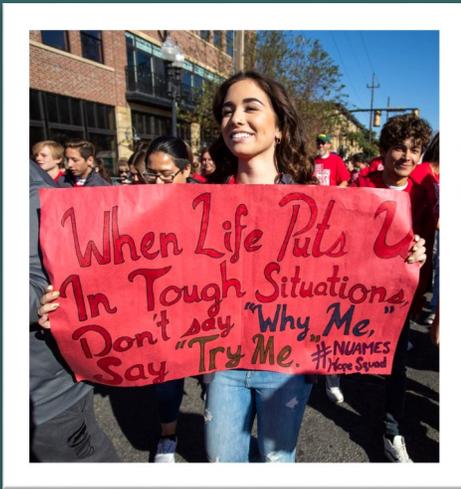


February 2019

2014-2018 Davis4Health Community Health Improvement Plan
Davis County, Utah

Celebrating 5 Years of Progress



Working together to:

Prevent & Reduce Suicide

Improve Access to Behavioral Health Services

Prevent & Reduce Obesity

Improve Air Quality

DAVIS **4**
HEALTH



Davis County Health Department
22 South State Street
Clearfield, Utah 84015
www.daviscountyutah.gov
801-525-5212

Background

Purpose

The purpose of the 5th Annual Davis4Health Davis County Community Health Improvement Plan (CHIP) Progress Report is to monitor progress toward the four health priorities identified by the community in 2013: 1) suicide, 2) obesity, 3) access to behavioral health services, and 4) air quality. Community partners began implementing the CHIP in 2014. This report documents progress made during the 5th year of implementation. It also acknowledges partners for their contributions and recognizes the community's progress toward improving health in Davis County during 2018. It is also the final report of the 2014-2018 Davis4Health CHIP.

We have used the County Health Rankings Take Action Cycle as a model to guide the community health improvement process. This report documents that we are acting on what's important and evaluating our actions.

This report includes 2 categories of data designed to measure progress toward improving health, objectives and performance measures. The objectives reflect how the community plans to influence priority health issues. In 2013 community partners set some ambitious goals to work toward over a 5 year period. Fifty unique objectives were included in the original CHIP. Some objectives were updated, corrected, one was removed, and 9 were added over the years. At the end of the implementation period 80% of all objectives were completed. Short and long-term objectives are reported on using data collected from community partners.

Performance measures are monitored as part of larger population health measures like the Behavioral Risk Factor Surveillance System (BRFSS), County Health Rankings (CHR), Prevention Needs Assessment (PNA) Survey, American Community Survey (ACS), and others. These data are more likely to reflect health outcomes. Original performance measures identified may not have been the best choices and in some cases substitute measures are provided here instead. In this 5th and final report of the 2014-2018 Davis4Health CHIP we look to see if targets were met and if trends can be determined. Due to data lags, most 2018 data is not yet available, so target status is based on the most current data that could be found.



Priority: Suicide

Davis HELPS is the lead coalition in Davis County working on suicide prevention and coordinating with other agencies to address the problem throughout the county. The group has been meeting since 2008, and began to focus on suicide during 2013. Davis Behavioral Health provides administrative support to the coalition.

Goal: Reduce suicide deaths in Davis County to meet the Healthy People 2020 target of 10.2 deaths per 100,000 population.

Strategies

- Promote public awareness that suicide is a preventable public health problem
- Improve the ability of service providers to support individuals who are at risk
- Implement youth suicide prevention programs
- Implement and highlight prevention programs and resources for members of the workforce
- Launch and promote a Davis County survivor support group
- Decrease suicide risk by reducing access to lethal means

Committee Members



Left to Right, Back Row: Jill McArthur, Karlene Kidman, Whitney Johnson, Gini Highfield, Jessica Bigler, Kristy Jones, LeeAnn Gossett, Ivy Melton-Sales, Emma Parkhurst, Anna Bateman, Christi Blankman, Brett Lund. Second Row: Zuri Garcia, Kristen O'Flarity, Kellie Farr, Alyssa Craven, Megan Vlaming, Cyndalynn Tilley. Front Row: Kandice Atisme, Wally Larrabee, Katherine Zachara. Not shown: Jessica Buckway, Josh Hansen, Melissa Hansen, Isa Perry, Debi Todd, Judge Tom Kay, Carolyn Christensen, Becky Austad, Hannah Pendergast, Heather Linehan, Jennifer Spangenberg, Leslie Richards, Wendell Wild.

Accomplishments

- Meeting Dates: 10—1/4, 2/1, 3/1, 4/5, 5/3, 6/7, 7/5, 8/2, 9/6, 10/4
- # of Participants: 34
- Grant Applications Linked to CHIP Priority: 5
- New Funding: \$169,606

Priority: Suicide

Short-term Objective Progress Update

Short-term Objectives	Target Date	Status
Launch and promote Davis County Suicide Survivor Support Group.	12/31/2014	Complete 1/1/2014
At least 2 Mental Health First Aid Instructors will be trained.	12/31/2014	Complete 7/31/2014
An additional 2 Mental Health First Aid Instructors will be trained.	12/31/2015	Complete 7/29/2015
Complete and distribute Davis County suicide risk referral and protocol check list.	2/28/2015	Complete 2/28/2015
Hold up to 8 town hall meetings throughout the county.	12/31/2015	Complete 11/19/2014
Increase the number of active trained QPR Gate Keeper instructors in Davis County from 0 in 2013 to 8.	12/31/2015	Complete 12/10/2014
One QPR master trainer in Davis County.	12/31/2015	Removed
Conduct at least 15 QPR presentations throughout Davis County.	12/31/2015	Complete 6/19/2014
All Davis School District school counselors will receive QPR training.	12/31/2015	Complete 10/24/2014
All high schools (9)* will be presented with information about effective peer to peer suicide prevention programs.	12/31/2015	Complete 9/26/2014
Increase the number of peer to peer suicide prevention programs (e.g. Hope Squads) in Davis County high schools from 2 in 2013 to 5.	12/31/2015	Complete 10/20/2015

*This number was incorrect in the CHIP and has been updated. Note: The workgroup realized that getting a QPR master trainer in Davis County is not necessary. There have been plenty of opportunities for partners to get trained as QPR Gate Keeper Instructors through in-person and online trainings.

Added Objectives (2/5/2015)	Target Date	Status
Hold an additional 10 town hall/community meetings or parent seminars addressing suicide throughout the county.	12/31/2015	Complete 11/18/2015
Conduct at least 15 additional QPR presentations throughout Davis County.	12/31/2015	Complete 9/23/2015

Priority: Suicide

Long-term Objective Progress Update

Long-term Objectives	Target Date	Status
Promote mental health, emotional well-being, suicide prevention and support services in Davis County through a media campaign.	12/31/2017 [^]	Complete 10/31/2017
Conduct 15 Mental Health First Aid presentations throughout Davis County.	12/31/2018	Complete 12/31/2016
Increase the number of trained helping professionals who are trained to address suicide.	12/31/2018	Complete 12/31/2018
All junior high schools (16)* will be presented with information about effective peer to peer suicide prevention programs.	12/31/2018	Complete 09/24/2014
All high schools (9)* will have a peer to peer suicide prevention program.	12/31/2018	Complete 10/20/2015
Increase use of suicide screening tools by healthcare professionals, behavioral health providers, schools, and other helping professionals.	12/31/2018	Complete 12/31/2017
At least 5 employers will address suicide prevention in the workplace through employee wellness programs, employee assistance programs, or other activities.	12/31/2018	Complete 11/7/2017
Support national and local drug/medicine take back events, at least one per year.	12/31/2018	Complete 12/31/2018
Support statewide efforts to promote safe storage of firearms.	Ongoing	Complete 12/31/2018

*These numbers were incorrect in the CHIP and have been updated. [^]Extended from 2016 to 2017.

Added Objectives (12/1/2016)	Target Date	Status
At least one Davis County professional will be trained as an Applied Suicide Intervention Skills Training (ASIST) Instructor.	12/31/2017	Complete 02/27/2017
Expand Mindful Schools program from 1 school (2016) to 40 schools.	12/31/2018	Complete 12/31/2018

Performance Measures	Baseline & Year	Current Measure & Year	Target Measure & Year
Reduce suicide deaths in Davis County to 10.2 deaths per 100,000 population.	14.3 (2010-2012)	17.6 (2015-2017)	10.2 (2020)

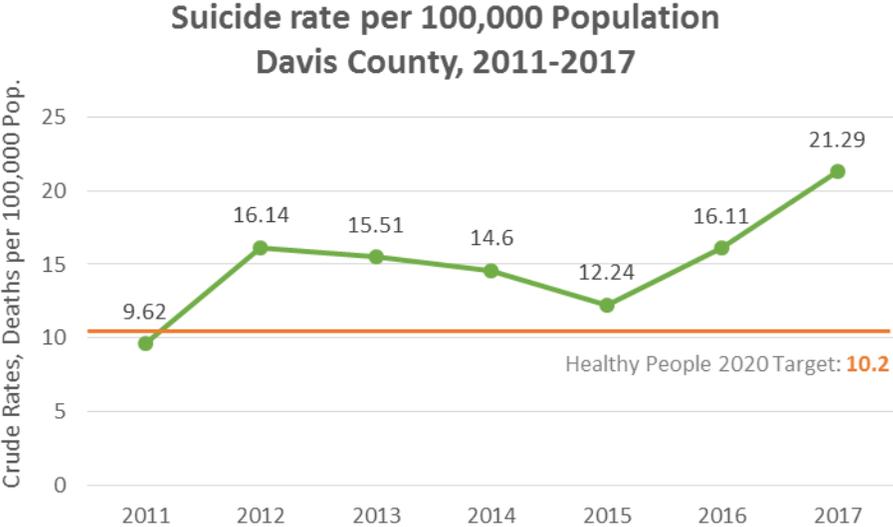
Other suitable performance measures discussed by the committee included adolescent suicide ideation, plans and attempts.

Priority: Suicide

Performance Measures & Data Trends

Davis County Suicide Rate (by single years)

There was a significant increase in suicides from 2011 to 2017.

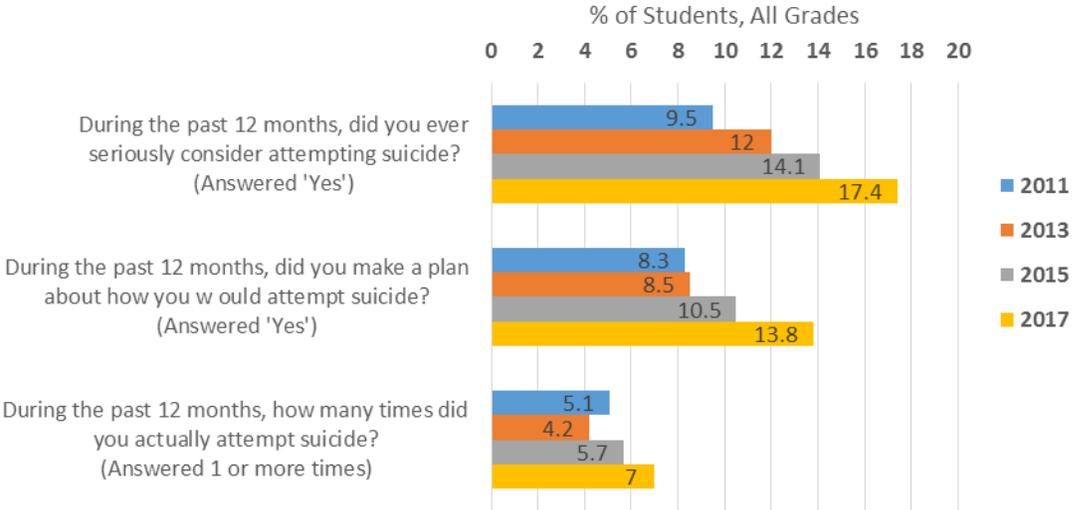


Source: IBIS, UDOH, ibis.health.utah.gov

Student Suicide Risk, Davis School District

Suicide ideation, plans, and attempts have all been trending up each year for all grades. County youth suicide risk factor data can be found in the Student Health and Risk Prevention (SHARP), Prevention Needs Assessment Survey (PNAS) results reports. Survey is conducted during odds years.

Student Suicide Risk Indicators Davis School District, Years 2011, 2013, 2015 & 2017



Source: SHARP Survey, dsamh.utah.gov/reports/sharp-survey

Priority: Suicide

Objective Highlights

Training & Awareness

- 1,000+ participants trained in QPR & safeTALK
- 3 workplaces trained in QPR
- 25 Mental Health First Aid & Youth Mental Health First Aid trainings taught
- 9 new instructors trained to teach 4 evidence-based suicide prevention programs
- LDS Welfare Specialist Suicide Prevention Conference in Centerville, 400+ ecclesiastical leaders from The Church of Jesus Christ of Latter-Day Saints participated, 2 panel presenters from Davis HELPS
- Coalition sponsored partner attendance at Power of Prevention Training, Utah Prevention Coalition Summit, Utah Substance Abuse Conference & Substance Abuse Prevention Skills Training

Language Matters

Choosing Compassionate & Accurate Language



Died of/by Suicide *vs* Committed Suicide
Suicide *vs* Successful Attempt
Suicide Attempt *vs* Unsuccessful Attempt
Describe Behavior *vs* Manipulative/Attention Seeking
Describe Behavior *vs* Suicidal Gesture/Cry for Help
Diagnosed with *vs* they're Borderline/Schizophrenic
Working with *vs* Dealing with Suicidal Patients



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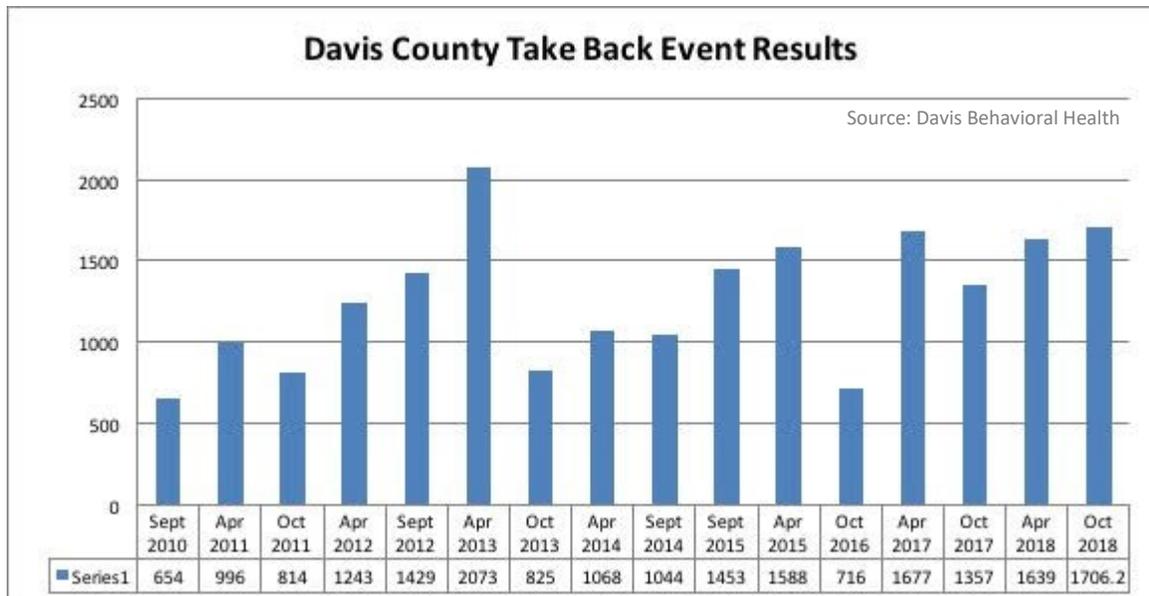
Youth Mental Health

- 3rd annual Children's Mental Health Awareness Day event in conjunction with Davis County's Safe Kids Day; 2,000 parents & youth participated
- Expansion of Mindful Schools to 33 elementary schools
- Learning to Breathe in 15 secondary schools

Priority: Suicide

Reducing Access to Lethal Means

- 2 prescription drug take back events—3,345 lbs. collected in 2018
- 22 permanent prescription drug drop off locations in Davis County found at useonlyasdirected.org
- 1,725 trigger locks distributed to the community via community events, partners & to firearm retailers



IS YOUR
SAFETY ON?



Priority: Suicide

Partner Spotlights

Davis School District (DSD)

- Hope Squads in 26 secondary schools & 16 elementary schools
- 90 schools provided with SAFEUT materials & training
- Hosted HOPE Squad Administrator Training with 25 participants from Davis County, Utah, other states & Canada

Hope Squads Hope Week, March 2018

Kaysville Jr. High



South Davis Jr. High, Bountiful

Davis Clipper Article: <https://bit.ly/2QQI8WB>



Northridge High School, Layton

Priority: Suicide

Continue Mission (CM)—No Veteran Left Behind

- 2,669 veterans & support members served
- 153 events held for veterans & support members
- 107 meetings and events attended in support of suicide prevention and mental health awareness (community outreach, training, media interviews, film projects, speeches, coalitions, conference presentations, legislative testimony, fundraisers & other community support)
- Recognition at Governor's Gala



NUHOPE

- 261 school suicide prevention presentations (8,956 students reached in 24 schools)
- 10 QPR presentations (351 participants)
- NUHOPE 11th Annual Suicide Awareness Walk (2,462 participants) with Alex Boye performing & Lt. Governor Spencer Cox as keynote speaker



Priority: Suicide

Statewide Efforts

- Suicide prevention coordinators in state-wide agencies: Utah Department of Health (UDOH), Division of Substance Abuse & Mental Health (DSAMH), Utah State Board of Education (USBE), Intermountain Healthcare, National Alliance on Mental Illness (NAMI)—Utah Chapter, American Foundation for Suicide Prevention (AFSP)—Utah Chapter
- SAFEUT provided Davis School District data
- Zero Suicide Summit held at Davis Conference Center in July; Davis Behavioral Health & Intermountain healthcare initiatives spotlighted
- Utah Fire Arm Study completed



Suicide and Firearm Injury in Utah Linking Data to Save Lives

Suicide and Firearm Injury In Utah: Linking Data to Save Lives is a recent report highlighting that suicides make up 85% of firearm deaths in Utah & 50% of all suicide deaths in Utah utilize a gun. Since firearms are valued in many Utah homes, this information will help stakeholders develop prevention strategies that are responsive to local values of those most affected by firearm suicides: gun owners & their families.

Link to Report Summary:

<https://go.usa.gov/xPAue>

Link to Full Report:

<https://go.usa.gov/xPAuM>

Link to Utah Suicide Prevention Coalition Firearm safety videos:

<https://vimeo.com/utahsuicideprevention>



July 2017— May 2018 Davis District Data

Tips	Chats	Chat Threads	Tip Topics
1,094	1,383	25,634	<ol style="list-style-type: none"> 1. Bullying 2. Suicide 3. Depression 4. Drugs 5. Cutting



HELP IS HERE

Licensed mental health counselors are waiting - only a phone call or text away.

- Depression, Anxiety or Other Mental Health Issue
- Suicide Prevention
- Loss/Grief
- Bullying/ Cyberbullying
- Drug/Alcohol Problems
- Self-Harm
- Relationship Difficulties
- Any Life Challenge

DOWNLOAD the FREE SafeUT App



- Start a chat with a crisis counselor
- Submit an anonymous tip to your school
- Start a call with a crisis counselor
- View existing chats & tips



Available 24/7 | Call or Chat | Always Confidential
Call SafeUT CrisisLine Direct - 1.800.273.8255



uofuhealth.org/safeut



Priority: Suicide

Policy Priorities

- 3 digit mental health crisis line
- Evaluation of suicide prevention programs (HOPE Squads & prevention curriculum)

2019 Activities

- Davis County Suicide Survivor Grief Support Group launch
- Youth summit
- SHARP survey census
- Promote Zero Suicide framework for healthcare & behavioral health agencies & providers

Zero Suicide framework is a system-wide, organizational commitment to safer suicide care in health & behavioral healthcare systems.



Priority: Access to Behavioral Health Services

The Davis Behavioral Health Network (formerly Community Access Committee) was formed in 2013 to bring service providers, community-based organizations and other interested partners together to work on improving access to behavioral health services in Davis County. Davis County Health Department and Davis Behavioral Health provide administrative support to the group.

Goal: Increase access to behavioral health services in Davis County through promotion of existing resources, new screening and referral tools, increasing effective prevention programs, and better training for helping professionals.

Strategies

- Identify a network of behavioral health providers
- Medical providers utilize anxiety and depression screening tools
- Use behavioral health referral tools
- Implement community education programs to reduce mental health stigma, help the community respond to signs of mental illnesses, and help those coping with stress and chronic disease

Committee Members



Left to Right, Back Row: Whitney Johnson, Kristy Jones, Isa Perry, Carin Dewey, James Wadman, Brandon Hatch. Front Row: Josh Alvarez, Merri Ann Crowther, Christi Blankman, Brenda Warnshuis, Catherine Birch, Kristy Cottrell. Not Shown: Keicha Christiansen, Paula Halley, Jess Bigler, Zuri Garcia, Karen Martin, Kristen Reisig, Danette Forward.

Committee Accomplishments

- Meeting dates: (4)—1/16, 4/24, 7/31, 11/28
- # of participants: 19
- Grant applications linked to CHIP priority: 1
- New Funding: \$1.7 Million (for Northern Utah)

Priority: Access to Behavioral Health Services

Short & Long-term Objective Progress Update

Short-term Objectives	Target Date	Status
Identify all Davis County behavioral health providers and assess services offered (hours of operation, specialty services, payment type accepted, crisis services, willingness to participate, etc.).	12/31/14	Complete 7/3/2014
Train 2 Davis County instructors in Mental Health First Aid.	12/31/14	Complete 7/31/2014
Train 2 Davis County instructors in Mindfulness-based Stress Reduction (MBSR).	12/31/14	Complete 1/31/2014
Develop an online tool or directory for mental health and substance use resources and service providers.	3/31/15	Complete 3/31/2015
Train 50 medical providers to use the PH-Q9 and GAD-7 anxiety and depression screening tools and referral process.	12/31/18~	Complete 12/31/2017

Long-term Objectives	Target Date	Status
Promote mental health, emotional well-being and behavioral health services in Davis County through a media campaign.	12/31/17^	Complete 10/31/17
Conduct at least one mental health screening event each year for DSD students in conjunction with school & community events.^^	12/31/18	Complete 10/30/2018
At least 5 community agencies will implement regular use of anxiety, depression, and trauma screening tools.	06/30/18	Complete 12/31/2017
Conduct 15 Mental Health First Aid presentations throughout Davis County.	12/31/18	Complete 12/31/2016
At least 5 employers will address and promote mental health and emotional well-being of employees through employee wellness programs, employee assistance programs, or other activities.	12/31/18	Complete 11/7/2017

Performance Measure	Baseline & Year	Current Measure & Year	Target Measure & Year
Decrease the average number of Poor Mental Health Days per month from 3 to 2.3.*	3 (2013)	3.3 (2016)	2.3 (2018)

~Objective target date extended from 12/31/2015 to 12/31/2018. Workgroup feels objective is still important and can be achieved if given more time. ^Extended from 2016 to 2017. ^^This objective replaced prior objective which incorrectly specified screening by school counselors. *National Benchmark, Top 10% best in U.S, CHR 2013.

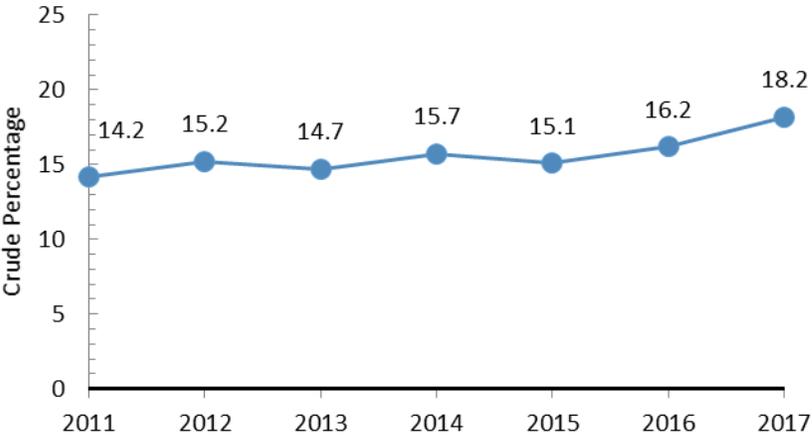
Priority: Access to Behavioral Health Services

Performance Measures & Data Trends

Poor Mental Health Days, Adults

It is difficult to measure population mental health. Utah uses this question to estimate a measure: "Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?" The percent of residents who responded that they had seven or more days of poor mental health in the past 30 days is published. While this measure appears to be trending up, it is not a statistically significant change from 2011-2017. Source: BRFSS, UDOH, ibis.health.utah.gov

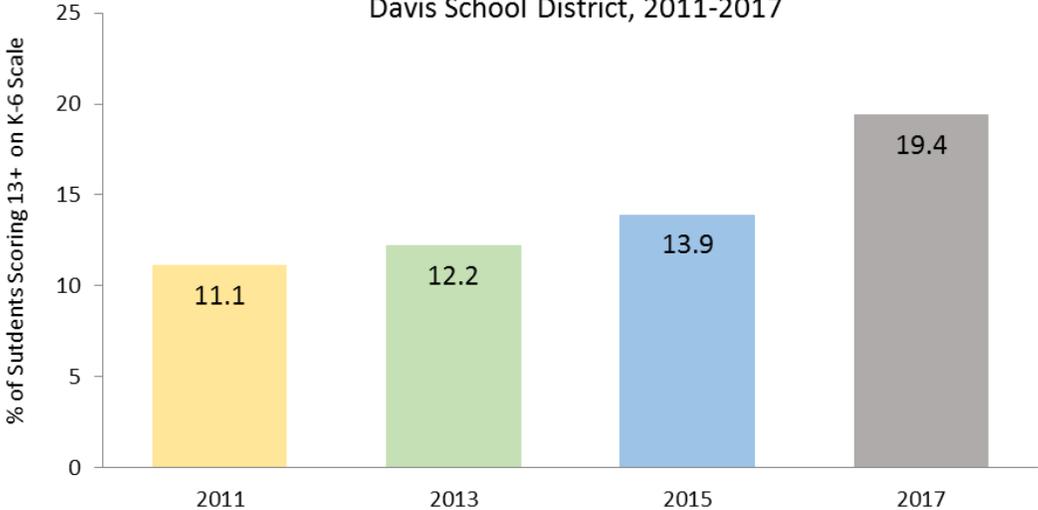
7 or More Days of Poor Mental Health in the Past 30 Days, Adults
Davis County, 2011-2017



High Need for Mental Health Treatment, Davis School District

Adolescent mental health treatment needs are estimated using the Kessler Psychological Distress Scale (K6) which involves six questions about a person's emotional state: "During the past 30 days, how often did you: feel nervous? feel hopeless? feel restless or fidgety, feel so depressed that nothing could cheer you up? feel that everything was as effort? feel worthless? Answers are scored based on frequency. Student with a score of 13 or more points were determined to have high mental health treatment needs. This and other adolescent mental health measures are trending in an alarming direction both at the county and state levels. Source: SHARP Survey, dsamh.utah.gov/reports/sharp-survey

% of Students with High Mental Health Treatment Needs, Grades 6, 8, 10, 12
Davis School District, 2011-2017

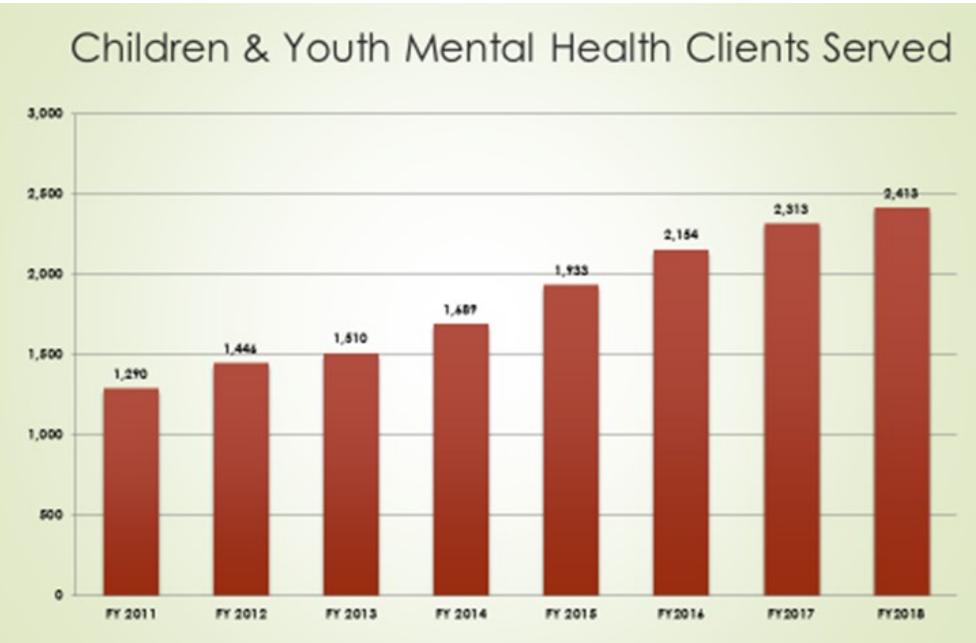
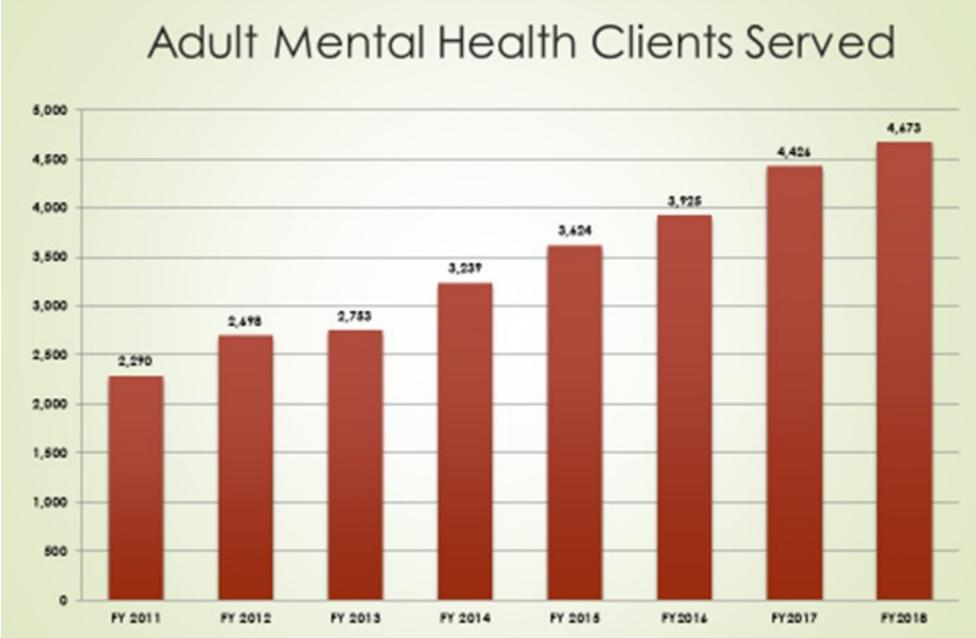


Priority: Access to Behavioral Health Services

Performance Measures & Data Trends

Davis Behavioral Health, Mental Health Services

It is difficult to measure the population's access to mental health services. Data from Davis Behavioral Health shows their capacity to provide mental health services to adults, youth, and children has significantly increased over the last few years. Source: DBH FY 2018 Clinical Data

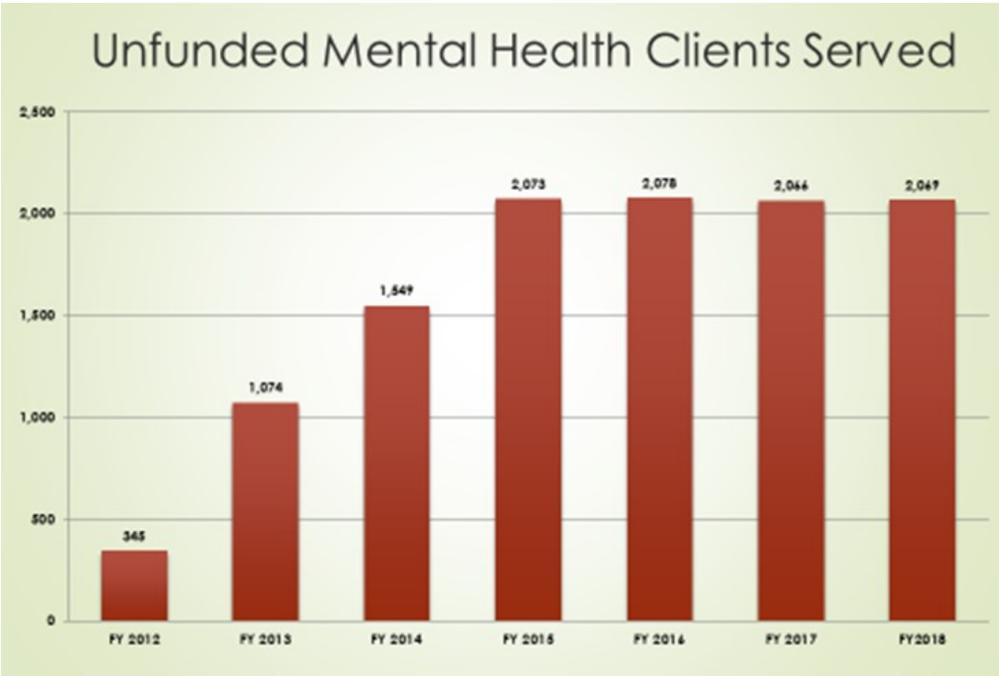
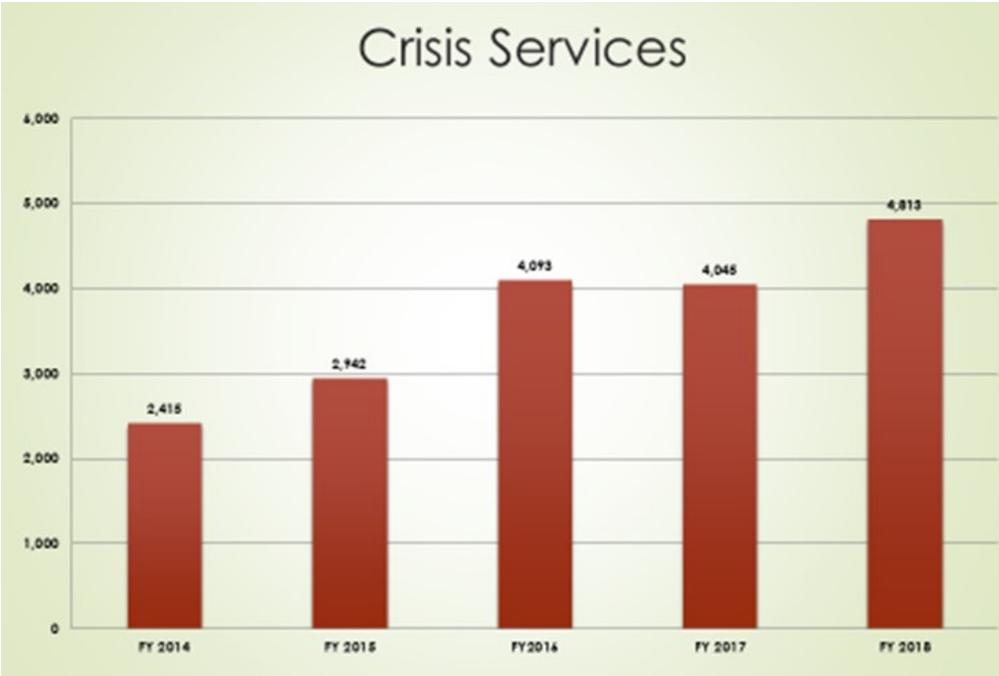


Priority: Access to Behavioral Health Services

Performance Measures & Data Trends

Davis Behavioral Health, Mental Health Services

Data from Davis Behavioral Health also shows their capacity to provide crisis services has significantly increased. In addition, they are serving more clients who are unfunded (those who are uninsured or not covered by Medicaid). Source: DBH FY 2018 Clinical Data



Priority: Access to Behavioral Health Services

Objective Highlights

- Grow Your Network event for behavioral health professionals
- Launch of Davis Behavioral Health Network—Helping uninsured and underinsured individuals with behavioral health concerns by coordinating appointments for affordable services within 7 days.
- 3 community screenings of Angst, documentary to raise awareness about teen Anxiety (Clearfield, Layton & Woods Cross High)
- 2nd year Youth Mental Health Screening Night, 65 youth served
- Update of Davis HELPS Youth Services Directory — <https://bit.ly/2RjgKiF>
- Trained 2 additional Mental Health First Aid instructors & 3 Youth Mental Health First Aid instructors



In March 2018 Davis County's first Grow Your Network event was held to provide helping professionals an opportunity to meet other behavioral health providers and learn more about local services in an effort to assist them in making quality referrals for families they serve.

- *Sponsored by 6 community agencies*
- *38 behavioral health professionals attended*
- *16 new providers interested in being included in the Davis Behavioral Health Directory*
- *11 providers identified that are willing to donate service or offer reduced cost services*



On October 30, 2018, more than 50 volunteers participated in the 2nd annual Davis HELPS Youth Mental Health Screening Night at Woods Cross High. Sixty-five youth ages 12-18 were served at the event. Youth completed a online screening, met with a clinician, and were directed to community services. Davis County Health Department & Davis School District co-coordinated the event with support from many additional community partners. All participants were provided a copy of the 2018 Davis HELPS Youth Services Directory.

The Davis Clipper ran 2 articles in support of the event:

Oct 18—<https://bit.ly/2FjdRld>

Nov 7—<https://bit.ly/2R4DvbK>

Priority: Access to Behavioral Health Services

Partner Spotlights

Davis Behavioral Health

- Provided services to 8,634 residents
- Served 3,011 uninsured residents
- Justice Reinvestment Initiative, recovery support services—outreach to 865 individuals to engage & remain in treatment, help with other support services such as employment
- Implementation of the Stabilization and Mobile Response teams, a new service for children & youth in crisis; behavioral health professionals deployed to home & able to provide on-going in-home stabilization services if needed; \$1.4 million in funding to cover all of Northern Utah; 298 families served
- Conducted 12 Mindfulness-based Stress Reduction (MBSR) community sessions (140 adult participants)
- Conducted 5 Learning to Breathe community sessions (48 adolescent participants)

Opioid Community Collaborative

- 705 clients served
- Provided medication-assisted treatment, therapy & case management
- Provided access to treatment within 4 days
- 93% of participants remain abstinent of opioids at 16 months
- 83% retention rate in treatment for 6 months
- 59% of participants report improved housing situation
- 71% of participants report improved employment situation
- Partners include: Davis Behavioral Health, Intermountain Healthcare, Weber Human Services & Utah Department of Health

CHILD IN CRISIS?

For any child, parent, or caregiver with any problem at any time.

- Threatens to inflict harm upon self or others
- Is verbally or physically aggressive
- Uses substances
- Destroys or steals property
- Is withdrawn from friends or peers
- Experiences depression or anxiety
- Has difficulty in school
- Often runs away
- Bullies or is bullied
- Demonstrates severe changes in mood

Stabilization & Mobile Response services are free, available 24/7, and provide support in times of crisis.

CHILD IN CRISIS?
Stabilization and Mobile Response can help.

1 833 SAFE-FAM
(723-3326)

utah department of
human services



Priority: Access to Behavioral Health Services

USU Extension Davis County

- 3 additional Youth Mental Health First Aid instructors trained & certified
- 22 Youth Mental Health First Aid trainings taught
- 332 First Aiders trained (1,000+ during 3 year grant)
- Evaluations show First Aiders were able to retain their knowledge, skills, & confidence in being able to reach out to young people who are experiencing mental health problems
- 250 adolescents were referred by First Aiders to professional mental health services, self-help strategies, or other supports in their lives
- Links to helpful mental health information & resources on the AWARE website: aware.usu.edu/resources
- 36 adolescents attended Camp Thrive—a hands-on day camp focused on positive mental health & resiliency
- Sponsored 2 community screenings of Angst
- End of 3 year grant (NITT-AWARE-C, SAMHSA, September 29, 2018)
- USU Extension received another 3-year \$375,000 Mental Health Awareness Training grant from SAMHSA (September 30, 2018 to September 29, 2021)

Mentes Sanas (Healthy Minds) —Latino Advisory Committee

- 11 youth members, 4 adult members
- 2 youth trained as Camp Thrive leaders
- 2 youth participated in the Well Being Trust Convening (Oakland, CA)
- 2 youth participated in National 4-H Healthy Living Summit (Washington, D.C.)
- 1 youth participated in National Well Connected Communities grant Harvest Session (Washington, D.C.)
- Community resource table a youth mental health screening night
- Compiled list of mental health service providers offering services in Spanish



Priority: Access to Behavioral Health Services

Centerville Cares

- Organized by Mayor Clark Wilkinson, June 28, 2018
- Participants include: Mayor, Mayor's Wife, Youth Mayor, Police Chief, Physician, Behavioral Health Professionals, those affected by mental illness, concerned citizens, Davis School District & Davis County Health Department
- City July 4th celebration parade presence
- Articles in city newsletter
- Davis Clipper Article, August 27, 2018—'Centerville Cares' promotes overall well-being
<http://davisclipper.com/news/centerville-cares-promotes-overall-well-being/>
- List of ideas about how residents can "Reach Out!"
- Participation in South Davis Preparedness Fair, September 8. Sponsored community resource table; 3 presentations about 3 current community crisis': screentime, suicide, opioids; and film premier of Centerville Cares campaign—video link: <https://tinyurl.com/centervillecares>
- Wellness resources on city website: <https://centervilleut.net/government/mayor/centerville-cares>
- Marketing of UP Class—Neil *Nedley's Depression and Anxiety Recovery Class* beginning Wednesday evenings in January, 2019

CENTERVILLE CARES



Supporting each other through life's challenges

WE CARE about sustaining a warm, welcoming and supportive community; creating an environment that promotes both physical and mental well-being.

WE CARE about helping each other through life's challenges and stresses, to eliminate isolation and encourage inclusiveness.

WE CARE about the risks of self-harm, addiction or abuse.

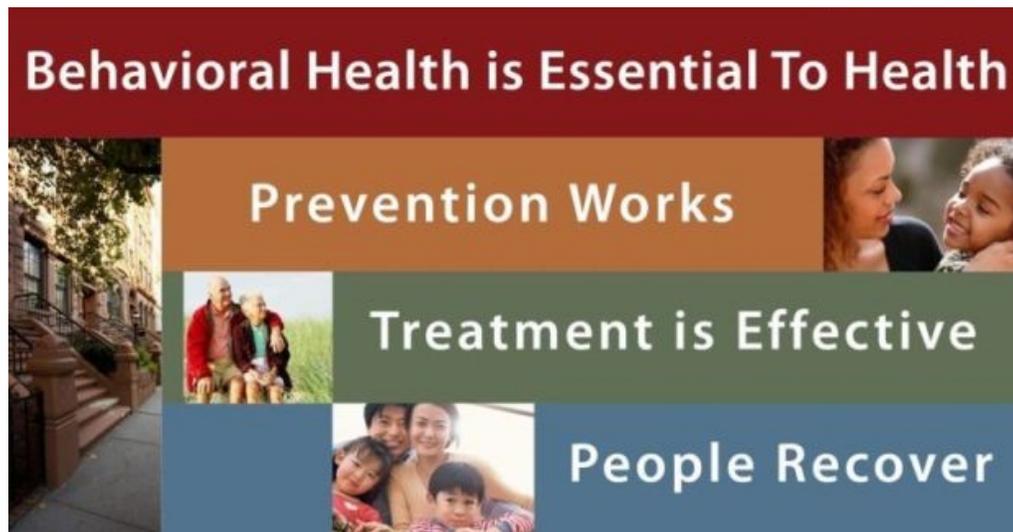
WE CARE about the health and wellness of everyone in our community, young to senior, regardless of challenges.

WE CARE about forging stronger support networks and interpersonal connections among those who call Centerville home.

Priority: Access to Behavioral Health Services

Policy & Resource Priorities

- 3 digit phone number for mental health crisis
- Medicaid expansion
- Transitional/respice housing (for mental health & substance abuse)
- Community advocacy (reducing stigma, public education, working with all sectors: political, business, criminal justice, healthcare, behavioral health, etc.)
- Promote Zero Suicide framework for healthcare & behavioral health agencies & providers



Priority: Obesity

The Healthy Communities Workgroup (formerly Obesity Workgroup) was formed in 2013 to bring together community partners throughout Davis County interested in reducing obesity and encouraging active living and healthy eating. The Davis County Health Department provided administrative support to the group during 2018.

Goal: Prevent and reduce obesity in Davis County through environments, policies, and programs that support everyday physical activity and healthy eating choices.

Strategies

- Promote and support school and community physical activity and nutrition programs
- Increase access to healthy eating choices
- Promote resources to support physical activity and healthy eating
- Implement comprehensive worksite wellness programs

Committee Members



Left to Right, Back Row: Zuri Garcia, Terri Sory, Brenda Warnshuis, Rosa Alveno, Erin Floyd, Kendyl Radle. Front Row: Heather Gibb, Anjani Malhi, Michelle Whiteley, Emma Parkhurst. Not Shown: Randy Lewis, Isa Perry, Kristy Jones, John Borski, Ron Zollinger, Shelly Nettesheim, Jory Johner, Scott Zigich.

Accomplishments

- Meeting dates: (4) - 3/1, 6/7, 9/6, 12/6
- # of participants: 28
- Grant Applications Linked to CHIP Priority: 6
- New Funding: \$271,241

Priority: Obesity

Short-term Objective Progress Update

Short-term Objectives	Target Date	Status
Meet with UTA* to discuss UCATS projects.	12/31/2015	Complete 8/7/2014
At least 2 schools or community agencies will start a garden or healthy eating program.	12/31/2015	Complete 8/30/2014
The benefits of a comprehensive employee wellness programs will be promoted to 5 worksites in Davis County.	12/31/2018~	Complete 11/7/2017
At least 2 worksites will implement a wellness program.	12/31/2015	Complete 12/1/2014
One city will develop and/or adopt an active transportation master plan.	12/31/2016~	Complete 5/31/2016
At least 6 Davis School District schools will increase minutes of structured physical activity each day.	12/31/2015	Complete 12/1/2014
Community supported agriculture will be promoted through 15 venues.	12/31/2015	Complete 4/21/2015
The Davis County resource locator website will be promoted through 30 government entities, businesses, or community groups.	12/31/2018~	Complete 12/31/2016
The Davis County resource locator website will be promoted through 8 healthcare agencies.	12/31/2018~	Complete 12/31/2018
The Davis County resource locator website will have been promoted 50 times via social media.	12/31/2018~	Target Not Met
The Davis County resource locator website will have received 25,000 hits.	12/31/2018~	Complete 12/31/2016
Davis County trails map will be completed and available to the public.	12/31/2014	Complete 12/15/2014

*Changed from UDOT to UTA. Both are collaborators on the project.

Added Objectives (12/5/2015)	Target Date	Status
At least 2 additional schools or community agencies will start a garden or healthy eating program.	12/31/2015	Complete 12/3/2015
At least 6 additional Davis School District schools will increase minutes of structured physical activity each day.	12/31/2018~	Complete 12/31/2018

~Objective target dates extended from 12/31/2015 to 12/31/2016 or 12/31/2018. Workgroup feels objectives are still important and can be achieved if given more time.

Priority: Obesity

Long-term Objective Progress Update

Long-term Objectives	Target Date	Status
Reduce the percentage of adults who are overweight or obese from 63.1% to 57.3%.	12/31/2018	Target Not Met
Decrease the percent of inactive Davis County residents from 16% to 15%.	12/31/2018	Target Not Met
Develop and implement a system to establish baseline indicators for overweight/obese children & adolescents in Davis County.	12/31/2018	Complete 12/31/2018
Increase on street bicycle lanes from 74.06 miles in 2013 to 222.00 miles. (Current Measure: 90)	12/31/2018	Target Not Met
Increase the number of hiking and/or paved shared-use trails from 468.44 miles to 498.44 miles. (Current Measure: 471)	12/31/2018	Target Not Met
Improve walkability index for at least 2 Front Runner stations in Davis County.	12/31/2018	Insufficient Data

Added Objective (12/1/2016)	Target Date	Status
At least one Safe Routes to School grant application will be submitted from a Davis County organization.	12/31/2018	Complete 12/31/2018

Performance Measures	Baseline & Year	Current Measure & Year	Target Measure & Year
Reduce the percentage of adults who are overweight or obese from 63.1% to 57.3%.	63.1% (2011)	64.2% (2017)	57.3% (2018)
Decrease the percent of inactive Davis County residents from 16% to 15%*.	16% (2013)	18.5% (2017)	15% (2018)
Increase the percent of Davis County youth who meet aerobic activity guideline.	14.7% (2013)	18.3% (2017)	17.6%^ 2019

*15% is in line with least inactive counties in the state, County Health Rankings 2013. ^State average, 2013.

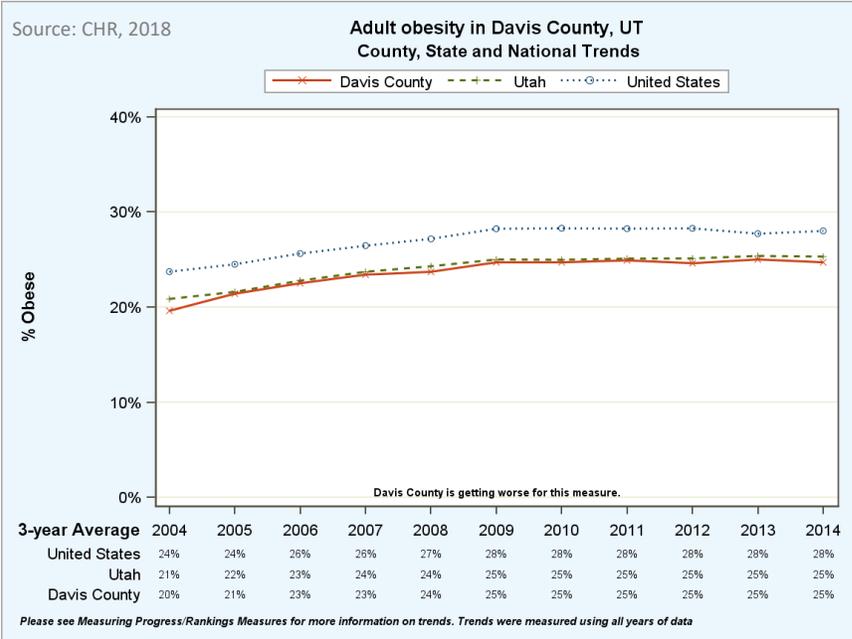
Priority: Obesity

Performance Measures & Data Trends

Obesity, Davis County

Nearly 27% of adults in Davis County are obese. Davis County is meeting the Healthy People 2020 target for adult obesity (30.5%) and according to the County Health Rankings, the county rate is in the top 10% (best) in the nation. The long range trend shows Davis County is getting worse for this measure. 8% of adolescents in Davis County are obese. 7.1% of Davis County elementary school students are obese.

Source: IBIS, UDOH; DCHD

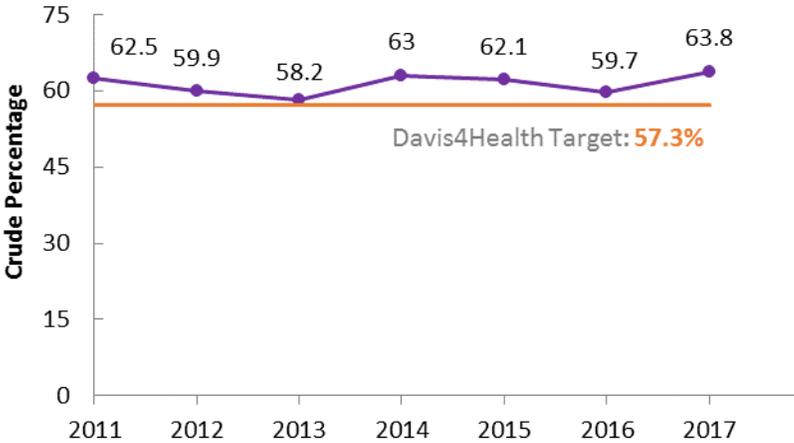


Unhealthy Weight, Davis County

When adults who are obese are combined with adults who are overweight, 63.8% of adults in Davis County are at an unhealthy weight. 19.0% of Davis County elementary school students are at an unhealthy weight.

Source: IBIS, UDOH; DCHD

Percentage of Overweight & Obese Adults Davis County, 2011-2017



Source: BRFSS, UDOH, ibis.health.utah.gov

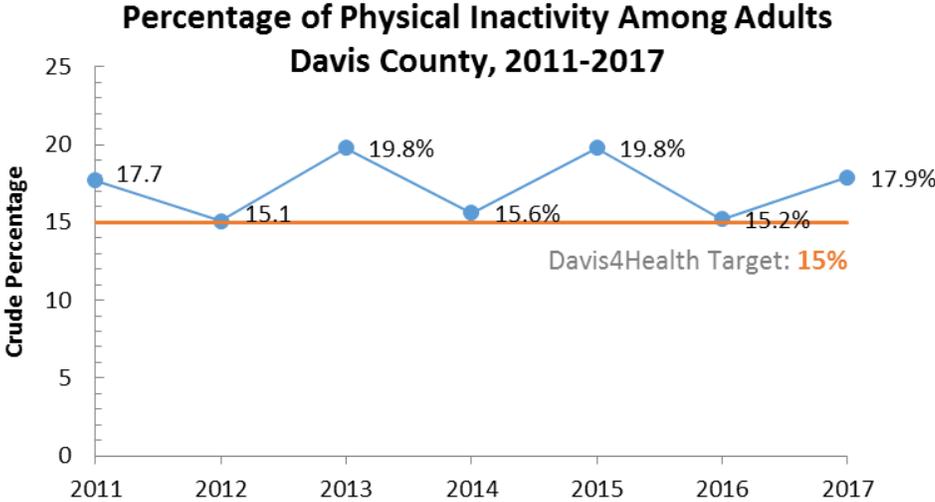
Priority: Obesity

Performance Measures & Data Trends

Physical Inactivity, Adults

An estimated 17.9% of adults ages 20 and over in Davis County reported no leisure time physical activity. This is measured by asking: “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”

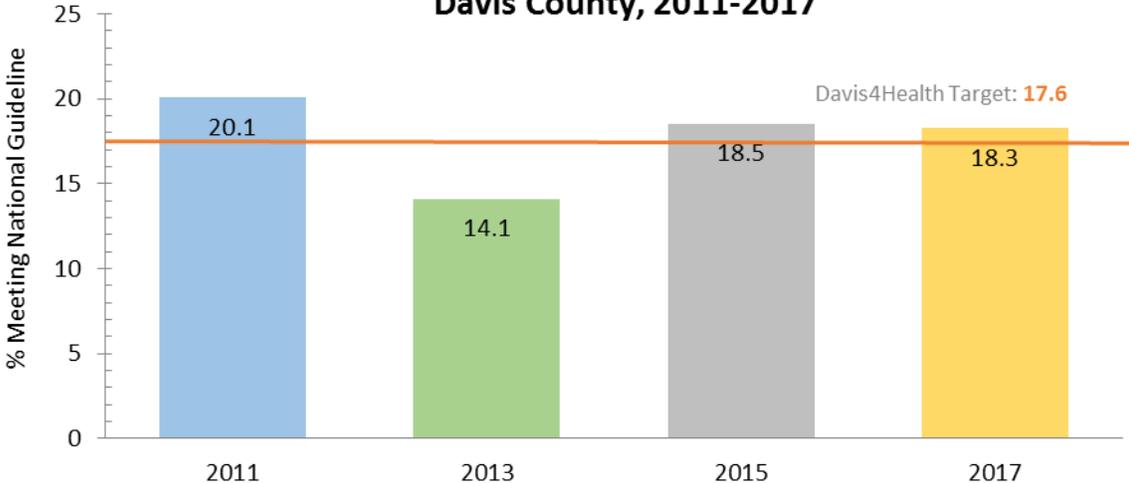
Davis County is within the top 10% (best) of all counties for physical inactivity. No significant trend was found for this measure. Source: BRFSS, UDOH, ibis.health.utah.gov; CHR



Physical Activity (aerobic), Adolescents

Adolescent physical activity is assessed through the state Prevention Needs Assessment (PNA). In 2017, 18.3% of public high school students were physically active (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on all of the past seven days). Statistical interpretation is that the rate for Davis County has remained the same over the years. Source: PNA, UDOH

Aerobic Physical Activity in Grades 8, 10, & 12 Davis County, 2011-2017



Note: Methodology changed (improved) between the 2011 & 2013 PNA.

Priority: Obesity

Objective Highlights

Healthy Eating

- Community Garden Coordination meeting held in June; 5 of the 8 community garden coordinators gathered to share ideas & work on collaborating to increase use & improve the community gardens throughout Davis County; and toured USU Extension gardens on site & learned about resources offered by USU Extension
- Community gardens donated collectively over 600 lbs. of excess produce to the Bountiful Community Food Pantry
- Quarterly newsletters to famers & farmers market managers throughout Davis County; farmer survey & interviews conducted to improve newsletter content; farmer spotlights were created
- Davis County Food Environment Assessment presentation at Move Utah Summit



Priority: Obesity

Physical Activity

- National Bike to School Day, May 9, 2018—Wasatch Elementary event with Bingham's Cyclery. 400 (85%) of students walked or biked to school the day of the event. Helmets, reflective stickers, educational materials & bike repairs services provided. School district superintendency members also participated.
- Bike Utah's Youth Bicycle Education and Safety Training (BEST) Program was at Whitesides Elementary and Kay's Creek Elementary, 165 students participated
- During 2018, over 1,500 Staycation Guides were distributed through Head Start, Fire Prevention Open Houses, Tour of Utah, Night Out Against Crime, Safe Kids Day, Antelope by Moonlight Bike Ride, the Davis County Health Department Child/Maternal Home Visit Program, Council Of Government (mayors), and other Davis4Health partners.



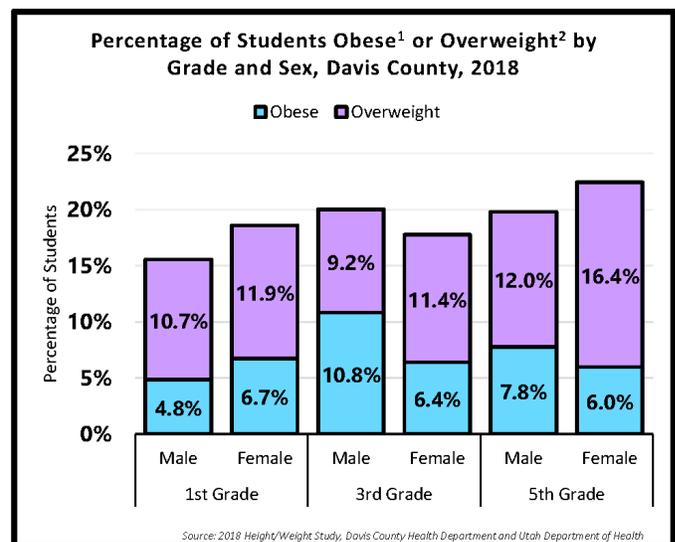
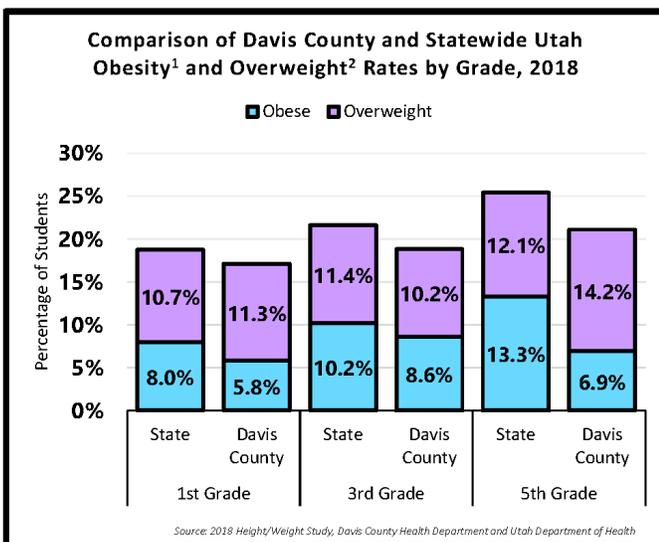
BIKE UTAH's Youth Bicycle Education & Safety Training (BEST) Program teaches more than 3,000 Utah kids every year how to safely & confidently experience their communities by bicycle. The Program is a 5-hour, in-class & on-bike program taught at schools around Utah, targeting students in the 4th to 7th grades. Bike Utah provides trained instructors, bicycles, helmets, & all other equipment for the duration of the program at no cost.

Students learn: The benefits of riding a bicycle; rules of the road; helmet fitting; bicycle safety checks; navigating intersections; right of way; and avoiding hazards.

Priority: Obesity

Childhood Height/Weight Study

- Height Weight Study conducted to assess the extent of childhood obesity in Davis County (Dec 2017- April 2018)
- 1st, 3rd & 5th grade students (n = 1,886) from 37 randomly selected elementary schools in Davis County were weighed & measured. The sample & data collected represents all public elementary schools in DSD.
- 19.0% of Davis County elementary school students were at an unhealthy weight (overweight & obese combined). This is lower than the state rate of 22.1%.
- 7.1% of Davis County elementary school students were obese. This is lower than the state rate of 10.6%.
- Data collected by the Davis County Health Department & Davis School District nurses. Data was analyzed by the Utah Department of Health.



How can we **impact children's lives** to change this trend?

By focusing on:

More Physical Activity

More fruits and vegetables

Less screen time

Fewer high-calorie foods

Fewer sugar-sweetened drinks

Priority: Obesity

Active Transportation

- Golden Spoke Event—celebration of 100+ miles of safe, separated, & connected multi-use trails linking Ogden & Provo
- South Davis (North Salt Lake, Bountiful, Centerville) Active Transportation Plan kick-off, conducted user counts & working on developing maps, will include strategies to improve the health of residents by promoting clean air, physical activity & active transportation.
- Participation in 2018 Pedestrian Summit
- Davis County Active Transportation Committee meetings
- Davis County FrontRunner Station Audit Infographics showing strengths, gaps & recommendations
- Wasatch Front Regional Council Transportation Alternative Program (TAP) funds awarded to Farmington for 2 projects making roads safer for pedestrians; additional application by Centerville not funded; 2 Safe Routes to School grant applications submitted (Layton & North Salt Lake) not funded



June 2, 2018, northern Utah celebrated over 100 miles of safe, separated, & connected multi-use trails linking Ogden & Provo. Individuals were invited to participate in a group bike ride & family-friendly event. 10 out of 15 Davis County cities participated. The Davis County Active Transportation Committee in partnership with Layton City created a sculpture with 33 spokes representing the cities in the network. Davis County Commissioner Bret Milburn & Governor Gary Herbert, placed the final Golden Spoke at the event finale.



Priority: Obesity

Partner Spotlight

Davis School District (DSD)

- Hosted the 7th annual DSD Decathlon, 62 schools & 800 students competed
- 10 schools participating in Healthy Body, Healthy Minds program: Tolman, Adelaide, Parkside, West Point, Canyon Creek, Kay's Creek, Stewart, Wasatch, Mountain View, Odyssey
- Professional development extended to 300 teachers on the Healthy Body, Healthy Mind program
- Hundreds of DSD elementary teachers provide movement throughout the school day separate from PE & recess
- 300 teachers were trained on Brain Breaks & physical activity in the classroom
- Distributed year-long calendar of daily movement activities for teachers across Utah
- Presented new semi-structured recess plan to elementary principals with goal to increase movement & reduced playground misbehavior
- Schools hired part-time recess supervisors to lead activities during recess with Utah Cancer Control program grant
- Partnered with Harmons to provide healthy eating habits & healthy snack ideas to employees



Policy & Resource Priorities

- Governor Herbert's 1,000 Miles Campaign to build 1,000 new miles of family-friendly bike paths, lanes, & trails by 2027
- Signage/wayfinding assessment for connectivity of trails, transit & community centers
- Safe Routes to School programs, encouraging children to walk & bike to school safely
- Structured physical activity programs in schools
- Worksite Wellness Toolkit distribution & promotion
- Increased access to local fresh produce

Priority: Air Quality

In 2016 the Davis County Air Quality CHIP committee merged with the Woods Cross Air Quality Committee which has been in existence since the 1990s.

Mission: Engage citizens and industries of Woods Cross in dialogue and cooperative efforts to promote and encourage initiatives and actions that enhance the air quality in the community.

Strategies

- Improve and increase air monitoring & ensure information is publicly available
- Encourage and support active transportation and use of public transportation
- Implement a community education campaign about lifestyle and behavior choices that reduce air pollution

Committee Members



Left to Right, Back Row: Matt Higham, Edward Parker, Sam Ball, Eric Benson, Gary Uresk, Warren Pettey
Front Row: Maureen Nelson, Rachelle Blackham, Julie Checketts. Not shown: Kenny Custer, Tracy Bryan, Isa Perry, Drew Yeates, Chance Anderson, Colton McSwain, Ron Michaels, Rick Minyard, Travis Smith, Hugh Van Wagenen, Jerry Lockie, Rodney Anderson.

Accomplishments

- Meeting dates: (4) - 1/17, 3/14, 5/23, 10/3
- # of Participants: 21
- Grant applications linked to CHIP priority: 4
- New funding: \$139,040

Priority: Air Quality

Short & Long-term Objective Progress Update

Short-term Objectives	Target Date	Status
Increase the number of deployable particulate matter (PM) monitors in Davis County from 0 in 2013 to 12.	12/31/2014	Complete 12/31/2014
Increase the number of regulatory air monitoring stations in Davis County from 1 (Bountiful) in 2013 to 2.	12/31/2018~	Target Not Met
Expand number of air pollutants that are measured and reported in Davis County from 3 (PM _{2.5} , Ozone, NO ₂) in 2013 to 4.	12/31/2015	Complete 12/31/2014
Develop and/or adopt an active transportation master plan in one city.	12/31/2016~	Complete 5/31/2016
Davis County trails map will be completed and available to the public.	12/31/2014	Complete 12/15/2014

Long-term Objectives	Target Date	Status
Davis County air monitoring results will be available to the public in real-time.	12/31/2017	Complete 12/31/2018
Decrease percentage of the Davis County workforce that drives to work alone from 78.8% in 2011* to 76%.	12/31/2018	Target Not Met
Increase percentage of Davis County residents who use public transportation to commute to work from 2.8% in 2011 to 3.3%.	12/31/2018	Target Not Met
Increase on street bicycle lanes from 74.06 miles in 2013 to 222.00 miles. (Current Measure: 90)	12/31/2018	Target Not Met
Improve walkability index for at least 2 Front Runner stations in Davis County.	12/31/2018	Insufficient Data
Increase number of no idling policies adopted by business, cities, and other organizations from 1 in 2013 to 3.	12/31/2018	Complete 12/10/2014
Conduct 15 air quality education presentations throughout Davis County.	12/31/2018	Complete 12/31/2017

~Objective target dates extended from 12/31/2015 to 12/31/2016 or 12/31/2018. Workgroup feels objectives are still important and can be achieved if given more time. *Fixed error should be 2011 not 2013 in original objective.

Priority: Air Quality

Added Objectives

Added Objectives (12/10/2014)	Target Date	Status
Increase number of no idling policies adopted by businesses, cities, and other organizations from 5 to 10.	12/31/2018	Insufficient Data
CNG vehicle conversion program will be piloted in at least 13 cities, businesses or organizations in Davis County.	12/31/2018	Target Not Met

Performance Measure	Baseline & Year	Current Measure & Year	Target Measure & Year
EPA PM2.5 24 Hour Attainment Standard	Nonattainment (2012)	Nonattainment (2018)	Attainment (2018)

Performance Measures & Data Trends

PM2.5, Davis County

The Air Quality Action Forecast (right) is used to help residents in areas with poor air quality determine if they need to take action on a given day depending on the air quality. The DAQ creates the forecast based upon predictions of the air quality and weather for dates in the near future. Mandatory action days due to PM2.5 have been trending down over the last several years.

Unrestricted Action

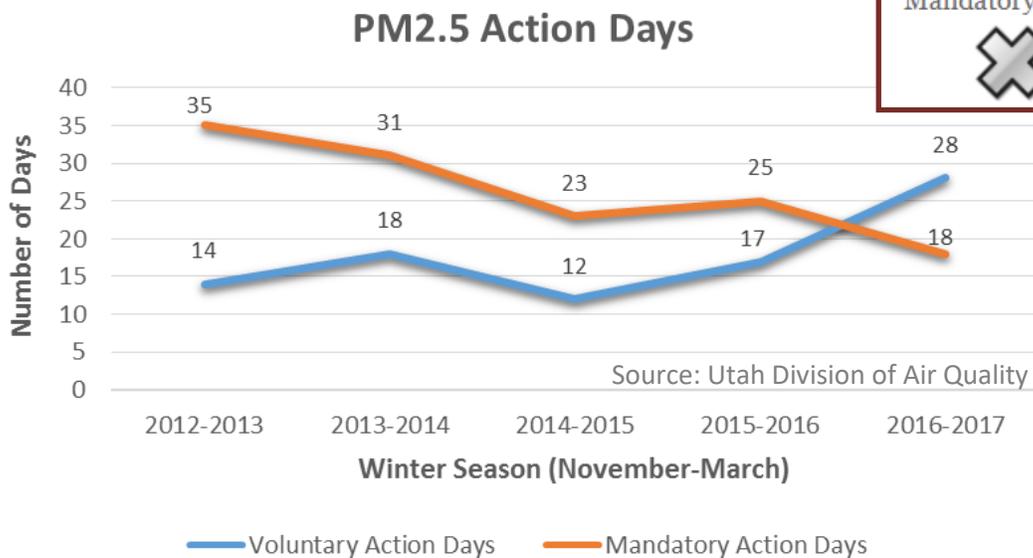


Voluntary Action



Mandatory Action





Priority: Air Quality

Objective Highlights

- Holly Refining joined UCAIR & donated EPA Air Quality Flag Program flags to Woods Cross city for display, to increase public awareness about air quality conditions
- Davis School District purchased low-emission & auto shut-off driver education vehicles
- Breathe Utah Air Aware school education program (8 presentation, 800+ students)



Air Aware School Programs—teaching students from pre-K to 12th grade what air pollution is, where it comes from, how it effects the human body, and what the public can do about it. They offer classroom workshops and assemblies.

Know When to Burn—Designed especially for Eighth Grade (8.4.3). Topics include complete vs. incomplete combustion, atoms and molecules, composition of air, nitrogen oxidation, and stoichiometry.

Utah Drivers Education Video—<https://www.breatheutah.org/education/utah-drivers-education-video>

Solving Utah Air Quality Issues: Be Part of the Solution—Educator workshops including one in Farmington provided training to 210 Utah teachers who have the potential to spread air quality education to thousands of students. In courses, teachers are provided materials and equipment to teach why we have inversions, what we put into the air, how it impacts us, and what we can do about it.

Priority: Air Quality

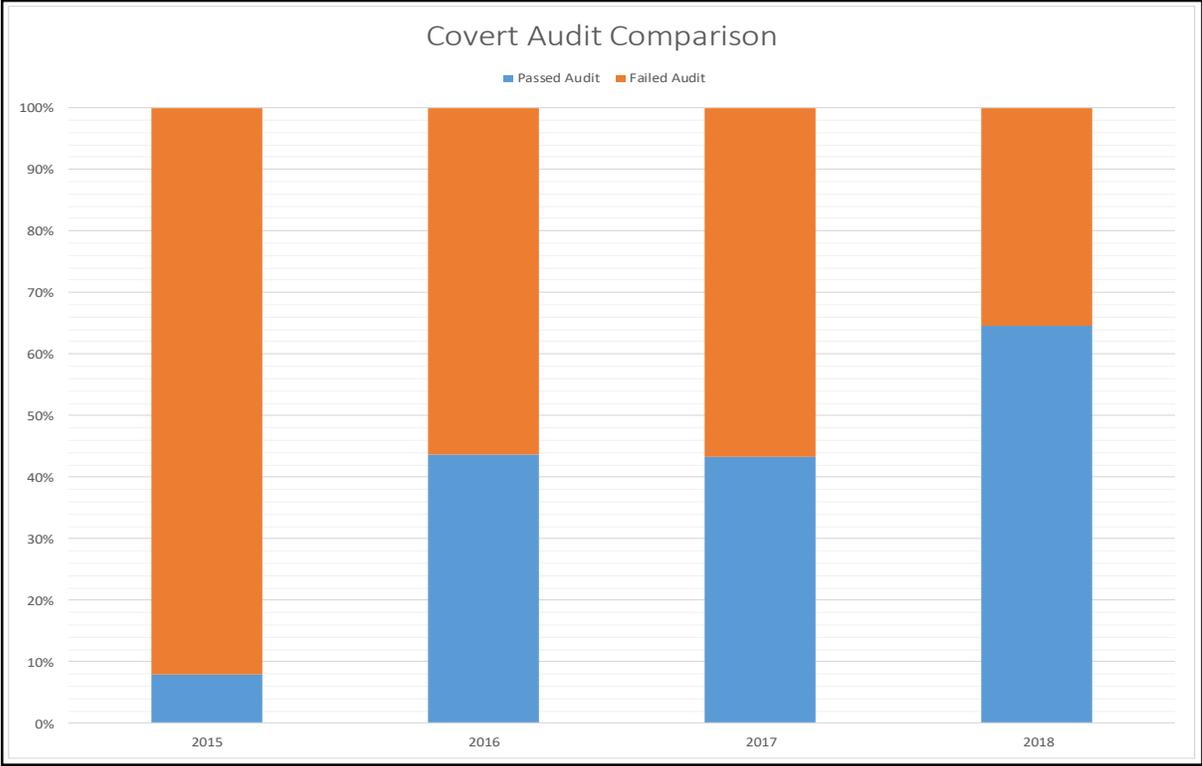
Partner Spotlights

Davis County Health Department (DCHD)

- Clear the Air Challenge (February)—20 health department employees participated; 11,450 vehicles miles eliminated
- 256 smoking vehicle complaints received & addressed
- 5 wood burning complaints received & addressed
- Six air quality social media posts reaching 2,884 individuals

Inspection & Maintenance (I/M) Program

- Permitting & support for 135 emission testing facilities & 691 technicians
- 204 new I/M technicians trained
- Customer satisfaction surveys to evaluate I/M technician trainings
- 230,856 total initial emission tests conducted in Davis County
- 213,780 total initial gasoline emission tests conducted in Davis County (gasoline fail rate 7.79%)
- 10,183 total initial diesel emission tests conducted in Davis County (diesel fail rate 10.36%)
- New equipment & software installed in I/M stations
- Two fraud investigations were completed
- Covert Audit Program—undercover vehicles to test compliance with emission testing standards; 80 stations & technicians successfully passed the audit (65% success rate); 44 stations & technicians failed the audit; 32 I/M technicians received re-training



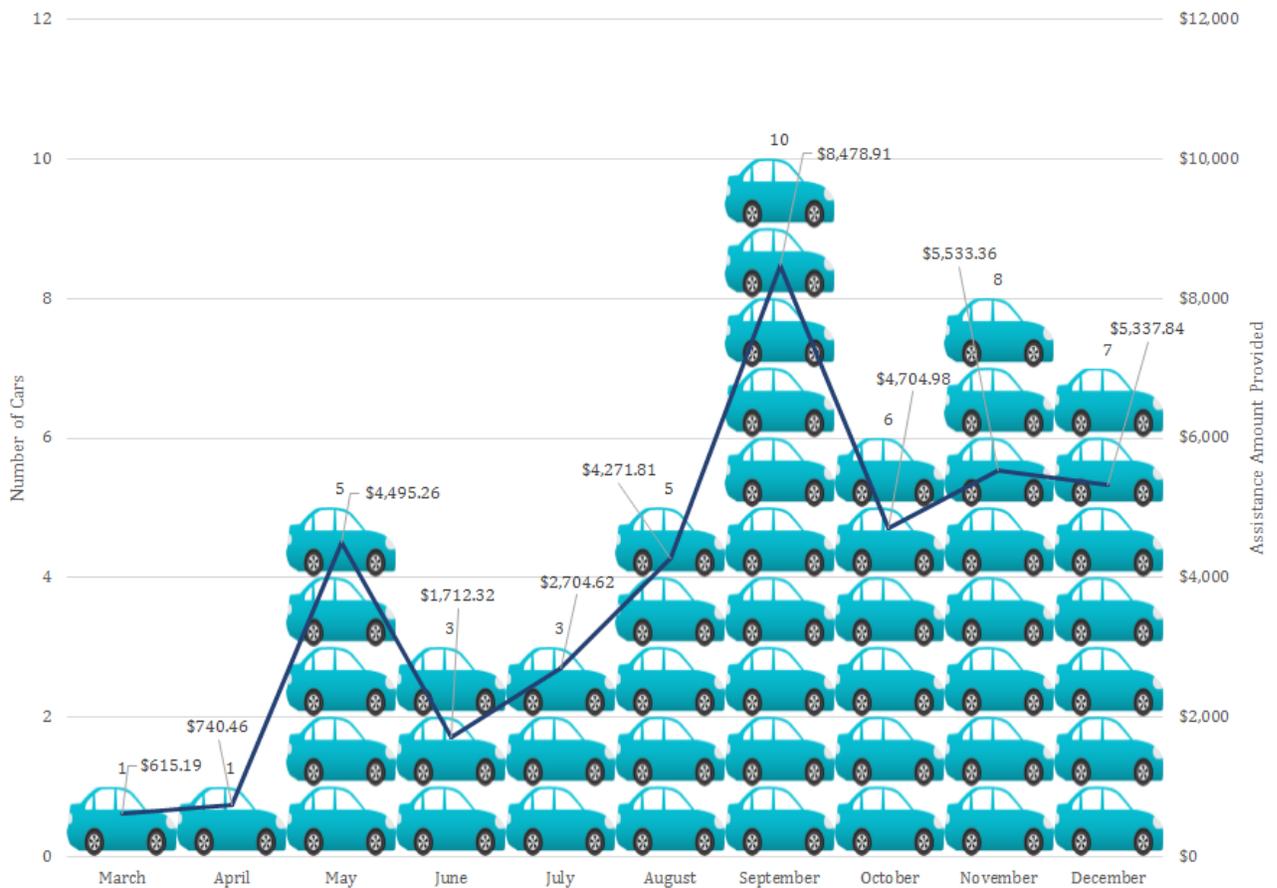
Priority: Air Quality

Vehicle Repair Assistance Program

- Funded through UCAIR Partnership Grant with matching funds from DCHD
- Program provides financial assistance to lower income vehicle owners to aid in the repair of excessively emitting vehicles & reduce the number of emissions waivers being issued
- 63 applications for vehicles in need
- 49 cars successfully repaired
- 50% reduction in waivers issued



Number of Cars Repaired by Month and Assistance Provided, Davis County, 2018



Results: Emissions reduction of approximately 460 pounds per year due to these car repairs.

Priority: Air Quality

Mow Electric

- Partnership with Davis County Health Department, Weber-Morgan Health Department, Weber State University, funded byUCAIR Partnership Grant and funds from Utah Department of Environmental Quality
- Creation of website: <https://www.weber.edu/MowElectric>
- Promotion through news media, social media, city newsletters, etc.
- Hosted four community workshops to provide education
- 1,600+ applications for electric mowers were received
- Cut Pollution – Mow Electric Program exchange event occurred April 21, 2018
- Two exchange locations: Weber State University Campus (Ogden) & Weber State University Davis Campus (Layton)
- 837 gas-powered lawn mowers were exchanged for zero-emission electric lawn mowers
- 76 lawn mowers were allocated to low income families
- Emission reduction equal to **4,017,600** vehicle miles



UCAIR | UTAH
CLEAN AIR
PARTNERSHIP



Cut Pollution MOW ELECTRIC



Mow Electric because...

It's cheaper.

Think of the money you will save by not needing to buy oil and gas!

It's quieter.

Did we mention that you can carry on a conversation while your mower is running? Or that you won't annoy your neighbors if you like to mow your lawn early in the morning?

It's cleaner.

Gas-powered mowers emit pollutants (PM_{2.5}) that contribute to poor health and bad air quality. Electric mowers are zero emission, just like your bicycle.

Running a gas powered lawn mower for 1 hour is equivalent to driving 160 miles.

~Utah Department of Environmental Quality

Priority: Air Quality

2018 Policy & Resource Priorities

- Clear the Air Challenge (February)
- 2019 Cut Pollution—Mow Electric Exchange Event
- Vehicle Repair Assistance Program
- Training, education & audits for vehicle emissions testing stations
- Pilot real-time air monitoring program (PurpleAir.com) in conjunction with Davis School District

