

**Community Health Improvement Plan  
Davis County, Utah**

# **Davis 4 Health 2nd Annual Progress Report**



**Prevent & Reduce Suicide**

**Prevent & Reduce Obesity**

**Improve Access to Behavioral Health Services**

**Improve Air Quality**



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*February 2016*

# Background

### Purpose

The purpose of this Davis County Community Health Improvement Plan (CHIP) progress report is to monitor progress toward the four health priorities identified by the community in 2013: suicide, obesity, access to behavioral health services, and air quality. Community partners began implementing the CHIP in 2014. This report documents progress made during the 2nd year of implementation. It also acknowledges partners for their contributions and recognizes the community's progress toward improving health in Davis County during 2015.

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 two categories of data designed to measure progress toward improving health. Short and long-term objectives are reported on using data collected from community partners. The objectives reflect how the community plans to influence priority health issues. Some objectives have been updated, corrected, or added since the original CHIP was written.

Performance measures are monitored as part of larger population health measures like the Behavioral Risk Factor Surveillance System (BRFSS), County Health Rankings, Prevention Needs Assessment Survey, American Community Survey, and others. These data are more likely to reflect health outcomes. Performance measures for some priorities are still being identified, discussed, and evaluated.

# Davis 4 Health

## Name

As partners worked together to prepare grant applications we became aware of the need and importance of documenting the name and organizational structure of our community health improvement process, health collaborations, and involvement of 4 workgroups. Community partners voted in favor of using the name Davis 4 Health to refer to county-wide health collaborations. This name will be used in grant applications and to brand materials and reports produced as a result of the Davis County community health improvement collaborative. Partners may be involved in developing a logo and other supporting materials in the near future.

## Charter

In 2015 the Davis 4 Health charter was prepared to formalize the Davis County Community Health Improvement Collaborative. The charter includes mission, vision, guiding principles, priorities, organizational structure, scope, membership, etc. A draft document was provided to partners and workgroups for review and was finalized and adopted in July 2015.

## 2015 Davis County Community Health Improvement Partner Evaluation Survey

In the spring of 2015 the Davis County Community Health Improvement Partner Survey was emailed to partners in an effort to evaluate the effectiveness of the Davis County community health improvement process and the workgroups involved in implementing the CHIP.

## Key Findings

- The most important outcomes of the community health improvement collaborative so far are public awareness, new partnerships, resource sharing, and development of common strategies.
- The workgroups have been successful because of resource sharing, a diverse group of stakeholders working together, and regular meetings.
- The most common contributions from partners include community connections, guidance and decision making, advocacy, and expertise.
- All partners agree that the goals and objectives outlined in the CHIP are moving us in the right direction.
- All partners agree that workgroup decisions are made based on data and information from a variety of sources and diverse stakeholder input.

## Recommendations

- Needed funding is a recurring theme. Partners should continue to work on grant applications that support CHIP strategies and benefit a variety of agencies and partners. Long-term funding sources should be explored.
- Workgroups should meet regularly to maintain momentum and continuity. Groups should meet at least once per quarter.
- Send calendar invites early so meetings show on calendars and are not just listed in email reminders.
- Regularly communicate with workgroup members. Email meeting minutes, updates, webinars, and training opportunities. Could explore interest in text headlines or reminders.
- Continue to invite new partners to participate.
- Nearly 91% of partners would like to see an annual progress celebration continue to recognize accomplishments and acknowledge partner contributions and successes. Partners like to see the work of all the workgroups not just those they participate in.

## Priority 1: 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) Wally Larrabee, Beccie Nielsen, Jackie Thompson, Christy Hutchinson, Karlene Kidman, Andrea Hood, Jennifer Hebdon-Seljestad, Kristy Jones, Tom Kay (Front Row) Jessica Bigler, Joanne Oyler, Amy Mikkelsen, Wendy Garcia. Not shown: Tom Ross, Isa Perry, Debi Todd, Josh Hansen, Melissa Hansen, Zuri Garcia, Sunny Ford, Gini Highfield, Shauna Vernon, Verne Larsen, Marilyn Mariani

### Accomplishments:

- Meeting Dates: 10—2/5, 3/5, 5/7, 6/5, 7/2, 8/6, 9/3, 10/1, 11/5, 12/3
- # of Participants: 33
- Grant Applications Linked to CHIP Priority: 6
- New Funding: \$486,202

## Priority 1: 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	Not Complete Remove
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 1: Suicide

### Long-term Objective Progress Update

Long-term Objectives	Target Date	Status
Promote mental health, emotional wellbeing, suicide prevention and support services in Davis County through a media campaign.	12/31/2016	On Track
Conduct 15 Mental Health First Aid presentations throughout Davis County.	12/31/2018	On Track
Increase the number of trained helping professionals who are trained to address suicide.	12/31/2018	On Track
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	On Track
At least 5 employers will address suicide prevention in the workplace through employee wellness programs, employee assistance programs, or other activities.	12/31/2018	On Track
Support national and local drug/medicine take back events, at least one per year.	12/31/2018	On Track
Support statewide efforts to promote safe storage of firearms.	Ongoing	On Track

\*These numbers were incorrect in the CHIP and have been updated.

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)	19.0 (2012-2014)	10.2 (2020)

Other suitable performance measures are being discussed and evaluated by the committee. They include suicide emergency department visits, suicide hospitalizations, and adolescent suicide ideation, plans, and attempts.

# Priority 1: Suicide

## Objective Highlights:

- 11 suicide prevention town hall meetings & parent seminars
- Local trainers/instructors for 6 evidence-based suicide prevention programs
- 23 QPR trainings
- 1 Connect training
- 1 Safe TALK training
- Summer HOPE Squad training
- Trigger lock distribution (more than 4,000 locks, 14 firearm distributors & community partners)
- Prescription drug take back event (1,453lbs collected)
- Promoted prescription drug drop boxes—Police Departments & Intermountain Healthcare Community Pharmacies (8 locations)
- Promotion of Man Therapy campaign (mantherapy.org)



## Partner Spotlights:

### NUHOPE

- 195 school suicide prevention presentations (5,107 students reached)
- 17 QPR presentations (987 participants)
- Participation in all Davis County town hall meetings
- Support to all 26 Davis School District Hope Squads
- NUHOPE 8<sup>th</sup> Annual Suicide Awareness Walk



## Priority 1: Suicide

### Davis School District (DSD)

- Hope Squads in 26 secondary schools (received funding from SOE for training and implementation)
- Sponsored 7 parent seminars on youth protection with a focus on suicide prevention
- 14 staff trained as QPR Gatekeeper Instructors
- Provided QPR training to 425 participants at presentations for school and community groups
- Prevention coordinator trained as Youth Mental Health First Aid (YMHFA) Instructor
- YMHFA training for 27 employees including: aids, librarians, administrators, teachers, and counselors



*“Utah First Lady Jeanette Herbert stopped by to take part in a HOPE Squad presentation at Clearfield High. Members of the HOPE Squad are chosen by their peers as students others would turn to if they were facing life challenges, including considering thoughts of suicide.”*

*Davis School District Facebook, September 2015*

### Bountiful Communities That Care (CTC)

- Hosted 3 town hall meetings addressing suicide prevention, underage drinking/ substance use & the effects of electronics on the adolescent brain
- Hosted an art contest for all Bountiful City schools (Theme: I am smart, I am kind, I am strong)
- Partnered with Davis Behavioral Health to bring Guiding Good Choices & Fearless Marriage classes to southern Davis County
- Partnered with Big Brothers Big Sisters to bring new mentoring partnerships to Bountiful City youth
- Hosted family dinner in the park which provided food & prevention message to over 750 people
- Held a key leader lunch providing information about CTC to leaders in the community
- Additional partnerships with Parents Empowered, Davis County Health Department, and the Davis School District



## Priority 1: Suicide

### Continue Mission—No Veteran Left Behind

- 774 veterans & support members served
- 131 events for veterans
- 88 meetings in support of suicide prevention, mental health awareness & community support
- Participated in launch of Man Therapy campaign, starred in promotional video
- Volunteer staff trained as instructor for NAMI Homefront program



*There are 22 soldiers lost to suicide a day which is why Sergeant Joshua Hansen US Army (retired) started Continue Mission. Continue Mission participated in the Man Therapy kick-off and did a 60 second video to encourage men to visit the mantherapy.org website. (YouTube link: <https://youtu.be/fluE7miFRoU>)*

*Adult men represented approximately three of every four suicide deaths in Utah last year. The Utah Suicide Prevention Coalition announced the launch of a new statewide campaign for working-aged men to erase the stigma surrounding mental health. Man Therapy™ reshapes the conversation, using humor to cut through stigma and tackle issues like depression, divorce, and even suicidal thoughts head on, “the way a man would do it.” Utah Suicide Prevention Coalition, October 2015*



## Priority 1: Suicide

### 2015 Policy & Resource Successes:

- HB 209 - Requires continuing education training hours in suicide prevention for certain behavioral health and healthcare professionals
- HB 364 - Expands role of state coordinator at Utah State Office of Education & Division of Substance Abuse & Mental Health for suicide prevention & provides funding to Department of Public Safety for gun safety locks
- SB 175 - School crisis line & safety line (SafeUT app)
- USU Extension Davis County received \$315,700 to train Youth Mental Health First Aiders over the next 3 years

EXTENSION  
UtahStateUniversity



***“Utah State University Extension in Davis County was recently awarded a \$315,700 federal grant to train adults so they can provide mental health support to youth through the Youth Mental Health First Aid (YMHFA) program.”***  
***USU Extension, November 2015***

### 2016 Activities:

- Youth Assessment
- Senior Outreach
- LGBTQ Community Outreach
- Davis County Suicide Awareness Event
- Mental Health First Aid & Youth Mental Health First Aid trainings
- Promotion of mantheappy.org
- Promote SafeUT app



***“Utah students struggling with emotional or safety problems can now turn to a new app for help from crisis counselors or school staff. Utah Attorney General Sean Reyes and Sen. Daniel Thatcher, R-West Valley, unveiled the SafeUT Mobile App along with education and psychiatric officials. Students can use the app to call a crisis line, chat with a counselor or submit a tip.”***  
***KUTV, January 2016***

### 2016 Policy & Resource Priorities:

- Educate about unintended consequences of medical marijuana legislation (SB 89 Vickers & SB 73 Madsen)

## Priority 2: Obesity

The 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 2014.

**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:



Back Row: Ron Zollinger, Kristy Jones, Marcie Clark, John Borski, Marcia Gertge, Jory Johner, Scott Zigich, Eric Anderson, Isa Perry. Front Row: Anjani Malhi, Emily Carrier. Not Shown: Mark Dewsnup, Shelly Nettlesheim, Chelsey Banks, Peter Souvall

### Accomplishments:

- Meeting Dates: 6—2/5, 4/16, 6/4, 8/6, 10/1, 12/3
- # of Participants: 37
- Grant Applications Linked to CHIP Priority: 4
- New Funding: \$108,500

## Priority 2: Obesity

### Short-term Objective Progress Update

Short-term Objectives	Target Date	Status
Meet with UTA* to discuss UCATS projects.	12/31/2015	<b>Complete</b> 8/7/2014
At least 2 schools or community agencies will start a garden or healthy eating program.	12/31/2015	<b>Complete</b> 8/30/2014
The benefits of a comprehensive employee wellness programs will be promoted to 5 worksites in Davis County.	12/31/2018~	<b>On Track</b>
At least 2 worksites will implement a wellness program.	12/31/2015	<b>Complete</b> 12/1/2014
One city will develop and/or adopt an active transportation master plan.	12/31/2016~	<b>On Track</b>
At least 6 Davis School District schools will increase minutes of structured physical activity each day.	12/31/2015	<b>Complete</b> 12/1/2014
Community supported agriculture will be promoted through 15 venues.	12/31/2015	<b>Complete</b> 4/21/2015
The Davis County resource locator website will be promoted through 30 government entities, businesses, or community groups.	12/31/2018~	<b>On Track</b>
The Davis County resource locator website will be promoted through 8 health care agencies.	12/31/2018~	<b>On Track</b>
The Davis County resource locator website will have been promoted 50 times via social media.	12/31/2018~	<b>On Track</b>
The Davis County resource locator website will have received 25,000 hits.	12/31/2018~	<b>On Track</b>
Davis County trails map will be completed and available to the public.	12/31/2014	<b>Complete</b> 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	<b>Complete</b> 12/3/2015
At least 6 additional Davis School District schools will increase minutes of structured physical activity each day.	12/31/2018~	<b>On Track</b>

~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 2: 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	On Track
Decrease the percent of inactive Davis County residents from 16% to 15%.	12/31/2018	On Track
Develop and implement a system to establish baseline indicators for overweight/obesity for children and adolescents in Davis County.	12/31/2018	On Track
Increase on street bicycle lanes from 74.06 miles in 2013 to 222.00 miles.	12/31/2018	On Track
Increase the number of hiking and/or paved shared-use trails from 468.44 miles to 498.44 miles.	12/31/2018	On Track
Improve walkability index for at least 2 Front Runner stations in Davis County.	12/31/2018	On Track

Performance Measures	Baseline & Year	Current Measure	Target Measure
Reduce the percentage of adults who are overweight or obese from 63.1% to 57.3%.	63.1% (2011)	63.4% (2014)	57.3% (2018)
Decrease the percent of inactive Davis County residents from 16% to 15%*.	16% (2013)	15% (2015)	15% (2018)
Increase the percent of Davis County youth who meet aerobic activity guideline.	14.7% (2013)	18.5% (2015)	17.6%^ 2019

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

^State average, 2013.

## Priority 2: Obesity

### Objective Highlights:

- Food preservation campaign, 2 videos, poster, & article for city newsletters
- Live Well class for Head Start families (Spring 2015)
- Promoted Community Supported Agriculture (CSA), 20% increase in participation
- Kaysville Community Garden expansion, more volunteers & corporate sponsors
- Community garden participant evaluation & report (7 Cities)
- New frisbee/disc golf facilities in Woods Cross & Centerville



*"Thanks to a \$15,000 donation from the Farmington/Centerville Rotary Club, work on a nine-hole disc course has begun in Freedom Hills Park, which is expected to be finished in the spring of 2015." Standard Examiner, December 2014*

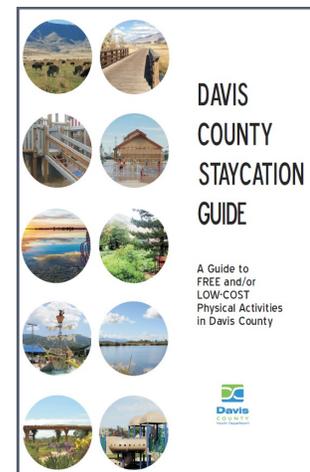


*"Mills Park in Woods Cross is home to a brand new 18-hole disc golf course." KSL, May 2015*

### Partner Spotlights:

#### Davis County Health Department (DCHD)

- Staycation Guide created & distributed includes free & low-cost physical activities
- 7 Childcare Providers TOP Star Endorsed (Targeting Obesity in Pre-Schools & Child Care Settings)
- 3 Staff Trained to be Lifestyle Coaches for the National Diabetes Prevention Program (NDPP)
- Provided supplies for physical activities during classroom time for schools participating in Healthy Bodies, Healthy Minds
- Improved nutrition for senior activity center and Meals on Wheels lunches
- Davis Walks 5K & Kids Mud Race
- Senior Gala



## Priority 2: Obesity

### USU Extension

- Presence at USU Botanical (Kaysville) and Syracuse Farmers Market's - shared education, recipes, and demonstrations reaching more than 2,300 people
- Promotion of SNAP benefit card acceptance at farmer's markets with \$10 matching funds
- Community Food \$ense classes (139 classes, 1,000 participants, 10 locations)
- Youth Food \$ense classes (19 classes, 400 participants)
- Incorporated physical activity lesson into youth Food \$ense classes
- Received \$80,000 for Edible Garden water demonstration project
- Gardening classes (824 participants)
- 36 New Master Gardeners
- Provided assistance to Francis Peak Apartments & Mercy Housing community gardens
- Gardening calendar shared with 3,000 people
- Shared research-based food preservation and home canning resources
- Provided expertise for local food preservation campaign



### Bountiful Community Food Pantry

- Partnership with local farmers to provide more than 139,495 lbs. of fresh produce to vulnerable populations
- Mobile pantries at Francis Peak Apartments (low income housing in Kaysville) & Sunset Elementary and Jr. High
- Pantry packs distributed to elementary students, 842 pantry packs per week to 17 schools in Davis County
- Partnership with USU Extension to offer Food \$ense classes at the pantry
- Youth summer dance classes



***“The season of giving is strong among the students at Stewart Elementary School in Centerville. They collected \$750 in change to buy food for the Bountiful Community Food Bank. The students put together Pantry Packs, which are bundles of food sent home with students who otherwise would go hungry all weekend. The Bountiful Community Food Bank hands out 860 Pantry Packs every single week to 17 schools in Davis County.” KUTV.com, December 23, 2015***

## Priority 2: Obesity

### Davis School District (DSD)

- Trained 200 teachers in the Healthy Bodies, Healthy Minds program at the 2015 Professional Leadership Series Summer conference.
- Project development for Healthy Bodies, Healthy Minds secondary school pilot at Northridge High School. Evaluation will include academic outcomes as well as mental health outcomes.
- 32 elementary schools enrolled in the National Let's Move Active Schools program.
- Safe Routes to School Walk More in Four Program at Foxboro Elementary. Hosted Utah Department of Transportation program kick-off. Parents using walking school bus app.



***“Hundreds of Foxboro students—many accompanied by their parents—walked, biked and rode scooters to school to kick off the annual Walk More in Four program. At the school, PTA volunteers helped the students sign pledges to walk or bike to school at least three times a week during the four weeks in September. Schools participating in the program are competing for a \$500 prize and the coveted golden walking shoe.” Davis School District Facebook, September 2015***

### Davis County Breastfeeding Coalition

- Through community surveys & provider questionnaires, breastfeeding friendly doctors were identified. The Breastfeeding Friendly Doctor list is available on the Davis County Health Department website.
- Sponsored the Mother's Corner at Davis County Fair, providing breastfeeding education and a place to comfortably feed and change babies.
- Hosted a local Big Latch On event in coordination of the global campaign. Had 29 latches and over 100 people in attendance.
- Created & collected nominations for community Outstanding Breastfeeding Friendly Awards. (Awardees will be notified in early 2016.)
- Shared information and promoted events through social media



## Priority 2: Obesity

### 2016 Activities:

- Expansion of Healthy Bodies, Healthy Minds program in 2-4 elementary schools and 1 high school
- Promote educational opportunities for community garden participants
- Worksite Wellness Toolkit
- Walkability projects
- National Diabetes Prevention Program
- Resource locator promotion ([davis4health.org](http://davis4health.org))



### 2016 Policy & Resource Priorities:

- Funding for Healthy Bodies, Healthy Minds school physical activity program
- Safe Routes to School programs, which encourage children to walk and bike to school safely
- First & Last Mile improvements to transit
- The Complete Streets approach, where streets are designed and operated to enable safe access for all users
- Davis County Active Transportation/Trails Authority
- Transportation and land-use policies that provide opportunities for all people to be active and engaged in their communities
- Land use policies supporting community agriculture



First Edition

## Priority 3: Access to Behavioral Health Services

The 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 Behavioral Health provided administrative support to the group during 2014.

**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:



Back Row: Ron Brown, Jennifer Hebdon Seljestad, Curt Watson  
Front Row: Zuri Garcia, Raquel Lee, Kristy Cottrell  
Not Shown: Anna Fannesbeck, Merri Ann Crowther, Brandon Hatch, Isa Perry

### Accomplishments:

- Meeting Dates: 3—1/20, 3/17, 12/15
- # of Participants: 14
- Grant Applications Linked to CHIP Priority: 2
- New Funding: \$3,984,000

## Priority 3: Access to Behavioral Health Services

### Short and 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	<b>Complete 7/3/2014</b>
Train 2 Davis County instructors in Mental Health First Aid.	12/31/14	<b>Complete 7/31/2014</b>
Train 2 Davis County instructors in Mindfulness-based Stress Reduction (MBSR).	12/31/14	<b>Complete 1/31/2014</b>
Develop an online tool or directory for mental health and substance use resources and service providers.	3/31/15	<b>Complete 3/31/2015</b>
Train 50 medical providers to use the PH-Q9 and GAD-7 anxiety and depression screening tools and referral process.	12/31/18~	<b>On Track</b>

Long-term Objectives	Target Date	Status
Promote mental health, emotional well-being and behavioral health services in Davis County through a media campaign.	12/31/16	<b>On Track</b>
Train all school counselors on the PH-Q9 and GAD-7 anxiety and depression screening tools and referral process.	12/31/17	<b>May Need Revision</b>
At least 5 community agencies will implement regular use of anxiety, depression, and trauma screening tools.	06/30/18	<b>On Track</b>
Conduct 15 Mental Health First Aid presentations throughout Davis County.	12/31/18	<b>On Track</b>
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	<b>On Track</b>

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 (2015)	2.3 (2018)

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

\*National Benchmark, Top 10% best in U.S, CHR 2013

Note: The committee is also exploring performance measures related to the capacity of the local substance abuse and mental health authority such as increasing their capacity to serve youth and adults needing mental health treatment and substance abuse treatment.

## Priority 3: Access to Behavioral Health Services

### Objective Highlights:

- Conducted 4 Mindfulness Based Stress Reduction Classes (44 participants)
- Conducted 1 Mental Health First Aid Training (25 participants)
- Trained 3 additional Mental Health First Aid Instructors
- 33 medical providers in 4 different clinics trained to use anxiety/depression screening tools
- Updated the Davis County Mental, Emotional and Behavioral Health Resource Directory
- Provided Davis County Behavioral Health Provider Assessment & Report; Davis County Mental, Emotional and Behavioral Health Resource Directory; and Mental Health First Aid and Suicide Prevention Training Opportunities to 137 Behavioral Health Providers
- Provided Davis County Mental, Emotional and Behavioral Health Resource Directory and Mental Health First Aid and Suicide Prevention Training Opportunities to 90 LDS Welfare Specialists

### Partner Spotlights:

#### Davis Behavioral Health

- Opioid Community Collaborative: Received funding from Intermountain Healthcare to provide Medication Assisted Treatment (MAT) to county residents with prescription pain medication addiction
- Received expansion grant to provide mental health services to uninsured residents of Davis County
- Received new funding to expand treatment and recovery support services to individuals with substance use disorders
- Provided resources for community partners to be trained as Youth Mental Health First Aid Instructors
- Teaching Mindfulness-Based Stress Reduction for adults and Cool Minds for youth, demonstrating significant results such as decreased depression and stress

***“There is an epidemic with opioid (painkiller) abuse and dependence here,” said Nancy Moss, care coordinator for the Opioid Community Collaborative with Davis Behavioral Health. The CDC recently ranked Utah number five for accidental opioid deaths and Intermountain Healthcare found that Davis County had the highest number of prescriptions written for opioids in the state. Davis Behavioral Health and other community members have joined together to provide treatment for prescription drug abuse through the Opioid Community Collaborative .” The Davis Clipper, July 2015***



## Priority 3: Access to Behavioral Health Services

### Family Counseling Service of Northern Utah

- 520 Davis County clients served
- New offices in Clearfield opened in December
- Case management for 313 clients through Intermountain Healthcare grant
- Immigrant program funded by LDS Church grant
- Partner on USU Extension Youth Mental Health First Aid grant



*“For nearly 50 years, we have been dedicated to meeting mental health needs of the low-income, elderly, veteran, disabled, and at-risk youth population. At times families experience hardship and encounter unexpected circumstances that require resources and support that extends beyond one single organization.” Standard Examiner, December 2015*

### Red Barn Farms

- Support groups for those in recovery & their family members
- Recovery courses
- Recovery coaches
- Employment services
- Transitional housing (under construction)



*“Red Barn Farms, a Davis County addiction recovery facility, hosted an open house Tuesday to celebrate breaking ground on its first residential space, and Super Bowl winner Steve Young was there to address those in attendance. The facility will stand as a bridge for those who have received treatment for substance-abuse disorders seeking to again become productive members of society, according to the facility’s co-founder Mike Haws.”*

*Standard Examiner, October 2015*

## Priority 3: Access to Behavioral Health Services

### 2015 Policy & Resource Successes:

- Criminal Justice Reform—HB348
- \$3,934,000 in new funding to Davis Behavioral Health for the Opioid Community Collaborative; expansion of mental health services for uninsured; and expansion of treatment and recovery support services for individuals with substance use disorders

### 2016 Activities:

- Outreach to medical providers & clinics regarding use of depression, anxiety & substance abuse screening tools & referrals - partnership with Health Insight
- NAMI Homefront classes
- Promote Family Counseling Service Clearfield clinic
- Promote mantherapy.org
- MHFA & YMHFA training throughout community



*“NAMI HOMEFRONT is a 6 week class for family members of Veterans or Active Duty Personnel who are struggling with mental health conditions. This free course focuses on the unique needs of military and Veteran communities, such as post-deployment and post-discharge transitions. The class helps family members understand and support loved ones while maintaining their own well being and promoting harmony in the home.”*

*NAMI Utah Facebook, January 2016*



### 2016 Policy & Resource Priorities:

- Healthy Utah—Medicaid Expansion
- Justice Reinvestment Initiative Implementation—Invest in expanding treatment options, strengthening community supervision, and improving reentry services for nonviolent offenders
- Transitional/respite housing (for mental health & substance abuse)
- Behavioral health services for children
- Community advocacy (reducing stigma, public education, working with all sectors: political, business, criminal justice, healthcare, behavioral health, etc.)

## Priority 4: Air Quality

The Air Quality CHIP committee was formed in 2013 to bring community partners together who have a common interest in reducing air pollution and improving air quality in Davis County. Davis County Health Department provided administrative support to the group during 2014.

**Goal:** Increase understanding of air quality conditions throughout Davis County and ensure the public is aware of air pollution issues so that better informed citizens, businesses, and government agencies choose behaviors and policies which result in reduced air pollution and improved air quality

**Strategies:**

- Improve and increase air monitoring and ensuring 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:** Scott Zigich, Kylie Bunn, Tammie Cooper, Marcie Clark, Gary Uresk, Dennis Keith, Ed Parker  
**Not shown:** Dave Spence, Alicia Connell, Barry Burton, Scott Haslam, David Haslam, Ian Wright, Elizabeth Hatch, Devin Staples, Chamonix Larsen, Donna Kessler, Tina Taft, Isa Perry

**Accomplishments:**

- Meeting Dates: 3—1/21, 7/14, 10/22
- # of Participants: 19
- Grant Applications Linked to CHIP Priority: 0
- New Funding: \$20,000

## Priority 4: Air Quality

### Short and 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	<b>Complete</b> <b>12/31/2014</b>
Increase the number of regulatory air monitoring stations in Davis County from 1 (Bountiful) in 2013 to 2.	12/31/2018~	<b>On Track</b>
Expand number of air pollutants that are measured and reported in Davis County from 3 (PM <sub>2.5</sub> , Ozone, NO <sub>2</sub> ) in 2013 to 4.	12/31/2015	<b>Complete</b> <b>12/31/2014</b>
Develop and/or adopt an active transportation master plan in one city.	12/31/2016~	<b>On Track</b>
Davis County trails map will be completed and available to the public.	12/31/2014	<b>Complete</b> <b>12/15/2014</b>

Long-term Objectives	Target Date	Status
Davis County air monitoring results will be available to the public in real-time.	12/31/2017	<b>On Track</b>
Decrease percentage of the Davis County workforce that drives to work alone from 78.8% in 2011* to 76%.	12/31/2018	<b>Off Track</b>
Increase percentage of Davis County residents who use public transportation to commute to work from 2.8% in 2011 to by 3.3%.	12/31/2018	<b>Off Track</b>
Increase on street bicycle lanes from 74.06 miles in 2013 to 222.00 miles.	12/31/2018	<b>On Track</b>
Improve walkability index for at least 2 Front Runner stations in Davis County.	12/31/2018	<b>On Track</b>
Increase number of no idling policies adopted by business, cities, and other organizations from 1 in 2013 to 3.	12/31/2018	<b>On Track</b>
Conduct 15 air quality education presentations throughout Davis County.	12/31/2018	<b>On Track</b>

~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 4: Air Quality

Added Objectives (12/10/2014)	Target Date
Increase number of no idling policies adopted by business, cities, and other organizations from 5 to 10.	12/31/2018
CNG vehicle conversion program will be piloted in at least 13 cities, businesses or organizations in Davis County.	12/31/2018

### Performance Measures:

Possible performance measures include progress toward EPA PM2.5 24 hour attainment standard, percentage of the Davis County workforce that drives to work alone, and percentage of Davis County residents who use public transportation to commute to work. A regional workgroup is convening in 2016 to discuss active transportation performance measures. The results will be used to guide county efforts as well.

### Objective Highlights:

- 5 air monitors placed in Wood Cross Area transmitting data
- First Davis Clean Air Network community newsletter
- Provided principals and PTA presidents with air quality education resources and “Don’t Idle” fact sheet
- Old gas can exchange event



***“Don’t forget to exchange your old gas can on June 13 for a brand new one. JoinUCAIR, Chevron, and SureCan from 9 a.m. – 6 p.m. at the Davis County Hazardous Waste located at 1997 E 2500 N in Layton.”UCAIR Facebook page, June 2015***

## Priority 4: Air Quality

### Partner Spotlights:

#### Woods Cross Air Quality Committee

- Participation from residents, area businesses (including refineries & asphalt companies), and city employees
- Quarterly meetings
- Curb the Burn campaign, logo development in partnership with Woods Cross High School graphic art students
- City Memorial Day celebration education Booth
- Citizen air quality survey
- City newsletter articles
- Social media outreach



## Priority 4: Air Quality

### Worldwide Environmental Products & Davis County Health Department

#### Smoking Vehicle Program

- Record year with 260 complaints & 103 notices sent
- New online complaint form
- Social media promotion
- Newsletter articles

#### Diesel Testing Program

- 7,257 diesel tests at Kaysville Testing Center
- Met with the Weber/Morgan Inspection and Maintenance Advisory Committee to promote diesel testing



*“Davis County, however, has tougher diesel tests for light-and medium-duty trucks. They use a device called a dynamometer, or “dyno” for short, which allows them to load a truck, bring it to freeway cruising speed and measure the tailpipe smoke. During its exploratory phase, the Weber-Morgan Board of Health has consulted Davis County, where they’ve been doing diesel emissions testing for nearly two decades.”*  
*Standard Examiner, February 2015*

## Priority 4: Air Quality

### 2015 Policy Successes:

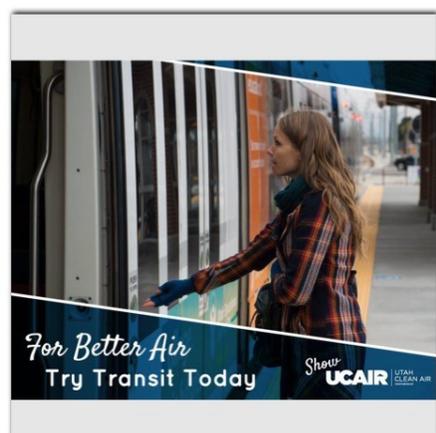
- HB 110 - Authorizes DMV to rescind registration when notified by a local health department that a registered vehicle is unable to meet air emission standards
- HB 226 - Authorizes DAQ to create rules that are different than EPA's if additional regulations will provide added protection.

### 2016 Activities:

- Real-time air monitoring results and education on [davisairnetwork.com](http://davisairnetwork.com)
- Smoking vehicle program promotion
- No idling policies/education

### 2016 Policy & Resource Priorities:

- Additional regulatory air monitor in Davis County
- State-wide diesel testing program
- Funding for active transportation and transit incentives

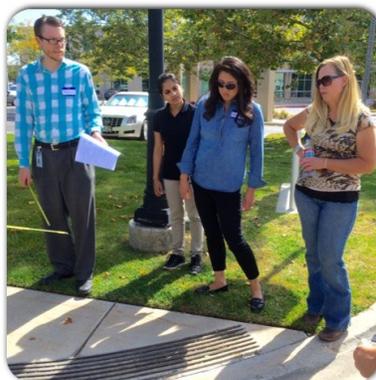


# Active Transportation

Active transportation is a significant strategy included in the Davis Community Health Improvement Plan because of the physical activity, air quality, and mental health benefits which crosscut all priorities.

## Highlights:

- Received Active Transportation & Health Summit Award for Outstanding Program for the Davis County Community Health Improvement Plan
- Shared Active Transportation Talking Points with community partners
- Participated in Mobile Active Transportation Tours in Ogden & Riverdale
- Participated on Kaysville Farmington Active Transportation (KFAT) Plan Steering Committee
- Participated in Walk Friendly Design Training (Kaysville)
- Hosted regional Walkability Training (Clearfield)
- Helped facilitate Walk Audit – ADA Training (Clearfield)
- Centerville Complete Streets Policy
- Participation on Davis County Active Transportation Committee, Regional Active Transportation Committee, and the Ogden-Layton Area Technical Advisory/Regional Growth Committee



*"This award highlights all the successes we have accomplished together. We have an awareness of our top health priorities and we're going to continue to work together on these priorities."*  
*The Davis Clipper, October 2015*

# Active Transportation

## 2015 Policy & Resource Successes:

- HB 362—Transportation Infrastructure Funding raised the state gas tax for the first time since 1997. 70% to UDOT for statewide infrastructure investments (freeways, highways and bridges) and 30% allocated to local entities. Also provided for Proposition 1 local option sales tax ballot measure, putting local officials and voters in charge of their community’s transportation needs. Estimated Davis County total: \$1,845,347
- Proposition 1—Residents of Davis County voted in favor of a sales tax increase to fund multi-modal transportation projects. Estimated totals: Cities/Unincorporated County—\$1,845,347; Davis County—\$2,159,787; UTA—\$4,319,575
- Utah Cancer Program Funding—Support for Kaysville & Farmington active transportation plans including health impact, \$6,000



*“Better Streets, Sidewalks, Trails and Transit Options for Your Family— Prop 1 Utah will fund things that are close to home—the transportation options you use and need the most. It will fill that nasty pothole on your local street, finish the sidewalk between your house and your children’s school, or add to transit, trails and bike paths so you have more transportation choices. Transportation investment in your city and county means a better quality of life in terms of streets and sidewalks in a good state of repair, a prosperous local economy and good air quality.” Prop1Utah.com, November 2015*

## 2016 Activities:

- UTA Service Enhancements, & Phase 2 of First & Last Mile Improvements
- Utah Active Transport Benefits Study (Health, Economic & Environmental)
- Completion of Kaysville & Farmington Active Transportation plans and Layton Transportation and Parks & Recreation Plans
- Develop active transportation funding list for Proposition 1 funds
- Develop active transportation performance measures
- Creation of Davis County Active Transportation/Trails Authority
- Connectivity Study (Layton)
- Sign/Wayfinding assessment
- Baseline trail user counts

**Kaysville & Farmington**  
Bicycling & Walking Open House



## 2016 Policy & Resource Priorities:

- New state, local and other taxes spent on active transportation (paved shared trails; bike lanes; safe east/west options; connectivity to bordering neighborhoods, shopping, entertainment, schools, parks, transit; improve walkability scores/index; wayfinding/signage; Bonneville Shoreline Trail; Safe Routes to School; city active transportation plans; etc.)