



# COMMUNITY HEALTH IMPROVEMENT PLAN

**GARRETT COUNTY**

# 2020

To Make A  
Difference  
In My Community  
#GC2020

*Garrett County, a healthier place to  
live, work, and play!*

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# WELCOME!

## Garrett County, a healthier place to live, work, and play!

Congratulations! Our community has crafted the very first digitally responsive Community Health Improvement Plan. Creating a vision for our county and incrementally measuring our progress toward the goals we set together has created a true culture of collaboration in Garrett County. The Robert Wood Johnson Foundation recognized our efforts and has awarded Garrett County as one of the culture of health prize winners for 2017. Way to go, Garrett County!

What does this mean for you? As a community, we are addressing social risk factors that determine health in a systematic and collaborative way, ultimately leading to better health outcomes for the citizens of Garrett County.

**"Our goal is to foster innovation to improve health outcomes in Garrett County."**

*- Bob Stephens M.S., Health Officer*

This innovative new approach in public health engages the community utilizing the digital platform found at [mygarrettcountry.com](http://mygarrettcountry.com), which has achieved unprecedented success and dramatically increased equity!

This plan reflects your ideas, concerns, and solutions. Community feedback on such a large scale has informed measure development and prioritization, marking an important step toward ensuring that measures reflect what is most important in the daily lives of our community stakeholders.



**Shelley Argabrite M.A.**

*Garrett County Strategic Health Planner, Author  
Garrett County Health Department*



**Johnathon Corbin**

*Public Affairs Specialist/Informatician  
Garrett County Health Department*



# HOW IT WORKS

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## A Data-Driven Approach to Population Health

While Garrett County, Maryland has a long established record of excellence in collaboration, the innovative and transformational community health improvement planning processes found at [mygarrettcounty.com](http://mygarrettcounty.com), and summarized in this document, demonstrates our greatest commitment yet toward measuring the improvements in local health outcomes for stakeholders in our community.

This innovative process originated out of the need to increase representation, improve stakeholder engagement, and create opportunities for equity to flourish. This journey began through analysis of the Garrett County 2016 Community Health Assessment, which identified four broad focus areas for our community, based on the data collected: **behavioral health** (including substance related disorders and mental health), **chronic diseases** (prioritizing modifiable risk factors, such as physical activity, nutrition, and tobacco use), **access to care and community linkages**, and **maternal, child, and adolescent health** (later revised to incorporate comprehensive family health, regardless of familial structure). While these focus areas initially guided our framework for [mygarrettcounty.com](http://mygarrettcounty.com), many additional community-driven insights, especially within the domain of the **social determinants of health** (also referred to as social risk factors), emerged through open and transparent digital discussions, and have gained popularity as matters of importance that are actively addressed with measurable strategies in this version of the Community Health Improvement Plan.

This transformational process offers a beacon of hope for our community's most vulnerable residents as it seeks to engage nontraditional, multisectoral partners at an unprecedented scale and works toward establishing baselines for the most vital programs, initiatives, and systems changes that ensure healthy, thriving communities.

Furthermore, this plan is the first-of-its-kind to be driven by hyper local data, collected and reported within and by our community, that is timely, actionable, specialized, attributable, and collective to ensure validity and understand interoperational connectivity. This transformational approach is the most comprehensive pivot toward data-driven decision making that our community has ever employed, and offers incalculable opportunities for collaborative strategies that seek to not only improve, but transform health outcomes for all who live, work, and play in Garrett County, Maryland.



# PROJECT TIMELINE

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- Oct. '16 Innovative Health Planning Collaborative Developed
  - Nov. '16 Initial BETA Launch of the Garrett County Planning Tool (GCPT) to Primary Stakeholders
  - Dec. '16 Widespread Community Launch of GCPT
  - Feb. '17 Peak Growth Phase as Nontraditional Community Stakeholders are Onboarded
  - June '17 Measurement Framework Process Begins and the GCPT Achieves National Status as Innovative Practice with Funding from PHNCI & RWJF
  - Sep. '17 Rural Data Infrastructure Planning
  - March '18 CHIP Dash Launched and Document Published
  - April '18 Integrated Population Health Implementation

# INNOVATION VISION

## The *BIG* Picture

The Garrett County Planning Tool, found at [mygarrettcountry.com](http://mygarrettcountry.com), was created with the intention to guide our community as we built a local, data-informed vision from our current needs by meaningfully and transparently engaging all residents.

This vision becomes actionable through the planning tool framework providing the platform for the creation of a comprehensive and responsive Community Health Improvement Plan.

Demonstrating high performance through accountability and credibility is an especially important element for health departments initially seeking or maintaining public health accreditation and is essential to sustaining a robust public health system that is responsive to the needs of all residents.

**"Culture of Health Prize communities have inspired hope across the country."**

*- Richard Besser .MD., RWJF Presesident and CEO*

This framework guides stakeholders through the process of creating a measurement framework to ensure that the strategies they implement to improve health in our community have metrics that specifically align with desirable population health outcomes identified as strategic priorities through our Community Health Assessment. The ultimate goal being that the specific strategies, measured as **hyper local data**, become the primary method of program attribution.

Meaningful, transparent measurements establish unprecedented levels of accountability and commitment by community agencies and stakeholders to work collectively toward eliminating health disparities and develop equity, while propelling Garrett County toward transforming into the healthiest community to live, work, and play in the state of Maryland.

# THINGS YOU NEED TO KNOW

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This Community Health Improvement Plan (CHIP) is unlike any other our community has ever had access to in the past. This plan is living, and constantly being revised, updated, and worked on at [mygarrettcounty.com](http://mygarrettcounty.com), where anyone who lives, works, or plays in Garrett County has an opportunity to participate in the planning and implementation processes.

Due to the dynamic nature of this CHIP, *snapshots* are taken quarterly for comparison of performance measures over time, and to correlate our collective efforts in working toward improved health outcomes for Garrett County.

**"While other plans may be static documents that don't change for several years, this CHIP is an innovative step toward creating living processes that ensure the best outcomes for all of our community's stakeholders. The more successful our planning processes are, the more likely this document is to change and grow over time as we work to make Garrett County the healthiest community in the state of Maryland."**

*- Shelley Argabrite M.A., Strategic Health Planner*

Every strategy that the CHIP measures lives in a group on my [mygarrettcounty.com](http://mygarrettcounty.com), where transparent, collaborative planning occurs. This innovative process is open 24/7 to make it easy for people to participate at their convenience and improves community engagement. After all, community improvement initiatives are most successful when we're able to work together. So merge your passions with our purpose, and join groups today to make Garrett County a healthier place to live, work, and play tomorrow!

# STRATEGIES TO IMPROVE HEALTH

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The following strategies have been proposed for the first time ever in the transparent workspace on [mygarrettcounty.com](http://mygarrettcounty.com), working with a variety of multisectoral partners in efforts to drastically change health outcomes in Garrett County through the highest degree of collaboration that we've ever been able to measure.

You may notice in future iterations of this plan that data points may change and strategies may be improved as we work to become more responsive to the community. While this printed plan is a convenient carry along, we encourage everyone to utilize the digital edition at [mygarrettcounty.com](http://mygarrettcounty.com) to always have access to the most up-to-date information, and have plentiful opportunities to participate in the implementation and refinement of these strategies, or propose new ones as health priorities change and evolve over time. We'll see you on [mygarrettcounty.com](http://mygarrettcounty.com), and look forward to improved health outcomes in 2020!



## JOIN US!

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PARTICIPATE IN THE  
DISCUSSION ONLINE AT  
[MYGARRETTCOUNTY.COM](http://MYGARRETTCOUNTY.COM)



# Access to Behavioral Health Services and Quality of Care Throughout the Continuum of Care

 [mygarrettcounty.com/groups/behavioral-health/access-to-behavioral-health-services-and-quality-of-care-throughout-the-continuum-of-care/chip](https://mygarrettcounty.com/groups/behavioral-health/access-to-behavioral-health-services-and-quality-of-care-throughout-the-continuum-of-care/chip)

Behavioral Health Authority

Access to Behavioral Health Services and Quality of Care Throughout the Continuum of Care

<https://mygarrettcounty.com/groups/behavioral-health/access-to-behavioral-health-services-and-quality-of-care-throughout-the-continuum-of-care/>

**Snapshot Generated:** 2018-03-22

## **Narrative:**

Currently there is one CARF accredited comprehensive mental health and substance abuse service provider located at the Garrett County Center for Behavioral Health to serve county residents. Clients consist of children, adolescents, adults, couples and families that are facing complex issues. The staff comprised of psychiatrists, social workers, nurses, licensed substance abuse and mental health counselors and recovery coaches are dedicated to the helping those in need.

## **Strategy Description:**

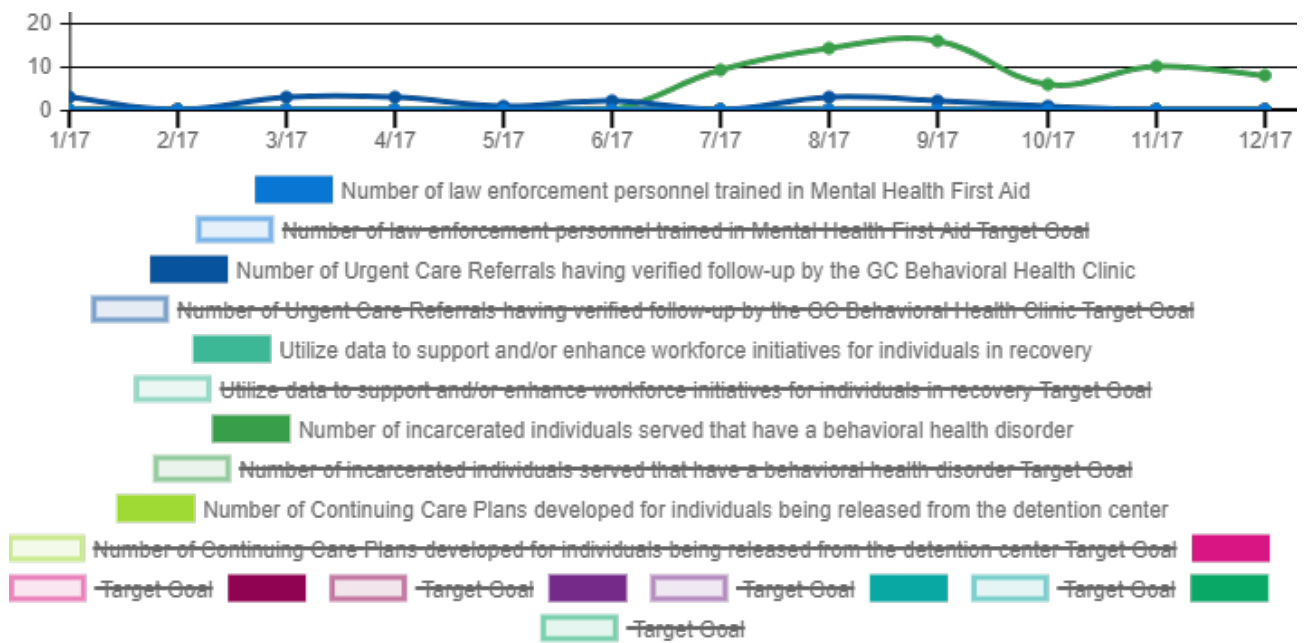
As access increases, a multifaceted approach toward achieving the goal of supporting behavioral health services and quality of care throughout the continuum of care will be accomplished through; enhanced crisis response services and community based suicide prevention, supporting the expansion of accredited behavioral health providers in Garrett County, and support cost-effective, coordinated and recovery oriented services to individuals incarcerated in the local detention center, community supervision programs, and juvenile services.

**Level of Change:** Programs

**Primary Focus Area:** Behavioral Health: including Substance Abuse and Mental Health

**Estimated Implementation Date:** 2017-07-01 | **Estimated Completion Date:** 2020-12-31

**2017 Indicator Progress:**




Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
Number of law enforcement personnel trained in Mental Health First Aid	12	0	0	0	0	0	0	0	0	0	0	0	0
Number of Urgent Care Referrals having verified follow-up by the GC Behavioral Health Clinic	20	3	0	3	3	1	2	0	3	2	1	0	0
Utilize data to support and/or enhance workforce initiatives for individuals in recovery	10	-	-	-	-	-	-	-	-	-	-	-	-
Number of incarcerated individuals served that have a behavioral health disorder	65	0	0	0	0	0	0	9	14	16	6	10	8

Number of Continuing Care Plans developed for individuals being released from the detention center	35	-	-	-	-	-	-	-	-	-	-	-	-
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Generated by the Universal Community Planning Tool (UCPT).

# Adolescent Well Child Checks

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 [mygarrettcounty.com/groups/increase-adolescent-well-child-checks/chip](https://mygarrettcounty.com/groups/increase-adolescent-well-child-checks/chip)

Family Health

Adolescent Well Child Checks

<https://mygarrettcounty.com/groups/increase-adolescent-well-child-checks/>

**Snapshot Generated:** 2018-03-22

**Narrative:**

When adolescents do come in for a well child visit, it's the perfect opportunity to get the patient caught up on their immunizations. Recently, we have begun tracking statistics for HPV vaccines.

**Strategy Description:**

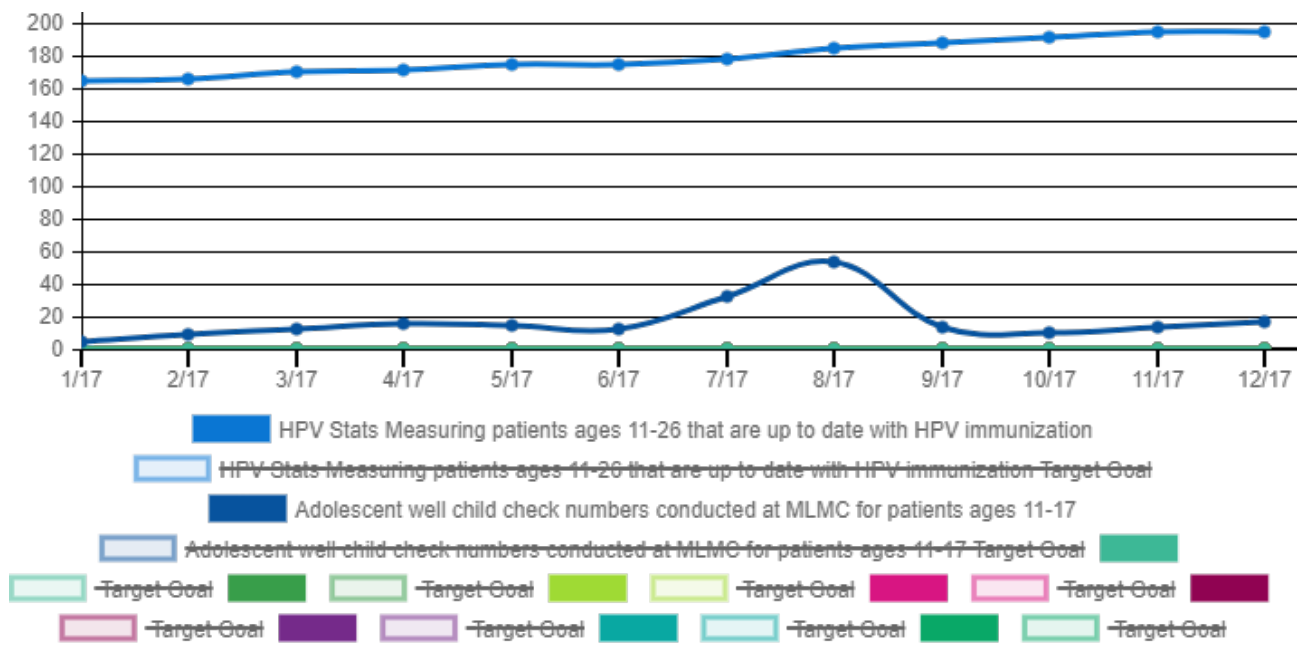
Attempt to administer HPV vaccine while the adolescent is in for the well child check in addition to well child checks.

**Level of Change:** Systems

**Primary Focus Area:** Maternal, Child, and Adolescent Health

**Estimated Implementation Date:** 2017-01-02 | **Estimated Completion Date:** 2020-12-31

**2017 Indicator Progress:**



Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
HPV Stats Measuring patients ages 11-26 that are up to date with HPV immunization	200	165	166	170	171	174	175	178	184	188	191	194	194
Adolescent well child check numbers conducted at MLMC for patients ages 11-17	40	4	9	12	16	14	12	32	53	13	10	13	17

**Research:**

Currently, Garrett County ranks last in the state for Adolescent Well Child Checks according to the Maryland State Health Improvement Process, [http://ship.md.networkofcare.org/ph/ship-detail.aspx?id=md\\_ship37](http://ship.md.networkofcare.org/ph/ship-detail.aspx?id=md_ship37)

Data source: Maryland Medicaid Service Utilization:

Beginning in 2015 the age range was increased to include adolescents aged 12 - 21 years, as a result, data reported for 2015 and onward cannot be trended with previous years of data.

Generated by the Universal Community Planning Tool (UCPT).

# Food Resource Asset Map – GC Food Insecurity Workgroup – Western Maryland Food Council

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 [mygarrettcountry.com/groups/social-determinants-of-health/chip](https://mygarrettcountry.com/groups/social-determinants-of-health/chip)

Food Insecurities

Food Resource Asset Map – GC Food Insecurity Workgroup – Western Maryland Food Council

<https://mygarrettcountry.com/groups/social-determinants-of-health/>

**Snapshot Generated:** 2018-03-22

## **Narrative:**

In Garrett County the Food Insecurity Workgroup uses a collaborative approach to better meet the nutritional needs for our most vulnerable residents and is a part of the regional Western Maryland Food Council. The Food Council works on issues related to food, from production at the farm to nutrition at the table. Assessment efforts will be tracked with the intent to gain more understanding of the need for food resources in the county.

## **Strategy Description:**

Create a list of all locations where free/reduced price foods are available throughout the county.

1. Research churches, food pantries, soup kitchens, etc.
2. Log those locations/dates/times available in a Google Sheet here:

[https://docs.google.com/spreadsheets/d/1ee-ol1c-\\_07xuz-T5HRtDyMVbpYToHT7S7mzogVSyL8/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1ee-ol1c-_07xuz-T5HRtDyMVbpYToHT7S7mzogVSyL8/edit?usp=sharing)

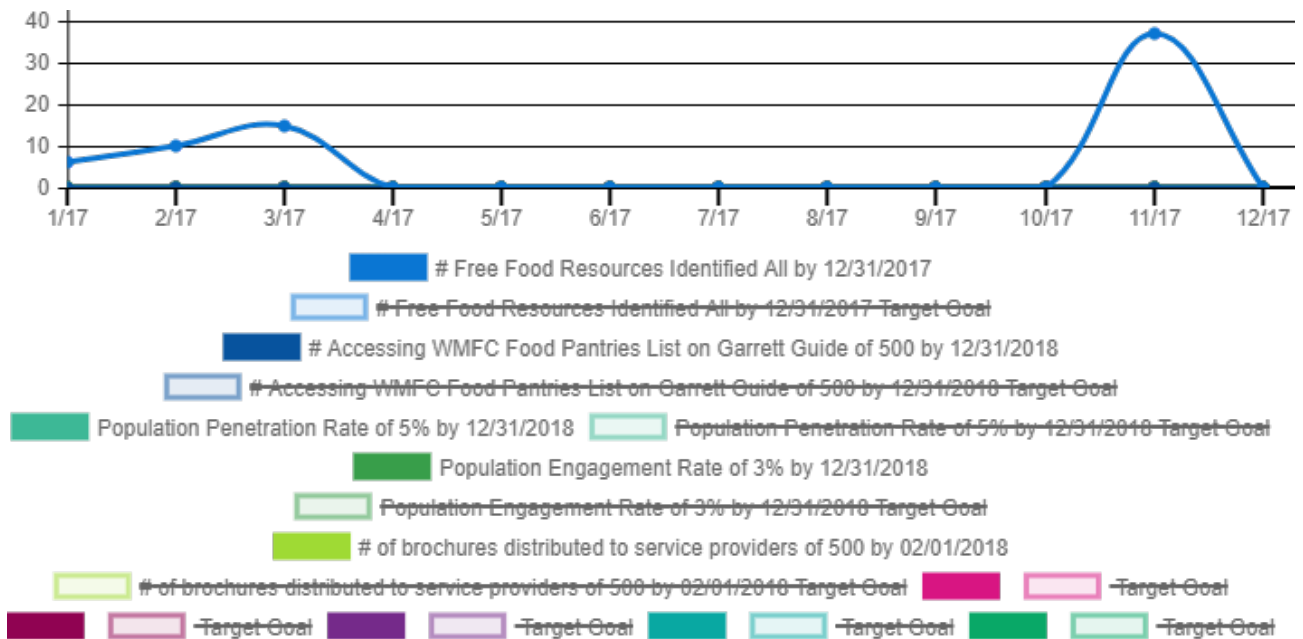
3. Prepare the data into a user-friendly format (print and web-based)
4. Disseminate the information
  - a. GarrettGuide
  - b. Social Media
  - c. Handouts to service providers

**Level of Change:** Systems

**Primary Focus Area: Access to Care and Linkages to Community Resources**

**Estimated Implementation Date: 2017-01-01 | Estimated Completion Date: 2020-12-31**

**2017 Indicator Progress:**



Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
# Free Food Resources Identified All by 12/31/2017	30	6	10	15	-	-	-	-	-	-	-	37	-
# Accessing WMFC Food Pantries List on Garrett Guide of 500 by 12/31/2018	500	-	-	-	-	-	-	-	-	-	-	-	-
Population Penetration Rate of 5% by 12/31/2018	1450	-	-	-	-	-	-	-	-	-	-	-	-
Population Engagement Rate of 3% by 12/31/2018	870	-	-	-	-	-	-	-	-	-	-	-	-
# of brochures distributed to service providers of 500 by 02/01/2018	500	-	-	-	-	-	-	-	-	-	-	-	-





# Garrett College Community Aquatic and Recreation Complex

 [mygarrettcountry.com/groups/garrett-college-community-aquatic-and-recreation-complex/chip](https://mygarrettcountry.com/groups/garrett-college-community-aquatic-and-recreation-complex/chip)

Physical Activity: CARC

Garrett College Community Aquatic and Recreation Complex

<https://mygarrettcountry.com/groups/garrett-college-community-aquatic-and-recreation-complex/>

**Snapshot Generated:** 2018-03-22

## **Narrative:**

A plan is in place for targeting the youth population of Garrett County to increase the use of the facility. The application of this goal will be realized through new programming, summer camps, target marketing, and collaboration with other organizations.

## **Strategy Description:**

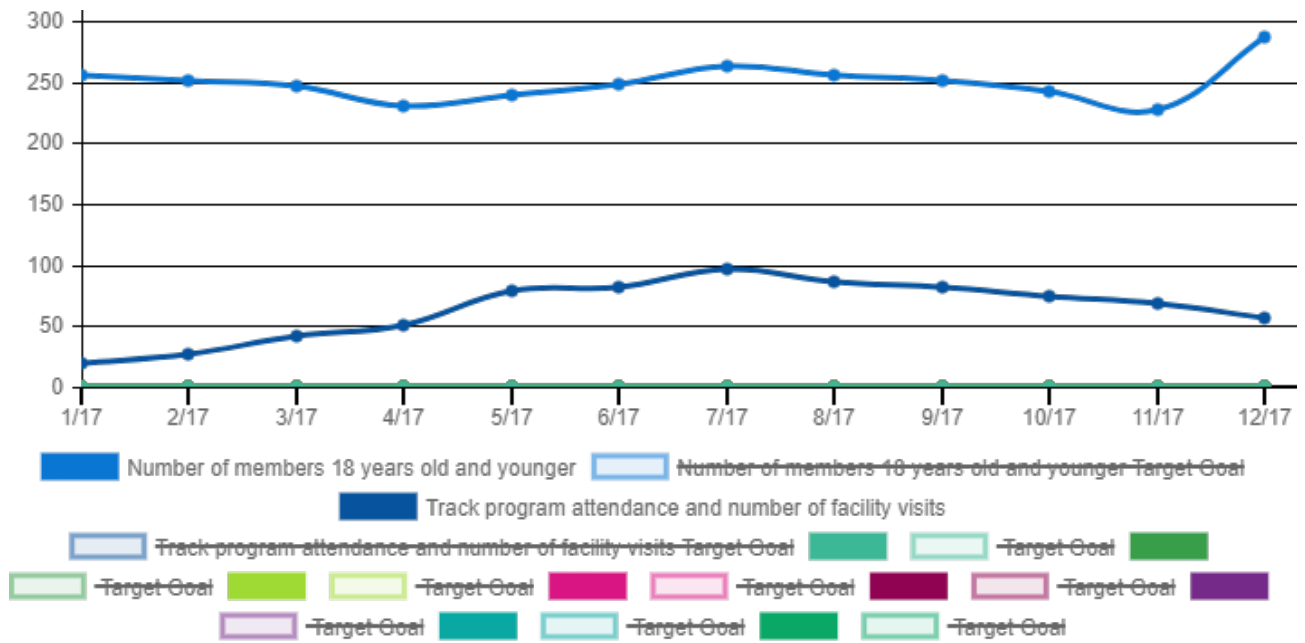
We are in the early stages of targeting our youth population for increased use of the facility. The application of this goal will new programs, summer camps, target marketing, and collaboration with other outside organizations.

**Level of Change:** Programs

**Primary Focus Area:** Chronic Diseases and their common risk factors: lack of physical activity, poor nutrition, and tobacco use

**Estimated Implementation Date:** 2016-11-01 | **Estimated Completion Date:** 2020-12-31

**2017 Indicator Progress:**



Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
Number of members 18 years old and younger	300	256	251	247	230	239	248	263	255	251	242	227	287
Track program attendance and number of facility visits	100	20	27	41	50	78	81	97	86	81	74	69	57

Generated by the [Universal Community Planning Tool \(UCPT\)](#).

# Garrett Guide

 [mygarrettcountry.com/groups/garrett-county-community-engagement/garrett-guide/chip](https://mygarrettcountry.com/groups/garrett-county-community-engagement/garrett-guide/chip)

Access to Care and Community Linkages

Garrett Guide

<https://mygarrettcountry.com/groups/garrett-county-community-engagement/garrett-guide/>

**Snapshot Generated:** 2018-03-22

## **Narrative:**

When we think about what the term access actually means for a person in the community, it's helpful to consider it in a broad sense. Factors like availability of medical appointments, clinic hours, medical transportation, adequate healthcare providers, and specialty care can be viewed with an access lens and are essential as we consider how we can best meet the medical needs of a community. Crisis services, government assistance and benefit programs should be at everyone's fingertips when issues arise like the need for an emergency shelter. Non-profits, faith based organizations, and civic clubs offer unique services and ways to become more involved in a community helping to address quality of life factors in a community.

## **Strategy Description:**

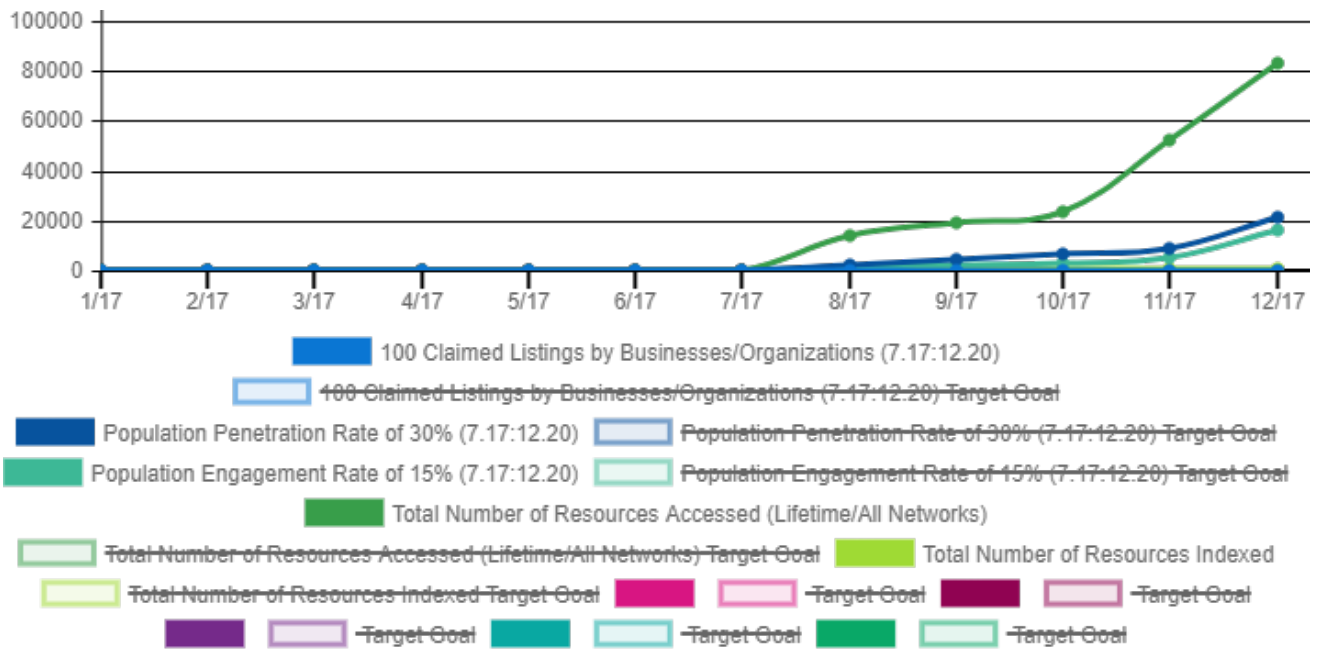
Garrett Guide is the new and improved Community Resource Directory with the framework found at [Garrettguide.org](http://Garrettguide.org). This innovative process connects communities to available resources on demand, including essential services by increasing community awareness and engagement through utilization within and around Garrett Guide. Local agencies, organizations, businesses and residents have the opportunity to provide additional detail for information already included or submit new resources for the community. Information can be entered by visiting: [www.garrettguide.org](http://www.garrettguide.org)

**Level of Change:** Systems

**Primary Focus Area:** Access to Care and Linkages to Community Resources

**Estimated Implementation Date:** 2017-01-01 | **Estimated Completion Date:** 2020-12-31

**2017 Indicator Progress:**



Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
100 Claimed Listings by Businesses/Organizations (7.17:12.20)	100	-	-	-	-	-	-	2	41	55	64	70	77
Population Penetration Rate of 30% (7.17:12.20)	8700	-	-	-	-	-	-	333	2468	4483	6467	8906	21400
Population Engagement Rate of 15% (7.17:12.20)	4350	-	-	-	-	-	-	226	1340	2273	3221	4804	15874
Total Number of Resources Accessed (Lifetime/All Networks)	10000	-	-	-	-	-	-	-	13958	19087	23228	52104	83128
Total Number of Resources Indexed	500	-	-	-	-	-	-	240	350	485	522	536	536

Generated by the [Universal Community Planning Tool \(UCPT\)](#).

# H2H

 [mygarrettcountry.com/groups/h2h/chip](https://mygarrettcountry.com/groups/h2h/chip)

Community Linkages: Agency specific

H2H

<https://mygarrettcountry.com/groups/h2h/>

**Snapshot Generated:** 2018-03-22

## **Narrative:**

Community collaboration is vital to serving the needs of vulnerable residents. Ensuring a thriving open communication system between agencies is demonstrated in this interdisciplinary care coordination team called H2H. Community Action, Garrett Regional Medical Center, and the Garrett County Health Department work seamlessly to confirm integration of services to reduce readmissions by addressing the community needs of elderly and persons with disabilities as people transition from the acute care setting to home to promote best possible outcomes in the community.

**The data for the pilot that began in September is unavailable at this time due to a staffing shortage. Please check back**

## **Strategy Description:**

Collaborating with key partners at meetings to plan, develop and impliment the scope of work within the MOU.

The Contact Wheel pilot project with 30 clients is the first initiative of this collaborative group. The demographics of the clients identified will be age 60+ and/or persons with disabilities prior to hospital admission.

Once the pilot is complete, the group would like to track the LACE score overtime and see if social supports have an impact.

**Level of Change:** Systems

**Primary Focus Area:** Access to Care and Linkages to Community Resources

**Estimated Implementation Date:** 2017-08-01 | **Estimated Completion Date:** 2020-12-31

**2017 Indicator Progress:**




Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
# clients identified for the pilot	30	-	-	-	-	-	-	-	-	22	-	-	-
Clients readmitted to the hospital in the last 14 days (n=14)		-	-	-	-	-	-	-	-	1	-	-	-
Clients readmitted to the hospital in the last 30 days (n=30)		-	-	-	-	-	-	-	-	-	-	-	-
Clients readmitted to the hospital in the last 90 days (n=90)		-	-	-	-	-	-	-	-	-	-	-	-
Primary care provider identified		-	-	-	-	-	-	-	-	15	-	-	-

Generated by the [Universal Community Planning Tool \(UCPT\)](#).

# MyGarrettCounty.com Community Engagement

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 [mygarrettcountry.com/groups/garrett-county-community-engagement/mygarrettcountry-com-community-engagement/chip](https://mygarrettcountry.com/groups/garrett-county-community-engagement/mygarrettcountry-com-community-engagement/chip)

A New Approach

MyGarrettCounty.com Community Engagement

<https://mygarrettcountry.com/groups/garrett-county-community-engagement/mygarrettcountry-com-community-engagement/>

**Snapshot Generated:** 2018-03-22

**Narrative:**

MyGarrettCounty.com is an award winning community engagement collaborative created and implemented by the population health unit of the Garrett County Health Department with support from local stakeholders to increase connectivity, representation in planning processes through community engagement and operate as a centralized data portal for tracking the community health improvement plan as well as the overall health status of the county.

**Strategy Description:**

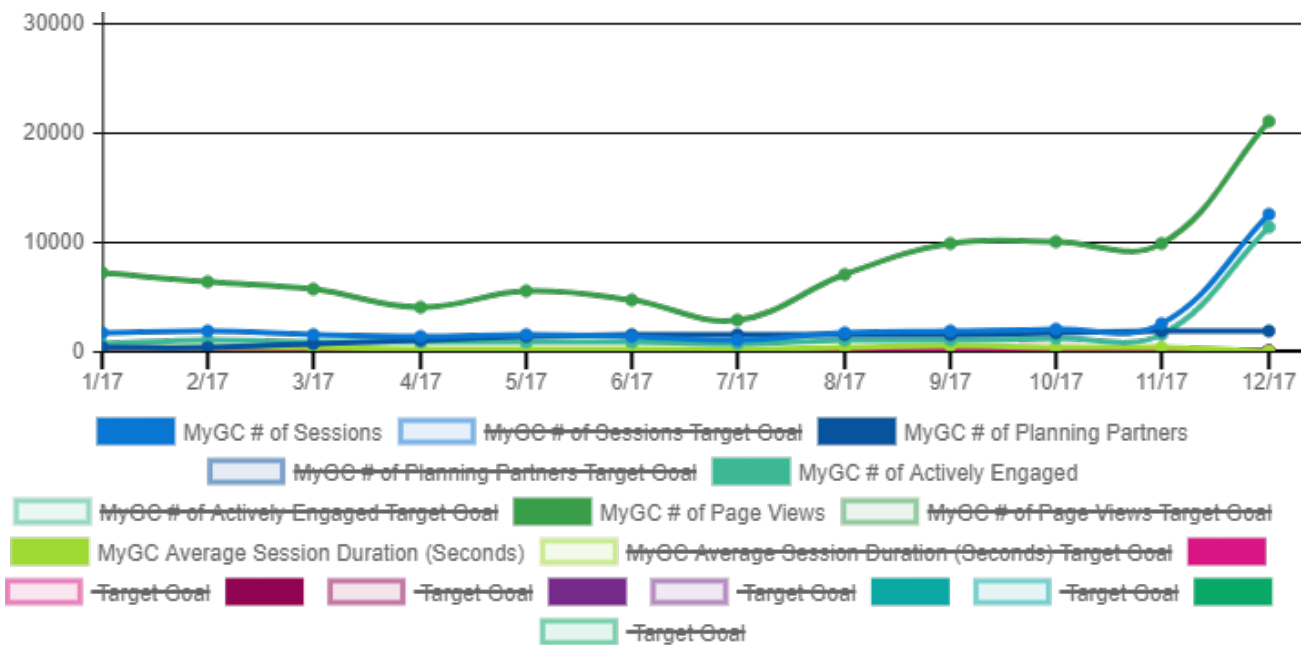
As an innovative platform, the multifaceted planning tool collects quantitative and qualitative data to guide our community as we make data informed decisions that impacts the health and well-being of residents and visitors of Garrett County. The strategy continues to increase equity through community engagement on mygarrettcountry.com to promote a true community of collaboration.

**Level of Change:** Systems

**Primary Focus Area:** Access to Care and Linkages to Community Resources

**Estimated Implementation Date:** 2016-11-01 | **Estimated Completion Date:** 2020-12-31

**2017 Indicator Progress:**



Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
MyGC # of Sessions	1000	1672	1757	1530	1389	1431	1306	946	1690	1847	1984	2439	12494
MyGC # of Planning Partners	500	286	377	624	980	1416	1431	1447	1488	1513	1630	1759	1777
MyGC # of Actively Engaged	500	723	955	843	833	830	847	613	943	954	1121	1583	11377
MyGC # of Page Views	2500	7160	6297	5611	4038	5469	4659	2808	6965	9913	10022	9789	20917
MyGC Average Session Duration (Seconds)	90	348	271	275	201	242	229	160	293	449	384	312	78

Generated by the [Universal Community Planning Tool \(UCPT\)](#).



# Overdose Response Training

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 [mygarrettcounty.com/groups/overdose-response-training/chip](https://mygarrettcounty.com/groups/overdose-response-training/chip)

Behavioral Health

Overdose Response Training

<https://mygarrettcounty.com/groups/overdose-response-training/>

**Snapshot Generated:** 2018-03-22

## **Narrative:**

The Overdose Response Training (ORT) Group is focused on maximizing the resources for reduction and/or prevention of fatal opioid overdose in our community. Administration of Narcan (naloxone) in the setting of an opioid overdose that results in inadequate breathing is considered a harm reduction strategy. Narcan (naloxone) administration is part of a much larger comprehensive program addressing the opioid epidemic also including education, prevention, and treatment. Classes teaching indications and technique for Narcan (naloxone) administration are held at the Garrett County Health Department (Oakland and Grantsville locations) and at sites outside of the Health Department upon request.

## **Strategy Description:**

Reduce and/or prevent opioid overdose deaths in Garrett County

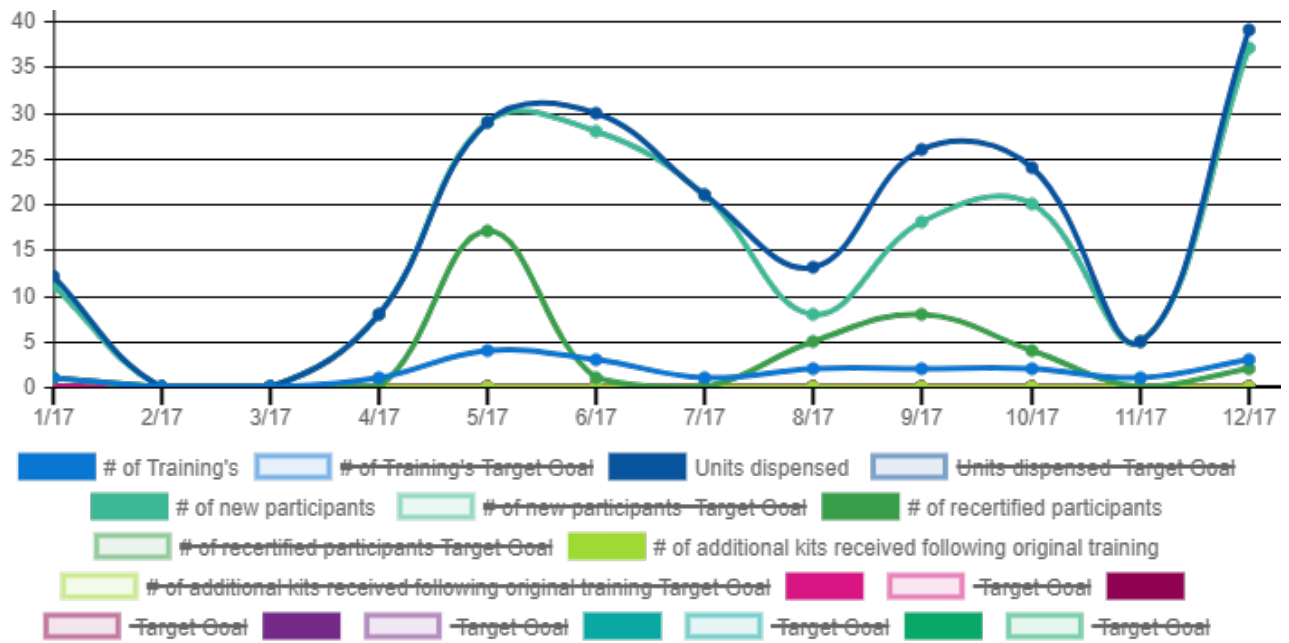
Advertise the Overdose Response Training (ORT) classes to the community.

**Level of Change:** Programs

**Primary Focus Area:** Behavioral Health: including Substance Abuse and Mental Health

**Estimated Implementation Date:** 2017-08-21 | **Estimated Completion Date:** 2020-12-31

**2017 Indicator Progress:**



Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
# of Training's	17	1	-	0	1	4	3	1	2	2	2	1	3
Units dispensed	20	12	-	0	8	29	30	21	13	26	24	5	39
# of new participants	15	11	-	0	8	29	28	21	8	18	20	5	37
# of recertified participants	5	1	-	0	0	17	1	0	5	8	4	0	2
# of additional kits received following original training	0	1	-	0	0	0	0	0	0	0	0	0	0

Generated by the Universal Community Planning Tool (UCPT).

# Promoting Quitting Among Adults

 [mygarrettcounty.com/groups/tobacco-use/promoting-quitting-among-adults/chip](https://mygarrettcounty.com/groups/tobacco-use/promoting-quitting-among-adults/chip)

Tobacco

Promoting Quitting Among Adults

<https://mygarrettcounty.com/groups/tobacco-use/promoting-quitting-among-adults/>

**Snapshot Generated:** 2018-03-22

## **Narrative:**

Did you know that *Garrett County has the highest percentage (33%) of reported youth using tobacco products in the state of Maryland* according to the latest data from Maryland's State Health Improvement Process, mdship 2014. Our goal is to reduce the burden of Chronic Diseases in Garrett County by addressing three modifiable risk factors; tobacco use, nutrition and physical activity. There are many evidence based strategies our community is using to address tobacco use in both youth and adults from preventing initial use to helping people quit.

## **Strategy Description:**

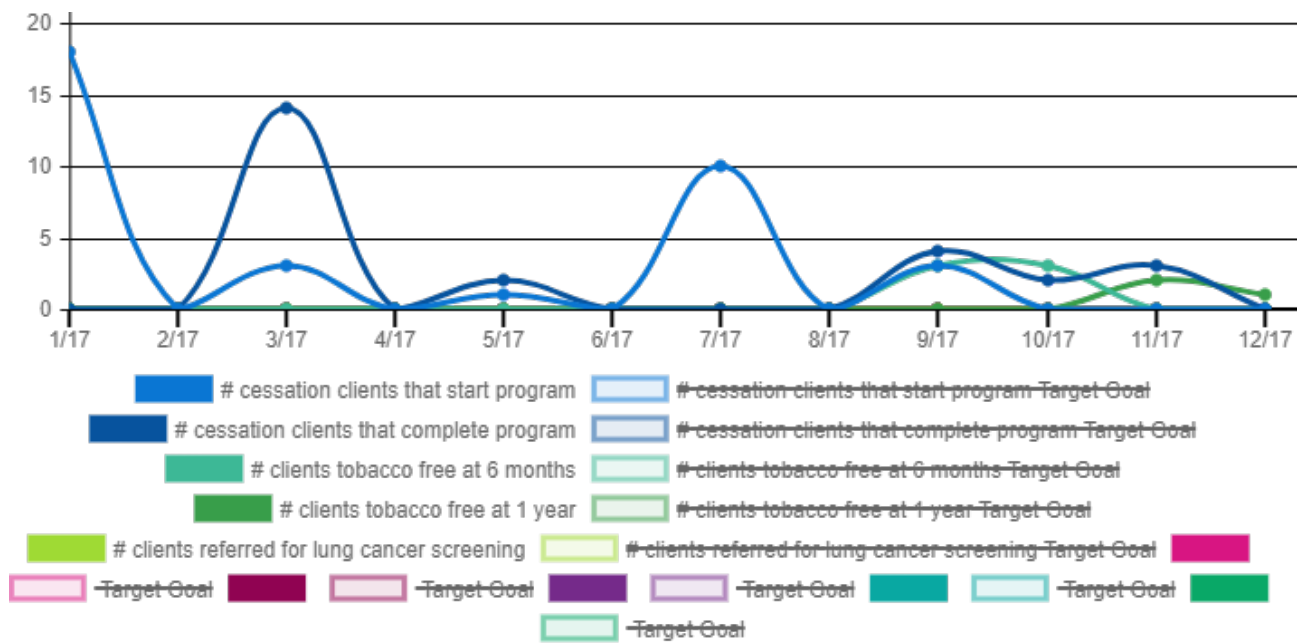
Garrett County Health Department provides smoking cessation classes for Garrett County adults. Cessation aids such as Zyban or the nicotine patch are covered by the program. Quit rates are tracked at 6 months, and 1 year after the class ends.

**Level of Change:** Programs

**Primary Focus Area:** Chronic Diseases and their common risk factors: lack of physical activity, poor nutrition, and tobacco use

**Estimated Implementation Date:** 2016-07-01 | **Estimated Completion Date:** 2020-12-31

**2017 Indicator Progress:**



Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
# cessation clients that start program	60	18	-	3	-	1	-	10	-	3	-	-	-
# cessation clients that complete program	45	-	-	14	-	2	-	-	-	4	2	3	-
# clients tobacco free at 6 months	24	-	-	-	-	-	-	-	-	3	3	-	-
# clients tobacco free at 1 year	24	-	-	-	-	-	-	-	-	-	-	2	1
# clients referred for lung cancer screening	10	-	-	-	-	-	-	-	-	-	-	-	-

**Research:**

The Community Guide

Generated by the Universal Community Planning Tool (UCPT).

# Rural Broadband Expansion Efforts

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 [mygarrettcountry.com/groups/rural-broadband-expansion-efforts/chip](https://mygarrettcountry.com/groups/rural-broadband-expansion-efforts/chip)

## Community Linkages

### Rural Broadband Expansion Efforts

<https://mygarrettcountry.com/groups/rural-broadband-expansion-efforts/>

**Snapshot Generated:** 2018-03-22

#### **Narrative:**

Garrett County Government is committed to helping the private sector extend broadband service to unserved and underserved residents and businesses in the county. The county began a pilot project with an incumbent provider to extend service to at least 10 passings by 12/31/17 and are pleased to report they more than tripled the goal. They will continue connecting new customers through the TV White Space wireless broadband project and have set a goal of 500 by 12/31/2018. The county is working with a private provider to extend service and use county assets (manpower, equipment) to trench a 1/2 mile stretch along county roads, just outside the provider's territory with the goal of utilizing the information to develop the framework for working with other providers to increase access for more residents.

#### **Strategy Description:**

Work with a private provider to extend service.

Use county assets (manpower, equipment) to trench 1/2 mile stretch along county roads, just outside the provider's territory.

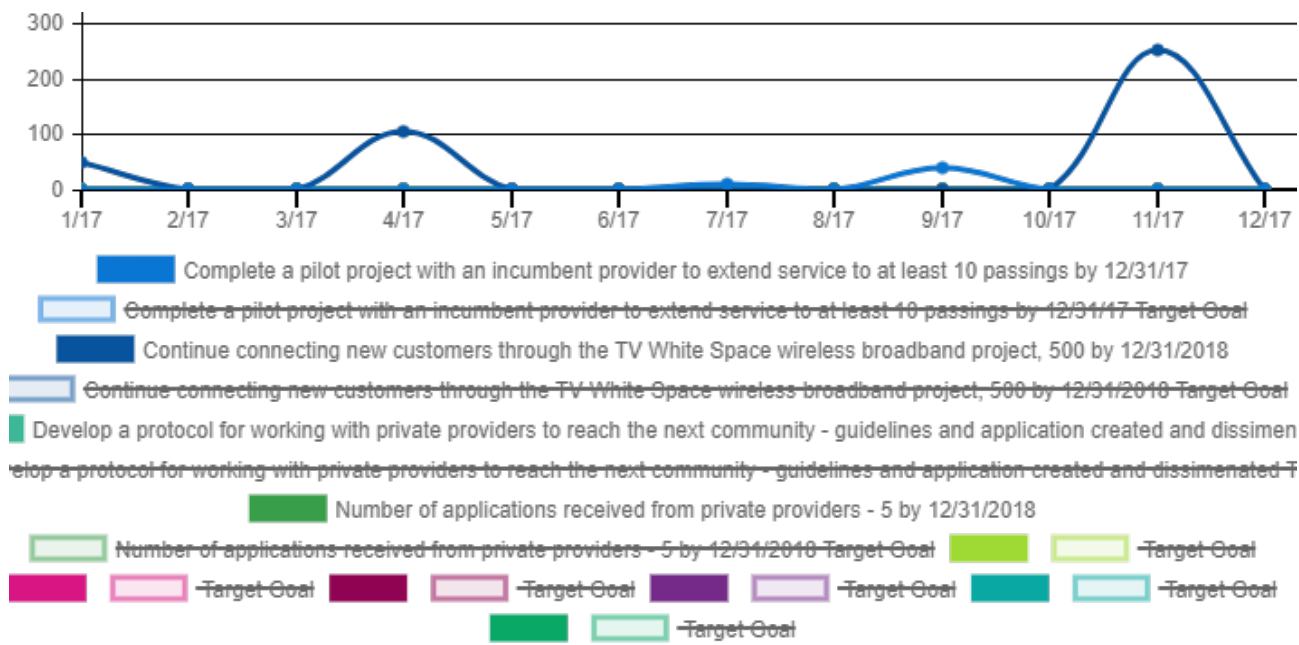
Assess the project and use the info to develop the framework for working with other providers.

**Level of Change:** Programs

**Primary Focus Area:** Access to Care and Linkages to Community Resources

**Estimated Implementation Date:** 2014-01-01 | **Estimated Completion Date:** 2020-01-01

**2017 Indicator Progress:**



Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
Complete a pilot project with an incumbent provider to extend service to at least 10 passings by 12/31/17	10	0	-	-	-	-	-	10	-	40	-	-	-
Continue connecting new customers through the TV White Space wireless broadband project, 500 by 12/31/2018	500	50	-	-	105	-	-	-	-	-	-	250	-
Develop a protocol for working with private providers to reach the next community - guidelines and application created and dissiminated	1	-	-	-	-	-	-	-	-	-	-	-	-

Number of applications received from private providers - 5 by 12/31/2018	5	-	-	-	-	-	-	-	-	-	-	-	-
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**Research:**

Broadband feasibility study

**Contributing Community Participants:**

 Nathaniel Watkins /  Cheryl DeBerry /

Generated by the Universal Community Planning Tool (UCPT).

# WIC Nutrition Increases Fruit and Vegetable Consumption

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 [mygarrettcounty.com/groups/wic-nutrition-increases-fruit-and-vegetable-consumption-1738748979/chip](https://mygarrettcounty.com/groups/wic-nutrition-increases-fruit-and-vegetable-consumption-1738748979/chip)

Nutrition

WIC Nutrition Increases Fruit and Vegetable Consumption

<https://mygarrettcounty.com/groups/wic-nutrition-increases-fruit-and-vegetable-consumption-1738748979/>

**Snapshot Generated:** 2018-03-22

## **Narrative:**

"Optimum nutrition, providing all nutrients in both kind and amount, is the cornerstone of good health and the cutting edge of prevention. The foods we eat, and the nutrients they should provide, are the most important continuing environmental factors influencing our growth, development, functional abilities, and health. Nutritional knowledge, with education of both the general public, and particularly health professionals is critical if we are to succeed in significantly reducing the excessive premature morbidity and mortality from our leading killer diseases - heart disease, cancer, and stroke. How we structure our lifestyles, with proper nutrition, health habit discipline, and exercise programming, will have a great influence on personal health, and will help reduce our current catastrophic medical care expenditures."

Source: Krehl WA. (1983). The role of nutrition in maintaining health and preventing disease. Health Values. Mar-Apr;7(2):9-13

Efforts to help families enrolled in Women, Infants, and Children (WIC) a federal supplemental nutrition program are being measured as families are encouraged to include more fruits and vegetables in their diets and family meals.

## **Strategy Description:**

Target nutrition education on importance and acceptance of fruits and vegetables in family diets.

1. Individual counseling with families during certification and recertification on health benefits of consuming fruits and vegetables.
2. Quarterly nutrition education program about use of fruits and vegetables.
3. Provide Farmer's Market coupons to eligible families for local produce.
4. Supplemental clinic and promotional materials available during appointments and in waiting areas.



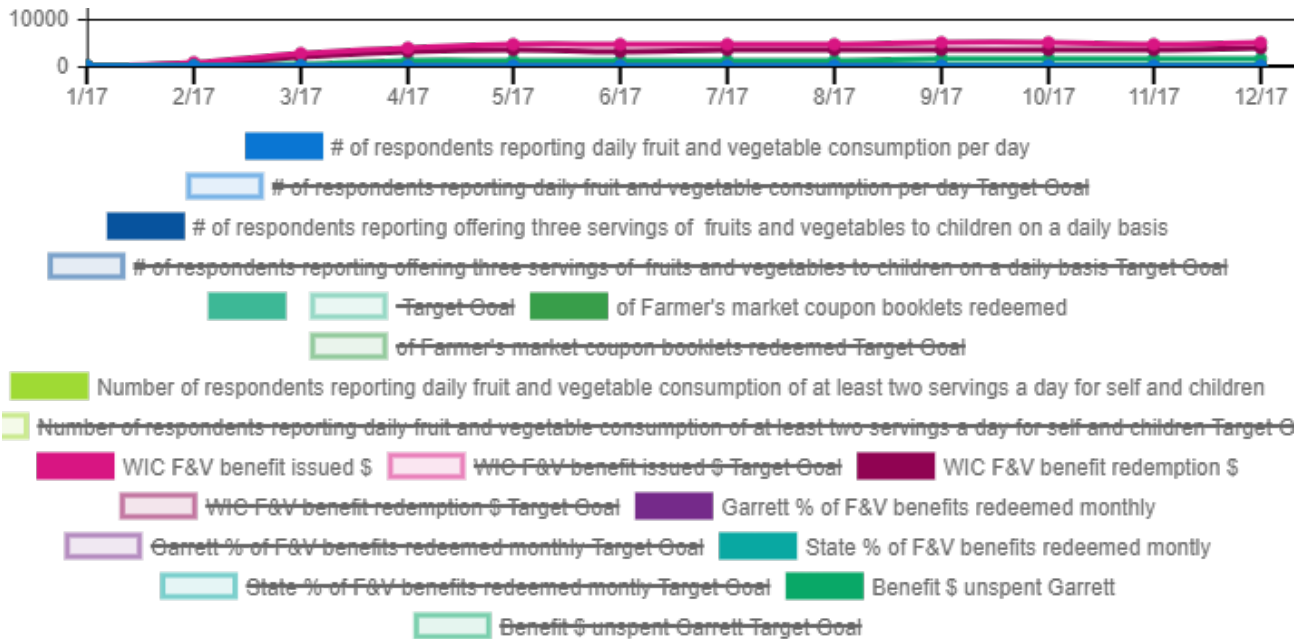
5. Individualized discussion based on individual family usage of fruit and vegetable benefit.

**Level of Change:** Programs

**Primary Focus Area:** Maternal, Child, and Adolescent Health

**Estimated Implementation Date:** 2017-08-01 | **Estimated Completion Date:** 2018-06-30

**2017 Indicator Progress:**



Measurements	Target Goal	1/17	2/17	3/17	4/17	5/17	6/17	7/17	8/17	9/17	10/17	11/17	12/17
# of respondents reporting daily fruit and vegetable consumption per day	110	-	-	-	-	-	-	-	-	-	58	-	-
# of respondents reporting offering three servings of fruits and vegetables to children on a daily basis	97	-	-	-	-	-	-	-	-	-	59	-	-
of Farmer's market coupon booklets redeemed	450	-	-	-	-	-	-	-	-	-	-	-	-

Number of respondents reporting daily fruit and vegetable consumption of at least two servings a day for self and children	207	-	-	-	-	-	-	-	-	-	191	-	-
WIC F&V benefit issued \$	5000	0	678	2523	3872	4620	4515	4518	4673	4840	4842	4806	5178
WIC F&V benefit redemption \$	5000	0	467	1964	2909	3515	3220	3279	3426	3407	3486	3399	3716
Garrett % of F&V benefits redeemed monthly	95	0	69	77	75	76	71	73	73	70	72	71	72
State % of F&V benefits redeemed monthly	95	54	65	70	72	78	78	78	78	77	77	76	77
Benefit \$ unspent Garrett	750	0	211	559	963	1105	1295	1239	1247	1433	1356	1407	1462

**Research:**

Data pending, waiting for WIC Management Information System WOW(WIC on the Web) reporting on eWIC usage of fruit and vegetable benefit redemption. Requesting special reporting.

Nutrition Survey being conducted Aug-September 2017 includes questions about fruit and vegetable servings consumed daily. Will be basis for baseline.

Generated by the Universal Community Planning Tool (UCPT).



# WE'RE ECO-FRIENDLY!

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The Garrett County 2020 Community Health Improvement Plan is now digital!

Download the full plan at:  
**[mygarrettcounty.com](https://mygarrettcounty.com)**

# JOIN US!

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PARTICIPATE IN THE  
DISCUSSION ONLINE AT  
[MYGARRETTCOUNTY.COM](http://MYGARRETTCOUNTY.COM)



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