

# YOLO COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)



## 2016 ANNUAL REPORT

[www.HealthyYolo.org](http://www.HealthyYolo.org)

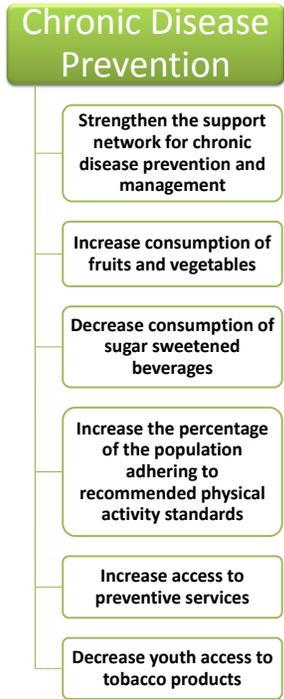
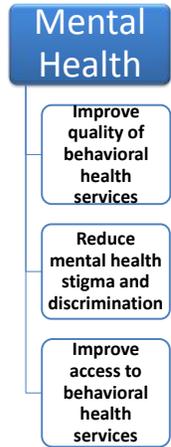


# WHAT IS THE COMMUNITY HEALTH IMPROVEMENT PLAN?

In 2013 Yolo County initiated a Community Health Assessment (CHA) that identified 3 priority health issues: Mental Health, Chronic Disease and Aging.

Workgroups convened around each of these to identify 5 year goals. A description of that process can be found in the CHIP.

Yolo County Health and Human Services Agency Community Health Branch serves as the convener to help programs and agencies come together behind common goals, become more comfortable with data and communicate progress.



## HOW DO WE DO IT?

Utilizing Collective Impact with the vision of achieving community-wide health improvements, we began to gather around a common agenda, with Yolo County HHSA as the backbone organization. We review available data, set common measures and meet quarterly to establish frequent communication and continue to work toward mutually reinforcing activities.

## CALL TO ACTION

The Yolo County CHIP is a collaborative effort of many community members and organizations with a commitment to the health of everyone who lives in Yolo County, in which all community members see their role in the improvement of health and well-being. If you're passionate about any of our priority areas we'd love to have you join us!

**MENTAL HEALTH**

Are you working on prevention, stigma reduction or providing services to the mild to moderately mentally ill? Have programs or data relevant to mental health you'd like to share?

**CHRONIC DISEASE PREVENTION**

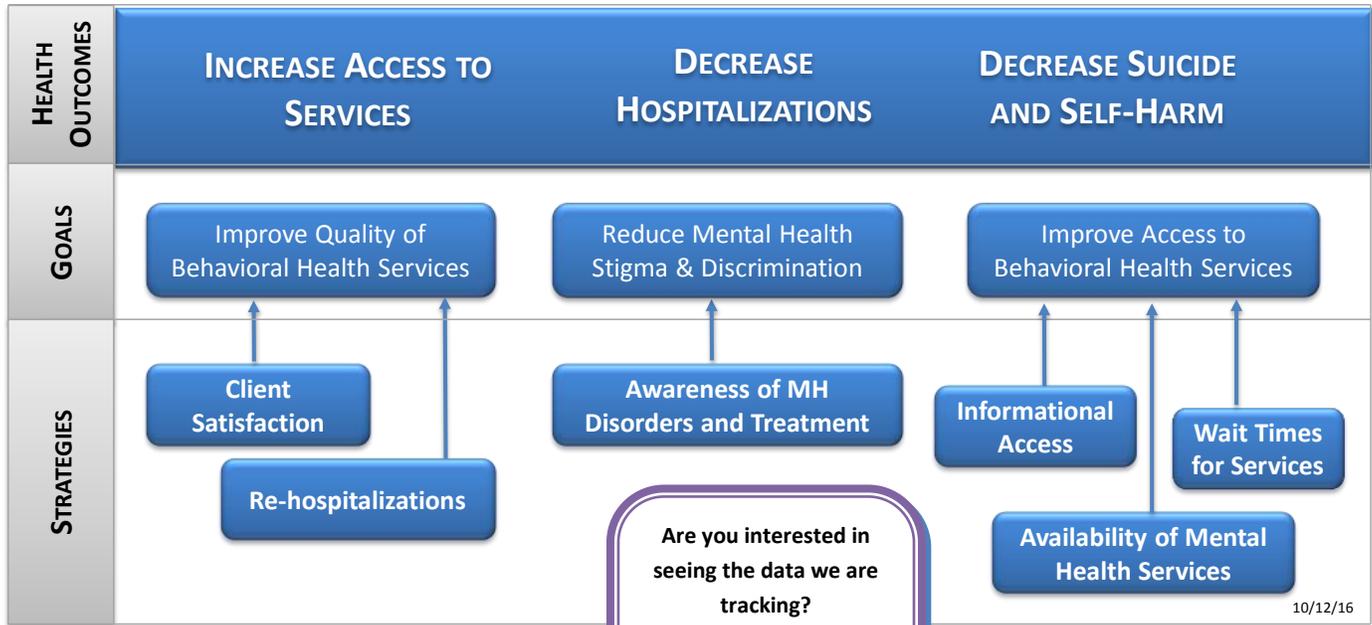
Are you working to improve the built environment, change policy to decrease the burden of chronic disease or are a non-traditional partner in health?

**HEALTHY AGING**

Do you provide programs or services for older adults? Have a love for data and an interest in older adult issues?

Email  
[HealthyYolo@yolocounty.org](mailto:HealthyYolo@yolocounty.org)  
 to get involved!

# MENTAL HEALTH



10/12/16

Are you interested in seeing the data we are tracking?  
 Visit [www.HealthyYolo.org](http://www.HealthyYolo.org) to see both community level health outcomes as well as program data!

*[participating in the CHIP] "has allowed me to rethink the process and understand the importance of relevant data."  
 ~MH workgroup participant*

## CLIENT SATISFACTION

Current strategies addressing client satisfaction being led by **Yolo County Mental Health Plan (MHP)** include efforts to increase survey response among the client population.

This year they increased the number of agencies participating in collecting survey data and number of participants filling out surveys. Capacity to analyze client satisfaction data remains an area of improvement.

## AWARENESS OF MENTAL HEALTH DISORDERS & TREATMENT

The 2016 strategy was related to the **Perinatal Mental Health Collaborative's annual Blue Dot Campaign**, which focuses on increasing providers' knowledge around screening, referral, and treatment of perinatal mood and anxiety disorders. The number of partners who took a blue dot photo **increased by 10!**

## RE-HOSPITALIZATIONS

Re-hospitalizations rates within 30 days of a psychiatric discharge is an important measure as a decrease can indicate successful discharge planning and improved outcomes. Yolo County MHP changed their discharge planning structure, moving it under Quality Management, hired a new discharge nurse, and provided case management prior to discharge.

**This resulted in a 10% decrease for 2016.**

## AVAILABILITY OF MENTAL HEALTH SERVICES

Yolo County HHS was able to increase their number of **Full Service Partnership (FSP) slots** for all age groups.

**Full Service Partnership** is an intensive and comprehensive clinic or field based mental health service for individuals experiencing significant serious mental illness.

## INFORMATIONAL ACCESS

Due to staffing and organizational changes in 2016, this data was not reliably available. Healthy Yolo staff are working to identify a new point person for reporting for 2017.

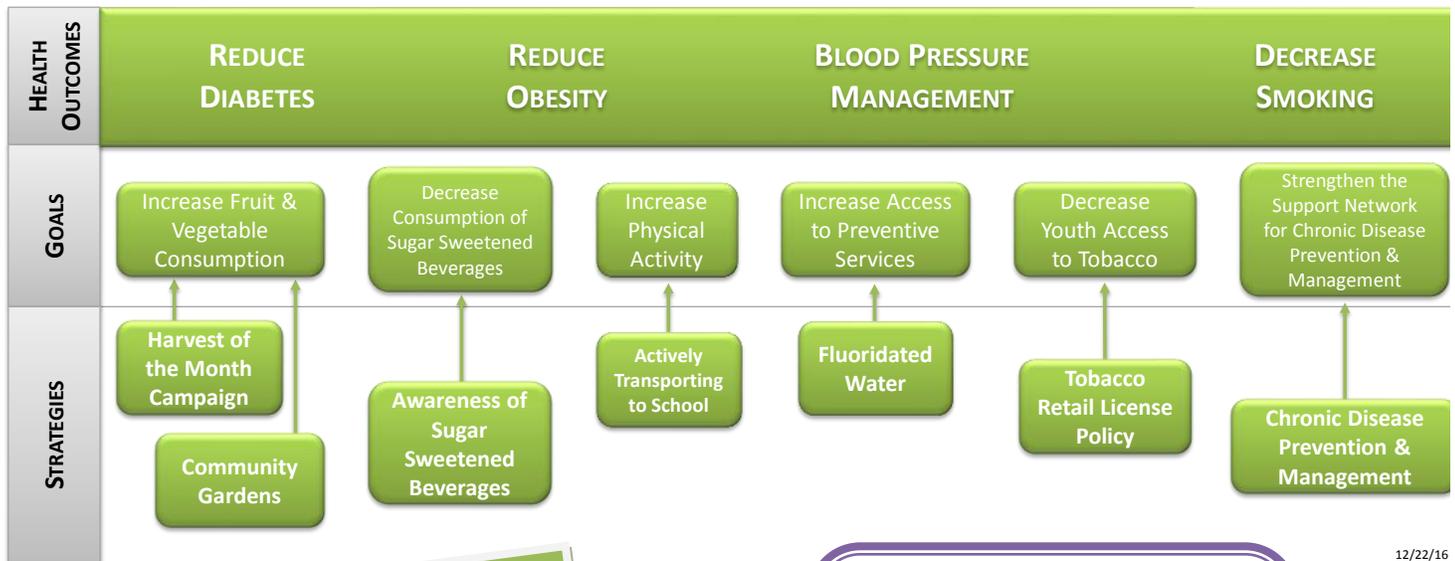
## WAIT TIME FOR SERVICES

Yolo County MHP is tracking wait time for services by looking at % of clients who receive an appointment within 7 days and 30 days post hospital discharge. This is another important measure of access that is linked to improve outcomes for our clients. Modest improvements in both of these measures were seen in 2016.

**T** HANK YOU TO OUR PARTNERS WHO HAVE SHARED DATA:  
 Samantha Fusselman, Yolo County Health & Human Services  
 211 Yolo

**N** EW FOR 2017  
 Mental Health Services Act Programs

# CHRONIC DISEASE PREVENTION



12/22/16

*“Opening the door to view and begin to document elder issues related to chronic disease.”  
~CDP workgroup participant*

Are you interested in seeing the data we are tracking?  
Visit [www.HealthyYolo.org](http://www.HealthyYolo.org) to see both community level health outcomes as well as program data!

## HARVEST OF THE MONTH CAMPAIGN

The Harvest of the Month (HotM) Campaign is a State –wide program aimed at helping increase awareness and consumption of locally grown produce. Yolo County has developed a [Yolo-specific calendar based](#) on what is seasonally available.

Between 7 CNAP partners and 3 HHS partners, there are two efforts in regards to HotM that are currently being tracked:

- The Yolo County Nutrition Education and Obesity Prevention (NEOP) program has implemented trainings for WIC in order to increase the awareness of local and seasonally appropriate fruits and vegetables. Due to the trainings and messaging provided there was **29% increase** in the number of WIC clients who recognized the HotM Campaign.
- Both the Woodland Joint Unified and Washington Unified School Districts promote HotM. Between the two school districts, **over 8000 students in 9 schools** received HotM taste tests.

## COMMUNITY GARDENS

The **Hanna & Herbert Bauer Memorial Garden**, located at 137 N Cottonwood Street Woodland, was established in September 2013. Overseen by HHS staff, this garden increases access to fresh produce for residents, as well as provides the opportunity for education (*follow [Yolo County HHS Community Health Branch on Facebook](#) to hear about upcoming classes!*)

The demonstration portion of the garden is utilized for classes (open to the public), as well as provides produce for NEOP and WIC classes. The produce distributed to WIC clients provides an average of 3 pounds of fresh produce per family.

**In 2016, 566 bags of produce were distributed totaling over 1,700 pounds!**

In addition, a new relationship with a nearby school was developed to provide more elementary students with garden based nutrition education.

**T**HANK YOU TO OUR PARTNERS WHO HAVE SHARED DATA:  
Dawn Myers Purkey, Yolo Adult Day Health Center  
Rebecca Tryon, Yolo County Health & Human Services Agency  
Steven Jensen, Yolo County Health & Human Services Agency  
Jan Babb, Yolo County Health & Human Services Agency

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## AWARENESS OF SUGAR SWEETENED BEVERAGES

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One of the Community level health outcomes that the CHIP is watching is the consumption of soda or sugar-sweetened beverages for school-aged children.

In prior years, efforts were made to remove vending machines from schools, which helped bring down the rate of consumption. However, the efforts to reduce sugar sweetened beverages has become an area of interest to both the Board of Supervisors and the Yolo County Health Council.

Leading the charge in strategies was City of Davis. In 2015, the City of Davis passed an ordinance that stated the default beverage for kid's meals must be water or milk.

In partnership with a County-level workgroup that has been developed, the HHSa NEOP program will be identifying an additional city to create an ordinance to regulate beverages in kids meals in 2017.

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## ACTIVELY TRANSPORTING TO SCHOOL

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In 2016, HHSa received a 2 year grant focused on increasing the number of Woodland Joint Unified School District children walking or biking to school by 10%.

Efforts in 2016 focused on developing relationships with the various elementary and middle schools.

*"It has helped us to be better informed, increased our networking efforts, and has assisted in identifying potential partners for program and evaluation of our services."  
~ CDP workgroup participant*

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## FLUORIDATED WATER

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Late in 2016 a County-wide Oral Health Steering Committee was formed. This steering committee is currently in the process of developing a County-wide strategic plan in regards to oral health and will potentially have additional strategies to implement in mid-2017.

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## TOBACCO RETAIL LICENSE POLICY

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All 4 cities, as well as the unincorporated areas of the County, now have **Tobacco Retail License (TRL) Policies**.

These **TRL Policies** are a partnership between the City, local law enforcement, and the HHSa Tobacco Prevention Program. A TRL policy requires all tobacco retailers to obtain a license to sell tobacco much like an alcohol license. The fees from the licenses pay for annual enforcement. The City of Winters was the most recent TRL policy that was adopted.

Implementing TRL policies are proven to show a decrease in youth access to tobacco, which in turn leads to a decrease in the adult smoking rate. Annual enforcement using youth decoys are conducted at each retailer to assess whether they are selling tobacco products to youth.

**Coming in 2017**, the Tobacco Prevention Program will be sharing the youth sale rate for each of the cities and unincorporated area.

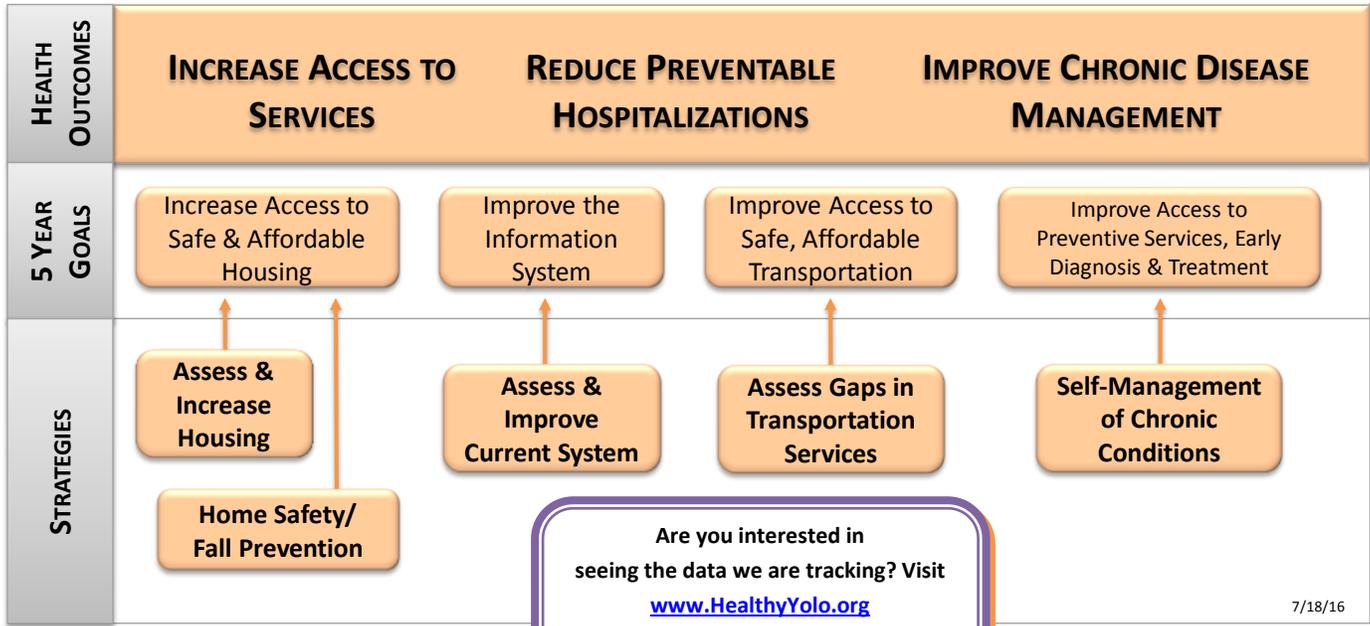
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## CHRONIC DISEASE PREVENTION & MANAGEMENT

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**Yolo County Adult Day Health Center** provides a much needed service for management of chronic disease in older adults. Having outgrown their current space and a growing waiting list, efforts are being made in partnership with the County and Dignity Health to identify a new location.

# HEALTHY AGING



7/18/16

Are you interested in seeing the data we are tracking? Visit [www.HealthyYolo.org](http://www.HealthyYolo.org) to see both community level health outcomes as well as program data!

## ASSESS & INCREASE HOUSING

Appropriate housing is a large determining factor in keeping aging individuals feeling confident and secure in their communities. Although **most jurisdictions** in the County have something in their policies regarding affordable housing, it is not consistently enforced. **More specific strategies to increase housing are needed.**

*"Keep going! Keep engaging. I wish other counties had the workshops you are hosting! I know a lot of seniors that would benefit from the Healthy Aging workshop and Chronic Disease management Workshops."*  
~HA workgroup participant

## SELF-MANAGEMENT OF CHRONIC CONDITIONS

As part of the **HHSA Healthy Living for Older Adults Program**, this program ended sooner than expected.

Yolo County HHSA will continue to offer the workshop portion of this program; however the home visitation aspect of this program is not sustainable.

## HOME SAFETY / FALL PREVENTION

The **HHSA Healthy Living for Older Adults** program ended sooner than expected and 2016 data was unavailable. HHSA continues to look at ways to implement various pieces of this program. In addition, Health Council remains very interested in this topic and further collaboration may be possible.

One of the efforts spearheaded by Health Council is the annual **Fall Prevention Event**, which includes speakers, educational booths, and other resources.

## ASSESS & IMPROVE CURRENT SYSTEM

This strategy was to review the **number of calls and website hits through 211** for services directly related to seniors. Due to numerous staffing and organizational changes, this data was not available for all of 2016 but Healthy Yolo staff are working to identify point person for reporting for 2017.

Senior Link of Yolo County, which partners closely with 211 Yolo, has created a [Senior Resource Directory](#).

## ASSESS GAPS IN TRANSPORTATION SERVICES

**Area 4 Agency on Aging (A4AA)** provided 2,910 transportation vouchers to Yolo Adult Day Health Center with 2,215 of them redeemed in 2016.

**Yolo Healthy Aging Alliance** also identified transportation as a priority, need more specific strategies to address this gap.

**T** HANK YOU TO OUR PARTNERS WHO HAVE SHARED DATA:  
Sheila Allen, Yolo Healthy Aging Alliance/Yolo County Commission on Aging  
Yolo County Health & Human Services  
211 Yolo  
Area 4 Agency on Aging

**N** EW FOR 2017  
The City of West Sacramento is doing an Age-Friendly Community assessment and is working with Healthy Yolo to align and will incorporate strategies into the CHIP if appropriate.

# 2016 ACCOMPLISHMENTS

- Implementation of the dashboard in April 2016 (found at [www.HealthyYolo.org](http://www.HealthyYolo.org)).
- 11 programs/agencies contributed data.
- The average attendance per meeting was 13 participants.
- Health outcome data and targets were added to dashboard.
- Overall, there are 91 individuals on the Healthy Yolo distribution lists.

Strategies				
	Name	Current Value	Change	Target Value
▣	▣	Increase Access to Chronic Disease Prevention and Management		
▣	▣	Increase Exposure to Harvest of the Month (HOTM) Campaign		
▣	% of WIC Clients who recognize Harvest of the Month (HotM) Campaign	47%	↑ 1	19%
▣	# of schools where Harvest of the Month (HotM) is promoted	9	1	4
▣	# of kids who receive Harvest of the Month (HotM) taste tests	8,324	1	1,495
▣	# of County Nutrition Action Partnership (CNAP) partners who utilize Harvest of the Month (HotM) with their clients	7	→ 1	8
▣	# of HISA programs that utilize Harvest of the Month (HotM)	3	↑ 1	2



Yolo County's Perinatal Mental Health Collaborative Kicking off May is Mental Health with their Blue Dot Campaign to promote awareness of perinatal mood and anxiety disorders.



Bike Rodeo at Pioneer Park put on by Yolo County Safe Routes to School program.



Elementary students learning garden skills at the Hanna and Herbert Bauer Memorial Garden.

**GET INVOLVED**

Visit [www.HealthyYolo.org](http://www.HealthyYolo.org) to learn more or contact [HealthyYolo@yolocounty.org](mailto:HealthyYolo@yolocounty.org).

# WHAT CHIP PARTICIPANTS SAID ABOUT THE PROCESS

*“I am collecting more meaningful data and making it available to partners.”*

*“Helping us all to identify our strengths and weaknesses so we can focus our energy more appropriately.”*

*“Good to know what the County’s goals are so as we set our own local program goals or work at state and national goals, we are consistent.”*

## THANK YOU TO OUR PARTNERS

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|---------------------------------------|---|
| 211 Yolo                              | Yolo County Commission on Aging   |
| Area 4 Agency on Aging                | Yolo County Health Council  |
| BB CAN                                | Yolo County HHSA, Healthy Living for Older Adults Program                 |
| Capay Valley Vision                   | Yolo County HHSA, Mental Health Services Act Programs                     |
| CommuniCare Health Centers            | Yolo County HHSA, Nurse Home Visiting Program                             |
| Dairy Council of CA                   | Yolo County HHSA, Nutrition Education & Obesity Prevention Program (NEOP) |
| Dignity Health                        | Yolo County HHSA, Safe Routes to School Program                           |
| NAMI Yolo                             | Yolo County HHSA, Tobacco Prevention Program                              |
| Partnership HealthPlans of California | Yolo County HHSA, Quality Management Program                              |
| St. John’s Retirement Village         | Yolo County Local Mental Health Board                                     |
| Sutter Health                         | Yolo Family Service Agency  |
| UC Cooperative Extension              | Yolo Food Bank  |
| Winters Senior Foundation             | Yolo Healthy Aging Alliance   |
| Yolo Adult Day Health Center          |   |
| Yolo County Administrator’s Office    |   |



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|--|---|---|
| <b>A4AA:</b> Area 4 Agency on Aging              | <b>FSP:</b> Full Service Partnership          | <b>NEOP:</b> Nutrition Education & Obesity Prevention |
| <b>CHA:</b> Community Health Assessment          | <b>HHSA:</b> Health and Human Services Agency | <b>TRL:</b> Tobacco Retail License                    |
| <b>CHIP:</b> Community Health Improvement Plan   | <b>HotM:</b> Harvest of the Month             |   |
| <b>CNAP:</b> County Nutrition Action Partnership | <b>MHP:</b> Mental Health Plan                |   |