*Improving Community Health through Planning and Partnerships*

Louisa Community Health Assessment Council

Location: Louisa County Office Building

March 25th, 2016

Minutes

**Introductions/Attendees:**

Tracey Brookman (*UVA Public Health Sciences*)

Susan Colvin *(VCE Family Nutrition)*

Whitney Deane (*Louisa County CSA*)

Willie Gentry (Louisa BOS)

Carrie Gladden *(Health and Wellness Center of Louisa)*

Crystal Estes (*Louisa County DHS*)

Michelle Hottinger (*Region Ten CSB*)

Amy Loveless *(Jefferson Area CHiP)*

Eric MacKinnon (*Healthy 4 Life, Reikki Healing of Palmyra*)

Melinda McCall *(Louisa Veterinary Service)*

Jillian Regan (*Health Department)*

Lloyd Runnett *(LCLC)*

Vickie Southall *(UVA School of Nursing)*

I. **MAPP Vision** – *Jillian Regan*

* Showed slides of vision statement, values (based on results of word cloud)
* Vision: Together we support equitable access to resources for a healthy, safe community
* Values:
  + **Teamwork** - Cooperative or coordinated effort on the part of a group of persons acting together as a team.  Prominent words in word clouds:  together, one another, one
  + **Accountability** - The state of being accountable, liable, or answerable.  Prominent words in word clouds:  support, improve, supportive, helping
  + **Inclusivity** - Policy of not excluding members or participants on the grounds of gender, race, class, sexuality, disability, etc.  Prominent words in word clouds:  everyone, including, inclusive, equal
  + **Respect** - Esteem for or a sense of the worth or excellence of a person.  Prominent words in word clouds:  love, care, respect

II. **Community Themes and Strengths Assessment** – *April Carman*

* Reviewed how we’re going to administer the survey and the questions
* Survey will be done by May
* Went over list of where to administer the survey
* Suggested locations to administer CTSA survey
  + Betty Queen Center
  + Health Department
  + Louisa County Resource Council
  + Community Health Center (they would be able to put surveys out in waiting room)
  + VFW
  + Moose Lodge
  + Region 10 (would be able to put surveys in their waiting room)
  + Louisa county admin building (put surveys in lobby)
  + Churches
    - New Life Church
    - Mineral Baptist
    - Louisa Baptist
    - Louisa Christian Church
    - Galilee Church
    - Temple of Deliverance
  + Epworth Manor Apartments
  + Grocery Stores
    - Food Lion – Lake Anna (population that goes here is more transient, not from Louisa mostly—most from Nothern VA,)
    - Food Lion – Louisa
    - Wal-Mart – Zion Crossroads (also has residents from Fluvanna & Albemarle)
    - Johnny’s Quick Stop – Mineral
    - Dickinson’s Store – Wares Crossroads
    - BP – Gum Spring
  + Laundromats
  + McDonalds – Louisa
  + Drug stores…
  + Good Will
  + Schools
    - Louisa High School – baseball or little league or soccer games
    - Louisa’s High School Play 14th, 15th, 16th (but have to go through school system to get it approved to do survey there-Dr. Pette (superindendent)
    - Kindergarten & pre-school registration = April 8th
  + Resource council = (good place to have people administering the survey)
  + Louisa Family Practice
  + Church contacts (Lin Kogel)
  + Door-to-door…

III. **Complete Section II Part 2 Data** – *Jillian Regan*

* See attached presentation slides and for details
* Things to note:
* 1st slide VA is lower than HP2020 goals, which is good.
* Food & Diet
  + Buy vs grow veggies—if grow own vegetables, wouldn’t be reflected
  + LCRC giving away fruits and veggies – will share numbers with us of fresh produce given away to Louisa families
  + % youth not eating fruits in past 7 days slightly increased 2011-2013
* Alcohol and Drugs/Mental Health
  + Reduction in boating accidents related to alcohol in past 12-15 years
  + \*Probably more wineries/breweries/liquor stores in Louisa
    - 5 wineries in Louisa
    - Cooper, Gray Haven, Lake Anna (might be Spotsylvania)
    - Lake Anna ABC stores sell more over the summer
  + High expenditures on alcohol in TJHD and parts of Louisa
  + 15 Years ago had a high rate of alcohol-related drownings but have made change
  + The 2015 YRBSS data will be available in June – then can compare illegal drug use in high school students with 2011 & 2013
  + \*High drug use rate among HS students in VA
  + Trend of mental health question in BRFSS (CDC has said they will add more mental health questions in the future, but if added to the 2016 questions, won’t be able to get that data until 2018)
    - General dislike of BRFSS MH Question
  + SAMSA – surveys, website
    - Might have data
  + Michelle provided us some nationwide statistics:
    - 1 in 4 experience MH issues in a lifetime,
    - 1 in 17 at any given time will have MH issues
  + PHQ2 assessment
  + PHQ9 assessment
  + Data highlights
    - 26% VA HS students feeling sad, depressed; higher in females than males
    - 15% of HS students have considered attempting suicide
    - 10% of HS students report they have attempted suicide
    - 18% of high school (HS) students report they have been in car with driver who had consumed alcohol
  + Michelle - teens experiencing anxiety, increased since 2011
  + Get data from Region 10
  + Causes, reasons for thoughts of suicide and
    - Kids younger than HS thinking about, attempting suicide
    - Cyber bullying?
    - Prescribed SSRI at younger than 21 years old (can increase risk of suicidal thoughts)
  + Prescription drug use
  + What are the avenues to prevent? –question from Mr. Gentry
    - Michelle discussed some of Region 10’s prevention efforts– mobile crisis, Region 10 tracks child with mental health crisis, very tight case management in the community (avoid hospitalization and assistance with kids returning into environment that ‘caused’ MH crisis). Program of Louisa, in use in Louisa
  + April discussed role of MAPP to review data, review existing services, and then identify necessary changes, services, policies to improve chosen health issues
* Cancer & HIV Screening Behaviors
  + Cancer screening – colonoscopy, Louisa is lower than state & Fluvanna
  + 10% of people with HTN not taking medications
  + Tetanus vaccine in adults, decreasing rates
* **Overview/areas for follow-up/areas of concern**
  + Mental Health
    - How to gauge adult MH needs/conditions
    - What is causing teens to consider suicide
    - 20% all 911 calls have behavioral health component
  + Alcohol and Substance Abuse
    - High drug use among HS students (folks trying to get off addictions, coming to health center for help, but they have had patients die from overdose
    - Drug use among adults and access to help/services to get off addiction
  + Seat Belt Use
    - Kaiser study – ACE studies – prevention
    - TJHD drop in seat belt use, 2011 – 2013 98.6% to 90.2% (lower than VA state)
    - Can we see the trend over more years? – Southall
    - \*State data/police on tickets for seat belt use
  + Missing Data that was noted/requested
  + Dental – behaviors (brushing teeth, accessing dentists) (not just outcomes)
    - Access to dental health
    - Reasons for high teen suicide rate
    - Better alcohol data
    - Numbers for HH with single parents, grand-parent led houses, “broken homes”
      * Could impact youth mental health / substance use/abuse

**Next Meeting:**

April 29, 2016, 9:30 – 11:00 am, Location: