

## Allegany County Health Planning Coalition Local Health Action Plan FY 22-25

Last Updated 7.11.23

### Allegany County Health Planning Coalition

#### Local Health Action Plan: July 2022-June 2025

Based on the results of a community health needs assessment, the Allegany County Health Planning Coalition (Coalition) created the following Local Health Action Plan (LHAP) to improve health and wellbeing in Allegany County. The Coalition is charged with implementing the LHAP, measuring progress, and building on best practices already in use in the community. The LHAP addresses four priority areas:

- Transportation
- Social Determinants of Health (SDOH)
- Chronic Disease Management (CDM)
- Behavioral Health

Each priority area includes goals, SMART objectives, responsible parties, outcomes, and the current status. The LHAP is a three-year plan and progress is reviewed in twelve-month phases: Phase 1 is July 2022 – June 2023, Phase 2 is July 2023 – June 2024, Phase 3 is July 2024 – June 2025.

This LHAP is a combined effort from the *UPMC Western Maryland Community Health Needs Assessment and Community Health Strategic Plan 2022-2025* and the existing *Allegany County LHAP*. The LHIC voted in January 2023 to adopt this assessment and the plan years, so that moving forward all coalition partners will be on the same cycle.

The new LHAP was approved on July 11, 2023. The LHAP also includes supporting strategies which are underway in the community and may contribute to the achievement of LHAP goals and outcomes but are not overseen by the Coalition. The LHAP works to build upon and not duplicate existing community health improvement efforts.

### Acronyms and Abbreviations

ACHD = Allegany County Health Department

AHEC = Area Health Education Center

AHR = Allegany Health Right

Assoc. Ch. = Associated Charities

ACPS = Allegany County Public Schools

CHW = Community Health Worker

CMA = Cumberland Interfaith Ministerial Association

CUW = County United Way

DSS = Department of Social Services

ED = Emergency Department

FCRC = Family Crisis Resource Center

FTE = Full-time Equivalent

HRDC = Human Resources Development Commission

LHAP = Local Health Action Plan

LHIC = Local Health Improvement Coalition

LMB = Local Management Board

MH = Mental Health

MHA = Mountain Health Alliance

MHCE = Make Healthy Choices Easy

MPC= Maryland Physicians Care

LBHA= Local Behavioral Health Authority

OB= Obstetrics

PCP = Primary Care Provider

TSCHC = Tri-State Community Health Center

TSWHC = Tri State Women's Health Center

TOPS= Take Off Pounds Sensibly

UM = University of Maryland

UPMC WM = UPMC Western Maryland

WMD = Western Maryland



## SOCIAL DETERMINANTS OF HEALTH

GOAL	SMART OBJECTIVE	WHO	PHASE I July 22-June 23	PHASE II July 23- June 24	PHASE III July 24- June 25
Increase access to healthy foods and local food sources	Utilize information obtained through food system mapping and coalition collaborators to identify and establish 5 sites per cycle year where healthy food choices or local food sources will be offered.	UPMCWM	UPMCWM 6-30-22 to 12-31-22		
		UPMCWM/Allegany Co Library System/Western MD Food Bank partnership- <i>My Mini Market</i>	29 events/393 encounters		
		UPMCWM Food Farmacy	Food Farmacy - 30 patients		
		UPMCWM/Food and Friends.org	Food and Friends.org- at capacity until May 2023		
		Mt. Laurel Cumberland Food Dropped as of 3-16-23	116- Households Served 276-Family Members in Household Ages (0-17)- 63 Ages (18-64)- 157 Ages (65+)- 56		
		Western MD Food Bank	WMFB Pop Out Pantries		
		Western MD Food Bank	WMFB Backpack Program during school year		
		Local Church Pantries	Supplement backpack program during summer		
		HRDC	HRDC MEFP (Maryland Emergency Food Program) 6/2022-4/2023 32 Households Served 127 Individuals		
		HRDC	HRDC Home Delivered Meals Program FY2022 502 Individuals served daily		
		HRDC	HRDC My Groceries2Go Program FY2022 250 individuals served monthly		

### Supporting Strategies

**UPMC Western Maryland:**

UPMC/Allegany Co Library System/Western Maryland Food Bank Partnership - *My Mini Market*

UPMCWWM Food Farmacy

Program

UPMCWWM/*Food and Friends.org*, *home-delivered medically tailored meals and medical nutrition therapy for participants living with cancer, HIV/AIDS, and other serious illnesses*

### Other Supporting Resources/Planned Collaborations

Wholesome Harvest Food Co-op, Western Maryland Food Council, Mountain Laurel, My Mini-markets, Story Time in the Parks, Primary Care Offices with Food Pantries (Dr. Khanna, Patricia Sheetz CRNP, and Dr. Shakil), Salvation Army, County Libraries, Judy Center, Food and Friends.org (medically tailored meals) Backpack Program, Pop Out Pantry, Cumberland Churches, Maryland Physicians Care, HRDC Home Delivered Meal Program and MEFP (Maryland Emergency Food Program), and Tri-State Community Health Center.

## CHRONIC DISEASE MANAGEMENT: OBESITY

GOAL	SMART OBJECTIVE	WHO	PHASE I July 22-June 23	PHASE II July 23- June 24	PHASE III July 24- June 25
<p><b>UPMCWM Obesity-</b> Increase awareness of obesity prevention and management and encourage healthy behaviors.</p> <p>1) Provide education about achieving and maintaining healthy lifestyles, including methods to prevent chronic illnesses</p> <p>2) Engage in community outreach events to raise awareness about the links between obesity and chronic diseases</p> <p>3) Encourage physical activity by promoting fitness classes and events</p>	<p><b>UPMCWM</b></p> <p>Increase awareness of general community members in health coaching, outreach awareness/education, physical activity/fitness classes and targeted awareness programs in the community.</p>	<p><b>UPMCWM</b></p>	<p><b>UPMCWM 6-30-22 to 12-31-22</b></p> <p>Health Coaching-75 Referrals</p> <p>Energize Your Life-7 classes</p> <p>Community Fitness Classes (Yoga)- 65 classes/1,188 participants</p> <p>Grocery Store Tours-3 tours/6 participants</p> <p>Nutrition halftime question/Trivia- 15 events/358 encounters</p> <p>Diabetes cooking demo/tasting- 14 families/meal kit fix at home</p> <p>My Mini Market- 23 events/305 encounters</p> <p>Storytime in the Park- 4 events/220 encounters</p>		
		<p><b>ACHD</b> (tabulates the number of encounters reported by UPMCWM)</p>			

### Supporting Strategies

**UPMC Western Maryland:** Health Coaching, Energize Your Life, Free Grocery Store Tours, Holiday Meal, Centre Street Collective Trivia, My Mini Markets, Story Time in the Park, Community Fitness Classes, Health Parks, Healthy People (Rocky Gap)

### Other Supporting Resources/Planned Collaborations

Allegany County Health Department, Allegany County Public Schools, Rocky Gap State Park, Wellness Ambassadors, Allegany County Human Resources Development Commission (HRDC Senior Centers), Area Health Education Center West (AHEC West), Allegany County Public Library System, Western Maryland Food Bank, Western Maryland Food Council, Maryland Physician Care, Allegany College of Maryland, Frostburg State University, Tri-State Community Health Center, and local municipalities

## CHRONIC DISEASE MANAGEMENT: DIABETES

GOAL	SMART OBJECTIVE	WHO	PHASE I July 22-June 23	PHASE II July 23- June 24	PHASE III July 24- June 25
<p><b>UPMCWM Diabetes-</b> Increase awareness of diabetes prevention and management and encourage lifelong healthy behaviors.</p> <p>1) Provide diabetes education and training</p> <p>2) Leverage referring providers to increase awareness and promote participation in diabetes management programs</p> <p>3) Offer preventive screenings to identify and treat potential health problems before they develop or worsen</p> <p>4) Increase community engagement through outreach events and health fairs</p> <p>5) Offer medical nutrition therapy to support behavioral or lifestyle changes and provide individualized meal planning</p>	<p><b>UPMCWM</b></p> <p>Educate/raise awareness of general community members about interventions, screenings, and programs available at UPMC Western Maryland, the prediabetes program and diabetes self-management program.</p>	<p><b>UPMCWM</b></p>	<p><b>UPMCWM 6-30-22 to 12-31-22</b></p> <p>DPP-506 referrals/99 enrolled</p> <p>DSMT-50 patients initiated</p> <p>MNT-1,000 encounters</p> <p>Health Fairs/Community Education- 42 events, 3,040 encounters</p> <p>Community Fitness Classes (Yoga)- 65 classes/1,188 participants</p> <p>Diabetes cooking demo/tasting- 14 families/meal kit fix at home</p> <p>Save-a-Lot Mkt Healthy snack demo- 3 markets/60 participants</p> <p>Dr. Gammoh Chorus Call ed talk-38 attendees</p> <p>Allegany County BOE/UPMCWM Real Well Newsletter- All 24 schools in county</p> <p>UPMCWM Diabetes Awareness Day-153 encounters</p> <p>Senior Center Screenings-3 events/52 encounters</p> <p>Auxiliary/Rotary/Board Meetings/Education- 4 events/120 encounters</p> <p>Local Churches/Education/Weekly programs- 10 churches/2,302 encounters</p> <p>Local Pharmacies/Education/Pharm bags- 8 locations/1,350 encounters</p> <p>Local Pharmacy /Screening/Education- 7 locations/32 encounters</p> <p>Local Housing Units/Screening/Education- 11 housing units/75 encounters</p> <p>Nutrition halftime question/Trivia- 15 events/358 encounters</p>		
	<p><b>ACHD</b> Address health disparities as relating to DM II, by offering group support and access to DM management resources to at least 30 individuals a year.</p>	<p><b>ACHD-</b> TOPS Program</p>	<p>New Program data will be entered during Phase II</p>		

**Supporting Strategies**

**UPMC Western Maryland:**

National Diabetes Prevention Program

Diabetes Self-Management Education and Training

Health Fairs

Fitness and cooking classes

Medical Nutrition Therapy (MNT)

Centre Street Collective Trivia

**Other Supporting Resources/Planned Collaborations**

UPMC Primary Care Practices, local primary care practices, Mountain Laurel Medical Center, Allegany County Human Resources Development Commission, Area Health Education Center West (AHEC West), Allegany County Health Department, and Tri-State Community Health Center

**CHRONIC DISEASE MANAGEMENT: HEART DISEASE AND STROKE**

<b>GOAL</b>	<b>SMART OBJECTIVE</b>	<b>WHO</b>	<b>PHASE I July 22-June 23</b>	<b>PHASE II July 23- June 24</b>	<b>PHASE III July 24- June 25</b>
<p><b>UPMCWM Heart Disease and Stroke-</b> Increase awareness of disease prevention and management and encourage healthy behavior.</p> <p>1) Provide chronic disease education and support in the community</p> <p>2) Continue to offer a cardiac rehabilitation program to help lower the risk of death, complications, and risk for readmission for patients who have had a cardiac event or procedure</p> <p>3) Provide interventions and screenings for community members</p> <p>4) Monitor symptoms of heart failure and connect patients with a source of support for managing chronic medical conditions, such as diabetes, anticoagulation medication, heart failure, and COPD</p>	<p><b>UPMCWM</b></p> <p>1) Increase awareness of general community members in heart healthy nutrition classes, support groups, cardiac rehabilitation</p> <p>2) Educate/raise awareness of general community members about interventions/screenings/programs available at the Center for Clinical Resources</p>	<p><b>UPMCWM</b></p>	<p><b>UPMC 6-30-22 to 12-31-22</b></p> <p>MNT-1,000 encounters</p> <p>CCR-682 encounters</p> <p>Heart Healthy Nutrition Classes</p> <p>6 classes/14 participants</p> <p>Cardiac Rehabilitation</p> <p>155 enrolled/3,877 encounters</p> <p>Stroke Support Group</p> <p>First meeting 7-27-22/6 participants</p>		
		<p><b>ACHD</b> (tabulates the number of encounters reported by UPMC)</p>			

**Supporting Strategies**

**UPMC Western Maryland:** Heart Healthy Nutrition Classes, Medical Nutrition Therapy (MNT), Stroke Groups (i.e., Monthly Stroke Support Group), Cardiac Rehabilitation Program, Free Screenings, Center for Clinical Resources (CCR)

**Other Supporting Resources/Planned Collaborations**

Allegany County Health Department, Allegany County Public Schools, Wellness Ambassadors, Allegany County Human Resources Development Commission (HRDC Senior Centers), Faith-based institutions, Area Health Education Center West (AHEC West), Heart Institute at UPMC Western Maryland, Stroke Center, and Tri-State Community Health Center



**BEHAVIORAL HEALTH: OPIOID ADDICTION AND SUBSTANCE ABUSE, ACCESS**

<b>GOAL</b>	<b>SMART OBJECTIVE</b>	<b>WHO</b>	<b>PHASE I July 22-June 23</b>	<b>PHASE II July 23- June 24</b>	<b>PHASE III July 24- June 25</b>
<p><b>UPMCWWM Opioid Addiction and Substance Abuse-</b> Increase awareness and access to substance misuse resources and interventions.</p> <p>1) Improve coordination and communication between service providers with embedded behavioral health specialists at primary care locations.</p> <p>2) Continue to offer a residential crisis service facility to provide support for adults with mental health illness and addictions.</p> <p>3) Increase awareness throughout the community to help reduce the stigma of addiction.</p> <p>4) Partner with local community organizations to provide education and training.</p> <p>5) Develop and support programming to address substance misuse and addiction recovery.</p> <p>6) Provide early intervention and treatment to people with substance use disorders and those at risk of developing these disorders.</p> <p><b>UPMCWWM Access-</b> Improve access to behavioral health services by increasing access points for individuals to be connected to the right level of care across the continuum.</p> <p>1) Embed behavioral health services into the primary care setting</p> <p>2) Offer telehealth services for behavioral health care</p> <p>3) Track and improve access to provider referrals.</p> <p>4) Provide education and training to community members on how to offer initial help to individuals with the signs and symptoms of mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care.</p>	<p><b>UPMCWWM</b></p> <p>Educate/raise awareness of general adult community members about access to substance misuse resources and interventions and efforts to improve access and coordination of care for behavioral health services</p>	<p><b>UPMCWWM</b></p>	<p><b>UPMCWWM 6-30-22-12-31-22</b></p> <p>Improve Coordination-513 opportunities Center for Hope and Healing-155 referrals Mental Health First Aid-37 participants SMART Recovery-120 participants Recovery Coaching-8 participants Telehealth- 502 appts/ medication 716 appts/therapy</p>		
	<p>Annually educate/raise awareness with at risk youth by offering at least two educational resources/programs focused on substance use and/or vaping.</p>	<p><b>ACHD-Project Alert, ACPS</b></p>	<p><b>ACHD and ACPS</b></p> <p>Newly added will begin reporting during Phase II</p>	<p><b>ACHD and ACPS</b></p> <p># educated/ resources # of school programs</p>	

	Increase awareness and educate 100 community members of available Naloxone resources each year.	<b>ACHD, AHEC West</b>	<b>ACHD</b> Newly added will begin reporting during Phase II <b>AHEC West</b> # of Naloxone doses provided # of Fentanyl test strips provided # of referrals for Recovery/Treatment services provided # of Peers trained # of individuals receiving Peer Recovery Services # individuals enrolled in Syringe Service Program # of professionals and community members educated on substance use, stigma and PurpleFest # of youth reached with programming in the schools/ECHO	<b>ACHD</b> # of Naloxone doses provided from Vending Machines <b>AHEC West</b> # of Naloxone doses provided # of Fentanyl test strips provided # of Xylazine test strips provided # of referrals for Recovery/Treatment services provided # of Peers trained # of individuals receiving Peer Recovery Services # individuals enrolled in Syringe Service Program # of professionals and community members educated on substance use, stigma, and PurpleFest # of youth reached with programming in the schools/ECHO	
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**Supporting Strategies**

**UPMC Western Maryland Opioid Addiction and Substance Abuse:** Behavioral health specialists embedded/primary care settings with office rotations, Center for Hope and Healing, Community-wide education and stigma reduction, Narcan delivery training, etc., Self-Management and Recovery Training (SMART) Recovery Program, Screening, Brief Intervention, and Referral to Treatment (SBIRT) screenings, AHEC West Street Team, Possibility Shop

**Other Supporting Resources/Planned Collaborations**

Allegany County Health Department, Archway Station, Potomac Behavioral Health, Allegany County Sheriff's Department, Maryland State Police, Cumberland City Police Department, Frostburg State University Police, Department of Social Services, Allegany County Human Resources Development Commission, Healing Allegany, local nursing homes, Frostburg State University, Allegany College of Maryland, Allegany County Drug and Alcohol Abuse Council and Overdose Prevention Task Force, Prescribe Change, Tri-State Community Health Center Maryland Physician Care, Allegany County Public Schools