



countyhealthrankings.org

A program of the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute

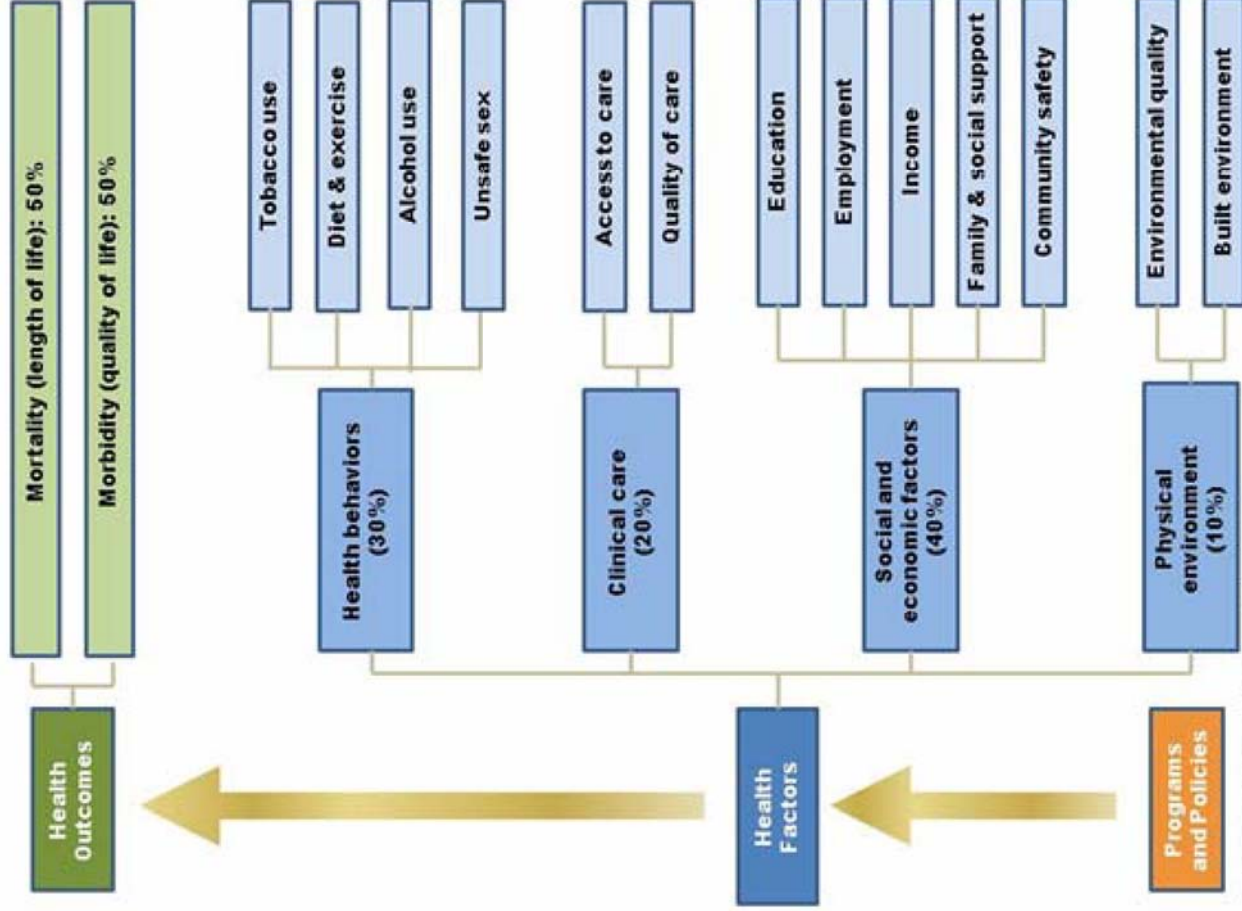
Commissioner's Court Briefing

W.S. "Chip" Riggins Jr. MD MPH
Exec Dir / Health Authority

Williamson County and Cities Health District



A program of the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute



Williamson County ranked 1st in “Outcomes”

Williamson County ranked 4th in “Factors”

Health doesn't happen by accident!





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HEALTH OUTCOMES					
Focus Area	Measure	Source	Year(s)	Counties Covered (%)	Population Covered (%)
Mortality (50%)	Premature death — Years of potential life lost before age 75 (YPLL-75) rate	Vital Statistics, National Center for Health Statistics (NCHS)	2004–2006	96.8%	99.9%
	Self-reported health — Percent of adults reporting fair or poor health — 10%	Behavioral Risk Factor Surveillance System (BRFSS)	2002–2006	86.3%	98.3%
Morbidity (50%)	Mean physically unhealthy days/month for adults — 10%	BRFSS	2002–2006	92.5%	99.5%
	Mean mentally unhealthy days/month for adults — 10%	BRFSS	2002–2006	92.5%	99.5%
	Percent of live births with low birthweight (< 2500 grams) — 20%	Vital Statistics, NCHS	2000–2006	92.8%	99.8%

*Achieving a healthy community is a journey, not a destination...
Leaders from across this community are committed to ongoing
process to make our cities and county as healthy as they can be.*



Health Outcomes Rank = 1

	WILCO	Margin	Nat B'mark	TX	Rank
Health Outcomes					1
Mortality					3
<u>Premature death</u>	4,616	4,373-4,860	5,564	7,289	
Morbidity					5
<u>Poor or fair health</u>	12%	10-15%	10%	19%	
<u>Poor physical health days</u>	2.7	2.3-3.1	2.6	3.6	
<u>Poor mental health days</u>	2.6	2.1-3.1	2.3	3.3	
<u>Low birthweight</u>	6.6%	6.3-6.8%	6.0%	8.1%	

Health Factors Rank = 4

WILCO Margin Nat B'mark TX Rank

A: Health Behaviors	WILCO	Margin	Nat B'mark	TX Rank
<u>Adult smoking</u>	15%	12-18%	15%	19%
<u>Adult obesity</u>	25%	22-28%	25%	27%
<u>Excessive drinking</u>	17%	14-20%	8%	16%
<u>Motor vehicle crash death rate</u>	13	12-15	12	17
<u>Sexually transmitted infections</u>	310		83	422
<u>Teen birth rate</u>	37	35-38	22	64

Clinical Care Rank = 2

WILCO Margin Nat B'mark TX Rank

B: Clinical Care	WILCO	Margin	Nat B'mark	TX	Rank
<u>Uninsured adults</u>	20%	17-23%	13%	30%	2
<u>Primary care providers</u>	1,101:1		631:1	1,050:1	
<u>Preventable hospital stays</u>	60	58-62	52	80	
<u>Diabetic screening</u>	86%	80-91%	89%	80%	
<u>Mammography screening</u>	67%	62-73%	74%	59%	

Social and Economic Factors

Rank = 4

	WILCO	Margin	Nat B'mark	TX	Rank
C: Social & Economic Factors					4
<u>High school graduation</u>	85%		92%	72%	
<u>Some college</u>	71%		68%	55%	
<u>Unemployment</u>	7.4%	7.3-7.5%	5.3%	7.6%	
<u>Children in poverty</u>	8%	6-9%	11%	23%	
<u>Inadequate social support</u>	17%	14-20%	14%	23%	
<u>Single-parent households</u>	22%		20%	32%	
<u>Violent crime rate</u>	155		100	512	

Physical Environment Rank = 163

	WILCO	Nat B'mark	TX	Rank
D: Physical Environment				163
<u>Air pollution-particulate matter days</u>	1	0	1	
<u>Air pollution-ozone days</u>	4	0	18	
<u>Access to healthy foods</u>	67%	92%	62%	
<u>Access to recreational facilities</u>	9	17	7	

Additional Measures

	WILCO	Texas
<u>% not proficient in English</u>	7%	15%
<u>% Females</u>	50%	50%
<u>% Rural</u>	17%	18%
<u>Mental health providers</u>	4,074:1	3,609:1
<u>% diabetic</u>	7%	7%
<u>Binge drinking</u>	15%	15%
<u>Physical inactivity</u>	18%	22%
<u>Median household income</u>	\$69,745	\$50,049
<u>% of children eligible for free lunch</u>	22%	48%
<u>% illiterate</u>	8.1%	19.0%
<u>Liquor store density</u>	7.0	7.0
<u>% of labor force that drives alone to work</u>	79%	79%

Call to Action



Community Health Improvement Process

Community Health Assessments, Windshield Surveys, CHANGE Tools, BRFSS, etc.

Identify & Address

Evaluate

Plan

Policy, Systems, or Environmental Changes

Policy, Systems, or Environmental Changes

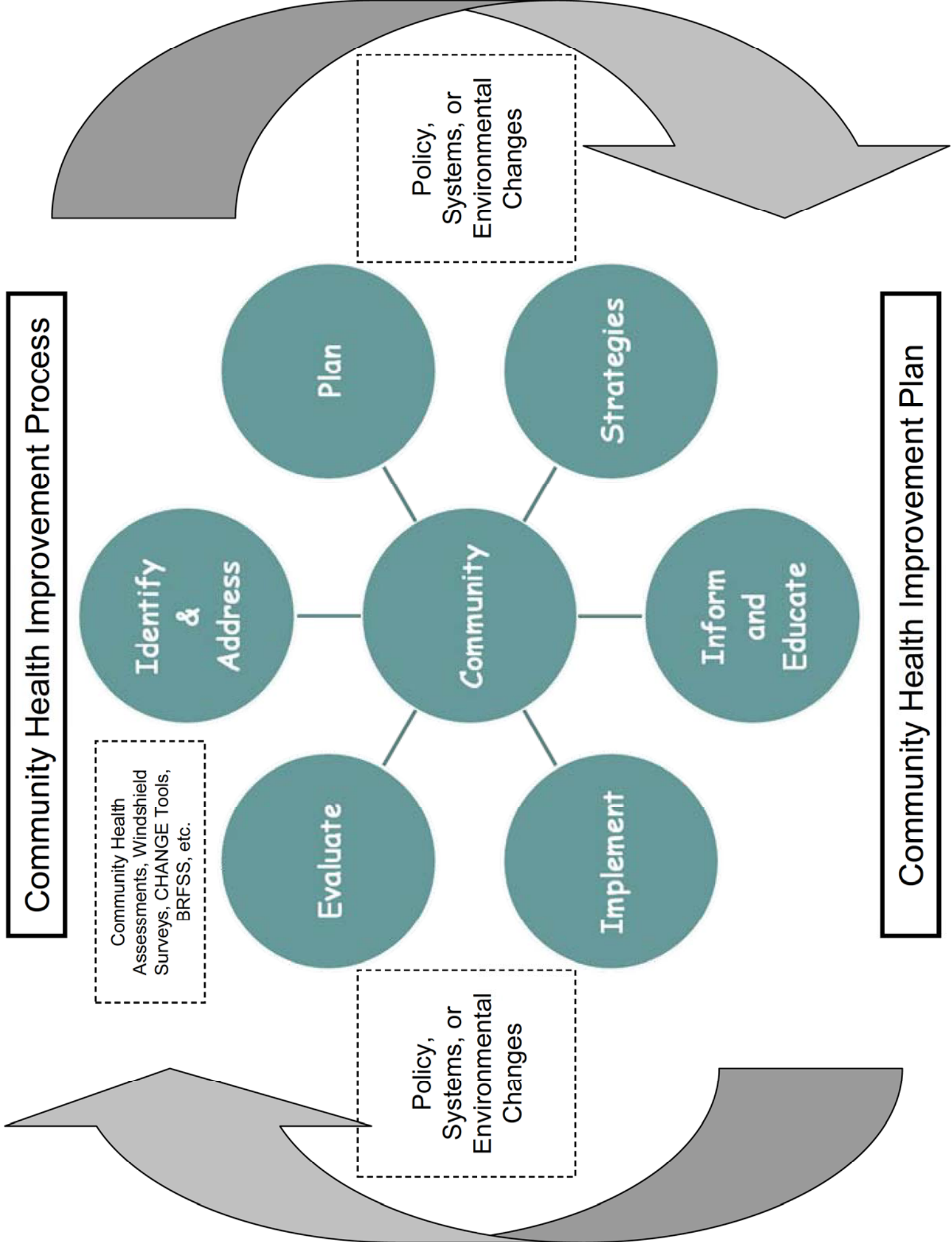
Community

Implement

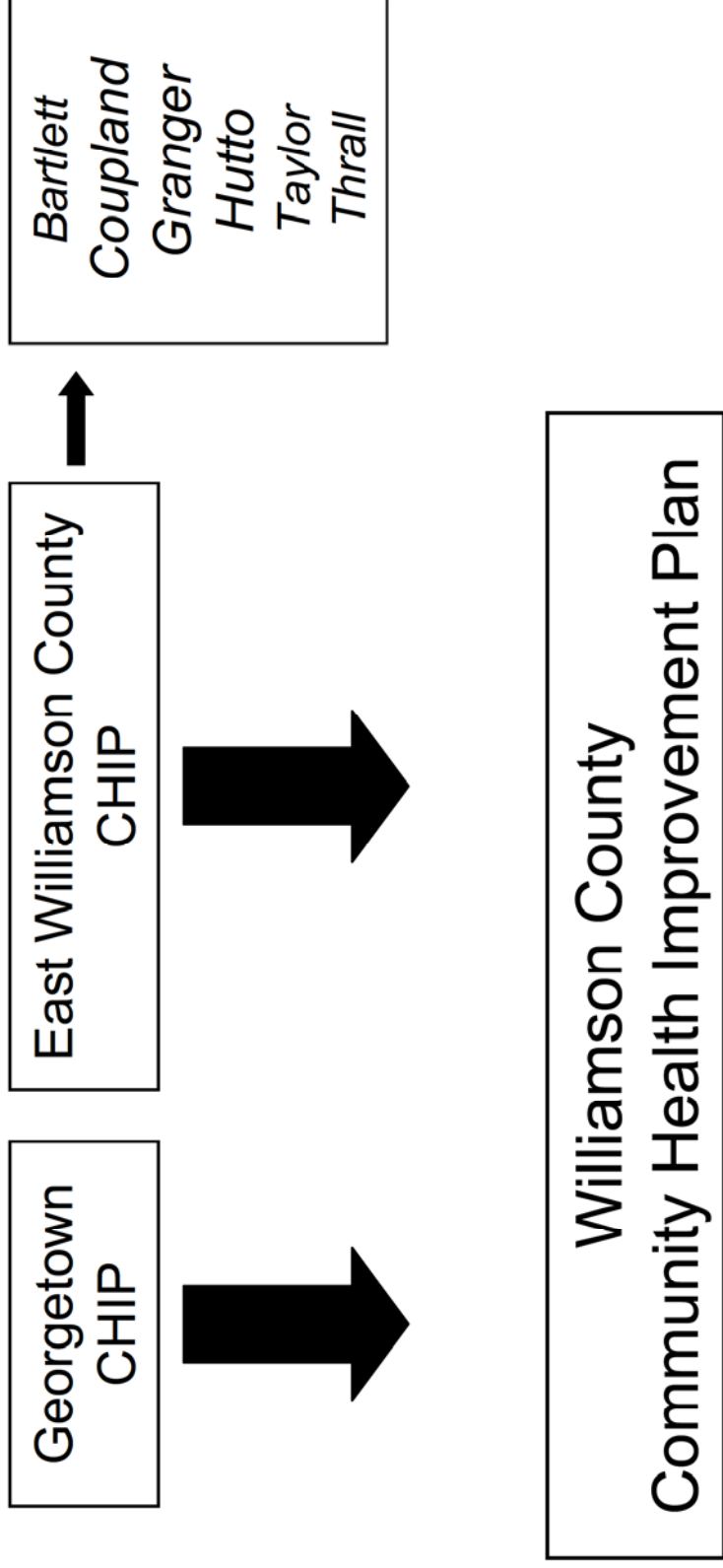
Strategies

Inform and Educate

Community Health Improvement Plan



Community Health Improvement Process (CHIP)



WilCo Wellness Alliance

Georgetown

East Williamson
County

Bartlett
Coupland
Granger
Hutto
Taylor
Thrall

Upcoming Focus Areas (listed by priority):

Round Rock
Cedar Park/Leander
Rural North West Williamson County

Community Institutions/Or ganizations	Healthcare	Worksites
United Way of Williamson County	St. David's Georgetown Hospital	Williamson-Burnet County Opportunities, Inc.
Life Steps	Seton Williamson Medical Center	Monument Café
Southwestern University	Lone Star Circle of Care	Habitat for Humanity
Texas A&M University Medical School	Georgetown Health Foundation	Louie Mueller Barbecue
Texas A&M University Rural School of Public Health	Samaritan Health Ministries	Core Speed 101
University of Texas	Scott & White Healthcare	Schools
		Georgetown ISD
		Taylor ISD
		Hutto ISD
		Granger ISD

Tobacco Environmental Coalition

Ivah Cantu
WCCCHD



Current TEC Projects

- Worksite Consultations
- Social Media
 - Radio: Round Rock 14
 - Movie Theatre: Cinemark – Round Rock, Cedar Park
 - Website: links to Yes You Can and Share Air
- Tobacco Prevention Presentations
 - LifeSteps conducts these in schools and community groups

Worksite Wellness

Andrew Shell

WBC Opportunities, Inc.



Interventions

- PSE Intervention: Worksite Wellness Policy
 - Employer-driven wellness
 - Toolkit
 - Sample Recruitment Letters
 - Employee Interest and Health Risk Assessment
 - Committee Action and Evaluation Plan
 - Sample Policy Templates
 - Community Resources
 - Quarterly Reports

Por Vida/For Life

Christian Holmes
Monument Café



Intervention

- PSE Intervention: Restaurant Menu Labeling
 - Restaurant-driven healthy menu options
 - Marketing materials
 - Window/Door Decal
 - Table Tents
 - Menu Stickers
 - Menu Inserts

Exercise is Medicine

Dr. Scott McLean
Southwestern University



Pilot Project

- Target Implementation Date: March 21, 2011
- PSE Intervention: Rx for Exercise
 - Healthcare-driven prescription for exercise
 - My Personal Diabetes Guide (*with exercise log*)
- Target Enrollment: 60 patients
- Clinic Sites:
 - Brushy Creek Family Physicians
 - Lone Star Circle of Care
 - Seton Family of Doctors
- Program Intervention: Fitness Education
 - Orientation Meeting
 - My Get Fit Kit (*with exercise equipment and resources*)
 - Fitness Classes
- Fitness Sites
 - Core Speed 101 (Round Rock)
 - Georgetown Parks & Recreation

Community Gardens

Cynthia Guerrero

Fiscal Agent Coach

Church Community Garden Initiative

- Receive requests to provide financial assistance for local community gardens in churches
- Prioritize target sites through application process
 - Community need (i.e., low SES, distance to grocery store)
- Steering group's role:
 - Provide resources for start-up community garden
 - Provide technical assistance to applicants
 - Serve as referral source for educational programs to enhance the community garden

G3 After School Initiative

Williamson County Health Data Users Group (HDUG)

- Brings together organizations interested in health data
 - Avoid duplication of effort
 - Facilitate collaboration between agencies
 - Increase awareness of health data sources
 - Work to improve health data
- Quarterly meetings (2 held so far, next in June)
- Diverse membership
 - WCCCHD, LSCC, Hospitals, MOT, United Way, The Georgetown Project, LifeSteps, Bluebonnet Trails MHMR, School Districts, Universities

Current HDUG Projects

- Williamson County Epidemiology Report
- Assessment of local data sources
- Consultant to WCCHD on various public health initiatives
 - Community Health Profiles
 - Chronic Disease Briefs
 - Communicable Disease Reports and Outbreak Updates

WWA - Next Steps

- East Williamson County Coalition Meeting
 - May 3, 2011 @ 11:30am
Hutto High School, Lecture Hall
101 FM 685, Hutto
- Heart & Stroke Healthy City Committee Meeting
 - May 25, 2011 @ 9:30am
WCCHD Education Bldg
100 West Third Street, Georgetown
- WilCo Wellness Alliance (Full Coalition)
 - September 15, 2011 @ 11:30am
Location TBA (maybe Taylor)

***Proud to be your
Local Health Department!***

