pages/sooner_success.html)
- Logan Community Services
  - ◇ <http://logancommunityservices.org/>
- ODMHSAS Systems of Care
  - ◇ [http://ok.gov/odmhsas/Mental\\_Health\\_/Children,\\_Youth,\\_and\\_Family\\_Services/Systems\\_of\\_Care/index.html](http://ok.gov/odmhsas/Mental_Health_/Children,_Youth,_and_Family_Services/Systems_of_Care/index.html)
- Oklahoma Partnership for School Readiness (OPSR) - Smart Start Oklahoma
  - ◇ [www.smartstartok.org/](http://www.smartstartok.org/)
- Oklahoma Health Care Authority (OHCA) - SoonerCare
  - ◇ <http://www.okhca.org/individuals.aspx?id=94&menu=42>
- Oklahoma Office of Juvenile Affairs
  - ◇ [www.ok.gov/oja/](http://www.ok.gov/oja/)

## **Diabetes**

- Mercy Hospital Logan County
  - ◇ [www.mercy.net/guthrieok](http://www.mercy.net/guthrieok)
- American Diabetes Association
  - ◇ [www.diabetes.org/](http://www.diabetes.org/)

### **Poverty/access to care**

- Mary Mahoney Memorial Health Center - Langston
  - ◇ [www.chciokc.org/](http://www.chciokc.org/)
- Oklahoma Health Care Authority (OHCA) - SoonerCare
  - ◇ <http://www.okhca.org/individuals.aspx?id=94&menu=42>
- Rural Health Projects, Inc.
  - ◇ <http://www.rhp-nwahec.org/index.html>

### **Obesity**

- Get Fit Logan Coalition
- Tobacco Settlement Endowment Trust Communities of Excellence in Nutrition & Fitness Grant
  - ◇ [http://www.ok.gov/tset/Programs/Communities of Excellence in Nutrition and Fitness/index.html](http://www.ok.gov/tset/Programs/Communities_of_Excellence_in_Nutrition_and_Fitness/index.html)

### **Sexual health**

- Mercy Hospital Logan County
  - ◇ [www.mercy.net/guthrieok](http://www.mercy.net/guthrieok)
- Logan County Health Department offers the following sex education curricula:
  - ◇ [Making Proud Choices](#)
  - ◇ [Making a Difference](#)
  - ◇ [Reducing the Risk](#)
  - ◇ [Puberty](#)
- Logan County Chapter of the American Red Cross - HIV Educator Curriculum
  - ◇ [www.redcross.org/ok/oklahoma-city/about/chapters/logan-county](http://www.redcross.org/ok/oklahoma-city/about/chapters/logan-county)
- Public school mandate for 7th and 9th graders
  - ◇ [70 OS 11-103.3 - AIDS Prevention Education](#)

### **Substance abuse**

- Logan Community Services
  - ◇ <http://logancommunityservices.org/>
- Oklahoma Office of Juvenile Affairs
  - ◇ [www.ok.gov/oja/](http://www.ok.gov/oja/)

### **Tobacco**

- City of Guthrie
  - ◇ <http://www.cityofguthrie.com/>
- American Diabetes Association
  - ◇ [www.diabetes.org/](http://www.diabetes.org/)