

Champaign County Community Health Plan

“Updates”

Created: July 2012



Introduction

Since the data collection and publication of the 2011 Community Health Plan (IPLAN), great strides have been made at the local level to combat four areas previously indicated by community assessments as areas of concern for the community – access to care, obesity, accidents, and violence. It is observable that these significant efforts are not unnoticed. When comparing County Health Rankings calculated by the University of Wisconsin and Robert Wood Johnson Foundation, between 2010 (IPLAN data collection) to 2012 Champaign County improved in their ranking. Moving from number 31 to 26 based on health factor rankings, Champaign County has made noteworthy improvements in their overall health status. The system used in calculating the ranking is comprised of similar health outcomes and factors as utilized in developing the IPLAN; therefore, this ranking depiction is helpful in illustrating the overall health trend. The following summarizes the specific steps taken in addressing the four areas identified as those of concern within Champaign County:

Access to care

Healthy People 2020 goals seek to reduce the number of uninsured individuals across the United States significantly. The 2020 goals include ensuring that 100% of residents have health insurance. At the local level Champaign County is still far from this goal. In 2009 it was reported that 12.6% of the County's residents were uninsured. Currently in 2012 no significant changes have been made as it is reported 12% of the adults in Champaign County remain uninsured which amount to over 20,000 county residents.

Unemployment is a significant factor related to the uninsured rate. In 2010 it was reported that 7.9% of Champaign County was unemployed. In 2012 this number rose to 9.0% (greater than the national average of 8.2%). Providing employment opportunities as well as employee based healthcare coverage can assist in reducing this rising burden.

Organizations such as Champaign County Health Care Consumers (CCHCC) have continued to work to reduce the burden and to educate residents about resources increasing health care access. Some of these resources include local free clinics (Champaign County Christian Health Center, Avicenna Community Health Center, HERMES Clinic) as well as the federally qualified healthcare center, Frances Nelson.

Frances Nelson Health Center is just one of the valuable health care resources within Champaign County offering affordable health care for low-income residents. Previously operated by a Decatur based organization, local representatives and community leaders pushed for a more comprehensive group of individuals to lead France Nelson that would be located centrally within the community it serves. As of June 1, 2012, a new panel of healthcare organizations known as the Community Healthcare Coalition prepared to take over. Major changes included a name change, an increase in services such as dental care, as well as moving that Board to Champaign. This new facility will operate under the name of Promise Healthcare and will continue to serve the needy and medically

underserved patients but in addition will explore possibly expanding the clinic to provide mental health services and increasing the number of primary care physicians.



Changes within Frances Nelson including the name modification and administrative adjustments within the facility have faced some struggles as the history of Frances Nelson stems deep into the 1940s. This facility was named after Ms. Frances Nelson, who began caring for African American children who were not accepted to the Cunningham Children's Home in 1969. Originally addressing chronic problems of high infant mortality rates among African Americans, Frances Nelson is currently staffed by physicians that provide free and affordable medical services to the under-served residents within the community. By preserving this legacy, the continuing administrative changes will ultimately improve the services and funding available for the community in providing improved access to care.

Obesity

Healthy People 2020 goals include a ten percent reduction in the number of adults, children, and adolescents who are obese. In the 2009 Illinois BRFSS data, it was reported that 18.3% of Champaign County adults were obese. In 2012, obesity rates have increased to 27% of the county's population.

Programs within Champaign County have continued to assist county residents to live healthier lives while reducing their risk of obesity and maintain a healthy weight. Champaign Urbana Fit Families (CUFF) has initiated several different programs to help promote healthy eating and exercise. Some of the projects include community gardens, health wellness goals in place at Booker T. Washington School, bike to school/work day, bike educational events to promote bike riding, Food Co-op expansion, as well as continued promotion of healthy foods through events such as the farmer's markets.

Implementation of CATCH (Coordinated Approach to Child Health) within Champaign County schools is an additional approach to enforcing important nutritional practices,

physical activity programs and interaction with families and the community to maintain healthy lifestyles. Currently six out of the county's 44 schools have adopted the CATCH approach within their curriculum. Ensuring additional schools have the capacity and information about CATCH in order to adopt this approach is crucial in implementing CATCH across the county.

Current funding opportunity through the Community Transformation Grant's "We Choose Health: Champaign" seeks to recruit more schools to utilize this approach in the upcoming years. Creating this coordinated approach will allow public health practitioners to drive policy changes in school curriculum to provide a comprehensive approach to health to students across the entire county. Implementing health behaviors from a young age can help support and enforce positive activities including encouraging health eating behaviors, physical activity, active transportation and family engagements through a child's lifetime. The approach taken within the schools is detailed further below:

With CATCH slowly growing as a model adopted by schools in Champaign County, CUPHD seeks to drive policy changes to adopt this approach county-wide within all schools. This comprehensive model to promote healthy lifestyles utilizes current community partnerships with organizations led by C-U Fit Families; C-U Safe Routes to Schools, Champaign Park District, C-U Mass Transit District, and Smile Healthy, as well as developing new partnerships with the local school districts, Orpheum Children's Science Museum, the Bike Project of Urbana-Champaign and others.

The Community Transformation Grant will strive to bring the CATCH approach to the table for discussion and implementation among school boards. By advocating the benefits of CATCH within schools and allowing curriculum adoption of the model, more schools will begin to utilize this approach. In addition to policy promotion to require the utilization of this approach, local partners will assist in contributing towards the approach in various ways including- development of school/community gardens, mobile outreach (including interactive museum displays), culturally and age appropriate social marketing campaigns, safe walking/biking promotion to school, as well as others. This multi-year project aims to make a significant impact on reducing obesity rates and increasing physical activity levels and healthy eating habits among children to promote healthier changes throughout the entire county.

Accidents

Accidents were reported to be the third leading cause of premature death for Champaign County residents for potential life lost before the age of 75. Direct factors such as lifestyle, education, and laws and policies are directly associated to making improvements with this concern. Alcohol and drug abuse reported to be the riskiest behaviors within the community survey; both are directly linked to increased rates of accidents. Continued enforcement of laws for alcohol and drug use are important in reducing the number of accidents associated with underage drinking, drinking while driving, or drug use.

Additionally, addressing lifestyle differences among the collegiate population is further important in addressing these concerns. State laws and regulations have further assisted the County in reducing the risk of motor vehicle accidents that are associated with cell phone use. Cell phone use while driving is now prohibited in school zones, highway construction zones, by those less than 19 years and completely prohibited while driving within certain municipalities. Furthermore, texting and driving has been prohibited across the state including the use of a handheld electronic device to compose, send or read electronic messages. Those messages include text message, instant message and command or request access to an internet site. Enforcement of such laws has assisted in reducing factors potentially contributing to motor vehicle accidents. Programs more locally within Champaign County include those such as CU Safe Routes to School which have helped to promote physical activity while enforcing safe bike riding behaviors for children.

Safe Kids

This worldwide organization shares a mission to prevent accidental childhood injury. Safe Kids Champaign County (SKCC) is a coalition is part of “Safe Kids Worldwide”, a global network of organizations whose mission is to prevent accidental childhood injury, a leading killer of children 14 and under. SKCC develops programs throughout the year to promote child safety including child seat safety inspections and distributions, charity fundraiser races, hosting community wide events promoting safety and others.

Violence

In the 2012 Champaign County Statistical Report developed by the Regional Planning Commission, it was reported that between the years of 2000-2009 the rate of crimes for murder, robbery, aggravated assault, burglary, and theft have decline slightly while sexual assault and arson rates slightly increased.

In December of 2011, various community leaders came together to develop a unique and valuable organization, the *Champaign Community Coalition* to address violence. The mission of this organization is to lead the process of analyzing and identifying the needs and strengths of the community at large, and facilitating collaboration with an array of organizations to provide interventions to youth and families. The vision of this organization is to provide a network of organizations and stakeholders that improve the lives of youth and their families resulting in youth who are empowered and safe to promote effective law enforcement and positive police-community relations; and to support greater knowledge/use of the resources available. The initiatives for this organization are outlined in further detail below. More information can be found at <http://champaigncommunitycoalition.org/who-we-are/>.

Figures

COMMUNITY COALITION PLAN

Initiatives

Goal #1 Community Partners	Goal #2 Police-Community Relations	Goal #3 Healthy Youth	Goal #4 Youth Development
<p>Goal Leader: Joan Walls</p> <p>Community Coalition Executive Committee Members:</p> <ul style="list-style-type: none"> • ACCESS Initiative-Tracy Parsons • Champaign County Mental Health Board-Peter Tracy • Champaign County Regional Planning-Darlene Kloeppel • Champaign County State's Attorney's Office-Julia Rietz • Champaign Unit 4 Schools-Orlando Thomas • City of Champaign-Steve Carter, Joan Walls, Lt. Joe Gallo • United Way of Champaign County-Lynn Jones • University of Illinois-Otis Noble <p>Ex-Officio:</p> <ul style="list-style-type: none"> • Representative Jakobsson's Office • Senator Frerichs' Office 	<p>Goal Leader: Lt. Joe Gallo</p> <ul style="list-style-type: none"> • Champaign Police • Champaign County State's Attorney • Regional Planning Commission <p>Coalition Members:</p> <ul style="list-style-type: none"> • UI Police • County Sheriff • Juvenile Detention Center • CASA • CCAPP • Parents • Youth • Champaign Unit 4 Schools • READY School • Parkland College • Faith Based Organizations 	<p>Goal Leader: Tracy Parsons</p> <ul style="list-style-type: none"> • Champaign County Mental Health Board • ACCESS Initiative • U of I - Office of Equal Opportunity and Access <p>Coalition Members:</p> <ul style="list-style-type: none"> • Community Elements • C-U Public Health District • Carle • Christie • Frances Nelson Health Care • Risk Watch • Parents • Youth • Champaign Unit 4 Schools • Housing Authority of Champaign County • Champaign County Mental Health • Regional Planning Commission • CUAP • Family Advocacy • Faith Based Organizations • Partner Agencies United Way and Mental Health 	<p>Goal Leader: Orlando Thomas</p> <ul style="list-style-type: none"> • Champaign Unit 4 Schools • United Way of Champaign County <p>Coalition Members:</p> <ul style="list-style-type: none"> • Private Schools • CUSF • Champaign Park District • University of Illinois • Parkland College • Family Services • Boys and Girls Club • CommUnity Matters • Boy Scouts • Girl Scouts • Faith Based Organizations • Rotary Clubs • IETC • Parents • Youth • Partner Agencies United Way and Mental Health

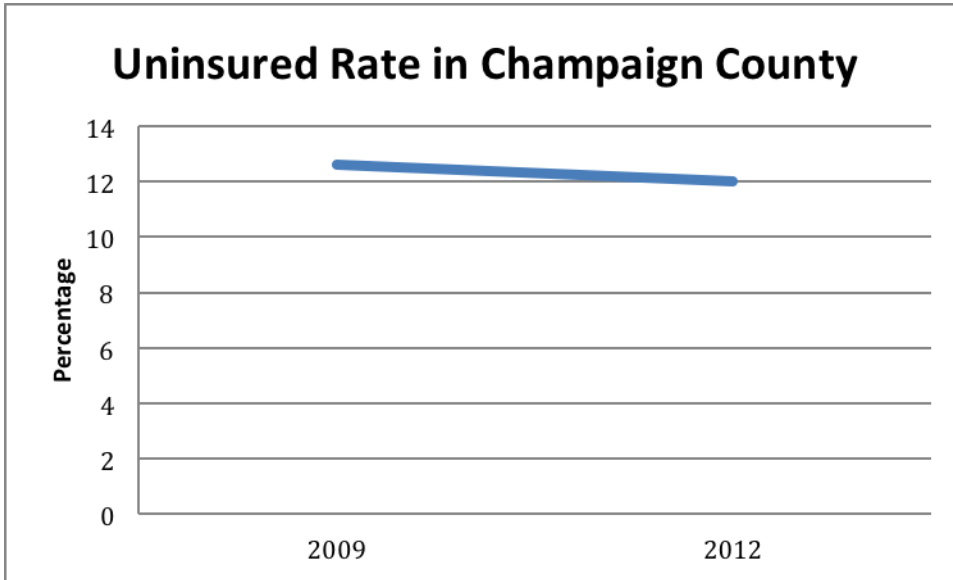
COMMUNITY COALITION PLAN

Initiatives

Goal #1 Community Partners	Goal #2 Police-Community Relations	Goal #3 Healthy Youth	Goal #4 Youth Development
<p>Initiatives:</p> <ul style="list-style-type: none"> • Develop a partnership with all vested organizations. • Encourage collaboration between all parties. • Research, identify and implement Best Practices to address low income, poverty, and youth issues; such as healthcare, homelessness, education, employment and nutrition. • Identify funding and resources to support program solutions. • Create a Juvenile Assessment Center. • Root Cause Analysis Team will explore or study the use of root cause analysis to help address community concerns. • Acknowledge historical black community/police issues, but focus efforts on building better relationships. • Proactively communicate with the media. • Recognize police officers and community members for exceptional problem solving efforts 	<p>Initiatives:</p> <ul style="list-style-type: none"> • Examine and improve Police Complaint process. • Develop programs to educate citizens on police policy and procedures and individual rights and responsibilities. • Develop a comprehensive approach to solving neighborhood issues. • Increase communication between police and community. • Develop a diversity and culturally based training, recruiting and hiring program. • Create opportunities for police and community to interact on an informal basis to help create mutual trust and respect. • Implement active strategies to ensure that officers do not engage in racial profiling. • Continue to seek ways to improve Customer Service. 	<p>Initiatives:</p> <ul style="list-style-type: none"> • Develop a comprehensive approach to address mental wellness. • Develop programs to assist youth with responding to stressful and traumatic events. • Identify opportunities to involve medical facilities, including public health in maintaining healthy youth. • Engage youth in physical fitness campaigns to encourage physical activity and exercise. • Promote nutritional guidelines, with the objective of supporting student health and reducing childhood obesity. • Develop a comprehensive sex education campaign to assist young people to make healthy decisions about sex and sexual behaviors. • Promote Restorative Justice philosophies communitywide to assist youth and families that become involved with law enforcement. 	<p>Initiatives:</p> <ul style="list-style-type: none"> • Support parents in their efforts to guide their children. • Identify opportunities to involve a trusted adult in the life of each youth. • Assist each community school to maximize the academic achievement of all students. • Prepare youth for employment and career opportunities. • Provide youth with information and tools on how to handle conflict and peer pressure. • Ensure community has active and collaborative strategies to combat negative gang activity. • Offer youth safe, constructive, social and recreational opportunities.

Graphs

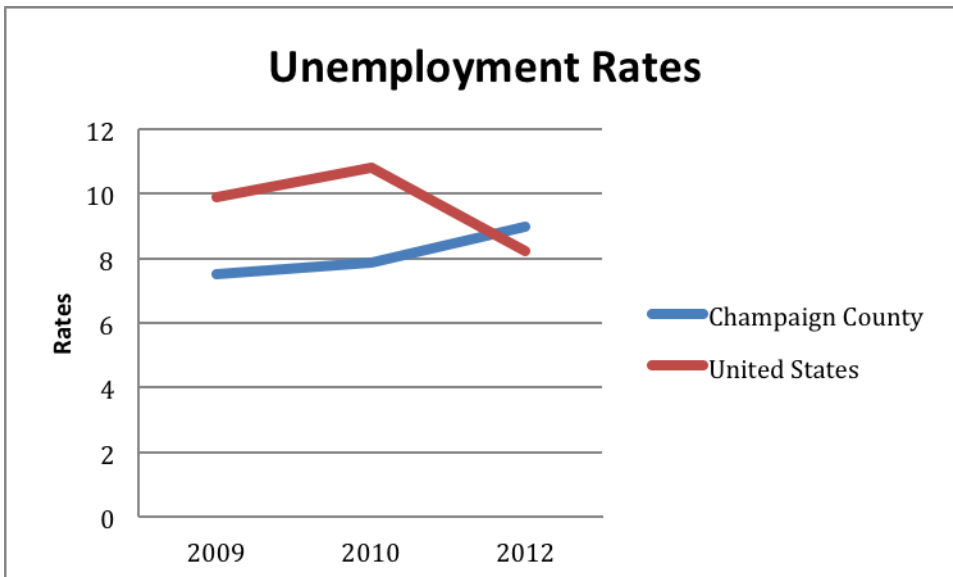
Uninsured Rates in Champaign County:



2012: 12.0% (County Health Rankings)

2012: 12.6% (IPLAN)

Unemployment Rates



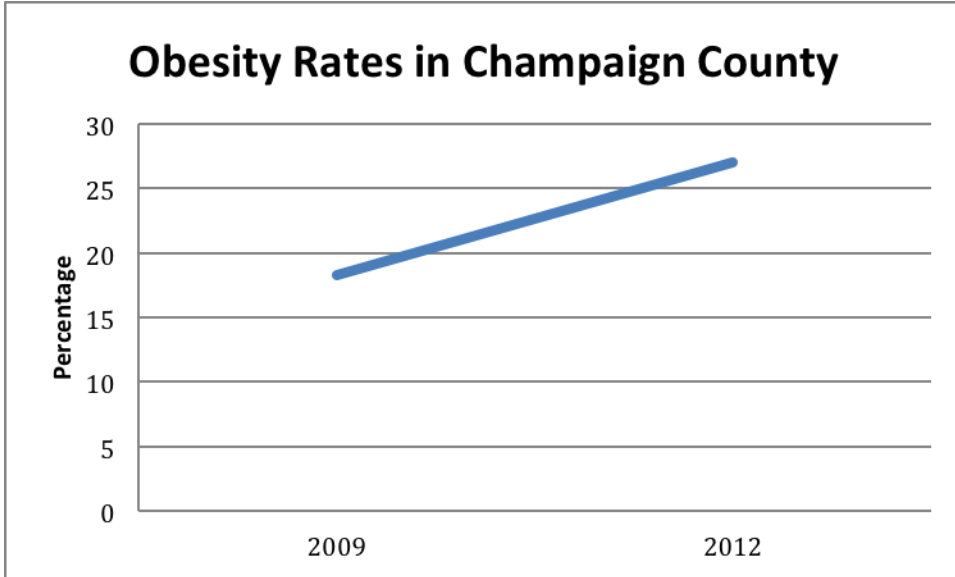
2009 and 2010 Champaign County: 7.5% and 7.9% (U.S. Census Bureau American Community Survey)

2009 and 2010 U.S.: 9.9% and 10.8% (U.S. Census Bureau American Community Survey)

2012 Champaign County: 9.0% (County Health Rankings)

2012 U.S: 8.2% (U.S. Bureau of Labor Statistics)

Obesity Rates



2009: 18.3% (Illinois BRFSS County Strata Data)

2012: 27% (County Health Rankings)

Conclusion

The Champaign Urbana Public Health District and the local community partners will continue to monitor trends in the four targeted areas to assess improvements. We will also continue to support and strengthen existing coalitions and programs that are instrumental in improving the health and safety of this community. The vision of the Community Health Plan is to make Champaign County the Healthiest place to live and visit in the State of Illinois.

References

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