

2016-2021 IPLAN (ILLINOIS PROJECT FOR LOCAL ASSESSMENT OF NEEDS) 2017 Update Executive Summary

In November 2016, the Kendall County Health Department commenced with the implementation of its five year community health plan. The 2016-2021 IPLAN was strategically crafted to provide for the education, motivation, inspiration, and empowerment of the residents and visitors of Kendall County to make healthy lifestyle choices. As is our tradition, this would be achieved by offering our community optimal opportunities for access to health care, while encouraging all to actively pursue and maintain healthy lifestyle choices and social well-being positively contributing to a common good and growing community spirit.

Our 2016-2021 IPLAN embraces three thoughtfully selected priority community health needs. It was with great intentionality that these needs represent health and well-being initiatives unduplicated in our current local public health system, and that they be set apart by innovation from efforts yet established within our community. Originally selected through a participatory community engagement process culminating in community consensus, these three needs embody the World Health Organization definition of health in that they are diverse and reflect community driven health priorities. Our community's three needs are:

- ◆ Increase community population opportunities for access to oral health care
- ◆ Decrease community population potential exposure to Lyme Disease
- ◆ Connect seniors to assets that reduce socio-economic duress and support mental health

Following is a summation of IPLAN activities and accomplishments fulfilled in 2017, aimed at addressing and creating positive impact on these needs. Much continues to be learned, including opportunities for improving strategy as we move ahead. The ongoing assessment of our IPLAN methods, as always, will ensure that maintaining and increasing efficacy remain our focus over the next year and beyond.

◆ INCREASE COMMUNITY POPULATION OPPORTUNITIES FOR ACCESS TO ORAL HEALTH CARE

Community Health Services (CHS) is dedicated to increasing community population opportunities for access to oral health care. Specifically, by 2021, CHS will reach out to 100% of Kendall County dental offices and health centers to inspire and promote engagement in increasing access to oral health care for Kendall County's uninsured adult population and co-create participatory access to the county's population, to good oral health. Community Health has approached this goal by aspiring to gain dental partnerships with community dentists and has acquired all supplies needed to create a free dental clinic for adults with no insurance or lacking dental insurance within Kendall County.

CHS also intends to provide at least two educational presentations on good oral dental habits, annually, to school age children. In 2017, CHS developed a dental educational program for 0-6 years of age, known as "Tooth Keepers". This program has been presented to two daycare centers (200 + families) in 2017, offering education to both children and parents in the targeted group on good dental habits. We are also providing a new mothers bag with dental educational tools (brochures/flyers/ handouts) through the Obstetrics & Gynecology offices within our county and surrounding hospitals. CHS nursing staff will provide fluoride varnishing care as part of the "Tooth Keepers" program, beginning in January of 2018 to children in Kendall County, with the cost covered by most insurances and Medicaid. CHS also participates in the back to school community events or 5-18 year olds at several community schools, both private and public, reaching over 300 children at each event, providing dental and nutritional education.

In 2017, CHS also composed a webpage to provide the community with 24/7 access to information on oral health care and oral hygiene education and support aimed at promoting enrollment in dental insurance and health care. CHS is providing a training course for two bilingual staff members to become certified application counselors(CAC). As a CAC-designated organization, our staff will help individuals seeking insurance to understand, apply, and enroll for dental and health care coverage through the Marketplace. The CHS staff has assisted an estimated 4 clients a week over the last 6 months (104 total), directing them to both dental and health care access services. CHS will continue to implement both direct client services and population based interventions in an effort to increase community population opportunities for access to dental care.

◆ DECREASE COMMUNITY POPULATION POTENTIAL EXPOSURE TO LYME DISEASE

Environmental Health Services is committed to decreasing our local population's potential exposure to the harmful yet preventable Lyme disease. A cornerstone of our approach is the implementation of a comprehensive public awareness campaign designed to promote protective factors and supporting behaviors as they pertain to decreasing one's exposure to Lyme-disease-carrying ticks. A thoughtfully crafted survey tool is used to track and gauge effectiveness of our information and its delivery. We endeavor to demonstrate that a minimum of 50% of survey respondents acknowledge and pledge to

Complete health includes social well being, mental health, environmental health, and physical health. To this end; we aspire to educate, motivate, inspire, and empower citizens of Kendall County to make healthy choices.

(Kendall County Community Partners, 2016)

practice risk prevention behavior upon receiving our informative presentation on Lyme disease. That said, over 2017, 90% of survey respondents indicated that they will practice more exposure-reducing behavior. Environmental Health Services has also set goals to annually visit at least 4 local healthcare clinics and veterinary offices to share educational materials and locally collected data with public health partners; provide a minimum of two community presentations annually on this subject; execute a tick field surveillance and testing program and provide collected tick data to the public on a specially designed website. Over 2017, Environmental Health Services visited 7 local healthcare clinics and one veterinary office, providing brochures and education on Lyme Disease; presented at 5 different public events to various and diverse groups of people, including school aged children, adults and families; successfully ran a tick collection program, collecting 37 deer ticks to be tested in late December, in partnership with University of Massachusetts for the presence of Lyme disease; and built a website with real time tick collection and testing data available to the public on the Kendall County Health Department website. This non-exhaustive list represents our steadfast commitment to the health and well-being of the residents and visitors of our community.

◆ **CONNECT SENIORS TO ASSETS THAT REDUCE SOCIO-ECONOMIC DURESS AND SUPPORT MENTAL HEALTH**

Community Action Services (CAS) and Mental Health Services (MHS) have joined forces to connect our community's seniors to assets that reduce socio-economic duress and support mental health. Specifically, by 2021, Community Action Services and Mental Health Services will assess 100% of the seniors utilizing KCHD for these needs as related to mental health and substance abuse, social isolation, and financial instability. CAS and MHS have approached this goal by endeavoring to conduct a minimum of four presentations annually to seniors, at local senior living facilities, senior centers, senior clubs and social gatherings, to raise awareness of and promote access to services which address mental health and substance abuse, social isolation, and financial instability. Also, CAS and MHS will engage a minimum of four local public health system partners annually, including health care providers, staff of senior living facilities and senior centers, to raise awareness of and promote access to services which address mental health and substance abuse, social isolation, and financial instability. Furthermore, CAS and MHS will leverage the 24/7 accessibility of the internet (to include a webpage and corresponding social media messaging, and KCHD's electronic newsletter) to prepare, promote and provide a senior-friendly community-wide resource for mental health and financial stability-related information and resources that may be informed in part by local public health system partners.

Moving the needle, CAS conducted 21 presentations to seniors and senior serving community groups in 2017 alone. CAS also played a lead role in forming the Kendall County Interagency Council and a Kendall County Continuum of Care. In 2017, 722 low-income seniors were served by CAS programs and apprised of MHS program information. In 2016, 796 seniors were served by CAS, however CAS in 2017 had to delay serving the LIHEAP program due to state and federal budget issues in 2017. A decrease in seniors being served in 2017 comparatively to 2016 has been expected due to this delay and CAS will continue to monitor data for January 2018 to be included as a comparison for 2017. CAS developed a podcast that will be providing information to the seniors and the entire community. This podcast, titled Kendall Healthcast, will be available on the KCHD website. Furthermore, CAS partnered with the Kendall County Senior Provider Group to develop a general Kendall County Senior assistance and information webpage.

Concurrently, MHS conducted 5 community presentations to seniors and senior serving groups in 2017. The presentations to seniors were designed to increase access to mental health services and supports and the presentations to senior serving providers were designed to increase awareness of available mental health resources at KCHD. MHS provided mental health services and supports to 231 seniors in 2017, as compared to 228 seniors in 2016. This modest increase is expected to continue to increase over the duration of IPLAN completion, due to community outreach and engagement efforts. MHS looks forward to conducting training for local senior serving partners in April of 2018 on mental health well-being treatment and supports. This is designed to promote an increased awareness of mental health issues that are relevant to our community's senior population and to increase awareness of KCHD services. Social cohesion and connectedness continues to be promoted through increased emphasis on family involvement in senior counseling initiatives. This will further be supported through a health and wellness event for seniors and their family members in 2018. Furthermore, MHS will promote an activity to engage youth and seniors aimed at promoting cross-generational connectedness, in 2018. This will consist of youth conducting ethnographic interviews of seniors, to learn about and from their life story, and to then share this information in a report format back to seniors and their family members.