



MIAMI COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN

2023-2025
Miami County,
OH



**Miami County
Public Health**

Prevent. Promote. Protect.

ACKNOWLEDGEMENTS

Thank you to all members of the CHIP steering committee and subcommittees. Members met over many months to establish priorities, goals, and strategies described in this plan.



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INTRODUCTION

The Centers for Disease Control and Prevention (CDC) states that a community health improvement plan (CHIP) is a long-term, systematic approach to address public health problems based on data from the Community Health Assessment (CHA) and community health improvement processes. This Community Health Improvement Plan was created by Miami County Public Health (MCPH) in collaboration with 19 other organizations. In 2021, MCPH partnered with Wright State University's Master of Public Health Program who conducted a Community Health Assessment in Miami County to identify the health needs of our community. Using the data collected in the CHA, priority areas were identified, and the CHIP was started in 2022.

Primary data for the 2021 CHA was gathered through a windshield survey of the seven areas that make up Miami County. Secondary data was collected from the Ohio Department of Health, the Centers for Disease Control and Prevention, the Bureau of the Census, The American Community Survey, the Robert Wood Johnson Foundation, and others.

Using the primary and secondary data collected, four priority areas identified were:

1. Access to Care
2. Chronic Disease and Mortality
3. Maternal and Child Health
4. Mental Health and Addiction

In addition to these priority areas, COVID-19 was included in the most recent CHA. Improvements related to COVID-19 response and operations will be identified in emergency preparedness documents.



CHIP PROCESS



The Community Health Improvement Plan (CHIP) is the result of the work of residents, community members, and partner organizations helping to improve the health status of Miami County residents. The CHIP is part of a three-year cycle and follows the completion of the CHA. This document will be available online and will provide a framework for various community health improvement initiatives between now and 2025.

This document presents the Miami County Community Health Improvement Plan which was developed by the CHIP steering committee and four subcommittees. The plan was largely informed by the 2021 CHA and guided by evidence-based research. The steering committee followed the revised National Association of County and City Health Officials (NACCHO) Mobilizing for Action through Planning and Partnership (MAPP) process*, specifically on phase three: continuously improve the community by:

- Prioritizing issues for the CHIP based on community input, assets, and impact potential.
- Assessing people and institutions that influence the issues to inform who to engage and how.
- Partners and community members self-identifying for priority issue subcommittees based on their experience or expertise.
- Subcommittees creating shared long-term goals for change.
- Subcommittee members forming short-term strategies to achieve the goal.
- Developing SMART (strategic, measurable, attainable, time-based) objectives to monitor progress.
- Developing a data dashboard to report and monitor progress.

2021 CHA



**May-June
2022**

**CHIP Steering
Committee
Meeting**



**July 2022 -
February
2023**

**CHIP
Subcommittee
Meetings**



**February-
March 2023**

**Writing CHIP
and building
Clear Impact
Dashboard**

*MAPP Evolution Blueprint Executive Summary, <https://www.naccho.org/uploads/full-width-images/MAPP-Evolution-Blueprint-Executive-Summary-V3-FINAL.pdf>

SUBCOMMITTEES

Steering committee members met in May and June of 2022 to review the 2021 CHA data. Through the meeting, four priority areas were identified in these meetings which were:

- Access to Care
- Chronic Disease and Mortality
- Maternal and Child Health
- Mental Health and Addiction

Subcommittees were formed based on the four priority areas above. Experts from all participating organizations provided information on current assets available to the community. Responses were compiled for subcommittee use.

Based on interest and expertise, CHIP participants were grouped into subcommittees addressing each of the four priorities. Subcommittees included a chairperson and at least one Miami County Public Health representative.

Subcommittees convened from September 2022 until February 2023 where each set a goal related to their priority issue. Goals encompassed the strategies and objectives identified.

Subcommittees were given worksheets to help the groups determine goals, strategies, and objectives. These worksheets provided information and the Social Determinants of Health and health equity.

MCPH will be using Clear Impact, a performance management software, to create a virtual CHIP dashboard that will be shared on the MCPH website. The dashboard will be updated routinely.

SOCIAL DETERMINANTS OF HEALTH

Each subcommittee was given a worksheet detailing the Social Determinants of Health (SDOH). The SDOH were broken into the five categories shown below. Participants were asked to consider which determinants were likely to impact their priority issue and plan how to minimize negative health outcomes. Health equity was also included in the subcommittee worksheets as health equity is determined by the non-medical factors, or SDOH.

The World Health Organization defines the Social Determinants of Health as: the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.

Social Determinants of Health

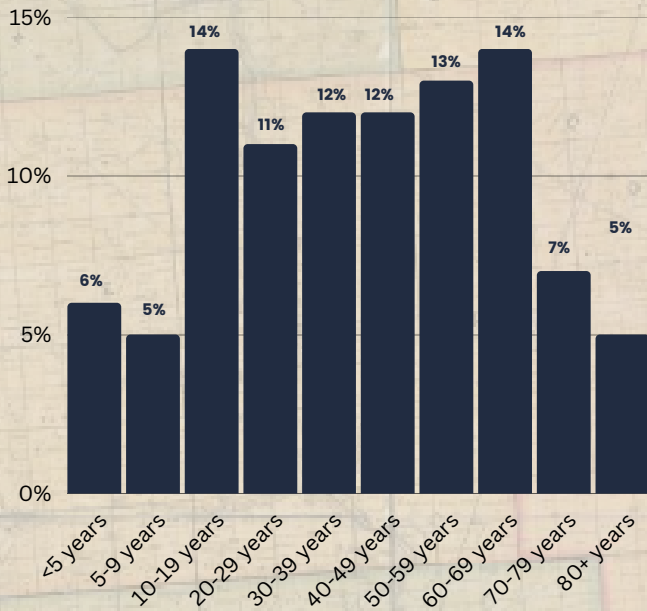


The Social Determinants of Health were identified in Ohio's State Health Improvement Plan (SHIP) as one of the cross-cutting factors that impacts health priorities. The outcomes associated with the SDOH were student success, economic vitality, housing affordability and equity, and violence free communities.

DEMOGRAPHICS

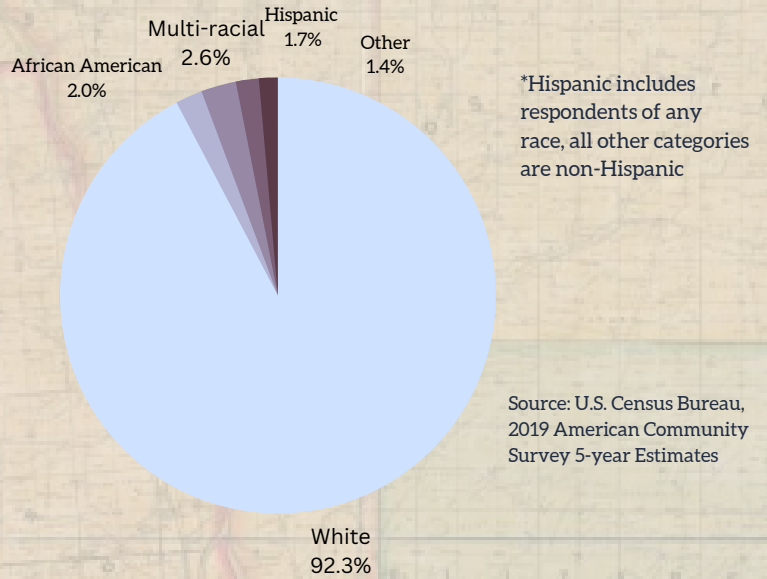
OF MIAMI COUNTY, OHIO

Figure 1: Percent of Population by Age Groups for Miami County, 2019



Source: U.S. Census Bureau

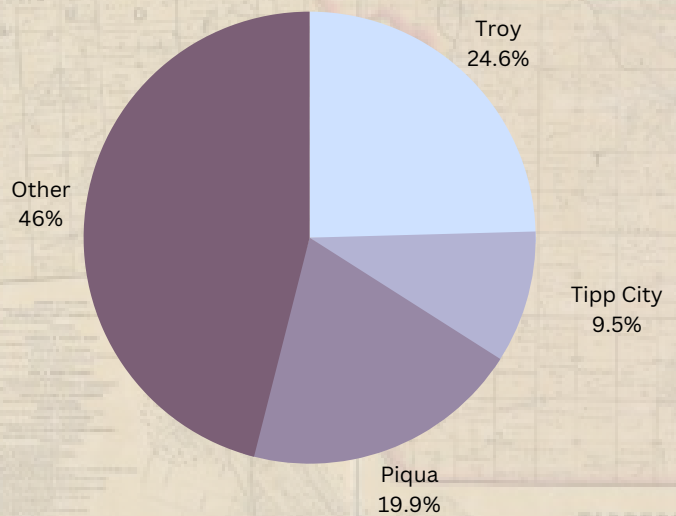
Figure 2: Race and Ethnicity Composition for Miami County, 2019



Source: U.S. Census Bureau, 2019 American Community Survey 5-year Estimates

Miami County is located in the Southwest region of Ohio and is bisected by I-75. All three major cities in the county run along I-75. Piqua is the northernmost city, followed by Troy, then Tipp City.

Figure 3: Miami County Population Distribution, 2019



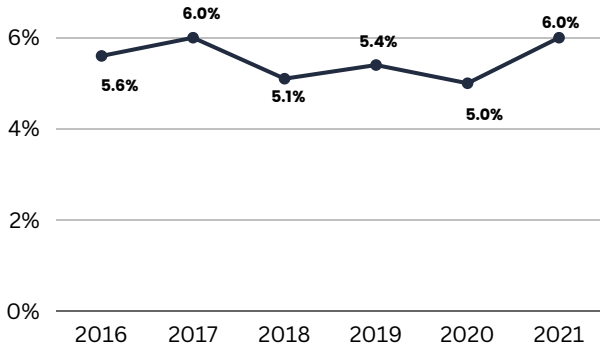
Source: U.S. Census Bureau, 2019

More than 50% of the county's population resides in one of the three major cities.

KEY STATISTICS

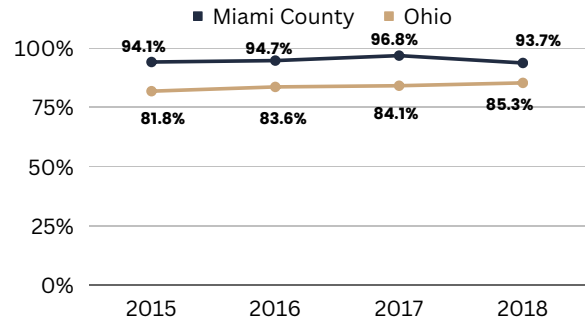
The key statistics below are directly related to the Social Determinants of Health and greatly impact health outcomes in the community.

Figure 4: Percent of Unemployment in Miami County, Ohio, 2016-2021



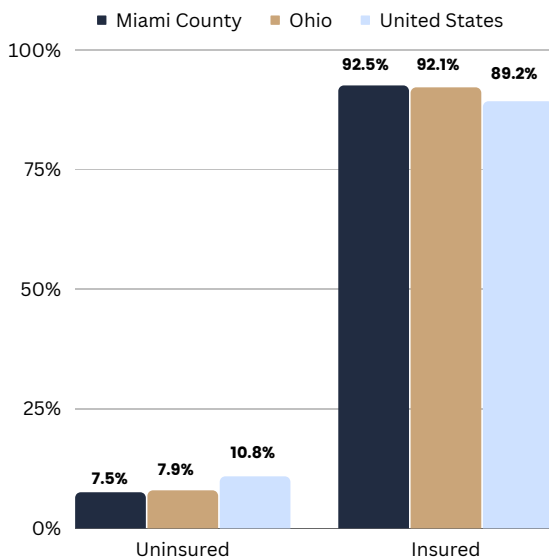
*Percent from January each year
Source: Reno Gazette Journal, 2021

Figure 5: 4-Year High School Graduation Rates in Miami County and Ohio, 2015-2018



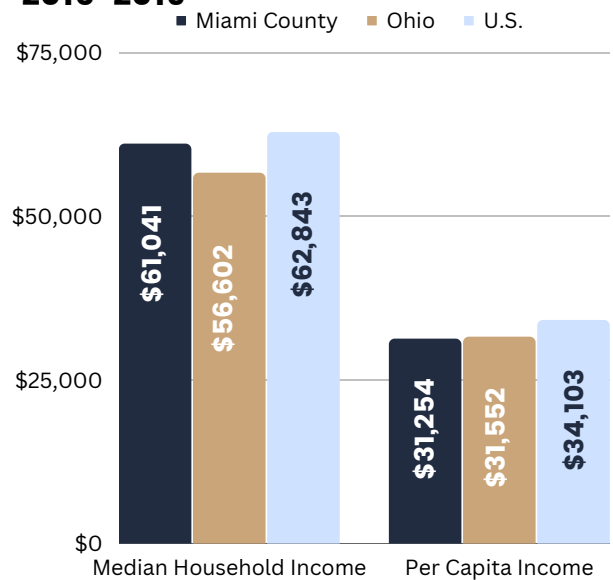
*Source: Ohio Department of Education, 2021

Figure 6: Percent of Uninsured Versus Insured Populations in Miami County, Ohio, and the U.S., 2019



Source: U.S. Census Bureau, 2019

Figure 7: Median Household Income in Miami County, Ohio, and the U.S., 2016-2019

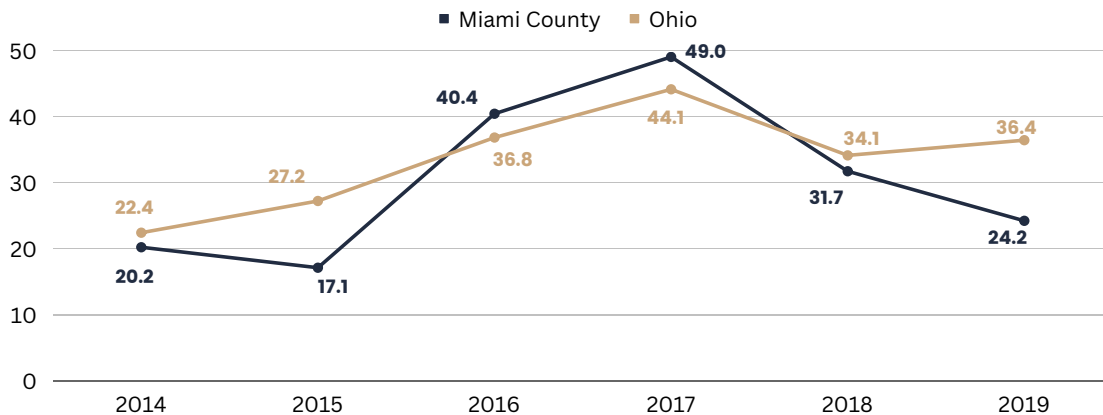


*In U.S. dollars, 2019 inflation-adjusted
Source: U.S. Census Bureau, 2019: ACS 5-year Estimates

KEY STATISTICS

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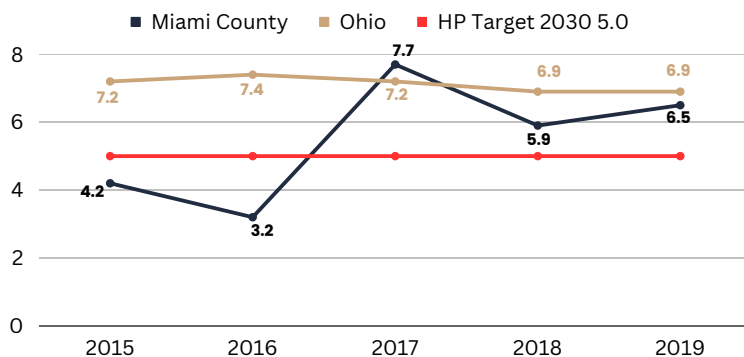
Figure 8: Unintentional Drug Overdose Death Rates in Miami County and Ohio, 2014–2019



*Deaths age adjusted per 100,000 population

Source: Centers for Disease Control and Prevention (CDC) Underlying Cause of Death

Figure 9: Infant Mortality Rate, 2015–2019



*Rates per 1,000 lives

**The number of infant deaths in any year for Miami County is below the threshold for reporting (<20 reported cases); therefore rates are unstable and should be interpreted with caution

Source: Ohio Department of Health, Ohio Resident Live Births

Figure 10: Population with Food Insecurity in Miami County, 2017–2019



PRIORITIES

These 2023 CHIP priorities were chosen during the first steering committee meeting using data from the 2021 CHA. The priorities chosen align with the Ohio 2017-2019 State Health Improvement Plan (SHIP).



Access to Care

Access to healthcare and preventative services are vital to the health and well-being of a community. Health insurance is a large part of healthcare access and affordability.



Chronic Disease & Mortality

Six of ten Americans live with one or more chronic diseases. Chronic diseases are the leading cause of death and disability in the United States.*



Maternal & Child Health

The care a woman receives prenatal, during pregnancy, and postnatal can determine her health as well as her infants.



Mental Health & Addiction

According to Healthy People 2030, about half of the population will be diagnosed with a mental disorder at some point in their lifetime. Fentanyl and alcohol continue to be an issue concerning the population in Miami County.

Priority 1: ACCESS TO CARE

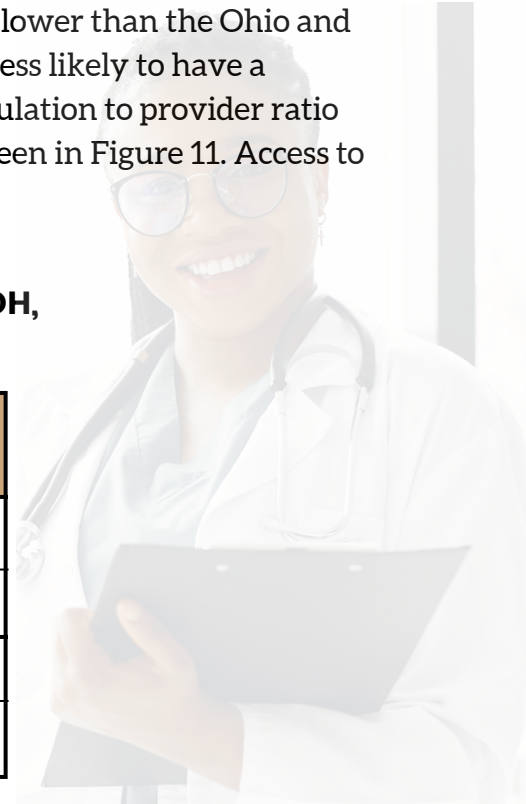
Background

In Miami County, around 7.5% of residents are uninsured. This is lower than the Ohio and United States average. Individuals without health insurance are less likely to have a primary care provider. Miami County has an unusually high population to provider ratio for both primary care providers and mental health providers as seen in Figure 11. Access to care is a cross-cutting factor that impacts all other priorities.

Figure 11: Residents to Providers Ratio Miami County, OH, 2019

	Miami County	Ohio
Primary Care Physicians	2015: 2,040:1	2015: 1,040:1
	2019: 2,040:1	2019: 1,300:1
Mental Health Providers	2015 1,070:1	2015: 360:1
	2019: 840:1	2019: 380:1

Sources: County Health Rankings, 2019
2017 Miami County Community Health Assessment



Previously, Piqua, Troy, and Tipp City each had a United Way that could only provide services in their specific geographic area. Miami County now has a 2-1-1 call system developed by United Way that covers residents throughout the entire county. This system allows residents to call 2-1-1, for free, and receive information about Miami County services available to them. The 2-1-1 line can be used to get information and assistance during times of disaster. This strategy uses an asset that is likely to decrease disparities for priority populations.

2-1-1 can assist with:

- | | | |
|-----------------|------------------|--------------------|
| food | substance abuse | childcare |
| clothing | sexual assault | employment |
| shelter | domestic abuse | healthcare |
| senior services | transportation | utility assistance |
| housing | legal assistance | |
| rent assistance | counseling | |



GOAL: All people in Miami County will have equitable access to healthcare

Strategy 1: Coordinate with the United Way to market and promote the 2-1-1 service.

Lead Agency: MCPH

Timeframe: by 09/01/2025

- MCPH to hold a meeting with United Way of Miami County to discuss 2-1-1 marketing.
- MCPH Epidemiologist to create and administer a survey assessing the community's knowledge of the 2-1-1 system.
- MCPH epidemiology staff to review survey findings with the Access to Care subcommittee.
- All CHIP participants review the 2-1-1 Directory of Services and provide additional listings as needed.
- MCPH's Community Services division and CHIP participants to create a social media campaign to promote the 2-1-1 service.
- MCPH's Community Services division will ensure all CHIP participant organizations have access to 2-1-1 marketing materials to be distributed as part of their literature.
- MCPH's epidemiology staff to create a follow up survey to assess the community's knowledge of the 2-1-1 system.





Strategy 2: Community education on using primary care providers such as Advanced Practice Registered Nurses (APRNs) and Certified Nurse Practitioners (CNPs).

Lead Agency: MCPH

Timeframe: by 06/01/2024

- APRNs and CNPs can be used as primary care providers for individuals that do not already have access to a doctor.
- MCPH Community Services division to work with CHIP participant organizations to create a social media campaign to promote APRNs and CNPs.
- MCPH Community Services division to operationalize the social media campaign.

Strategy 3: Community education and marketing of transportation services.

Lead Agency: MCPH

Timeframe: by 06/01/2024

- Transportation can be an obstacle to patients trying to access health care.
- MCPH Community Services division to work with partners to increase awareness of existing transportation resources.

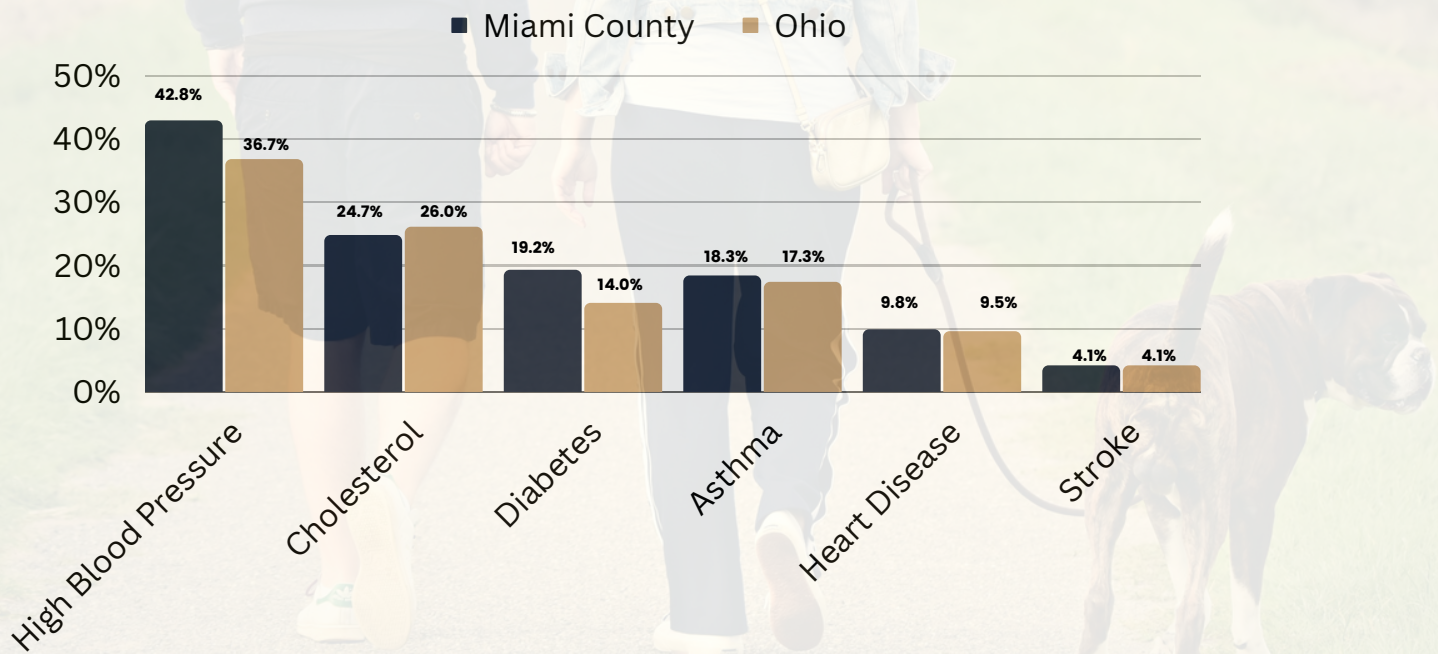
Priority 2: CHRONIC DISEASE & MORTALITY

Background

As mentioned in the 2021 CHA, Miami County has a higher rate of high blood pressure, heart disease, and diabetes when compared to the state of Ohio. Heart disease is the leading cause of death in the United States and is of concern in Miami County due to its high prevalence. The most common type of heart disease is coronary artery disease (CAD). CAD is caused by the hardening and narrowing of arterial walls, restricting blood flow and resulting in a heart attack.

Many of the same preventative measures such as healthy diet and exercise can be taken to prevent diabetes and heart disease.

Figure 12: Prevalence of Chronic Health Conditions in Adults in Miami County and Ohio, 2019



*Prevalence here refers to the percent of the adult population aged 19 and older with the health condition.
Source: Ohio Medicaid Assessment Survey (OMAS)

Chronic Disease & Mortality



GOAL: Promote healthy lifestyle choices for managing and preventing chronic disease

Strategy 1: Create a diabetes and cardiovascular disease resource brochure.

Lead Agencies: MCPH, Edison State Community College

Timeframe: by 01/01/2024

- Gather resource information about cardiovascular disease and diabetes in Miami County.
- Create a resource document to share relevant information with the community.
- Create a web accessible version of the resource document and post on MCPH's website.
- Distribute the cardiovascular disease and diabetes resource document to key stakeholders for release to the community.

Strategy 2: Create a chronic disease podcast.

Lead Agencies: MCPH, Edison State Community College

Timeframe: by 04/01/2024

- Create a plan for chronic disease podcast that includes: speakers, recording location, equipment needed, topics, and a schedule.
- Record the first chronic disease podcast episode and share with the community.
- Provide education to the community regularly via podcast format.

Chronic Disease & Mortality

CONTINUED



Strategy 3: Implement and promote a healthy food options policy.

Lead Agency: MCPH

Timeframe: by 09/01/2023

- MCPH to adopt a healthy food options policy and encourage other agencies to adopt the policy.
- This policy will be done in line with the deliverables and activities of the Healthy Eating and Active Living (HEAL) grant.

Strategy 4: Create a comprehensive tobacco-free policy for schools that includes prevention education.

Lead Agency: MCPH

Timeframe: by 07/01/2024

- MCPH to create a comprehensive tobacco-free campus policy that includes all forms of tobacco and nicotine products.
- Provide education and prevention programs to students and parents.
- Provide cessation programs for students that are trying to quit.
- Implement a retailer check program to reduce under age sales of tobacco and nicotine products.

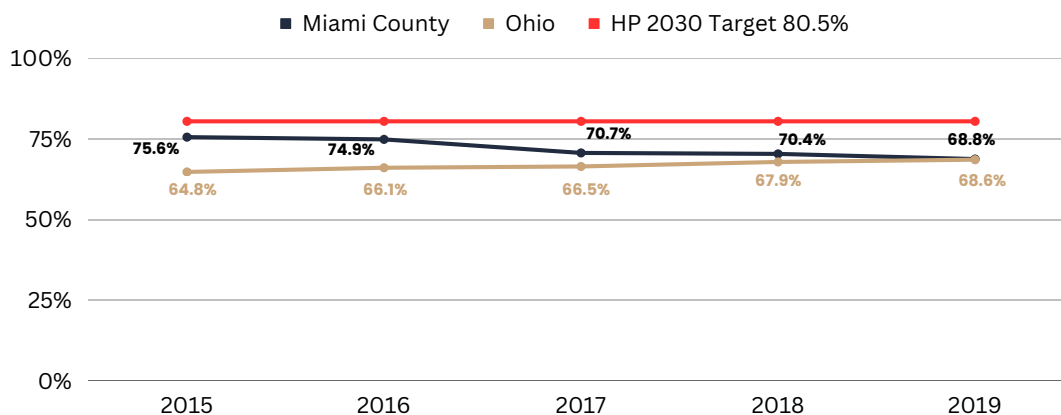
Priority 3: MATERNAL & CHILD HEALTH

Background

The Healthy People 2030 objective is to prevent pregnancy complications, maternal deaths, and improve women's health before, during, and after pregnancy. Early prenatal visits increase positive health outcomes for mothers and infants.* Infant mortality is the rate of infant (younger than 1 year) deaths per 1,000 live births. In 2019, Miami County had an infant mortality rate of 6.5 per 1,000 live births, whereas Ohio had 6.9 per 1,000 live births. Both Miami County and Ohio are above the Healthy People 2030 target of 5.0 per 1,000 live births.

Childcare supports the community by helping the economy and providing a safe learning space for children. There is a need for childcare workers in Miami County. Around 37% of licensed childcare facilities for Miami County are in Troy and 22% are in Piqua.

Figure 13: Percent of Pregnant Women Receiving Prenatal Care in the First Trimester in Miami County and Ohio, 2015-2019



Source: Ohio Department of Health, Ohio Resident Live Births

*Healthy People, 2030



GOAL: Prenatal and postnatal mothers and their children are given the resources to live healthy lives

Strategy 1: Increase educational opportunities for parents seeking childcare and increase educational resources on how to become a childcare worker.

Lead Agency: MCPH

Timeframe: by 12/01/2023

- MCPH Community Services division to convene a work group to address educating parents about safe and proper childcare, strategies to access childcare resources, evaluation of safety of the provider, and planning.
- Publish the work group product on social media and MCPH's website.

Strategy 2: Increase participation and engagement in prenatal programs for pregnant mothers under 25 years of age.

Lead Agency: MCPH

Timeframe: by 06/01/2024

- MCPH Community Services division will convene a Maternal and Child Health Coalition consisting of public health, healthcare agencies, childcare agencies, and other service agencies to ensure pregnant women are receiving prenatal care in their first trimester.
- Create marketing materials that target pregnant mothers under 25 years old and that address financial issues with a sliding fee scale.
- Distribute prenatal marketing materials to Edison State Community College, school nurses, emergency departments, urgent cares, and Job and Family Services.
- Hold the Maternal and Child Health Coalition annually.



Strategy 3: Create a policy recommendation for Miami County businesses, agencies, and organizations to support lactating mothers returning to the workplace.

Lead Agency: MCPH

Timeframe: by 01/01/2025

- MCPH Community Services division will task the Maternal and Child Health Coalition to review existing breastfeeding support policies.
- The Maternal and Child Health coalition will create a template for a breastfeeding support policy.
- The breastfeeding support policy will be published and advertised to local business, agencies, and organizations.

Priority 4: MENTAL HEALTH & ADDICTION

Background

Mental health is a vital part of overall health and well-being because it affects how a person thinks, feels, and acts. Miami County has a ratio of 840 residents for every 1 mental health provider, which is worse than the Ohio ratio of 380 residents to every 1 mental health provider.* On average, adults in Miami County, in 2018, reported 5 poor mental health days in the past 30 days.

Excessive drinking is linked to negative health outcomes. Excessive drinking includes heavy drinking and binge drinking. In 2018, 19.0% of adults in Miami County reported excessive alcohol consumption in the last 30 days, this is similar to the Ohio rate of 18.7%.**

Unintentional drug overdose is a problem in Ohio and remains a priority issue in Miami County. Miami County saw a decrease in overdose deaths from 2018-2019 while Ohio saw an increase.***

Since the 2021 CHA, Miami County has started a syringe exchange program. The program was started by a Kent State University Master of Public Health Student and is now continued by the Injury Prevention Coordinator. The syringe exchange program takes place every Friday in Piqua.

Project DAWN is a network of opioid overdose education and Naloxone distribution programs overseen by Ohio Department of Health. DAWN stands for Deaths Avoided by Naloxone.

Figure 14: Project DAWN Distribution Numbers 2019-2022

Year	Kits Distributed	People Trained	Known Reversals
2019	149	193	11
2020	152	96	13
2021	86	35	11
2022	433	48	5

*County Health Rankings 2021

**County Health Rankings 2021, America's Health Rankings 2020

***Centers For Disease Control and Prevention (CDC) Underlying Cause of Death, 2018-2019

Mental Health & Addiction



GOAL: All people in Miami County have the opportunity to be mentally healthy and free from addiction

Strategy 1: Increase the number of certified peer supports in Miami County.

Lead Agencies: MCPH, TCB

Timeframe: 03/01/2025

- Initiate a strategy meeting with relevant partners to discuss increasing certified peer supporters.
- MCPH and Tri-County Board (TCB) will initiate advertisement and recruitment of training.
- Training will be implemented.

Strategy 2: Increase the number of referrals for pregnant patients with substance use disorder (SUD) and parents with SUD that agencies come in contact with.

Lead Agencies: MCPH, TCB

Timeframe: by 05/31/2024

- MCPH Social Worker to ensure all patients who are parents or pregnant are assessed in intake at MCPH clinics to determine if they have a SUD.
- MCPH Social Worker will report de-identified referral data to TCB upon request.
- Annually, TCB will update treatment contacts and information to MCPH.

Strategy 3: Initiate a targeted media campaign to address adult binge drinking.

Lead Agencies: MCPH, TCB

Timeframe: by 12/31/2024

- MCPH to initiate a strategy meeting with relevant partners to discuss a targeted media campaign to address adult binge drinking.

CONCLUSION

Miami County's CHIP aims to improve the health and wellbeing of the community by addressing key health priorities. After careful analysis, the priorities of access to care, mental health and addiction, chronic disease, and maternal and child health have been identified as the focus areas of the CHIP.

Access to care is a critical priority for Miami County. By improving access to quality healthcare services, the community can achieve better health outcomes, reduce health disparities, and increase overall wellbeing. Through the implementation of the CHIP access to primary care, dental care, and mental behavioral health services will improve.

Mental health and addiction are significant concerns in Miami County, and addressing these issues is a top priority in the CHIP. The plan includes strategies to increase access to mental health and addiction services, help pregnant patients with SUD, and provide education on binge drinking.

Chronic disease is another important priority for Miami County. The prevalence of chronic diseases such as heart disease, diabetes, and high blood pressure continue to cause health concerns in the community, and the CHIP aims to address this trend by implementing strategies to increase prevention and management of chronic illnesses.

Maternal and child health is also a key focus of the CHIP. The plan includes strategies to improve prenatal care, reduce infant mortality rates, and address other maternal and child health issues. By improving maternal and child health outcomes, Miami County can ensure that its youngest residents have the best possible start in life.

By addressing these priorities, the plan aims to improve the health and wellbeing of the community, reduce health disparities, and promote equitable access to quality healthcare services for all residents. With sustained effort and ongoing evaluation, the CHIP has the potential to make a real difference in the lives of residents and the overall health of the community.