

Outcome Team Roster

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Vision

Everyone makes choices – for themselves or for those entrusted to their care – which promote better health. Everyone gets the information and support they need to avoid preventable health problems. Both physical and mental wellness are valued. Everyone has access to an adequate level of healthcare, including prenatal care, from birth through death.

Healthy People Outcome Team Report

The Healthy People Outcome Team continues to advance efforts in Montgomery County that promote comprehensive wellness for all residents. In 2009, the Outcome Team was co-championed by Jim Gross, Health Commissioner, and by Dr. Gary LeRoy, Associate Dean of Students at Wright State University. Initiatives discussed in the *2008 Report* – the Healthcare Safety Net Task Force, the Low Birth Weight Registry, and Childhood Obesity Prevention – have continued and their progress and accomplishments in 2009 are discussed below.

Healthcare Safety Net Task Force

The Healthcare Safety Net Task Force completed its work and delivered its recommendations to the Montgomery County Board of County Commissioners in 2008. The background on their findings and recommendations may be reviewed in detail on pages 8 – 10 of the *2008 Progress Report* at www.fcfc.montco.org.

In 2009, a work group primarily made up of cross-agency staff and senior leadership began to assess the ability to implement the Task Force recommendations. Several were identified and moved forward during 2009:

- Strengthen and consolidate access to primary care – Community Health Centers of Greater Dayton received designation as a Federally Qualified Health Center (FQHC) in 2009. This designation also came with a start up grant. The FQHC's are now operating and receiving enhanced Medicaid reimbursement; they are developing a plan for expansion to serve more patients.
- Enhance outreach strategies to encourage eligible people to enroll in Medicaid – The Montgomery County Department of Job and Family Services actively promoted this plan in 2009. This resulted in expanded partnerships throughout the community with Ohio Benefits Bank locations and service providers.
- Investigate implementation of a community-wide electronic linkage between healthcare providers – Public Health – Dayton and Montgomery County and the Greater Dayton Area Hospital Association (GDAHA) are leading this effort. In 2009 the area hospitals began a project to enhance quality around shared information.
- Provide insurance coverage for vulnerable populations under a managed care model – During 2009 Public Health – Dayton & Montgomery County and the Office of Family and Children First worked with CareSource to negotiate a coverage plan for a subset of the uninsured population in Montgomery County. This coverage is intended to promote a medical home and divert unnecessary emergency room visits.

This implementation will continue in 2010.



Low Birth Weight Registry

A low birth weight (LBW) baby is defined as a baby with a birth weight of less than 2,500 grams (5 lbs. 8 oz.). LBW is of public health importance because of the strong relationship between birth weight and infant mortality and morbidity. LBW babies are at increased risk of serious health problems, including developmental disabilities, cerebral palsy, vision and hearing loss, and increased incidence of illness and death. LBW has been on the rise nationally and locally for many years.

To respond to this community issue, the Family and Children First Council approved funding to support the collaborative efforts of the Greater Dayton Area Hospital Association and Help Me Grow – Brighter Futures in the creation and development of the Low Birth Weight (LBW) Registry. This report continues the description and data reporting of the LBW Registry project described in the *2008 Montgomery County Family and Children First Council Progress Report*. Data are now available from 18 months of data collection, in which a total of 686 interviews of mothers of LBW infants were completed. The following statistics were identified as potential contributing factors:

Risk Factor	LBW Registry %
Unmarried mother	61.5%
Unintended pregnancy	65.2%
Medicaid (at delivery)	56.1%
Smoked throughout entire pregnancy	28.1%
Consumed alcohol during pregnancy	13.4%
Used drugs during pregnancy	13.3%
STD/GYN/Urinary infection during pregnancy	52.0%
No preconception vitamin use	65.9%
Inadequate (none, late, or poor) prenatal care	15.7%
Food insufficiency over last 12 months	7.0%

The LBW Registry has enrolled approximately 100 control mothers – mothers of non-LBW infants. These data are in the early stages of analysis and will be compared to the data from the mothers of LBW infants in order to better assess risk factors.

The incidence of risk factors observed at 18 months was nearly identical to those reported in the 2008 Report with the notable exception that the percent of individuals with food insufficiency increased in each six month interval from October 2008 at 5.9%, 6.7% in the second six months, and 8.5% in the third six months; this is likely a reflection of the economic recession. Integrating the other risk factors has led to an examination of the methods to quantify the stress induced in these mothers by multiple lifestyle observations. Chronic stress is a risk factor for poor health outcomes including preterm birth and low birth weight.

Please see the following publication for additional information and references:

Eisenhauer E., Uddin DE., Albers P., Paton S., and Stoughton R.L. Establishment of a Low Birth Weight Registry and Initial Outcomes. *Maternal and Child Health Journal*. 2009 Nov 12. [Epub ahead of print]. DOI: 10.1007/s10995-009-0540-8

County-Wide Childhood Obesity Prevention Initiative

Childhood obesity has reached epidemic proportions in the United States, and Montgomery County is not immune. Experts estimate that 31.9% of children and adolescents aged 2 through 19 years are overweight or obese (Journal of American Medicine, 2008, High Body Mass Index for Age Among US Children and Adolescents). Millions of these children face a higher risk of developing obesity-related disorders such as diabetes and heart disease.



HEALTHY PEOPLE

In 2008, the Healthy People Outcome Team, in collaboration with Public Health – Dayton & Montgomery County (PHDMC), initiated a community-wide healthy lifestyle strategy to address this issue. Funded by the Montgomery County Human Services Levy Council and CareSource Foundation, GetUp Montgomery County officially launched in 2009. Primary partners include: PHDMC, the Montgomery County Commission, CareSource Foundation, Dayton Children's, and Wright State University's Center for Healthy Communities. GetUp's mission is to assist children with making healthier lifestyle choices, especially when it comes to eating better and being more physically active. The primary target audience is children ages 2 to 12, their parents/caregivers, and teachers.

The long-term outcomes for GetUp Montgomery County include:

- Community-wide recognition and awareness of the relationship between unhealthy lifestyles and obesity-related diseases such as heart disease and diabetes
- Improved opportunities for physical activity
- Improved access to healthy foods/beverages and reduced access to unhealthy foods/beverages
- Improved coordination of policies and resources aimed at obesity prevention
- Reduction in unhealthy Body Mass Index (BMI) levels
- Decreased occurrence of overweight and obese Montgomery County children, and a reduction in obesity-related disease and overall healthcare costs

GetUp Montgomery County adopted "5-2-1-Almost None" as the central message to share with the community. This easy-to-remember healthy lifestyle 'prescription' encourages four daily steps:

5 – Eat at least five fruits and vegetables every day

2 – Spend less than two hours watching TV or playing video games

1 – Get one hour of active play every day, even if it's 15 minutes at a time

Almost None

– Drink almost no sugary beverages



In 2009, GetUp Montgomery County achieved the following milestones:

- Hired a project manager
- Selected a message and developed creative "5-2-1-Almost None" logo
- Conducted a baseline survey on perceptions and behaviors
- Held a Partner Rally with nearly 100 partners in attendance
- Developed and launched a Web site (www.getupmc.org) with nearly 200 reference documents
- Developed and distributed partner materials
- Began using social media networks to garner input to instigate culture change
- Conducted a New Year's event with Boonshoft Museum of Discovery, encouraging families to pledge to "A Year of Healthy Living with 5-2-1-Almost None"
- Launched an awareness campaign to introduce "5-2-1-Almost None" to the general public



Most importantly, 85 partner organizations have agreed to participate and are ready to GetUp! GetUp Montgomery County will continue this important work in 2010. To learn more and find out how you can GetUp, go to www.getupmc.org.

