The PULSE of our Community

Metro East Health Forum
Friday, October 20, 2017
County Health Rankings & Roadmaps
Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

www.countyhealthrankings.org
2 Rankings—
...Many Factors Determining Health

Health Outcomes

Today’s Health

Health Behaviors
Clinical Care
Social & Economic Factors
Physical Environment

Are people dying too early?
How well do people feel while living?
Why this matters

*Rankings*: Understanding the Data

*Roadmaps*: Moving Forward with Action
Why? Health equity

- Attainment of the highest level of health for all people.
- Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities. (Healthy People 2020)
More Why...facts

Obese and Overweight Individuals are at a much higher risk of suffering from the following conditions:

- High Blood Pressure
- High Cholesterol
- Heart Disease and Stroke
- Type 2 Diabetes
- Gall Bladder Disease
- Arthritis
- Sleep Apnea
- Respiratory Problems
- Certain Cancers

For the last 13 years in St. Clair County...

- Over 80% of adults have not been getting their recommended daily intake of fruits and vegetables!
- Between 50% and 62% of the adults are considered inactive or fall below regular physical activity guidelines.
Why this matters

*Rankings*: Understanding the Data

*Roadmaps*: Moving Forward with Action
How Healthy is Your Community?

The annual Rankings provide a revealing snapshot of how health is influenced by where we live, learn, work and play. They provide a starting point for change in communities or choose a state from the map or search below to begin.
### IL Health Rankings

**102 counties**

#### St Clair County

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**Connecting the Dots**

**Between Food, Health, and the Environment**
## 2017 Health Rankings Metro-East

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What are health gaps?

Giving everyone a fair chance to be healthy does not necessarily mean offering the same resources to all, rather offering resources necessary for their good health.
Why this matters

*Rankings*: Understanding the Data

*Roadmaps*: Moving Forward with Action
Public Health Departments & the Complexity of Community Collaboration
The IPLAN Process

- Community Health Needs Assessment
- Community Health Plan
- Organizational Capacity Self-Assessment
- Implementation
- Program Development
- Evaluation
Madison County Partnership for Community Health (MCPCH)

Mission:

To work together as interested individuals, professionals, and organizations to improve the health status of residents of Madison County by helping to create, promote, and maintain healthy environments and lifestyles through education, understanding, and action.
Madison County
2016-2020
Health Priority Areas

- Air Quality
- Substance Abuse
- Obesity
- Mental Health
MAPP Process
Mobilizing for Action through Planning & Partnership
St. Clair County Priority Health Issues

1. **Risk Factor Prevention for Chronic Diseases**
   - Obesity
   - Active Living/Healthy Eating
   - Tobacco Prevention
   - Other Environmental Factors
     *(Air Quality, Green Space, etc.)*

2. **Maternal & Child Health**
   - Infant Mortality
   - Teen Pregnancy
   - STD/HIV Prevention

3. **Behavioral Health**
   - Suicide
   - Substance Abuse

4. **Violence Prevention & Safety**
SCC Health Care Commission

- **Coalition** of major health providers and community based organizations
- **Committed** to common cause of health improvement
- **Convened** by Public Health Board with support of County Board
Who Serves on the Commission?

County Office on Aging
Community Hospitals
Community Health Center
Medical Society
Gateway Region YMCA
SIUE School of Nursing
Regional Office of Education
Lindenwood University

Mental Health Board
East Side Health District
St. Clair County Health Dept
Scott Air Force Base
Community Based Organizations
Programs & Services for Older Persons
McKendree University
The PULSE of our Community

Connecting the Dots

Between Food, Health, and the Environment

Moving Forward
Questions?

Between Food, Health, and the Environment