Cecil County Local Health Improvement Plan (LHIP) Update

Presentation to the Community Health Advisory Committee
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January 15, 2015

Healthy People. Healthy Community. Healthy Future.
Overview

- LHIP Background
- LHIP Priorities
- Summary of Activities
- Data Summary
- Future Directions
Healthy People. Healthy Community. Healthy Future.
LHIP Priorities

Priority 1: Substance Abuse: Prescription Drugs/Pain Management
Priority 2: Mental/Behavioral Health: Access to Treatment
Priority 3: Substance Abuse Prevention
Priority 4: Child Abuse
Priority 5: Childhood Obesity: Physical Activity

Healthy People. Healthy Community. Healthy Future.
Priority 1 Update: Substance Abuse: Prescription Drugs/ Pain Management

- 2013 Substance Abuse Assessment
- Local Overdose Fatality Review Team (LOFRT)
- Overdose Response Program
- Drug Take Back Events
- MD Prescription Drug Monitoring Program
- Provider Education
Priority 3 Update: Substance Abuse Prevention

- Substance Abuse Assessment
- DAAC Plan
- Anonymous People Screenings
- Engagement of Governance
- Newspaper Series
- Educational Materials
- Substance Abuse Prevention Forums
Drug-Induced Death Rate per 100,000 Population

- **Priority 1 & 3 SHIP Data**

- **Drug-Induced Death Rate per 100,000 Population**

  - **SHIP 2012 (2008-2010)**: 23.0
  - **SHIP 2013 (2009-2011)**: 21.8
  - **SHIP 2014 (2010-2012)**: 26.7
  - **2014 Goal**: 29.2

- **Maryland DHMH Vital Statistics Administration (VSA)**

- **Source**: Maryland DHMH Vital Statistics Administration (VSA)

- **HP 2020 Goal**: 11.3
- **MD 2014 Goal**: 12.4
Drug-Induced Death Rate County Comparison

Cecil: 29.2
Baltimore City
Caroline
Allegany
Harford
Baltimore County
Calvert
Wicomico
Anne Arundel
Washington
Maryland
Carroll
Charles
Frederick
Saint Mary’s
Howard
Prince George’s
Montgomery

MD 2014 Goal: 12.4

SHIP 2014 (2010-2012) data
Priority 1 & 3 SHIP Data

ED Visits for Addictions-Related Conditions per 100,000 Population

- MD 2014 Goal: 1092.3
- Source: Maryland Health Services Cost Review Commission (HSCRC)
Priority 1 & 3 SHIP Data

ED Visits for Addictions-Related Conditions County Comparison

- Baltimore City
- Wicomico
- Dorchester
- Cecil
- Saint Mary's
- Washington
- Worcester
- Maryland
- Somerset
- Anne Arundel
- Harford
- Kent
- Talbot
- Allegany
- Baltimore County
- Caroline
- Charles
- Frederick
- Calvert
- Carroll
- Queen Anne's
- Garrett
- Prince George's
- Howard
- Montgomery

2018.4

MD 2014 Goal: 1092.3

SHIP 2014 (2013) data
Additional Substance Abuse Data

Percentage of Adults Reporting Excessive Drinking in the Last 30 Days

Queen Anne's 18%
Carroll
St. Mary's
Anne Arundel
Worcester
Cecil
Calvert
Garrett
Frederick
Caroline
Baltimore City
Talbot
Harford
Baltimore
Allegany
Maryland
Washington
Kent
Howard
Dorchester
Montgomery
Charles
Wicomico
Somerset
Prince George's

Top U.S. Performers: 10%

County Health Rankings 2014 (2006-2012) data
### Substance Use Among High School Students

<table>
<thead>
<tr>
<th>Alcohol/ Drug Use</th>
<th>Cecil</th>
<th>Maryland</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who had at least one drink of alcohol on one or more of the past 30 days</td>
<td>37.5%</td>
<td>31.2%</td>
</tr>
<tr>
<td>Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days</td>
<td>23.0%</td>
<td>17.0%</td>
</tr>
<tr>
<td>Percentage of students who used marijuana one or more times during their life</td>
<td>41.9%</td>
<td>35.9%</td>
</tr>
<tr>
<td>Percentage of students who used marijuana one or more times during the past 30 days</td>
<td>23.9%</td>
<td>19.8%</td>
</tr>
<tr>
<td>Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life</td>
<td>6.5%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life</td>
<td>9.1%</td>
<td>10.4%</td>
</tr>
</tbody>
</table>

Source: Maryland Youth Risk Behavior Survey (YRBS), 2013
### Additional Substance Abuse Data

<table>
<thead>
<tr>
<th>Substance Use Among High School Students</th>
<th>Cecil</th>
<th>Maryland</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who used heroin one or more times during their life</td>
<td>4.5%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Percentage of students who used methamphetamines one or more times during their life</td>
<td>4.1%</td>
<td>5.0%</td>
</tr>
<tr>
<td>Percentage of students who used ecstasy one or more times during their life</td>
<td>7.4%</td>
<td>8.3%</td>
</tr>
<tr>
<td>Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life</td>
<td>3.9%</td>
<td>5.1%</td>
</tr>
<tr>
<td>Percentage of students who have taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life</td>
<td>15.7%</td>
<td>15.2%</td>
</tr>
<tr>
<td>Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life</td>
<td>3.6%</td>
<td>3.9%</td>
</tr>
<tr>
<td>Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months</td>
<td>25.6%</td>
<td>29.1%</td>
</tr>
</tbody>
</table>

Source: Maryland Youth Risk Behavior Survey (YRBS), 2013
Priority 2 Update: Mental/Behavioral Health: Access to Treatment

- Mental Health Needs Assessment and Annual Plan
- Eastern Shore Mobile Crisis (ESMC)
- Emergency Room & Hospital Intervention Project
- Crisis Intervention Team
- Telepsychiatry Program
- Behavioral Health Integration in Pediatric Primary Care (B-HIPP)
- Resource Directory
Priority 2 SHIP Data

ED Visits Related to Mental Health Disorders per 100,000 Population

- MD 2014 Goal: 2652.6
- Source: Maryland Health Services Cost Review Commission (HSCRC)
Priority 2 SHIP Data

ED Visits Related to Mental Health Disorders County Comparison

- Cecil
- Dorchester
- Washington
- Saint Mary’s
- Garrett
- Worcester
- Baltimore City
- Wicomico
- Somerset
- Caroline
- Allegany
- Anne Arundel
- Talbot
- Frederick
- Maryland
- Carroll
- Kent
- Harford
- Charles
- Baltimore County
- Queen Anne’s
- Calvert
- Howard
- Montgomery
- Prince George’s

MD 2014 Goal: 2652.6

SHIP 2014 (2013) data
Priority 2 SHIP Data

Suicide Rate per 100,000 Population

- **SHIP 2011 (2009):** 9.6
- **SHIP 2012 (2010):** 13.7
- **SHIP 2013 (2011):** 17.1
- **SHIP 2014 (2012):** 14.4

• **HP 2020 Goal:** 10.2
• **MD 2014 Goal:** 9.1

Source: Maryland DHMH Vital Statistics Administration (VSA)
Priority 2 SHIP Data

Hospitalizations Due to Alzheimer's and Other Dementias per 100,000 Population

- **SHIP 2011 (2010):** 289.1
- **SHIP 2012 (2011):** 276.9
- **SHIP 2013 (2012):** 270.5
- **SHIP 2014 (2013):** 254.2

• MD 2014 Goal: 274.6

Source: Maryland Health Services Cost Review Commission (HSCRC)
Additional Mental/Behavioral Health Data

Percentage of Population With a Disability

<table>
<thead>
<tr>
<th>Disability</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Disability</td>
<td>7.80%</td>
</tr>
<tr>
<td>Mental Disability</td>
<td>4.90%</td>
</tr>
<tr>
<td>Physical, Mental, or Emotional</td>
<td>24.90%</td>
</tr>
<tr>
<td>Disabilities</td>
<td></td>
</tr>
</tbody>
</table>

Additional Mental/ Behavioral Health Data

Average Number of Mentally Unhealthy Days per 30 Day Period

- County Health Rankings 2014 (2006-2012) data
- Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS)

Top U.S. Performers: 2.4 days
Additional Mental/ Behavioral Health Data

Percentage of Adults Receiving Sufficient Social-Emotional Support

Source: Maryland Behavioral Risk Factor Surveillance System (BRFSS) 2005-2010 data
Ratio of Mental Health Providers to Population

Cecil County is designated as a mental health professional shortage area (MHPSA).
Priority 4 Update: Child Abuse

- Strengthening Families Program
- Darkness to Light: Stewards of Children Training
- Identification of Crisis Lines
- Anti- Bullying Educational Materials
- Pinwheels for Prevention Campaign (planned for April, 2015)
Child Maltreatment Rate per 1,000 Children Under the Age of 18

- **SHIP 2012 (2011)**: Maryland 9.3, Cecil 18.4
- **SHIP 2013 (2012)**: Maryland 10.2, Cecil 20.1

- **HP 2020 Goal**: 8.5
- **MD 2014 Goal**: 4.8

Source: Maryland Department of Human Resources (DHR)
Priority 4 SHIP Data

Child Maltreatment Rate County Comparison

- Worcester
- Dorchester
- Allegany
- Somerset
- Baltimore City
- Washington
- Cecil
- Caroline
- Talbot
- Kent
- Wicomico
- Calvert
- Harford
- Maryland
- Frederick
- Baltimore County
- Charles
- Prince George's
- Garrett
- Saint Mary's
- Anne Arundel
- Queen Anne's
- Montgomery
- Carroll
- Howard

MD 2014 Goal: 4.8

SHIP 2014 (2013) data
Source: Maryland Department of Human Resources (DHR)
Additional Child Abuse Data

Out of Home Placement Rate per 1,000 Children Under 18

<table>
<thead>
<tr>
<th>Year</th>
<th>Maryland</th>
<th>Cecil</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>6.9</td>
<td>5.8</td>
</tr>
<tr>
<td>2010</td>
<td>6.5</td>
<td>5.2</td>
</tr>
<tr>
<td>2011</td>
<td>5.9</td>
<td>5.0</td>
</tr>
<tr>
<td>2012</td>
<td>5.4</td>
<td>5.4</td>
</tr>
<tr>
<td>2013</td>
<td>6.0</td>
<td>4.8</td>
</tr>
</tbody>
</table>

Priority 5 Update: Childhood Obesity: Physical Activity

- Community Transformation Grant
  - Just a Minute School Program
- Other School Based Physical Fitness Activities
- Expansion of CCPS Breakfast Program
- Updated Nutrition Standards for CCPS
Priority 5 SHIP Data

Percentage of Children and Adolescents Who Are Obese

- **Maryland**
  - SHIP 2011 (2008): 11.9%
  - SHIP 2012 (2010): 11.6%
  - Ship 2012 (2010-high school): 11.7%
  - SHIP 2014 (2013-high school): 11%

- **Cecil**
  - SHIP 2011 (2008): 13.4%
  - SHIP 2012 (2010): 12.7%
  - Ship 2012 (2010-high school): 12.1%
  - SHIP 2014 (2013-high school): 13.2%

- **HP 2020 Goal**: 16.1
- **MD 2014 Goal**: 11.3

Source: Maryland Youth Tobacco Survey (MYTS)
Children and Adolescents Who Are Obese County Comparison

- Somerset
- Dorchester
- Kent
- Garrett
- Caroline
- Baltimore City
- Prince George's
- Allegany
- Cecil
- Charles
- Anne Arundel
- Wicomico
- Baltimore County
- Washington
- Maryland
- Worcester
- Harford
- Calvert
- Frederick
- Carroll
- Saint Mary's
- Talbot
- Queen Anne's
- Montgomery
- Howard

Priority 5 SHIP Data

- MD 2014 Goal: 11.3

SHIP 2014 (2013 high school) data
Source: Maryland Youth Tobacco Survey (MYTS)
Priority 5 SHIP Data

Percentage of Population That is Physically Active

- **Maryland**
  - SHIP 2012 (2011): 48.7%
  - SHIP 2013 (2012): 51.8%
  - SHIP 2014 (2013): 48.0%
  - 2011-2013: 48.3%

- **Cecil**

Source: Maryland DHMH Behavioral Risk Factor Surveillance System (BRFSS)

- HP 2020 Goal: 47.9
- MD 2014 Goal: 49.8
Priority 5 SHIP Data

Percentage of Population That is Physically Active County Comparison

<table>
<thead>
<tr>
<th>County</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talbot</td>
<td>50</td>
</tr>
<tr>
<td>Saint Mary’s</td>
<td>50</td>
</tr>
<tr>
<td>Montgomery</td>
<td>50</td>
</tr>
<tr>
<td>Frederick</td>
<td>50</td>
</tr>
<tr>
<td>Worcester</td>
<td>50</td>
</tr>
<tr>
<td>Howard</td>
<td>50</td>
</tr>
<tr>
<td>Charles</td>
<td>50</td>
</tr>
<tr>
<td>Anne Arundel</td>
<td>50</td>
</tr>
<tr>
<td>Prince George’s</td>
<td>50</td>
</tr>
<tr>
<td>Carroll</td>
<td>50</td>
</tr>
<tr>
<td>Wicomico</td>
<td>50</td>
</tr>
<tr>
<td>Cecil</td>
<td>50</td>
</tr>
<tr>
<td>Harford</td>
<td>50</td>
</tr>
<tr>
<td>Allegany</td>
<td>50</td>
</tr>
<tr>
<td>Kent</td>
<td>50</td>
</tr>
<tr>
<td>Garrett</td>
<td>50</td>
</tr>
<tr>
<td>Baltimore County</td>
<td>50</td>
</tr>
<tr>
<td>Calvert</td>
<td>50</td>
</tr>
<tr>
<td>Washington</td>
<td>50</td>
</tr>
<tr>
<td>Queen Anne’s</td>
<td>50</td>
</tr>
<tr>
<td>Baltimore City</td>
<td>50</td>
</tr>
<tr>
<td>Dorchester</td>
<td>50</td>
</tr>
<tr>
<td>Somerset</td>
<td>48.3%</td>
</tr>
<tr>
<td>Caroline</td>
<td>48.3%</td>
</tr>
<tr>
<td>Somerset</td>
<td>48.3%</td>
</tr>
<tr>
<td>Caroline</td>
<td>48.3%</td>
</tr>
<tr>
<td>Dorchester</td>
<td>48.3%</td>
</tr>
<tr>
<td>Somerset</td>
<td>48.3%</td>
</tr>
<tr>
<td>Caroline</td>
<td>48.3%</td>
</tr>
<tr>
<td>Dorchester</td>
<td>48.3%</td>
</tr>
<tr>
<td>Somerset</td>
<td>48.3%</td>
</tr>
<tr>
<td>Caroline</td>
<td>48.3%</td>
</tr>
</tbody>
</table>

MD 2014 Goal: 49.8%

SHIP County 2011-2013 data
Source: Maryland DHMH Behavioral Risk Factor Surveillance System (BRFSS)
### Nutrition Among High School Students

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Cecil</th>
<th>MD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who ate fruits and vegetables five or more times per day during the past seven days</td>
<td>14.5%</td>
<td>20.1%</td>
</tr>
<tr>
<td>Percentage of students who ate fruits or drank 100% fruit juices less than two times per day during the past seven days</td>
<td>25.7%</td>
<td>31.9%</td>
</tr>
<tr>
<td>Percentage of students who ate vegetables less than three times per day during the past seven days</td>
<td>9.8%</td>
<td>13.8%</td>
</tr>
<tr>
<td>Percentage of students who drank soda one or more times per day during the past seven days</td>
<td>21.1%</td>
<td>18.0%</td>
</tr>
<tr>
<td>Percentage of students who ate breakfast on all of the past seven days</td>
<td>33.4%</td>
<td>33.0%</td>
</tr>
<tr>
<td>Percentage of students who ate breakfast on none of the past seven days</td>
<td>13.8%</td>
<td>15.7%</td>
</tr>
</tbody>
</table>

Source: Maryland Youth Risk Behavioral Survey (YRBS), 2013
### Physical Activity Among High School Students

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Cecil</th>
<th>MD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days</td>
<td>42.5%</td>
<td>40.1%</td>
</tr>
<tr>
<td>Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days</td>
<td>16.2%</td>
<td>18.0%</td>
</tr>
<tr>
<td>Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school</td>
<td>35.2%</td>
<td>39.1%</td>
</tr>
<tr>
<td>Percentage of students who attended physical education (PE) classes daily in an average week when they were in school</td>
<td>27.6%</td>
<td>18.2%</td>
</tr>
</tbody>
</table>

Source: Maryland Youth Risk Behavioral Survey (YRBS), 2013
Additional Childhood Obesity Data

Percentage of Population With Adequate Access to Locations for Physical Activity

County Health Rankings 2014 (2010 & 2012) data
Sources: OneSource Global Business Browser, Delorme map data, ESRI, & US Census Tigerline Files
Additional Childhood Obesity Data

Food Environment Index

- Queen Anne's
- Howard
- Frederick
- Carroll
- Talbot
- St. Mary's
- Montgomery
- Kent
- Harford
- Garrett
- Charles
- Cecil
- Caroline
- Calvert
- Baltimore
- Anne Arundel
- Maryland
- Worcester
- Wicomico
- Washington
- Prince George's
- Dorchester
- Allegany
- Somerset
- Baltimore City

Cecil County is a top U.S. Performer.
Access to Healthy Food: 95%
Food Security: 90%

County Health Rankings 2014 (2011 (MtMG) & 2010 (USDA)) data
Source: USDA Food Environment Atlas, Map the Meal Gap from Feeding America
Future Directions

• **Short Term:**
  - FY 14 LHIP Annual Report
  - Revision of LHIP
    - Setting New Objectives through FY16
    - Collecting more data
    - Formally adding Chronic Disease to the Plan
  - Access to Care Workgroup
Future Directions

Long Term:

- The next Community Health Needs Assessment is planned to begin during Q4 of FY15.
  - Union Hospital must complete the CHNA and Community Benefit Implementation Plan by June 30, 2016
- The CHNA will inform the creation of new health priorities and LHIP for Cecil County.
- The priorities and objectives in the LHIP and the Implementation Plan should align.
Important Links

- Cecil County Local Health Improvement Plan: http://www.cecilcountyhealth.org/ccdhhx/pdf/LHIC%20Memo%20Attachment%20Cecil%20County%20Final_2.pdf
- State Health Improvement Process: http://cecil.md.networkofcare.org/ph/