2019 Community Health Needs Assessment
Williamson County, TN

Health Department

TN Department of Health

VANDERBILT UNIVERSITY MEDICAL CENTER

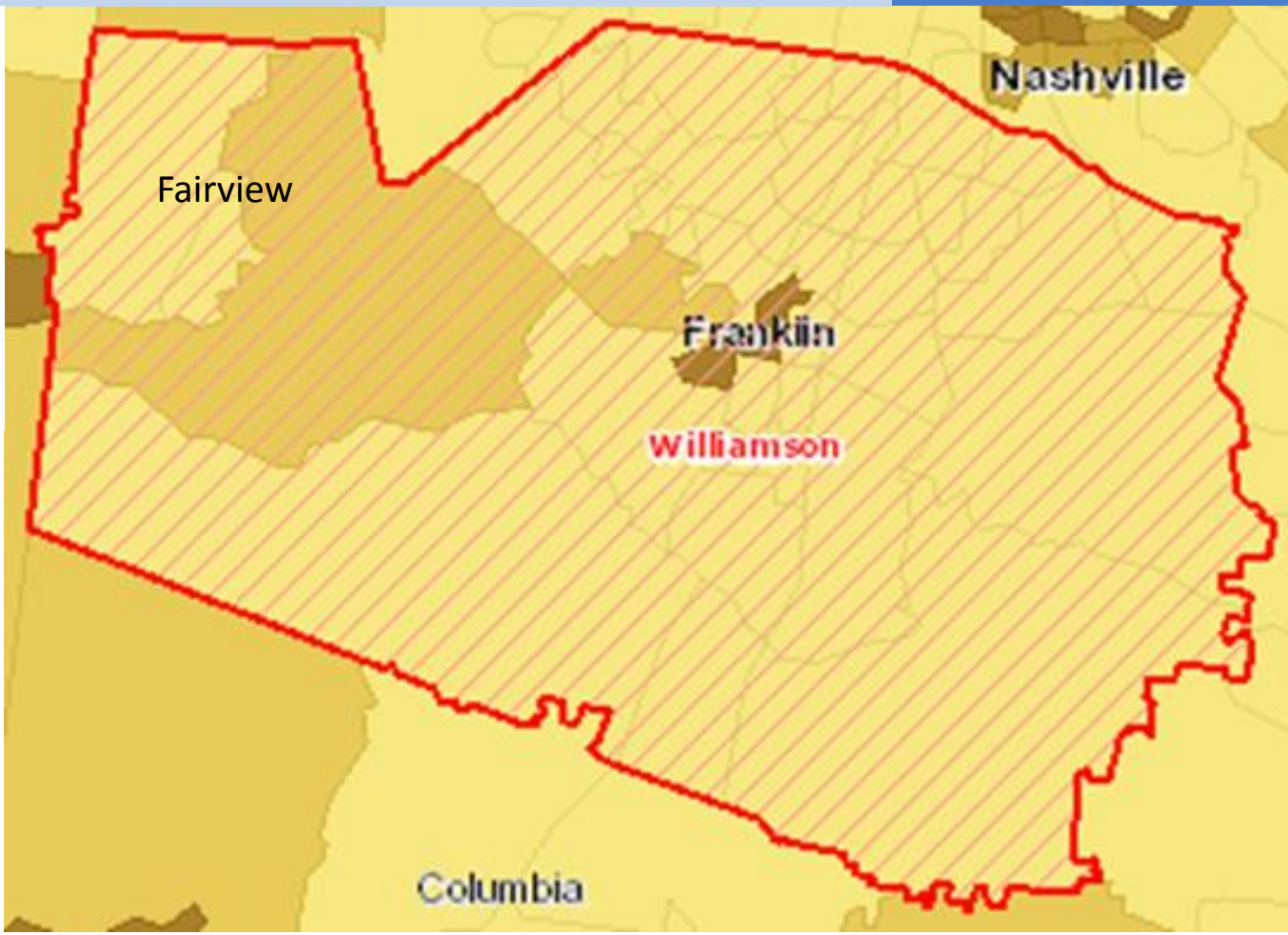
Williamson County – Health Priorities

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%

Source: : Map of Population Below Poverty Level, Williamson Co. TN. Community Commons (2015). Retrieved: July 15, 2015, from www.communitycommons.org Data Source: US Census Bureau, American Community Survey. 2009-13. Source geography: Tract

Overweight & Obesity: Fairview Schools

Schools 15%> Obese	% Overweight (OW)	% OW/Obese
Fairview Middle School	17.40	28.30
Fairview High School	18.13	22.53
Fairview Elementary School	13.85	20.00
Westwood Elementary School	15.05	17.96

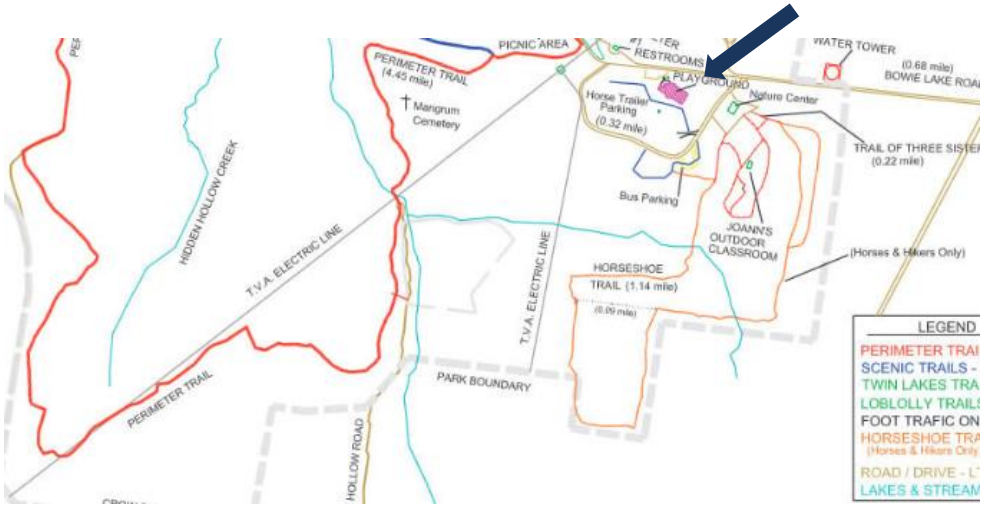
Data Source: 2013-2014 Summary of BMI Data from Screening Tool

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

BIKES IN BOWIE
CITY OF FAIRVIEW PARKS DEPARTMENT
7211 BOWIE LAKE ROAD
FAIRVIEW, TN 37062
(615) 799-5544

REGISTRATION **(Please complete for each individual checking out a bicycle.)**

Name: _____ Date of birth: _____

Parent/Guardian Name: _____

Home Phone: _____ Cell/Work Phone: _____

Address: _____
Street City State Zip

E-mail Address: _____

Driver's License Number: _____

Emergency Contact: _____ Relationship: _____

Home Phone: _____ Cell/Work Phone: _____

Hold Harmless Agreement/Waiver:
I understand that bicycles are owned by the City of Fairview Parks Department and may only be used within the park.

I give my consent for _____ to participate in the above activity. I/we hereby execute this agreement with the understanding that this release is part consideration for the city allowing my child the privilege of using bicycles in Bowie Park. In consideration of the privilege of using bicycles in Bowie Park, I/we hereby remise, release and forever discharge the City of Fairview Parks Department and its officers and employees, from any actions, suites, damages, claims or judgments that may result from any personal injury or other damages sustained while on the premises of Bowie Nature Park. I/we further relieve the City of Fairview Parks Department and its officers and employees, from liability loss or damage to any personal property that may be damaged, lost or stolen while on the premises.

In cases in which this release is signed by parents or guardians for a child under the age of 18, the parents or guardians assume the risk of injury to the child or loss of or damage to personal property and release the city, and it's officers and employees, from all claims, suits, damages or judgments that may result from these injuries or losses that the parents or guardians might have against the City of Fairview, Parks Department or its officers or employees.

Signature: _____ Date: _____

TO BE COMPLETED BY PARK STAFF
Equipment checked out: Bicycle # _____ Lock & Key # _____ Helmet # _____

- 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

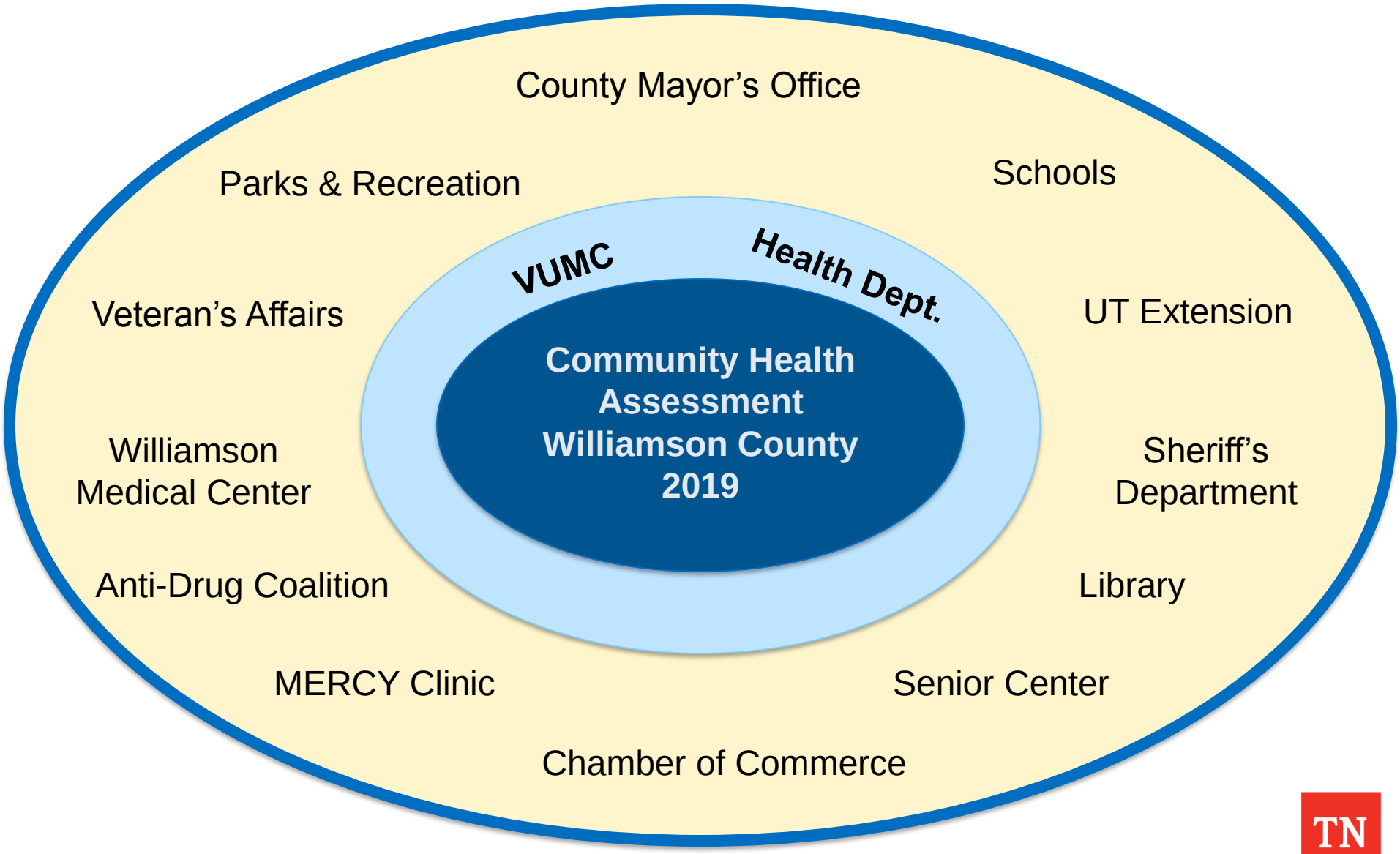
Bicycle in Bowie: Successes

- 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

Williamson County: Community Health Advisory Council



Opening Remarks

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)*

VANDERBILT UNIVERSITY
MEDICAL CENTER

Why are we here?

- 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

Health Assessment Partners

Williamson County Health Department

TN Department of Health

Williamson County Tennessee – The Great Seal

Health Department

Vanderbilt University Medical Center

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

Approach

- 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 Lens

"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

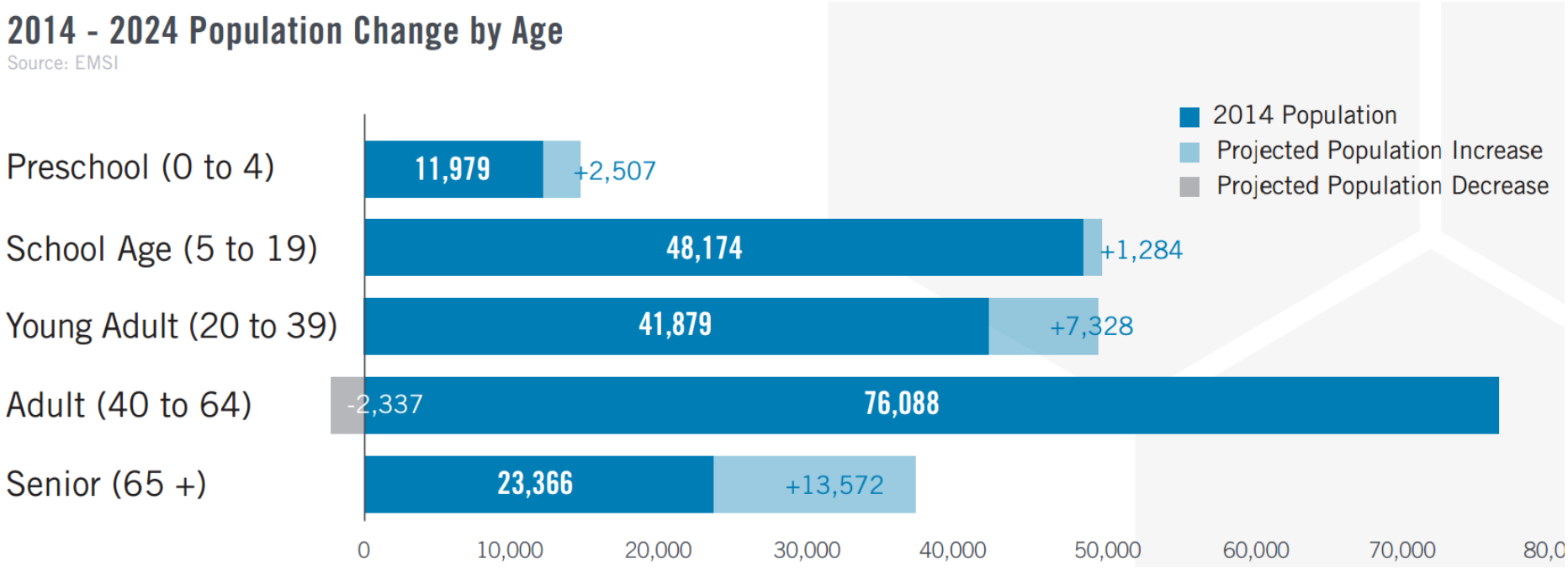
As you listen today…

- Write down 1-3 health needs you perceive as a priority (solo)
- Will then work with your tablemates to prioritize (group)
- Voting!
- Visioning

Demographic
Changing Populations

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



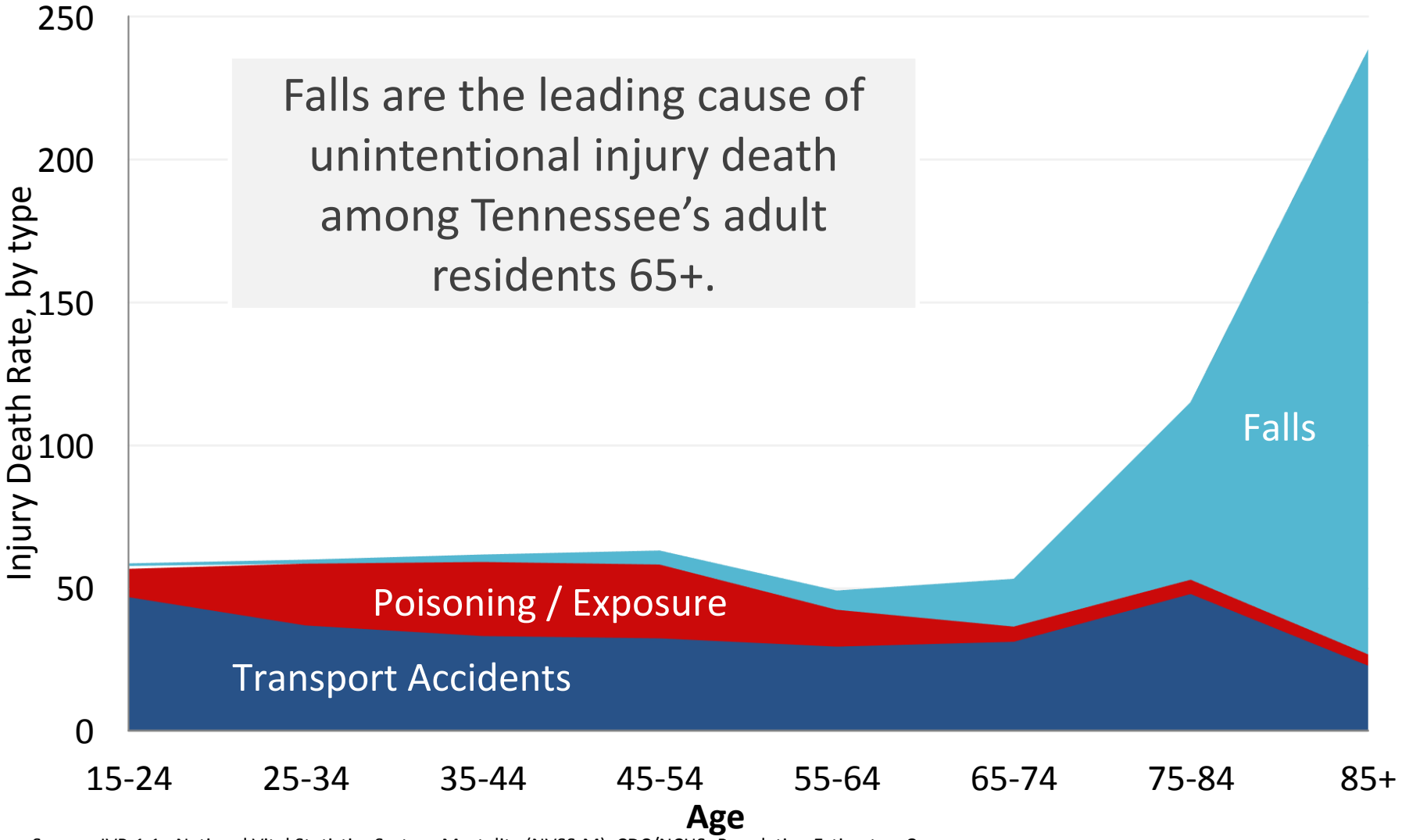
Source: Williamson County Chamber of Commerce 2015 Trends Report

Injury Death Rate by Age and Type

Tennessee Males, per 100,000 Population [2013]

Williamson

Morbidity / Mortality



Source: IVP-1.1: National Vital Statistics System-Mortality (NVSS-M), CDC/NCHS; Population Estimates, Census.

"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, activites, and outings to give our patrons an opportunity to live an active and healthy lifestyle.

Power Tools

Power Tools

Aerobic Fit

Group Fitness

Healthy Lifestyle Support

Group Fitness Cont....

Power Tools Fitness Class

Silver Sneakers Classic

Silver Sneakers Classic

Healthy Lifestyle Support

Senior Olympics

Beach Ball Volleyball

Indoor Open Pickleball

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

Williamson County Enrichment Center

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.

Health Education

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

Williamson Medical Center provides a monthly “Lunch and Learn” for our seniors, covering current medical and health topics that are relevant to this demographic.

Lunch and Learn Provided by Williamson Medical Center

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

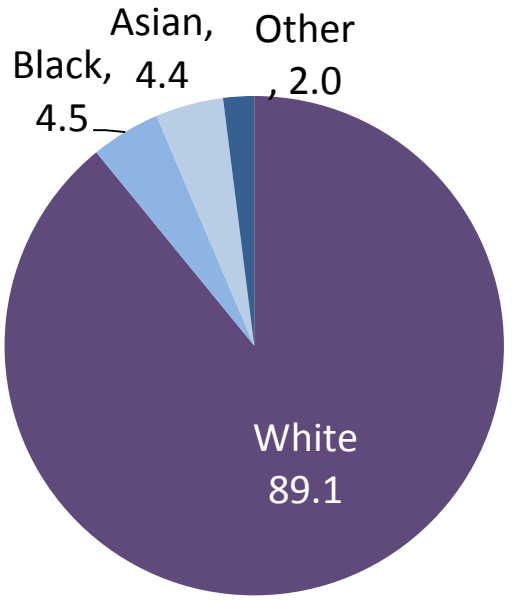
Indicator Topics

- 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

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



Percent Hispanic or Latino: 4.8%

Source: United States Census Bureau. (2017). *Population and Housing Unit Estimates.* Retrieved from https://www.census.gov/programs-surveys/popest/data/tables.html

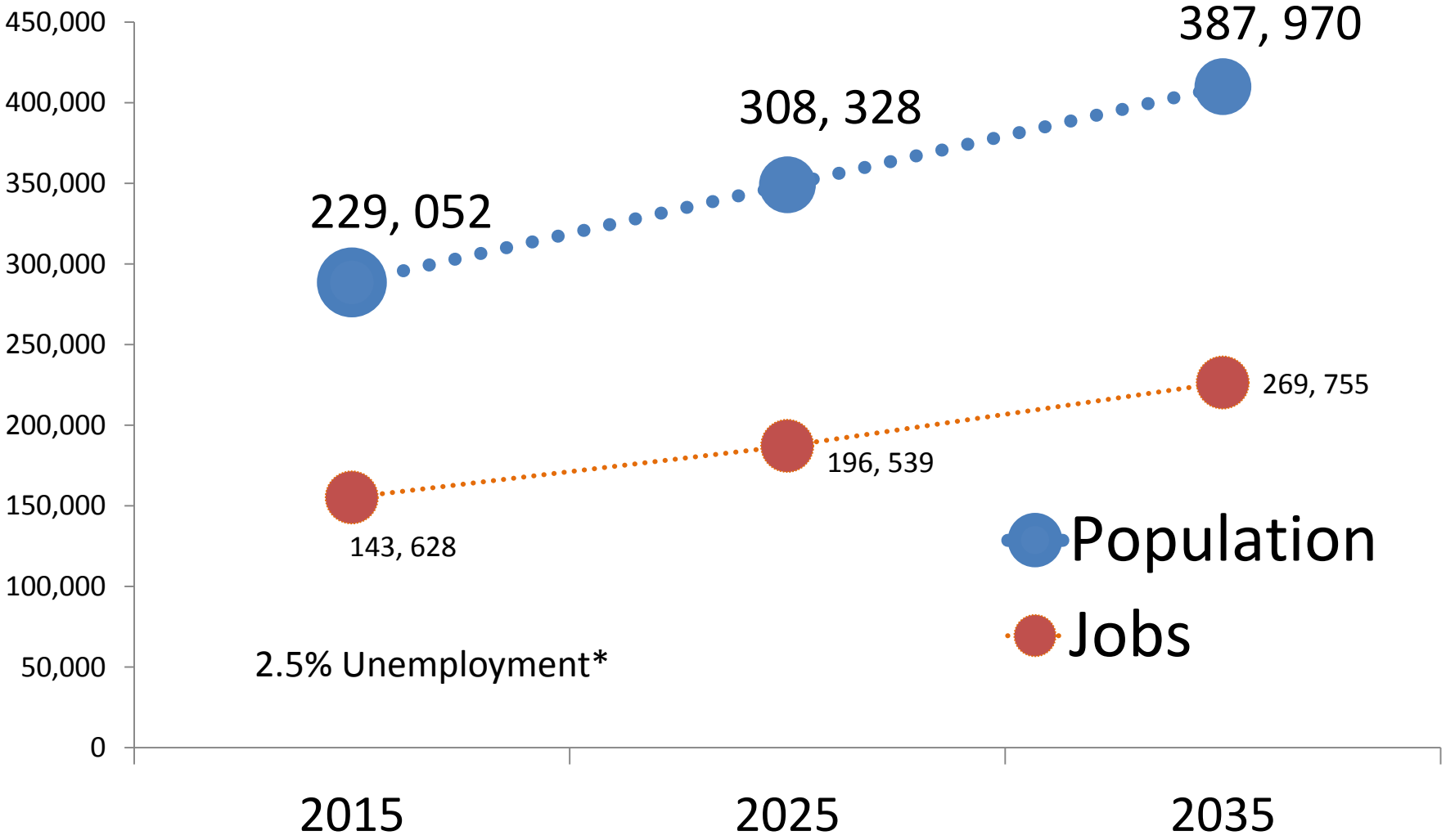
Source: Community Commons. (2018). *Less Than High School Education %.* Retrieved from https://www.communitycommons.org/map/

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

Williamson

Demographic / Socioeconomic

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



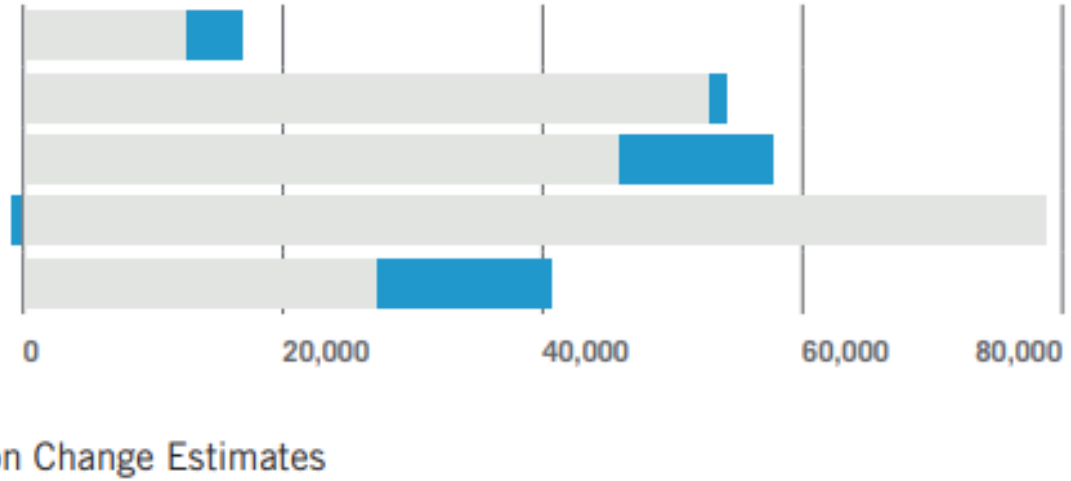
Source: Nashville Metro Planning Organization. (2019). *Growth Trends and Forecast.* Retrieved from http://www.nashvillempo.org/growth/
United States Census Bureau. (2018). *Labor Force Statistics.* Retrieved from https://www.census.gov/topics/employment/labor-force.html

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%)

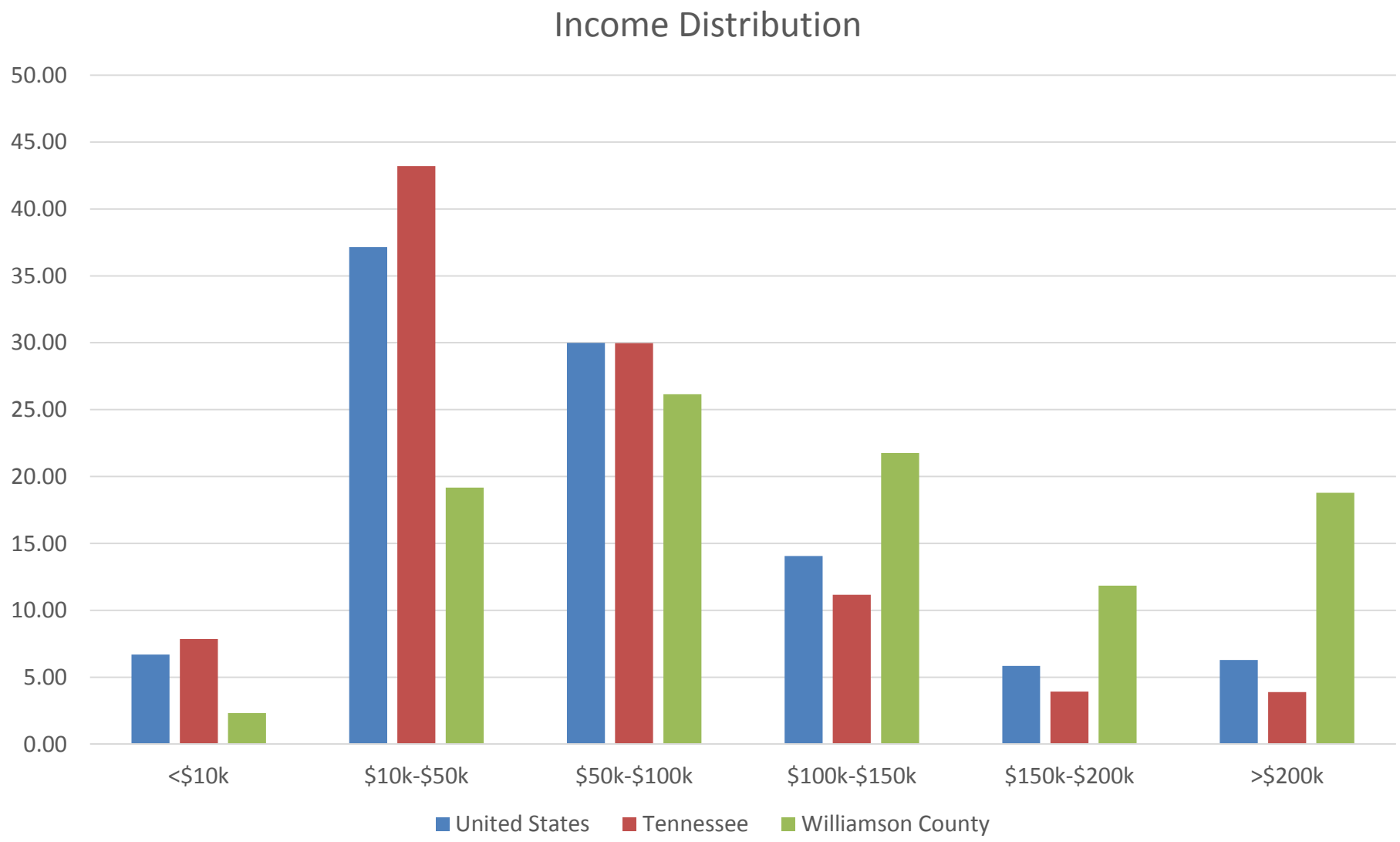
Percentage of Population Change from 2016 to 2026

Preschool (0 to 4)	34%
School Age (5 to 19)	2%
Young Adult (20 to 39)	26%
Adult (40 to 64)	-1%
Senior (65 and over)	50%



Source: Williamson County Chamber of Commerce. (2017). *2017 Trends Report.* Retrieved from https://bloximages.newyork1.vip.townnews.com/williamsonherald.com/content/tncms/assets/v3/editorial/f/75/f75eae20-1edd-11e7-b4f0-5f654c777ddc/58ed15589cb48.pdf.pdf

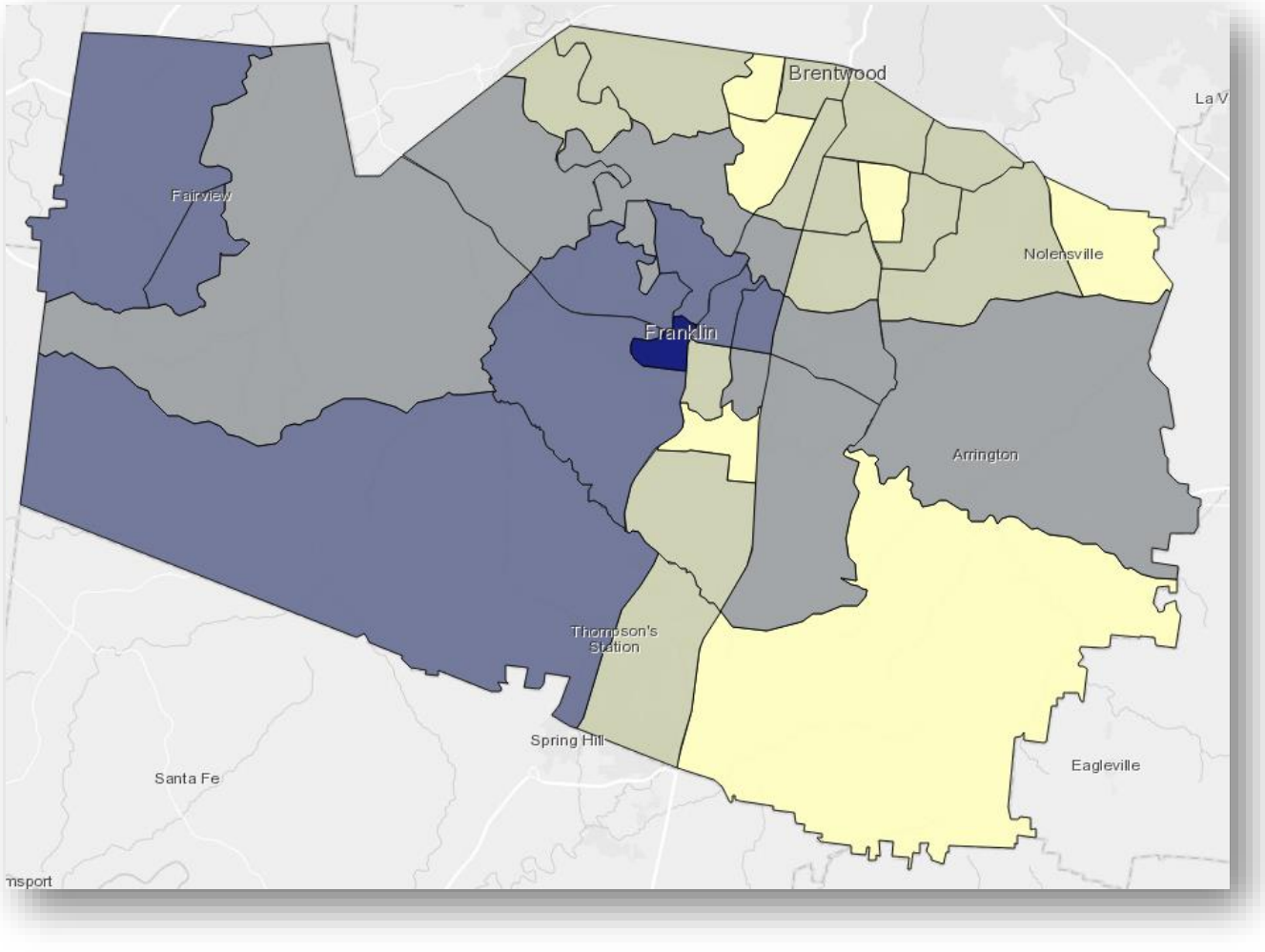
Household Income Distribution (2017)



Source: United States Census Bureau. (2018). *QuickFacts Williamson Co. Tennessee.* Retrieved from https://www.census.gov/quickfacts/williamsoncountytennessee

Population Below the Poverty Level
(2013-2017)

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

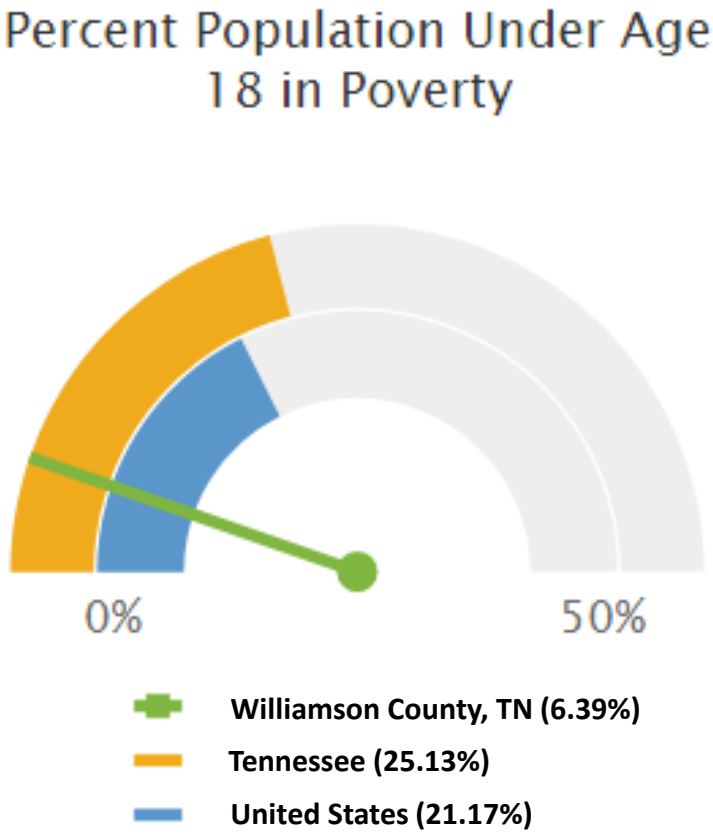


Source: United States Census Bureau. (2018). *QuickFacts Williamson Co. Tennessee.* Retrieved from https://www.census.gov/quickfacts/williamsoncountytennessee
Source: Community Commons. (2018). *Families in Poverty (%), ACS 2012-2016 by Tract.* Retrieved from https://www.communitycommons.org/map/

Children Living in Poverty

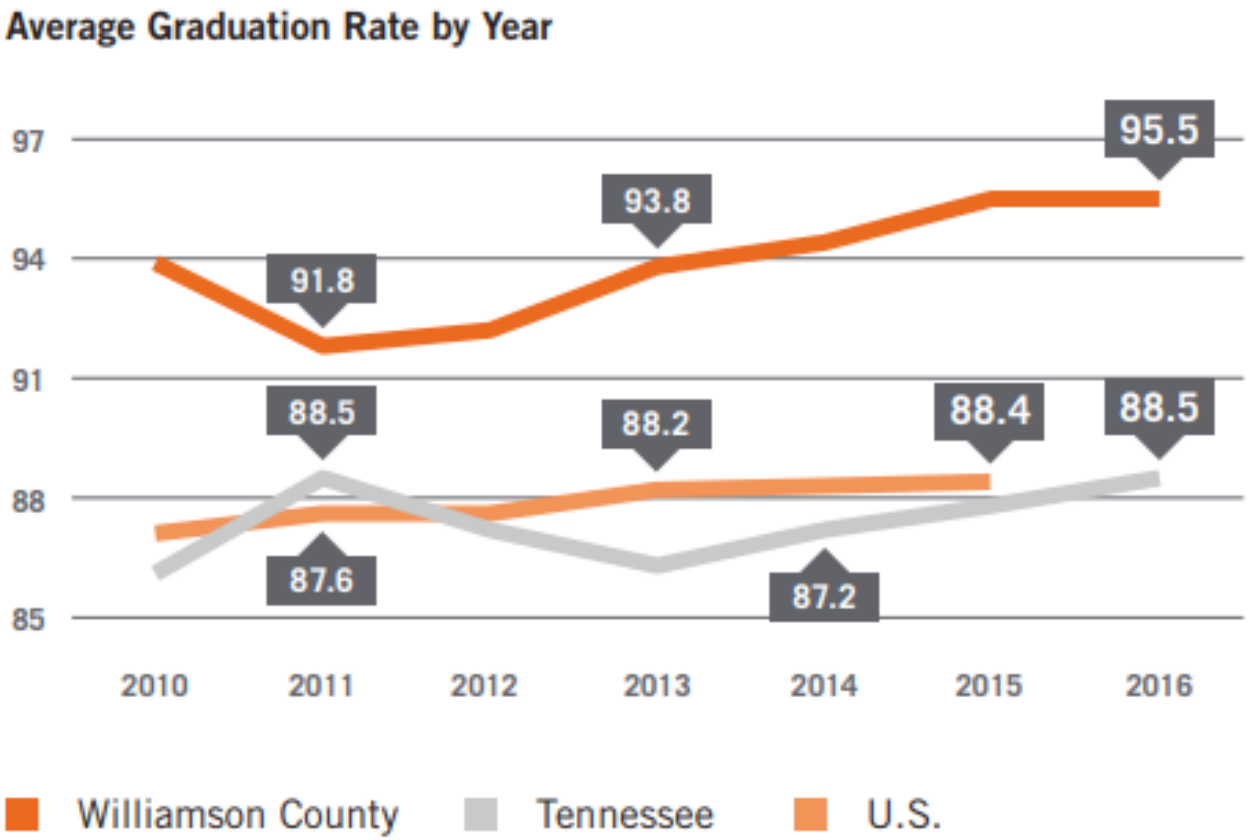
Total # of Children Living in Poverty

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



Source: Community Commons. (2018). *Total Number of Children Living in Poverty.* Retrieved from https://www.communitycommons.org/map/

Education
Graduation Rates: 2017



Source: TN Dept. of Education

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

Source: United States Census Bureau. (2018). *QuickFacts Williamson Co. Tennessee.* Retrieved from https://www.census.gov/quickfacts/williamsoncountytennessee
Source: Williamson County Chamber of Commerce. (2017). *2017 Trends Report.* Retrieved from https://bloximages.newyork1.vip.townnews.com/williamsonherald.com/content/tncms/assets/v3/editorial/f/75/f75eae20-1edd-11e7-b4f0-5f654c777ddc/58ed15589cb48.pdf.pdf

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

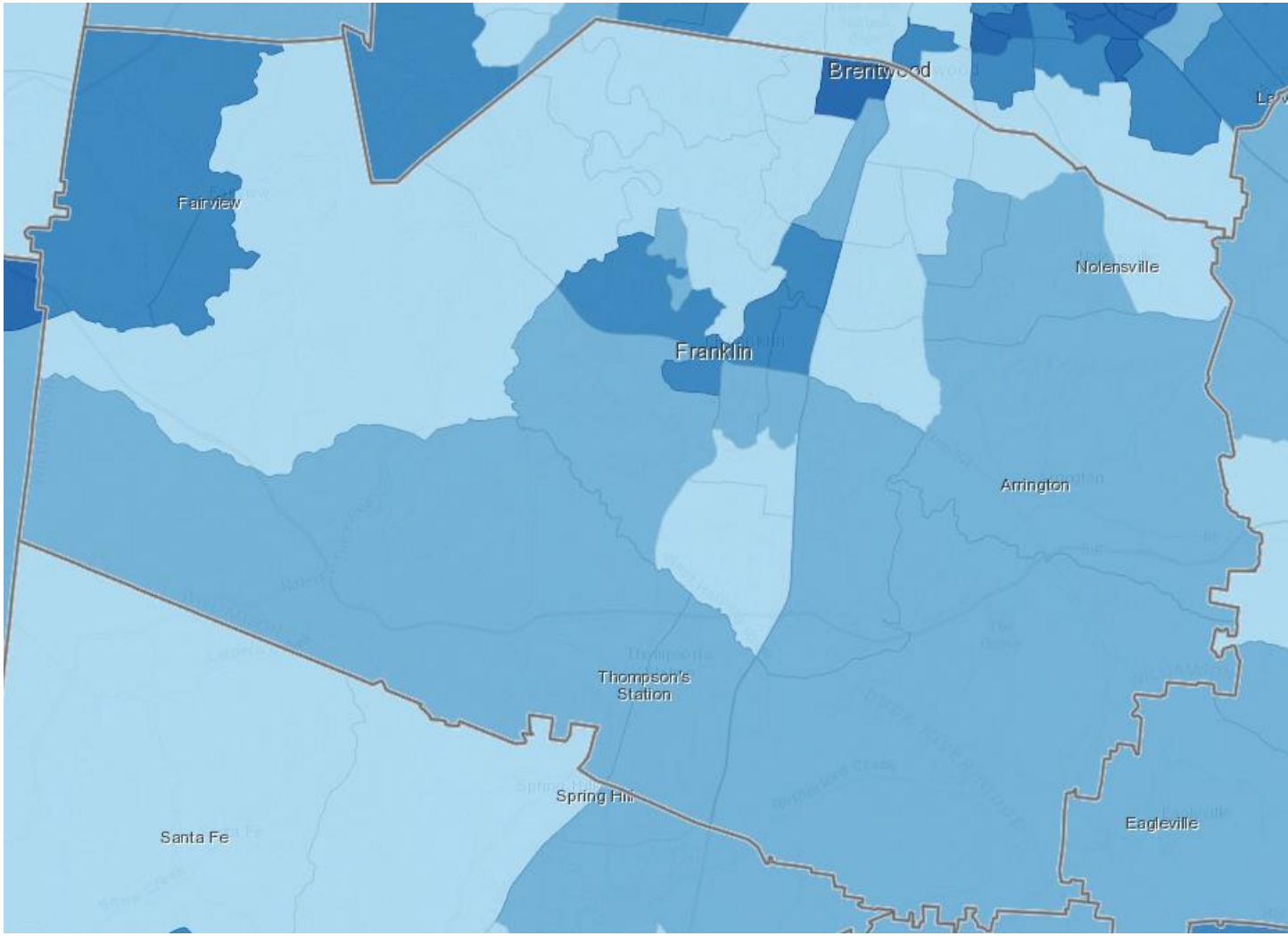
Williamson

Social Determinants of Health

Percent of Cost Burdened Houses (2012-2016)

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

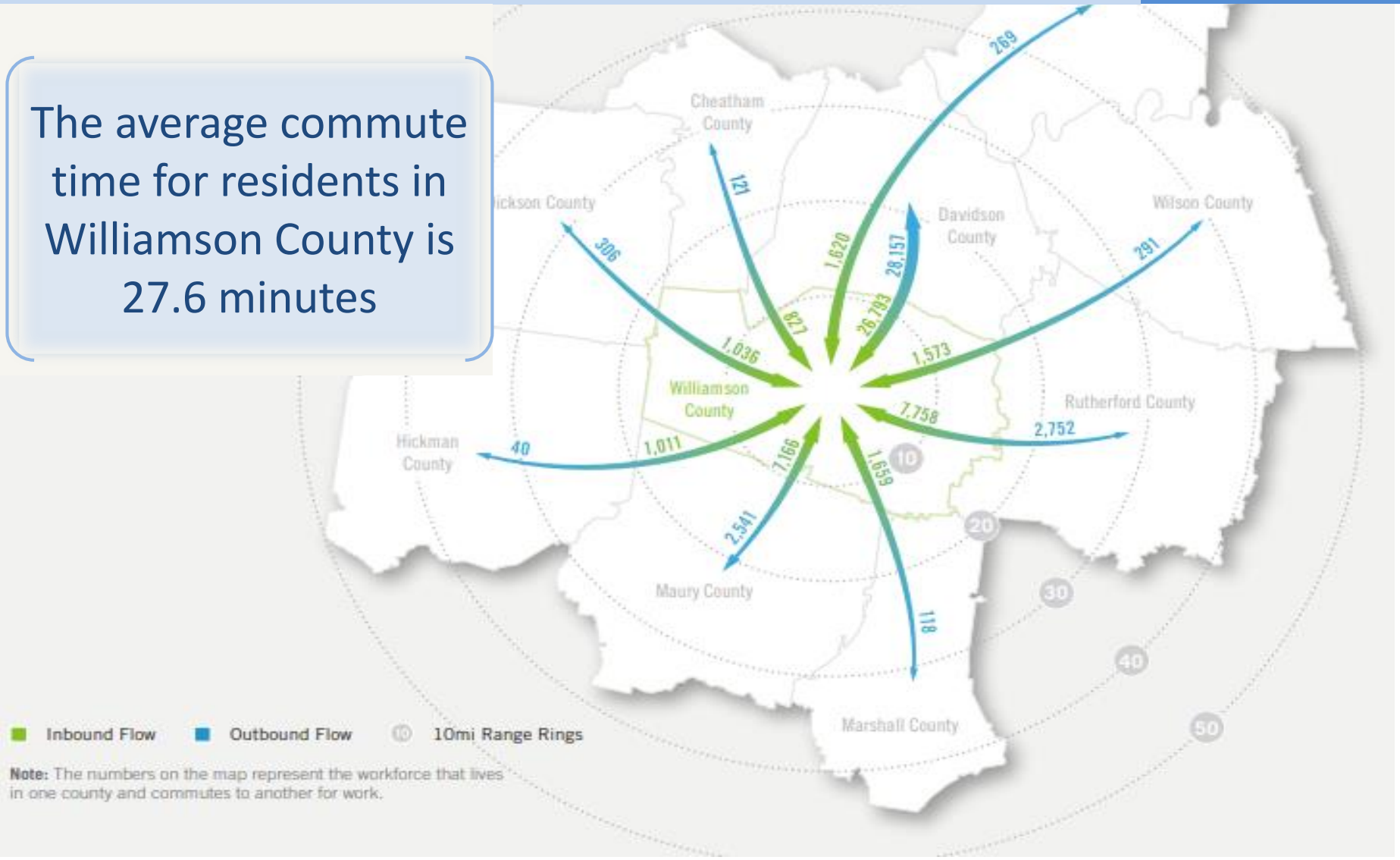
*Cost burdened defined as 30% or more of monthly income spent on housing



Source: Community Commons. (2018). *American Community Survey (2012-2016) Housing Cost Burden.* Retrieved from http://www.communitycommons.org

Transportation

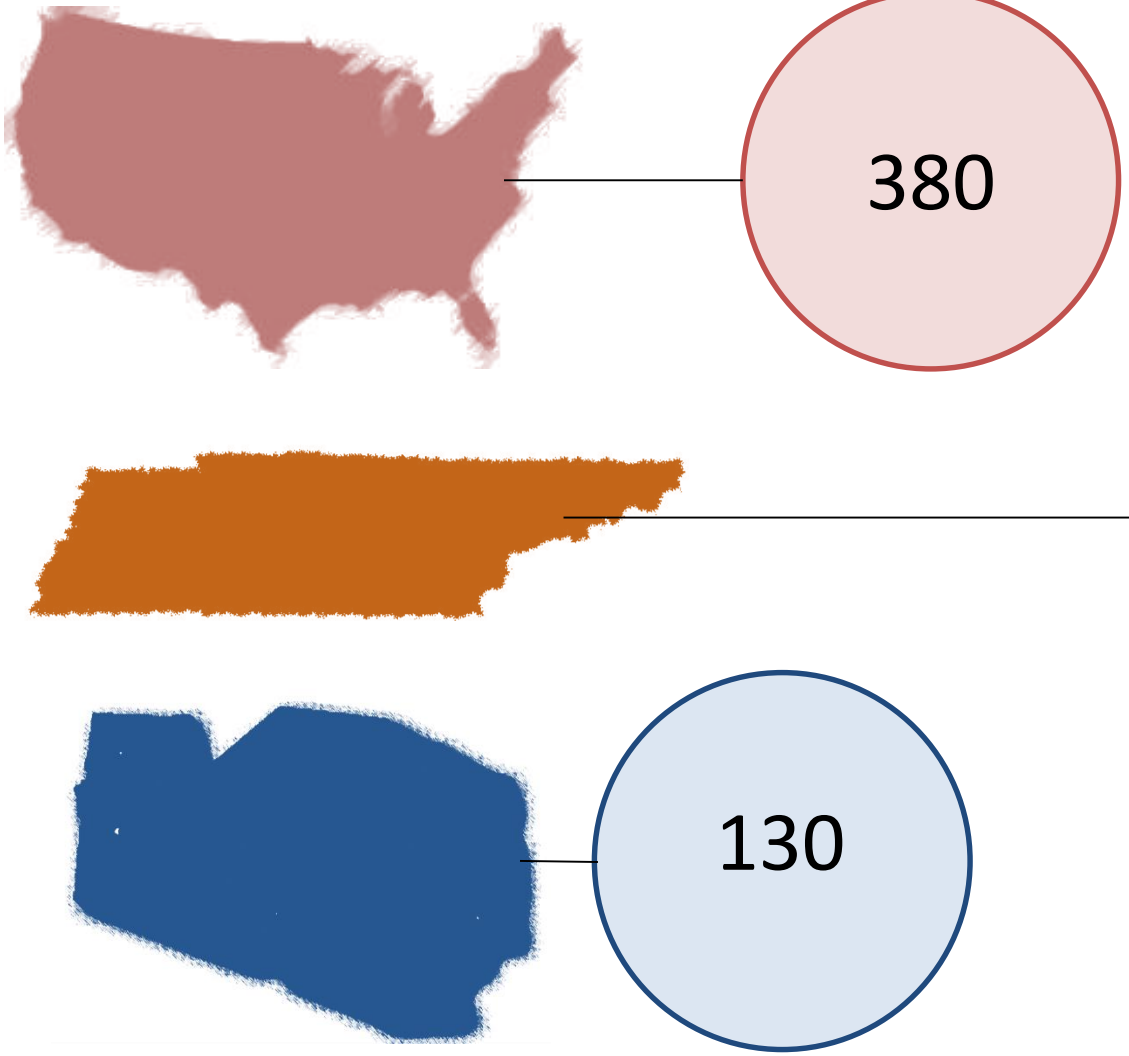
The average commute time for residents in Williamson County is 27.6 minutes



Source: Williamson County Chamber of Commerce 2018 Trends Report. (2018). *Quality of Life: Commuting Patterns.* Retrieved from https://www.williamsonchamber.com/wp-content/uploads/WilliamsonInc_Trends2018_Web-1.pdf

Violent Crime Rate

Per 100,000 population



Best 10% of US Counties

62

Source: University of Wisconsin Population Health Institute. (2018). *County Health Rankings.* Retrieved from http://www.countyhealthrankings.org/app/tennessee/2018/rankings/williamson/county/outcomes/overall/snapshot

Food Insecurity Rate

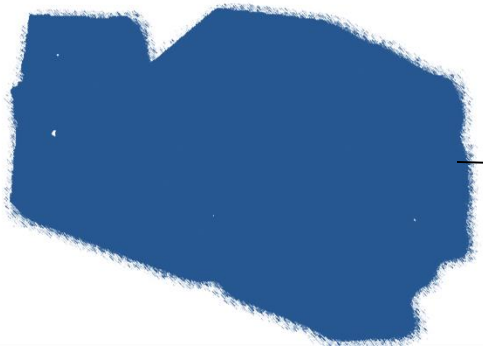
Community Commons 2018

Williamson

Social Determinants of Health

12.5%

14.5%



7.0%

12.2% of children

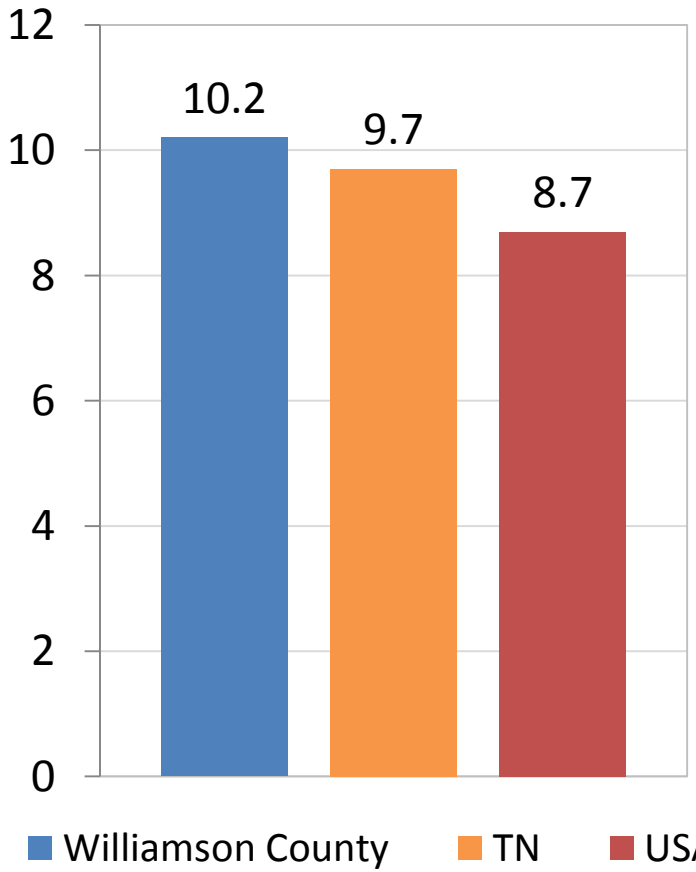
Source: Feeding America: Map the Meal Gap. (2018). Child *Food Insecurity in Williamson County.* Retrieved from http://map.feedingamerica.org/county/2016/overall/tennessee/county/williamson

Source: Feeding America: Map the Meal Gap. (2018). Child *Food Insecurity in The United States.* Retrieved from http://map.feedingamerica.org/county/2016/child

Air Pollution and Lung Disease

Particulate Air Pollution

(Daily PM2.5)



Estimates of Lung Disease Williamson County 2018	
Pediatric Asthma	5,897
Adult Asthma	17,552
COPD	16,276
Lung Cancer	165

Source: University of Wisconsin Population Health Institute. (2018). *County Health Rankings.* Retrieved from http://www.countyhealthrankings.org/app/tennessee/2018/rankings/williamson/county/outcomes/overall/snapshot

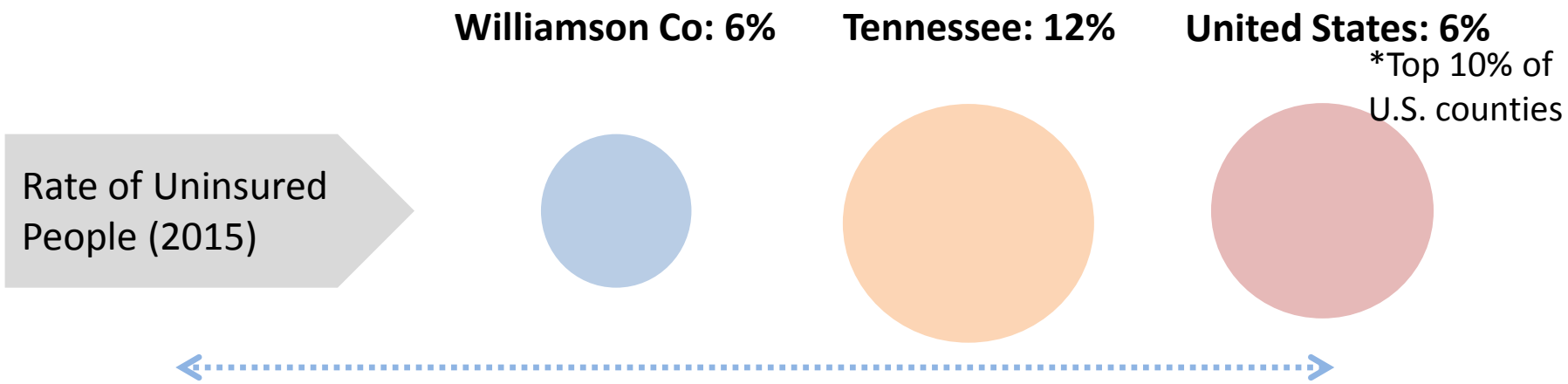
Source: American Lung Association. (2018). *Tennessee.* Retrieved from https://www.lung.org/our-initiatives/research/monitoring-trends-in-lung-disease/state-of-lung-cancer/states/TN.html

Summary

- 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



Provider Rates

Population: Provider

	Williamson	TN	U.S. Top 10
Primary Care	670 : 1	1,380 : 1	1,030 : 1
Dental Care	1,310 : 1	1,890 : 1	1,280 : 1
Mental Health Care	700 : 1	740 : 1	330 : 1

Source: County Health Rankings & Roadmaps. (2018). *Williamson: Health Outcomes.* Retrieved from http://www.countyhealthrankings.org/app/tennessee/2018/rankings/williamson/county/outcomes/overall/snapshot

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

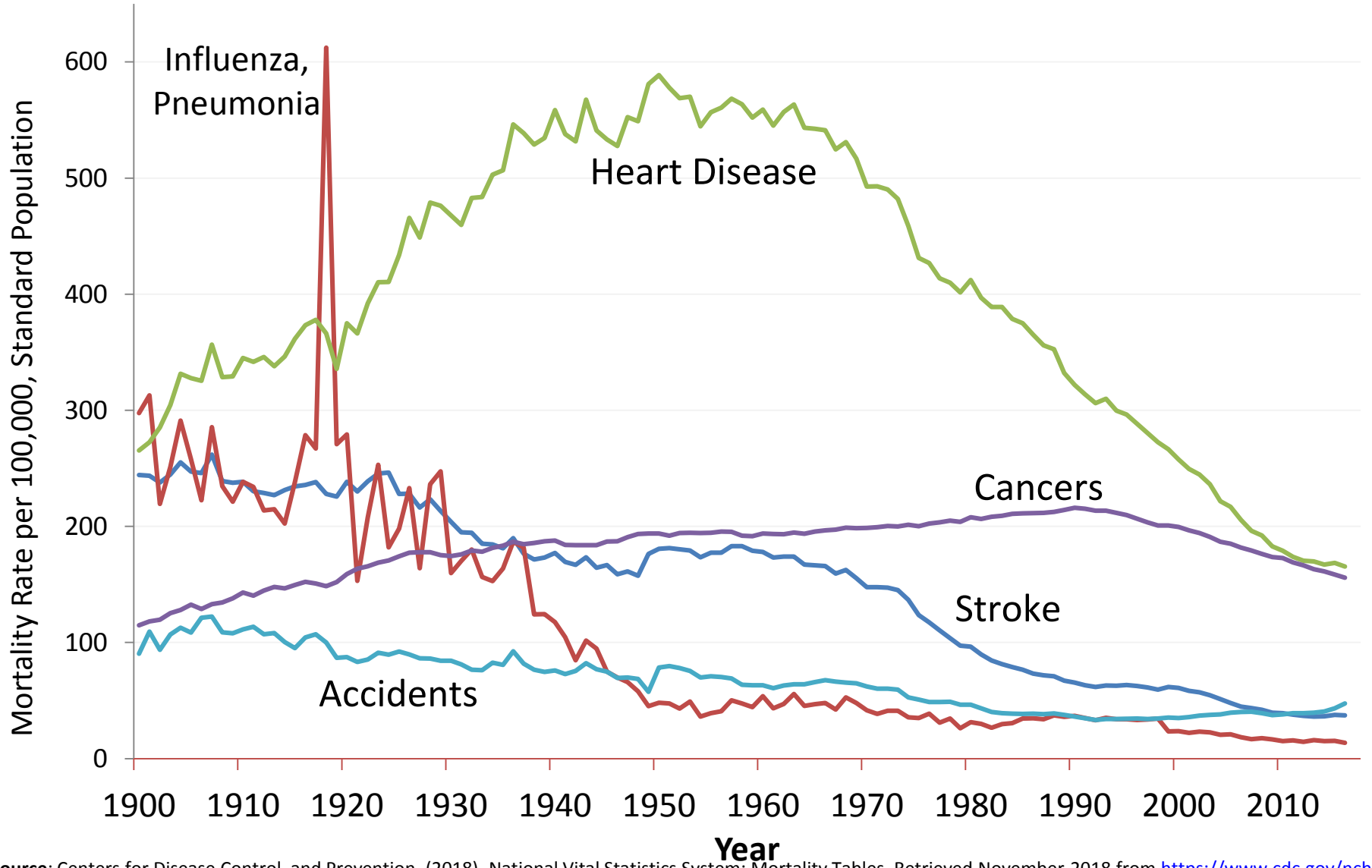
Health Status

Causes of Death: USA, 1900-2016

Age adjusted Death Rates for Selected Major Causes of Death

Williamson

Morbidity / Mortality



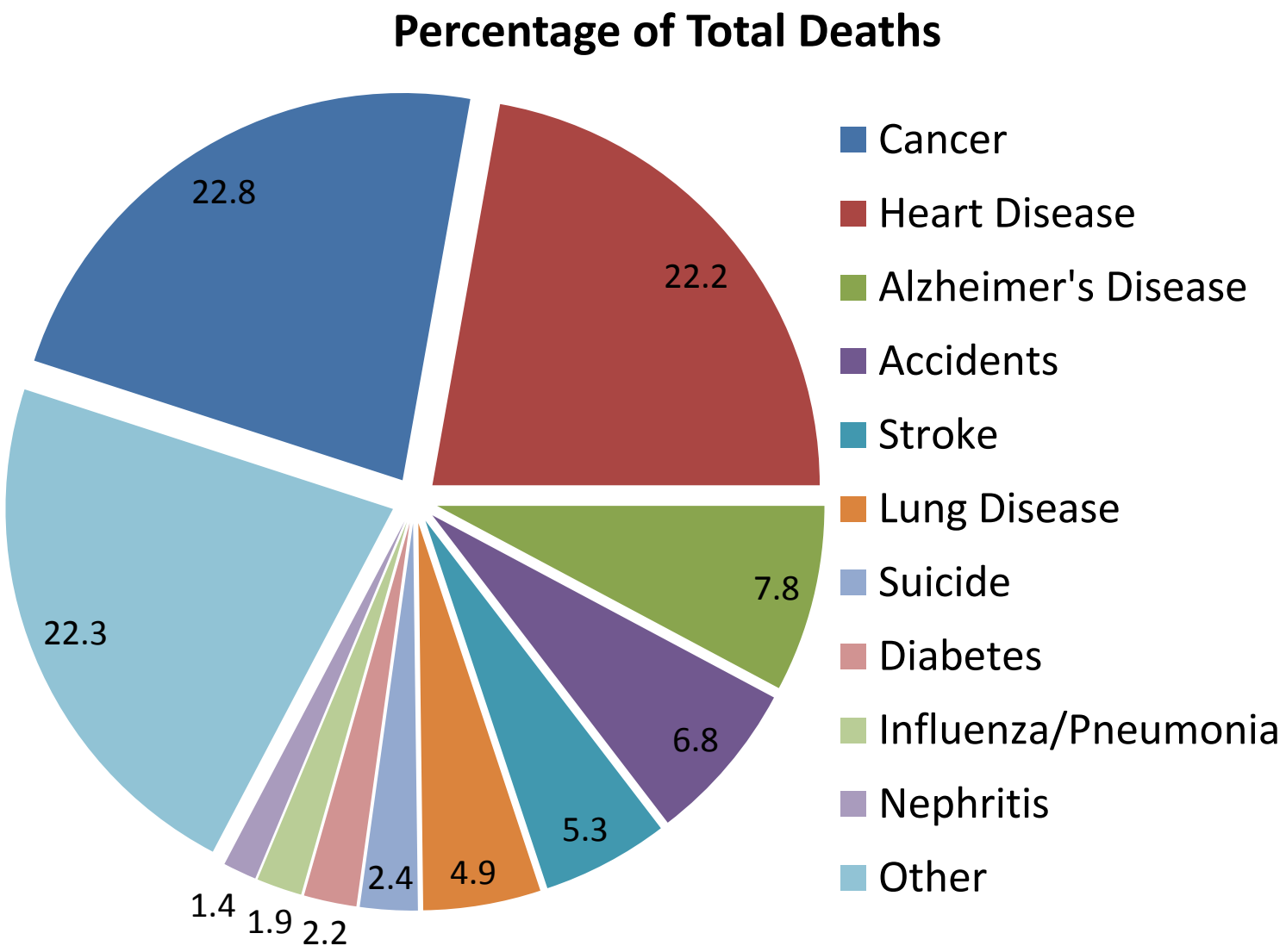
Source: Centers for Disease Control and Prevention. (2018). National Vital Statistics System: Mortality Tables. Retrieved November 2018 from https://www.cdc.gov/nchs/nvss/mortality_tables.htm

Leading Causes of Death

Williamson County (2016)

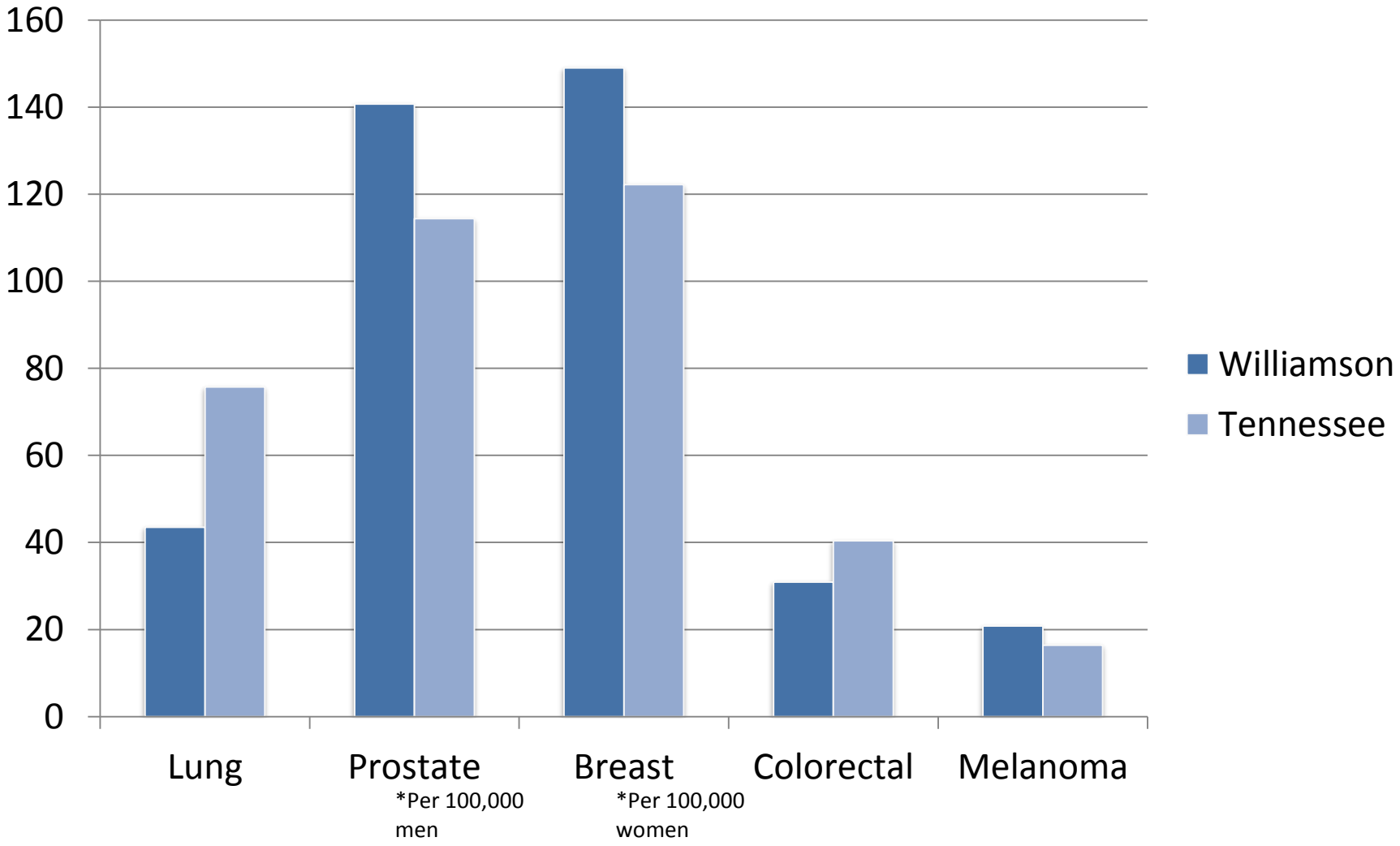
Williamson

Morbidity / Mortality



Source: Centers for Disease Control and Prevention: CDC Wonder. (2018). *CDC Wonder.* Retrieved May 2018 from https://wonder.cdc.gov/

Cancer Deaths By Type (2011-2015)



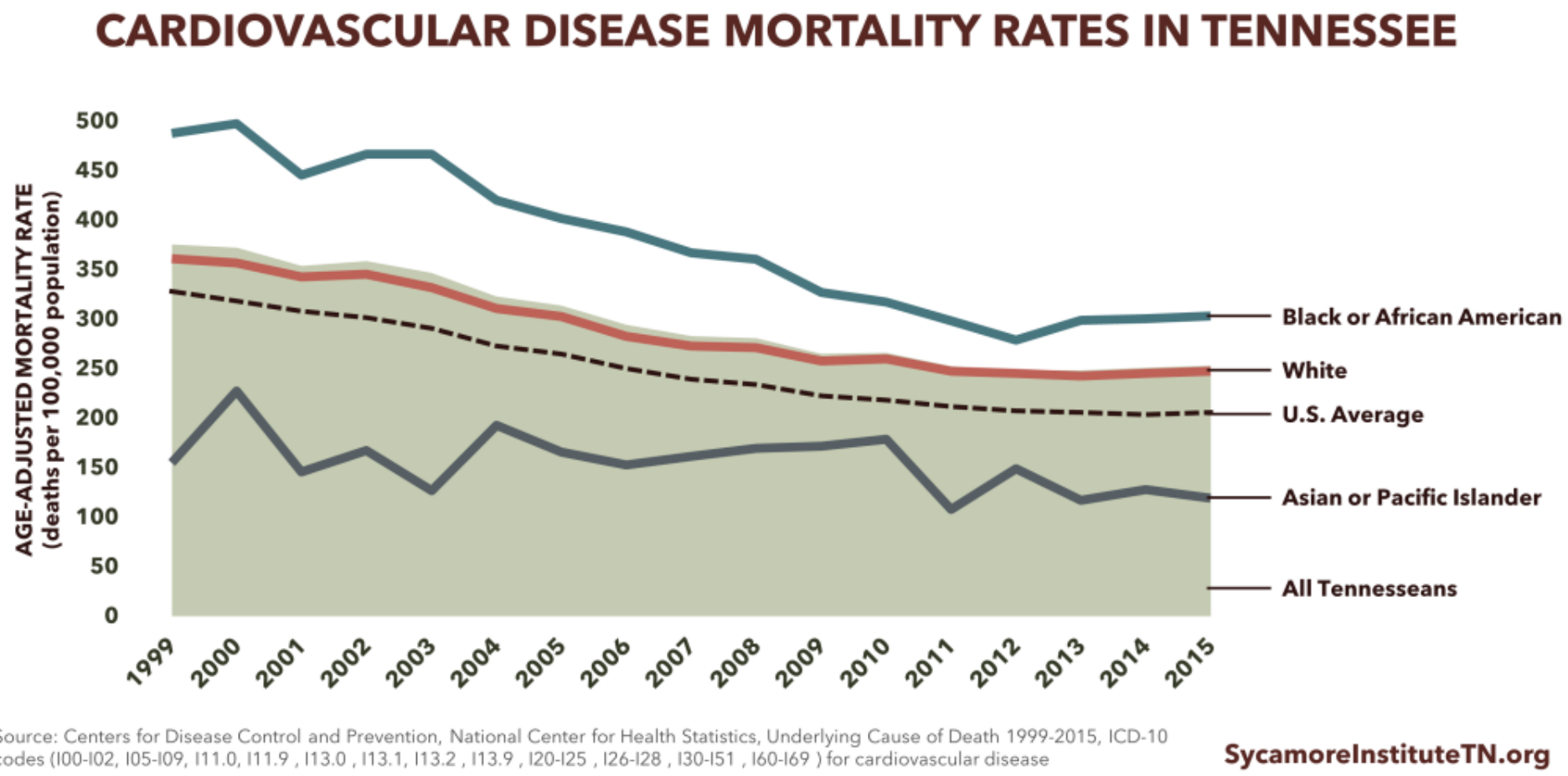
Source: Centers for Disease Control and Prevention: CDC Wonder. (2018). *CDC Wonder.* Retrieved May 2018 from https://wonder.cdc.gov/

Heart Disease Death Rates in Tennessee

Disparities by Race

Williamson

Morbidity/ Mortality

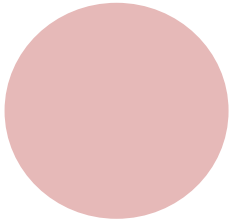


Source: The Sycamore Institute. (2017). *Cardiovascular Disease Mortality Rates in Tennessee by Courtney Melton.* Retrieved from https://www.sycamoreinstitutetn.org/2017/07/11/cardiovascular-disease-mortality-rates-in-tennessee/

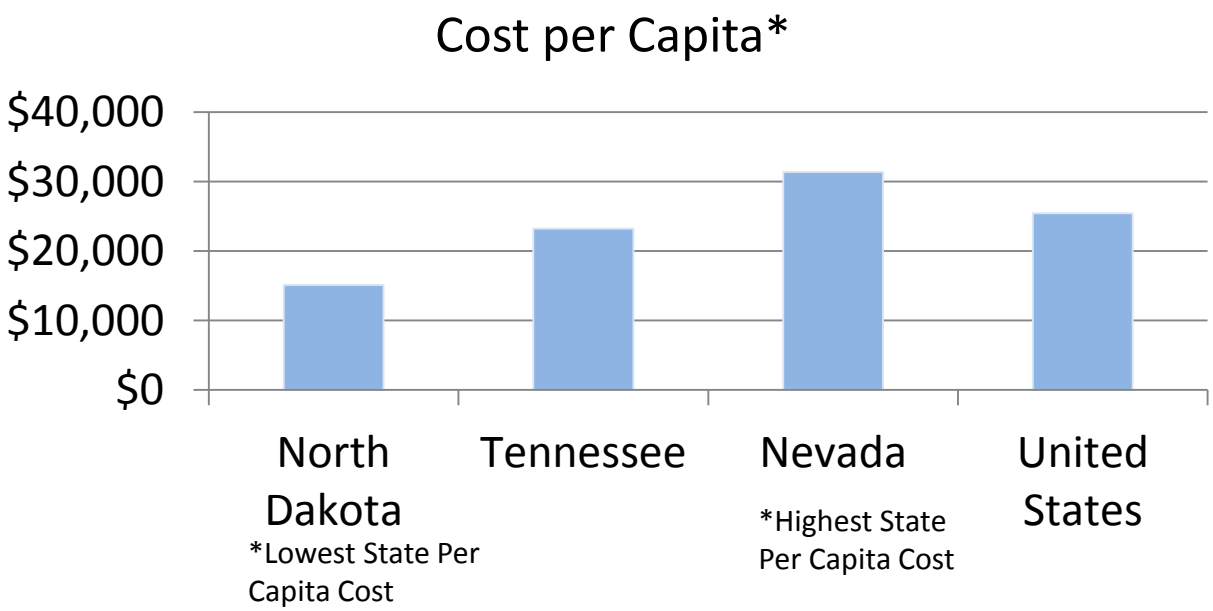
Alzheimer's Disease, Tennessee

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

Tennessee: 47.3



United States: 34.4

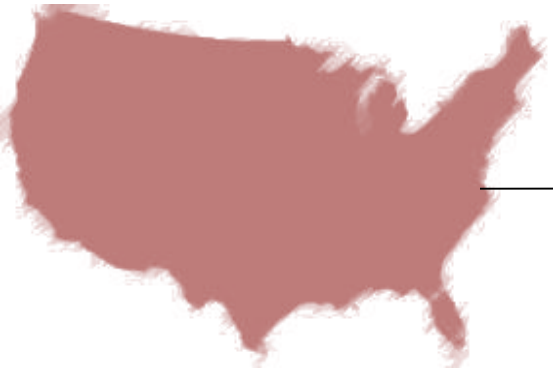


*Total Medicaid Cost (Age 65+) for Beneficiaries with Alzheimer's Disease

Source: Alzheimer's Association. (2018) *2018 Alzheimer's disease facts and figures.* Retrieved from https://www.alzheimersanddementia.com/article/S1552-5260(18)30041-4/fulltext

Unintentional Injury Death Rate

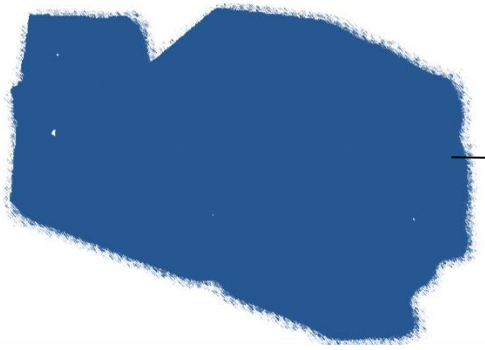
per 100,000 Population [2018]



55

*Top 10% of U.S. counties

83



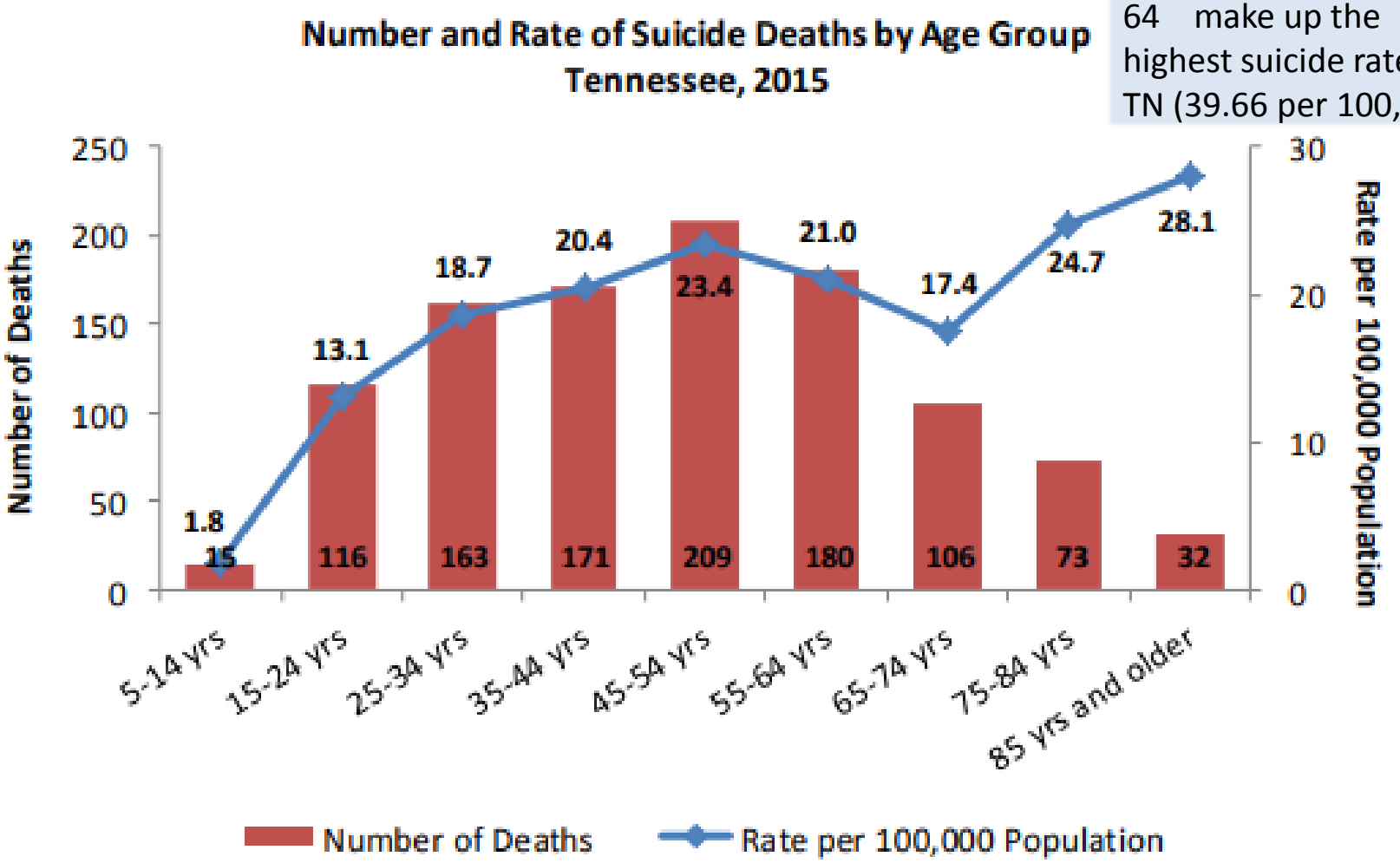
50

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

Source: County Health Rankings & Roadmaps. (2018). *Williamson: Health Outcomes.* Retrieved from http://www.countyhealthrankings.org/app/tennessee/2018/rankings/williamson/county/outcomes/overall/snapshot

Suicide Deaths, Tennessee
By Age (2015)

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



Source: Tennessee Suicide Prevention Network. (2017). *Status of Suicide in Tennessee.* Retrieved from http://tspn.org/wp-content/uploads/2014/01/SOST17-Penultimate.pdf

Summary

- 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.

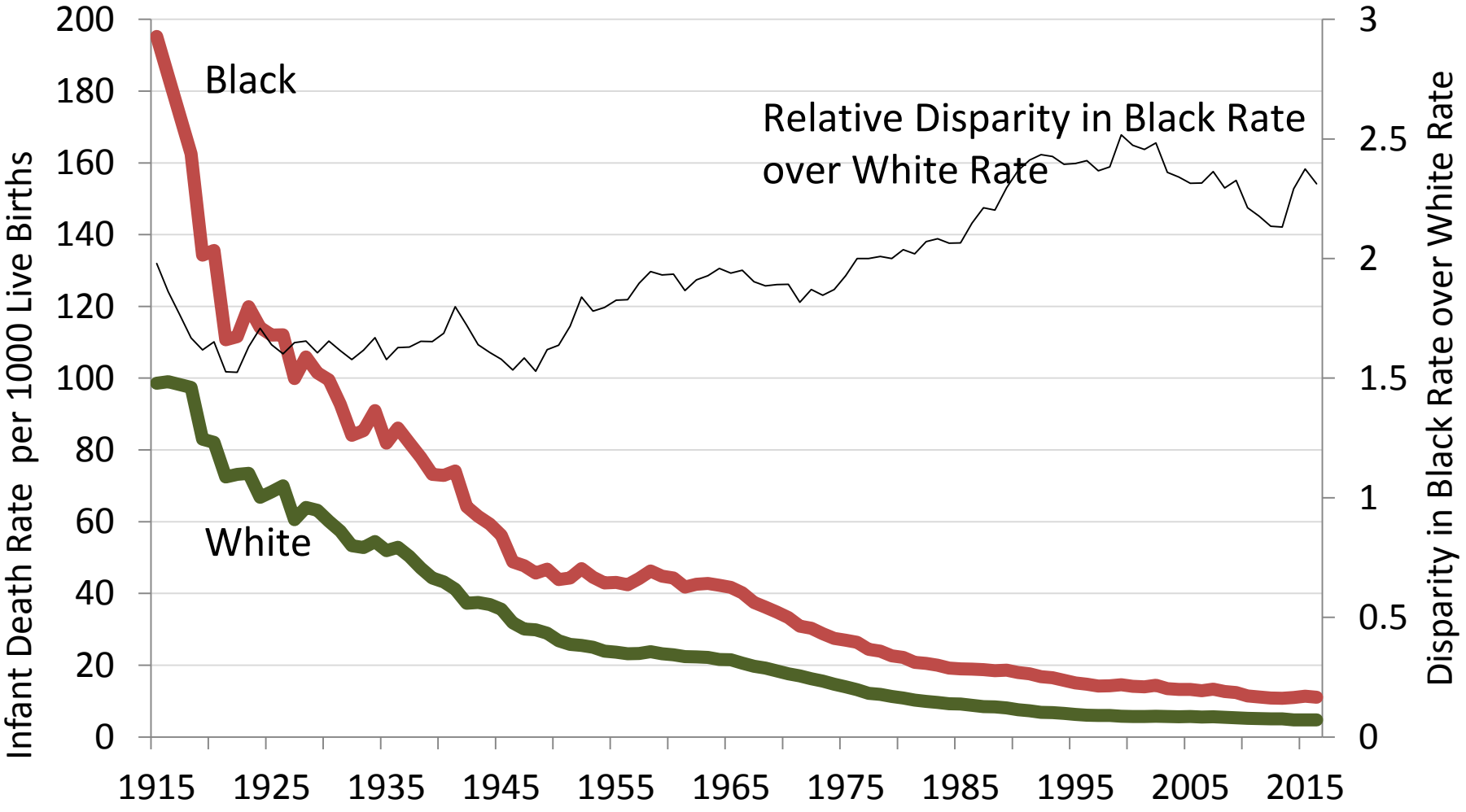
Birth Outcomes

Infant Mortality in the United States

Racial Disparities since 1915

Williamson

Birth Outcomes

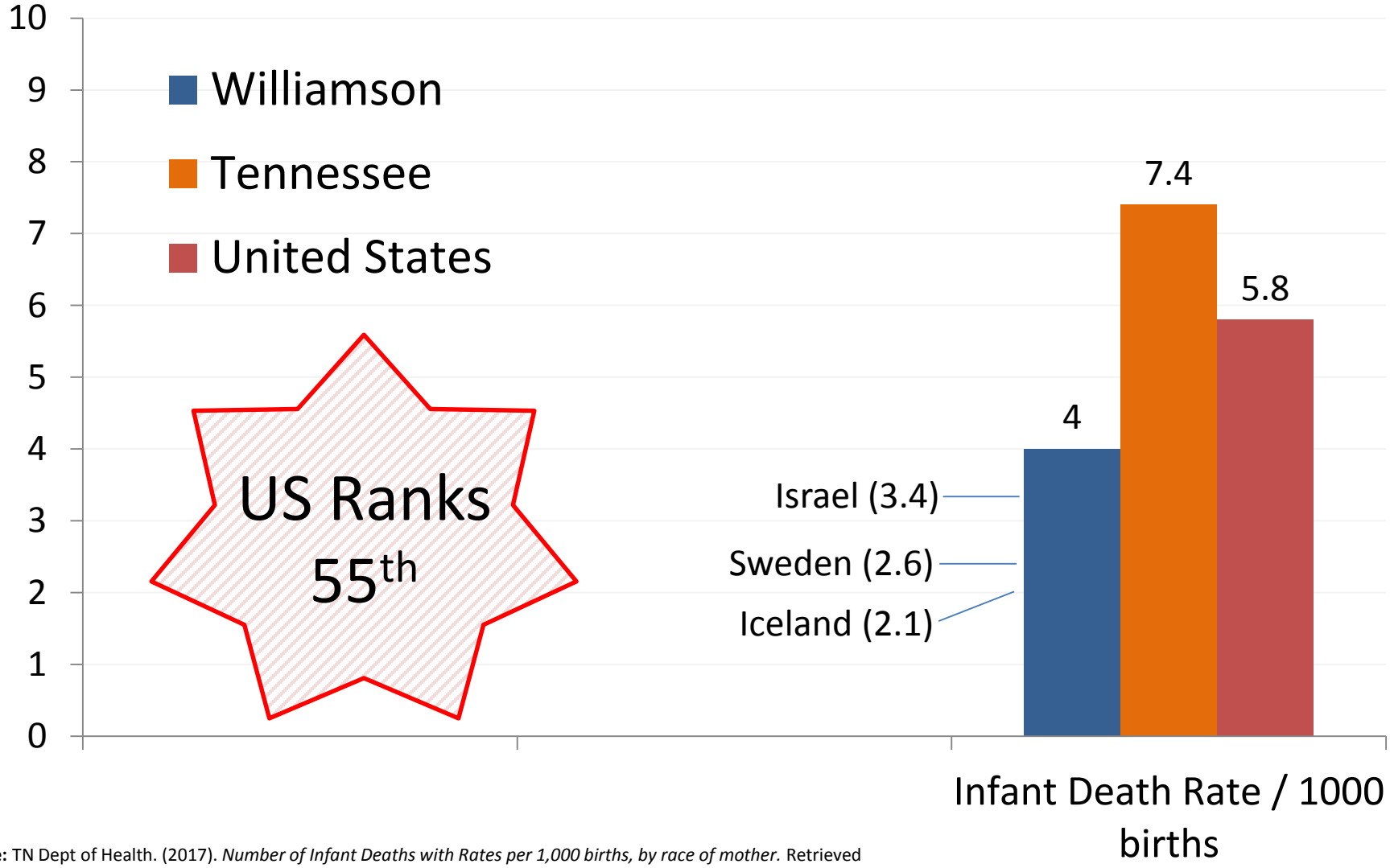


Source: Centers for Disease Control/National Center for Health Statistics. (2017). *Infant Health*. Retrieved from https://www.cdc.gov/nchs/fastats/infant-health.htm

Source: Kids Count Data Center. (2018). *Infant mortality by race in the United States.* Retrieved from https://datacenter.kidscount.org/data/tables/21-infant-mortality-by-race#detailed/1/any/false/870,573,869,36,868,867,133,38,35,18/10,11,9,12,1,13/285,284

Infant Mortality: Williamson Co

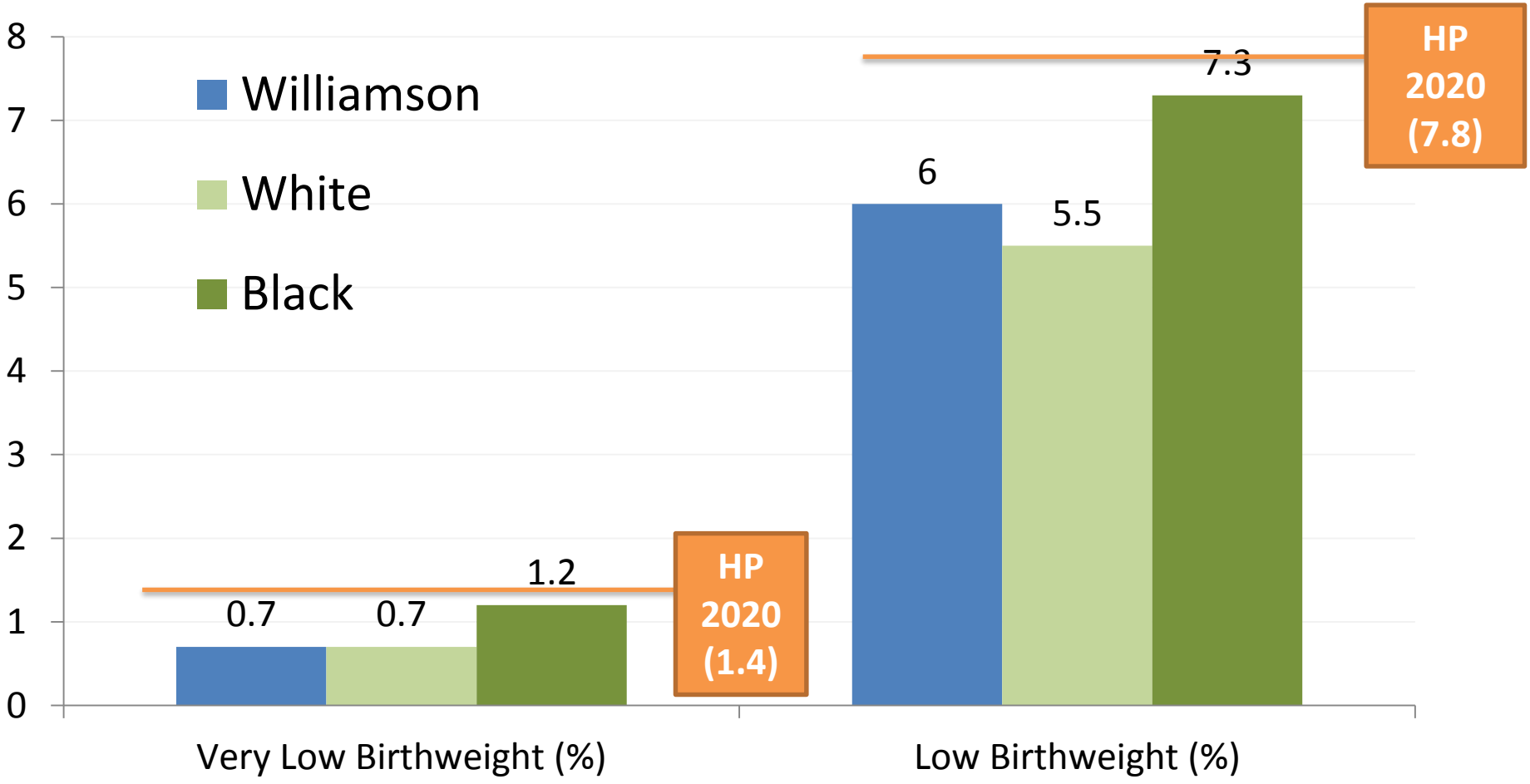
International Comparison - 2017



Source: TN Dept of Health. (2017). *Number of Infant Deaths with Rates per 1,000 births, by race of mother.* Retrieved from https://www.tn.gov/content/dam/tn/health/documents/TN_Infant_Mortality_Rates_-_2016.pdf

Source: Central Intelligence Agency World Factbook. (n.d.). *Country Comparison: Infant Mortality Rate.* Retrieved from https://www.cia.gov/library/publications/the-world-factbook/rankorder/2091rank.html

Very Low and Low Birthweight
Williamson County Racial Comparison (2016)

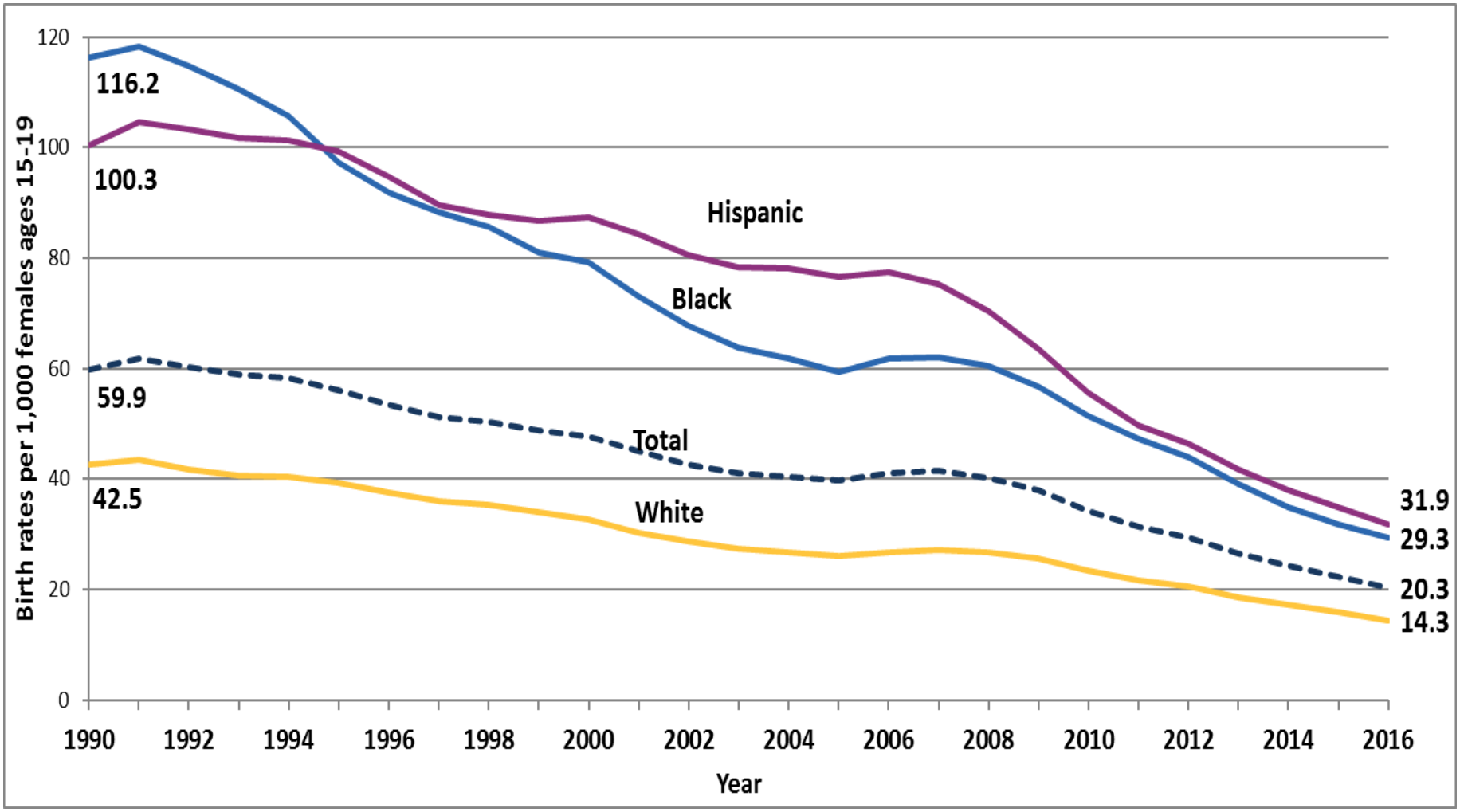


Source: TN Dept of Health. (2017). *Number of Infant Deaths with Rates per 1,000 births, by race of mother.* Retrieved from https://www.tn.gov/content/dam/tn/health/documents/TN_Infant_Mortality_Rates_-_2016.pdf

Source: Central Intelligence Agency World Factbook. (n.d.). *Country Comparison: Infant Mortality Rate.* Retrieved from https://www.cia.gov/library/publications/the-world-factbook/rankorder/2091rank.html

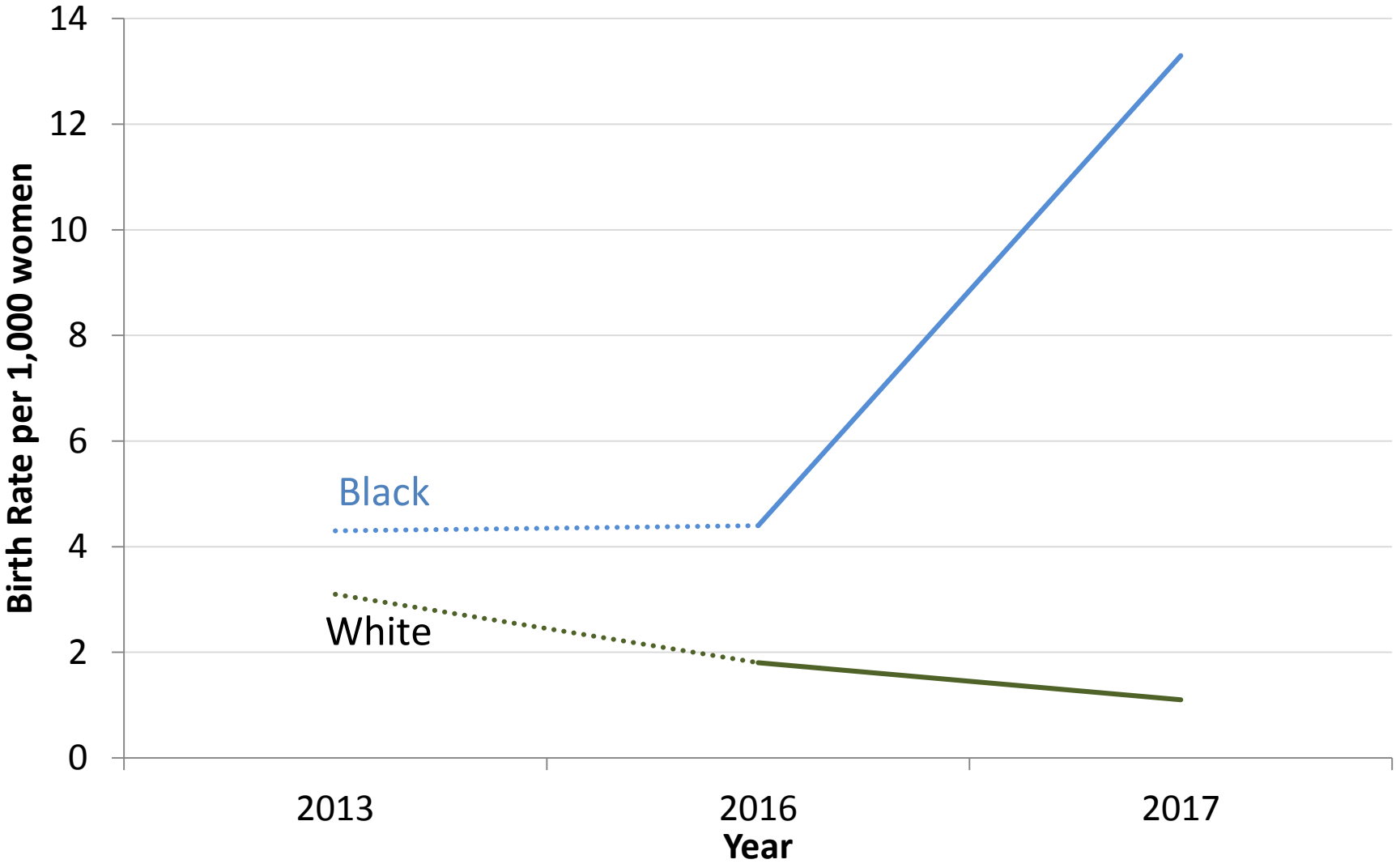
Source: Office of Disease Prevention and Health Promotion. (2019). *Maternal, Infant, and Child Health.* Retrieved from https://health.gov/?_ga=2.28252276.913280816.1550649890-1859093759.1550257562

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



Source: Martin, J.A., Hamilton, B.E., Osterman, M.J., Driscoll, A.K., & Drake, P. (2018). *Births: Final data for 2016. Hyattsville, MD: National Center for Health Statistics.*

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



Source: Annie E. Casey Foundation KIDS COUNT. (2017). *Teen births by race in Williamson.* Retrieved from https://datacenter.kidscount.org/data/tables/9372-teen-births-by-race?loc=44&loct=5#detailed/5/6513/false/871,870,573/107,133/18496

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

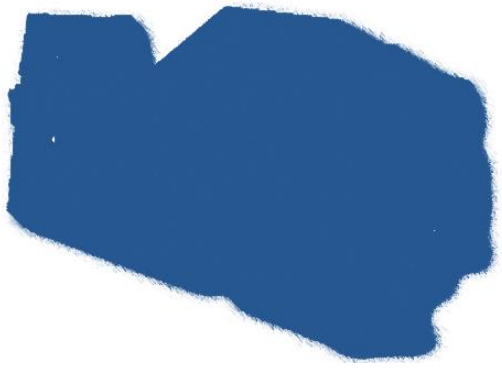
Adults Reporting “Poor” or “Fair” Health

(Age-adjusted)

12%

*Top 10% of U.S. counties

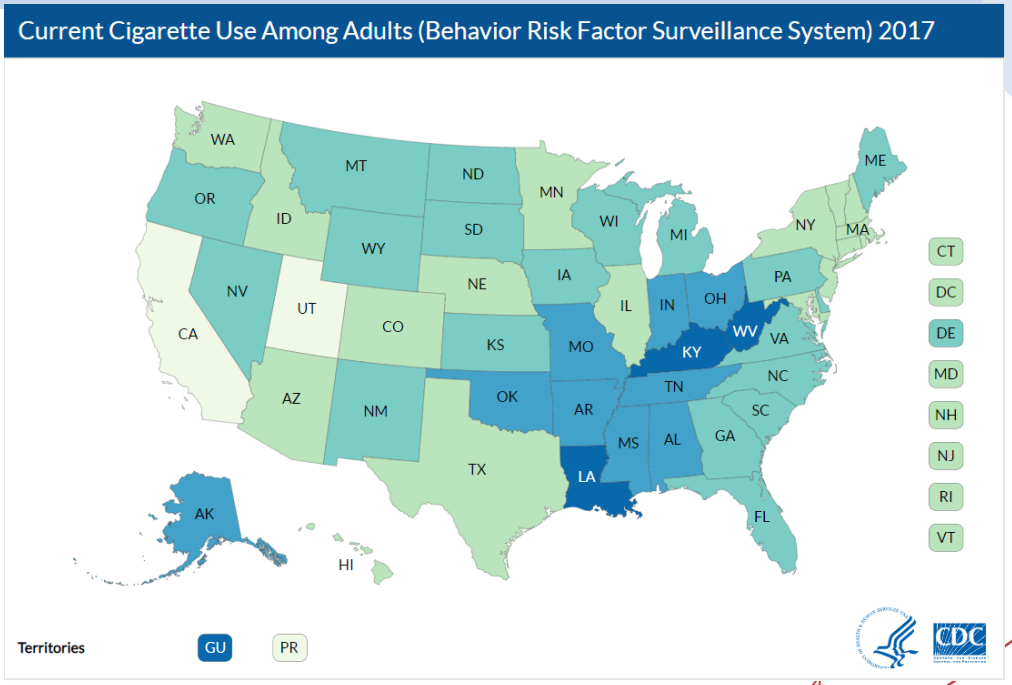
19%

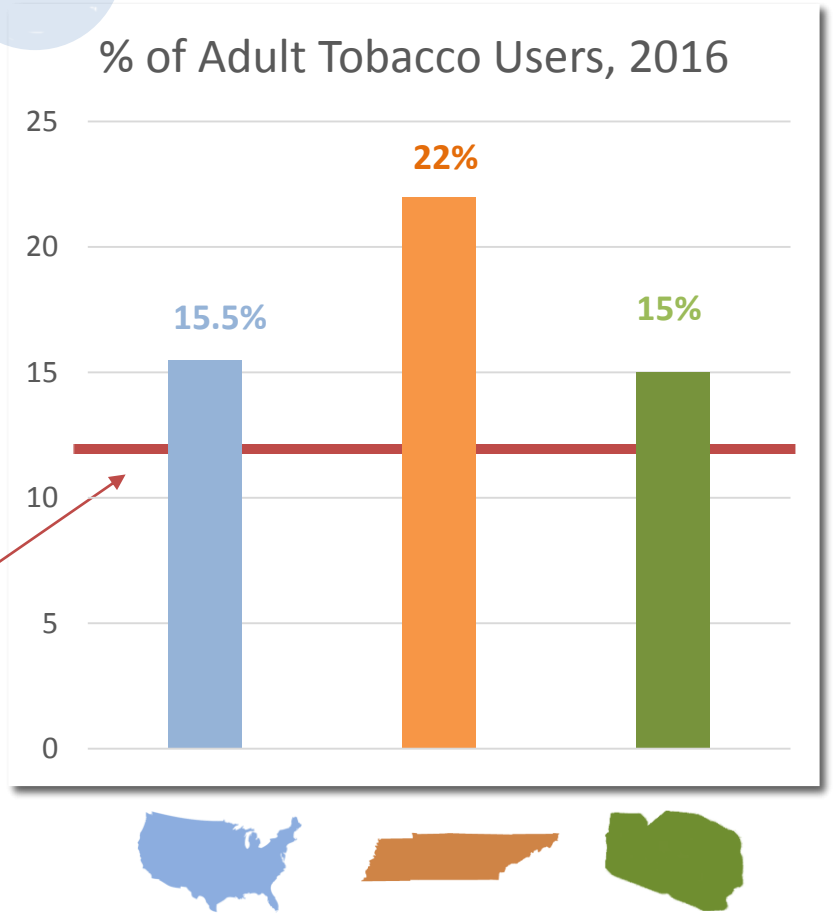


12%

Source: University of Wisconsin Population Health Institute. (2018). *County Health Rankings.* Retrieved from http://www.countyhealthrankings.org/app/tennessee/2018/rankings/williamson/county/outcomes/overall/snapshot

Smoking – Adult





12%

Healthy People 2020 Target

Source: University of Wisconsin Population Health Institute. (2018). *County Health Rankings.* Retrieved from http://www.countyhealthrankings.org/app/tennessee/2018/rankings/williamson/county/outcomes/overall/snapshot

Source: Centers for Disease Control and Prevention. (2017). *Map of Current Cigarette Use Among Adults.* Retrieved from https://www.cdc.gov/statesystem/cigaretteuseadult.html

Source: Healthy People 2020. (2014). *Tobacco.* Retrieved from https://www.healthypeople.gov/sites/default/files/HP2020_LHI_Tobacco_0.pdf

Excessive Drinking

Number of Adults who Report Binge Drinking

14%

17%

State Recommendation on Excessive Drinking, for Williamson County:

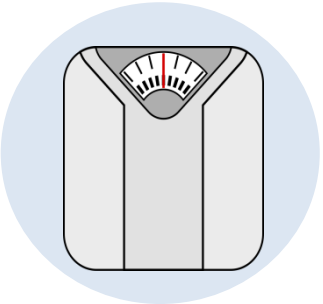
Get 77 out of every 100 adults who currently drink in excess to stop drinking more than one (women) or two (men) drinks per day, on average

Source: University of Wisconsin Population Health Institute. (2018). *County Health Rankings.* Retrieved from http://www.countyhealthrankings.org/app/tennessee/2018/rankings/williamson/county/outcomes/overall/snapshot
Source: Tennessee Department of Health. (2015). *Drive Your County to the Top Ten: Accelerating Action Towards Improving County Health.* Retrieved from https://www.tn.gov/content/dam/tn/health/documents/2015_Drive_Your_County_to_the_Top_Ten.pdf

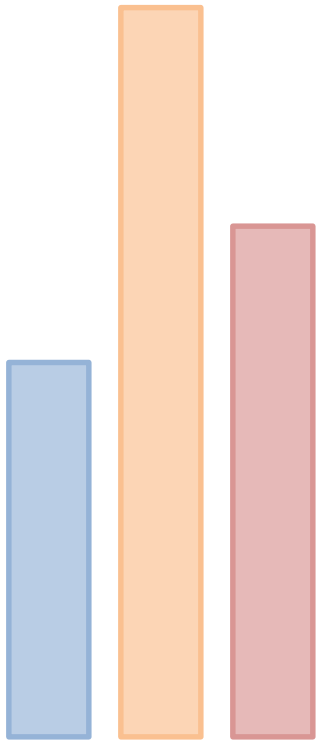
Adult Obesity

Williamson

Preventive Risk Factors



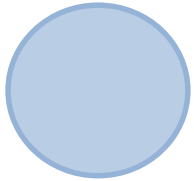
Rate of Adults with Obesity



Williamson

Tennessee

United States



Williamson: 20.8%

Tennessee: 30.1%

Percent of Physically Inactive Adults

Source: University of Wisconsin Population Health Institute. (2018). *County Health Rankings.* Retrieved from http://www.countyhealthrankings.org/app/tennessee/2018/rankings/williamson/county/outcomes/overall/snapshot

24-Month Vaccinations
(2017)

88.74%

*24 Month Olds, Fully Vaccinated
(4:3:1:3*:3:1:4 Series)

Mid-Cumberland Region

93%

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)

Source: Tennessee Department of Health. (2016). *Results of the 2016 Immunization Status Survey of 24 Month Old Children in Tennessee*. Retrieved from https://www.tn.gov/content/dam/tn/health/documents/ImmunizationSurvey2016.pdf

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

Poor Mental Health Days (last 30 days)

2015

Williamson

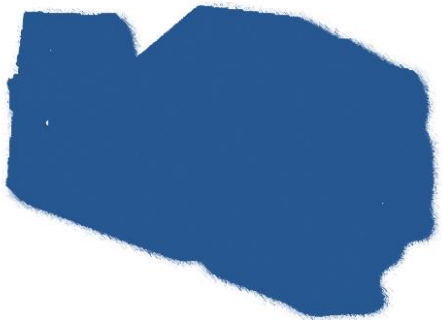
Mental and Emotional Health

3.1

Average number of "poor mental health days" experienced in the past 30 days

*Top 10% of U.S. Counties

4.5



3.8

Source: University of Wisconsin Population Health Institute. (2018). *County Health Rankings.* Retrieved from http://www.countyhealthrankings.org/app/tennessee/2018/rankings/williamson/county/outcomes/overall/snapshot

Serious Mental Illness (SMI)
Tennessee, U.S. (18+), 2015

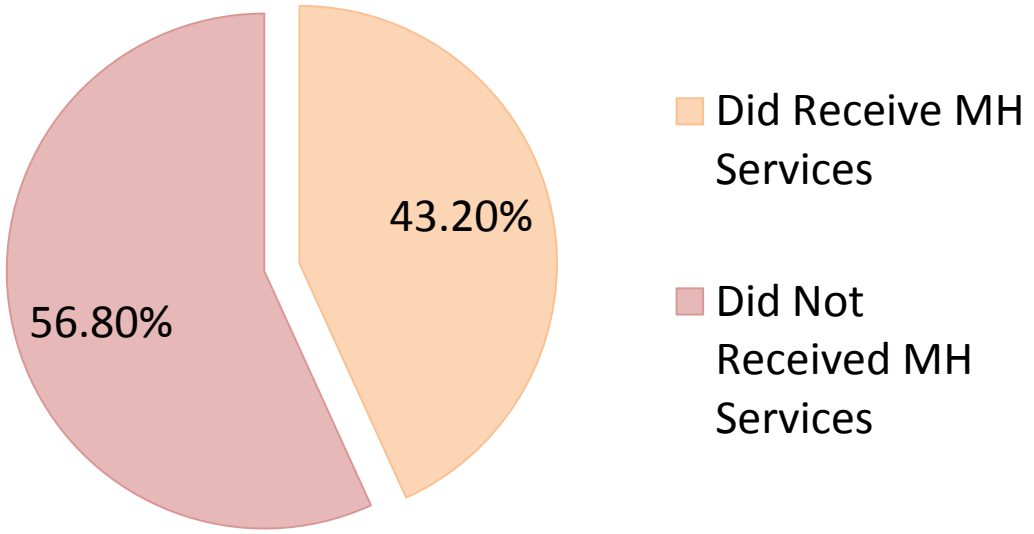
Williamson

Mental and Emotional Health

4.4% Of Tennesseans (age 18+) experienced Serious Mental Illness* in 2015

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

Mental Health Services Received*



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

Source: Substance Abuse and Mental Health Services Administration. (2015). *Behavioral Health Barometer: Tennessee.* Retrieved from https://www.samhsa.gov/data/sites/default/files/2015_Tennessee_BHBarometer.pdf

Summary

"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

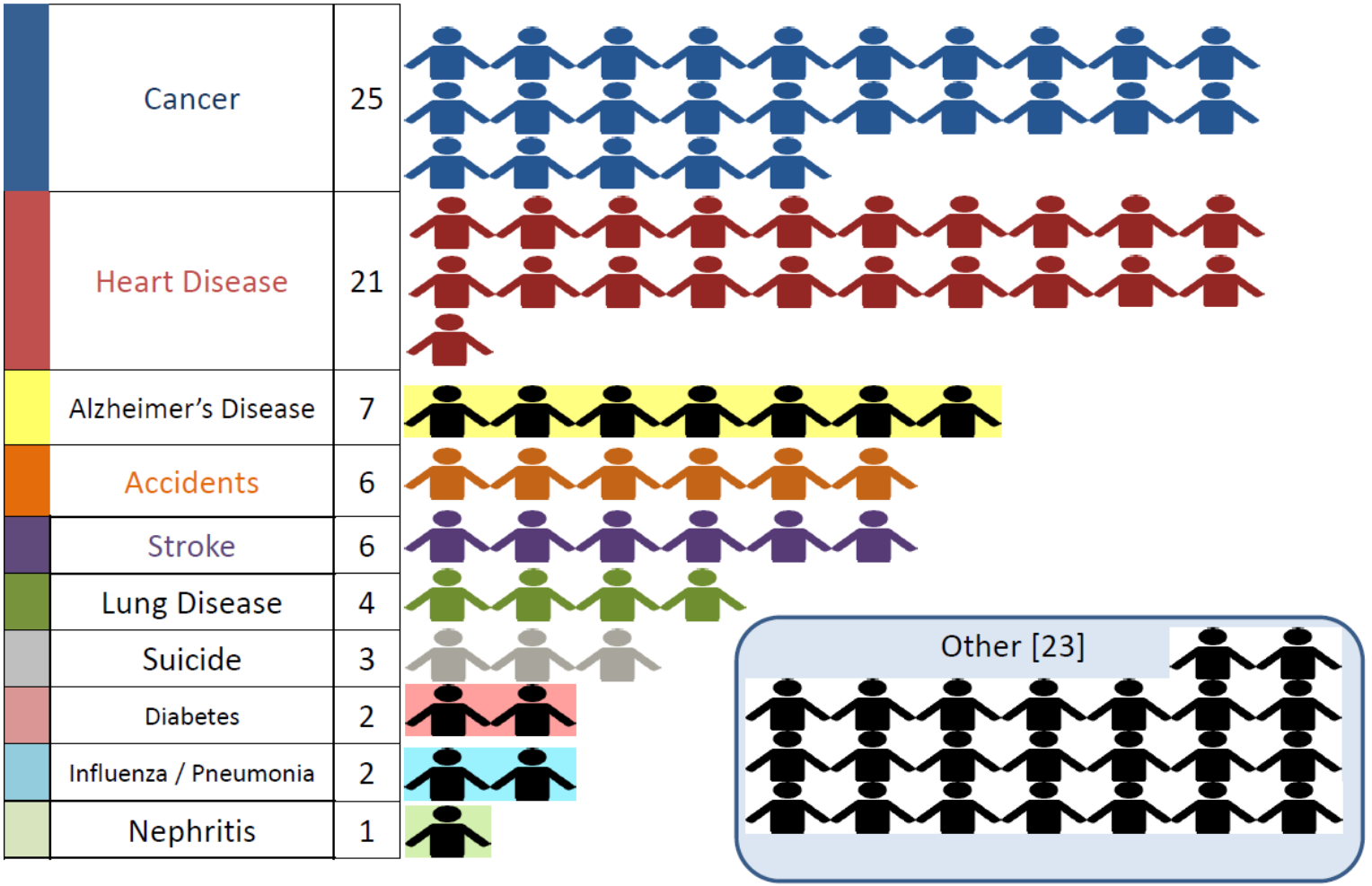
2016's- CHNA DATA

Percentage of Deaths

Williamson County (2013)

Williamson

Morbidity / Mortality



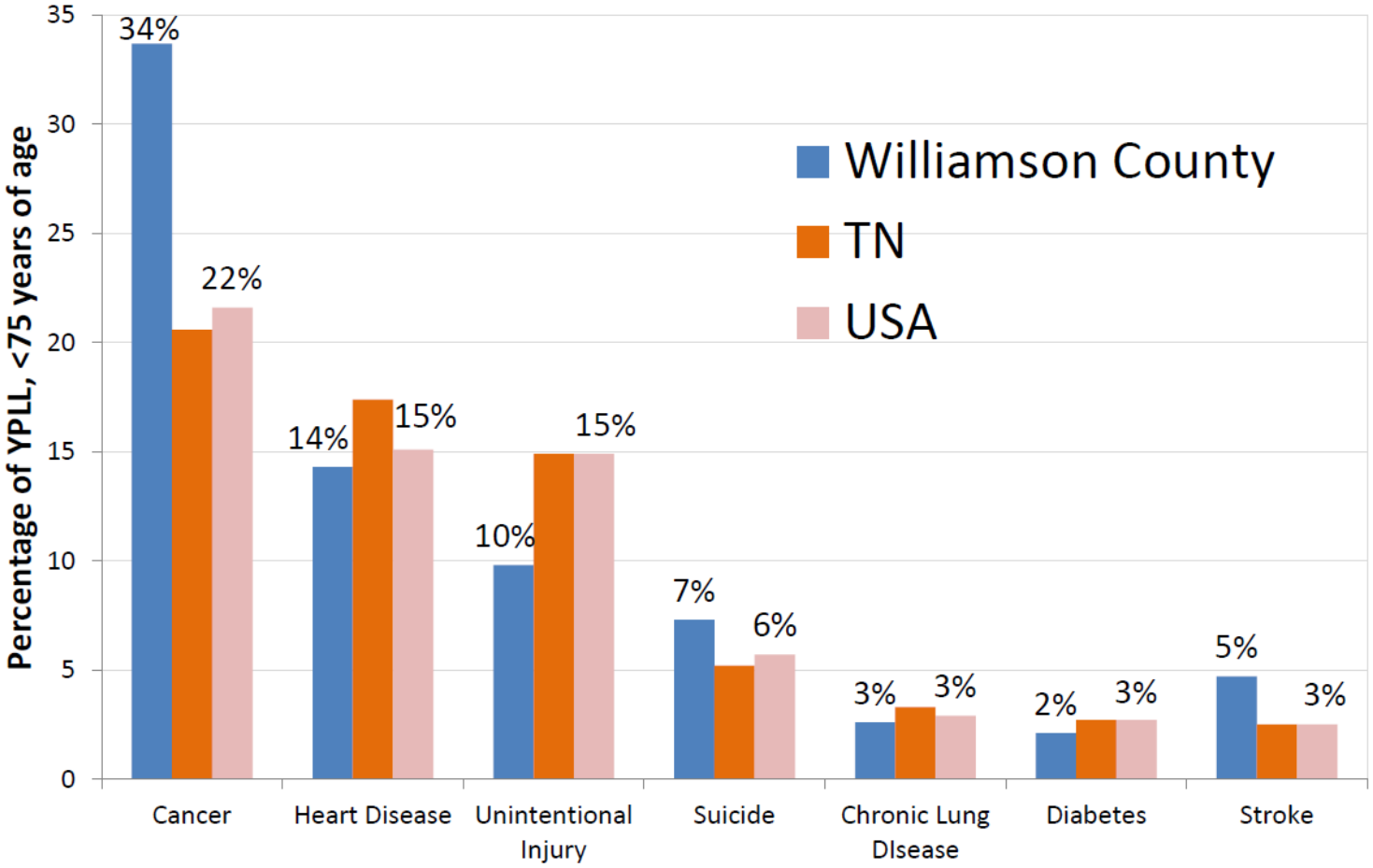
2016's- CHNA DATA

Premature Death

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

Williamson

Morbidity / Mortality



Source: National Vital Statistics System-Mortality (NVSS-M) (2013), Tennessee Department of Health, Office of Policy, Planning and Assessment, Division of Health Statistics (2009)

Williamson MEDICAL CENTER

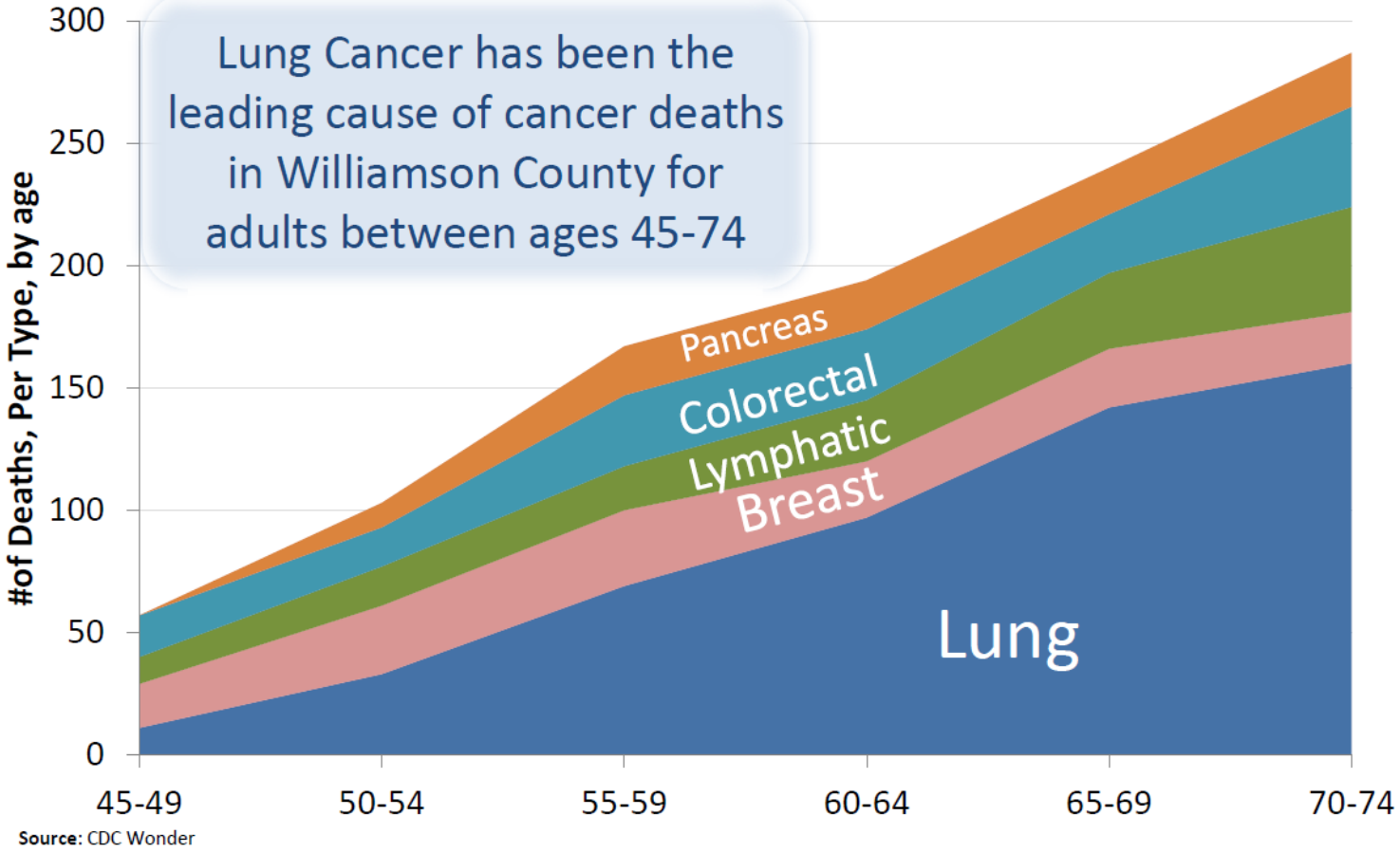
2016's- CHNA DATA

Cancer Deaths in Williamson County

By type, adults ages 45-74 (1999-2013)

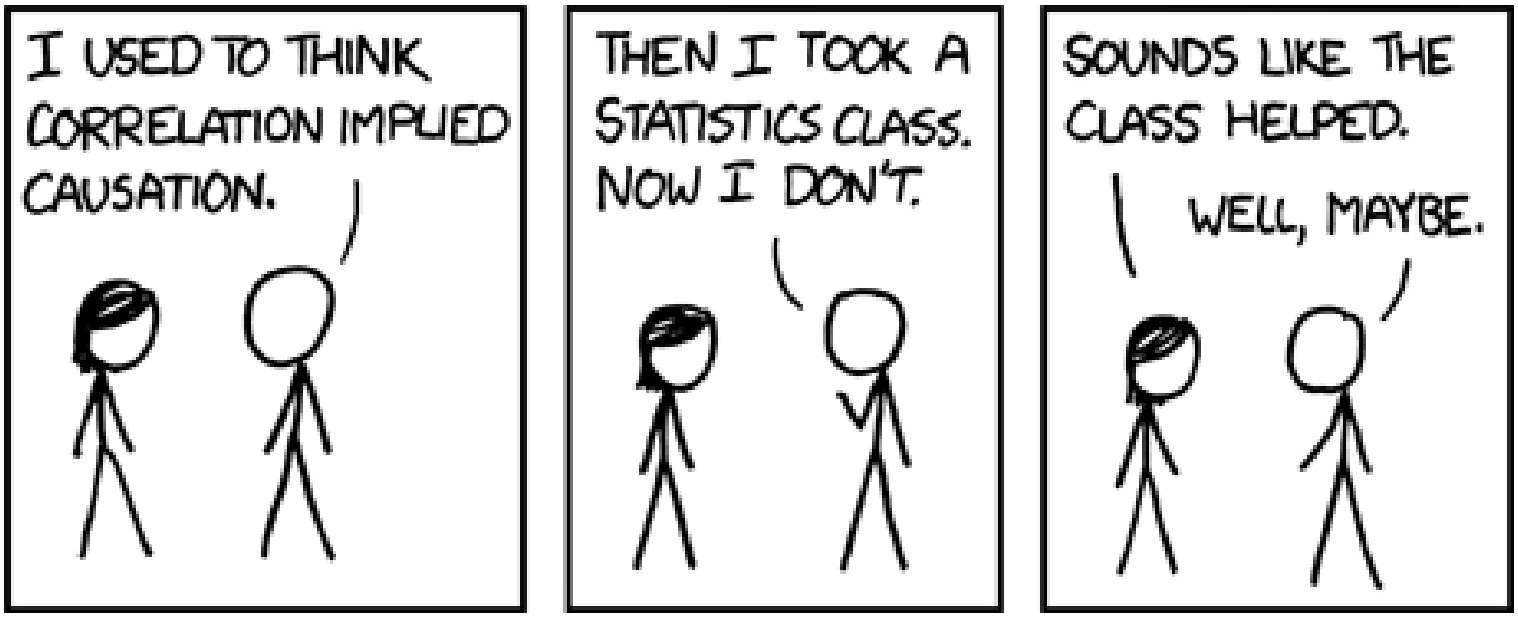
Williamson

Morbidity/ Mortality



Source: CDC Wonder

Williamson
MEDICAL CENTER



Williamson MEDICAL CENTER

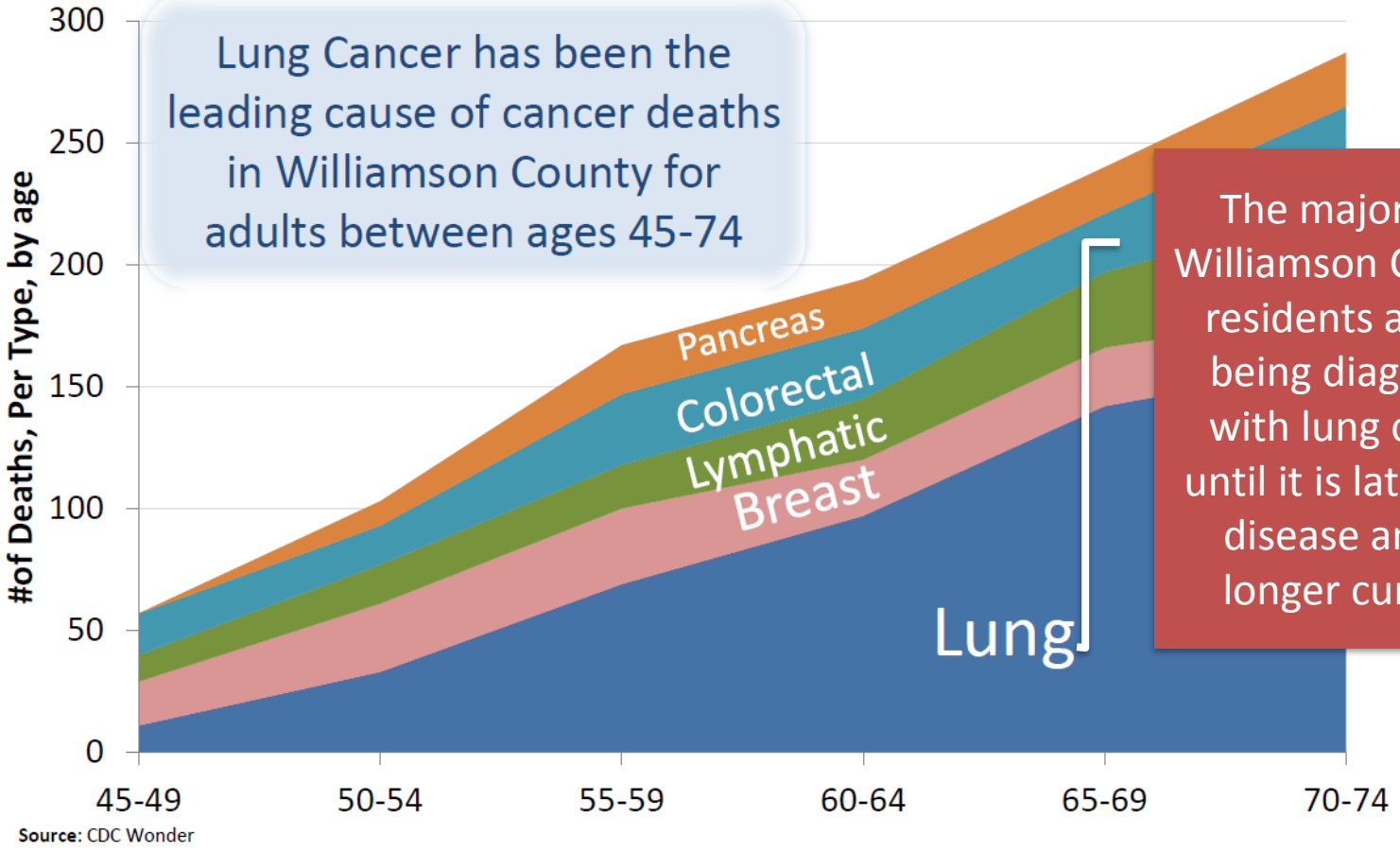
2016's- CHNA DATA

Cancer Deaths in Williamson County

By type, adults ages 45-74 (1999-2013)

Williamson

Morbidity/ Mortality



Source: CDC Wonder

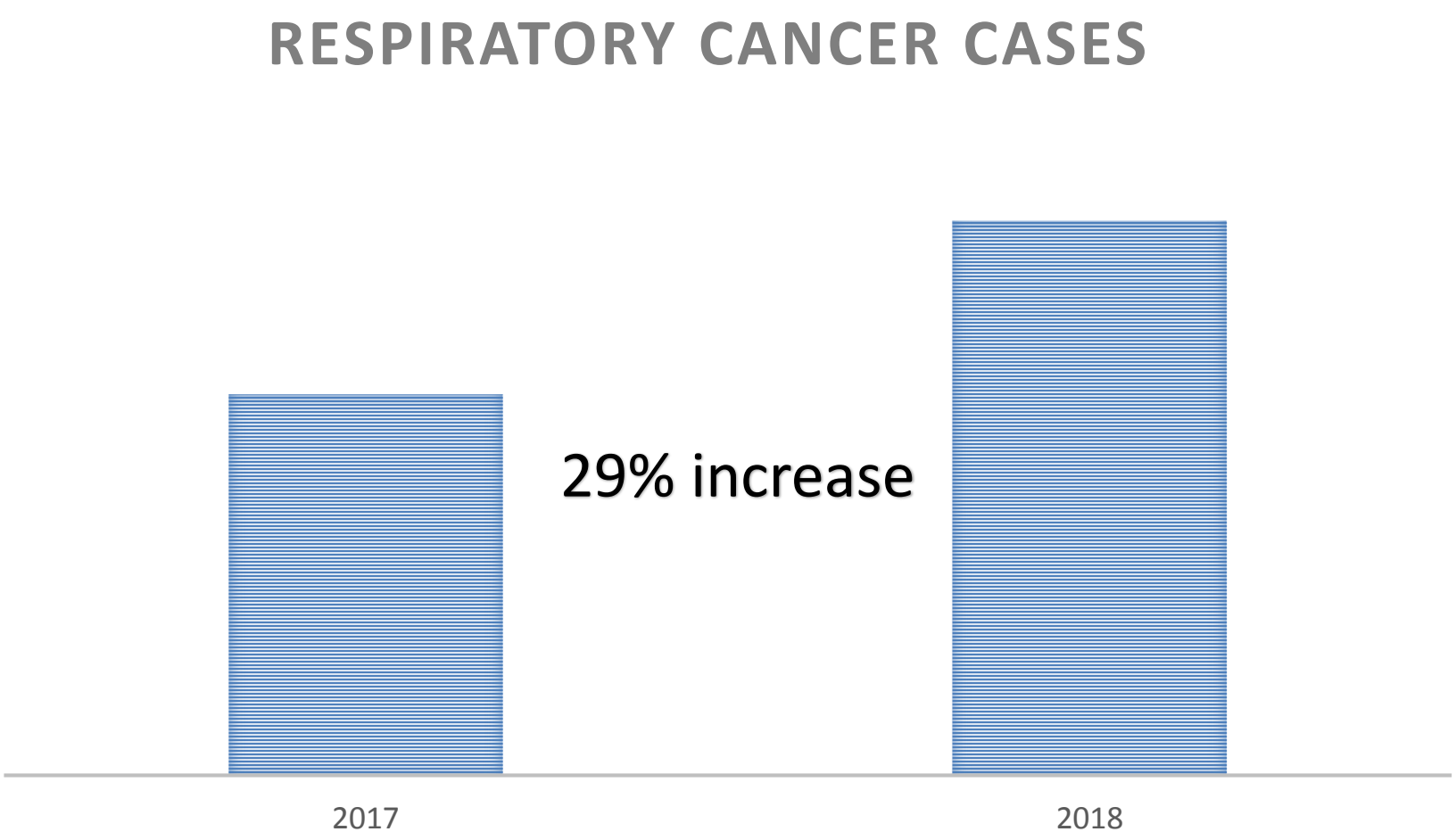
Williamson MEDICAL CENTER

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.

Williamson MEDICAL CENTER

So far…



Williamson MEDICAL CENTER

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

Williamson MEDICAL CENTER

What does our community need to do, next?

Williamson MEDICAL CENTER

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.

Williamson MEDICAL CENTER

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.

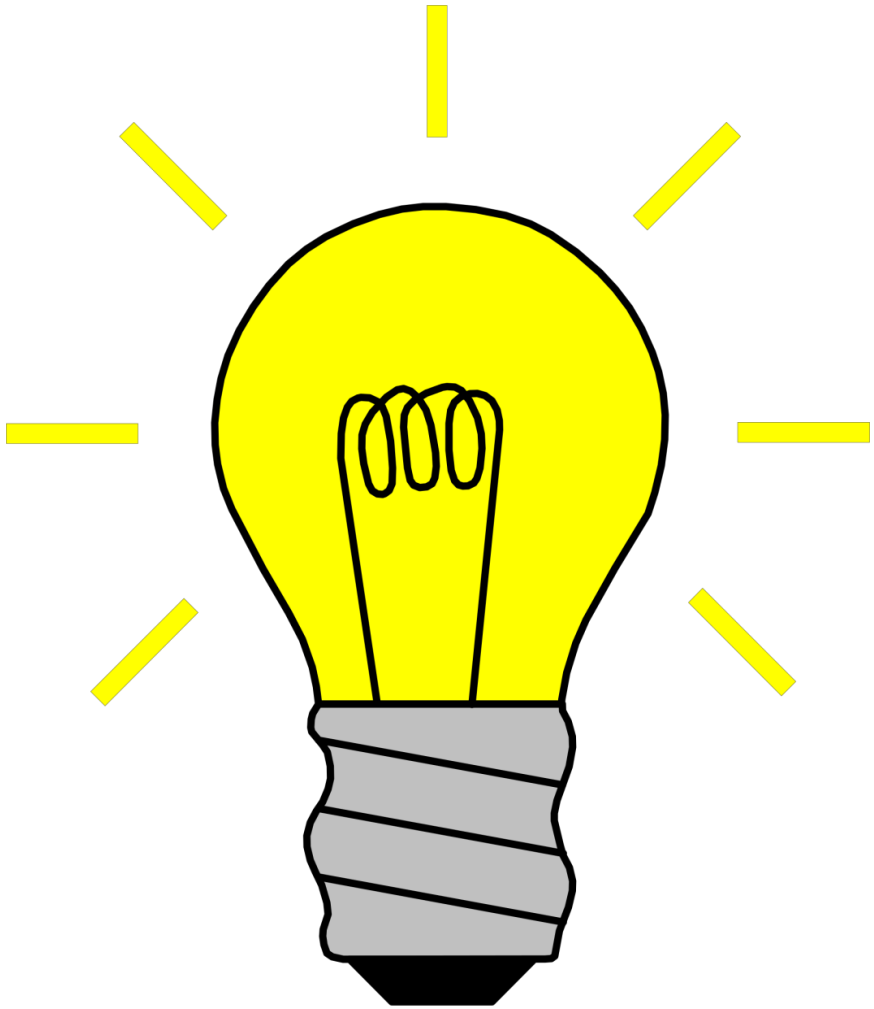
Williamson MEDICAL CENTER

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.

Williamson MEDICAL CENTER

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

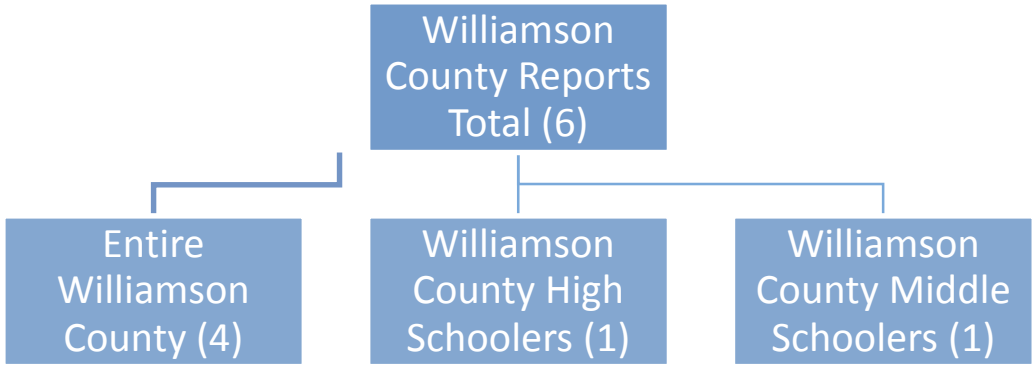
- Reviewed 6 existing reports from 2016-2018
- Identified target geography and population(s) for each report
- Summarize health topics discussed
- Categorize information into “health equity categories”
- Determine reoccurring themes

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
PRIDE Survey	• Risk and Protective Factor Report for High Schoolers • Risk and Protective Factor Report for Middle Schoolers

Geography & Populations Represented:

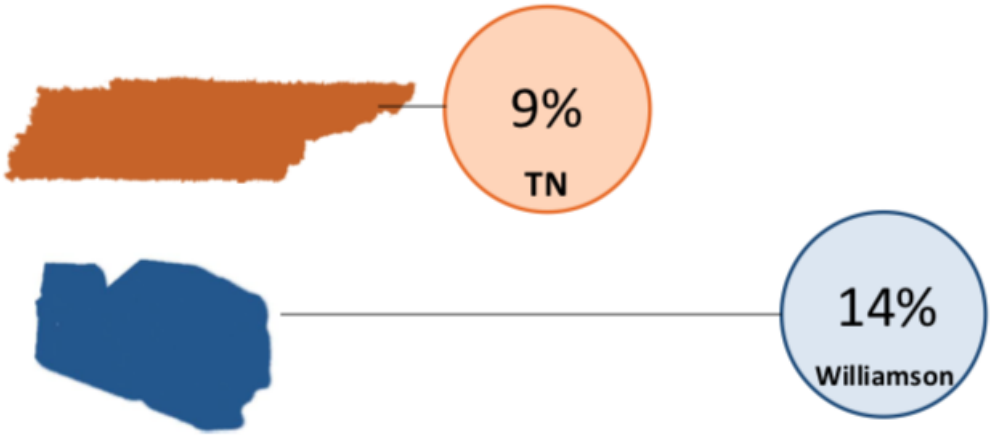


Results

Health Equity Category	Number of Reports
Economic Security and Financial Resources	**4**
Livelihood Security and Employment Opportunity	**4**
Environmental Quality	**3**
Availability and Utilization of Quality Medical Care	2
Adequate, Affordable, and Safe Housing	2
Community Safety and Security	1
Civic Involvement	1
Transportation	1

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

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 Methods (cont.)

- 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

Interviews

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.

Small Town Culture

Parks

Safety

Economy

Education

Interviews

What are the biggest concerns in your community?

Mental Health

Affordable Housing

Teen MH / Substance Use

Substance Abuse

Transportation

> 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

Interviews

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

Interviews

If you had a magic wand…

- *Housing*
- *Mental Health & Substance Abuse*
- *Resources / "For All"*

> "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."

Interviews

If you had a magic wand…

- *Housing*
- *Mental Health & Substance Abuse*
- *Resources/ "For All"*

> "Guidance counselors are not mental health counselors, and most kids need that someone to talk to"

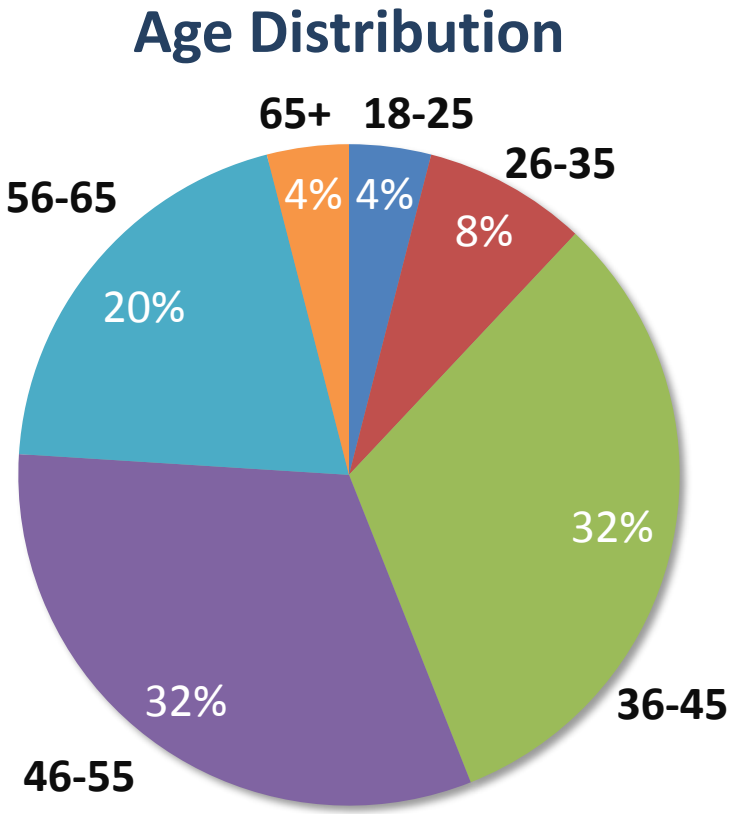
Findings From Community Listening Sessions

Listening Session Methods

- 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



Listening Sessions

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.

- Friendliness / Welcoming Attitude
- Education System
- Safety
- Faith-based & other community resources

Listening Sessions

What are the biggest concerns in your community?

Child Development

Affluenza

Teen Stress

Affordable Housing

Senior Care

Overworked Population

> 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.

Listening Sessions

What are the obstacles to addressing these concerns?

Stigma

Awareness

Involvement in Politics

Listening Sessions

If you had a magic wand…

Women's Mental Health

Domestic Violence

Technology and Education

Addressing Language Barriers, especially with Health Literacy

"I see this in women… the anxiety… the work… the running around… and sometimes they forget themselves."

Listening Sessions

If you had a magic wand…

Women's Mental Health

Domestic Violence

Technology and Education

> "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

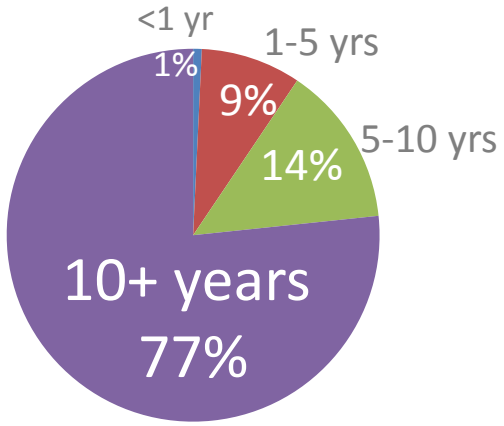
Methods: Community Survey

- 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

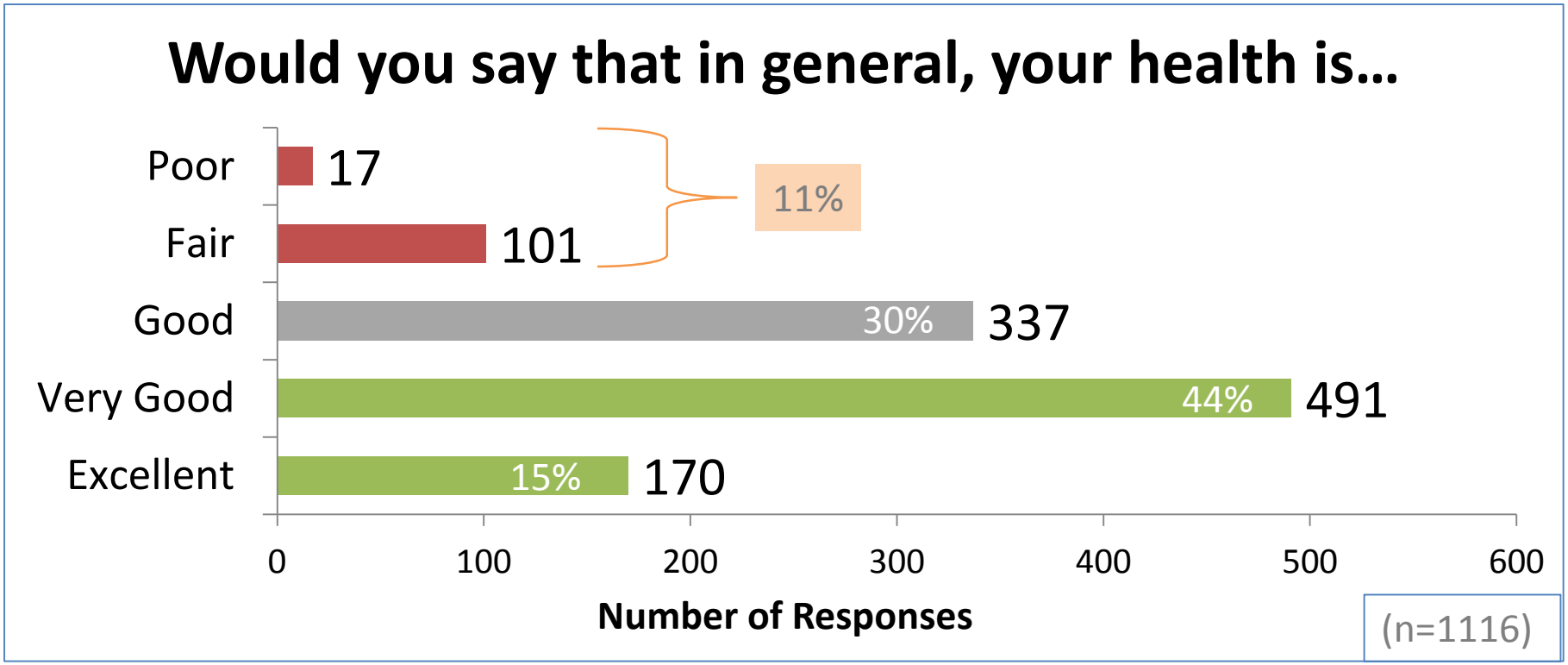
- **Live / Work in Williamson County: 1207**
  - Live in Williamson Co: 1085
    - Other Counties: (Maury (21), Davidson (19), Rutherford (9)
- 62% Female
- 59% Employed
  - 38% retired
- 32% household income <$75,000
- 73% College Grad or higher
  - An additional 20% have completed some college
- 19% 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?



Top Zip Codes		#
37064	Franklin	319
37027	Brentwood	256
37067	S Cool Springs	137
37069	Harpeth Village	89
37179	Thompson's Stn	64
37135	Nolensville	43

Self-Reported Health Status

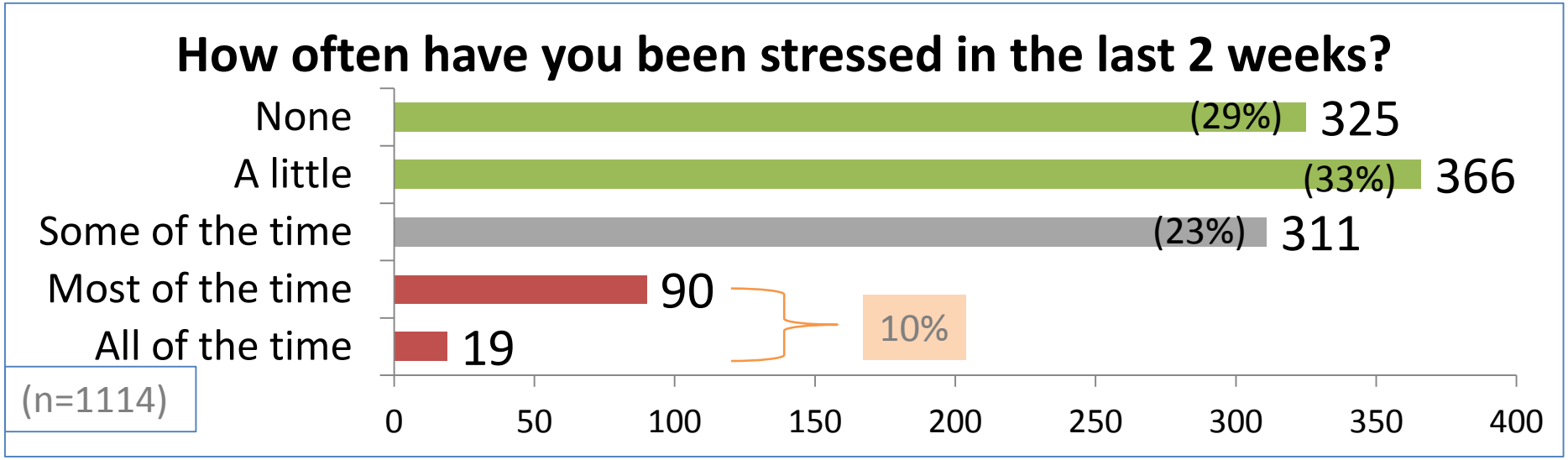


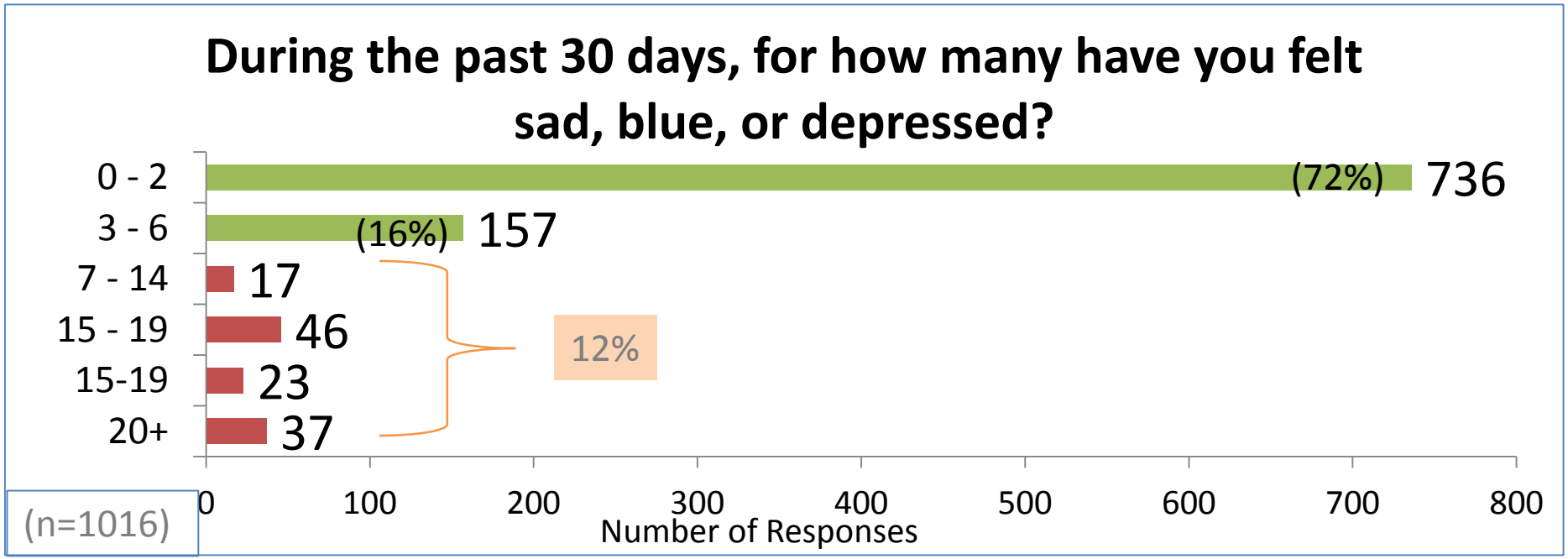
85% have exercised in the previous month

88% have seen a doctor in the last year (95% in last two years)

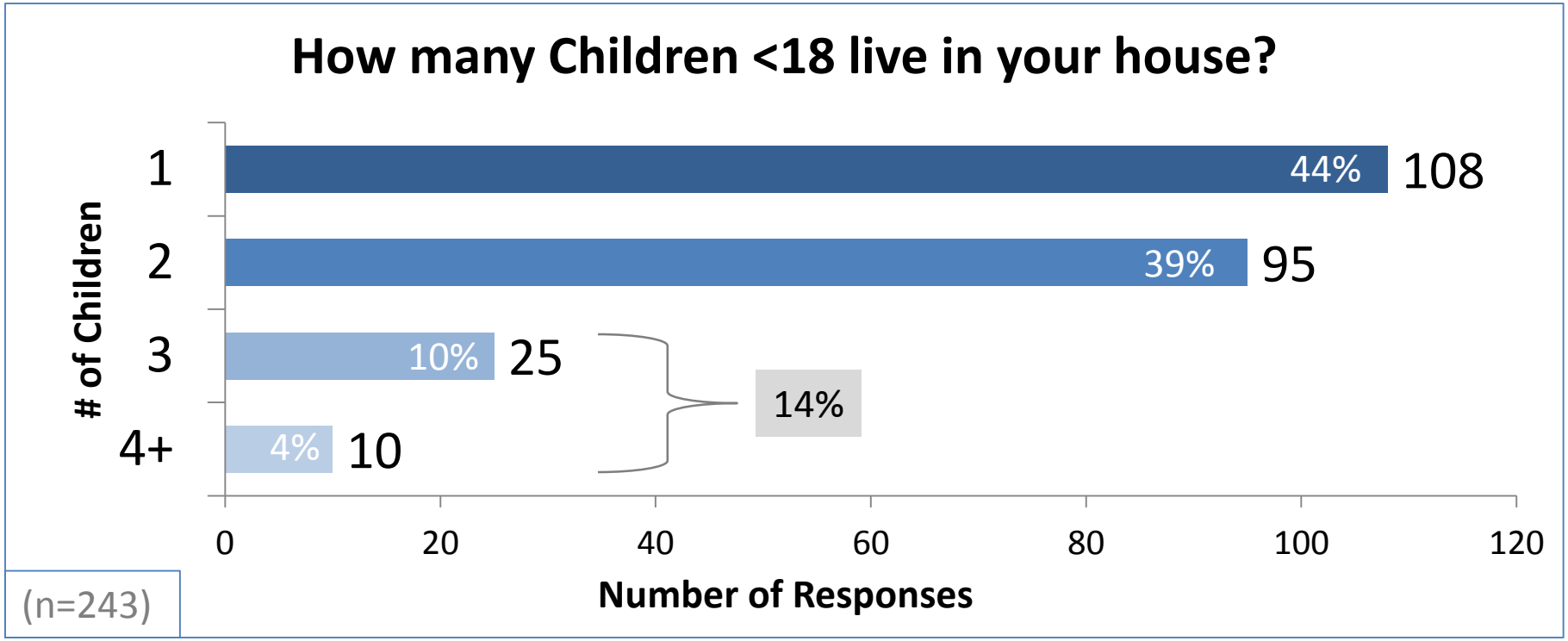
5% currently use tobacco or e-cigarettes

Self-Reported Health Status





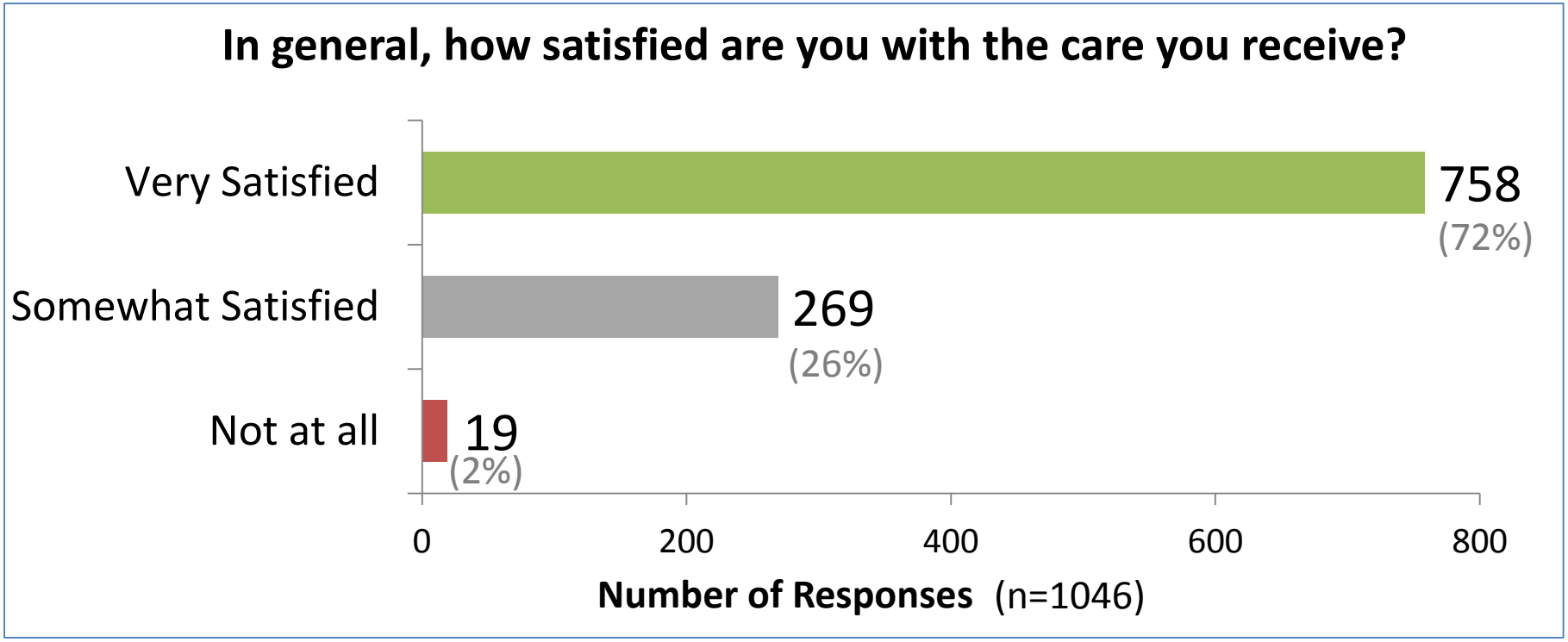
Children's Health



- **22%** (243) have a child <18 in the house
- **90%** are *always* able to take children to a doctor when they need to

Age of Children	#
< 1 year	13
1 – 4 years	54
5 - 10 years	86
11 – 14 years	105
15 – 18 years	86

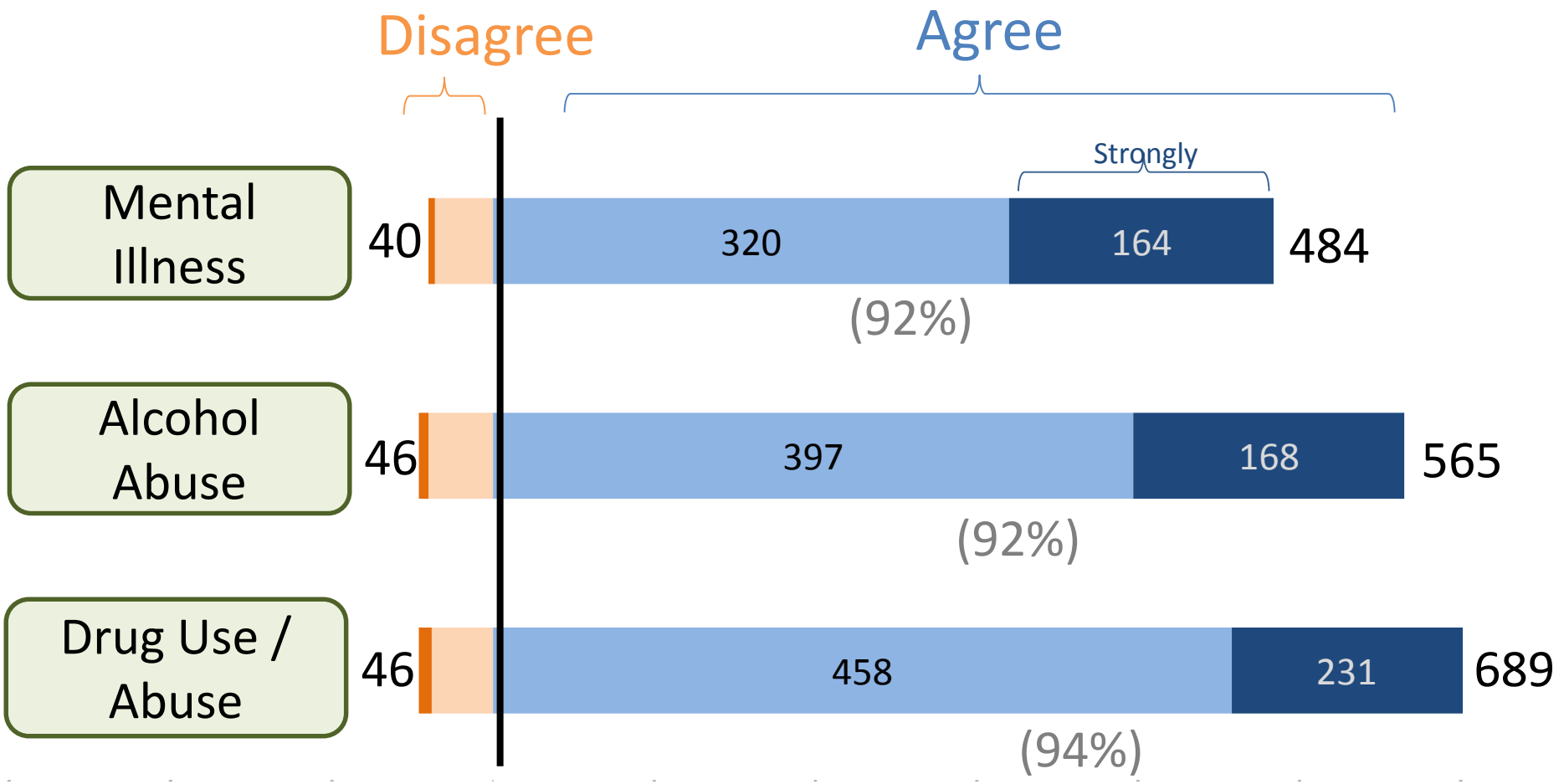
Access to Care



- 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

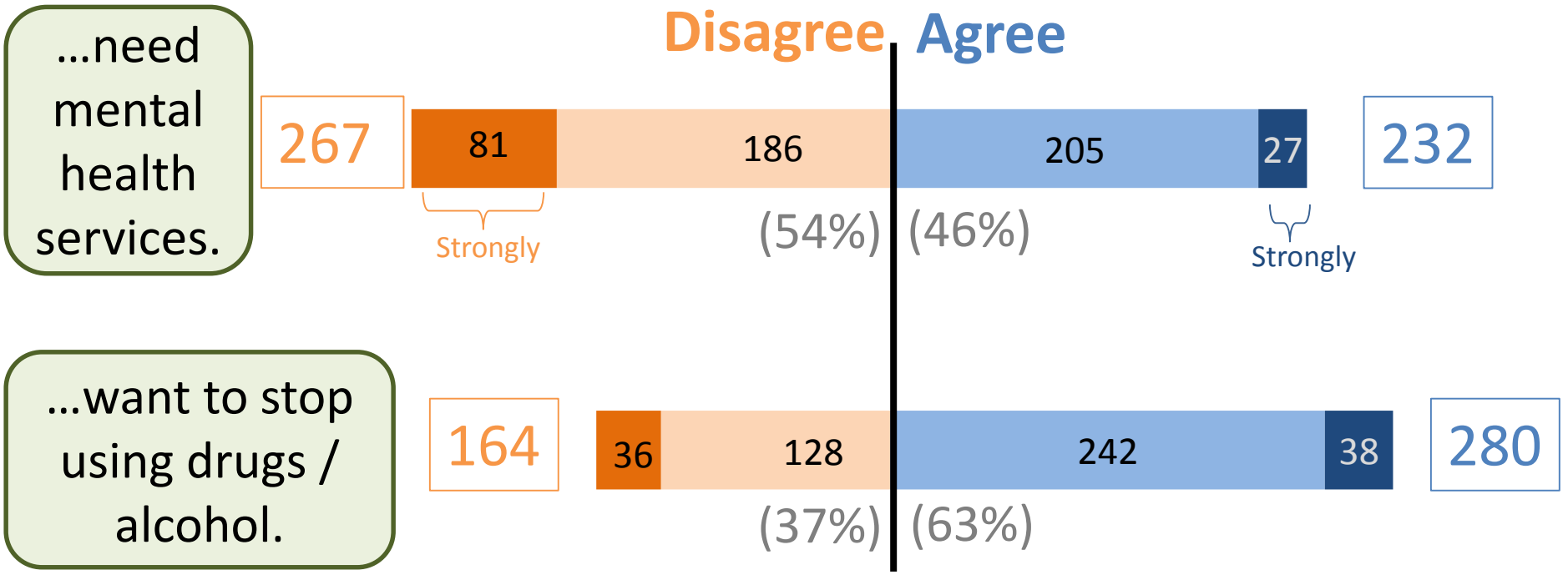
Mental Health / Substance Abuse

"_____" is a problem in my county…



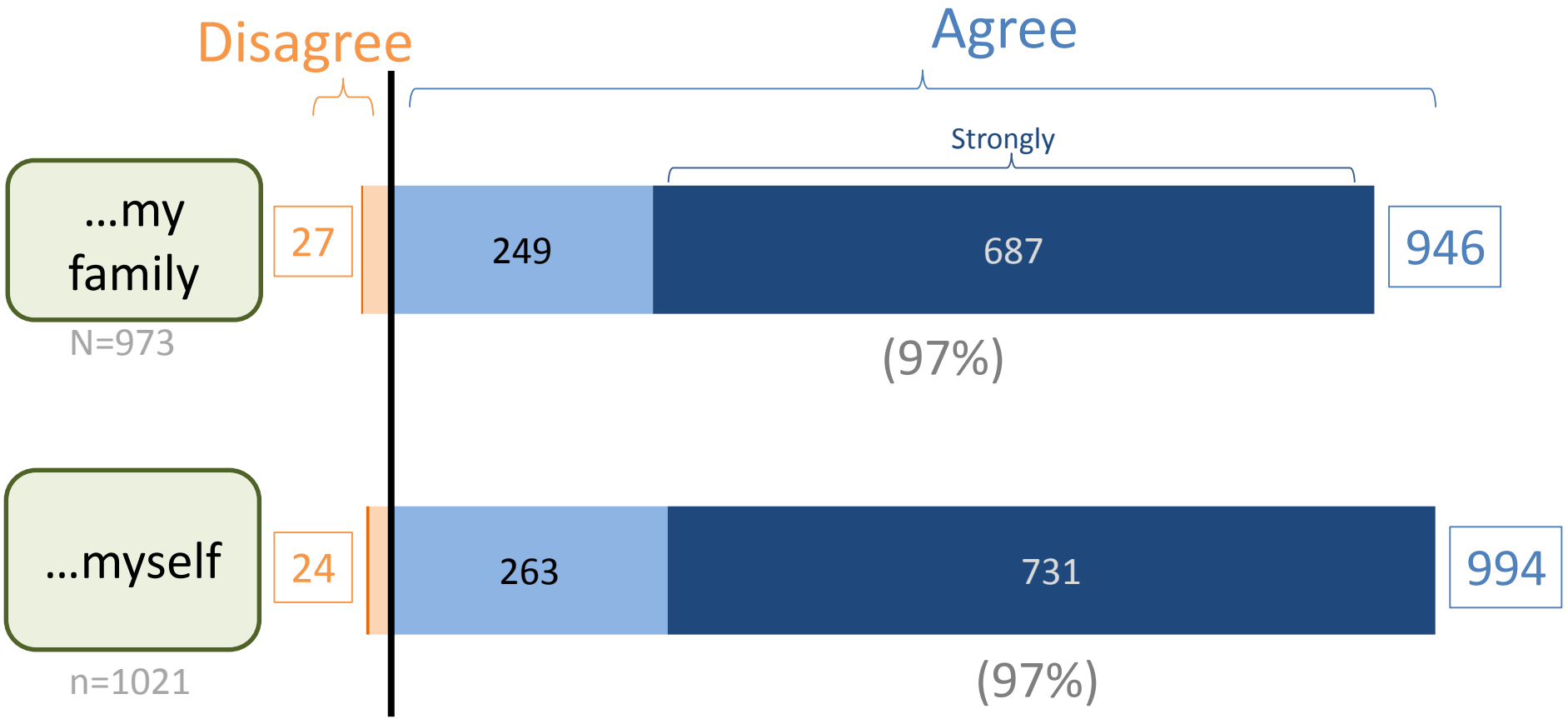
Mental Health / Substance Abuse

There are accessible, affordable resources for people in my county who “ ”

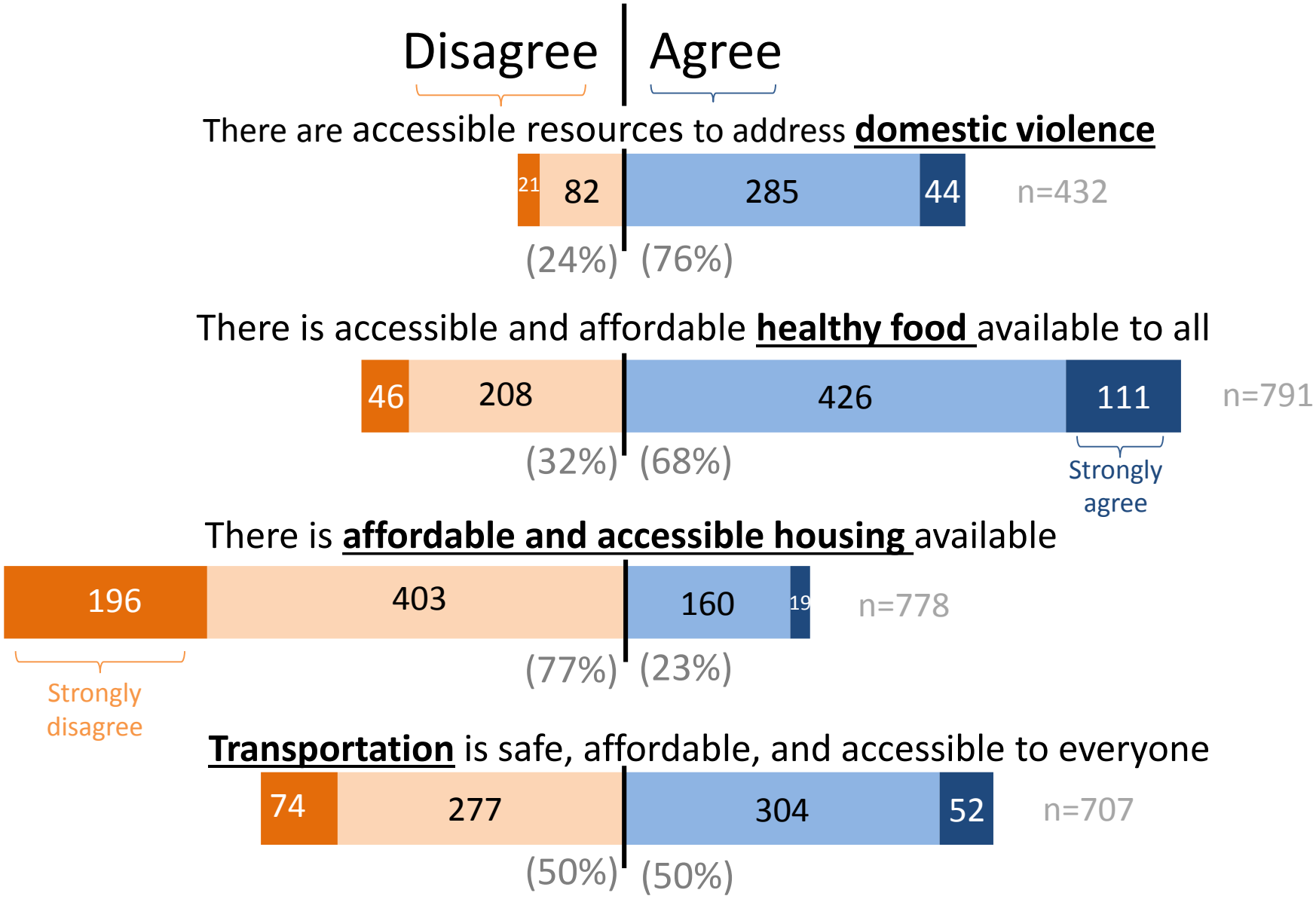


Basic Needs

I have the ability to meet basic needs such as food, clothing, housing and medicine for " " "



Resource Availability



Survey: Open Ended Questions

What is the most important health issue for **children**?

> "A mismatch between *affluenza* and not enough resources for less affluent children"

Stress | *Bullying / Abuse* | *Nutrition* | *Substance Use*

Survey: Open Ended Questions

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

$/Access for Uninsured

Quality of Care

Appointment Availability

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

"As a woman, not being taken seriously is still a problem"

Survey: Open Ended Questions

Characteristics of a Healthy Community for all?

> "Safe walkways for walking. [When I walked somewhere I…] felt like I was taking my life in my hands."

Parks / Greenspace | *Safety* | *Healthcare*

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

Suicidality

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

stars

innovative. proven. compassionate.

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

stars

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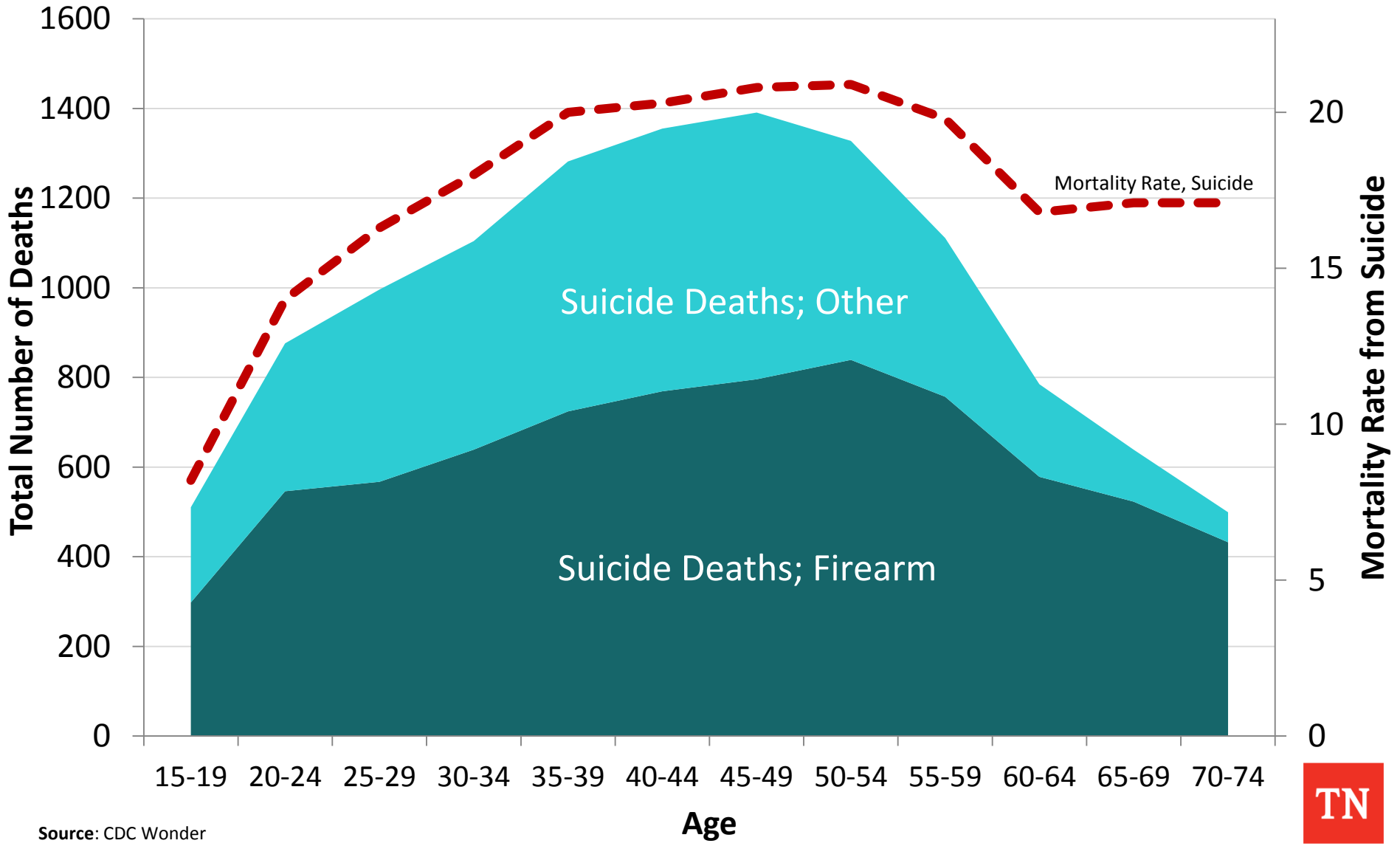
Suicide Deaths, Risk in Tennessee

By Age (1999-2013)

Williamson

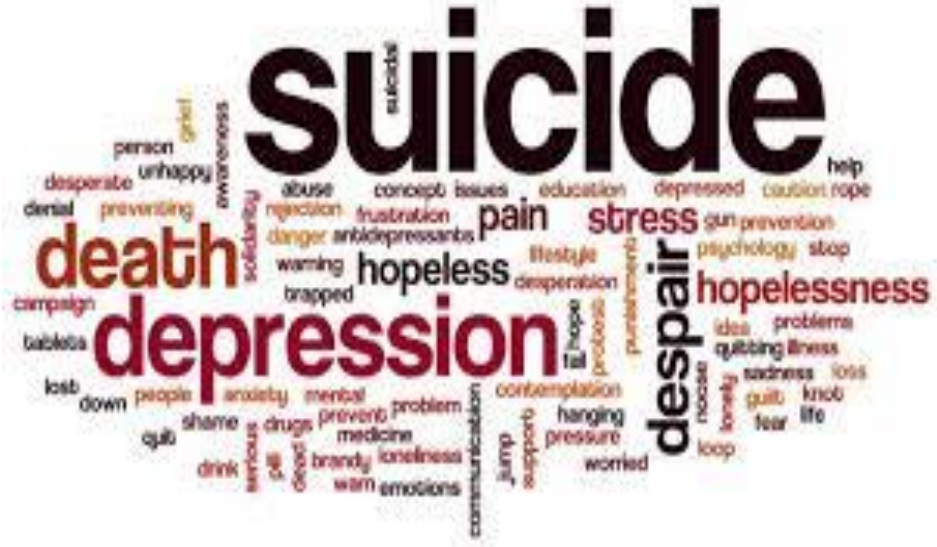
Morbidity/ Mortality



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

YOUTH SURVEY QUESTIONS

Do you think Williamson County has a problem with tobacco use?

75% Yes

25% No

YOUTH SURVEY QUESTIONS

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.”

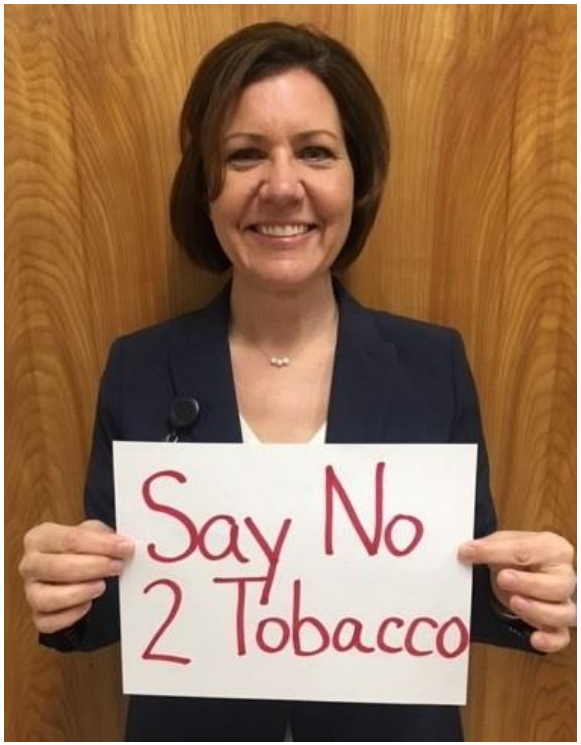
INITIATIVES: TARGETING TOBACCO

- 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!!