CHESTER COUNTY

"Improving the health of people and places across SC."

– Live Healthy South Carolina



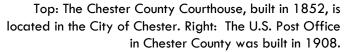
COMMUNITY HEALTH IMPROVEMENT PLAN 2019 – 2023

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About Chester County





Photos by Ann Helms.

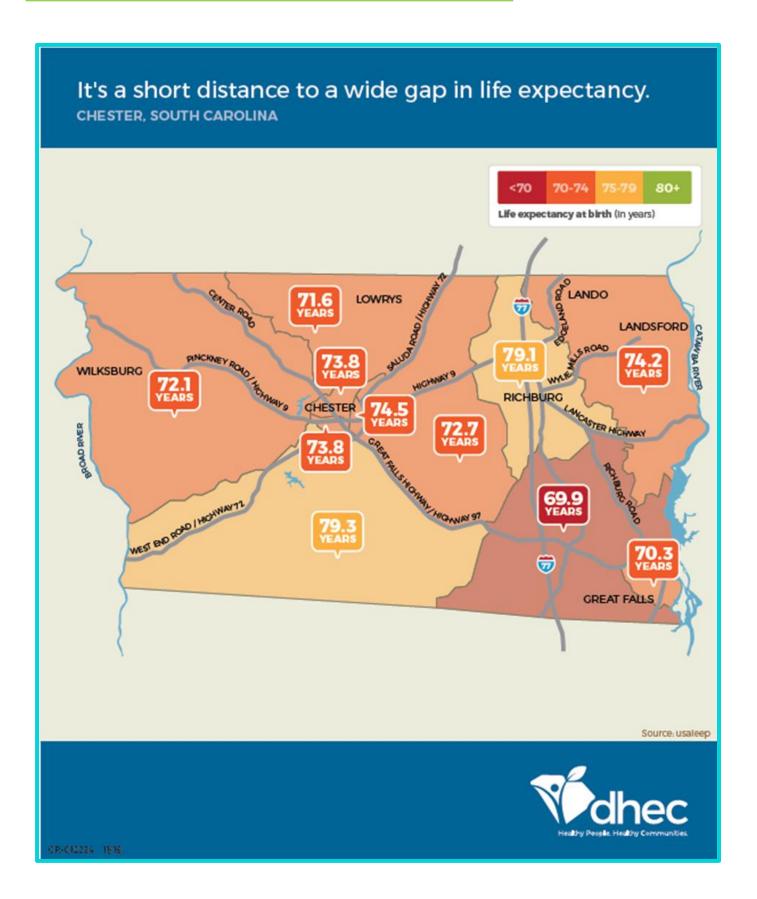




Chester County is a rural county located in South Carolina, covering 586 square miles. It has a population of 20,866 (2019), comprised of 36.8% African American, 60.1% Non-Hispanic Caucasians, and 2.2% Hispanic. The county seat is Chester. Other towns include Fort Lawn, Great Falls, Lowrys, and Richburg. Chester is bound on the east by Catawba River and on the west by Broad River.

According to the 2019 County Health Rankings, Chester County ranked 34^{th} in health outcomes (length and quality of life) and 37^{th} in health factors (influences on health such as environment, behavior, and access to facilities) out of the 46 counties in South Carolina. Approximately 21.2% of Chester County residents are living in poverty, including 30% of those under 18. The leading causes of death are cancer, heart disease, and unintentional injury. Areas of strength for Chester County, include low excessive drinking (15%), low uninsured (12%), higher flu vaccination rate (46%), and higher graduation rate (86%) when compared to state averages.

Opportunities to lead a long and healthy life can vary dramatically by neighborhood and community. This variation is influenced by multiple factors including education, economic opportunities, housing conditions, and access to hospitals and primary care services. Life expectancy simply defined is the average time a person may expect to live. The next page shows the life expectancy map for Chester County. The life expectancy of the county ranges from 79.3 in Cornwell to 69.9 years in Stover. Where do you live?



What is a Community Health Improvement Plan?

A Community Health Improvement Plan (CHIP) is a three- to five-year strategic plan for addressing public health issues faced by a community. The community identifies and prioritizes their top concerns and come together to work to improve health conditions of residents. In Chester County, efforts were led by a steering committee, which is a group of people representing different sectors and organizations in the community who are invested in the process



The CHIP is designed as a guide to engage partners and stakeholders from a variety of organizations as well as members of the community. The goal is to leverage resources and build relationships that will help the community reach goals outlined in the plans by carrying out action-based strategies. It allows for a diverse group of people to collaborate on common goals to create a healthier Chester County.











The above collage features some notable sites in Chester County including the Chester Little Theater (Photo by Ann Helms), the Brainerd Institute (Photo by <u>Bill Fitzpatrick</u>), the People's Free Library (Photo by <u>Bill Fitzpatrick</u>), the Chester State Park (Photos by <u>South Carolina State Parks</u>), and Cornwell Inn (Photo by <u>Bill Fitzpatrick</u>). When looking to improve the community, everyone has a role!

Community Health Assessment

The development of the CHIP began in September 2018 with the dissemination of a Community Health Assessments (CHA) along with press and social media releases to encourage awareness and participation. Paper and electronic surveys via SurveyMonkey were provided in Spanish and English to the Chester County School District, doctors' offices, and other locations throughout the county. Surveys included 27 questions collecting demographic information and asking residents about their thoughts on a variety of issues affecting health. Committee members made a targeted effort to get surveys from every zip code in the county.

Interviews were also conducted with key stakeholders in Chester County, including mayors, city/council members, and the school superintendent, to gather more information on how leaders viewed health in their community.

On March 20th, 2019 community members gathered to discuss the results of the assessments and conduct a SWOT analysis. A SWOT analysis examines the strengths, weaknesses, opportunities, and threats that exist in Chester and could contribute to or interfere with making progress towards better health. At the conclusion of this discussion, community members agreed on a date to reconvene for a data walk. Keep reading for an outline of the data walk process.

"The Chester Healthcare Foundation believes collaboration with our many healthcare partners is the most efficient & effective way to achieve our objective of improving health in Chester County."

Wm. H. Bundy,
 President
 Chester Healthcare
 Foundation

"This comprehensive plan has helped to identify the health priorities for the county and outlines several strategies that the community partners can implement to improve health for all."

> Karen Nichols, Director of Upper Midlands
> Rural Health Network

The Fishing Creek Hydro
Station is located on the
Catawba River. It was built in
1916 by the Southern Power
Company, a predecessor of
Duke Power. This dam is
accompanied by a lake and
Landsford Canal State Park
that both provide space for
fishing and recreation.

Photos by Ann Helms.



Data Walk

Reviewing the Data

A data walk is an interactive method of sharing data with the community. On November 6th, 2019, upwards of 50 individuals representing various sectors of Chester County gathered at the Chester County School District to carry out the process. Data under consideration was collected from health care organizations, Community Health Assessments, and other sources. The data was sorted and presented in the seven categories of health indicators listed below:

- 1. Access to Care: Insurance Status, Delayed Medical Care, Primary Care, Dental Care,
- 2. Maternal & Child Health: Prenatal Care Entry, Breastfeeding Initiation, Teen Births, Infant Mortality, Preterm Birth, Low Birthweight
- **3. Chronic Diseases & Risk Factors:** Associated Chronic Diseases, Healthy Eating/Active Living, Cancer
- 4. Infectious Diseases: Hepatitis, HIV/AIDS, Sexually Transmitted Infections
- 5. Behavioral Health: Mental Health, Depression, Suicide, Alcohol, Tobacco, Substance Abuse
- 6. Injury: Heat Related, Homicide, Assault, Traumatic Brain Injury, Motor Vehicle Accidents
- **7. Cross Cutting:** Leading Causes of Death, Poverty Status, Income Inequality, Life Expectancy

Data from each category was displayed on posters (see Appendix B) around the meeting room. At each of these stations, SC DHEC epidemiologists engaged with groups of participants to discuss the data being presented.

Identifying Health Priorities

After completing the data walk, participants discussed what they learned, asked questions, and compared this information against their prior view of health in Chester County. The group was then tasked with collectively identifying three health priorities to address over the next three to five years. A dot-voting method was used where each participant received three dots—one for each of their top three choices—and got to place their dots onto the health indicators of their choosing. Voting revealed the following health priorities as focus areas for the Community Health Improvement Plan:

- 1. Healthy Eating / Active Living (HE/AL)
- 2. Access to Care
- 3. Maternal & Child Health

Participants signed up for workgroups that have begun strategizing and building action plans to address issues related to each health priority.

Reflecting on the Process

Starting with the Community Health Assessments, community members were consulted to ensure that the people and places where data was collected was representative of the county. The data walk empowered community members with the information they needed to make informed decisions for the good of the whole community. Data walk participants were able to merge prior knowledge and experiences with recent county-level data to see the reality of health in Chester County like they never had before. While many have been involved throughout this process, this document is ultimately the result of the dedication and decisions made by those who know and love Chester County the best: the members of its community.



From Plan to Action

The remainder of this Community Health Improvement Plan outlines specific goals and strategies related to the three chosen health priorities. The goal is to use this plan to inspire action, yet it is important to first understand what these actions could look like and where they should be directed.

Know Your Objectives

When deciding how to act, aiming actions towards the right outcomes can make a world of difference for underserved and vulnerable populations.



Equality

Provide each person with the same resources or opportunities.

Equity

Recognize that each person experiences different circumstances and provide the resources or opportunities needed to reach equal outcomes.

Justice

Build on equity and fix systems to ensure equitable access for generations to come.

Throughout the CHIP, you will see a magnifying glass anytime the phrase "through a health equity lens" is used. This phrase refers to the intentional action steps that should be taken to identify and address the areas where health inequities exist. Efforts in Chester County will be inclusive of all populations across the county. Read more about using a health equity lens: https://www.health.state.mn.us/communities/practice/resources/publications/docs/1609/healthequitylens-conf.pdf

The three chosen health priorities are inspired in part by health disparities present in Chester County. To overcome health disparities and give everyone the same chance at living healthy lives, equity is a vital part of the discussion. With these terms in mind, let's look at the two levels of action that can be taken (Milken Institute of Public Health, 2020).

#1 Provide resources and opportunities to establish equitable conditions.

The first level of action focuses on addressing inequity. Populations facing health inequities must be identified, proper interventions to address these inequities must be determined, and interventions must be sustainably implemented to establish more equitable conditions. Examples of action at this level would include distributing food in a community lacking a grocery store or

providing COVID-19 saliva tests in the homes of those who are disabled or without transportation. This level of action can be immediate but is often temporary. To be successful, there must be continuous effort and resources dedicated by the program or organization that is providing the interventions.

#2 Identify and reform factors that cause inequitable conditions.

The second level of action focuses on achieving justice. Inequities are identified just as before, but now instead of asking what can be provided to help individuals obtain equitable conditions, the focus is what can be fixed to ensure that special help is no longer necessary? Examples of action at this level would include establishing and operating a FoodShare hub to ensure access to produce and creating safe recreational spaces in a neighborhood that was previously lacking a similar space. This level of action is often more difficult to implement but provides long-term and naturally sustainable solutions that do not have to be maintained by any one program or organization (Grant County Health District, n.d.).

With a better understanding of possible objectives, let's look at strategies to help reach these objectives.

Evidence-Based Interventions

When addressing health priorities, it is important to consider evidence-based interventions (EBIs) that have addressed similar concerns in similar populations. EBIs are programs or procedures that have been proven to be effective through outcome evaluation. Their effects have been clearly linked through repeated study and expert opinion to be the result of the activities themselves and not outside events (University of Missouri, n.d.). Looking at the EBIs available for a certain topic may reveal ideas that community members had not considered before, all while saving the time to develop a new intervention and increasing the chances of success.

The following resources are helpful in the search & adaptation of potential EBIs:

- Connecticut State Department of Public Health Where to find EBIs
 https://portal.ct.gov/DPH/State-Health-Planning/Healthy-Connecticut/Where-to-Find-Evidence-based-Interventions-and-Methods
- Snap-Ed Toolkit List of Interventions
 https://snapedtoolkit.org/interventions/list-of-interventions/
- Scaling up Evidence-Based Interventions in US Public Systems to Prevent Behavioral Health Problems: Challenges and Opportunities https://link.springer.com/article/10.1007/s11121-019-01048-8
- Methods for Translating Evidence-Based Behavioral Interventions for Health Disparity Communities
 - https://www.cdc.gov/pcd/issues/2013/13 0133.htm
- Rural Health Information Hub: Rural Health Models and Innovations https://www.ruralhealthinfo.org/project-examples

Policy, Systems, and Environmental Change

In order to support health, there must be policy, systems, and environments (PSE) that allow health promotion and disease prevention to successfully take place. EBIs that go beyond influencing individual behavior and provide people with readily available healthy options in their communities are considered to be making PSE changes. The changes take place at a community or population level and most often influence laws, rules, and physical landscapes. PSE changes can be more difficult because they require design, advocacy, and implementation of changes in addition to continued education and enforcement to ensure the best outcomes. However, once in place, their benefits are often self-sustaining (Grant County Health District, n.d.; Rural Health Information Hub, n.d.).

Policy Change

- Includes the passing of laws, ordinances, resolutions, mandates, regulations, or rules.
- Government bodies (federal, state, local), school districts and schools, healthcare organizations (hospitals, health systems), worksites, and other community institutions (daycare centers, senior living centers, faith institutions) can all make policy changes.
- Policies influence the daily decisions people make. Laws that are passed can greatly influence the daily decisions individuals make about their health.

Examples

- Passing a law allowing residents to plant community gardens in vacant lots.
- Establishing a policy that prohibits junk food in school fundraising drives.
- Tobacco-free workplace laws and tobacco-free school campus policies. Tobacco-free encompasses cigarettes, e-cigarettes, and vapes.

Systems Change

- Involves changes made to the rules within an organization. Often works along with policy change.
- Impacts all elements of an organization. Focuses on changing infrastructure within a school, park, worksite, or health setting.

Examples

- Implementing WIC voucher reimbursement procedures for Farmer's Markets.
- Implementing a healthy lunch program across the state school system.
- Ensuring a hospital system is tobacco-free.

Environmental Change

- A change made to the physical environment.
- As simple as installing bike signage on already established bike routes, or as complex as building a sidewalk and pedestrian friendly intersections to promote walking and biking among citizens.

Examples

• Incorporating sidewalks, paths, and recreation areas into community design.

What's the Difference Between PSE change and Programs?

Setting	Program/Events	PSE Change
School	Celebrate a national nutrition month	Add fruits and vegetables to the cafeteria options in schools
Community	Host a community fun run to raise awareness about diabetes	Add sidewalks, cross-walks, and bike lanes to make walking and biking safer and more enjoyable
Worksite	Hold health screenings for staff	Implement a healthy vending machine policy that offers healthy snacks at an affordable price
Hospital	Hold free breastfeeding courses for new moms	Implement steps to become a 'baby friendly hospital'

Tables adapted from What is PSE? Fairfield.

For more information and examples of PSE change:

- Rural Health Information Hub Examples of PSE Change Interventions
 https://www.ruralhealthinfo.org/toolkits/health-promotion/2/strategies/policy-systems-environmental#:~:text=Examples%20of%20PSE%20Change%20Interventions&text=Activities%20include%20a%20public%20education,biking%2C%20and%20improving%20public%20spaces.
- Action4PSE Change Real-World PSE Change Examples
 http://action4psechange.org/about-pse-change/pse-examples/

What About Funding?

Implementing EBIs or creating PSE changes may sound like huge endeavors--and ones that come at a price. However, there are options available whether funding is available or not.

Without Funding

Funding is not a requirement for making a difference in Chester County. Actions that require little or no funding include conducting community assessments of walkability or bikeability, providing education to schools or organizations, hosting volunteer events, sharing educational and programmatic information on social media, and meeting with local officials to influence policy. Coalitions across the Midlands have had great success in the absence of funding, so do not feel discouraged by a lack of funds.

Eat Smart Move More SC broke down strategies for addressing common issues without funding:

Strategies to Improve Access to Healthy Foods & Places to Be Active
 https://eatsmartmovemoresc.org/pdf/Documents Reports/esmmsc-reports/PSE Change Strategies.pdf

With Funding

The advantage of a CHIP is that it allows a community to have a clear understanding of its health goals and objectives and can use this understanding to locate relevant funding opportunities. Grant funding is a great option for groups looking to implement community health interventions. Grants are funds offered by an individual organization for use by another group to finance an agreed upon program or venture. The money does not have to be repaid, but it may include limitations or requirements as to how the money can be used. Grants can come from corporations, non-profit organizations, and government entities ranging from the county to federal level (Grants.gov, n.d.).

Use the following resources from Grant.gov to get started finding funding:

- Getting Started Checklist

 https://www.grants.gov/web/grants/learn-grants/grants-101/getting-started-checklist.html
- How to Search Grants
 https://www.grants.gov/help/html/help/SearchGrants/SearchGrantsTab.htm
- Search Grants
 https://www.grants.gov/web/grants/search-grants.html

Capacity Building Here, There, & Everywhere

To address any of the aforementioned health priorities, the community must build its capacity to respond. Every community, group, and person offers unique skills and strengths and has the ability to think creatively, problem solve, and work together for the benefit of others. Community capacity is the strategic interaction of human capital, social capital, and organizational resources to improve the health and well being of a community (Chaskin, 2001). Capacity building promotes the capacity of communities to develop, implement, and sustain solutions to problems using methods that allow them to exercise control over their physical, economic, social, and cultural environments. In some way, every group working to achieve the CHIP's health priorities can benefit from building capacity. Capacity building efforts include:

Developing skills and building confidence of groups and individuals

Enhancing community processes for decision making and problem solving

Defining a common vision for the future

Implementing practical strategies to bring about change

Promoting inclusion, social justice, and health equity

(Stuart, 2019)

- What is Community Capacity Building?
 https://sustainingcommunity.wordpress.com/2014/03/10/ccb/
- Measuring Community Capacity Building: A Workbook-in-Progress for Rural Communities https://www.aspeninstitute.org/wp-content/uploads/files/content/docs/csg/Measuring Community Capacity Building.pdf

Health Priority 1:

Healthy Eating/Active Living

Overview

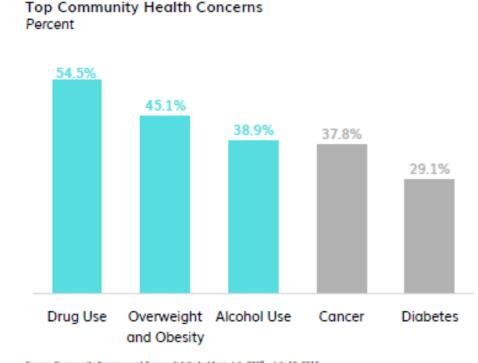
Healthy Eating/Active Living (HE/AL) addresses topics including access to healthy food, obesity, and places to be active. Poor nutrition and sedentary lifestyles are the main risk factors for obesity and other chronic conditions, so efforts will look to target and alter these behaviors. Results from the Community Health Assessment reveal that Overweight/Obesity is one of the top three community health concerns for Chester County residents. The community decided to combine this committee with Eat Smart Move More Chester County to leverage resources, increase collaboration and reduce duplication of efforts. Below are data points which helped lead to this decision.

In Chester County, 33.5% of adults are obese.

Obesity is linked to a variety of other health issues, including diabetes, stroke, heart disease, high blood pressure, and even some cancers. Healthy eating is also an issue of concern.

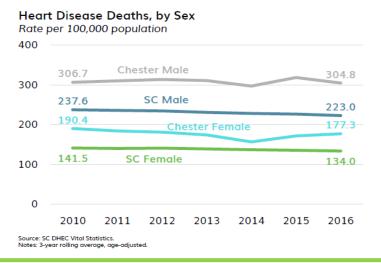
48.6% of adults do not eat a fruit at least once a day & 32.2% of adults do not eat a vegetable at least once per day.

The Chester County Community Survey indicated the following health issues as top concerns. As the second greatest concern, overweight and obesity inspired HE/AL as a top health priority.

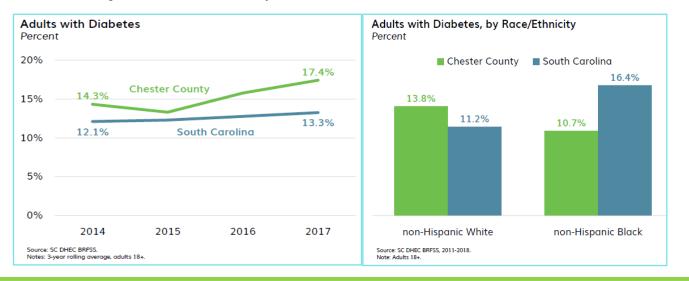


Source: Community Engagement Survey distributed from July 2018 - July 12, 2019.

Heart disease deaths are higher in Chester County when compared to the state of South Carolina.



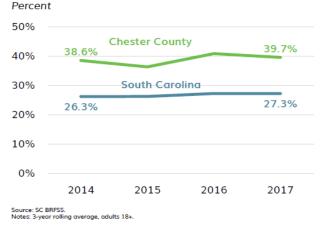
In Chester County overall 17.4% of Adults have Diabetes and 10.5% have Prediabetes. Rates according to race and ethnicity are shown below.



Sedentary lifestyles are higher in Chester County when compared to South Carolina.

34.9% of men and 40.8% of women report no leisure time physical activities in the past month.

No Leisure-time Physical Activity in the Past Month



Goal 1: Through a health equity lens, increase countywide capacity for coordinated efforts and partnerships to promote HE/AL.

Strategies

- Promote capacity building to expand efforts countywide.
- Identify underserved areas and assess access to local initiatives to achieve health equity.
- Provide educational opportunities for coalition members regarding coalition structure, social determinants of health, and health equity.

Resources

- Live Healthy South Carolina https://livehealthy.sc.gov/
- Eat Smart Move More SC http://eatsmartmovemoresc.org/
- CDC Division of Nutrition, Physical Activity, and Obesity
 https://www.cdc.gov/nccdphp/dnpao/index.html
- American Heart Association Healthy School Meals
 - https://www.heart.org/en/getinvolved/advocate/federal-priorities/school-meals
- Alliance for a Healthier Generation https://www.healthiergeneration.org/

Potential Partners

- Catawba Farm and Food Coalition
- Chester County Community Coalition
- Chester County Elected Officials
- Chester County Parks and Recreation
- Chester County School District
- Eat Smart Move More Chester County
- Upper Palmetto YMCA
 See Appendix A for complete list.

Take Action in Your Community

- Fundamentals of Community Coalition Building
 https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health
- Blueprint for Health
 https://scorh.net/blueprint-for-health/
- Coalition Guide Resource
 https://scdhec.gov/sites/default/files/Library/CR-012013.pdf
- Coalition Building Partnerships
 https://eatsmartmovemoresc.org/open-community-use-of-school-recreational-areas/

Goal 2: Through a health equity lens, increase policy, systems, and environmental (PSE) approaches that promote HE/AL.

Strategies

- Assess resources that support HE/AL and identify underserved areas with gaps in access.
- Engage with stakeholders and community members to address needs and improve environments to support HE/AL.
- Identify & implement evidence-based interventions (EBIs) that bring sustainable PSE change to the county with a focus on underserved populations.

Resources

- Live Healthy South Carolina https://livehealthy.sc.gov/
- Eat Smart Move More SC http://eatsmartmovemoresc.org/
- CDC Division of Nutrition, Physical Activity, and Obesity

https://www.cdc.gov/nccdphp/dnpao/index.html

- American Heart Association Healthy School Meals
 - https://www.heart.org/en/getinvolved/advocate/federal-priorities/school-meals
- Alliance for a Healthier Generation https://www.healthiergeneration.org/

Potential Partners

- Chester County 4-H
- Chester County School District
- Chester County Sheriff's Department
- Clemson Extension
- Department of Juvenile Justice
- DHEC Snap-Ed

- Fort Lawn Community Center
- Nurse Family Partnership
- Upper Midlands Rural Health Network
- Upper Palmetto YMCA
 See Appendix A for complete list.

Take Action in Your Community

- County Health Rankings What Works for Health https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health
- Creating Active Community Environments: A Grassroots Guide https://scdhec.gov/sites/default/files/Library/CR-012013.pdf
- Open Community Use

https://eatsmartmovemoresc.org/open-community-use-of-school-recreational-areas/

- Individually Adapted Health Behavior Change Programs

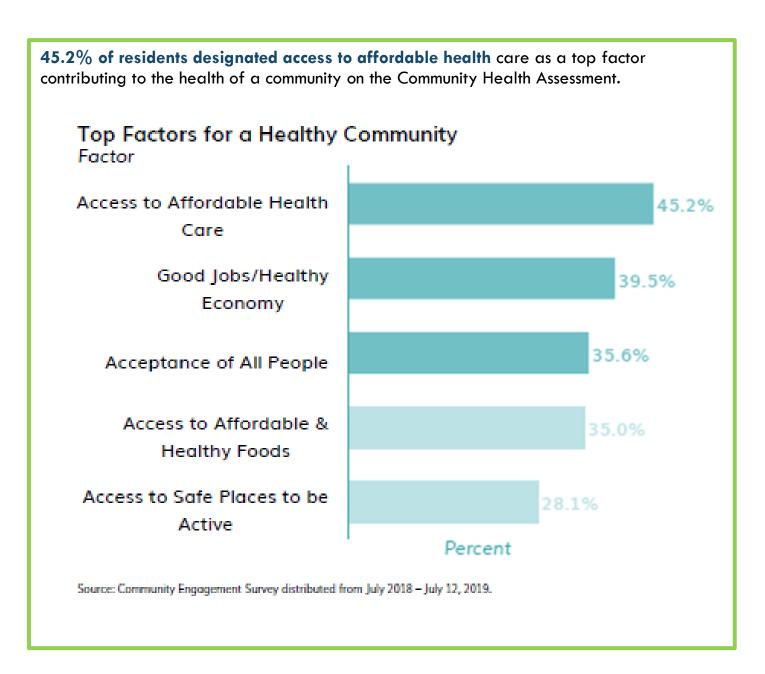
 https://www.thecommunityguide.org/findings/physical-activity-individually-adapted-health-behavior-change-programs
- National Diabetes Prevention Program https://www.cdc.gov/diabetes/prevention/index.html
- Blood Pressure Self-Monitoring
 https://www.ymca.net/blood-pressure-self-monitoring
 http://upymca.org/programs/health/
- Faith, Activity, and Nutrition (FAN)
 http://prevention.sph.sc.edu/projects/fantraining.htm
- Veggie RX
 https://www.freshapproach.org/veggierx/
- FoodShare https://foodsharesc.org/about-us/
- LiveSTRONG
 http://upymca.org/livestrong-at-the-ymca/

Health Priority 2:

Access to Care

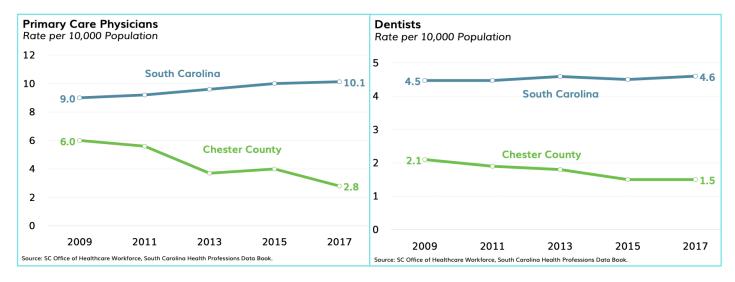
Overview

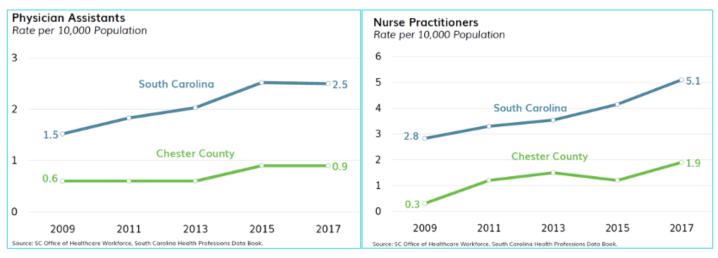
Access to care relates to insurance cost and status, as well as availability of and proximity to providers. Access to affordable health care was identified as the number one factor for a healthy community in the Chester County Community Health Assessment. According to the National Rural Health Snapshot, there are 13.1 Primary Care Physicians (PCP) per 10,000 residents in rural communities. In Chester County, there are only 2.8 PCP per 10,000 residents. This priority also addresses barriers caused by lack of knowledge and fear. Addressing access to care is essential because it addressed unmet health needs, financial burdens, and delays in receiving necessary care. Below are data points that led to identifying Access to Care as a priority.



There have been major declines over the years in the number of **Primary Care Physicians and Dentists**, while there has been some increase in the number of Nurse Practitioners and Physician Assistants in the county.

Having a primary care provider who serves as the usual source of care is associated with greater patient trust, better patient-provider communication, increased likelihood of receiving appropriate care, and lower mortality from all causes.





Goal 1: Increase awareness of health disparities and provide access to resources to support all residents in living long, healthy lives.

Strategies

- Assess current availability of health services and identify gaps.
- Expand awareness of factors contributing to health and health disparities.
- Work through a health equity lens to ensure residents have access to evidence-based chronic disease management and prevention services.

Resources

- SC Office of Rural Health https://scorh.net/
- Health Facilities and Services Locator
 https://sc-dhec.maps.arcgis.com/apps/webappviewer/index.html?id=e8b4eea83cab491bb3e3663093e14656
- National Rural Health Snapshot
 https://www.ruralhealthweb.org/about-nrha/about-rural-health-care
- Chronic Illness & Mental Health
 https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health/index.shtml

Potential Partners

- Chester County Health Care Providers
- Mid-Carolina Area Health Education Consortium (AHEC)
- Nurse Family Partnership
- Upper Midlands Rural Health Network (UMRHN)
 See Appendix A for complete list.

Take Action in Your Community

- National Diabetes Prevention Program https://www.cdc.gov/diabetes/prevention/index.html
- Hypertension Management Program
 https://www.clemson.edu/extension/health/programs/hypertension-control.html
- Better Choices Better Health
 https://www.cdc.gov/arthritis/interventions/programs/better-health.htm

While bringing in more physicians may not be feasible, giving community members access to chronic condition management programs may reduce their need to seek healthcare services.

Goal 2: Through a health equity lens, increase policy, systems, and environmental (PSE) approaches that support and improve access to quality comprehensive health care services.

Strategies

- Support the health care workforce and related organizations to promote the availability of cultural and linguistic competency training.
- Improve environments to support healthy eating, active living, and tobacco-free living.
- Implement evidence-based interventions that will bring sustainable PSE changes to underserved populations as well as the entire county.

Resources

- SC Health + Planning Toolkit
 https://scdhec.gov/sites/default/files/Library/SCHealthPlanningToolkit.pdf
- Live Healthy SC https://livehealthy.sc.gov/
- State Health Improvement Plan https://livehealthy.sc.gov/sites/default/files/Documents/SHA%20chapters/sc_rural_health_action_plan_sc_ship.pdf
- SC Rural Health Action Plan
 https://scorh.net/wp-content/uploads/2019/04/RECS012219 yellow.pdf
- Medical Guide 2020
 https://www.onlinechester.com/content/medical-guide-2020

Potential Partners

- Chester County Health Care Providers
- Chester County Health Department
- Mid Carolina Area Health Education Consortium (AHEC)
- Nurse Family Partnership
- SC Office of Rural Health (SCORH)
- Upper Midlands Rural Health Network
 See Appendix A for complete list.

Take Action in Your Community

- National Diabetes Prevention Program https://www.cdc.gov/diabetes/prevention/index.html
- Hypertension Management Program
 https://www.clemson.edu/extension/health/programs/hypertension-control.html
- Community Health Workers
 https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/community-health-workers
- Better Choices Better Health
 https://www.cdc.gov/arthritis/interventions/programs/better-health.htm

While bringing in more physicians may not be feasible, giving community members access to chronic condition management programs may reduce their need to seek healthcare services.

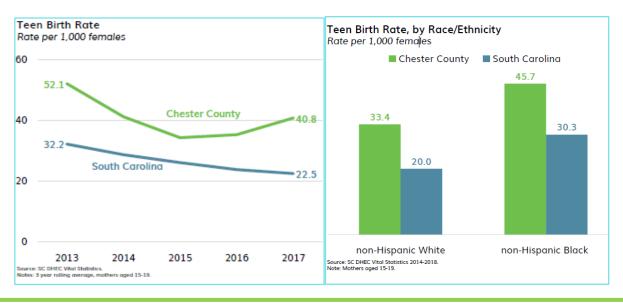
Health Priority 3:

Maternal & Child Health

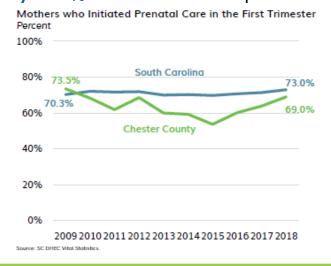
Overview

Maternal and child health is an important public health issue. A mother's health and behaviors during pregnancy greatly affects the child's long-term health. The Maternal and Child Health Committee felt it was important to look at teen birth rates in Chester County and found that despite efforts, rates are increasing. Below are additional data points which led to identifying Maternal and Child Health as a health priority.

Teen Births for Chester County are on the rise and are significantly higher than those for the state. Teen birth rates are 18.8 per 1,000 in the US, 22.5 per 1,000 in SC, and 40.8 per 1,000 females in Chester County aged 15-19 in 2017. In 2018, Chester County ranked #1 in the state for teen birth rate.



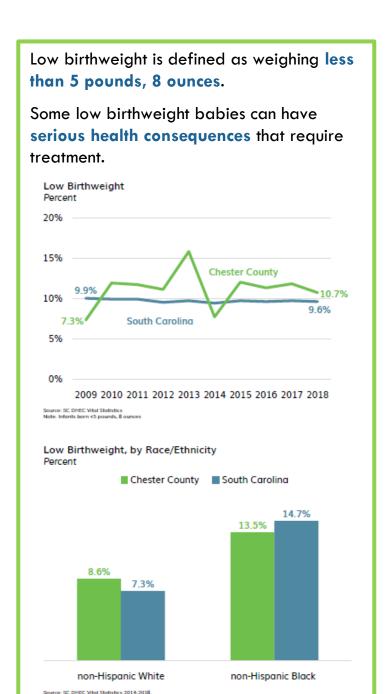
Early and regular prenatal care can help a mother have a healthy pregnancy and full-term baby. In Chester County, only 69.0% of mothers initiated prenatal care in their first trimester.



Preterm Birth is defined as a baby born before 37 weeks.

Babies born too early, especially before 32 weeks, have higher rates of death and disability.





See Appendix C for Chester County's Fact Forward Profile that provides additional information on teen sexual health behaviors.

Goal 1: Improve the health and well-being of women, infants, children, and families by increasing the proportion of pregnant women who receive quality early prenatal care.

Strategies

- Assess current services and initiatives.
- Identify gaps and barriers to access.
- Coordinate efforts to increase access to prenatal care.

Resources

• Fact Forward https://www.factforward.org/

County Health Rankings and Roadmaps

https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies?keywords=mental+health+&sort_by=best_match_

Potential Partners

- Chester County First Steps
- Chester County Health Department
- Chester County School District
- Nurse Family Partnership
 See Appendix A for complete list.

Take Action in Your Community

- Women, Infants and Children (WIC) Program https://scdhec.gov/health/wic-nutrition-program
- Nurse Family Partnership

 https://www.nursefamilypartnership.org/locations/south-carolina/
- Summary & Recommendations for Preventing Low Birthweight https://www.ncbi.nlm.nih.gov/books/NBK214456/
- Community Guide Recommendations for Pregnancy Health https://www.thecommunityguide.org/topic/pregnancy-health

Goal 2: Support positive youth development to reduce teen pregnancy rates.

Strategies

- Assess current services and initiatives in the community that support youth development.
- Assess current services and initiatives in place for pregnant teens.
- Engage stakeholders and community members to coordinate efforts.
- Identify & implement evidence-based interventions to support youth development and reduce teen pregnancies.

Resources

Fact Forward

https://www.factforward.org/

County Health Rankings and Roadmaps

 $\frac{https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies?keywords=mental+health+&sort_by=best_match$

Potential Partners

- Chester County First Steps
- Chester County Health Department
- Chester County School District
- Nurse Family Partnership
 See Appendix A for complete list.

Take Action in Your Community

- Draw the Line/Respect the Line
 https://www.factforward.org/education-and-training/curriculum/draw-linerespect-line
- Making Proud Choices
 https://www.factforward.org/education-and-training/curriculum/making-proud-choices
- HHS Teen Pregnancy Prevention Evidence Review https://tppevidencereview.youth.gov/EvidencePrograms.aspx
- CDC Teen Pregnancy Communitywide Initiatives

 $\frac{\text{https://www.cdc.gov/teenpregnancy/projects-initiatives/communitywide.html}{\text{text=Evidence}\%20based}\%20teen\%20pregnancy}\%20prevention\%20(TPP)\%20programs\%20are\%20programs,infections\%2C\%20or\%20sexual%20risk%20behaviors.}$

Acknowledgements

We would like to thank everyone for their support, patience, assistance, and hard work during this process. There is no I in team, and we know without all of us joining forces together we would not have completed our first Community Health Improvement Plan. Community improvement starts within the community and we can now honorarily consider all of you a proud member of Chester County. We will never forget your input and impact as we continue this journey.

Arras Foundation

Chester County First Steps

Chester County School District

Chester Healthcare Foundation

Chester Residents, Partners, and Organizations

Eat Smart Mover More (ESMM) Chester County

Fort Lawn Community Center (FLCC)

Great Falls Referral & Assistance Service Project (GRASP)

Hazel Pittman Center

SC Department of Health and Environmental Control (DHEC)

Upper Midlands Rural Health Network (UMRHN)

Special thanks to Ann Helms and Bill Fitzpatrick for providing consent for use of original photographs.

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Appendix A

Community Partners

- Catawba Farm and Food Coalition
- Chester County 4-H
- Chester County Community Coalition
- Chester County Elected Officials
- Chester County First Steps
- Chester County Health Department
- Chester County School District
- Chester County Sheriff's Department
- Clemson Extension
- Department of Juvenile Justice
- DHEC Snap-Ed
- Eat Smart Move More Chester County
- Fort Lawn Community Center
- Hazel Pittman Center
- Mid-Carolina AHEC
- Medical University of South Carolina (MUSC) Health Chester Medical Center
- Nurse Family Partnership
- Parks and Recreation
- SC Office of Rural Health
- Upper Midlands Rural Health Network
- Upper Palmetto YMCA

Appendix B

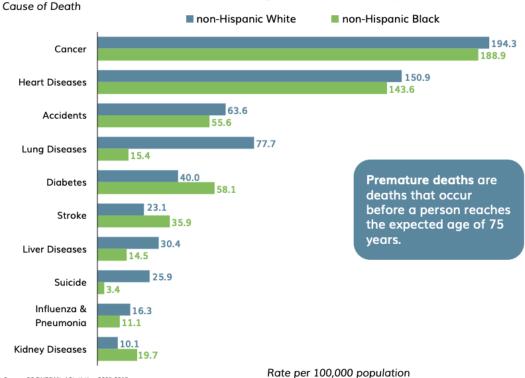
Data Posters



Cross-Cutting Chester County Health Equity

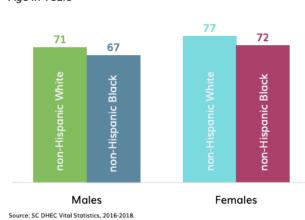


Leading Causes of Premature Death Before Age 75, by Race/Ethnicity

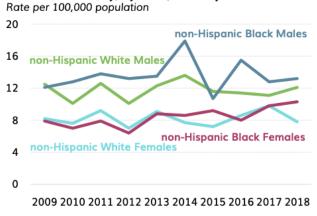


Median Age of Death, by Sex and Race/Ethnicity Age in Years

Source: SC DHEC Vital Statistics, 2009-2018.



All Cause Mortality, by Race/Ethnicity and Sex



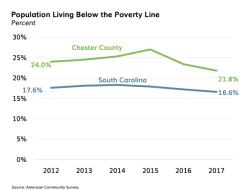
Source: SC DHEC Vital Statistics. Note: Age-adjusted.



Cross-Cutting Chester County

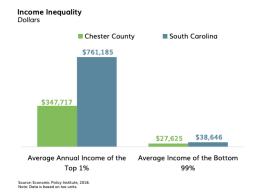


Poverty Status

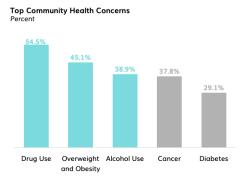


Note: 5-year estimates.

Income Inequality

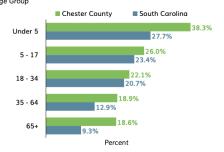


Community Survey



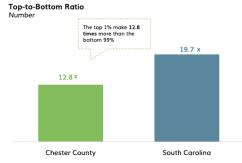
Source: Community Engagement Survey distributed from July 2018 - July 12, 2019

Population Living Below the Poverty Line, by Age Age Group



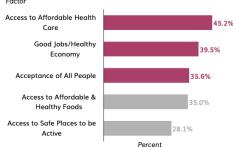
Source: American Community Survey, 2013-2017.

Note: Poverty status is based on total family income in the last 12 months with the poverty threshold appropriate for that no person's family size and composition.



Source: Economic Policy Institute, 2018.

Top Factors for a Healthy Community Factor



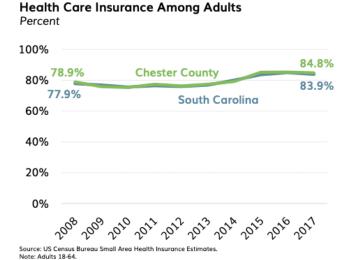
Source: Community Engagement Survey distributed from July 2018 – July 12, 2019.



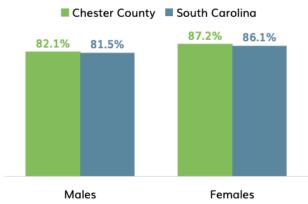
Access to Care Chester County



Insurance Status

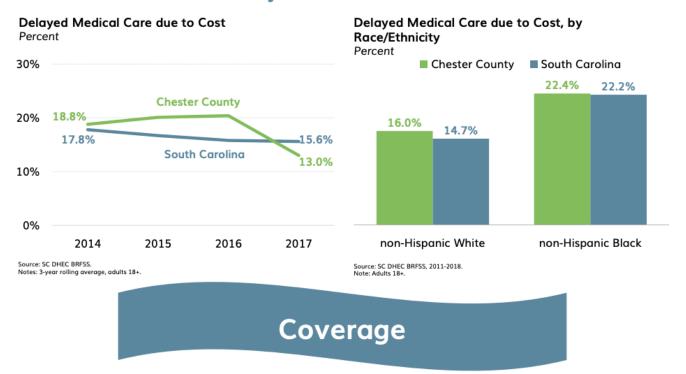


Health Care Insurance Among Adults, by SexPercent



Source: US Census Bureau Small Area Health Insurance Estimates. Note: Adults 18-64.

Delayed Medical Care



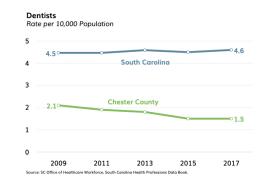


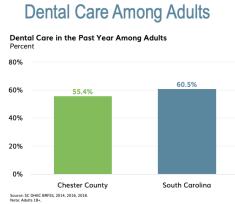
Access to Care Chester County

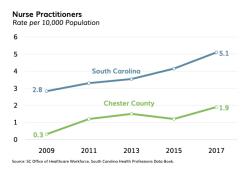


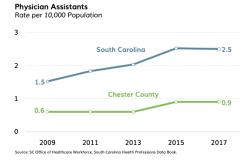
Primary Care Providers

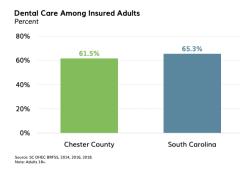
Primary Care Physicians Rate per 10,000 Population 12 10 9.0 8 6 6.0 Chester County 4 2 0 2009 2011 2013 2015 2017







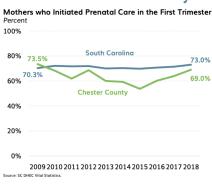




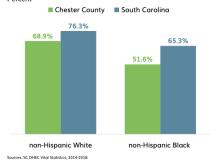
Providers



Prenatal Care Entry



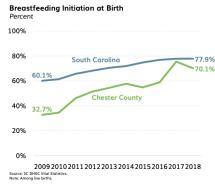
First Trimester Prenatal Care Entry, by Race/Ethnicity Percent



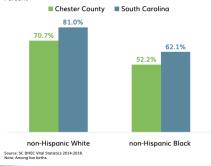
Maternal and Child Health

Chester County

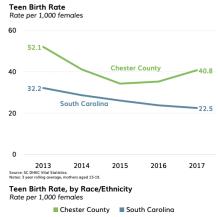
Breastfeeding Initiation

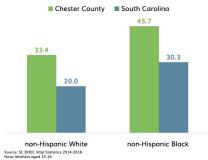


Breastfeeding Initiation, by Race/Ethnicity of the Mother Percent



Teen Births



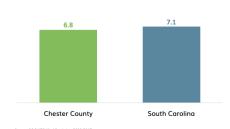


Maternal and Child Health



Infant Mortality

10-Year Infant Mortality Rate Rate per 1,000 live births



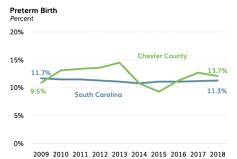
Leading Causes of Infant Death

Source: SC DHEC Vital Statistics, 2008-2017.

Ranking	Chester County	South Carolina
1	Birth Defects	Birth Defects
2	Preterm or Low Birthweight	Preterm or Low Birthweight
3	Homicide	Sudden Infant Death Syndrome

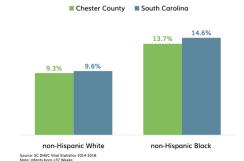
Maternal and Child Health Chester County

Preterm Birth



Preterm Birth, by Race/Ethnicity Percent

Source: SC DHEC Vital Statistics Note: Infants born <37 Weeks



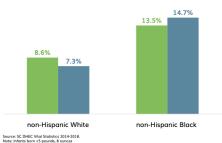
Low Birthweight



0%
2009 2010 2011 2012 2013 2014 2015 2016 2017 2018
Source: SC DHEC Vital Statistics.
Note: Infants born -5 pounds, 8 ounces

Low Birthweight, by Race/Ethnicity Percent





Maternal and Child Health



Notes: 3-year rolling average, adults 18+.

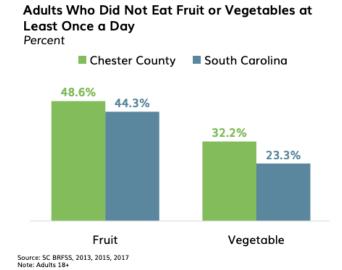
Chronic Disease Chester County



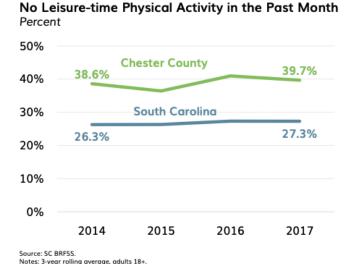
Obesity

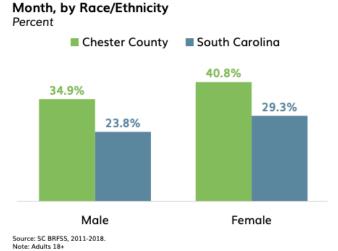
Adults with Obesity Percent 40% 37.5% 35.9% **Chester County** 33.5% 30% 30.9% South Carolina 20% 10% 0% 2014 2015 2016 2017 Source: SC BRFSS.

Nutrition



Physical Activity





No Leisure-time Physical Activity in the Past

Healthy Eating / Active Living



All Cancers

Leading Number of New Cases of Cancer

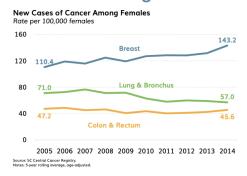
178
163
159
102
46

Leading Number of Cancer Deaths

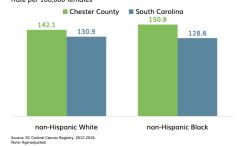
Site	Rate	Number
Lung & Bronchus	54.3	125
Colon & Rectum	18.6	41
Female Breast	26.5	34
Pancreas	13.3	29
Liver	10.1	23
Source: SC DHEC Vital Statistics, 2014-2018. Note: Age-adjusted rate per 100,000 population.		

Chronic Disease Chester County

Cancer Among Females

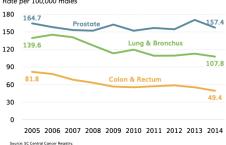


New Cases of Female Breast Cancer, by Race/Ethnicity Rate per 100,000 females

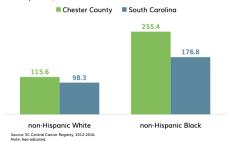


Cancer Among Males





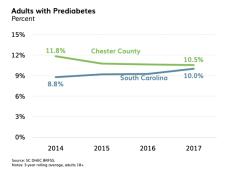
New Cases of Prostate Cancer, by Race/Ethnicity Rate per 100,000 males



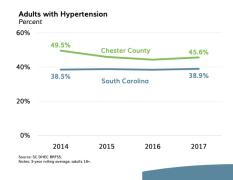
Cancer



Prediabetes

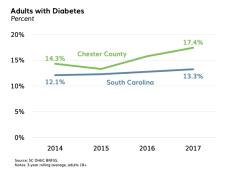


Hypertension

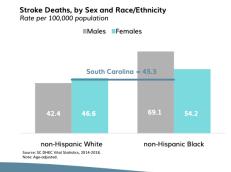


Chronic Disease Chester County

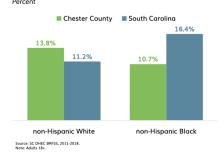
Diabetes



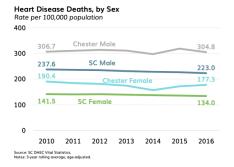
Stroke



Adults with Diabetes, by Race/Ethnicity Percent



Heart Disease



Associated Chronic Conditions



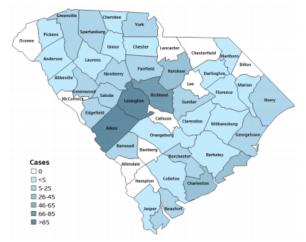
Infectious Disease dhec **Chester County**



Hepatitis

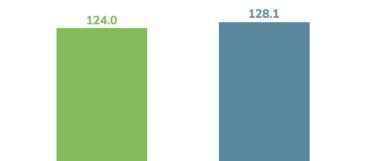
Confirmed Cases of Hepatitis A

November 1, 2018 - October 19, 2019



Source: SC DHEC Division of Acute Disease Epidemiology. Note: 2019 data are preliminary and subject to change.

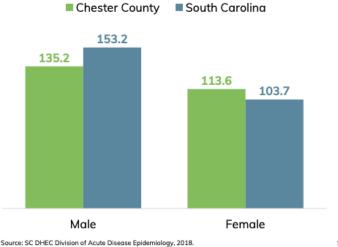
People Living with Hepatitis C Rate per 100,000 population



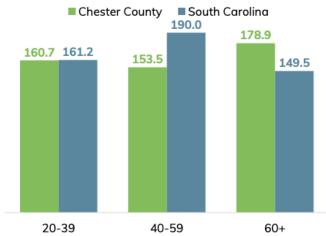
Chester County Source: SC DHEC Division of Acute Disease Epidemiology, 2018. South Carolina

People Living with Hepatitis C, by Sex

Rate per 100,000 population



People Living with Hepatitis C, by Age Rate per 100,000 population



Source: SC DHEC Division of Acute Disease Epidemiology, 2018.

Infectious Disease



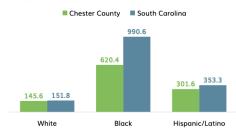
Chester County

Infectious Disease

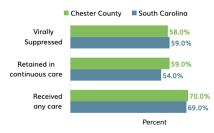


HIV/AIDS

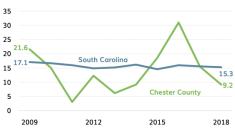
People living with HIV/AIDS (Prevalence), by Race/Ethnicity Rate per 100,000 population



HIV/AIDS Continuum of Care Continuum of Care Status



New HIV/AIDS Infections Each Year (Incidence) Rate per 100,000 population



New Chlamydia Infections, by Race/Ethnicity (Incidence) Rate per 100,000 population

9017

169.3

Source: SC DHEC Division of Surveillance and Technical Support, 2018

■ Chester County ■ South Carolina

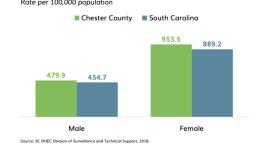
1.049.3

222.4

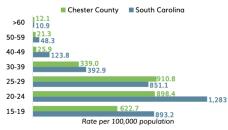
Hispanic/Latino

Sexually-Transmitted Diseases

New Chlamydia Infections, by Sex (Incidence) Rate per 100,000 population



New Gonorrhea Infections, by Age (Incidence) Age Group



Infectious Disease

38



Behavioral Health Chester County

34.0

Alcohol

Alcohol-Related Emergency Department Visits, by Race Rate per 10,000 population

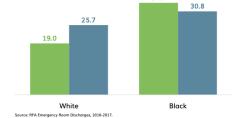
■ Chester County ■ South Carolina



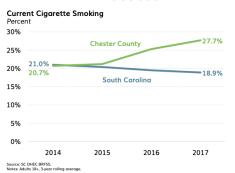
Drug Overdose

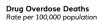
Naloxone Administration for Opioid Overdose Rate per 10,000 population

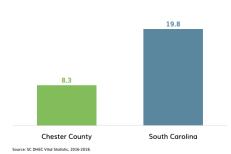




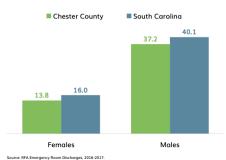
Tobacco



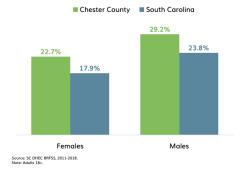




Alcohol Related Emergency Department Visits, by Sex Rate per 10,000 population



Current Cigarette Smoking, by Sex Percent



Substance Abuse

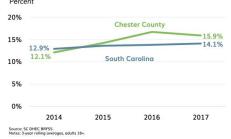


Behavioral Health Chester County



Mental Health

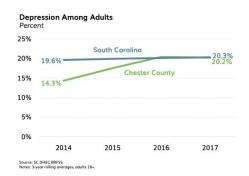
Adults Who Experienced 14 or More Poor Mental Health Days in the Past Month Percent



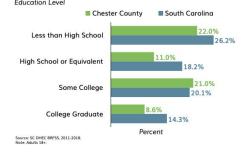
Adults Who Experienced 14 or More Poor Mental Health Days in the Past Month, by Sex



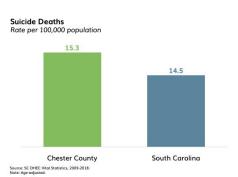
Depression



Depression Among Adults, by Education Education Level



Suicide



Self Harm Emergency Department Visits, by Sex Rate per 100,000 population



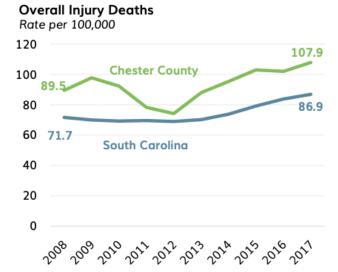
Mental Health



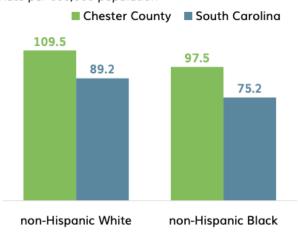
Injury **Chester County**



Overall Injury



Overall Injury Deaths, by Race/Ethnicity Rate per 100,000 population



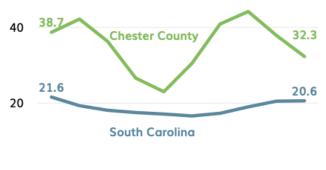
Source: SC DHEC Vital Statistics, 2014-2018. Note: Age-adjusted.

Source: SC DHEC Vital Statistics. Notes: 3-year averages, age-adjusted

Motor Vehicle Accidents



Rate per 100,000

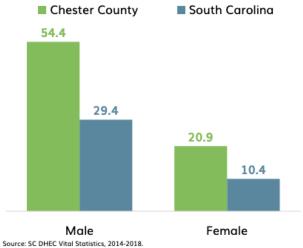




Source: SC DHEC Vital Statistics.

Motor Vehicle Deaths, by Sex

Rate per 100,000 population



Injury

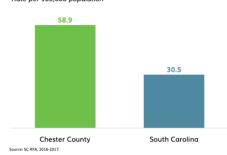


Injury Chester County

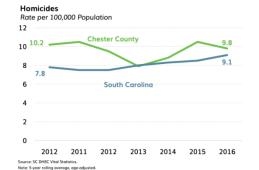


Heat-Related Injuries

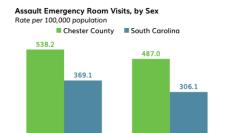
Heat-Related Emergency Department Visits Rate per 100,000 population



Homicide



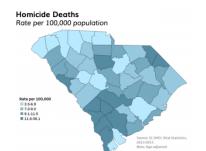
Assault



Traumatic Brain Injury

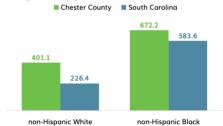
Traumatic Brain Injury Hospitalizations, by Sex Rate per 100,000 population





Assault Emergency Department Visits, by Race

Rate per 100,000 population



Injury

Appendix C

Fact Forward Chester County Profile

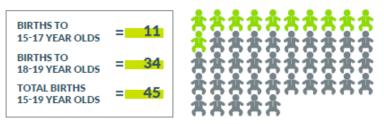
CHESTER SOUTH CAROLINA COUNTY PROFILE



2018 Teen Birth Rate



2018 Teen Birth Numbers



Total number of births to South Carolina teens (ages 15-19) = 3,480.

Community Well-Being

Women in Need of Publicly-Funded Family Planning Services



County Rank* 18

Teens Not Enrolled in School and Not Working



County Rank* 4

People Living in Poverty



County Rank* 18

Sexual Health

Gonorrhea Ages 15-19		Chlamydia Ages 15-19	
Cases	12	Cases	81
Rate (per		Rate (per	
100,000)	622.7	100,000)	4203.4
County Rank* 35		County Rank	K* 15

*Ranking Range = 1 (Worst) - 46 (Best), Data sources available at FactForward.org/statistics

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