



Pike County Health Coalition Meeting
Website: www.pikecountyhealthcoalition.com

Minutes
Held Thursday, September 24, 2015
At Pike County General Health District in Waverly

The meeting was called to order at 9 a.m. by Wally Burden, Pike County Health Commissioner. The sign-in sheet for the meeting indicated thirty (30) in attendance.

Special Guests:

Kathleen Young, Regional Liaison Southeast Ohio Office of the Governor
Coleen Krubl, Research Associate, OU Smoke Free Families Research
Dawn Ingles, ODH/BCCP

Opening Remarks:

Mr. Burden welcomed everyone to the Meeting.

Pike County General Health District Replacement Levy

Mr. Burden explained the importance of the citizens of Pike County to Vote "**Yes**" for the Replacement Levy for the Pike County General Health District in the November 2015 Elections. This is a one mill, 10 year replacement levy for the funding of the health programs of the Pike County Health District.

Southern Ohio Senior Olympics

Gary Roberts was recently elected Chairman for the Southern Ohio Senior Olympics. Mr. Roberts explained that Senior Olympics is open to men and women ages 50 and older. The Southern Ohio Senior Olympics is currently working on obtaining 501(c) (3) status and completing Articles of Incorporation. Committees are in the process of being formed for sponsorships, event committees, etc.

An item on the sporting event list is "Pickleball" is on the menu of events and is the fastest-growing sport in the country. Pickleball is traditionally played on a badminton-sized court with special Pickle-ball paddles. The ball used is similar to a wiffle ball, but slightly smaller. The lower net and wiffle ball allows the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle

Other sporting events include: swimming, corn hole/horseshoe, basketball, track & field, archery, running, golf, table tennis, disc golf, cycling, bowling, etc.

Please contact Ms. Mosley at ladyose@roadrunner.com for more information.

Work Place Wellness:

Josh Newland presented a slide show on the Community Action Committee of Pike County Work Place Wellness Program. Josh explained the Community Action Committee of Pike County Working on Wellness Program Mission Statement. It is the mission of the Working on Wellness Program Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of wellness
- Increase awareness of factors and resources contributing to well being
- Inspire and empower individuals to take responsibility for their own health
- Support a sense of community

Employers are finding that employee wellness programs are just what the doctor ordered. These health management initiatives are designed to keep healthy workers in top form, while helping those with chronic conditions to better manage their illnesses. In a critical meta-analysis of the literature on costs and savings associated with such programs, it is documented that medical costs fall by about \$3.27 for every dollar spent on wellness programs and that absenteeism costs fall by about \$2.73 for every dollar spent. Wellness programs boost employee engagement and productivity and help in recruitment and retention. Wellness initiatives can reduce inpatient admissions and emergency room visits, minimize complications, and improve quality of life.

Gary Roberts explained that with the implementation of the Health and Wellness Program at Community Action health insurance costs for the new contract/agreement did not increase. CAC received \$7,500 from United Health Care to be utilized for CAC Health and Wellness Program activities.

Hope Clinic Update

In the absence of Linda Rigsby, Gary Roberts updated the committee on the Hope Clinic. The Hope Clinic bridges the gap in healthcare. Services include basic medical care for the uninsured or underinsured residents of Pike and surrounding counties. Services are provided by qualified staff of volunteers through a faith-based organization. No Insurance – No Problem. Clients are referred to the Valley View Health Center’s Outreach and Enrollment personnel for information regarding Affordable Care services they may be eligible for. **Services Not** provided: prenatal care, vaccinations, emergency room care, dispense of narcotics. On-site childcare is provided. Each patient is offered a bagged hospitality meal. The Hope Clinic is located at the Pike County General Health District located at 14050 U.S. Route 23 North in Waverly on Tuesday evenings from 6 p.m. – 8 p.m.

Health Department Activities

- ✓ Pike County General Health District Replacement Levy
- ✓ HCV/Drug Abuse
- ✓ All other health department activities

Outreach & Enrollment Activities

Josh Newland updated committee members on Outreach and Enrollment Activities.

- Valley View Health Center's received funding for continued Outreach and Enrollment assistance through September 2015 for Pike, Jackson, Ross and Scioto Counties.
- Outreach workers have continued assistance with Medicaid applications and issues.
- Outreach workers work with individuals that qualify for Special Enrollment Periods on Health Insurance Marketplace.
- Outreach workers are preparing for OE3 which begins November 1st for coverage that starts January 1st. This period ends January 31, 2016.
- Outreach workers have assisted with Outreach at a number of community events:
 - ✓ Valley View Health Center's Baby Shower
 - ✓ Ross, Pike, Scioto County Fairs
 - ✓ Manchester, West Union, Peebles, North Adams County High School Fairs
 - ✓ United Way of Ross County Annual Conference

While the Affordable Care Act has succeeded in slicing down the uninsured rate to historic lows, many Americans--mostly the working poor--still can't afford health coverage and are delaying medical treatment. Others can only afford to buy coverage with high out-of-pocket costs. With astronomical living costs, people earning just above the Medicaid expansion threshold have problems affording coverage—even with subsidies. People earning 139 percent of the federal poverty line, or about \$35,000-36,000, have a hard time affording coverage on the exchanges. What will happen when the penalty for not having coverage through the individual mandate increases? Last year, the penalty was just \$95 or one percent of annual income. That penalty increases up to \$323 or 2 percent of annual income in 2015 and will gradually increase. Many uninsured people rely heavily on free clinics or community health centers—exclusively designed for uninsured/underinsured people and those with coverage through Medicaid. Community Health Center's offer sliding fee scales based on family size and income.

Cervical Cancer Project Update

Valley View Health Center's

The Community Action Committee of Pike County Valley View Health Center's have implemented a cervical cancer screening project that offers cervical cancer screenings at their five locations in Pike, Scioto and Jackson counties.

Debbie Moore, Case Manager, for the Valley View Health Center's is currently partnering with two Professors from the Ohio State University regarding at home testing for Human Papilloma Virus (HPV).

The project is focusing on women between the ages of 30 and 64 who have not had a pap in the last three years and who have not had a hysterectomy. VVHC has been working on this project since July 2013. VVHC staff has had focus groups with OSU in regards to what type of device should be used and what information should be listed in the instructions that will be sent with the device. There were approximately 30 women involved in a separate focus group to discuss this information. Debbie explained to committee members that approximately 4,000 charts were audited for this project.

In June 2015 Debbie arranged for three local women to participate in a photo shoot for the pamphlet with instructions that will be mailed along with the device. VVHC is currently working on setting up another focus group with the VVHC clinical staff to discuss instructions on when the device will be mailed and how the results will be handled. Debbie noted that participants received incentives for participating in these focus groups.

Ohio University Heritage College of Osteopathic Medicine Community Health Program

Ohio University Heritage College of Osteopathic Medicine Community Health Program will be offering Breast and Cervical Cancer Screening in Waverly on October 14th from 10 a.m. until 3 p.m. at the Waverly Grace United Methodist Church located at 104 S. High Street. Free pap tests, pelvic and breast examinations, breast health education, and appointments for mammograms will be provided to uninsured and underinsured women. Appointments are required. Interested persons should call 1-800-844-2654 or 740-593-2432 to schedule an appointment. These services are provided as a community service by the Ohio University College of Osteopathic Medicine's Community Health Programs, Breast and Cervical Cancer Projects of Southeast Ohio, and the Columbus affiliate of the Susan G. Komen for the Cure.

Dawn Ingles, Ohio Department of Health/Breast & Cervical Cancer Project

Mr. Ingles spoke with committee members about the Breast & Cervical Cancer Project (BCCP). The BCCP is a statewide, high-quality breast and cervical cancer screening and diagnostic program offered at no cost to eligible women in Ohio. Eligible women will be scheduled for services with providers in their area. The services include: pelvic exams, pap tests, clinical breast exams, mammograms, case management and diagnostic testing, including biopsy and ultrasound (if needed). Women are eligible for screening and diagnostic services if they meet the following: live in households with incomes less than 200% of the poverty level, have no insurance, are 40 years of age or older for pap tests, pelvic exams and clinical breast exams, and are 50 years of age or older for mammograms. Women who have been screened for breast or cervical cancer through the BCCP and are found to need treatment for breast or cervical cancer (or pre-cancerous conditions) will be assisted by BCCP staff in finding community resources and maybe eligible to apply for BCCP Medicaid. The Breast and Cervical Cancer Project Region for our area (Pike, Scioto, Jackson, Brown, and Adams) is Southern Ohio Women's Cancer Project, Ross County Health Department 1-800-236-6253. If you would like any additional information please contact Dawn at dawn.ingles@odh.ohio.gov.

YMCA Activities www.pikecountyyymca.org

Skymr Bevens update committee members on activities at the YMCA. One of the missions of the Pike County YMCA is to strengthen the foundation of community through programs that build a health spirit, mind and body for all.

Upcoming events:

- ✓ 6th Annual Pike County YMCA Sprint Triathlon, Sunday September 27, 2015

Activities at the YMCA:

- ✓ Child Watch
- ✓ Personal Training (Individual & Small Group)
- ✓ Build Muscle Burn Fat Get Fit (Boot Camp Class)
- ✓ Silver Sneakers
- ✓ Get the Ball Rolling (Ball Aerobics Class)
- ✓ Step Up Your Workout (Low Step Aerobics Class)
- ✓ Bike It Sweat It Climb It (Spin Class)
- ✓ Tone Tighten Strengthen (Total Body Class)
- ✓ Strive to Achieve (Sister Strive Class)
- ✓ Mind Body & Soul (Yoga Class)
- ✓ Work It Burn It Tighten It (Glutes & Abs Class)
- ✓ Lift Jump Climb (Cross-Training)
- ✓ Join the Party (Zumba Classes)
- ✓ Focus Respect Discipline (Karate Class)
- ✓ Youth & Teen Fitness Class
- ✓ Splish Splash It's A Blast (Preschool Swim Lessons)
- ✓ Learning Growing Swimming (School Age Swim)
- ✓ Build A Skill Save A Life (Lifeguarding/First Aid/CPR/AED Course & Re-Certifications)
- ✓ Be A Part of the Team (Piranhas Swim Team)

Healthy Lifestyles Initiative Update

Nikki Spencer updated committee members on the Healthy Lifestyles Initiative. She explained that Pike Healthy Lifestyle Initiative started when a number of community members went to a meeting at the Ohio State University in Columbus to discuss improving the health of Pike County residents.

Projects:

- Increase community membership (membership packets will be distributed to targeted individuals and businesses)
- Paint It Pink – October 18th 2 p.m. Grace United Methodist Family Life Center Waverly
- PHLI & Youth Soccer – PHLI donated \$150 to the YMCA to sponsor two youth soccer teams.
- Cooking Matters Program
- Shopping Matters Tours – Tours to local supermarkets. Participants are shown how to read labels and compare prices of food items.

Updates:

- Belly Dancing Fitness (every Tuesday at 5:30 p.m. SOMC Lucasville Life Center)
- Scheduled Meeting Pike Healthy Lifestyle Initiative Meeting October 28th 3:30 – 4:30 Pike County YMCA

Kathleen Young, Regional Liaison Southeast Ohio Office of the Governor

Ms. Kathleen Young, Regional Liaison Southeast Ohio, Office of the Governor was welcomed to the meeting. The Ohio Governor's Office employs six regional liaisons. There is one liaison in each of the following areas of the state: Northwest Ohio, Western Ohio, Southwest Ohio, Northeast Ohio, Eastern Ohio, and Southeast Ohio. The regional liaisons are responsible for building working relationships for the Ohio Governor's Office throughout the state by working with community leaders and appointed and elected officials involved in governments in the respective regions.

Cynthia Brushart, Recovery Council

Second Chances Resale Boutique, Open Tuesday and Thursday 12 – 5; Wednesday, Friday and Saturday 10-4. Located at 216 N. Market Street, Waverly, OH. Second Chances is a non-profit resale shop that provides low cost clothing and household items to the community. In addition, they offer job training, community service hours, and clothing vouchers for those in need. They accept men, women and children's clothing, gently used men, women and children's shoes, maternity wear, baby items, jewelry, electronics, small appliances. Please ensure that all clothing items are freshly laundered. Men's Recovery Facility – located in the old Dollar General building on US 23.

New In-Patient Facility Opening January 2016. Location will be at the old Dollar General site on US 23 outside of Waverly.

Local Health Improvement Plan Priorities

Question? Drugs then Prostitution or Prostitution then Drugs

1st HCV/Drug Abuse/Over Dose/Prostitution – Pike County Health District

HCV/Drug Abuse/Overdose/Prostitution are serious threats to public health officials, physicians and medical staff, law enforcement agencies, emergency personnel, etc., and spreading quickly throughout southern Ohio. According to the National Survey on Drug Use and Health, 21.6 million Americans over the age of 11 required professional treatment for substance abuse in 2011. Out of this number, 2.3 million – just over 10 percent – actually received treatment at a facility dedicated to treating addiction. Addictive drugs interfere with the brain's natural reward circuitry by stimulating the release of dopamine. Drugs like heroin, oxycodone or cocaine trigger the production of the same chemicals that reward positive, healthy activities like eating or exercising. Repeated use of addictive drugs creates powerful memories of pleasure. The persistence of these drug-related memories makes it hard for addicts to recover without intensive, professional treatment.

Scheduled Meetings Pike County Drug Abuse Prevention & Re-Entry Coalition

October 13th 4 p.m. – 5 p.m.
November 9th 4 p.m. – 5 p.m.
December 14th 4 p.m. – 5 p.m.

Recommended Reading Materials

Dreamland: The True Tale of America’s Opiate Epidemic (Hardcover-April 21, 2015)

Sam Quinones chronicles how, over the past 15 years, enterprising sugar can farmers in a small county on the west coast of Mexico created a unique distribution system that brought black tar heroin—the cheapest, most addictive form of the opiate, 2 to 3 times purer than its white powder cousin—to the veins of people across the United States. Communities where heroin had never been seen before were overrun with it. Local police and residents were stunned. How could heroin, long considered a drug found only in the dense, urban environments along the East Coast, and trafficked into the United States by enormous Colombian drug cartels, be so incredibly ubiquitous in the American heartland? Who was bringing it here, and perhaps more importantly, why were so many townspeople suddenly eager for the comparatively cheap high it offered.

2nd Smoking

Valley View Health Center’s teamed up with the Ohio Partners for Smoke Free Families. Coleen Krubl, Research Associate spoke with committee members. She distributed a flyer “Ohio Partners for Smoke Free Families” Community Saturation Project Using the 5 A’s Intervention – Phase 2. Funding is through the Ohio Department of Health and implemented by Ohio University. The project team consists of Doctor Lesli Johnson, Laura Milasso, Coleen Krubl, Aimee Collins, and Bridget Lair. The target counties are Gallia, Jackson, Pike, Ross and Scioto. The target population is women ages 18-44 (reproductive age). Long-term outcome is to improve birth outcomes among Appalachian women. Their strategy is to train and document providers’ use of the 5 A’s intervention for smoking cessation.

Smoking is the single most important modifiable risk factor that contributes to poor pregnancy outcomes. It is associated with miscarriage, placental abruption, low birth weight, and increased maternal and fetal mortality. It also endangers infants and other children who may be exposed to second-hand smoke.

Ohio has higher rates of smoking and worse birth outcomes relative to the US. Appalachia and the six target counties have substantial needs: women of child bearing age in the target counties smoke at a rate about the state average; rates of mothers who smoked during the last three months of pregnancy is highest in the Appalachian region, where the target counties are located; per capita income is lower in all six project counties relative to Ohio and the US; all six counties receive higher rates (30%-46%) of food assistance relative to the state rate (21%).

Many service providers interact with women of child-bearing age in the communities and need help treating tobacco use with their patients/clients. A prior ODH-funded project found success with the 5 A’s brief intervention for smoking cessation: Ask, Advise, Assess, Assist and Arrange. This project seeks to train and document the use of the intervention.

3rd Obesity (Adena/Pike Medical Center)

Nationally, Ohio is the 38th worst state in terms of obesity among its residents. About 33 percent of Ohio adults are overweight and 30 percent are obese. Obesity's impact on Ohio children is even more troubling. So many children are overweight or obese that today's children may be the first generation not to live as long as their parents. About 30 percent of high-school students are overweight or obese, more than 25 percent of third-grade students are overweight or obese; and more than 28 percent of low-income children ages 2 to 5 are overweight or obese.

Would you like to be a participant on one of the committees? Just e-mail the contact person from the Health Priority lists above.

Pike County Health Coalition Website: www.pikecountyhealthcoalition.com

Mr. Roberts announced the continued development of the Pike County Health Coalition website and reminded those in attendance to email Jack Cooper (jcooper@pikecac.org) with any updates and/or upcoming health-related events to be posted on the website.

The next meeting date will be **Thursday, January 28, 2016** beginning at 9 a.m. The location of the meeting will be at the Pike County General Health District conference room.

If you know someone you think may be interested in joining the Pike County Health Coalition please invite them to the next meeting.

