

Tri-County Health Improvement Plan (T-CHIP)

With Linkages to MD **SHIP**, February 29, 2012

	SHIP Objectives	Disease Continuum	Evidence-based Model	Lead Agencies & Partners	Strategies	Action Steps	Milestones & Outcomes
Chronic Disease	<p>Reduce Diabetes Complications as measured by SHIP 27. Reduce diabetes-related emergency department visits</p> <p>Tri-County SHIP: rate/100,000 Black 1110.8; White 257.5 (HSCRC- 2010)</p>	Diabetes Risk Assessment	American Diabetes Association (ADA) Diabetes Risk Test	<p>Lead: Somerset, Wicomico, and Worcester County Local Health Departments (LHDs)</p> <p>Partners: Local Hospitals, TCDA members</p>	<p>Tri County Diabetes Alliance (TCDA) continues screening and referral for diagnostic testing and follow-up, on-going, targeting Low SES, Underserved</p> <p>By December 31, 2012, diabetes risk test administration will become standard practice in clinical programs provided by the local health departments, such as WIC, Family Planning, Smoking Cessation, Dental, Cancer Screening, and Behavioral Health Programs.</p>	<ol style="list-style-type: none"> Develop a policy for integration of Diabetes Risk Test administration in -to clinical programs offered through the Local Health Departments. Provide follow up calls, emails or letters to individuals found to be 'at risk' to encourage further diagnostic screening. (i.e. primary care, Diabetes Clinics in Somerset/-Worcester) Individuals will also be referred to Diabetes Education, National Diabetes Prevention Program and Self-Directed Physical Activity Programs. Refer individuals diagnosed with diabetes to the Outpatient Diabetes Self Management Programs provided by the local hospitals. (AGH, PRMC, McCready) 	<p>Copies of policies</p> <p>#screened #referred #diagnosed by race/ethnicity</p>
		Primary Prevention	National Diabetes Prevention Program (NDPP)	<p>Lead: Somerset, Wicomico, and Worcester County LHDs</p> <p>Partners: Worksites, faith-based organizations, recreation departments, community sites, and local YMCAs</p>	<p>TCDA to apply to MCHRC for funding to provide program in all 3 Counties, targeting Low SES, Underserved</p> <p>By December 31, 2012, local health department staff will be trained in the National Diabetes Prevention Program.</p>	<ol style="list-style-type: none"> Coordinate NDPP "Lifestyle Change Coach" training for local health department staff. Initiate, promote, and provide NDPP in Somerset, Wicomico, and Worcester Counties as resources allow. Evaluate NDPP program outcomes and conduct follow up (one year). Enroll NDPP participants and family members in free, self-directed, self-reported, incentive-based physical activity programs sponsored by the LHDs (such as the Just Walk Program in Worcester County) 	<p># Staff trained, copies of certificates</p> <p># participants # pounds lost by race/ethnicity</p>

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	Diabetes Self-Management for Control	Certified Diabetes Self-Management Education Programs	<p>Lead: Atlantic General Hospital, McCready Foundation, and Peninsula Regional Medical Center</p> <p>Partners: LHDs, TCDA</p>	<p>TCDA promotes diabetes self management education for newly diagnosed and problematic diabetes patients by certified program and educators.</p> <p>By December 31, 2012, develop and implement a Social marketing Campaign highlighting the importance of Diabetes Self Management Education, targeting Low SES, Underserved</p>	<ol style="list-style-type: none"> 1. Develop and implement a community outreach and education campaign (Social Marketing Campaign) highlighting the importance of Diabetes Self-Management Education (DSME) provided by certified educators in outpatient programs (AGH, McCready, PRMC). Outreach may include billboards, advertisements, news releases, flyers, postings on the TCDA website, and TCDA Resource Guide. 2. Link/enroll participants that completed DSME with self-directed, self-reported, incentive-based physical activity programs sponsored by the LHDs (such as the Just Walk program in Worcester County). 3. Promote Diabetes Self Management Support Groups offered in the counties and establish a monthly Diabetes Support Group in Somerset County. 	<p># patients by race/ethnicity # visits %improved A1C blood test</p> <p>Date of start up</p> <p>Copies of press releases, advertisements, flyers, and ancillaries</p>
	System Infrastructure	Coalition Development Model: Tri-County Diabetes Alliance (TCDA)	<p>Lead: Tri County Diabetes Alliance</p> <p>Partners: Atlantic General Hospital, McCready Foundation, and Peninsula Regional Medical Center</p>	<p>TCDA to review Emergency Department data for baseline in all 3 hospitals; explore other data for long and short term indicators; and recommend appropriate interventions.</p> <p>By December 31, 2012, establish a routine procedure for reviewing diabetes-related ER visits to recommend appropriate interventions, targeting Low SES, Underserved</p>	<ol style="list-style-type: none"> 1. Educate emergency department (ED) staff at all 3 hospitals about the Tri County Diabetes Alliance, Outpatient Diabetes Self-Management Programs, Diabetes Support groups, and the National Diabetes Prevention Program. 2. Establish a protocol that will ensure that patients presenting with diabetes related symptoms receive a TCDA Resource Guide upon discharge from ED. 	<p>Dates of Report on key indicators; adoption of new and monitoring reports on all indicators, new recommendations</p>

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<p>SHIP 31. Reduce the proportion of children and adolescents who are considered obese.</p> <p>Tri-County from SHIP: percent Total 15%; Black 20%; White 12%; Hispanic 18%(MYTS 2010)</p>	<p>System Infrastructure</p>	<p>Coalition Development Model</p>	<p>Lead: Wicomico County Health Department</p> <p>Partners: Somerset and Worcester County Health Depts, Atlantic General Hosp., Peninsula Regional Medical Center, Deer's Head, Board of Education, Recreation Dept, University of Maryland Extension Service, Lower Shore Family YMCA, Consumer</p>	<p>By April 1, 2012 establish a Tri-County Healthy Weight Coalition.</p>	<ol style="list-style-type: none"> 1. Determine Coalition name and leadership. 2. Develop mission, goals, and objectives. 3. Recruit members. 4. Set regular meeting dates and locations. 	<p>Copies of Meeting Minutes</p> <p>Copy of Mission, goals, objectives, and membership list.</p>

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Chronic Disease		Planning		<p>Lead: Wicomico County Health Department</p> <p>Partners: Somerset and Worcester County Health Departments, Atlantic General Hospital, Peninsula Regional Medical Center, Deer's Head, Board of Education, Recreation Department, University of Maryland Extension Service, Lower Shore Family YMCA, Consumer</p>	By December 31, 2012 collect and review local data to establish baseline measures related to children and adolescents weight in order to establish coalition priorities, esp. low SES and Underserved.	<ol style="list-style-type: none"> 1. Review data sources related to collecting BMI for-age- percentiles (i.e. B.O. E., WIC, MYTS) 2. Establish baseline for each county. 3. Determine if disparities exist. 4. Develop a plan to address problems identified. 5. Share findings and recommendations to School Health Council. 6. Assist in updating School Wellness Policy. 	<p>Report in committee minutes</p> <p>Copy of findings and recommendations.</p>
		Healthy Eating		<p>Lead: Tri County Healthy Weight Coalition</p> <p>Partners: Board of Education, Recreation Department,</p>	By December 31, 2012, establish policies or practices to increase awareness of healthy food options, esp. low SES and Underserved.	<ol style="list-style-type: none"> 1. Develop a resource guide of local farmers markets, grocery stores, co-ops. 2. Promote "MyPlate" resources 3. Educate the public about healthy eating on a budget. 4. Promote healthy food options and policies at gatherings (i.e. Schools, workplaces) using promising practices. 	Report in committee minutes

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	Physical Activity		<p>faith-based community, worksites.</p> <p>Lead: Tri County Healthy Weight Coalition</p> <p>Partners: Board of Education, Recreation Department, faith-based community, worksites</p>	By December 31, 2012, establish policies or practices to promote and integrate physical activity for all children and families.	<ol style="list-style-type: none"> 1. Develop policies that increase physical activity for children in school and during after school hours. (example- Instant Recess, Take 10, Self-directed, self-reported, incentive-based physical activity programs) 2. Promote Healthy Lifestyle choices for families esp. low SES and Underserved. 	Report in committee minutes

1. Abbreviations: **MYTS** – Maryland Youth Tobacco Survey; **TCDA** – Tri-county Diabetes Alliance; **SHIP** – State Health Improvement Process
2. **SHIP 25. Reduce deaths from heart disease** and other **SHIP** objectives may be improved as both priorities are risk factors for other health conditions.
3. T-CHIP activities will include monitoring Years of Potential Life Lost to age 75 rather than SHIP 25 as we want to reduce premature deaths from heart disease – Note: Death data is always 3 years behind.
4. Each committee will have primary responsibility for their own objectives and activities and report to the Tri-County Health Planning Board for advice and oversight.