IPLAN Community Health Needs Assessment and Community Health Plan 2017-2021

Prepared By:
Cynthia Poland, WCHD Administrator
Aisha Achesah, Public Health Practicum Student
Judy Wissel, WCHD Behavioral Health Director
Kendra Grounds, WCHD Director of Nursing
Submitted for Approval

July 2017

Table of Contents

Executive Summary........................................................................................................4
Purpose Statement.........................................................................................................5
Community Health Plan Process..................................................................................5
Analysis of Community Health Data..........................................................................8
History, Demographic & Socioeconomic Characteristics..............................................8
General Health & Access to Care................................................................................14
Wabash County Health Rankings................................................................................16
Wabash County Behavioral Risk Factor Survey..........................................................18
Maternal/Infant/Child Health.......................................................................................19
Chronic Disease...........................................................................................................21
Infectious Disease.........................................................................................................23
Environment/Occupation/Injury Control......................................................................24
Sentinel Health Events.................................................................................................26
Drugs and Substance Abuse.........................................................................................26
Mental Health..............................................................................................................29
Identified Health Priorities ................................................................. 31

Substance Abuse .............................................................................. 32

Mental Health .................................................................................. 35

Cancer (Lung/Breast) ...................................................................... 37

References ......................................................................................... 41

Appendices ......................................................................................... 43

Board of Health Review/Approval for IPLAN and self-assessment ....... 52
Executive Summary

The Wabash County Health Department (WCHD) prides itself on having a long and distinguished history of providing quality health services to residents of Wabash County. In fact, many residents would not be able to access vital health services were it not for WCHD being a safety net health provider. It is important to the WCHD to meet the needs of all the residents of Wabash County to the best of its abilities. This includes partnering with other organizations and fostering relationships within the community. Our Mission is to provide effective, efficient and quality services to promote better health for a brighter tomorrow. To better inform us about specific services that are necessary to help us better achieve our mission, WCHD participates in a Community Health Assessment and Health Planning process every five years. This 2017 WCHD “Illinois Project for Local Assessment of Needs” (IPLAN) process included input from the community and collaboration with individuals and groups representing local health, community, business, educational, voluntary, and social service organizations. Relevant data was gathered and analyzed. A Community Health Committee was convened to review the data and ultimately identify the three top health priorities to be the health focus for the next five years. The Health Priorities in Wabash County for 2017 through 2021 are:

1. Drugs and Alcohol
2. Mental Health
3. Cancer (Lung/Breast)

Outcome Objectives, Impact Objectives and specific Action Plans for each of these Health Priorities were developed by WCHD staff in collaboration with local partners.
Purpose Statement

The purpose of the Wabash County Health Department’s Community Health Assessment and Planning project (IPLAN) is to:

- Identify the health priorities within Wabash County.
- Identify community partners to help address the chosen health priorities within Wabash County.
- Develop and implement strategies to address the chosen health priorities within Wabash County.
- Improve the health of Wabash County residents.
- Meet requirements from Illinois Department of Public Health (IDPH) as a certified local health department in the State of Illinois.

Community Health Plan Process

WCHD’s IPLAN process began in early July 2016 with the development and widespread distribution of a community health survey. Both an electronic version via online Survey Monkey application and a hard copy version were made available throughout the community. The survey consisted of three simple questions. (Appendix A):

1. What do you think are the top 3 (three) important factors for Wabash County to be a "Healthy Community"? (Those factors which most improve the quality of life in a community)

2. What do you think are the 3 (three) most "Risky Behaviors" in Wabash County? (Those behaviors which have the greatest impact on overall community health)

3. What do you think are the top 3 (three) "Health Problems" in Wabash County? (Those problems which have the greatest impact on overall community health)
Marketing of the survey was made through local social media postings, in person presentations at local community meetings, local media acknowledgement, word of mouth support from key community members, physical presence at local business establishments and surveying of WCHD clientele.

One hundred seventy-six surveys were submitted over a six month period. Hard copy submissions were manually input by WCHD staff into the online survey monkey application to enable complete automatic electronic analysis of findings.

In the fall of 2016, the WCHD administrator approached the IDPH Regional Health Officer (RHO) re: a possible collaboration to utilize IDPH practicum graduate student services to assist in the collection and analysis of health data. The RHO consulted IDPH IPLAN Administrator and received preliminary approval. A face to face meeting between the RHO, WCHD Administrator and IDPH Practicum Student occurred on January 5, 2017 at a central location (Jefferson County Health Dept). These participants connected telephonically with the IDPH IPLAN Administrator to discuss how the process of this collaboration would occur. Final approval for the Practicum Student’s assistance was obtained and initial expectations and data needed were discussed. Monthly face to face meetings between the Practicum Student and WCHD Administrator occurred on February 2 and March 2 (again at the Jefferson County Health Dept) to review data collection progress. Regular contact via email and texting also occurred as needed for collaboration purposes. A face to face meeting occurred on March 22nd at the Wabash County Health Dept to discuss the data collected and the data analysis provided by the Practicum Student. The plan for presentation to the Wabash County Health Committee meeting (scheduled to occur the following week) was also reviewed.

A date for a luncheon community health committee meeting was set for March 29, 2017 by the WCHD Management team during a Management meeting on February 7, 2017. The Wabash General Hospital Board Room was reserved and food catering services arranged. An invitation to potential members of a Health Committee was sent to thirty-four community members who represented local health, community, business, educational, voluntary, and social service organizations. Sixteen of the thirty-four individuals attended and participated at the Health Committee meeting including:

1. Aisha Achesah   IDPH Practicum Student
2. Cindy Poland    WCHD Administrator
3. CJ Peach        Board of Health
4. Dave Wilderman  Wabash Valley College-Business Instructor
5. Debbie Meyer    Wabash Area Development, Inc.
A power point presentation that summarized the IPLAN process and survey results was presented at the meeting. Progress on the 2012 through 2016 Health Priorities (Drugs/Alcohol, Violence, Obesity) was reported (Appendix B) along with the top five health problems identified by the 176 responses from the 2017 Community Health Survey. (Appendix C). Empirical data from sources including the IQuery Data System, Behavioral Risk Factor Survey, Center for Disease Control and Prevention (CDC), Illinois Department of Public Health (IDPH), and County Health Rankings by the University of Wisconsin Population Health Institute was also presented and discussion followed. Law enforcement members expressed that although opioids are a growing concern, especially statewide and nationally, Methamphetamine use is the drug most often encountered by them in Wabash County. They did note however that the number of local Methamphetamine Labs has declined dramatically due to what they believe to be an unintended consequence of the legalization of Marijuana. They feel that the Mexican Drug Cartels have switched their focus on production and distribution of Methamphetamine throughout Illinois instead of marijuana.

Each member was asked to complete a ballot ranking the five problems in order of concern as they relate to the health of Wabash County residents. (Appendix D). The ballots were scored as five points for a top concern (1), four points for a second top concern, three points for middle concern, two points for second lowest concern and one point for the lowest concern. Scores were totaled and the three main health priorities to address in the 2017 through 2021 Wabash County Health Plan are: (1) Substance Abuse, (2) Mental Health and (3) Cancer (Lung/Breast)
Analysis of Community Health Data

I. History and Demographics of Wabash County

Wabash County was formed in 1842 out of Edwards County, to avert an armed confrontation between the militias of Albion and Mt. Carmel. The county is named for the Wabash River which forms its eastern and southern borders.

Socio-economic characteristics play a large role in the make-up of any county and are the driving factors of many communities’ demographics such as race/ethnicity, age, gender, and economic status, level of education, income level and employment. These characteristics can determine the health status of a community and identify areas where the community is in need or identify the strengths and assets of a community. According to the U.S. Census Bureau the population of Wabash is 11,542 and a population density of 52.54 per square mile. In 2015 the female population was 50.95% and 49.05% males in Wabash County. The racial diversity of Wabash includes the primary race as White 97%, followed by African Americans at 0.94%, Asians at 0.91%, and Native American/Alaska Native at 0.15%, Native Hawaiian / Pacific Islander at 0% and other races at 0.15% and mixed races at 1.17%. Graph 1 shows an illustration of the races and ethnicities in Wabash.
The total population by age group is shown in Graph 2. Due to the large percentage of people in these age groups 5-17 and 25-34, this may indicate that residents of Wabash leave for educational and career purposes and then return to retire between the ages of 55-65.
The economic climate of Wabash shows a high unemployment rate of 6.9 compared to the states 5.6 and the national unemployment rate of 4.6. However, Wabash compared to surrounding counties such as Wayne or Lawrence is doing well. Wayne County’s unemployment rate is at 8%. Graph 3 below shows Wabash and other surrounding counties unemployment rates.

Graph 3  
Source: This indicator is compared with the state average.
Data Source: US Department of Labor, Bureau of Labor Statistics, 2016 - December. Source geography: County

The United States Census Bureau estimates between the years 2011-2015 the median household income in Wabash was $47,491 this is below that state’s median income of $57,574 and the national median income of $53,889. Wabash continually experiences a median household income below the state and national averages. Community Commons’ data shows, that the per capita income is $24,155. Per capita income “is a measure of the amount of money earned per person in a certain area. It can apply to the average per-person income for a city,
region or country, and is used as a means of evaluating the living conditions and quality of life in different areas. It can be calculated for a country by dividing the country's national income by its population” (Investopedia, n.d).

Poverty is another socio-economic characteristic that can affect the day to day lives of a community. In 2015, 12.5% of Wabash County residents were living under the poverty level (American FactFinder, n.d). Food insecurity continues to be an issue for many Americans today, especially for single mother households and for the elderly. Food insecurity refers to USDA’s measure of lack of access, at times, to enough food (Feeding America, 2017). The Social IMPACT Research Center at Heartland Alliance states that in 2014, the child poverty rate in Wabash was 21.2% which was higher than the states rate of 20.1% (Social IMPACT Research Center at Heartland Alliance, 2016). The average cost of a meal for a Wabash resident is $2.78. It cost $659,000 to make sure that every Wabash resident would have enough food to meet their needs (Feeding America, 2014). Graph 4 displays the percentage of child poverty from 2007-2013.

Table 1 below displays the amount of comprehensive benefits cases in Illinois. According to Illinois Department of Healthcare and Family Services, “comprehensive benefit enrollees are clients who are eligible for all services provided under the State’s Medical Assistance Program” (Illinois Department of Healthcare and Family Services, 2017).
Comprehensive Benefits

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>1,697,319</td>
<td>1,647,167</td>
<td>1,572,082</td>
<td>1,516,769</td>
<td>1,490,290</td>
</tr>
<tr>
<td>Adults with Disabilities</td>
<td>267,807</td>
<td>266,419</td>
<td>254,091</td>
<td>252,313</td>
<td>249,241</td>
</tr>
<tr>
<td>ACA Newly Eligible Adults</td>
<td>NA</td>
<td>NA</td>
<td>466,523</td>
<td>635,972</td>
<td>637,056</td>
</tr>
<tr>
<td>Other Adults</td>
<td>647,877</td>
<td>713,402</td>
<td>657,578</td>
<td>631,126</td>
<td>607,827</td>
</tr>
<tr>
<td>Seniors</td>
<td>178,642</td>
<td>181,449</td>
<td>190,575</td>
<td>195,102</td>
<td>200,692</td>
</tr>
<tr>
<td>Total Comprehensive</td>
<td>2,791,645</td>
<td>2,808,437</td>
<td>3,142,649</td>
<td>3,231,282</td>
<td>3,186,106</td>
</tr>
</tbody>
</table>

Table 1  Data Source: Illinois Department of Healthcare and Family Services

In addition, Wabash County Health Department (WCHD) utilizes the federal government program Women, Infant and Children (WIC) program to better serve as a resource to local families. Graph 5 below shows the rate of Wabash and surrounding populations receiving SNAP benefits.

![Rate of Population Receiving SNAP Benefits]

Graph 5  Note: This indicator is compared with the state average. Data Source: US Census Bureau, Small Area Income & Poverty Estimates, 2014. Source geography: County

Wabash County is the home of the Wabash Community Unit Schools, District 348. The district has two elementary schools, South Elementary School and North Intermediate Education Center (N.I.C.E). In addition, the school district has Mt. Carmel Middle School and Mt. Carmel
High School. At the end of the school year, South Elementary will close due to the state’s budget crisis and the facility needing repairs that would cost an estimated $200,000 dollars to meet requirements set by the Americans with Disability Act. However, the closing of South Elementary would save the school district an estimated $300,000 per year (NICE.Wabash348, 2017). The Illinois Report Card indicates that during the 2016 school year there were 1,562 students enrolled in the district. The illustrations in Graph 6 and 7 below show the enrollment of students in grades K-12 in Wabash County and over the past five years. (Illinois Report Card, 2016).


Graph 7: Data Source: Illinois Report Card, 2016
According to Illinois Report Card, Wabash County has seen a slight decline in the enrollment of students over the past five years. This may be attributed to families moving out of Wabash and the state due to the current financial status of the state. According to the 2011-2015 American Community Survey, 89.3% of Wabash residents had high school degree or higher and 15.6% of residents age 25 and older have a bachelor’s degree or higher (U.S. Census Bureau, 2017).

The Crime Rate in Wabash County (http://www.homefacts.com/crime/Illinois/Wabash-County/Mt.-Carmel.html) is considerably less than the national average on most types of crime with the exception of Violent Crime (107.2 % of National Average) and especially Forcible Rape (352.2% of National Average).

II. General Health/Access to care

Wabash County Health Department and Wabash General Hospital provide general health and access to care for resident of Wabash and many surrounding counties. Graphs 8 and 9 provides information about the type of health insurance coverage of the patients seen by the hospital for the reporting year 2015.
The inpatient and outpatient services performed by Wabash General Hospital are documented in tables 2 and 3 below. In addition, Wabash General Hospital provides a convenient care clinic as another way to offer access to care after normal business hours.

### Inpatient Services

<table>
<thead>
<tr>
<th>Major Diagnosis</th>
<th>Patients</th>
<th>Median Length of Stay</th>
<th>Median Charge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchitis and Asthma</td>
<td>10</td>
<td>4 days</td>
<td>$12,484.59</td>
</tr>
<tr>
<td>Cellulitis</td>
<td>9</td>
<td>3 days</td>
<td>$10,495.35</td>
</tr>
<tr>
<td>COPD</td>
<td>20</td>
<td>3 days</td>
<td>$8,506.38</td>
</tr>
<tr>
<td>Diabetes with complications</td>
<td>3</td>
<td>2 days</td>
<td>$7,296.25</td>
</tr>
<tr>
<td>Digestive Disorders</td>
<td>9</td>
<td>3 days</td>
<td>$6,790.46</td>
</tr>
<tr>
<td>Major Diagnosis</td>
<td>Patients</td>
<td>Median Charge</td>
<td></td>
</tr>
<tr>
<td>-----------------------------------------</td>
<td>----------</td>
<td>----------------</td>
<td></td>
</tr>
<tr>
<td>Heart Failure</td>
<td>11</td>
<td>$8,137.20</td>
<td></td>
</tr>
<tr>
<td>Heart Failure with complications</td>
<td>18</td>
<td>$12,667.65</td>
<td></td>
</tr>
<tr>
<td>Heart Failure with multiple complications</td>
<td>8</td>
<td>$12,226.99</td>
<td></td>
</tr>
<tr>
<td>Major Joint Replacement</td>
<td>74</td>
<td>$80,238.57</td>
<td></td>
</tr>
<tr>
<td>UTI</td>
<td>15</td>
<td>$6,825.14</td>
<td></td>
</tr>
<tr>
<td>Metabolic Disorders</td>
<td>15</td>
<td>$9,703.15</td>
<td></td>
</tr>
<tr>
<td>Pneumonia</td>
<td>25</td>
<td>$11,059.35</td>
<td></td>
</tr>
<tr>
<td>Septicemia multiple complications</td>
<td>6</td>
<td>$16,805.16</td>
<td></td>
</tr>
</tbody>
</table>

Access to certain health services is limited in Wabash County. The Wabash County Health Department (WCHD) offers family planning services to the residents of Wabash County. This program welcomes all ages, including teens and offers confidential care, also no one is denied services due to the inability to pay. The confidential medical services include physical exams and health screens (Wabash Health, 2015). Additional confidential services involve pregnancy testing and birth control options, male and female STI testing, treatment and education. WCHD also offers workshops and programs for schools, community groups and teen outreach programs (Wabash Health, 2015). WCHD also offers other health services such as lead screening, STI testing, immunizations, oral drug screenings, substance abuse assessment and treatment and mental health services.

### County Health Rankings

Another way to measure health of a community is to look at the data found in the *County Health Rankings and Roadmaps* collaboration between The Robert Wood Foundation and the University of Wisconsin Population Health Institute. The 2017 results have just been released and show that out of 102 Illinois counties, Wabash County ranks 60th on Overall health Outcomes, 77th on Length of Life and 40th on Quality of Life. On Overall Health Factors,
Wabash County ranked 56th. Our worst rank is at 73rd on Healthy Behaviors. Our best rank is on Socio-Economic Factors at 36th. Graphs 10, 11 and 12 below illustrate Wabash County Health Ranking findings. Wabash County shows substantially higher rates of obesity and inactivity than Illinois on average.

Graph 10: Data Source: [http://www.countyhealthrankings.org/](http://www.countyhealthrankings.org/)

Graph 11: Data Source: [http://www.countyhealthrankings.org/](http://www.countyhealthrankings.org/)
The Illinois Counties Behavior Risk Factor Surveillance System (ICBRFSS) collects data regarding the risk of health factors through a random telephone survey of Illinois adults 18 and older. It follows the same policies and procedures as the Center for Disease Control and Prevention (CDC) for collection of data at the federal level (Illinois Behavioral Risk Factor Surveillance System, 2016). The most current data available for Wabash County is rather old (from the 5th round 2010 – 2014) and actually collected in 2010. Graph 13 below summarizes the data and shows that Wabash County Residents were at higher risk for diabetes, tobacco use, obesity and COPD than the average State resident.

**BRFSS**

Graph 12: Data Source: [http://www.countyhealthrankings.org/](http://www.countyhealthrankings.org/)
III. Maternal and Child Health

WIC

“The aim of WIC is to assist low income and nutritionally at risk pregnant women, breastfeeding, non-breastfeeding women, infants through their first birthday and children through their fifth birthday” (FNS.USDA.gov, 2015). There has been a decrease in families that utilize the WIC program at WCHD. Over the past three fiscal years, WCHD average case load has been 1366 cases, about 500 cases in 2015, 448 in 2016 and 418 in 2017.
Teen Pregnancy

According to IDPH, over the past five years the teen pregnancy rate has been slowly decreasing in Wabash compared to other surrounding counties. Graph 14 shows the teenage pregnancy numbers of Wabash and surrounding counties.

![Wabash County Teen Pregnancy and Surrounding Counties](image)

*Graph 14: Data Source: Illinois Department of Public Health*

Infant Mortality

The number of infant births and deaths has remained fairly consistent as seen in table 4 below. Wabash County’s infant mortality rate is too low to calculate the rate during the years 2012-2014, due to the rate not meeting standards of reliability or precision. However, data shows raw numbers. From 2012 to 2014 there were five infant deaths in Wabash County.

<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Births</td>
<td>Infant Deaths</td>
<td>Births</td>
</tr>
<tr>
<td><em>ILLINOIS</em></td>
<td>159,152</td>
<td>1,032</td>
<td>156,918</td>
</tr>
<tr>
<td>WABASH</td>
<td>154</td>
<td>2</td>
<td>128</td>
</tr>
</tbody>
</table>


Low Birth Weight

The most recent data for Wabash County (again this is very outdated) is 2011 (Illinois Department of Public Health, 2011). There were no extremely low birthweights and only 12 moderately low birth weights (1500 -2499 grams). This is a rate of 8.5 per 100 births.
IV. Chronic Disease/ Mortality Rate

According to the CDC, “chronic diseases and conditions such as heart disease, stroke, cancer, type II diabetes, obesity and arthritis are among the most common and costly and preventable of all health problems. As of 2012, about half of all adults, 117 million people had one or more chronic health conditions” (Centers for Disease Control and Prevention, 2016). In addition to chronic diseases and mortality, adverse health can be defined as any illness or symptom in the body that deters an individual from having a healthy life. Similar to socio-economic characteristics, adverse health indicators highlight areas of the community that may need additional services and resources.

For every death in Illinois, the Illinois Department of Public Health (IDPH) keeps a record of how many deaths there are by county. In Wabash County, from 2012-2015 there were 136 deaths in 2015, 135 deaths in 2014, 143 deaths in 2013 and 142 deaths in 2012. Table 5 below shows the causes of death and the amount by year. In 2015, there was no data for suicide and chronic liver disease and cirrhosis. The top three causes of death include malignant neoplasm (cancer) heart disease and cerebrovascular disease (stroke).

<table>
<thead>
<tr>
<th>Cause of Death in Wabash County</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>43</td>
<td>28</td>
<td>32</td>
<td>26</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>34</td>
<td>26</td>
<td>33</td>
<td>32</td>
</tr>
<tr>
<td>Stroke</td>
<td>5</td>
<td>17</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Disease</td>
<td>5</td>
<td>10</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td>Accidents</td>
<td>7</td>
<td>11</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>3</td>
<td>4</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Diabetes</td>
<td>6</td>
<td>2</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Nephritis, Nephrosis Syndrome, and Nephrosis</td>
<td>6</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Flu/Pneumonia</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Septicemia</td>
<td>1</td>
<td>5</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Suicide</td>
<td>0</td>
<td>2</td>
<td>3</td>
<td>N/A</td>
</tr>
<tr>
<td>Chronic Liver Disease and Cirrhosis</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Table 5: Data Source: Illinois Department of Public Health*
According to IDPH and the Illinois State Cancer Registry, from 2009-2013 Wabash County had an incidence rate of 532.5 for invasive cancer and bladder cancer. Graph 15 shows cancer incidence rates of Wabash compared to the state of Illinois. In 2016, Illinois anticipated a total of 69,705 cancer cases. Lung Cancer rates in Wabash County were substantially higher than the State of Illinois. Colon and Rectal Cancers were also higher in Wabash County than the State of Illinois. Wabash was projected to have 90 cancer cases in 2016 (Illinois State Cancer Registry and IDPH, 2014).

Diabetes:
Diabetes is a major health issue in Wabash County that continues to increase. Table 6 below compares Wabash County to the surrounding counties.

<table>
<thead>
<tr>
<th>County</th>
<th>2007</th>
<th>2010</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wabash County</td>
<td>8.9%</td>
<td>9.5%</td>
<td>11.7%</td>
</tr>
<tr>
<td>Lawrence County</td>
<td>9.1%</td>
<td>9.7%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Edwards County</td>
<td>8.9%</td>
<td>9.9%</td>
<td>12.6%</td>
</tr>
</tbody>
</table>

*Table 6  Diabetes Prevalence Comparison of Wabash County and Surrounding Counties (Source: Center for Disease Control and Prevention)*
V. Infectious Diseases

The Division of Infectious Diseases collaborates with Illinois Department of Public Health. “The mission of the Division of Infectious Diseases is to protect people from infectious diseases through disease surveillance, analysis, immunization, and education. The Division is organized into the sections of Communicable Diseases, HIV/AIDS, Sexually Transmitted Diseases, and Immunization. Several of these sections work together on Viral Hepatitis initiatives” (Illinois Department of Public Health, n.d). Wabash County Health Department and other mandated reporters relay their suspected or confirmed cases of infectious disease to the Illinois’ National Electronic Disease Surveillance System (I-NEDSS) (Illinois Department of Public Health, n.d).

According to IDPH, in 2015 and 2016 Wabash County had a total of 62 chlamydia cases that were reported. In addition, there were 13 reported cases of gonorrhea and no reported cases of early syphilis. Human Immunodeficiency Virus (HIV) attacks the body’s immune system, specifically the CD4 cells (T cells), which help the immune system fight off infections. If left untreated, HIV can lead to Acquired Immunodeficiency Syndrome (AIDS) (AIDS.org, 2016).

Other Communicable diseases reported to WCHD from December 2012 (FY ’13) through November 2016 (FY 16) are shown in Table 7 below.

<table>
<thead>
<tr>
<th>Communicable Diseases Reported in Wabash</th>
<th>FY ’16</th>
<th>FY ’15</th>
<th>FY ’14</th>
<th>FY ’13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babesiosis</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Campylobacteriosis</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Dengue</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Hepatitis B Chronic</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Hepatitis C Chronic or Resolved</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>5</td>
</tr>
<tr>
<td>Histoplasmosis</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Lyme Disease</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Malaria (visitor from Kenya)</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Salmonellosis</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Staphylococcus aureus Vancomycin</td>
<td>1</td>
<td>2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Intermediate-level Resistance (VISA)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spotted Fever Rickettsioses</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Streptococcal Disease Invasive Group A</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Varicella (Chickenpox)</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>West Nile Virus (WNV)</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
</tbody>
</table>

Table 7: Source: Wabash County Health Department
VI. Environmental, Occupational and Injury Control

Lead Levels
“In 1993, state-mandated screening for childhood lead poisoning in children 6 years of age and younger began. Physicians and other health care providers have conducted 2.4 million lead tests and reported about 270,000 children with elevated lead levels” (Illinois Department of Public Health, n.d). According to the Illinois Lead Program 2015 Annual Surveillance Report, Wabash County has a total of 5,549 housing units with an estimate of 71, pre-1978 housing units. 152 children were tested and 6.6% tested greater than or equal to 5 ug/dL. (Illinois Department of Public Health, 2015).

Air Pollution
According to the 2017 County Health Rankings, Wabash County’s average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) is 10.7, compared to 10.5 for the State of Illinois overall and a range of 9.8-14.0 across all Illinois counties. These particles can come in many shapes and sizes. Some particulates are released directly from a source such as construction sites, unpaved roads, fields, smokestacks or fires. But most form in the atmosphere due to chemical reactions such as sulfur dioxide and nitrogen oxides, which are pollutants emitted from sources such as power plants and automobiles (United States Environmental Protection Agency). Duke Energy is a coal fired power-plant less than 3 miles from Wabash County across the Indiana state line.

Fine particles could be so small they can be inhaled and cause serious health problems. If they are less than 10 micrometers in diameter they may get deep into your lungs or even your bloodstream and cause the greatest health problems. (United States Environmental Protection Agency)
Water/Septic
Many households in Wabash County are located within the city so they have access to safety regulated water system facilities. However, some Wabash County households are located outside the city limits and must utilize private water sources or wells. WCHD offers water sampling and testing services for private water sources and wells. As shown in Table 8, the number and percentage of water well samples that tested positive for nitrates decreased from 2014-2016.

<table>
<thead>
<tr>
<th>Year</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Well Permits Issued</td>
<td>1</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>Number of Water Samples Collected from Wells</td>
<td>22</td>
<td>18</td>
<td>26</td>
</tr>
<tr>
<td>Water Samples Positive for Coliform Bacteria</td>
<td>6</td>
<td>5</td>
<td>9</td>
</tr>
<tr>
<td>Water Samples Positive for E. coli</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water Samples Positive for Nitrates</td>
<td>13</td>
<td>13</td>
<td>1</td>
</tr>
</tbody>
</table>

*Table 8  Water Data, Wabash County 2014-2016 (Source: Wabash County Health Department)*

High levels of ingested nitrates via drinking water cause methemoglobinemia in infants, or "blue baby" disease, and cancer (Hakeem et al., 2016). High levels of nitrates are also indicative of other contamitantes in ground water such as bacteria, fertilizers, and pesticides.

The number and percentage of the well water samples that are positive for *Escherichia coli* in Wabash County remains low. Water with coliform or *E. coli* bacteria is unsafe to consume because it is indicative of fecal contamination and associated with various diarrheal diseases (Gruber et al., 2014).
VII. Sentinel Events

The most recent sentinel events data in the IPLAN Data System is very outdated with the last update being in 2001. The system shows three children from Wabash County were hospitalized for asthma and Seven adults were hospitalized for uncontrolled hypertension. Table 9 below shows the data.

<table>
<thead>
<tr>
<th>Sentinel Events in 2001 (most recent data available)</th>
<th>Wabash Co.</th>
<th>Illinois</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants (0-1) Hospitalization for Dehydration</td>
<td>0</td>
<td>958</td>
</tr>
<tr>
<td>Children (1-17) Hospitalization for Rheumatic Fever</td>
<td>0</td>
<td>29</td>
</tr>
<tr>
<td>Children (1-14) Hospitalization for Asthma</td>
<td>3</td>
<td>6,599</td>
</tr>
<tr>
<td>Adults (&gt;18) Tuberculosis</td>
<td>0</td>
<td>647</td>
</tr>
<tr>
<td>Adults (&gt;18) Hospitalized for Uncontrolled Hypertension</td>
<td>7</td>
<td>13,469</td>
</tr>
</tbody>
</table>

Table 9: Source: http://app.idph.state.il.us/cgi-bin/vfpcgi.exe?IDCFile=/data/iplanrpt.idc

VIII. Drugs and Substance Abuse

According to Healthy People 2020 (Federal Office of Disease Prevention and Health Promotion) “Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems. These problems include: Teenage pregnancy, Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS), Other sexually transmitted diseases (STDs), Domestic violence, Child abuse, Motor vehicle crashes, Physical fights, Crime, Homicide, and Suicide”. The Healthy People 2020 ten year plan for Substance Use health related issues includes many objectives including but not limited to: reducing the past month use of substances and increasing the proportion of individuals with Substance Abuse issues who receive specialized treatment.

Substance Use/Abuse/Misuse Issues are also considered a Priority Health Concern in the Illinois State 2010 and 2021 Health Improvement Plans (Illinois Department of Public Health).

With the recent epidemic of substance abuse specifically opiates in the Southern Illinois region, there are several taskforces and actions teams forming in efforts to combat the serious epidemic. Wabash County during the years 2010-2015 has seen an increase of the drug rate for this county. Graph 16 below shows the drug conviction rate in Wabash from 2010 to 2015.
Drug Conviction Rate in Wabash County

Year 2010
Year 2011
Year 2012
Year 2013
Year 2014
Year 2015

Graph 16: Data Source: Illinois State Police
Project Success is a not-for-profit organization in Wabash County (and a collaborative partner with WCHD) that provides substance use prevention services (specifically alcohol and marijuana use) through various federal and state grants. The program utilizes the Illinois Youth Survey to collect data from District 348 youth in Wabash County schools regarding their use of substances. This data assists in planning and evaluating prevention services. The measure that program staff rely on the most when evaluating their program is the number of youth who report use in the past 30 days. Table 10 below shows the 2016 results from District 348 students. Both 10th and 12th graders report using alcohol at a higher rate than marijuana.

![Bar chart showing substance use rates among 10th and 12th graders](chart.png)

*Table 10: District 348 students reported use in past 30 days: Illinois Youth Survey, 2016*
The Depot Counseling Center and WCHD are continuously making strides for improving access and services related to substance abuse and alcohol. The Wabash County Health Department’s Depot Counseling Center provides Outpatient Mental Health and Substance Abuse services. The Division obtained licensure from the Illinois Department of Alcoholism and Substance Abuse (DASA) in 2014 to address the need. Grant funding was secured from DASA to assist clients in payment for Substance Abuse services. In 2016, the Division was able to accept Medicaid Eligible clients after the required two year post license waiting period to become Medicaid Certified. Table 11 below shows the increase in substance abuse services provided through WCHD.

<table>
<thead>
<tr>
<th>Services Provided</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>D.U.I. Evaluations</td>
<td>37</td>
<td>49</td>
<td>35</td>
<td>44</td>
</tr>
<tr>
<td>Risk Education Class Clients</td>
<td>29</td>
<td>24</td>
<td>25</td>
<td>24</td>
</tr>
<tr>
<td>Substance Abuse Treatment Clients</td>
<td>12</td>
<td>99</td>
<td>101</td>
<td>153</td>
</tr>
<tr>
<td>Substance Abuse Treatment Hours</td>
<td>370</td>
<td>1372</td>
<td>1484</td>
<td>1620</td>
</tr>
</tbody>
</table>

*Table 11: Source: Wabash County Health Department*

IX. Mental Health

Mental Illness is a serious health problem in Illinois, the United States and in the entire world. Many people will experience mental illness at some point in their lives or have a close friend or relative that is affected by it. According to NAMI-Illinois, 1 in 5 children between the ages of 13 and 18 have or will have a mental illness and suicide is the thirds leading cause of death for youth aged 10 – 24. One in five adults in America experience a mental illness. Nearly one in twenty-five (10 million) adults in America live with a serious mental illness. One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24. Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.

Healthy People 2020 (Federal Office of Disease Prevention and Health Promotion) recognizes Mental Health Issues and has several goals in its ten year plan including but not limited to: decreasing the suicide rate, decreasing the proportion of individuals who experience severe depressive episodes and increasing the proportion of individuals with mental illness who receive treatment.
Mental Health/Illness Issues are also considered a Priority Health Concern in the Illinois State 2010 and 2021 Health Improvement Plans (Illinois Department of Public Health).

Not only can treatment be costly and difficult to access, but stigma associated with mental illness creates a huge barrier to services. Due to long term state budget concerns in Illinois, the mental health system has experienced disproportionate funding cuts resulting in even fewer services being available to the average citizen. Access has improved somewhat in the last few years due to the Affordable Care Act requiring mental health treatment coverage. However, many health insurance plans increased deductibles resulting in many of those suffering from mental illness essentially going without treatment until or unless they met their deductibles. Expanded Medicaid in Illinois also eased the access barrier by allowing previously unqualified individuals to become Medicaid eligible. However, the current Federal Administration is working on repealing/replacing the Affordable Care Act which could reverse any progress that has been made in the last few years.

Wabash County Health Department’s Behavioral Health Division (Depot Counseling Center) is the only Community Mental Health Center in the County. The Division is small however and has only has 3.5 Full Time Equivalent Mental Health Professionals to serve the entire county. The Illinois Department of Mental Health (DMH) has reduced funding steadily for the last 10 years and currently the only grant provided by the State is a small “Crisis Services” grant to help provide 24 hour/day crisis response. The Division also receives some financial assistance from the Wabash County Mental Health (708 Mental Health Advisory Board). Services are otherwise billed to the client or third party payors. Table 12 illustrates the Mental Health Services provided in the last four years.

<table>
<thead>
<tr>
<th>Services Provided</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Outpatient Admissions</td>
<td>210</td>
<td>186</td>
<td>244</td>
<td>239</td>
</tr>
<tr>
<td>Mental Health Outpatient Discharges</td>
<td>168</td>
<td>162</td>
<td>264</td>
<td>284</td>
</tr>
<tr>
<td>Non-Crisis Mental Health Services Hours</td>
<td>3417</td>
<td>2865</td>
<td>3143</td>
<td>3149</td>
</tr>
<tr>
<td>Crisis Services Hours</td>
<td>247</td>
<td>295</td>
<td>200</td>
<td>210</td>
</tr>
<tr>
<td>Psychiatric Encounters</td>
<td>822</td>
<td>805</td>
<td>810</td>
<td>865</td>
</tr>
</tbody>
</table>

Table 12: Source: Wabash County Health Department
Identified Health Priorities

Health Priority I: Drugs / Alcohol
Health Priority II: Mental Health
Health Priority III: Cancer (Lung/Breast)
Health Priority I  
Drugs / Alcohol

According to Healthy People 2020 (Federal Office of Disease Prevention and Health Promotion) “Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems. These problems include: Teenage pregnancy, Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS), Other sexually transmitted diseases (STDs), Domestic violence, Child abuse, Motor vehicle crashes, Physical fights, Crime, Homicide, and Suicide”. The Healthy People 2020 ten year plan for Substance Use health related issues includes many objectives including but not limited to: reducing the past month use of substances and increasing the proportion of individuals with Substance Abuse issues who receive specialized treatment.

Substance Use/Abuse/Misuse Issues are also considered a Priority Health Concern in the Illinois State 2010 and 2021 Health Improvement Plans (Illinois Department of Public Health).

Outcome Objective – Reduce substance abuse by Wabash County residents by 5% to increase safety and overall health of the community.

Community Partners: The Depot Counseling Center, Wabash County Project Success, Grandparents as Parents, Wabash County States Attorney, Wabash County Sheriff’s Department, Wabash General Hospital, Wabash County District Schools #348 and Allendale District #19, All Our Kids Network, Illinois Tobacco Quit Line, Drug Free Communities, Wabash County Ministerial Alliance, and the Wabash County Health Department Public Health Division.

Impact Objectives:

Objective 1. By 2022, reduce the percentage of 10th and 12th grade students in Wabash County who report using alcohol in the previous 30 days by 5%. Baseline from the Illinois Youth Survey is 28% for 10th graders and 34% for 12th graders.

Action Steps:
1. Wabash County Health Department will participate in the Project Success Drug Free Community Coalition activities to promote prevention activities.
2. Wabash County Health Department will promote Red Ribbon Week activities to promote prevention and education in Wabash School District #348 and Allendale School District #19.
3. Wabash County Health Department will increase awareness and communication regarding alcohol and other drugs in the community through social media campaigns.

4. Wabash County Health Department will create and post stall readers in the areas schools and at the Wabash County Health Department that will provide education regarding alcohol and other drugs to promote prevention and education.

5. Wabash County Health Department Behavior Health Director will participate in the ATOD Committee of Wabash County Project Success.

6. Wabash County Health Department will explore alternative funding resources needed to increase prevention efforts for Wabash County.

7. Wabash County Health Department will admit individuals into treatment within 7 days of making contact with the agency.

Objective 2. By 2022, increase the number of 10th grade students in Wabash County who report risk associated with smoking marijuana by 5%. Baseline from the Illinois Youth Survey is 19%.

Action Steps:

1. Wabash County Health Department will propose and support legislation limiting the sale of paraphernalia in Wabash County if and when recreational marijuana becomes legal.

2. Wabash County Health Department will participate in the ATOD Committee of Wabash County Project Success and actively promote Drug Free Community programming.

3. Wabash County Health Department will engage in a social media campaign related to educating on the risks associated with marijuana use, particularly to the young brain.

4. Wabash County Health Department will participate with the Behavior Health Consortium of Southern Illinois to plan and execute regional efforts to prevent/reduce opioid overdoses.

5. Wabash County Health Department will participate in the Wabash County Drug Court by providing Moral Reconation Therapy (MRT) and Cognitive Behavior Therapy (CBT) and consultation to members and participants.

6. Wabash County Health Department will organize and implement the “In Plain Sight” parent training program to increase parent education on substance use.

Additional Resources Needed: Approximately $50,000 additional funding would be needed to accomplish this Drug and Alcohol Health Priority.
Health Problem Analysis Worksheet

- Health Problem: Substance Abuse
  - Risk Factor: Social
    - Direct Contributing Factor: Low perception of harm
    - Indirect Contributing Factor: Medical marijuana laws
    - Indirect Contributing Factor: Prescription abuse
    - Indirect Contributing Factor: Lack of information
  - Risk Factor: Family issues
    - Direct Contributing Factor: Violence
    - Indirect Contributing Factor: Parents using substances - SAP
    - Indirect Contributing Factor: Unemployment/Poverty
  - Risk Factor: Social norms
    - Direct Contributing Factor: Media
    - Indirect Contributing Factor: Peer pressure
    - Indirect Contributing Factor: Social acceptance
  - Risk Factor: Access
    - Direct Contributing Factor: Social acceptance
    - Indirect Contributing Factor: Family
    - Indirect Contributing Factor: Friends
    - Indirect Contributing Factor: Parties
    - Indirect Contributing Factor: Self-esteem
    - Indirect Contributing Factor: Family attitudes
    - Indirect Contributing Factor: Long-term resolution
  - Direct Contributing Factor: Limited access to activities
    - Indirect Contributing Factor: Poverty
    - Indirect Contributing Factor: Rural community
    - Indirect Contributing Factor: Lack of community resources
Health Priority II
Mental Health

Healthy People 2020 (Federal Office of Disease Prevention and Health Promotion) recognizes Mental Health Issues and has several goals in its ten year plan including but not limited to: decreasing the suicide rate, decreasing the proportion of individuals who experience severe depressive episodes and increasing the proportion of individuals with mental illness who receive treatment.

During the Wabash County Needs Assessment, mental health issues were identified as one of the top three health problems within the county and the community survey. Mental Health/Illness Issues are also considered a Priority Health Concern in the Illinois State 2010 and 2012 Health Improvement Plans (Illinois Department of Public Health).

**Outcome Objective** – Reduce stigma related to Mental Health Conditions and increase access to mental health treatment to the residents of Wabash County ages birth – 99. Reducing the stigma will be evident by the increase in number of individuals accessing services by 10%.

**Community Partners**: The Depot Counseling Center, Wabash County Project Success, Wabash County States Attorney, Wabash County Sheriff’s Department, Wabash General Hospital, Wabash County Primary Care, Wabash County District Schools #348 and Allendale District #19, All Our Kids Network, Wabash County Ministerial Alliance, and the Wabash County Health Department Public Health Division.

**Impact Objective**: By 2022, increase the number of individuals participating in counseling services by 10%. Baseline is 239 from WCHD Behavioral Health Division data.

**Action Steps**:
1. Wabash County Health Department will participate in a task force with the Wabash General Hospital to address integrating mental health care with primary care to enhance the total care of the individual.
2. Wabash County Health Department will admit individuals within 7 days of initial contact with the agency for behavior health services.
3. Wabash County Health Department will provide counseling services in Wabash School District #348 and Allendale District #19 to students during the school year.
4. Wabash County Health Department will work in conjunction with Project Success to plan and implement an anti-bullying parent education program to prevent/reduce bullying.
5. Wabash County Health Department will train mental health staff on trauma-focused treatment and will assist in administering the ACES (Adverse Childhood Experience Screening) to students in Wabash County.

6. Wabash County Health Department staff will utilize Trauma Informed Cognitive Behavior Therapy with individuals experiencing the effects of trauma.

7. Wabash County Health Department will engage in a media campaign in May of every year to raise awareness regarding Mental Health conditions and reducing the Stigma associated with Mental Illness.

8. Wabash County Health Department will create and post stall readers in the area schools and at the Wabash County Health Department that will provide education regarding Mental Health conditions and will provide facts, information and screening tools.

9. Wabash County Health Department will explore alternative funding resources needed to increase prevention efforts for Wabash County.

10. Wabash County Health Department will train mental health professionals to increase services for children ages 0-5.

11. Wabash County Health Department Depot Counseling Center will coordinate services with All Our Kids Network to increase education and awareness of children’s mental health issues.

Additional Resources Needed: Approximately $50,000 additional funding would be needed to accomplish this Mental Health Priority.
HEALTH PROBLEM ANALYSIS WORKSHEET

Health Problem: Mental Health

Risk Factor: Familial
  - Direct Contributing Factor: Trauma
  - Indirect Contributing Factor:
    - Abuse
    - Violence in the Family
    - Lack of Parenting
  - Direct Contributing Factor: Lack of psychiatric treatment
  - Indirect Contributing Factor:
    - Funding
    - Limited workforce
    - Insurance Coverage
  - Direct Contributing Factor: Parents with Mental Illness
    - Early Diagnosis and Tx
    - Exposed to childhood trauma

Risk Factor: Situational
  - Direct Contributing Factor: Unstable living environment
    - Parenting
    - Divorce
    - Abuse
  - Direct Contributing Factor: Lack of coping skills
    - Lack of education
    - Limited support network
    - Double standards
  - Direct Contributing Factor: Substance Abuse
    - Peer Pressure/social acceptance
    - Easy Access
    - Medication Abuse/Abuse
Health Priority III
Cancer (Lung/Breast)

In 2017, an estimated 1,688,780 people will be diagnosed with cancer in the United States, and as estimated 600,920 will die of cancer. Cancer is a leading cause of death in the United States, second only to heart disease. Cancer incidence and mortality help to define the impact cancer has on society, but the impact cancer has on patients and families cannot be so easily defined.

During the Wabash County Needs Assessment, cancer was identified as one of the top three health problems within the county. According to Illinois Department of Public Health Cancer Statistics 2009-2013, Wabash County has a higher incidence rate of colorectal and lung cancer than the State of Illinois. Breast and prostate cancer have a higher incidence in Wabash County but are both lower that the State Rate.

According to Healthy People 2020, many cancers can be preventable by reducing risk factors such as: use of tobacco products, physical inactivity and poor nutrition, obesity, ultraviolet light exposure. Based on resources available within and surrounding Wabash County, it was determined that the health department would focus on Lung Cancer and Breast Cancer for the 2017-2021 IPLAN.

**Health People 2020 Objectives: Cancer:** Reduce the number of new cancer cases, as well as, illness, disability, and death caused by cancer. C-2 Reduce the lung cancer death rate. C-3 Reduce the female breast cancer death rate.

**OUTCOME OBJECTIVE:** Reduce the death from lung and breast cancer by 3% by reducing incidence of lung and breast cancer. (IDPH 2009-2013 Breast Cancer Incidence Rate 114.4 Wabash County/128.5 State of Illinois. Lung Cancer Incidence Rate 91.6 Wabash County/67.9 State of Illinois)

**IMPACT OBJECTIVES:**

**Objective 1:** By 2021, the number of women in Wabash County who report an annual mammogram will increase from 56% to 65%. (Baseline is 56% from the Illinois Behavioral Risk Factor Surveillance 2010 Round 5)

**Action Steps:**
1. Wabash County Health Department will apply for the Illinois Department of Public Health -Office of Women’s Health Ticket for the Cure grant when RPF posted.
2. Wabash County Health Department Outreach Coordinator will provide area primary care providers with information about Illinois Breast and Cervical Cancer Program – Prairie State Women’s Health.
3. WCHD will collaborate with Wabash General Hospital to promote Birthday Month Mammograms at a discounted rate.
4. Wabash County Health Department Family Planning Program will instruct clients on the importance of Self Breast Exam and routine Clinic Breast Exams.

**Objective 2:** By 2021, decrease the number of 10th and 12th graders reporting use of e-cigarettes in “Past 30 Days” by 10%. (Baseline: Illinois Youth Survey 2016 – 10th grade 20%, 12th grade 21%)

**Action Steps:**
1. Wabash County Health Department Staff will participate in Alcohol, Tobacco, and Other Drugs Committee within Wabash County Project Success.
2. Develop a Social Norms Marketing Campaign regarding E-cigarettes as an Enhancement Project Area for the Illinois Department of Public Health Tobacco Free Communities Grant.
3. Collaborate with Wabash County Project Success to provide tobacco use education to be placed in stall readers at Mt Carmel High School.
4. Provide area primary care providers with Illinois Tobacco Quitline information.

**Objective 3:** By 2021, the percentage of adults that self-report a BMI over 30 will decrease from 32% to 27%. (Baseline: Robert Wood Johnson Foundation County Health Rankings 2017, Adult Obesity 32% Wabash County, 27% State of Illinois)

**Action Steps:**
1. Wabash County WIC Program and Wabash County Area on Aging will collaborate to start a Wabash County WIC and Senior Farmer’s Market Nutrition Program.
2. Collaborate with Wabash County U of I Extension to offer nutrition education at the Wabash County Health Department on a monthly basis.
3. Provide nutrition counseling to participants enrolled in the Wabash County Health Department WIC Program.
4. Create a list of resources for individuals seeking weight loss guidance/fitness instruction.

**COMMUNITY RESOURCES:** Wabash General Hospital, Wabash County Health Department Public Health Division, Wabash County Project Success, Wabash County School District #348, Wabash County Local Primary Care Providers, Wabash County Area on Aging, University of Illinois Extension.

In order for Wabash County Health Department to meet the Cancer Health Priority, funding from both Illinois Department of Public Health and Illinois Department of Human Services will need to increase by approximately $50,000.

BARRIERS:
There are many contributing factors that put people at risk of a cancer diagnosis at some point in their life. Some of these can be controlled some cannot. There is also evidence of disparities in cancer incidence and death among racial, ethnic and underserved people. Barriers working against preventing cancer incidence and death are listed below:

- **Socioeconomic Status:** While race and ethnicity play a major role in a person’s access to education, health care, and safe/healthy living and working conditions, Socioeconomic Status has an even larger impact. Socioeconomic Status also plays a role in prevalence of high risk behaviors associated with cancer and a lower rate of cancer screenings. While Wabash County only has a 5.5% Poverty Rate the Median Family Income is $24,000 less than the state average.
- **Knowledge:** Many people do not even know the risk factors for lung and breast cancer. While some risk factors are a direct result of personal behavior others are not. If more people knew their risk, they could make the necessary lifestyle changes to become healthier and even live longer. Because of fear, lack of concern, or other issues, people do not have these screenings to find out whether or not they have a health issue and therefore do not know until it is sometimes too late.
- **Education:** People do not understand that they can control some risk factors, but not others. People do need to know that some things such as heredity, race, and gender cannot be controlled, but that there are many things they can do to prevent other contributing factors and that it is not worthless to do these things. People do not understand that the lifestyle choices they make on a daily basis impact their risk for developing cancer.
- **Difficulty in Making Lifestyle Changes:** It is difficult for people to make a lifestyle change, especially when it is drastic and consists of changing eating, drinking, sleeping, coping, and physical activity behaviors. It is easier to keep things the same, especially when change can seem overwhelming.
- **Transportation/Access:** Lack of transportation and access to some services (including health-related services and appointments) either because people cannot obtain the transportation or access or they do not choose to.
- **Lack of Access to Care:** Many people cannot access the medical care they need in order to learn how to reduce their risk of cancer or receive screenings needed for early detection. There are also limited affordable fitness/weight loss programs in the area.
- **Apathy:** Some people do not have the desire to change lifestyle behaviors. For some, learning to incorporate changes, i.e. smoking cessation, would greatly reduce their risk for cancer.
References


http://app.idph.state.il.us/cgi-bin/vfpcgi.exe?IDCFile=/data/iplanrpt.idc


https://www.illinois.gov/dcfs/aboutus/newsandreports/Documents/PlacementCounty.PDF

http://www.idph.state.il.us/brfss/countydata.asp?selTopicCounty=chronic&areaCounty=Wabash_94&show=freq&yrCounty=5&form=county&yr=&area=&selTopic=


https://www.wabashhealth.org/familyplanning

https://namiillinois.org/about-mental-illness/


https://statecancerprofiles.cancer.gov/incidencerates/index.php?stateFIPS=17&cancer=047&race=00&sex=0&age=001&type=incd&sortVariableName=rate&sortOrder=default#results


http://dph.illinois.gov/topics-services/diseases-and-conditions/infectious-diseases


http://iquery.illinois.gov/dataquery/Default.aspx

https://www.aids.gov/hiv-aids-basics/hiv-aids-101/what-is-hiv-aids/

http://www.investopedia.com/terms/p/percapita.asp


http://map.feedingamerica.org/county/2014/overall/illinois/county/wabash

http://app.idph.state.il.us/cgi-bin/vfpcgi.exe?IDCFile=/data/iplanrpt.idc

http://www.disclosurenewsonline.com/2016/08/05/child-dies-when-swing-set-falls-over-on-her/#sthash.N06Noi6l.dpbs

https://iys.cprd.illinois.edu/UserFiles/Servers/Server_178052/File/2014/cnty14_Wabash.Pdf


https://www.healthypeople.gov/2020/topics-objectives/topic/substance-abuse/objectives


http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0107429


http://www.countyhealthrankings.org/rankings/data

http://www.idph.state.il.us/ship/09-10_Plan/SHIP_Final_2010.pdf

http://www.idph.state.il.us/ship/icc/documents/SHIP-FINAL.pdf
Appendix A

Wabash County Community Health Survey 2017

Please complete either this paper survey and return to the Wabash County Health Department
@ 130 W. 7th Street, Mt. Carmel, IL
OR
go online to the following link: https://www.surveymonkey.com/r/5CFWC7R

1. What do you think are the top 3 (three) important factors for Wabash County to be a "Healthy Community"? (Those factors which most improve the quality of life in a community.)

☐ Good Schools   ☐ Low Crime rate   ☐ Healthy behaviors and Lifestyles
☐ Access to healthcare (doctor/hospital)   ☐ Parks and Recreation
☐ Clean environment   ☐ Affordable Housing   ☐ Arts and Cultural events
☐ Low adult death and disease rates   ☐ Low infant death rate   ☐ Religious or spiritual values
☐ Good race relations   ☐ Strong family life   ☐ Good place to raise children
☐ Low rates of child abuse   ☐ Strong law enforcement   ☐ Safe neighborhoods
☐ Access to affordable Childcare   ☐ Family Friendly Community Activities
☐ Other (please specify): ______________________________________________________

2. What do you think are the top 3 (three) "Health Problems" in Wabash County? (Those problems which have the greatest impact on overall community health.)

☐ Cancers   ☐ Diabetes   ☐ Heart Disease/Stroke   ☐ High Blood Pressure
☐ Child Abuse/Neglect   ☐ Domestic Violence   ☐ Aging issues (arthritis, hearing/vision loss, etc)
☐ Dental Problems   ☐ Infectious Diseases (Tuberculosis, hepatitis, etc)
☐ Rape/Sexual Assault   ☐ Mental Health Disorders   ☐ Substance Use Disorders
☐ Infant Deaths   ☐ Firearm Related Injuries   ☐ Sexually Transmitted Diseases
☐ Suicide   ☐ Teenage Pregnancy   ☐ Access to Mental Health Treatment
☐ Access to Substance Use Treatment   ☐ Access to Dental Care
☐ Access to Medical Care   ☐ Obesity
☐ Grandparents or other relatives having to take on the Parent's role
☐ Other (please specify) ______________________________________________________
3. What do you think are the 3 (three) most "Risky Behaviors" in Wabash County? (Those behaviors which have the greatest impact on overall community health.)

☐ Alcohol Use    ☐ Marijuana Use    ☐ Opioid/Prescription Pain Killer Use
☐ Other Drug Use  ☐ Being Overweight ☐ Lack of exercise  ☐ Poor eating habits
☐ Tobacco Use    ☐ Dropping out of school ☐ Not getting vaccinations
☐ Not getting preventative medical care ☐ Not getting preventative dental care
☐ Not using birth control ☐ Not using seat belts / child safety restraints ☐ Racism
☐ Not using protective measures when trying to prevent Sexually Transmitted Diseases
☐ Not getting children developmentally screened
☐ Other (please specify) ___________________________________________________________
Appendix B
Progress on WCHD 2012-2016
Community Health Plan Action Steps

Priority 1: Drugs & Alcohol
Objective
Reduce substance abuse to protect the health, safety and quality of life for Wabash Co. residents, especially children.

Action Steps:
• WCHD key staff will participate in the local Project Success Framework for Prevention activities as possible within local schools. **Result: Achieved**
• WCHD staff will take an active role on the Drugs, Alcohol, Tobacco and Violence Task Force of Project Success. **Result: Achieved**
• WCHD Depot Counseling Division (The Depot Counseling Center) will seek certification from DASA in provision of drug and alcohol counseling. **Result: Achieved - WCHD successfully obtained a Substance Abuse Treatment license and became the local Drug Court Treatment Provider.**
• WCHD will explore alternative funding resources needed to provide drug and alcohol prevention education to the youth of Wabash County. **Result: Project Success has federal grant addressing this issue and WCHD staff are active members on this group.**

Priority 2: Violence
Objective
Reduce substantiated reports of violence in Wabash County.

Action Steps
• WCHD will educate local health/social entities to encourage addition of violence screening as a component of routine health assessments. **Results: Partial Achievement. WCHD received a grant (Health Cares) to provide this education. However, the grant funding ended prematurely due to a Chicago program’s misuse of program funds (one bad apple ended the program for rest of state)**
• WCHD will provide public education messaging to the community to improve knowledge/understanding of violence & to promote zero violence as a norm thorough collaborative public education messaging. **Results: Partial Achievement. Outreach Education provided through social media and brochures, advertising on fireboxes (no longer available). WCHD has posters on walls in office, staff discuss with clients, wchd nurses pictures offering assistance to victims of violence. Family planning staff assessment- healthy relationship questionnaire, FCM also does assessment if anybody ever hurt them.**
• WCHD will plan/host annual training conference promoting a knowledge base of identifying, assessing and intervening in an actual or potential child, domestic, senior violent situation or scenario through. **Results: Partial Achievement. The Health Cares grant allowed funding to sponsor two annual Conferences which were held at Wabash**
Valley College. National Speakers provided the training. CEU’s were provided to attendees upon completion. The planned third year’s conference could not be provided due to the grant ending prematurely.

Priority 3. Overweight and Obesity

Objective
Promote healthy body weights of Wabash Co. residents.

Action Steps

• Increase the proportion of Wabash Co. adults who are at a healthy weight as measured by the BRFSS 4th round of Wabash Co. adults who self-report being overweight or obese (66.3%). Results: Unknown - the BRFSS 5th round has not yet been completed. WCHD collaborated with the City of Mt. Carmel through We Choose Health funding to install bike racks throughout the City.

• Provide nutrition or weight management classes or counseling to community and worksites. Results: Partial Completion - WCHD provided two classes of 10 weeks each through an IDPH grant (Heart Smart for Women). The grant ended resulting in ability to provide staff to continue the program. Also, the We Choose Health collaborative grant (flow through from the CDC) allowed the collaboration to hire a health educator (Sarah Coleman covered several counties including Wabash). We Choose Health also allowed WCHD to purchase an evidenced based curriculum to promote healthy weight. However, grant funding ended prematurely eliminating our ability to fund staff to offer this program. WCHD participates in health fairs.

• Provide public education of dietary importance and affordable resources to increase child intake of fruits and vegetables. Results: WCHD staff provide this education to all WIC clients. Three years of WIC surveys indicate that the number one behavior people changed after coming to WIC was eating more fruits and vegetables. The University of Illinois Nutrition Education Program extension worker offers info and recipe demonstrations at the WCHD office regularly.
Appendix C

Results of the Wabash County 2017 Community Health Survey

Top Health Community Factors

![Healthy Community Factors Pie Chart]

Top Health Risk Behaviors

![Risky Behaviors Pie Chart]

Top Five Health Concerns

![Health Problems Pie Chart]
Appendix D

Wabash County Community Health Committee
3/29/17

Community Health Problem Priorities

The following five health issues were identified in the Community-Wide Survey results as Wabash County’s top Health Problems.

Please help us prioritize this list by ranking them as 1 (top priority) through 5 (lowest priority). Each number should only be used once. Lastly, circle no more than one specialized focus for those health problems with focus options.

<table>
<thead>
<tr>
<th>Priority</th>
<th>Health Problem</th>
<th>Specialized Focus?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Substance Use/Abuse</td>
<td>Opioids, Alcohol, Methamphetamines, Marijuana, Tobacco/eCig</td>
</tr>
<tr>
<td></td>
<td>Cancer</td>
<td>Lung, Breast, Colon/Rectum, Prostate</td>
</tr>
<tr>
<td></td>
<td>Obesity</td>
<td>Children, Adults</td>
</tr>
<tr>
<td></td>
<td>Mental Health</td>
<td>Outreach Education, Access, Integrating with Primary Care</td>
</tr>
<tr>
<td></td>
<td>Grandparents Raising Grandchildren</td>
<td></td>
</tr>
</tbody>
</table>

Other Comments/Input
July 11, 2017
Mr. Tom Szpyrka
Division of Health Policy
Illinois Department of Public Health
525 West Jefferson Stret
Springfield, IL 62761

Dear Mr. Szpyrka,

This serves as formal notification that on July 11th, 2017, the Wabash County Board of Health reviewed and approved both the 2017 Wabash County Community Health Plan (IPLAN) and the Wabash County Organizational Capacity Self-Assessment (SWOT).

Sincerely,

Justin Miller, M.D.
Wabash County Board of Health President
130 West 7th Street
Mt. Carmel IL 62863

-Equal Opportunity Employer-
Intentionally Left Blank