Tompkins County Combined CHA-CHIP-CSP 2018 Update

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informational advisory transactional leadership

Priority	Focus Area	Objectives	Disparities	Interventions/ Strategies/Activities	Family of Measures	2018 Progress to Date	Implementation Partner (Please select from the dropdown)	Partner Role(s)	Strengths	Challenges? How will they be addressed?
Prevent Chronic Diseases	Reduce Obesity in Children and Adults	Objective 1.4.1: Increase the percentage of small to medium worksites that offer a comprehensive worksite wellness program for all employees and that is fully accessible to people with disabilities	employers, nursing moms		Specific interventions that have been identified	Consortium contracted with a Wellness consultant. Contract workplan includes outreach to member municipalities to connect with HR and benefits managers and identify employee champions, to provide newsletter articles about wellness, to promote flu vaccinations, and to improve enrollment for Excellus "Blue4U" wellness benefit. Excellus Blue4U wellness benefit made available to with all plans (previously just available for select new plans)		municipal employers in Tompkins County, and a total of 43 municipalities in Tompkins and contiguous	The Consortium operates solely for the benefit of its member municipalities and promotes a culture of preventive health care for the well-being of its members.	Every workplace has its own culture and environment, so interventions must be broadly applicable and selected to elicit the greatest benefit for the highest utilizers of plan benefits, while remaining relevant and inviting to all covered members. Addressing through careful review of claims data.
					Specific promotional channels employed for messaging within the member employers	Fully redesigned website went live providing a much more user-friendly interface for connecting with all services, including promotion of personal wellness, annual health provider well visits, flu shots, selection of a primary care provider (PC)	Health Insurance Plans	markets/ promotes full utilization of plan benefits, wellness and prevention strategies, and establishing a culture of wellness at member	OYOH committee members includes community health services organizations that are not municipal employees, but do have a strong understanding and grasp of health care utilization and worksite wellness implementation.	Budgetary constraints, diverse population, not all plans have the same benefits so must target carefully. Addressing by hiring a Wellness Coordinator.
					# of employer representatives attending OYOH Committee meetings	Attending regularly: County Tompkins, City Ithaca, Town Ithaca, Town Dryden, Bolton Point Water. Plus cmte members not affilaited with Consortium member employers. Employer attendance not improved	Other (please describe partner and role(s) in column D)	,	Diverse committee membership	Attracting members who are able to attend monthly meetings

Priority	Focus Area	Objectives	Disparities	Interventions/ Strategies/Activities	Family of Measures # of employers who have identified an employee wellness champion or wellness committee chair	2018 Progress to Date None. There has not been any mechanism for tracking this indicator, though with the new wellness consultant that is expected to change	Implementation Partner (Please select from the dropdown) Other (please describe partner and role(s) in column D)	Partner Role(s) Wide range of municipal governments	Strengths Identificaton of a wellness champ or committee chair is a first step to commitment and establishes a site contact.	Challenges? How will they be addressed? Convincing employers of the value, especially when there are very few employees. When a Wellness Coordinator for the Consortium is hired, outreach to employers will become more focused.
					Draft & submit a resolution to the Consortium Board of Directors that encourages employers to follow practices aligned with NYS Labor Law to support breastfeeding at work.	Again not addressed this year. Expect to transfer to new plan	Other (please describe partner and role(s) in column D)	Wide range of municipal governments	Vital for gender equity and family support. Important message to employees. Supports value of breast feeding in development and promotes norm changes. A relatively simple initiative with which to launch a wellness program. It's the law.	Time and attention in the midst of other issues. Otherwise, should be minimal and restricted only to providing adequate education to the Board.

Priority	Focus Area	Objectives	resources to initiate a wellness program	Interventions/ Strategies/Activities Utilize the Tompkins County Worksite Wellness Coalition to- promote worksite based activities for health promotion and chronic- disease prevention. [Revised]	Family of Measures # of attendees at meetings	2018 Progress to Date Abandoning this intervention. The Coalition did not meet during the 2nd half of the year and is at risk of disbanding due to time constraints among those willing to lead. Also the intervention was yellow 2 years in a row, suggesting that the clarity of purpose for the coalition might benefit from additional discussion	Implementation Partner (Please select from the dropdown) Community-based organizations	Partner Role(s) Representatives coordinate and attend meetings	Strengths Sincere interest of attendees	Challenges? How will they be addressed? All volunteer leadership makes it difficult to consistently plan ahead. Limited means of promoting meetings beyond the nonprofit sector makes it difficult to grow participants.
		Objective 1.1.3: Increase the number of	policies, focus on low SES,	Establish complete street components within our	# of outside speakers- presenting at meetings # of employers who report to the coalition that- they have established- outreach or conducted- wellness activities # of sidewalk/street improvements that are	6556 linear feet of new or replaced sidewalk; 26 curb ramps	City government	City of Ithaca Engineering Department is responsible		Need to explore funding opportunities for trail
		municipalities that are implementing complete street components. (Action Plan)	communities of color, aging population, mental health community, k-12 schools, and rural areas to ensure connectivity, individuals without cars/personal vehicles	municipalities, including complete street policies that incorporate universal design. (DASH NY) [NEW]	implemented (bike lanes, traffic calming, intersection repair, # of bike/pedestrian trips compared to total trips)	installed; Pedestrian Safety Action Plan: State funding, awarded July 2018, \$600K for 3 years. City will implement push buttons and pedestrian signmal heads at specific high-traffic intersections. City is collaborating on Priority Trails Strategy within the City - plans to complete 6 Mile Creek Natural Area. Miles of complete streets for the County: 11.5 miles in 2018 (Ithaca-Tompkins County Transportation Council)		for planning and implementation of street/sidewalk repairs, traffic calming measures, etc.		project.
					Public feedback: perceived safety, comfort, quality of life, suggestions, identify interections that are most difficult to cross as pedestrian. Statistically significant survey of pedestrians/bikers.	Streets Alive! Cayuga Street (5/2018), Southside (9/2018); Blueprint for Better Bicycling - Survey completed June 2018, Advisory Council meeting August 2018, ongoing community outreach; Train the Trainer through League of American Bicyclists, trained 11 local educators - bike traffic skills (11/2018).	Community-based organizations	public about bike/ pedestrian safety. BWT organizes community events	Normalizing different modes of transporation; encouraging multigenerational community building, gets people out in the streets; improvements to the environment, reducing risk of injury and death; building awareness	Need for a culture shift to recognize importance of multi-modal, not just focused on cars; funding to ensure long-term planning; education, public/ political will

Priority	Focus Area	Objectives	Disparities	Interventions/ Strategies/Activities	Family of Measures	2018 Progress to Date	Implementation Partner (Please select from the dropdown)	Partner Role(s)	Strengths	Challenges? How will they be addressed?
,		•	•	- J .	Safety data:	Use of ALIS. City plans to	,	County Government - The		More data to prevent death
					accident/collision, # ER	collaborate more with Cayuga		Ithaca-Tompkins County	analysis to provide support	and serious injury; better
					visits, self-reported injury	Medical Center to collect data		Transportation Council	for continued advocacy and	communication and
						about pedestrian and bicyclist		(ITCTC) is the Metropolitan	need for improved safety in	coordination between
						crashes. In 2019, City plans to		Planning Organization (MPO)	transportation routes.	city/county governement
						adopt Vision Zero principles,		for Tompkins County. The		and police to have more
						convene a stakeholder group,		ITCTC is charged with		comprehensive data
						public outreach. Focus on equity		facilitating county-wide		collection and reporting
						and voices from different		transportation planning.		
						neighborhoods. The Ithaca-				
						Tompkins County Transportation				
						Council continues to track crash				
						data through their performance				
						measures: Based on ALIS: # of average annual crash				
						fatalities in the last five years 2013-				
						17: 10.2; # of average				
						bike/pedestrian crashes: 55.8; # of				
						average annual bike/pedestrian				
						crashes with serious injuries: 10.4;				
						# of average annual				
						bike/pedestrian fatalities: 2.6.				

Priority	Focus Area	Objectives		Interventions/ Strategies/Activities Implement a pilot bikeshare, "Bike for All" in the City of Ithaca. [New]	NYSERDA grant 2017-2019 - Contractor chosen for bikeshare, Lime Bike. Launched bikeshare 4/2018 up to 300+ bikes; Lime Access launched Summer 2018: \$5 for 100 rides for non-smart phone riders and low-income eligible. 3/2018: Better Bikeshare Partnership grant, funds 7 Bike Champions - multiple events: senior rides, mental health department, Titus Towers, youth rides; Ithaca City School District: senior administrators meeting (monthly starting 11/2018) for bike education in the schools; Developing Adaptive Bike Library for non-motorized mobility. 02/2018:	Partner Role(s) Bike Walk Tompkins is the lead agency to coordinate and implement the bike share program.	Strengths Bikeshare has been very well received and well-used by a large and diverse group of people. More bikes were quickly added, other towns have adopted Lime Bikes (Trumansburg-7/2018 and Dryden-9/2018)	
		Obj. 1.1.x: Increase the number of institutions with nutrition standards for healthy food and beverage procurement. (ReFresh) [NEW in 2018]	low-income/SNAP/WIC eligibility, rural families	Trained nutrition educators facilitate workshops that aim to improve food and physical activity behaviors, food resource management, food safety, and food security. Workshops are offered in a range of locations including schools, food pantries, community centers, neighborhood housing, etc.	Nutrition lessons facilitated with 4,321 adults and 5, 538 youth (duplicate count)	Cornell Cooperative Extension of Tompkins County's Nutrition Program offer two federally funded nutrition education programs for youth and families who are eligible for SNAP and/or WIC.		

Priority	Focus Area	Objectives	Disparities Schools where more than 50% of the students are eligible for free or reduced price meals.	Interventions/ Strategies/Activities Receive support to help school gardens become sustainable and well-integrated into both school programs and to meet community food security needs whenever possible.	Family of Measures	2018 Progress to Date Three schools received support with their school gardens: 2 Ithaca City School District schools: Enfield Elementary School and BJM Elementary School; Newfield Elementary School	Implementation Partner (Please select from the dropdown)	Partner Role(s) Cornell Cooperative Extension of Tompkins County's Finger Lakes Eat Smart New York School & Community Garden Specialist	Strengths	Challenges? How will they be addressed?
			Groton - rural community, universal free meals in school district	Groton Harvest: all families will have adequate nutritional security to support their health, growth and well-being in order to thrive and meet their full potential. Mission: A community driven, sustainable nutrition project that creates a shift in cultural norms improving access throughout Groton to nutritious meals, nutrition education, and wellness activities for all. Our top priority is that every child has access to and chooses to eat nutritious and appealing food.		Recently started initiative. Currently working on evaluation plan. More to come in 2019.		partners and funders is participating in this	Builds on grassroots nutrition work that was already underway in the Groton community. Very collaborative.	Evaluation, coordination, participation

Priority	Focus Area Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure	Objectives Objective 2.1.1: Decrease the prevalence of any tobacco use (cigarettes, cigars, smokeless tobacco) by high school age students	multiple unsuccessful quit attempts	implement policies that protect youth from tobacco marketing in the retail environment, also known as the point-of-sale (POS)	Family of Measures Number of municipalities that reduce youth access to tobacco marketing and tobacco products, including: Limiting the number, type, and location of licensed tobacco retailers, and/or Prohibiting the use of coupons and multi-pack discounts.	Presentation to the Health and Human Services Committee of the Tompkins County Legislature on local licensing of retailers selling tobacco and ENDS garnered a commitment by the HHS chair to continue to explore the issue in 2019		Partner Role(s) Build awareness of issue and education to a point where public demand brings action	Strengths Reduce access to tobacco products by high school and middle school students	Challenges? How will they be addressed? Restricts business activity, especially among small businesses. Address through ongoing education.
		Objective 2.1.2: Decrease the prevalence of cigarette smoking by adults ages 18-24 years				(1) Current and trend data not available for this population segment. (2) Efforts to generate demand and administration support for a tobacco free campus were active at each of Cornell, Ithaca College, or Tomp-Cort Cmty College, but were not successful in advancing the issue	College	Working together to establish tobacco-free college campuses	high schools is declining. Cigarette use among college students appears to be	Dramatic increase in the use of electronic cigarettes and vaping products. Remedy through education and retail licensing.
		Objective 2.1.3: Increase the number of municipalities that restrict tobacco marketing (including limiting the density of tobacco vendors and their proximity to schools)		Interventions for this Objective are the same as for 2.1.1			Other (please describe partner and role(s) in column D)	County Legislature, City Council, Town Boards	products within the community to support reduced inititation, quitting tobacco use, and reduced consumption.	Government overreach, resources required to implement and manage a licensing scheme that will address density and proximity, finding a champion to carry the proposal through the process. Must be presented as a preventive measure that is not intended to take products out of existing retailers.

uthority Support from h	policies; guage support for a policy that will hopefully demonstrate to management that a policy will have majority acceptance	meetings to increase survey participation
thority Support from h		
management	understand the reason for smoke-free apartments, the more likely they are to comply or exert peer pressure for others to	meetings.
for all Housing Support from homanaged Authority mented S. (2) Ellis s (104 low hounced in 2019.		Compliance is the primary challenge. Address with education first and penalties if needed
I ma Au mer S. (2 Ellis s (1 nou	anaged management ithority nted 2) is LO4 low inced	Tall Housing Support from housing management Healthier buildings, model healthier behaviors, reduce access to places to smoke may reduce consumption. 2) is 1.04 low inced

Priority	Focus Area	Objectives	Disparities	Interventions/ Strategies/Activities	Family of Measures # of new construction units	2018 Progress to Date # Unknown. Discussed the idea	Implementation Partner (Please select from the dropdown) Other (please describe	Partner Role(s) Builders, planning	Strengths Starts clean with policy	Challenges? How will they be addressed? Keeping up with all the new
					that are on a smoke- free property	of including smoke-free property as a criteria for receiving a tax abatement or other public support with governing development agency, but the idea was rejected by the agency.	partner and role(s) in	departments and municipal planning committees	written into original lease; Establishes social norm from the start	construction when it is still in
		Objective 2.3.2.1: Increase the number of worksites with a tobacco-free property policy.		Promote tobacco-free property policies at worksites		In lieu of mailers we ran a 6- week advertising campaign on the social media channels LinkedIn and Facebook	Other (please describe partner and role(s) in column D)	Advertising agency	Direct targeting to employers	Funding and follow-through. A successful campaign would benefit from more exposure online
					# of workplaces that adopted a tobacco-free policy	Not aware of any other than Ithaca Housing Authority			Tobacco-free workplace decreases exposure to secondhand smoke, decreases nicotine use as a social norm, may increase quit rates and decrease consumption.	Compliance. Address through adequate signage and ongoing education.
					# of meetings with worksite wellness coordinators or champions	None			Wrapping tobacco-free property into a wellness program is the best way to start the discussion.	Resources (including staff) necessary to reach out and find these champions. It is a worthy measure, but maybe beyond the scope of current programs.
					# of resolutions of support from business & employer groups or associations.	None			Awareness, credibility	Staffing limitations. Include in an overall campaign that reaches out to employers (eg, mailers).

Priority	Focus Area	Objectives Objective 2.3.2.2: Increase the number of colleges that have set an implementation date for a tobacco-free campus.	Interventions/ Strategies/Activities Promote tobacco-free campus policies at local colleges and universities	Family of Measures # meetings with student champions	2018 Progress to Date Multiple meetings over the course of an in depth partnership with one student at Ithaca College	Implementation Partner (Please select from the dropdown) College	that initiative be initiated and driven by students	Strengths Students are a critical and in some cases required stakeholder within these communities.	Challenges? How will they be addressed? Specific student champions are often not enrolled through the full, multi-year process needed to make the full case.
		tobacco-free campus.		# meetings with faculty/ staff champions	(1) multiple meetings with AOD coordinator at TC3 (Cmty College) (2) 3 meetings with health promotion staff at Cornell Health, the student health services	College		Employees are key stakeholders. Voices are needed from multiple sectors.	Not easy to break into fac and staff organizations from outside the campus. Also finding those willing to step forward, and have the influence to make a diff.
				# meetings with administrators &/or institutional governing bodies such as a Faculty Council or University Assembly, or Student Government	None			These individuals and organizations have codified decision making roles.	Getting through gatekeepers. Remedy: Accomplish the student and faculty/ staff steps first.

Priority	Focus Area	Objectives Objective 3.2.8: Reduce the rate of hospitalizations for short-term complications of diabetes per 10,000, aged 18+ years, by 15%, from 4.0 (2012-2014) to 3.6 (2010-2012) (SPARCS data as of Feb. 2016)	Disparities	Interventions/ Strategies/Activities In accordance with DSRIP project 2.b.iv, Care Transitions, implement the Health Coach model, to ensure patients admitted to the medical- surgical unit make contact prior to discharge, and receive a home visit post discharge, to support improved continuity of care and a reduction in avoidable hospital use.	Family of Measures # of Medicaid patients receiving a visit from the Health Coach while in the hospital.	2018 Progress to Date	Implementation Partner (Please select from the dropdown) Hospital	Partner Role(s)	hand the patient off to and thus provide the patient with the support they need post discharge, to prevent readmission. * This health coach role has allowed the medical center to identify strengths and weakness in overall hospital discharging process and we	pre-authorization and need the physician to personally
					# of home visits received post discharge.		Hospital		It is extremely valuable to perform home visits. It allows us to identify additional barriers to patient success and rectify them or call in resources to further support the discharge.	Not many patients want the home visit or "have the time" to schedule a home visit.
					# of patients that received Health Coach services who were not readmitted within 30 days of being discharged.		Hospital			

Priority	Focus Area	Objectives Objective 3.3.1: Increase the percentage of adults with asthma or diabetes who have taken a course or class to learn how to manage their condition.	Disparities Outreach to rural population	Interventions/ Strategies/Activities Promote the National Diabetes Prevention Program (NDPP) by expanding class availability, and by strengthening ties and collaboration among NDPP providers	Family of Measures # of trained Lifestyle Coaches	2018 Progress to Date 3 trained coaches (1 at TC Health Dept. (TCHD), 2 at Cayuga Center for Healthy Living - part of Cayuga Medical Center (CMC)	Implementation Partner (Please select from the dropdown) Hospital	Partner Role(s) Health Planning Council, TCHD, CCHL, all participate in planning and coaching	Strengths We have multiple sites and trainers. Providers are aware of the program.	Challenges? How will they be addressed? Despite providers knowing about the program, we still do not get many referrals. Potential participants are discouraged from taking the course because of the fee and/or the time committment.
					# of planning meetings among DPP providers	2 in-person meetings, bi- monthly phone calls. Meetings are to coordinate outreach and when classes are held.	Community-based organizations		Able to brainstorm outreach strategies to increase provider referrals and community knowledge about the program.	
					# classes offered	TCHD began a class in May 2018; CCHL completed 2017 class in April 2018 and started a new class in October 2018.	Other (please describe partner and role(s) in column D)	LHD, CBO, hospital	Ongoing communication between trained coaches about the number of participants and outreach.	It is difficult to get enough participants to fill up one class.
					# of rural locations where classes are offered	No rural locations in 2018. TCHD holds classes at the Health Department, which is not in downtown Ithaca, the geographic center, but the location is not in a rural town.			TCHD recruit residents from rural areas	While we conduct outreach to the general public, participation is dependent upon physician referrals.
						Multiple outreach events during 2018, including health fairs, CMC wellness newsletter, and visits to provider offices, brochures provided. Radio ads conducted by CCHL				

Priority	Focus Area	Objectives	program to individuals who may be part of pops that are	Interventions/ Strategies/Activities Increase coverage for the Diabetes Prevention Program by working with self-insured employers	Family of Measures # of worksites that promote DPP through their wellness programs or other health information outlet	2018 Progress to Date Unknown	Implementation Partner (Please select from the dropdown) Other (please describe partner and role(s) in column D)	Partner Role(s) Employer	Strengths Providing coverage for the DPP program has the potential to increase attendance in the program.	Challenges? How will they be addressed? Access to wellness program communication channels. Remedy: develop targeted materials first so messaging is effective when the target is hit.
					# self-insured employers with DPP as a covered benefit.	Unknown	Other (please describe partner and role(s) in column D)	Employer	Removes cost barrier to participating.	Changing plan benefits is a steep climb. Medicare benefit misses the target age, but will be a good model for plans to follow.
					# of employees with access to DPP as a covered benefit through their self- insured employer		Other (please describe partner and role(s) in column D)	Employer	Some incentive if employees have a flex spending account, but still out of pocket expense.	
					# of employers that include DPP as eligible for an in- house wellness reimbursement benefit	Employees can submit to flex spending accounts. Draft policy for partial reimbursement for TC employees is in process, reviewed Fall 2018, but waiting approval.	Other (please describe partner and role(s) in column D)	Employer	Removes cost barrier to participating. Adding as an inhouse wellness program benefit is a much straighter line than adding to a plan or FSA	Comparatively few compared with adding to a plan. Should be the first stop when a wellness program reimbursement plan is in place.
			targeted outreach to individuals with low SES,	Increase awareness of basic asthma management steps that adults can take to lessen the daily impact of their disease. (informed by NLBI, NAEPP, ALA).	# of Healthy Neighborhoods Program (HNP) home visits conducted.			CMC and TCHD: Healthy Lungs for Tompkins County (HLTC) Leadership; HNP contractor through TCHD	Positive program that the public enjoys. We have full staffing, which maes it possible to meet our goals for number of visits.	There are always more people who do not know the program exists, we are always doing outreach to build awareness about the program.

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					# HNP home visits conducted with at least one person with diagnosed asthma (asthma triggers identified).	48 initial asthma home visits, 26 asthma revisits			Indoor asthma triggers are be indentified and products are provided that can assist with decreasing triggers, such as hypoallergenic pillow/mattress covers and unscented green cleaning products.	Residents move or are not available for the revisit.
					# member organizations in Healthy Lungs for Tompkins County (HLTC, local asthma coalition).	6 partner organizations: Cayuga Medical Center Respiratory Unit, Tompkins County Health Department, Ithaca City School District, Health Planning Council, Department of Emergency Response, Cayuga Area Preferred		Meet monthly to discuss/plan activities related to lung health. Meet	partner agencies are committed to the coalition. Building awareness	We are working on collecting accurate data related to asthma, COPD, and other chronic lung disease. We would like to do more activities related to school age children, but asthma is not a current focus of the school districts, they are more concerned about mental health. We will continue working with the Head School District and nurses in other districts.
					# of HLTC meetings held	3 meetings, March, May, September	Community-based organizations			
					# of outreach targets contacted (Primary Care Providers, worksite well- ness programs, faith-based orgs, senior living centers)	Multiple provider offices, including the 2 pediatric offices, Family Medicine, CMC Pulmonologist and Respiratory Therapy, and CMC Physical Therapy	Providers	and refer patients to	Strong relationships with certain providers, regular contact reminds providers to make referrals.	Access to gatekeepers. Difficult to get into providers

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						Facebook page (2017) and Twitter account @TompkinsHealth (June 2018)	Local health department		reach more people and engage community members	Making sure the community knows that the social media presence exists. Difficulty delegating staff time to social media updates.