

Community Health Improvement Plan ~ Health Priority: Substance Use / Tobacco Use			
Goal	<p>Improve outcomes for people living with substance use disorder by promoting an environment that promotes coordination of prevention, treatment and recovery while using communication that is supportive of such use as a chronic disease.</p> <p>Provide alcohol, tobacco, and other drug a prevention, education, services and programs to reduce risk factors.</p> <p>Prevention efforts and reduction of substance use will allow the community of Somerset County to have healthy and safe lives free of substance.</p>		
Objectives	<p>Reduce overdose deaths in Somerset County from current rate of 15.9 / 100,000 to 2011 rate of 9.5 / 100,000</p> <p>Reduce current adult tobacco use from current rate (2016 data) of 24.1% to 20% (current State of Maine rate)</p> <p>Reduce 30 day past cigarette smoking by Somerset county HS students from current rate of 9.8% (data year 2017) to 8% (current State of Maine rate)</p> <p>Reduce 30 day past cigarette smoking by Somerset County MS students from to 2.3% (data year 2017) to 1.5% current State of Maine rate)</p> <p>Data Source 2019 Maine CHNA</p>		
Objective description:	<p>Reducing stigma, prevention education, and reducing barriers to providing treatment will improve understanding of:</p> <ul style="list-style-type: none"> the scope of the problem, addiction as a chronic disease opportunities for further conversation amongst professionals to improve care prevention strategies that can be implemented by communities <p>By focusing on evidence based curriculum for 9th, 4th and 5th graders this will have an impact by 2022 on decreasing youth tobacco usage and long term usage of tobacco in adults. Continuing strong focused efforts for adults show positive stride to reduce adult smoking.</p>		
Population focus of objective: <ul style="list-style-type: none"> Adult Middle School Students High School Students 4th & 5th grade students 	Resources able to allocate: <ul style="list-style-type: none"> CHE hours Promotion of community programming SPH dedicated staff per grants Provider time to attend suboxone training 	Plan to evaluate: <ul style="list-style-type: none"> ED admissions for overdose Administration of Naloxone ED induction to treatment Rates of smoking Community program participation Referral rates to programs # of Providers complete Suboxone training 	Comments: <p>15.3% (8125) of Maine High School Students and 3.8% (1,014) of Maine Middle School students reported e-cigarette use in 2017 according to IYHS.</p> <p>https://data.mainepublichealth.gov/miyhs/home</p>

Community Health Improvement Plan ~ Substance Use/Tobacco

Priority / Objective	Activities	Responsible Party/Parties	Collaboration with other organizations	Evaluation of the Impact of the actions taken
<p>Reduce overdose deaths in Somerset County</p>	<p>Provide opportunity(s) for staff, community and providers for improving the substance use conversation.</p> <p>Identify opportunities for moving forward to improve the efforts of addressing the opioid epidemic in Somerset County</p> <p>Bridge program development at RFGH in Emergency Room and inpatient environment</p> <p>Weekly provider led Narcotics Anonymous Support group</p> <p>Provide Naloxone training and medication to local first responders, law enforcement</p> <p>Promote Rx Take Back Days and safe storage strategies to reduce diversion of opioids and other drugs of abuse</p> <p>Educate providers on use of Prescription Monitoring Program and best practice guidelines for narcotic prescription.</p> <p>Support community organizations to increase number of alternative drug free activities</p> <p>Provide social norming messages to promote alternatives to underage drinking.</p> <p>Provide social norming messages to promote alternatives to marijuana use.</p>	<p>Director of Education</p> <p>Providers, SPH</p> <p>ED Medical Director, RFGH Medical Director</p> <p>Medical Director</p> <p>Lead – RFGH Pharmacy Director</p> <p>SPH; RFGH Community Health Educator</p> <p>RFGH CME program</p> <p>SPH Community Health Educator</p> <p>SPH Community Health Educator</p> <p>SPH Community Health Educator</p>	<p>Quality Counts</p> <p>Law Enforcement</p> <p>Local Municipalities</p> <p>Local Pharmacies</p>	

Community Health Improvement Plan ~ Substance Use/Tobacco

Priority / Objective	Activities	Responsible Party/Parties	Collaboration with other organizations	Evaluation of the Impact of the actions taken
Reduce current adult tobacco use from current rate	<p>Evaluate tobacco rates for RFGH adult patient population</p> <p>Target staff for training (Tobacco Intervention) and for behavioral change training as available</p> <p>Engage providers in utilizing 5As Provide presentations to increase adult understanding of modalities and impacts of vaping.</p> <p>Resilience in Action grant staff use interactive improvisational theater as technique to present the challenging issued faced by people with Adverse Childhood Experiences</p>	<p>Community Health Educator</p> <p>Director of Education, CHE</p> <p>CHE, SPH staff</p> <p>SPH staff</p>	<p>Tobacco Help Line</p> <p>American Lung Association</p> <p>Center for Tobacco Independence</p> <p>Law enforcement</p>	
Reduce 30 day past cigarette smoking by Somerset county HS students	<p>Provide tobacco curriculum in the school for 9th graders Evaluate 30 day provide social norming messages to promote alternatives to tobacco / vaping use.</p> <p>Provide presentations to increase youth understanding of modalities and impacts of vaping.</p> <p>Evaluate MYIHS HS (Maine rate) on use of e-cigarettes</p>	<p>Collaboration with schools districts and providers to include prevention education; training including education and resources</p> <p>SPH staff</p> <p>CHE</p>	<p>School districts and community schools</p> <p>Tobacco Help Line</p> <p>American Lung Association</p> <p>Center for Tobacco Independence</p> <p>Law enforcement</p>	
Reduce 30 day past cigarette smoking by Somerset County MS students from to 2.3% (data year 2017) to 1.5% current State of Maine rate)	<p>Provide tobacco prevention education 4th and 5th graders classes</p> <p>Evaluate 30 day cigarette smoking of junior High School students</p> <p>Evaluate MYIHS middle school (Maine rate) on use of e-cigarettes</p>	<p>CHE</p> <p>CHE</p> <p>CHE</p>		

Community Health Improvement Plan ~ Older Adult Health / Healthy Aging

Goal	Improve outcome for the older adult in Somerset County			
Objective (s)	Increase awareness of the needs and support for the older adult Reduce Somerset County ambulatory care – sensitive hospital admission rates from current rate (data year 2016) from 97.8 to 75 (Maine rate) by June 2022 Reduce Somerset County fall related injury (unintentional) emergency department rate per 10,000 population from current 448.8 (data year 2012 – 2914) to Maine rate of 340.9			
Objective description:	By focusing on support systems, resources, transition of care and follow up, the goal / aim is to have an impact on the overall management of this population.			
Population focus of objective: Patients, care givers, community members	Resources able to allocate: <ul style="list-style-type: none"> • CHE and • Rehab therapy hours (PT and OT) • TOC / Case / Care / Management (RN) hours Note: <ul style="list-style-type: none"> • Grant funded hours – SPH for Age Friendly Communities and Aging Project 	Plan to evaluate: <ul style="list-style-type: none"> • ED / admission / re-admission rates • Fall related injury (unintentional) emergency department rates 	Comments: The Agency for Healthcare Research and Quality (AHRQ) relates that “evidence suggests that effective primary care is associated with lower ACSC hospitalization (also referred to as avoidable hospitalization) (Gao, et al., 2014)). Potentially avoidable hospitalizations for acute and chronic conditions, admissions with perforated appendix, admissions with hypertension.” https://www.ahrq.gov/research/findings/nhqdr/chartbooks/carecoordination/measure3.tml	
Priority / objective	Activities planned	Responsible party / parties	Collaboration with other organizations	Evaluation of the Impact of the actions taken
Increase awareness of the needs and support for the older adult	Referral to support resources throughout Somerset County	RFGH Care Managers / Leadership	Local nursing homes, Primary Care	
	Assist Maine towns and community groups to prepare for Maine’s rapidly aging population by promoting aging in place and aging in the community	SPH	Spectrum Generations	
	Care Manager education, support , and leadership	RFGH CHE	Home Health	
	Provide resources – food insecurity	RFGH Social Services, Health Records	Hospice	
	Provide caregiver support for those caring for individuals with dementia	CHE	Adult Day Care	
Continued next page		CHE	AARP	

Community Health Improvement Plan ~ Older Adult / Healthy Aging

Priority / objective	Activities planned	Responsible party / parties	Collaboration with other organizations	Evaluation of the Impact of the actions taken
Continued: Increase awareness of the needs and support for the older adult	Advance directive guidance and support Evaluate ED / admission / re-admission rates	Social Services, CHE Director of Education / CHE		
Reduce Somerset County ambulatory care – sensitive hospital admission rates	Transition of care to skilled care, home, other Utilize partnerships to improve community health thereby creating clinical community linkages to get at risk patients into chronic disease self-management programs (i.e. Living Well, National Diabetes Prevention Program).	RFGH Transition of Care team RFGH Transition of Care team, SPH, CHE, Care Managers	Skilled Care facilities, Long Care Facilities, Home Health agencies, Meals on Wheels, KVCAP (transportation),	
Reduce Somerset County fall related injury	Screening for balance (broader community) Evaluate fall related injury (unintentional) emergency department rates	CHE, Rehab staff Director of Education		

Community Health Improvement Plan ~ Obesity

Goal: Reduce adult and youth obesity and related comorbidities

Objectives: Reduce adult Somerset County obesity rate of from 36.5% (2016) to State of Maine rate of 29.9% (2016) by 2022.
 Reduce HS student Somerset County obesity rate from 18% (2017) to State of Maine rate to 15% (2017) by 2022.
 Reduce MS student Somerset County obesity rate from 22.7% (2017) to State of Maine rate of 15.3% (2017) by 2022.
 Reduce sedentary lifestyle – no leisure time, physical active in past month of Somerset County adults from 23.0% (2016) to State of Maine rate of 20.6 (2016) by 2022.

Prevention of obesity is better than curing the complications of obesity. Therefore much focus is spent on prevention in the early years to encourage healthy habits of eating and physical activity.

Resources able to allocate:

- CHE
- Dietician (s) support and educational hours
- SPH Grant funded staff

Plan to evaluate:

- Adult obesity rate
- HS student obesity rate
- MS student obesity rate
- Adult sedentary lifestyle

Priority / Objective	Activities	Responsible Party/Parties	Collaboration with other organizations	Evaluation of the Impact of the actions taken
Reduce adult Somerset County obesity rate	<p>Evaluate adult obesity rates Somerset County</p> <p>Engage providers in referrals to weight management programs</p> <p>SNAP ED to provide nutrition to adult community members to increase the proportion of adults who eat five or more servings of fruit and vegetables per day and can shop on a budget</p> <p>Increase the proportion of adults ages 65 and older who have access to nutrition foods</p> <p>Improve food systems to increase access to nutrition foods in at retailers, food security organizations, and at community events</p>	<p>Community Health Educator / Central District Public Health / SPH</p> <p>RFGH Dietitian, CHE</p> <p>SNAP ED staff</p> <p>Primary Care Practices/Case Manager / SPH</p> <p>SPH Staff/CHE</p> <p>SPH Staff/CHE/RFGH Wellness team</p>	<p>WIC</p> <p>School Districts</p> <p>Spectrum Generations</p> <p>Food pantries</p> <p>Maine SNAP-Ed</p> <p>Let's Go 5210</p> <p>Food retailers</p> <p>Good Shepherd Food Bank</p> <p>Maine Federation of Farmers Markets</p> <p>Maine Street Skowhegan</p>	

Community Health Improvement Plan ~ Obesity				
Priority / Objective	Activities	Responsible Party/Parties	Collaboration with other organizations	Evaluation of the Impact of the actions taken
	Increase promotion and access to physical activity resources for recreation and active transport			
Reduce HS student Somerset County obesity rate	<p>Promote existing resources, address food insecurity, engage more families in healthy eating and active living, and address the transportation barriers to reaching resources.</p> <p>Promote use of Boston Children’s Hospital Fit Kit, introduce Outing Clubs and collaborate with existing NBF supported programs in Somerset County.</p> <p>SNAP ED to provide nutrition education to HS Students at school and community venues.</p> <p>Improve food systems to increase access to nutrition foods in at retailers, food security organizations, and at community events</p> <p>Increase promotion and access to physical activity resources for recreation and active transport</p> <p>Improve the quality, utilization, and acceptability of school lunch and breakfast</p> <p>Decrease the use of Sugary Beverages through education, point of decision prompts and behavioral economics at events</p>	<p>SPH staff, CHE</p> <p>SPH Staff</p> <p>SNAP ED staff</p> <p>SPH Staff/CHE</p> <p>SPH Staff/CHE/RFGH Wellness Team</p> <p>SPH Staff</p>	<p>School systems</p> <p>New Balance Foundation</p> <p>Maine Street Skowhegan</p> <p>Good Shepherd Food Bank</p> <p>Maine Dept. of Education</p> <p>Maine SNAP-Ed</p> <p>Let’s Go 5210</p> <p>Boston Children’s Hospital ,</p> <p>School Nutrition Directors</p> <p>School Boosters</p> <p>Municipalities</p>	

Community Health Improvement Plan ~ Obesity

Priority / Objective	Activities	Responsible Party/Parties	Collaboration with other organizations	Evaluation of the Impact of the actions taken
<p>Reduce MS student Somerset County obesity rate</p>	<p>Increase impact in Somerset County by focusing on promoting existing resources, addressing food insecurity, engaging more families in healthy eating and active living, and addressing the transportation barriers to reaching resources.</p> <p>Promote Boston Children’s Hospital Fit Kit, introduce Outing Clubs and collaborate with existing NBF supported programs in Somerset County.</p> <p>Support use of 100 Mile Club at schools and in after school settings</p> <p>SNAP ED to provide nutrition education to students in schools and community</p> <p>Increase promotion and access to physical activity resources for recreation and active transport</p> <p>Improve the quality, utilization, and acceptability of school lunch and breakfast</p> <p>Decrease the use of Sugary Beverages through education, point of decision prompts and behavioral economics at events</p>	<p>SPH staff, CHE</p> <p>SPH Staff</p> <p>SNAP ED staff</p> <p>SPH Staff/CHE</p> <p>SPH Staff/CHE/RFGH Wellness Team</p>	<p>School systems</p> <p>New Balance Foundation</p> <p>Maine Street Skowhegan</p> <p>Good Shepherd Food Bank</p> <p>Maine Dept. of Education</p> <p>Maine SNAP-Ed</p> <p>Let’s Go 5210</p> <p>Boston Children’s Hospital ,</p> <p>School Nutrition Directors</p> <p>School Boosters</p> <p>Municipalities</p>	

Community Health Improvement Plan ~ Obesity / Physical Activity

Priority / Objective	Activities	Responsible Party/Parties	Collaboration with other organizations	Evaluation of the Impact of the actions taken
<p>Reduce sedentary lifestyle – no leisure time, physical activity in past month of Somerset County adults</p>	<p>Provide / distribute information to public re: access to trails / indoor walking to promote physical activity</p> <p>Increase the number of adults who are physically active</p>	<p>CHE, SPH staff/RFGH Wellness Team</p>		

Community Health Improvement Plan ~ Health Priorities not planning to address

Priority	Reason for not addressing identified need	Collaboration with other organizations	Evaluation of the Impact of the actions taken/ special notes / Comments
Mental Health treatment	As a Critical Access Hospital, this health priority requires resources beyond our capacity	<p>Actions: referrals to other organizations for these services</p> <p>The ratio of mental health providers to the population in SC (1:1196) compared to Maine (1:351) making access to this care difficult. Collaboration is essential</p>	
	Comments: RFGH is providing self-harm prevention education to staff through collaboration with NAMI (National Alliance on Mental Illness)		
Oral Health	As a Critical Access Hospital, this health priority requires resources beyond our capacity	<p>Actions: referrals to other services, Community Health Educators through grant work have extended into Somerset County and are working WIC to outreach to families</p>	