

2016-2019

Action Plan Summary



COMMUNITY
HEALTH COUNCIL



Background

In 2015, the Community Health Council chose four priority health issues based on qualitative and quantitative health data in the Knox County Health Department's 2015 Community Health Assessment. The priority health issues selected for focus in the coming years were:

- Increase access to mental health resources
- Decrease opioid abuse
- Decrease tobacco use among youth and pregnant women
- Increase access to safe parks, greenways, and sidewalks

These priorities, with sets of SMART (specific, measurable, attainable, relevant, and time-bound) objectives for improvement in each area, make up the 2016-2019 Community Health Improvement Plan.

Summary

The 2016-2019 Action Plan Summary reflects interventions based on the 2016-2019 Community Health Improvement Plan for Knox County, Tennessee. Four groups comprised of community leaders — including two existing groups — are contributing to this effort:

- Mental Health — convened by the Knox County Health Department to bring providers and organizations together
- Metro Drug Coalition's Prescription Drug Safety Task Force — in place since 2013
- Smoke-Free Knoxville — working on tobacco prevention and cessation for over 25 years
- Active Communities Team — modified and expanded from an existing task force

Mental Health Action Plan

Summary 2016-2019



Goal: Increase access to mental health resources

Objective: Decrease suicide attempts among high school students in Knox County. *MH 1**

The federal Substance Abuse and Mental Health Services Administration (SAMHSA) recommends a number of school-based mental health education programs to improve mental health outcomes in youth.

Action

- Expand existing mental health education programs in middle and high schools. *MH 1.1*
- Create a toolkit to help individuals start mental health-focused youth peer mentor programs. *MH 1.2*

Participation rates in the county-level Youth Risk Behavior Survey, the single source of local data about risky behaviors among youth, fell sharply last year.

Action

- Improve participation rates in the Youth Risk Behavior Survey. *MH 1.3*

Partners report a perceived local shortage of outpatient mental health services for children and youth.

Action

- Assess capacity and demand for outpatient mental health services for children and youth. *MH 1.4*

Objective: Decrease suicide deaths among adults in Knox County. *MH 2*

Effective education/prevention for adults targets worksites, churches, and other places where adults spend time.

Action

- Expand and support existing mental health awareness campaign. *MH 2.1*
- Train management staff to recognize mental health issues in staff. *MH 2.3*
- Train clinicians to integrate mental health screening tools into patient visits. *MH 2.5*

*Letters and numbers in italics refer to an internal performance metric system.

Diverting adults with mental health issues into treatment instead of jail could help decrease suicide deaths.

Action

- Incorporate information on seniors and mental health issues into Crisis Intervention Training for law enforcement. *MH 2.2*

Partners report a perceived shortage of appropriate follow-up services for mental health patients in crisis.

Action

- Advocate for additional support services and alternative legal paths for people in crisis, especially people who are homeless. *MH 2.4*

Objective: Decrease regional wait times for placement in mental health care.
MH 3

Partners report a perceived regional shortage of mental health crisis services.

Action

- Assess demand and capacity for mental health crisis services. *MH 3.1*
- Support the Behavioral Health Urgent Care Center. *MH 3.2*

Resources

- The federal Substance Abuse and Mental Health Services Administration (SAMHSA) maintains a database of scientifically established behavioral health interventions called [NREPP](#) (National Registry of Evidence-based Programs and Practices).
- The [Youth Risk Behavior Survey](#) is designed to track behaviors that contribute to the leading causes of death and disability among youth and adults.

Partners



For more information go to healthyknox.org.

Opioid Abuse Action Plan Summary 2016-2019



Goal: Decrease opioid abuse

Objective: Decrease mortality from opioid overdoses in Knox County. *OA 1**

Participation rates in the county-level Youth Risk Behavior Survey, the single source of local data about risky behaviors among youth, fell sharply last year.

Action

- Improve participation rates in the Youth Risk Behavior Survey. *OA.1*

Expanding access to overdose-reversal drug Naloxone reduced fatal opioid overdoses.

Action

- Advocate for expanding the Naloxone program for law enforcement. *OA.2*
- Work with pharmacies to ensure Naloxone is available over the counter. *OA.4*
- Engage pharmacists to encourage purchase of Naloxone with opioid prescriptions. *OA.5*

A Johns Hopkins task force on prescription opioids recommends careful oversight of pain treatment.

Action

- Develop a local emergency response plan to address treatment transitions for patients of recently closed pain management clinics. *OA.3*
- Require oversight of pain treatment. *OA.8*

A Johns Hopkins task force on prescription opioids recommends drug take-back programs.

Action

- Support take-back programs. *OA.6*

The public needs to be educated about the risks of prescription drugs.

Action

- Public education campaign about prescription drugs. *OA.7*
- Integrate prescription drug education into K-12 curricula. *OA.9*

*Letters and numbers in italics refer to an internal performance metric system.

Objective: Decrease the amount of legally dispensed opioid drugs in Knox County. OA 2

Clinicians are best placed to offer alternatives to opioids, identify patients' risky substance use early on, and monitor use.

Action

- Promote training programs to help clinicians address risky substance use with patients. OA.10
- Educate medical providers on the use of Controlled Substances Monitoring Database and chronic pain guidelines. OA.11
- Increase capacity in local pain management clinics for non-medicinal pain management strategies. OA.12

A Johns Hopkins task force on prescription opioids recommends investigating high-risk prescribers/dispensers of opioids.

Action

- Empower and encourage licensing boards and/or law enforcement to investigate high-risk prescribers and dispensers of opioids. OA.13

Objective: Decrease the number of babies born with Neonatal Abstinence Syndrome (NAS) in Knox County. OA 3

Clinicians, patients, and the public need to be aware of the risks of using opioid drugs during pregnancy.

Action

- Educate Medical Directors of clinics for pain management and medication-assisted therapy on the risks of using opioids during pregnancy. OA.14-15
- Raise public awareness about NAS. OA.16
- Educate adults about the importance of healthy pregnancy and early prenatal care. OA.17
- Advocate for strengthening guidelines around pregnancy testing and birth control for female patients of child-bearing age on prescription opioids. OA.18
- Include NAS in existing training for providers. OA.19

Partners



Cornerstone of Recovery



Tennessee Pharmacists Association
★ For Patients ★ For Pharmacists ★ For Tennessee

Knox County Medical Examiner's Office

Knox County Sheriff's Office

Office of the District Attorney General, Sixth Judicial District, Knox County, Tennessee

Tennessee General Assembly

12/02/16

For more information go to healthyknox.org.

Tobacco Use Action Plan

Summary 2016-2019



Goal: Decrease tobacco use among youth and pregnant women

Objective: Decrease smoking among high school students in Knox County.
*TU 1**

Other communities in the US have implemented low-cost tobacco-free signage in areas where children play to
1) reduce exposure to second-hand smoke and 2) reduce modeling of negative health behavior.

Action

- Implement projects to promote tobacco-free spaces in parks and other places where children play. *TU 1.1*

The Centers for Disease Control and Prevention and the Tennessee Department of Health both recommend mass reach communication campaigns as a promising practice in tobacco use prevention.

Action

- Pilot a communications campaign focused on prevention of tobacco use with seventh- and eighth-graders. *TU 1.2*
- Engage a small group of youth in a focus group to learn more about how best to reach youth with anti-tobacco messaging. *TU 1.3*

Objective: Decrease smoking among pregnant women in Knox County. *TU 2*

The Tennessee Department of Health recommends programs using accountability measures, individual counseling, and incentives to help pregnant women quit smoking.

Action

- Implement the Power to Quit program to help pregnant women quit smoking. *TU 2.1*

*Letters and numbers in italics refer to an internal performance metric system.

Resources

- The Centers for Disease Control and Prevention maintain the [Best Practices for Comprehensive Tobacco Control Programs](#), an evidence-based guide to help states plan and establish effective tobacco control programs to prevent and reduce tobacco use.
- The Tennessee Department of Health offers a [list of recommended practices](#) for tobacco cessation and prevention under the Tobacco Settlement Program.
- Local efforts at creating and promoting tobacco-free spaces are based on a [program](#) implemented in several New York counties in 2006.

Partners (Executive Committee of Smoke-Free Knoxville)



For more information go to healthyknox.org.

Active Communities Action Plan

Summary 2016-2019



Goal: Increase access to safe greenways, sidewalks, and parks

Objective: Decrease the annual number of crashes between cars and pedestrians and/or bicycles in Knox County. *AC 1**

Partners report uneven access to and knowledge of crash data across local and regional agencies and organizations.

Action

- Convene partners to share crash data and align mapping process. *AC 1.1*

Several US cities have implemented “Vision Zero” plans designed to reduce traffic fatalities to zero.

Action

- Identify crash hotspots and research ways to improve safety. *AC 1.2*
- Create an overview of other communities’ Vision Zero plans. *AC 1.3*
- Encourage neighborhood-level advocacy around safety. *AC 1.4*

Objective: Increase the percentage of Knox County residents who live within half a mile of a park or greenway. *AC 2*

Partners report a need for safe, accessible places near neighborhoods for people to walk, bicycle and play.

Action

- Identify neighborhoods with low access to parks and greenways. *AC 2.1*
- Educate community about the economic benefits of walkability, connectivity, and smart growth. *AC 2.2*
- Encourage neighborhood-level advocacy around parks and greenways. *AC 2.3*
- Advocate for dedicated funding for parks, greenways, and sidewalks. *AC 2.4*
- Gather secondary data about consumer demand for active transportation and outdoor activity infrastructure. *AC 2.5*

*Letters and numbers in italics refer to an internal performance metric system.

Objective: Increase sidewalk mileage in Knox County. AC 3

The Centers for Disease Control and Prevention recommend community-scale changes in urban design and land-use policies as a strategy to address low physical activity and high obesity rates.

Action

- Advocate for a sidewalk requirement in new subdivisions. AC 3.1
- Advocate for collaborative sidewalk/walkability planning. AC 3.2
- Explore alternative ways to create/preserve dedicated funding for sidewalks. AC 3.3

Objective: Increase average daily number of greenway users on indicator greenways in Knox County. AC 4

The Centers for Disease Control and Prevention recommend enhanced access to places for physical activity combined with informational outreach activities as a strategy to address low physical activity and high obesity rates.

Action

- Explore ways to improve existing greenways, including way-finding signage. AC 4.1-4.3 and 4.6
- Draft and implement a Greenway Promotion Plan. AC 4.4
- Expand the Kids Can Bike! program. AC 4.5
- Explore private partnerships to support/improve greenways. AC 4.7
- Advocate for the Knoxville/Knox County Park, Recreation and Greenways Plan to be fully implemented. AC 4.8

Resources

- Vision Zero is an effort being conducted in some cities in the US and worldwide ([Los Angeles](#), for example) that aims to eliminate traffic fatalities and severe injuries while increasing safe mobility for all.
- The Centers for Disease Control and Prevention maintain the [Guide to Strategies to Increase Physical Activity in the Community](#), which outlines recommended strategies to prevent chronic disease.

Partners

