2019 Community Health Needs Assessment
Williamson County, TN
Williamson County – Health Priorities

Cathy Montgomery, County Director
Population Below the Poverty Level

ACS 2009-13

Williamson Co. 5.7%
Tennessee 17.7%
United States 15.4%

Percent in Poverty

- > 20%
- 15.1 - 20%
- 10.1 - 15%
- ≤ 10%

# Overweight & Obesity: Fairview Schools

<table>
<thead>
<tr>
<th>Schools 15%&gt; Obese</th>
<th>% Overweight (OW)</th>
<th>% OW/Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fairview Middle School</td>
<td>17.40</td>
<td>28.30</td>
</tr>
<tr>
<td>Fairview High School</td>
<td>18.13</td>
<td>22.53</td>
</tr>
<tr>
<td>Fairview Elementary School</td>
<td>13.85</td>
<td>20.00</td>
</tr>
<tr>
<td>Westwood Elementary School</td>
<td>15.05</td>
<td>17.96</td>
</tr>
</tbody>
</table>

Data Source: 2013-2014 Summary of BMI Data from Screening Tool
Coordination & Planning

• Conducted listening sessions & one-on-one interviews
• Identified initiatives based on feedback
• Gathered partnerships
  – Bowie Park
  – Library
  – WC Schools
  – United Way
  – UT Extension
  – Local advocacy groups
  – Fairview Mayor
  – Health Department
Born Learning Trail

- Boosts learning for children in preschool years
- 10 games on engaging signs placed along a ¼ mile walking trail around the playground
Bicycle in Bowie

- Obtained grant for purchase of bicycles, helmets, locks & bike racks
- Created a check out process
- Bike use available for adults & children during Nature Center hours
Bicycle in Bowie: Successes

- Acquired funds for projects
- Provided FREE physical activity opportunities for residents & visitors
- Able to implement both initiatives quickly
- Created partnerships with non-traditional partners
Bicycle in Bowie: Challenges

- Weather & trail closures
- Lack of awareness
- No Sunday rental availability
Dr. Robert Dittus, Executive Vice President for Public Health and Health Care Director, Institute for Medicine and Public Health, Senior Associate Dean for Population Health Sciences, Albert and Bernard Werthan Chair in Medicine, Vanderbilt University Medical Center (VUMC)
Community Health Needs Assessments are a requirement for Vanderbilt University Medical Center as a non-profit hospital.

For 2016 and 2019, collaborated with Williamson County Health Department to do the assessment.

Review findings of most recent health assessment.

Collectively identify current needs for Williamson County.
2016 Identified Needs

- Access to Care
- Mental Health & Substance Abuse
- Social Determinants of Health
- Wellness and Disease Prevention
Agenda

• Review Findings
  – Secondary Data
  – Systematic Review
  – Community Input

• Prioritization Process
  – Identification of Health Needs
  – Vision, Goals, Assets
  – Report out

• Vision Board
Williamson County Health Department

Vanderbilt University Medical Center
Acknowledgements

• Williamson County Health Department
  – Carolina Tabares, Public Health Office Assistant
• Better Options TN
• Fairview Library
• Mercy Clinic
• Interviewees and Listening Session Participants
• CHAAC
• Interns:
  – Morgan Batey, Vanderbilt University
  – Madeline Gordon, Vanderbilt University
  – Katie Horneffer, Vanderbilt University
  – Tamee Livermont, Vanderbilt University
  – Mabya Nyannor, Meharry Medical College
• Reviewed publicly available data
• Reviewed existing reports
• Gathered input from the community
• Convened today’s summit
• Collectively identify needs
• Post-summit: Development of improvement plans based on prioritized needs
“Health equity is both the absence of systemic obstacles and the creation of opportunities for all to be healthy.”

Health Assessment Equity Lens

- Strategic focus on low-income, minority, and vulnerable populations
- Include “health equity buckets” in data collection methodology
- Gathering data in multiple languages

Factors that support health:

- Affordable, safe, and stable housing
- Safe places to play and exercise
- Economic Security & Financial Resources
- Ending discrimination based on race, gender, religion, or other factors
- Access to affordable and healthy food
- Livelihood Security & Employment Opportunity
- Educational opportunities
- English language proficiency
- Access to safe and affordable transportation
As you listen today...

• Write down 1-3 health needs you perceive as a priority (solo)
• Will then work with your tablemates to prioritize (group)
• Voting!
• Visioning
Adults 40-64 make up the largest percentage of the population (nearly 40%).
Seniors are projected to be the fastest growing age group over the next decade.

**2014 - 2024 Population Change by Age**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2014 Population</th>
<th>Projected Population Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool (0 to 4)</td>
<td>11,979</td>
<td>+2,507</td>
</tr>
<tr>
<td>School Age (5 to 19)</td>
<td>48,174</td>
<td>+1,284</td>
</tr>
<tr>
<td>Young Adult (20 to 39)</td>
<td>41,879</td>
<td>+7,328</td>
</tr>
<tr>
<td>Adult (40 to 64)</td>
<td>-2,337</td>
<td>76,088</td>
</tr>
<tr>
<td>Senior (65 +)</td>
<td>23,366</td>
<td>+13,572</td>
</tr>
</tbody>
</table>

**Source:** Williamson County Chamber of Commerce 2015 Trends Report
Injury Death Rate by Age and Type
Tennessee Males, per 100,000 Population [2013]

Falls are the leading cause of unintentional injury death among Tennessee’s adult residents 65+.

“What Priority Health Actions should Williamson County focus on?”

- Expand access to care
  - Insurance & care affordability

- Health education
  - Connection to resources and understanding health system

- Healthy lifestyle support
  - Focus on children and seniors

- Mental and Emotional health
Healthy Lifestyle Support

At each of our 6 main facilities, we offer a wide variety of programs, activities, and outings to give our patrons an opportunity to live an active and healthy lifestyle.
Healthy Lifestyle Support

Group Fitness Cont....

Power Tools Fitness Class

Silver Sneakers Classic

Silver Sneakers Classic

Group Fitness
Healthy Lifestyle Support

Senior Olympics

Beach Ball Volleyball

Indoor Open Pickleball

Senior Sports
Healthy Lifestyle Support

Senior Canoe Trip

Senior Hike

Senior Horseback Riding Trip

Healthy Lifestyle Outings
Social Support

- Open Studio Art Classes
- Card Games/Board Games
- Yoga
Social Support

Potluck and Bingo serves as a huge community gathering for our seniors, giving them a sense of belonging as they socialize with one another. Isolation can cause loneliness, depression and a host of other health problems. Potluck and Bingo is something our patrons look forward to each month.
Williamson Medical Center provides a monthly “Lunch and Learn” for our seniors, covering current medical and health topics that are relevant to this demographic.

Stepping On is an evidence based fall prevention workshop that we offer to seniors to help reduce their risk of experiencing a fall.

UT Extension provides educational workshops to help our seniors improve their health:

• Eat Well, Live Well
• Living Well with Chronic Conditions
• Diabetes Self Management
Findings from Secondary Data Review
Williamson County, TN
Methods: Secondary Data

• Used publicly available data
• Indicators, considered
  – Recommendations of
    • Centers for Disease Control and Prevention
    • Catholic Health Association
    • Internal Revenue Service Requirements
    • Community Health Assessment Advisory Council

  – Review of VUMC 2016 CHNA
Indicator Topics

– Demographics and Socioeconomic Status
– Social Determinants of Health
– Access to Health Care
– Health Status
  • Morbidity/Mortality
  • Birth Outcomes
  • Preventative Care/Risk Factor Behaviors
  • Mental & Emotional Health
# Demographics: Williamson County

## 2017 Population Estimate: 226,257

<table>
<thead>
<tr>
<th></th>
<th>Williamson Co.</th>
<th>Tennessee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population change 2010 – 2017</td>
<td>+23.50%</td>
<td>+5.80%</td>
</tr>
<tr>
<td>Persons under 18 years</td>
<td>27.5%</td>
<td>22.4%</td>
</tr>
<tr>
<td>Persons 65 years and over</td>
<td>12.8%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Bachelor’s degree (25+)</td>
<td>58.1%</td>
<td>26.1%</td>
</tr>
<tr>
<td>People in Poverty</td>
<td>3.9%</td>
<td>15.0%</td>
</tr>
<tr>
<td>Median Household Income</td>
<td>$103,543</td>
<td>$48,708</td>
</tr>
</tbody>
</table>


% White: 89.1

% Black: 4.5

% Asian: 4.4

% Other: 2.0

% Hispanic or Latino: 4.8%
From 2010-2017, Williamson County Grew 23.5%
This is more than three times faster than the state as a whole

Projected Population and Job Growth
(2015, 2025, 2035)

2015: Population 143,628, Jobs 196,539
2025: Population 308,328, Jobs 269,755
2035: Population 387,970

2.5% Unemployment*

**Population Changes**

The average age of all Williamson Co. residents is 39 years old. Seniors are projected to be the fastest growing age group over the next decade (+50%).

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage Change</th>
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<tbody>
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<td>Preschool (0 to 4)</td>
<td>34%</td>
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<td>School Age (5 to 19)</td>
<td>2%</td>
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<tr>
<td>Young Adult (20 to 39)</td>
<td>26%</td>
</tr>
<tr>
<td>Adult (40 to 64)</td>
<td>-1%</td>
</tr>
<tr>
<td>Senior (65 and over)</td>
<td>50%</td>
</tr>
</tbody>
</table>

Household Income Distribution (2017)


Williamson Co. 4.6%
Tennessee 16.7%
United States 14.6%

Total # of Children Living in Poverty

- Williamson Co: 3,665
- Tennessee: 369,296
- United States: 15,335,783

Williamson County has the Highest Percentage of Bachelor’s Degree Attainment in TN (56.6%)


Summary

- County is experiencing rapid growth

- Educational attainment is high, and improving

- 4.6% live in poverty; 6.4% of children live in poverty

- Poverty and education varies geographically
Social Determinants of Health
Affordable Housing
2012-2016

Percent of Cost Burdened Houses (2012-2016)

- Over 35.1%
- 28.1 - 35.0%
- 21.1 - 28.0%
- Under 21.1%

*Cost burdened defined as 30% or more of monthly income spent on housing

The average commute time for residents in Williamson County is 27.6 minutes.

Food Insecurity Rate
Community Commons 2018

12.5%

14.5%

7.0%

12.2% of children

Air Pollution and Lung Disease

Particulate Air Pollution
(Daily PM2.5)

Estimates of Lung Disease
Williamson County 2018

<table>
<thead>
<tr>
<th>Disease</th>
<th>Estimates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pediatric Asthma</td>
<td>5,897</td>
</tr>
<tr>
<td>Adult Asthma</td>
<td>17,552</td>
</tr>
<tr>
<td>COPD</td>
<td>16,276</td>
</tr>
<tr>
<td>Lung Cancer</td>
<td>165</td>
</tr>
</tbody>
</table>


Despite relative wealth, many are burdened with housing costs

Low rates of violent crime compared to the state, but far below the best 10% of US counties

Many experience food insecurity, particularly children

Air pollution and its impacts on the respiratory health of children and adults is a major concern for the region
Access to Health Care
## Insurance Coverage & Provider Rates

**Rate of Uninsured People (2015)**

- **Williamson Co:** 6%
- **Tennessee:** 12%
- **United States:** 6%
  
  *Top 10% of U.S. counties

### Provider Rates

<table>
<thead>
<tr>
<th>Population: Provider</th>
<th>Williamson</th>
<th>TN</th>
<th>U.S. Top 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Care</td>
<td>670 : 1</td>
<td>1,380 : 1</td>
<td>1,030 : 1</td>
</tr>
<tr>
<td>Dental Care</td>
<td>1,310 : 1</td>
<td>1,890 : 1</td>
<td>1,280 : 1</td>
</tr>
<tr>
<td>Mental Health Care</td>
<td>700 : 1</td>
<td>740 : 1</td>
<td>330 : 1</td>
</tr>
</tbody>
</table>

Summary

• Uninsured rate is low

• High provider rate for Primary Care and Dental

• Mental health provider rate is lower than top 10% of US Counties
Health Status
Causes of Death: USA, 1900-2016
Age adjusted Death Rates for Selected Major Causes of Death

Leading Causes of Death
Williamson County (2016)

Percentage of Total Deaths

- **Cancer**: 22.8%
- **Heart Disease**: 22.2%
- **Alzheimer's Disease**: 7.8%
- **Accidents**: 6.8%
- **Stroke**: 5.3%
- **Suicide**: 4.9%
- **Lung Disease**: 2.4%
- **Diabetes**: 2.2%
- **Influenza/Pneumonia**: 1.9%
- **Nephritis**: 1.4%
- **Other**: 1.4%

Cancer Deaths By Type (2011-2015)

Heart Disease Death Rates in Tennessee
Disparities by Race

Alzheimer’s Disease, Tennessee

Alzheimer’s Disease Death Rate per 100,000 people (2015)

- Tennessee: 47.3
- United States: 34.4

**Cost per Capita***

<table>
<thead>
<tr>
<th>State</th>
<th>Cost Per Capita</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Dakota</td>
<td>$0</td>
</tr>
<tr>
<td>Tennessee</td>
<td>$10,000</td>
</tr>
<tr>
<td>Nevada</td>
<td>$30,000</td>
</tr>
<tr>
<td>United States</td>
<td>$20,000</td>
</tr>
</tbody>
</table>

*Total Medicaid Cost (Age 65+) for Beneficiaries with Alzheimer’s Disease

*Lowest State Per Capita Cost

*Highest State Per Capita Cost

Unintentional Injury Death Rate per 100,000 Population [2018]

Males (84 per 100k) are more than twice as likely as females (35 per 100k) to die from unintentional injuries.

Suicide Deaths, Tennessee
By Age (2015)

White males, ages 45-64 make up the highest suicide rate in TN (39.66 per 100,000)

Cancer and heart disease remain the leading causes of death with 45% of all deaths.

More deaths due to Alzheimer’s disease when compared to TN and the U.S.

White males ages 45-64 have the highest suicide rate in TN.
Birth Outcomes
Infant Mortality in the United States
Racial Disparities since 1915


**Infant Mortality: Williamson Co**

**International Comparison - 2017**

- **United States**: 5.8 infant deaths per 1,000 births
- **Tennessee**: 7.4 infant deaths per 1,000 births
- **Williamson**: 4 infant deaths per 1,000 births

**US Ranks**: 55th

**Countries Comparison**:
- **Israel**: 3.4 infant deaths per 1,000 births
- **Sweden**: 2.6 infant deaths per 1,000 births
- **Iceland**: 2.1 infant deaths per 1,000 births


Williamson County Racial Comparison (2016)

Very Low and Low Birthweight


Teen Birth Rates; Ages 15-19, USA
Trend: 1991-2016

Teen Birth Rates; Ages 15-19
Trend: 2015-2017

Summary

• Williamson County has the fourth lowest infant mortality of any county in the nation
• Infant mortality has decreased substantially nationwide, but large disparities continue to exist for all birth outcomes
• The overall teen birth rate in the United States has significantly declined, but racial disparities still exist
Preventative Care / Risk Factor Behaviors
Adults Reporting “Poor” or “Fair” Health
(Age-adjusted)

12% *Top 10% of U.S. counties

19%

12%

12%

Smoking – Adult

Current Cigarette Use Among Adults (Behavior Risk Factor Surveillance System) 2017

% of Adult Tobacco Users, 2016


State Recommendation on Excessive Drinking, for Williamson County:

Get 77 out of every 100 adults who currently drink in excess to stop drinking more than one (women) or two (men) drinks per day, on average.


Preventive Risk Factors

**Adult Obesity**

**Rate of Adults with Obesity**

- Williamson: 20.8%
- Tennessee: 30.1%

**Percent of Physically Inactive Adults**

- Williamson: 30.8%
- Tennessee: 36.0%
- United States: 31.9%

In 2017, 64.8% of black children in Tennessee were fully vaccinated* at 24 months vs. 75.1% of white children in Tennessee. (*4:3:1:FS:3:1:4 Series)

Summary

• Williamson County residents generally report good health, and are more physically active than the average Tennessean
• Excessive binge drinking is a major concern for Williamson County
• Smoking rates are low, compared to the state and nation
• While 24-month vaccination rates are high for the region, Tennessee still experiences racial disparities
Mental and Emotional Health
Mental and Emotional Health

Williamson


Poor Mental Health Days (last 30 days) 2015

- Average number of “poor mental health days” experienced in the past 30 days: 3.1
- *Top 10% of U.S. Counties

- 4.5
- 3.8
- 2015

Of Tennesseans (age 18+) experienced Serious Mental Illness* in 2015

4.4%

*Serious Mental Illness: Schizophrenia, Bipolar Disorder, Schizoaffective Disorder, Major Depressive Disorder

Mental Health Services Received*

56.80% Did Not Received MH Services
43.20% Did Receive MH Services

*Percent of Adults with Any Mental Illness Who Received Mental Health Services in the Past Year

Evidence has shown that mental disorders are strongly related to the occurrence of many chronic diseases, including diabetes, cancer, cardiovascular disease, asthma, and obesity and many risk behaviors for chronic disease; such as, physical inactivity, smoking, excessive drinking, and insufficient sleep.”

- Centers for Disease Control, Mental Health Basics
Introduction

Tim Burton, Associate Administrator for Operations
### 2016’s- CHNA DATA

#### Percentage of Deaths
Williamson County (2013)

<table>
<thead>
<tr>
<th>Cause</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>25</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>21</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>7</td>
</tr>
<tr>
<td>Accidents</td>
<td>6</td>
</tr>
<tr>
<td>Stroke</td>
<td>6</td>
</tr>
<tr>
<td>Lung Disease</td>
<td>4</td>
</tr>
<tr>
<td>Suicide</td>
<td>3</td>
</tr>
<tr>
<td>Diabetes</td>
<td>2</td>
</tr>
<tr>
<td>Influenza / Pneumonia</td>
<td>2</td>
</tr>
<tr>
<td>Nephritis</td>
<td>1</td>
</tr>
<tr>
<td>Other [23]</td>
<td></td>
</tr>
</tbody>
</table>
2016’s- CHNA DATA

Premature Death
Percentage of Years of Potential Life Lost (YPLLs), by Leading Cause

- Cancer: 34%
- Heart Disease: 14%
- Unintentional Injury: 10%
- Suicide: 7%
- Chronic Lung Disease: 3%
- Diabetes: 2%
- Stroke: 5%

Williamson
Morbidity / Mortality

Cancer Deaths in Williamson County
By type, adults ages 45-74 (1999-2013)

Lung Cancer has been the leading cause of cancer deaths in Williamson County for adults between ages 45-74

Source: CDC Wonder
I used to think correlation implied causation.

Then I took a statistics class. Now I don't.

Sounds like the class helped. Well, maybe.
The majority of Williamson County's residents are not being diagnosed with lung cancer until it is late in the disease and no longer curable.
What we did...

1) Hired an additional Pulmonary Physician and Lung Navigator.

2) Rolled out a Lung Nodule assessment template to our primary care practices.
   1) Allowed for low-dose CT screenings for qualified patients
   2) Ease of referral to Pulmonary Provider and Navigator

3) Purchased an Electromagnetic Bronchoscopy System to diagnose and stage lung cancer in one procedure.
So far...

RESPIRATORY CANCER CASES

2017

29% increase

2018
Improving survival with early diagnosis

• Annual percentage of lung patients diagnosed at Stage 4

  – 2017 37.7% of patients dx at Stage 4
  – 2018 32.9% of patients dx at Stage 4
What does our community need to do, next?
What does our community need to do, next?

• Raise awareness through physician outreach reminding them which patients are at high risk for lung cancer or who qualifies for lung cancer screening and the ease of referral to the pulmonology and lung nodule clinic.
What does our community need to do, next?

• Non-Smoking campaigns that offer pharmacologic and behavior therapy which leads to the best results for cessation.
What does our community need to do, next?

• Ongoing education throughout our community regarding who is at risk, early detection programs and dispelling the myths.
One thing to remember
Actually…2 things

• Williamson County can change our lung cancer statistics

• Use the CHNA data… find something that your organization can make a difference and try!
Thank you
Community Input
Systematic Review
Purpose

• Examine existing reports relevant to community health and healthcare in Williamson County
• Summarize existing reports using health equity as a framework
Methods

• Reviewed 6 existing reports from 2016-2018
• Identified target geography and population(s) for each report
• Summarize health topics discussed
• Categorize information into “health equity categories”
• Determine reoccurring themes
Results

Reports:

- Williamson County Health Department
  - 2016 Community Health Needs Assessment
- TN Department of Health
  - Drive Your County to Top 10
  - Williamson County Cause of Death Data
- Williamson County Chamber of Commerce
  - Williamson County Trends Report
  - Risk and Protective Factor Report for High Schoolers
  - Risk and Protective Factor Report for Middle Schoolers
- PRIDE Survey

Geography & Populations Represented:

- Williamson County Reports Total (6)
  - Entire Williamson County (4)
  - Williamson County High Schoolers (1)
  - Williamson County Middle Schoolers (1)
## Results

<table>
<thead>
<tr>
<th>Health Equity Category</th>
<th>Number of Reports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Economic Security and Financial Resources</td>
<td>4</td>
</tr>
<tr>
<td><strong>Economic Security and Employment Opportunity</strong></td>
<td>4</td>
</tr>
<tr>
<td>Environmental Quality</td>
<td>3</td>
</tr>
<tr>
<td>Availability and Utilization of Quality Medical Care</td>
<td>2</td>
</tr>
<tr>
<td>Adequate, Affordable, and Safe Housing</td>
<td>2</td>
</tr>
<tr>
<td>Community Safety and Security</td>
<td>1</td>
</tr>
<tr>
<td>Civic Involvement</td>
<td>1</td>
</tr>
<tr>
<td>Transportation</td>
<td>1</td>
</tr>
</tbody>
</table>
Williamson County Top Themes

1. Air pollution
   - Particulate Matter
2. Excessive Drinking
3. Financial Burden
   - Child Poverty/Food Insecurity/Affordable Housing

Excessive Drinking Rates in TN vs. Williamson County

9% TN
14% Williamson
Findings From Interviews with Community Leaders
Interview Methods

• Interviewed 19 community representatives and leaders:
  – Focus on the broad interests of the community
  – Serving low-income, minority or underserved populations

• Sectors represented include: public health, government/public sector, health care, education, faith community, private non-profits, academia, business

• Interviews conducted in pairs with an interviewer and a recorded
Interview protocol included all open-ended questions.
Focused on community assets, issues/concerns, obstacles to addressing concerns and priorities:

- Assets
- Community Concerns
- Health/Health Care
- Barriers/Challenges
- Magic Wand

Interview data entered in REDCap.
Thematic analysis conducted using teams of four reviewers.
**What do you think are your community's strongest assets?**

We live in a thriving community, with a growing job sector. We have a historic and attractive downtown...well established systems of parks...well maintained open space, very close to the city living. Tourism, because of the historic downtown core.
People are concerned about the rising, out of control cost of housing. They are concerned about the lack of housing for the growing workforce... and the lack of diversity of types of housing, and the ability of people to age in place.
What are the obstacles to addressing these concerns?

Awareness/Education

“
Its easy to get lost in the idea of being highly rained, and forget about disadvantaged and marginalized groups.
"

Difficulty serving specific sub-populations

Stigma – both for families and in the culture
I would go back 10 years and try to create a policy that used the tools that the government has (zoning / land use plans) to specifically designate areas where workforce / affordable housing could be constructed.
Guidance counselors are not mental health counselors, and most kids need that someone to talk to.
Findings From Community Listening Sessions
• Three listening sessions
• Collaborated with health department and community partners on recruitment
• Moderator’s guide topics included community assets, issues and concerns, barriers to addressing issues, priorities
• Short survey to obtain demographic information
• Thematic analysis conducted using team of four reviewers
Demographic Information
Listening Session (N=25)

- 84% Female
- 44% Hispanic, Latino/a, or of Spanish origin
- 16% Black or African American; 56% White
- 60% English as primary language; 36% Spanish
- 4% High school graduate/GED; 48% College graduate; 20% Graduate degree+
- 28% Uninsured; 4% Medicare/Medicaid; 60% Commercially insured

Age Distribution
What do you think are your community's strongest assets?

“As a newcomer, I’ve felt a kindness – a friendliness. I expected pretense, and for the most sense that not there. Its more friendly.”

- Faith-based & other community resources
- Safety
- Friendliness / Welcoming Attitude
- Education System
Parents don’t parent their kids, or have consequences! Most kids don’t have chores. The stories I have heard! Kids don’t need iPhones or iPads. Parents just use those things to babysit their kids.
What are the obstacles to addressing these concerns?

- Stigma
- Awareness
- Involvement in Politics
I see this in women... the anxiety... the work... the running around... and sometimes they forget themselves.
There are people who don’t understand things like medical English, medical paperwork... The case worker doesn’t necessarily have the ability to do case management (etc) in many languages.

Addressing Language Barriers, especially with Health Literacy
Findings From Community Survey
Methods: Community Survey

- Domains explored based on 2016 needs, CHAAC feedback
- Many questions from BRFSS
- Piloted
- Translated in to Spanish
- Online
- Distributed via health system networks, community networks
Demographics

- **Live / Work in Williamson County: 1207**
  - Live in Williamson Co: 1085
    - Other Counties: (Maury (21), Davidson (19), Rutherford (9)
  - 62% Female
  - 59% Employed
    - 38% retired
  - 32% household income <$75,000
  - 73% College Grad or higher
    - An additional 20% have completed some college
  - 19% live in household with 4 or more people
  - 25% are veterans or live with a veteran
  - 6% aged 35 or less, 64% are 55 or more

---

**How long have you lived here?**

- 10+ years: 77%
- 1-5 yrs: 9%
- <1 yr: 1%
- 5-10 yrs: 14%

**Top Zip Codes**

<table>
<thead>
<tr>
<th>Zip Code</th>
<th>City</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>37064</td>
<td>Franklin</td>
<td>319</td>
</tr>
<tr>
<td>37027</td>
<td>Brentwood</td>
<td>256</td>
</tr>
<tr>
<td>37067</td>
<td>S Cool Springs</td>
<td>137</td>
</tr>
<tr>
<td>37069</td>
<td>Harpeth Village</td>
<td>89</td>
</tr>
<tr>
<td>37179</td>
<td>Thompson’s Stn</td>
<td>64</td>
</tr>
<tr>
<td>37135</td>
<td>Nolensville</td>
<td>43</td>
</tr>
</tbody>
</table>
Would you say that in general, your health is...

- **Poor**: 17 (11%)
- **Fair**: 101 (11%)
- **Good**: 337 (30%)
- **Very Good**: 491 (44%)
- **Excellent**: 170 (15%)

**Number of Responses**

- **Total responses**: 1116

- **Physical Activity**: 85% have exercised in the previous month
- **Medical Care**: 88% have seen a doctor in the last year (95% in last two years)
- **Tobacco Use**: 5% currently use tobacco or e-cigarettes
How often have you been stressed in the last 2 weeks?

- None: 325 (29%)  
- A little: 366 (33%)  
- Some of the time: 311 (23%)  
- Most of the time: 90  
- All of the time: 19 (10%)

(n=1114)

During the past 30 days, for how many have you felt sad, blue, or depressed?

- 0 - 2: 736 (72%)  
- 3 - 6: 157 (16%)  
- 7 - 14: 17  
- 15 - 19: 46  
- 15-19: 23  
- 20+: 37

(n=1016)
• **22% (243)** have a child <18 in the house

• **90%** are *always* able to take children to a doctor when they need to
• 99% **Insured** (1034 of 1044)

• 57% Employer-Based Insurance, 35% Medicare

• 1 in 11 **could not see a doctor** because of cost at some point in the last year

• 89% have seen a dentist in the past year
“_______” is a problem in my county...

<table>
<thead>
<tr>
<th>Condition</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Illness</td>
<td>40</td>
<td>320</td>
<td>164</td>
</tr>
<tr>
<td>Alcohol Abuse</td>
<td>46</td>
<td>397</td>
<td>168</td>
</tr>
<tr>
<td>Drug Use / Abuse</td>
<td>46</td>
<td>458</td>
<td>231</td>
</tr>
</tbody>
</table>

(92%) (92%) (94%)
There are accessible, affordable resources for people in my county who “...need mental health services.”

Strongly Disagree: 267 (54%)
Agree: 205 (46%)

Strongly Want to stop using drugs / alcohol:
205 (63%)

Strongly Disagree: 81 (54%)
Agree: 186 (46%)

Strongly Want to stop using drugs / alcohol:
164 (37%)
Agree: 242 (63%)
I have the ability to meet basic needs such as food, clothing, housing and medicine for “...my family” (97%).

- Disagree: 27 (2.8%)
- Agree: 946 (97%)
  - Strongly Agree: 687

N=973

I have the ability to meet basic needs such as food, clothing, housing and medicine for “...myself” (97%).

- Disagree: 24 (2.4%)
- Agree: 994 (97%)
  - Strongly Agree: 731

n=1021
Resource Availability

**Disagree** | **Agree**
---|---
There are accessible resources to address **domestic violence**
| | | n=432 |
| 21 | 82 | 285 | 44 |
| (24%) | (76%) |

There is accessible and affordable **healthy food** available to all
| | | n=791 |
| 46 | 208 | 426 | 111 |
| (32%) | (68%) |

There is **affordable and accessible housing** available
| | | n=778 |
| 196 | 403 | 160 | 19 |
| (77%) | (23%) |

**Transportation** is safe, affordable, and accessible to everyone
| | | n=707 |
| 74 | 277 | 304 | 52 |
| (50%) | (50%) |
What is the most important health issue for children?

A mismatch between affluenza and not enough resources for less affluent children.
Survey: Open Ended Questions

Are there other important issues related to HC access, Insurance, or the Health System?

$/Access for Uninsured

"With my private insurance, it takes weeks or months to get an appointment!"

Quality of Care

Appointment Availability

"As a woman, not being taken seriously is still a problem"
Safe walkways for walking. [When I walked somewhere I...] felt like I was taking my life in my hands.
Limitations

• All:
  – Bias
  – Generalizability
  – Potential language/cultural barriers

• Secondary data:
  – Source variability
  – Benchmarking not always available

• Time
Questions/Discussion
Marcy Webb, EdD, LPC-MHSP
Clinical Therapist
Director of School-based Counseling
Access to Mental Health Care

- Mercy has 14 mental health counselors at the main health center in Franklin.

  - Mercy provides counseling services to 16 schools in Williamson County (WCS, FSSD, New Hope Academy)

- Mercy has 5 Psychiatric Providers

- Mercy has 2 Behavioral Health Consultants
Mercy collaborates with area resources for our patients experiencing a mental health crisis

• We screen for suicidality on a regular basis, both on the medical and behavioral health parts of our clinic

• We have counselors trained in the QPR, ASIST, Youth Mental Health First Aid

• Mercy’s School-based counselors provide support to students in crisis and training to teachers and staff

• Mercy is reviewing the Zero Suicide initiative for our agency
Substance Use Disorders

Mercy received a grant to add treatment for substance use disorders

- We have increased our screening for A&D issues
- We are hiring a counselor that specializes in alcohol and drug counseling
- Mercy has established a relationship with the court system to help with substance use
- Our counselors are participating in specialized training for the treatment of addictions and trauma.
Mercy Community Healthcare

Mercy provides:

• A medical home for approximately 10,000 individual patients a year

• Special attention to underserved, low-income, minority population (76% patients are uninsured, on TennCare or Medicare)

• We are expanding our school-based counseling program and adding Substant Use Disorders treatment to our list of services

• We are addressing suicidality in our community
Student Assistance Program (SAP)

- Evidenced-based school mental health & prevention services for groups and individuals
- Master-prepared counselors
- Program includes:
  - Substance use/abuse
  - Violence and bullying
  - Crisis Management
  - Conflict Management
  - Mental Health
Enhanced Student Assistance Program (ESAP)

- New program in 2018-19 (5 days/week)
- In-school mental health treatment program for students
- Weekly Individual Therapy
  - Depression/ Anxiety
  - Grief and loss
  - Conflict/ Anger Management
  - Substance abuse
- Free for students & families (funded by WCBOE, United Way)
- Referral Process
- First Semester 2018
  - 22 open cases
  - Student wait list
Suicide Deaths, Risk in Tennessee
By Age (1999-2013)

Source: CDC Wonder
Youth Suicide Prevention

- District Suicide Prevention Protocol & Policies
- Identification and Immediate Referral
- TN Suicide Prevention Network (TSPN)
- Jason’s Foundation, Inc.
- National Suicide Prevention Week Activities 2018
- Community partnerships with STARS and Mercy Healthcare
TOBACCO FACTS

Toll of Tobacco in Tennessee
• 21.9% of all adults living in Tennessee smoke
• 31.9% of all youth living in Tennessee use tobacco
• Tennessee ranks 43rd in tobacco use in the nation

Toll of Tobacco in Williamson County
• 15% - adults who smoke
• 6.6% - middle & high school students reporting tobacco use in past 30 days
• 3.9% - mothers who smoked during pregnancy

2018 County Health Rankings & 2017 PRIDE Survey
Do you think Williamson County has a problem with tobacco use?

75% Yes

25% No
If yes, which tobacco product do you think is used most often?

94% E-Cigarettes

6% Smokeless
YOUTH SURVEY: COMMENTS

• “Either way they are going to do it because they think they’re cool.”

• “Drugs are more of a problem than alcohol.”

• “Teach more about vapes.”

• “There is a vape and drug problem.”

• “Not a complete policy change, but they should enforce certain things.”

• “I don’t know because they are going to do it anyways.”
INITIATIVES: TARGETING TOBACCO

- Community tobacco trends presentations at local middle & high schools
- Student tobacco education
- Enforce 24/7 Tobacco-Free Schools
- Resources & Referrals
  - TN Tobacco QuitLine
  - Truth Initiative
  - Social medial/ InFocus articles
  - STARS intervention
Tennessee Quit Week Photo Challenge

• Tennessee Department of Health
• 2019 “Tobacco Quit Week”
• Week of February 4th: Social Media Photo Challenge
• Pictures with Homemade Sign “Say No To Tobacco”
• Post to your Facebook, Twitter, or Instagram account

#TNQuitWeek
School-Based Health Initiatives

- Professional Registered School Nurses
- School Emergency Response Teams
- Recognized “Heart Safe” Schools
- Staff CPR Certification
- TN Coordinated School Health
- Healthy School Teams
- Rethink Your Drink Campaign
- Walk Across Williamson
- Healthier Fairview Committee
- Annual Student Health Screenings
- Staff Wellness Initiatives
Identify Needs

• Step 1: Write down 3 Health Needs that you consider high priority based on the data presented today

• Step 2: Discuss your thoughts with your tablemates
  – Which Needs are similar?
  – How can these Needs be consolidated?
  – What are the outliers, if any?

• Step 3: Consolidate similar Needs into up to 3 “buckets” for your table. Write Needs (up to 3) on the stickies provided.
Break / Lunch
Electronic Voting
Electronic Voting

Survey Link or Scan the QR Code

• Enter the following in your web browser redcap.vanderbilt.edu/surveys

• Survey Access Code: MTYD3C8YJ
Identified Community Health Needs

- Mental Health / Suicide Prevention
- Health Education & Prevention / Resource Availability
- Substance Abuse
- Affordable Housing
Visioning

- Based on one of the Identified Needs, please answer the following questions:
  1. Which population(s) are most affected by this need or problem?
  2. Identify one to three goals that your group would like to see achieved related to this need.
  3. What organizations are already working on issues related to this need? Who are the potential collaborators?
  4. After 3 years, what does success look like for this need?
Evaluation
Vision Board
Next Steps
Contact Us

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Thank you to all!!