

# Robertson County Health Council

## Strategic Plan: 2021-2023

Mid-cycle Data Review: July 2022

**Vision:** To be ranked within the top five healthiest counties in the state, as measured by The Robert Wood Johnson Foundation, *County Health Rankings and Roadmaps* (updated annually). ([www.countyhealthrankings.org](http://www.countyhealthrankings.org)).

- 2020 Ranking: #8. See details below in chart. (<https://www.countyhealthrankings.org/app/tennessee/2020/rankings/robertson/county/outcomes/overall/snapshot>)

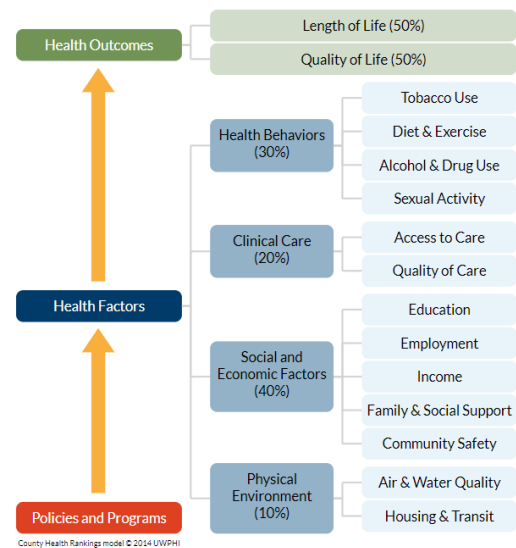
**Mission:** Robertson County Mission Statement adopted 11/13/2002, The Robertson County Health Council is a body of professionals and private citizens dedicated to improving the general health and welfare of the citizens of Robertson County through comprehensive, and collaborative efforts.

- 2021 Health Council Membership: United Way of Greater Nashville, UT Extension, City of Springfield, Mental Health Professionals, Centerstone, Mid-Cumberland Community Action Agency, Robertson Schools, Robertson County Health Department, Robertson County Sheriff's Office, Shine Pediatric Therapy, Robertson County Family Resource Center, NorthCrest Medical Center, Robertson County Family YMCA, Celebrate Recovery, TN Kids Nutrition, TN Suicide Prevention Network, Faith-based Community Leaders, Community Members

### Health Council Goals:

Many factors shape our opportunities to be healthy and influence how well and how long we live (health outcomes). As outlined in our council's vision statement, our goal is to achieve an improved county health ranking. We can work towards achieving this goal by focusing on the Health Outcomes and Health Factors as defined and measured in the annual report *County Health Rankings and Roadmaps* by The Robert Wood Johnson Foundation. In this report, counties are ordered by the health outcome rank, with a top-ranked county (rank=1) having the best health outcome score. *Image left: County Health Rankings Model.*

The chart below details all current Health Outcomes and Health Factors rankings for Robertson County and the state, for comparison, in the 2020 release of the *County Health Rankings and Roadmaps* report. Health factors represent the things we can change to improve health for all. Our council proposes to focus on high priority Health Factors in an effort to achieve our council's vision. Areas for improvement have been designated with **BOLD** text and a double caret “^^”. A review will take place mid-cycle of this strategic plan and updated as necessary.



**\*HEALTH OUTCOMES – Rank #8**

Health Outcomes are determined by length of life (measured by premature death, occurring before age 75) and quality of life (measured by self-reported health status and percent of low birthweight newborns).

Health Measure	Robertson County	Tennessee
<i>Length of Life: Rank 13</i>		
Premature Death (years of life lost before age 75, per 100,000)	8,600	9,300
<i>Quality of Life: Rank 10</i>		
Poor or Fair Health (% of adults self-reporting health)	18%	20%
Poor Physical Health Days (avg # of physically unhealthy days self-reported in past 30 days)	4.1	4.2
Poor Mental Health Days (avg # of mentally unhealthy days self-reported in past 30 days)	4.4	4.4
Low Birthweight (% of live births with low birthweight, less 2500 grams)	8%	9%

**\*HEALTH FACTORS – Rank #12**

There is no one factor that dictates the overall health of an individual or community. A combination of multiple modifiable factors, from clean air and water to stable and affordable housing, need to be considered to ensure community health for all. The four Health Factors:

1. Health Behaviors, providing rates of alcohol and drug use, diet and exercise, sexual activity, and tobacco use.
2. Clinical Care, showing the details of access to and quality of health care.
3. Social and Economic Factors, rating education, employment, income, family and social support, and community safety.
4. Physical Environment, measuring air and water quality as well as housing and transit.

Health Measure	Robertson County	Tennessee
<i>Health Behaviors: Rank 20</i>		
Adult Smoking (% of adults who are current every day or most day smokers)	20%	23%
<b>^^Adult Obesity</b> (% of the adult population [age 20+] self-report a BMI greater than or equal to 30kg/m <sup>2</sup> )	34%	33%
<b>^^Food Environment Index</b>	8.7	6.4

(Index of factors that contribute to a healthy food environment, from zero (0) worst to ten (10) best)		
<b>^^Physical Inactivity</b> (% of adults [age 20+] reporting no leisure time physical activity)	31%	27%
Access to Exercise Opportunities (% of population with adequate access to locations for physical activity)	58%	70%
<b>^^Excessive Drinking</b> (% of adults reporting binge or heavy drinking)	16%	14%
<b>^^Alcohol Impaired Driving Deaths</b> (% of driving deaths with alcohol involvement)	36%	25%
Sexually Transmitted Infections (# of newly diagnosed Chlamydia Infections per 100,000)	347.7	522.4
Teen Births (# of births per 1,000 female population ages 15-19)	31	31
<i>Clinical Care: Rank 20</i>		
Uninsured (% of population under age 65 without health insurance)	10%	11%
Primary care physicians (ratio of population to PCP)	2,810:1	1,400:1
Dentists (ratio of population to dentists)	3,380:1	1,860:1
Mental Health Providers (ratio of population to mental health providers)	1,580:1	660:1
Preventable hospital stays (Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees)	4,794	5,320
Mammography screening (% of female Medicare enrollees ages 65-74 that received an annual mammography screening)	36%	41%
<b>^^Flu vaccinations</b> (% of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination)	51%	49%
<i>Social and Economic Factors: Rank 6</i>		
High school graduation (Percentage of ninth-grade cohort that graduates in four years)	97%	90%
Some college (% of adults ages 25-44 with some post-secondary education)	54%	61%
Unemployment (% of population ages 16 and older unemployed but seeking work)	3.1%	3.5%
Children in poverty (% of people under age 18 in poverty)	15%	22%
Income inequality	3.7	4.8

(Ratio of household income at the 80th percentile to income at the 20th percentile)		
Children in single- parent households (% of children that live in a household headed by single parent)	32%	35%
Social associations (# of membership associations per 10,000 population)	10.1	11.3
Violent crimes (# of reported violent crime offenses per 100,000 population)	426	621
Injury deaths (# of deaths due to injury per 100,000 population)	84	89
<i>Physical Environment: Rank 74</i>		
Air pollution- particulate matter (Average daily density of fine particulate matter in micrograms per cubic meter [PM2.5])	10.9	10.0
Drinking water violations (Indicator of the presence of health-related drinking water violations. 'Yes' indicates the presence of a violation, 'No' indicates no violation)	No	
Severe housing problems (% of households with at least 1 of 4 housing problems: overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities)	12%	15%
Driving alone to work (% of the workforce that drives alone to work)	83%	83%
Long commute- driving alone (Among workers who commute in their car alone, the % that commute more than 30 minutes)	50%	35%

**2021-2023 Robertson County Health Council Goals & Strategies**

- 1. Alcohol Impaired Driving Deaths (% of driving deaths with alcohol involvement) = 36%
  - a. GOAL for Success by 2023: 33%
- 2. Excessive Drinking (% of adults reporting binge or heavy drinking) = 16%
  - a. GOAL for Success by 2023: 13%

*STRATEGY to work towards achieving the goal:*

- i. Support efforts of the Robertson County Prevention Coalition: The Robertson County Prevention Coalition (RCPC) is a subcommittee of the Robertson County Health Council. The RCPC is comprised of representatives who are parents, teachers, law enforcement, businesses, religious leaders, health providers and other community activists who are mobilizing at the local level to make their communities safer, healthier and free of substance abuse. The mission of the RCPC is to work collaboratively to reduce or prevent the harms associated with substance

use and abuse through education, supportive intervention efforts, and advocacy. The vision of the RCPC is to work towards a community free of substance addiction, misuse, and related problems.

1. Work collaboratively with the RCPC to host a community event highlighting National Drug and Alcohol Fact Week in 2022 (<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>).
  - ii. Communication:
    1. Share strategies as outlined in the County Health Rankings Report with the RCPC to identify focus areas for the RCPC (<https://www.countyhealthrankings.org/explore-measures-data-sources>).
    2. Standing agenda item at Robertson County Health Council Meetings.
    3. Robertson County Health Council will promote events & opportunities through the RCPC on the Robertson County Health Council Facebook Page.
3. Food Environment Index (Index of factors\* [outlined below] that contribute to a healthy food environment, from zero (0) worst to ten (10) best) = 8.7
- a. GOAL for Success by 2023: 9

\*Index of Factors:

- Food Choices--Indicators of the community's access to and acquisition of healthy, affordable food, such as: access and proximity to a grocery store; number of foodstores and restaurants; expenditures on fast foods; food and nutrition assistance program participation; food prices; food taxes; and availability of local foods.
- Health and Well-Being--Indicators of the community's success in maintaining healthy diet
- Community Characteristics--Indicators of community characteristics that might influence the food environment, such as: demographic composition; income and poverty; population loss; metro-nonmetro status; natural amenities; and recreation and fitness centers.

*STRATEGY to work towards achieving the goal:*

- i. Breastfeeding promotion programs: Support efforts to provide education, information, counseling, and support for breastfeeding to women throughout pre- and post-natal care.
  1. Encourage active Health Council participation of WIC representative.
  2. Encourage active Health Council participation of hospital Women's Services/Nursery Participation.
  3. Work collaboratively with representatives offering breastfeeding support to the community to implement a "La Leche League" in Robertson County by 2023.
- ii. Farmers markets: Support multiple vendor markets where producers sell goods such as fresh fruit and vegetables, meat, dairy items, and prepared foods directly to consumers. Work towards increasing access of said goods to vulnerable populations.
  1. Work collaboratively with Robertson County Farmer's Market Leadership to discover funding opportunities to support vendors accepting EBT. **Timeline to accomplish this goal:** initiate conversations in 2021 -> application for funds in 2022 -> implementation in 2023.

2. Farm to community plan. Work collaboratively with local farmers to donate unused products to local food banks and food providers – United Ministries Food Bank for Robertson County, Master’s Table, Robertson County Senior Center & Byrum-Porter Senior Center.
4. Physical Inactivity (% of adults [age 20+] reporting no leisure time physical activity) = 31%
    - a. GOAL for Success by 2023: 29%
  5. Adult Obesity (% of the adult population [age 20+] self-report a BMI greater than or equal to 30kg/m<sup>2</sup>) = 34%
    - a. GOAL for Success by 2023: 33%

*STRATEGY to work towards achieving the goal:*

- i. Promotion and Awareness: Support and promote community lead physical activity programs including free and/or low-cost opportunities.
    1. Creation of a Robertson County Health Council Logo for use in communication and future use by partners.
    2. Springfield Parks & Recreation – adult sports leagues, exercise classes, outdoor physical activity opportunities, etc.
    3. Sliding-scale membership programs (e.g. Robertson County Family YMCA).
    4. Senior Center activity programs.
    5. Community fitness programs including faith-based activity programs (e.g. “Couch to 5K” programs, community lead walking/running groups, etc.).
6. Flu vaccinations [Quality of Care] (% of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination) = 51%
    - a. GOAL for Success by 2023: 80%, based on the following NCBI study results: “The objectives of vaccination coverage proposed in the United States - 80% in healthy persons and 90% in high-risk persons - are sufficient to establish herd immunity”, *SOURCE*: Plans-Rubió P. *The vaccination coverage required to establish herd immunity against influenza viruses*. *Prev Med*. 2012 Jul;55(1):72-7. doi: 10.1016/j.yjmed.2012.02.015. Epub 2012 Mar 4. PMID: 22414740.

*STRATEGY to work towards achieving the goal:*

- i. Initiate an annual Robertson County Health Fair: Goal is to increase access to health-related services across all demographics. During the health fair vendors may provide access to health screenings, vaccinations, mental health providers, health and wellbeing organizations, etc.
  1. **Timeline** to accomplish this goal: initiate conversations with council membership in 2<sup>nd</sup> quarter 2021.
- ii. Support and promotion of the Robertson County Health Department and Local Healthcare Providers:
  1. Vaccine events including the Health Department Flu Pod.
  2. Service lines addressing chronic health concerns.
  3. Pediatric vaccinations over and above influenza.