

Jasper County Community Health Plan

Approved by Jasper County
Board of Health on
July 22, 2013

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Priorities:
Access to Care
Coronary Heart Disease
Malignant Neoplasms

Jasper County Health Department 2012 – 2017 Community Health Plan

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Acknowledgments

This Jasper County Health Needs Assessment was developed by staff of the Jasper County Health Department. The assessment was also reviewed by the I-PLAN Community Health Committee of the Jasper County Board of Health. The assessment was approved by the board of health, at the July 22, 2013 board of health meeting.

The department gratefully acknowledges the cooperation and participation of the staff, the I-PLAN Community Health Committee, the Jasper County Board of Health.



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BOARD OF HEALTH APPROVAL LETTER

It is with great pleasure that I take this opportunity to present the Jasper County Health Department Plan for Local Assessment of Need. The Jasper County Board of Health has reviewed and approved the I-PLAN Community Health Assessment Plan. The assessment and plan was developed with the participation of health department staff, and the Local Community Health Committee. The board of health is pleased that the staff of the Jasper County Health Department was able to work cooperatively with other community agencies and residents, in the development of the plan and assessment. I would like to personally thank all of the people involved in this effort. This board will continue to support the staff in their efforts to provide programs that are responsive to the needs of our community

Sincerely,

Jeanine Fell D.D.S. 7/22/13

Jeanine Fell, D.D.S.
Board of Health President

EOE

Statement of Purpose

The 2012 community health plan was developed and reviewed by the Local Community Health Committee. The purpose of this Community Health Plan is to address priorities that were identified in the Jasper County Health Needs Assessment. The committee will begin meeting to discuss the data and determine which priorities need to be addressed in our county. Once those priorities have been established, the committee and the management staff of the health department will construct a plan to address these priorities. They will develop objectives and strategies for those priorities chosen. This plan will then be implemented. Evaluation of the plan will take place at various intervals during the five-year time frame. We will work hard towards these targets and are very hopeful this plan of action will help improve the health of the Jasper County community.

Description of the Community Participation Process

An I-PLAN 2012 Local Community Health Committee was formed to have input into the Community Health Needs Assessment, and the Community Health Plan. The members of the Jasper County Board of Health wanted to serve on the committee. The I-PLAN process was explained to board members and all agreed to serve. This streamlined the process for the limited staff involved in the project. The name of each member who served on the committee is listed below.

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Access to Care Priority

Description

Jasper County has seen a problem with a significant number of county residents, who did not have any health insurance coverage. In a 6-year time frame from 1993 through 1998, Jasper County averaged 13.8% of the population who were uninsured. This totals almost 1400 residents at any given time that had no health insurance. Latest statistic from the Illinois Public Health Association shows there are 1350 residents in Jasper County who do not have health insurance, which is a small increase from 1998 to 13.9%. Healthy People 2020 have a target of 100% coverage.

Using data from St. Anthony's Memorial Hospital's "Checkup 2011: Assessing Our Community's Health" for Jasper County, 77.8% of total adults age 18 to 64 reported having private healthcare insurance. 13.6% answered the survey that they had Medicaid, Medicare or other government-sponsored program. 8.7% of respondents stated they did not have any health insurance. This survey was taken by phone.

St. Anthony's community health assessment also found of the currently insured residents called, 6.7% reported they were without healthcare coverage at some point in the past year. This was much higher than the 4.8% in the United States. Those more likely to be without healthcare coverage were men and residents living at lower incomes.

The adults who were less likely to receive routine care, preventive health screenings, and had difficulties accessing healthcare were uninsured. 12.4% of residents who took this survey said they skipped or reduced their medication doses in order to stretch a prescription and save money. Those Jasper County residents were more likely to be uninsured adults, residents with lower incomes, and 40 to 64 years of age.

Additionally, lack of access to care for Medicaid clients is another contributing factor. The ratio of Medicaid enrollees to Medicaid Physician Vendors in Jasper County is significantly higher than the statewide ratio. This is another indication of the lack of care for county residents. Jasper County has 3 medical doctors that practice in Newton who accept Medicaid patients. One internal medicine physician visits once a week and the other internal medicine doctor has an office here and sees patients 4 days per week. Also, Jasper County recently obtained a family practice physician that is here every Tuesday. As of the July of 2013 there are 2,683 Medicaid enrollees in Jasper County. The three doctors that are possibly open 48 combined hours in a week's time could not possibly see all

our Medicaid clients once a year and still see their clients who have insurance. In the future, health care coverage will be even less as Medicaid has been expanded in Illinois to cover those 19 to 64 years of age starting in 2014 and those 1350 residents without health insurance will begin enrolling October 1, 2013 with coverage to start on January 1, 2014. We also have a Family Practice physician who is here on Tuesday. He does not take Medicaid. He has a unique practice as he has the computer equipment to do E-visits from his Newton office to his office in Effingham.

The health department has a counseling division, is the only counseling service in the county and hires psychiatrists to prescribe psychotropic medications. One psychiatrist drives from two counties away to see clients 6 hours one day per month and the other psychiatrist who is in Chicago (230 miles away) does tele-psych-medicine 1.5 hours once a month. There is a definite need for services in our county, as St. Anthony Hospital Checkup 2011 reported 7.7% of our population state their mental health status was fair or poor. Women and low-income residents were more likely to report experiencing fair/poor mental health. 7.9% of area adults have been diagnosed with major depression. 18.2% stated they have experienced symptoms of chronic depression. 1.7% of the deaths in Jasper County from 2000 to 2008 were due to intentional self-harm. We need to continue to try to recruit mental health professionals to our area.

Jasper County continues to have a federal and state designation as a Health Professional Shortage Area, Medically Under-Served Area, and Primary Care Health Service Shortage Area and a Mental Health Professional shortage area. This has been a long-standing designation, with little improvement in the status of the designation. Jasper County has been able to recruit only one full time (four days per week) physician into the county. This makes access to care very difficult for county residents.

Outcome Objective:

With the expansion of Medicaid and the implementation of the Affordable Care Act it is critical that we continue recruiting physicians and psychiatrist to Newton and Jasper County.

Impact Objective:

1. Facilitate the establishment of one additional full time primary care physician and one part time psychiatrist in the Jasper County area by the year 2017.
2. By the year 2017, encourage part time clinics to consider placing a full-time physician in their clinic.
3. Reduce the ratio of Medicaid enrollees to Medicaid Physician Vendors in Jasper County by year 2017.

Intervention Strategies:

1. Enlist the assistance of the Board of Health and solicit support from the community.
2. Contact area students who are attending medical school to inquire on their interested in returning to Jasper County to serve our community.
3. Make contact with area hospitals to notify them of our interested in obtaining a full time physician and a part time psychiatrist for Jasper County.
4. Promote the advantages of working and living in Jasper County.

Cancer Priority

Description

Malignant neoplasm, more commonly known as cancer, ranked first or second from the years of 2000 through 2008 as the leading cause of death in Jasper County. It actually tied for first with death by Disease of the Heart in 2003, 2005 and 2008 and was first in 2007. The rate of death by Malignant Neoplasm from 2000 through 2008 was 228 people, which is 29% of the deaths in Jasper County. The incidence of cancer rises with age and we do have a 23% population over 65 years of age. Because of our population, it is so important that we have access to age-adjusted rates through IQQuery database. It shows us the rates of death from malignant neoplasm with different age structures being comparable by age-adjustment. Illinois age-adjusted rate for 2000 was 176.1 and slowly decreased every year through 2008 to 158.1. The cancer rate in the United States for 2008 was 175.3. Healthy People 2020 target is 160.6. Jasper County rate for 2000 was 222.3. It then increased in 2001, 2003, 2005, 2007, and 2008. Jasper County did see a decrease in years 2002, 2004, and 2006. Year 2008 finished higher than the first year of our data with 234.1 as the age-adjusted rate. This rate is much higher than the Illinois and the United States rate.

Outcome Objective:

By the year 2017 reduce death from cancer to the age-adjusted rate of 210.0.

Impact Objective:

- 1 Increase the number of residents who have routine medical care with a physician each year. Based upon Illinois Behavioral Risk Factor Surveillance System (BRFSS) 34.3% of Jasper County residents had not been seen by a physician in more than one year.
- 2 Decrease the number of individuals over the age of 40 who have never had a mammogram. According to BRFSS (2007-2009), 18.9% of women over the age of 40 years had never had a mammogram.
- 3 Increase the number of men over the age of 40 who have been screened for Prostate Cancer through a PSA and Digital Rectal Exam. Based on BRFSS (2007-2009), 63.4% of women over the age of 40 years had received a PSA test and 68.7% had received a digital rectal exam.
- 4 By 2017 increase the number of Jasper County adults who have been screened for colorectal cancer by a colon/sigmoidoscopy. Based upon BRFSS (2007-2009) only 58.8% of individuals over the age of 50 years had been screened.
- 5 Reduce the number of residents who smoke. In 2005 20.9% of residents surveyed by BRFSS were smokers. Based upon 2007-2009 BRFSS data, 16.3% of those surveyed smoked. By 2017 our goal is to reduce the number of smokers to 13%.

Intervention Strategies:

1. Our public health educator will address the importance of routine health checks while doing public speaking presentations. Routine visits with a physician will also be stressed by staff nursing during WIC/FCM visits, to those in our office for blood pressure, blood sugar and cholesterol screenings, to those obtaining lab work and during our local health fairs.

2. Jasper County Health Department will host on a monthly basis the mobile mammography van from Sarah Bush Lincoln Hospital. The van will be located on the health department parking lot to provide mammography screenings to the public and with the assistance of the Breast and Cervical Cancer program can offer low cost or free screenings to those eligible. We will also host the mobile van at our annual health fair. At all times, the mobile van is able to accept both appointments and walk-in clients. Breast cancer awareness will be addressed during our public speaking engagements, at school health classes and through our local Jasper County Cancer Support Group.
3. PSA screenings will be offered at our department monthly with no appointment necessary. We will also offer free PSA screenings on an annual basis both at our office and at a local business employing many individuals through an endowment from the Health Improvement Association (HIA). Through advertisement and making PSA screening easily accessible we will work to increase the number of residents who have regular screening. All clients will be educated on the importance of a digital rectal exam in addition to the PSA screening.
4. Education during our public speaking presentations will be given on the importance of a colonoscopy after the age of 50 years and sooner if recommended by a personal physician. Handouts will be available explaining the importance and the procedure in the health department office lobby and during health fairs and Cancer Support events.
5. Through our tobacco cessation program we will work to decrease the number of individuals who currently smoke. The Illinois Tobacco Quitline will be promoted along with assistance from the state for patches. Advertising of the Quitline will be provided throughout the county and information will be available to all who seek services at the health department.

Heart Disease Priority

Description:

Coronary heart disease remains the leading cause of death in Jasper County. This has been a long term trend for several years. The number of death by heart disease from year 2000 through 2008 was 279 people, which is 35% of the death in Jasper County. Our high number of elderly population, and significantly prevalent risk factors, contribute to the mortality rate, however, IQuery database is able to provide Age-Adjusted Rates. Age-adjustment is a statistical process applied to rates of health outcomes, which allows communities with different age structures to be compared equally. The United States rate for 2008 was 122.7. Healthy People 2020 target is 100.8. The average age-adjusted rate for Illinois from 2003 -2008 is 196.6 and Jasper County's for those same years average 243.9. There was a slight drop in the mortality rate from 1999 through 2004 and another drop from 2005 through 2008. The age adjusted rate in Jasper County for 2000 - 2002 averaged 312.9, 2003-2005 average dropped to 200.3, and for 2006 - 2008 edged up to 218.6

Outcome Objective:

Extend the length of quality life for those who live with heart disease. By the year 2017, reduce death from heart disease to the age-adjusted rate of 190.0.

Impact Objective:

- 1 Increase the number of residents who have routine medical care with a physician each year. Based upon Illinois Behavioral Risk Factor Surveillance System (BRFSS) 34.3% of Jasper County residents had not been seen by a physician in more than one year.
- 2 Increase the number of residents who have regular cholesterol screening. Based upon CDC NCHS Data 68% of adults age 20 and over had their cholesterol checked within the preceding 5 years.
- 3 Increase the percentage of individuals who regularly exercise. Based upon BRFSS 64.6 % of individuals exercise to control their weight.

- 4 Reduce the number of residents who smoke. In 2005 20.9% of residents surveyed by BRFSS were smokers. Based upon 2007-2009 BRFSS data, 16.3% of those surveyed smoked. By 2017 our goal is to reduce the number of smokers to 13%.

Intervention Strategies:

1. Through education, Jasper County Health Department will take steps to increase the number of individuals routinely seen by local physicians. The importance of regular health screenings and checkups will be stressed during education sessions at the local rotary club, home extension groups, senior center, schools, health fairs and during office visits.
2. Cholesterol screenings will be offered at our department monthly with no appointment necessary. We will also offer free cholesterol screenings on an annual basis both at our office and at a local business employing many individuals. Through advertisement and making cholesterol screening easily accessible we will work to increase the number of residents who have regular screening.
3. Public Health nurses will address the importance of physical activity to the following groups of individuals: WIC & FCM clients, clients who visit our office for blood pressure, blood sugar and cholesterol screenings, individuals who visit our office for lab work and during public health education sessions.
4. Through our tobacco cessation program we will work to decrease the number of individuals who currently smoke. The Illinois Tobacco Quitline will be promoted along with assistance from the state for patches. Advertising of the Quitline will be provided throughout the county and information will be available to all who seek services at the health department.