

HILL COUNTY

Community Health Improvement Plan (CHIP)



April 2011

Invitation to the Community

The following Community Health Improvement Plan (CHIP) is the result of a community assessment process that brought together a broad representation of Hill County residents. The plan should be used as a guide by community agencies interested in improving the health of Hill County citizens. It is anticipated that this document will be used as a reference and foundation for many efforts within the county.

The plan can be most valuable if action is taken, improvements are measured, and enhanced health status is attained. Community change, and the resulting health improvements, is a difficult process that requires dedication and commitment. In order to meet the health status goals for Hill County, collective action is necessary among all residents, as well as community and business sectors. I invite all Hill County residents to use this plan to improve individual, family and community health.

I would like to express appreciation to all members of the CHIP Committee and Community Health Assessment Team whose efforts, insight and knowledge are included in this document.

Anyone wishing to participate in a subcommittee addressing the health priorities identified in this document can contact Kim Larson at (406) 265-5481 ext. 266 or larsonk@co.hill.mt.us.

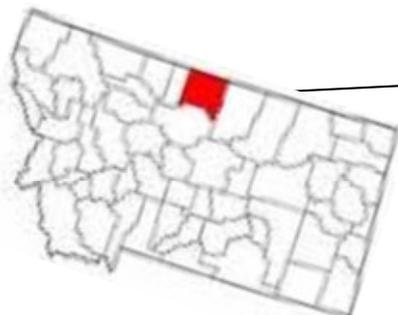
Sincerely,



Danielle Golie RN, CLC
Public Health Director
Hill County Health Department

Table of Contents

Invitation to the Community.....	3
Mission and Vision.....	5
Executive Summary.....	6
Public Health Priority Issues and Strategies	
Issue One: Obesity—Nutrition and Physical Activity.....	7
Issue Two: Awareness of Health Care Resources.....	16
Issue Three: Unsafe Sex.....	21
A Look Ahead.....	26
Hill County Consortium.....	27
References.....	28
Appendix 1: Other Community Health Priorities.....	29
Appendix 2: Potential Partners of Community Plan.....	31



Hill County,
MT



Public Health
Prevent. Promote. Protect.

The Hill County Consortium

embraces the following Mission and Vision

MISSION

Soliciting Hill County's community voice ~
encouraging collaboration for a vibrant
community.

VISION

A vibrant community where you belong!

Executive Summary

We are please to provide you with our Community Health Improvement Plan (CHIP), a combined effort of the work of the Hill County Consortium. The Consortium is made up of a group of committed representatives from a cross section of health-focused community leaders, representing public health, private healthcare, mental health and other disciplines. The Consortium was charged with the task of completing a Community Health Assessment, to help develop a “real-time snapshot” of the county’s health status.

The plan identifies several health related issues that adversely impact the health of the community. This plan not only provides us with a deeper look into the current health status of the community, it leads us into providing solutions for improving the health status of our community. These improvements will be spearheaded by subcommittees chosen through the Hill County Consortium and other local agencies.

In order for the Consortium to get a deeper look into the health status of our community from which our goals would be drawn, two main assessments were prepared, to use along with county statistical data. The following is a brief explanation of those assessments:

- **Community Health Assessment Survey 2011**— a community health survey designed by the Consortium was completed by over 300 Hill County residents. The survey offered an in-depth look at the health-related behaviors of the many different segments of our community.
- **The CHANGE Tool**— the Consortium decided to use the CHANGE Tool from the Center for Disease Control and Prevention, to assess local businesses on policies and environmental elements that they either do or do not have in place. The CHANGE Tool offered a look into the policy world of Hill County and what local businesses are doing to help their community be a healthier place to live.
- **Statistical Profile**— statistical data was gathered from various sources that provided indicators of current health status in our community.

The importance of gathering this information is that the Consortium can now develop long-term, strategic health plans, with goals and objectives directed at the most significant health issues in Hill County. This is particularly important due to the limited and steadily decreasing amount of funding available to public health in Montana. By prioritizing our goals the Consortium can properly allocate and coordinate funding that is available where it will have the most beneficial impact on the health of our entire Hill County Community.

We welcome your feedback on this Community Health Improvement Plan, and encourage you to learn more about the Hill County Consortium. To learn how you can be a part of implementing our CHIP in Hill County please contact Kim Larson at 265-5481 ext. 266.

Sincerely,



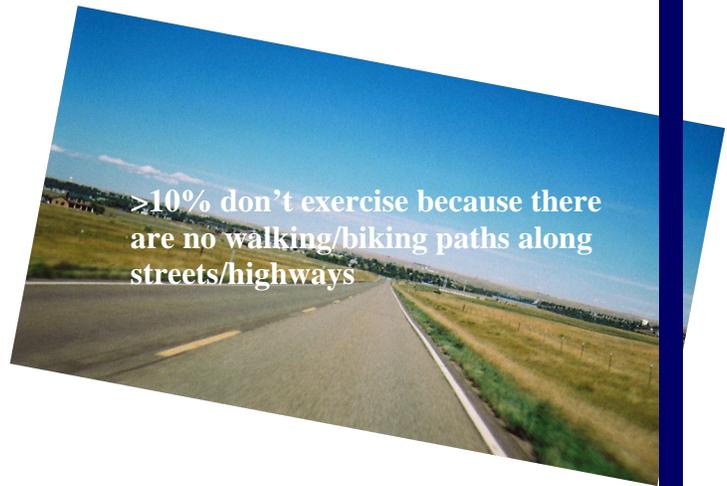
Kim Larson
Program Assistant
Hill County Health Department

Issue 1: Obesity-Nutrition and Physical Activity

In our community, lack of a healthy diet and being physically inactive is a problem that many are facing. From the data it was shown that 43% of our community has been told they are overweight or obese from a health care professional, and 48% of our community does not exercise regularly.

These unhealthy practices have molded our community into a place where the leading cause of death is heart disease, and only .5% of people consume the recommended daily amount of fruits and vegetables.

It is the goal of this consortium to help Hill County become a healthy and active place to live.



43% of those surveyed have been told by a health care professional they are overweight/obese

48% do not exercise regularly

99% of those surveyed do not eat the recommended daily amount of fruits and vegetables.

*Those who think they have not time for bodily exercise will sooner or later have to find time for illness.
~ Edward Stanley*



Other Impacts of being Overweight or Obese

30% of those surveyed have been told they have **High Blood Pressure**

30% of those surveyed have been told they have **High Cholesterol**

Heart Disease is the **Leading Cause of Death** in Hill County

Improvement Plan for Issue 1

Goal 1: Increase opportunities throughout our community for family fitness

Strategies	Action Steps	Who/What/When
<p>1.1 Distribute the data that was gathered to the community and present to stakeholders.</p>	<p>A. Kim will create a final document outlining the finding from the Community Health Assessment</p> <p>B. The document will be taken to organizations to show that family fitness is a need in our community and to get those organizations interested in helping</p> <p>B.1 Go and speak to organizations B.2 Supply organizations with brochure/map</p>	<p>A. Complete ~ 3/1/2011</p> <p>B. Start working on this September 2011, have finished by May 2012</p>
<p>1.2 Work with organizations around town to promote family fitness.</p>	<p>A. Lorraine will work on creating a hula hoop class for families through United Way</p> <p>A.1 Boys and Girls Club – Location for class A.2 4H program – Jennifer A.3 Summer park and rec programs want to also participate</p> <p>B. Hold meetings with teachers right before school to share ways to get their kids moving throughout the day.</p> <p>C. Promoting local fun runs/ bike rides</p> <p>C.1 Check Chamber website for schedule of events</p>	<p>A. In the process...</p> <p>B. Lorrain will talk to Andy Carlson. It will take place August 2011</p> <p>C. Ongoing</p>

Strategies	Action Steps	Who/What/When
	<p>D. Sports equipment exchange</p> <p>D.1 Hold a rummage sale during festival days (sporting equipment)</p> <p>D.2 Give people the option of donating for the rummage sale or buying a table to set up their own items to sell</p> <p>D.3 outline that the money will be going toward providing the maps of parks/ walking/biking paths around town</p> <p>D.4 Hold it across from the 24 hour softball tournament</p> <p>D.5 Hold this sports equipment rummage sale twice a year</p>	<p>D. Christen is checking to see if we can use that park across from the softball field for our rummage sale.</p> <p>September 2011</p>
<p>1.3 Create brochures that show all the parks as well as walking/biking paths and their distances to get people active outside. (OPEN GYM – Obesity Prevention Education, Nutrition...Getting you moving)</p>	<p>A. Clay will find the distances of different walking/biking paths on Google earth</p> <p>B. Create brochure, possible tri-fold brochure as well. ~Created a map will be about \$548.00 for 3000 maps</p> <p>C. Put the information on the web</p>	<p>A. Complete</p> <p>B. Clay will talk to Robert Floren at Floren’s Printing about donating/creating a map with all the trails marked. Jennifer will talk to Chris Inman about identifying the parks on the map as well.</p> <p>C.</p>

Strategies	Action Steps	Who/What/When
	<p>D. Make brochures available at various locations around town by June 1st 2011</p> <p>D.1 Master Sports D.2 Bing and Bobs D.3 Athletes Foot D.4 Hotels D.5 Chamber of Commerce D.6 Hill County Health Department D.7 Northern Montana Hospital D.8 Churches D.9 Schools D.10 Daycares D.11 online</p> <p>E. Use your community as an open gym</p>	<p>D.</p> <p>E. Ongoing advertising and motivating!</p>
<p>1.4 Incorporate exercise equipment at parks throughout Hill County</p>	<p>A. Adding exercise equipment to the Hospital park</p> <p>B. Approach Parks and Rec. to explore the possibility of putting the equipment at other parks</p> <p>C. Look into grants that could fund project</p>	<p>A. In progress...</p> <p>B.</p> <p>C.</p>

Strategies	Action Steps	Who/What/When
<p>1.5 Promote a walk/bike to work week throughout the community</p> <div data-bbox="99 598 516 808" style="border: 1px solid blue; padding: 5px; transform: rotate(-10deg); color: purple;"> Commit To Be Fit! ~Author Unknown </div>	<p>A. Educate the community through media about the importance of good health and being physically active</p> <p>B. Hold Walk/Bike to work week</p> <p>C. Have a family fun night/ barbeque to bring the week to an end.</p> <p>D. Have MSU-N PE Majors come teach bike safety to children</p>	<p>A. Winter/Spring of 2012</p> <p>B. Spring of 2012</p> <p>C. Spring 2012</p> <p>D.</p>
<p>1.6 Offer indoor walking opportunities for winter months</p>	<p>A. Map of indoor walking options</p> <p>B. Indicate distances of each indoor walking facility and the times they are available.</p>	<p>A. Start in September or October of 2011 Complete by winter of 2011</p> <p>B. Start in September or October of 2011 Complete by winter of 2011</p>

Strategies	Action Steps	Who/What/When
1.7 Incorporate a worksite wellness competition between organizations around town	<p>A. Conduct a survey around town to identify what organizations are doing for worksite wellness</p> <p>B. Gather worksite wellness program materials and compose/utilize one for competition.</p> <p>C. Kick off...</p>	<p>A.</p> <p>B.</p> <p>C.</p>
1.8 Work to get designated bike paths along our streets as well as Beaver Creek road	<p>A. Invite or present to Park Board and park and city Rec. or City Council</p> <p>Look at other communities for how to implement</p>	<p>A.</p>
1.9 Work to get a walking path along the dike on the north side	<p>A.</p> <p>B. Get benches along walking path. Approach local hardware stores for supplies/then local shop classes to build benches.</p>	<p>A.</p> <p>B.</p>

Goal 2: Increase media and education in our community

Strategies	Action Steps	Who/What/When
2.1 Use different media in order to reach more people	<p>A. Advertise on the radio more often about the importance of physical activity and good nutrition choices</p> <p>B. Utilize the Health Section in the Havre Daily News (Free Advertising) B.1 Jennifer will do an article for “reducing screen time week” April 18 – 24 2011</p> <p>C. Try more flyers around town to advertise</p> <p>D. Utilize school newsletters to reach more people</p> <p>E. Awareness of open gym when completed</p> <p>F. Social Networking</p>	<p>A. ongoing</p> <p>B. ongoing</p> <p>B.1 ~ complete</p> <p>C. ongoing</p> <p>D. ongoing</p> <p>E. ongoing</p> <p>F. ongoing</p>
2.2 Offer educational opportunities for families	<p>A. Jennifer will offer a nutrition class in adult ed this spring</p> <p>B. Teach people how to read labels on foods</p> <p>C. Grocery store tours. See if IGA or Walmart wants to host</p> <p>D. Utilize other community events D.1 “Plant a seed – Read”</p>	<p>A. May 12 2011</p> <p>B.</p> <p>C.</p> <p>D. D.1 ~ completed May 14th 2011</p>

Goal 3: Increase Fruit and Vegetable Consumption

Strategies	Action Steps	Who/What/When
<p>3.1 Teach kids how to grow their own food</p> 	<p>A. Encourage daycares to have a garden (could just be containers) to teach their kids about growing their own food. Possibly partner with Child Care Link A.1 Paper making with children where the paper has seeds in it and then let them plant the paper they made and watch it grow!</p> <p>B. Work with schools/science classes to have container gardens for their kids, then each kid gets to take one home to share with their family</p> <p>C. Increasing awareness of the community garden.</p> <p>D. Establish raised gardens at Boys and Girls Club D.1 Youth Build?</p>	<p>A.</p> <p>B.</p> <p>C.</p> <p>D.</p>
<p>3.2 Provide easy/inexpensive/healthy recipes that use fruits or vegetables that are in season</p>	<p>A. Have recipes linked to as many web pages as possible in our community. A.1 MSU Extension link A.2 United Way website A.3 WIC monthly recipes</p> <p>B. Put the recipe in school news letters/Havre Daily News</p> <p>C. Plant a seed – Read News-letter</p>	<p>A.</p> <p>B. Jennifer will talk to Andy Carlson</p> <p>C.</p>

Goal 4: Develop a plan for financial stability for OPEN GYM

Strategies	Action Steps	Who/What/When
4.1 Seek funding opportunities	<p>A. Hold a garage sale for sports equipment A.1 Sell donated used sports equipment A.2 Sell tables to people who want to sell used sports equipment</p> <p>B. Apply for Grants using data/evidence</p>	<p>A. September 2011 during Festival Days 24 Hour Softball Tournament</p> <p>B. Researching...</p>

Issue 2: Awareness of Health Care Resources

“Where Can I Go?”

Through our survey, and collaboration with community partners, we found that the issue is not Health Care “Availability” but rather Health Care “Awareness.” We have many different options for Health Care in Hill County, but we find the majority of our community do not know about them, so education and increasing awareness is a major goal for us!

Being aware of what is in our community and what resources are available to you is a luxury every person should have. We are aiming toward making Hill County’s Health Care Resources available, and inviting to our community.

“What Do We Have?”

Of those surveyed during our Community Health Assessment, in the last 12 months:

30% of our community skipped routine Dr. Visits

30% of our community could not go to the Dr. due to cost

30% of our community was without health insurance

We want our community to know that there are people here that care about you, as well as resources here that can and will help!

“I’m All Alone!”

“I’m Scared!”

Improvement Plan for Issue 2

Goal 1: Increase awareness and promote use of local health care resources

Strategies	Action Steps	Who/What/When
<p>1.1 Create a pdf document that is a resource directory for the community</p>	<p>A. Check with the job service to see what resources they already have compiled</p> <p>B. Ask the Hospital if it is an option to house directory on their website</p> <p>C. Check with the City of Havre about their resource page on their website</p> <p>D. Get together and design a document will resources.</p>	<p>A. Done ~ 3/31/2011 * main problem is they do not have a place to house the page</p> <p>B. Done ~ 3/30/2011 *will gladly have a pdf on their site</p> <p>C. Done ~ 3/30/2011 * will gladly have a link to our resource page on their site.</p> <p>D. Long-term goal ~ possibly separate group from committee</p>
<p>1.2 Increase media as well as trying other media outlets in our community to reach more people</p>	<p>A. Newspaper articles every month in the Health Section</p> <p>January – Cervical Cancer awareness month</p> <p>February – Sexual health awareness month/national children’s dental health month/National eating disorder week</p> <p>March – Colorectal Cancer awareness/Nutrition month/</p> <p>April – national infant immunization week/std awareness/GYT/ Alcohol awareness month/Child abuse prevention month/</p> <p>May – mental health awareness/ women’s health week</p> <p>June – sun safety week/men’s health week/National safety month</p> <p>July – UV safety month</p> <p>August – national immunization awareness month/breast feeding awareness month</p>	<p>A.</p>

Strategies	Action Steps	Who/What/When
	<p>September – prostate cancer awareness/national cholesterol education/national alcohol and drug addiction recovery month/ National suicide prevention week</p> <p>October – breast cancer awareness/SIDS awareness/domestic violence awareness month</p> <p>November – great American smoke out/survivors of suicide/ American Indian FP Awareness/ Lung cancer awareness month/ American diabetes month</p> <p>December – Worlds AIDs Day, national hand washing awareness week</p> <p>B. Radio PSAs</p> <p>C. Use Social Networking to reach a different group of people</p> <p>D. Reach out to the schools and put information in their newsletters</p> <p>E. Check with the college for their paper</p> <p>F. See if you can put little ads in church newsletters</p>	<p></p> <p>B. LuAnn ~ on going</p> <p>C. Christy ~ on going</p> <p>D.</p> <p>E. Christy ~ on going</p> <p>F.</p>

Strategies	Action Steps	Who/What/When
1.3 Community Presentations/Informative Presentations	<p>A. Kristi will look into doing noon presentations or evening meetings at the library</p> <p>B. Will approach health care organizations in our community about holding open houses</p> <p>C. Going to the Senior Center to do presentations about resources</p>	<p>A. Complete ~ 3/30/11</p> <p>B.</p> <p>C.</p>
1.4 Reach the group of people who do not use the internet for guidance.	<p>A. Create flyers to have available around town with the resource directory on it.</p> <p>B. Post flyers around town at different organizations.</p> <p>C.</p>	<p>A.</p>

List of Organizations

1. Bullhook Community Health Center	25. Havre Dental
2. Hill County Health Department	26. Bullhook Dental
3. Center for Mental Health	27. Dr. Shelby – Dentist
4. Boys and Girls Club of the Hi-line	28. Dr. Leupelle – Dentist
5. AA	29. Dr. Adams
6. Hi-line Recovery	30. Kostelecky
7. WIC	31. Dr. Gibson
8. Family Planning	32. Havre Optometric
9. Domestic Violence	33. Northern Montana Vision Center
10. A+ Health Care	34. Top Hat Salon
11. Public Assistance	35. Statelen Massage Therapy
12. Youth Dynamics	36. Therapeutic Touch Massage
13. Northern Montana Hospital	37. Helen’s massage parlor
14. Section 8 Housing	38. Simplify massage
15. Weatherization	39. Dana Seidel—Body Work
16. LIEAP	40. Heart and Soul Massage – Peggy Huestis
17. Buckle up MT	41. Steve Mariani Insurance – BlueCross-BlueShield
18. Clothing Awareness	42. State Farm
19. Havre Day Activity Center	43. eHealthInsurance Inc.
20. Northern Montana Medical Group	44. United Health Care
21. Sletten Cancer Center	45. International Medical Group
22. Healing Grace Acupuncture – Tammy Elliston (Chinook)	
23. Social workers @ hospital	
24. MSU Hill County Extension	

This list is NOT inclusive; any additional local health care partners interested in joining the resource directory will be positively welcomed to the process.

Ophthalmologist	Chiropractors
Massage Therapists	Dentists
Health Insurance Agencies	

Issue 3: Unsafe Sex

Having unsafe sex is a growing problem in Hill County, and this is evident due to our alarming Chlamydia incidence rates. This issue is one that some find uncomfortable to talk about, and that could be the problem. Education and awareness need to increase in our community, and that is what we are aiming for.

What is safe sex?

Having unsafe sex can lead to many different outcomes, some include:

Unintended Pregnancy

1/2 of all pregnancies in U.S. are unplanned
(The National Survey of Family Growth (NSFG))

Teen Pregnancy

Births to Teens in Hill County (% of all births)
(montanakidscount.org)

17% in 2000

10% in 2009

Sexually Transmitted Infections (STI)

Chlamydia Incidence Rate (cases per 100,000)
(2009 Hill County Health Profile)

Hill County ~ **629.2**

MT ~ **285.3**

7 out of every 10 pregnancies among unmarried women in their 20's are unplanned! (NSFG)

Teenage pregnancy continues to be a concern, but from the statistics we received from the State, Hill County's rate has been decreasing and we will continue to work toward that.

3 in every 10 girls in the U.S. will be pregnant by the time they reach 20 years old.
(NSFG)

Improvement Plan for Issue 3

Goal 1: Clarify what unsafe sex is to our community

Strategies	Action Steps	Who/What/When
<p>1.1 Define safe sex on a level where our community will be able to identify what is “safe” and what is “unsafe” sex</p>	<p>A. Gather information from multiple sources to properly define safe sex (or unsafe sex) based on a diverse population.</p> <p>B. Advertise what safe/unsafe sex is to our committee</p> <p>C. Make it clear to our community what we are wanting them to avoid (unsafe sex)</p>	<p>A.</p> <p>B.</p> <p>C.</p>
<p>1.2 Instill in our community the most important component that leads to one having safe sex...Self Respect!</p>	<p>A. Education/awareness</p> <p>B. Community Outreach</p>	<p>A.</p> <p>B.</p>

Goal 2: Increase education and awareness

Strategies	Action Steps	Who/What/When
2.1 Increase outreach	<p>A. Offer free testing opportunities</p> <p>B. Identify different venues to do outreach at</p> <p>C. Look at what other communities are doing</p> <p>D. Advertise monthly in Havre Daily</p> <p>E. Look into park bench advertising/possibly billboards</p> <p>F. Push for HPV IZ ~Sunnyside ~Middle School ~High School ~College</p>	<p>A.</p> <p>B.</p> <p>C.</p> <p>D.</p> <p>E.</p> <p>F.</p>
2.2 Hold Community Educational Forums	<p>A. Contact local organizations</p> <p>B. Develop brochure</p> <p>C. Advertise in different venues to reach more people</p> <p>D. Invite different speakers to talk ~teen board ~HIV + Individual ~Health Professional ~Therapist ~Teen Mom</p> <p>E. Inform local data/behaviors</p> <p>F. Debunking myths</p>	<p>A.</p> <p>B.</p> <p>C.</p> <p>D.</p> <p>E.</p> <p>F.</p>

Strategies	Action Steps	Who/What/When
2.3 Educate and support our community on how to communicate	A. "Let's Talk" A.1 encourage family Involvement B. Create teen board C. Parent Involvement	A. B. C.

Goal 3: Reduce Chlamydia rates

Strategies	Action Steps	Who/What/When
<p>3.1 Determine where our focus should be for education, information, outreach and testing</p>	<p>A. Identify trends A1 ~ data by age groups A2 ~ data by race A3 ~ data by sex</p> <p>B. Keep up with current statistics</p> <p>C. Compile behaviors of Chlamydia positive individuals</p>	<p>A.</p> <p>B.</p> <p>C.</p>
<p>3.2 Educate on current Chlamydia plan</p>	<p>A. Make community aware of statistics/rates of Chlamydia</p> <p>B. Make available to public what "risk behaviors" are</p> <p>C. Educate on how to protect yourself</p>	<p>A.</p> <p>B.</p> <p>C.</p>

A Look Ahead

The Community Health Improvement Plan is an ongoing process. The Community Health Assessment will be repeated in three years and will form the basis by which improvement will be measured. As the planning phase comes to an end, participants are moving into the action phase. Members of the Consortium have joined subcommittees that are focusing on each of the three priority health issues. Evaluation will remain important so that progress toward the goals can be measurable and meaningful.

All residents and community and civic organizations are invited to join the effort. To become involved or for more information contact:

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Hill County Consortium

Community Health Assessment and CHIP Committee Members 2011

The Hill County Consortium is composed of many important stakeholders of our community who put in a great deal of time and resources to make this Community Health Assessment become a reality. Those who participated include:

1. Hill County Health Department
2. Boys and Girls Club of the Hi-Line
3. Northern Montana Hospital
4. MSU-Northern
5. Board of Health (BOH)
6. Community Members
7. Rocky Boy Health Department
8. Salvation Army
9. United Way
10. Human Resource Development Council (HRDC)
11. Havre Public Schools
12. Extension Office
13. Sanitarian/Planner
14. Commissioners
15. Havre Daily News
16. New Media Broadcasters Inc.
17. Office of Public Assistance
18. 12th Judicial District Youth Court
19. Quality Life Concepts
20. Domestic Abuse Program
21. Opportunity Link
22. Department of Family Services
23. Bullhook Community Health Center
24. Youth Dynamics



The CHIP Committee Members include members of the Consortium that are generous enough to give time and resources to address the identified priority health issues in Hill County. Those members include:

1. Christy Edmonds
2. Jenipher Hatch
3. Katie Heath
4. Kristi Kline
5. Kim Larson
6. Luann McLain
7. Wanda Meredith
8. Jana Nordboe
9. Christen Obresley
10. Michelle Tomaskie
11. Lorraine Verploegen
12. Clay Vincent
13. Jennifer Wells

References

1. MSU—Northern Student Volunteers—photographs taken around the county that they believed needed a second look.
2. CHANGE Tool data from interviews.
3. Hill County Consortium’s Community Health Assessment Survey Data.
4. 2003-2008 Behavioral Risk Factors Surveillance System
5. Aggregate Vital Statistics Death Certificate data from 1999—2008
6. 2009 Hill County Health Profile
7. www.cdc.gov —CHANGE Tool
8. Survey Monkey— surveymonkey.com
9. Montana Kids County—www.montanakidscount.org
10. MT ACA Home Visiting Needs Assessment 2009
11. Hill County MT Website—<http://co.hill.mt.us/>
12. Wilkes Healthy Carolinians Council Survey—http://nciph.sph.unc.edu/incubator/partnerships/northwest/nw_tools/WellnessSurvey/WilkesSurveyEnglish.doc
13. Sample Size Calculator— <http://www.raosoft.com/samplesize.html>
14. 2003-2008 Data from U.S. Census Bureau
15. Prevention Needs Assessment Survey, 2010
16. 2007-2009 data for Community Health Assessment (U.S. Census Bureau)
17. The Center for Disease Control and Prevention—<http://www.cdc.gov>
18. The National Campaign May 2008—www.TheNationalCampaign.org

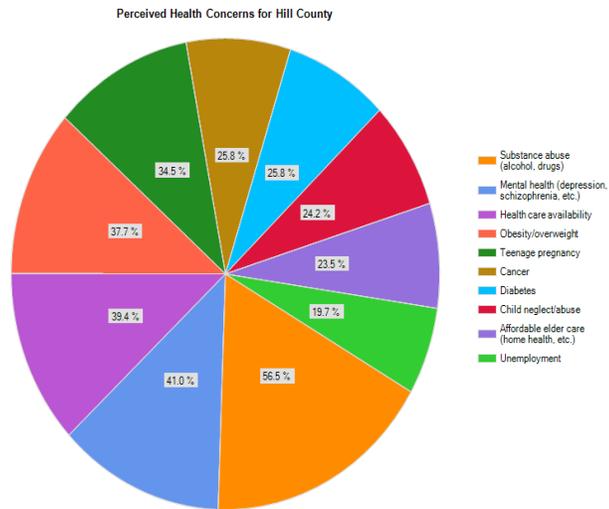
Appendix 1

Other Community Health Priorities

The remaining health priorities were not selected as the top issues for Hill County's Community Improvement Plan, yet sustaining and building upon current community-wide efforts involving all of the health priorities will be critical in assuring continual improvement in the health of Hill County residents.

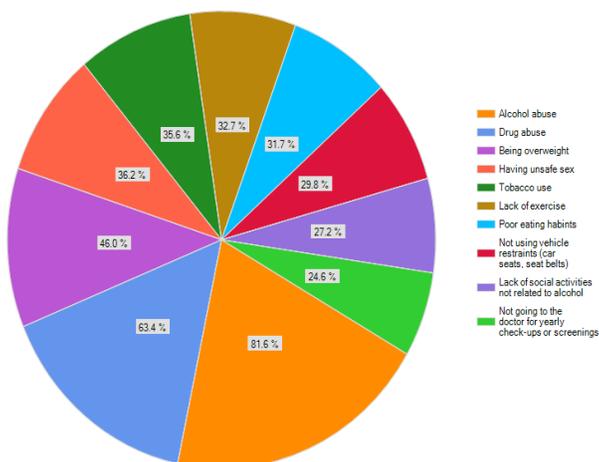
The following health concerns were selected by our community as top priority.

- * Substance Abuse (56.5%)
- * Mental Health/ Depression (41%)
- * Health Care Availability (39.4%)
- * Obesity/ Overweight (37.7%)
- * Teenage Pregnancy (34.5%)



The Health Concerns Identified, and the Unhealthy Behaviors are very closely related, and help to support that those issues really stand out in our community and need to be addressed. The Hill County Consortium will be taking a closer look at what can be done to address these needs in the future

Perceived Unhealthy Behaviors in Hill County



The following unhealthy behaviors were selected by our community as top priority.

- * Alcohol Abuse (81.6%)
- * Drug Abuse (63.4%)
- * Being Overweight (46%)
- * Having Unsafe Sex (36.2%)
- * Tobacco Use (35.6%)

Appendix 1

Priorities That Most Are Unaware Of

Once the survey was complete and data analyzed, it was found that there were a few issues/needs that most of our population do not see. This helps to identify that more education and awareness is needed in our county.

Domestic Violence

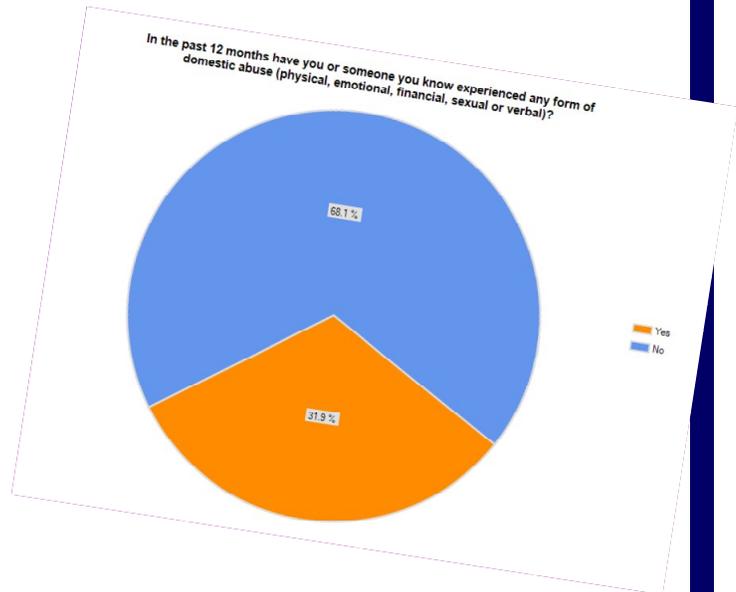
32% of those surveyed report they or someone they know **has been a victim** of domestic violence in the last 12 months.

Domestic Violence Rates (3 year rate per 100,000 population)

Hill County ~ **868.8**

MT ~ **438.6**

(2007-2009 Data for Community Health Assessment)



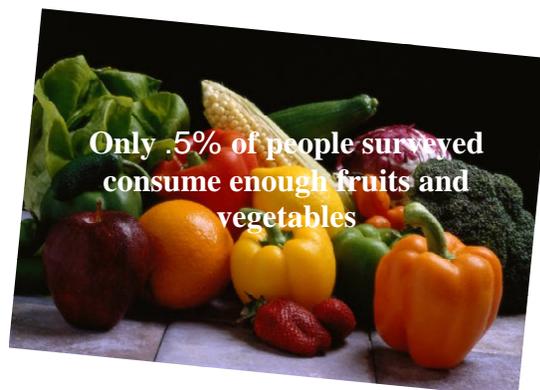
Crime Rates for Hill County (4365) almost double that of MT (2813). (MT ACA Home Visiting Needs Assessment 2009)

Energy Costs

52.7% of people surveyed would like help making their house more energy efficient.

Activities People Want In Our Community

- Nutrition Class ~ **36.9%**
- Winter Clothing Exchange ~ **36.9%**
- Preschool Play Group ~ **31.3%**
- Parents' Support Group ~ **20%**
- Baby Sign Language Class ~ **16.3%**



Appendix 2

Potential Partners

Community change and health improvement requires the dedication and commitment of citizens, businesses, government and the community. Recognizing the benefits of collaboration, we strongly support and encourage joint efforts to meet the goals of this health plan as well as those of community partners.

- Fitness Centers
- Assisted Living Centers
- Healthcare providers; including billing departments, chiropractors, psychiatrists, dental providers, physical therapists
- Governmental Agencies
- City County, County Board
- Department of Transportation, Planning and Zoning
- Education: preschool, primary, secondary and post-secondary schools.
- Businesses
- Non-profits
- Youth Serving Agencies: Boys and Girls Club, Girl Scouts, Boy Scouts, 4-H Club
- Community fire department/EMTs
- Child Care Resources
- United Way
- The Chamber of Commerce
- Media

This list is NOT inclusive; any additional partners interested in joining the efforts of the Hill County Consortium Subcommittees will be positively welcomed to the process.



Baldy Mountain - the Hill County, Montana and Bear Paw Range highpoint.



Public Health
Prevent. Promote. Protect.