



Together Healthy Knox 2018 Annual Report

January 2019

Executive Summary

Under the Together Healthy Knox initiative, the Community Health Council and partners strategically work to address the top health priorities in the Knox County community. In 2015, the Council identified four health priorities: 1) mental health, 2) opioid abuse, 3) tobacco use, and 4) access to safe parks, greenways, and sidewalks. Since then, partner organizations have worked to reach community-level health metrics under each of these priorities, compiled in the 2016-2019 Community Health Improvement Plan. During 2018, partners have broken new ground in data collection and analysis, improved outreach to people struggling with addiction and mental health issues, and educated policy makers, medical professionals, parents and children on some of the most pressing health issues in our community. Over that time, improvements in adult suicide, babies born exposed to drugs, and youth smoking have all remained steady. Some metrics, like the total amount of opioids prescribed for pain and pregnant women smoking, have continued to improve, surpassing our initial goals. A few metrics, like opioid overdose deaths, have continued to worsen.

Background

The Community Health Council was established in 2013 with two purposes: 1) to advise elected and appointed officials in matters of health, and 2) to draft and implement a strategic plan for health improvement every few years under an initiative called Together Healthy Knox. In 2015 the Knox County Health Department released its second Community Health Assessment, and the Council selected four priority health goals based on those data:

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

These four goals, with associated measurable health objectives, make up the 2016-2019 Community Health Improvement Plan. For more information go to healthyknox.org.



CHIP Objectives 2016-2019 Information Update January 2019

Mental Health Task Force

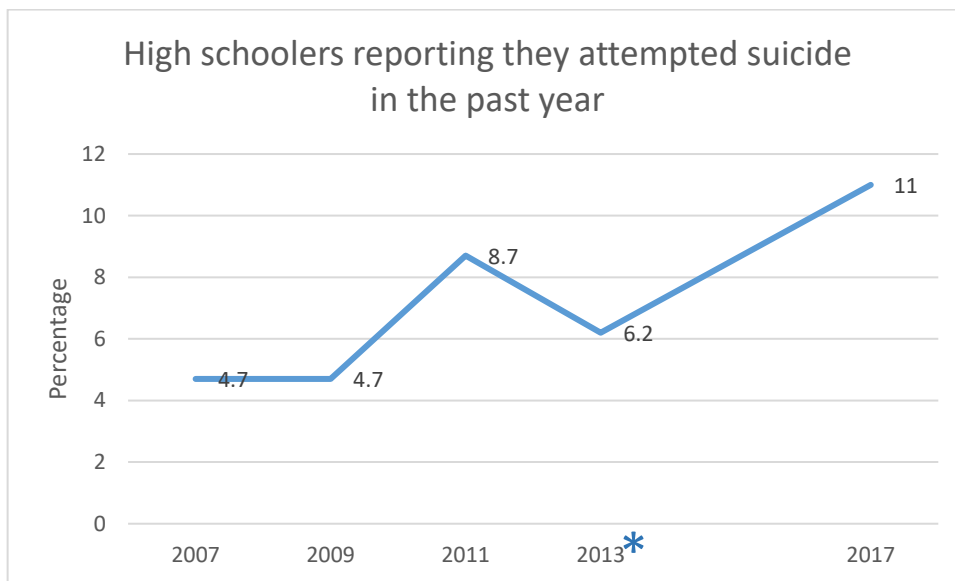
(Established in 2016)

Activities:

- Completed analysis of patient-level data across all health systems to assess demand and capacity for emergency mental health services
- Provided mental health education to youth through the Mental Health Association’s Mental Health 101 education program (educated 16,185 middle and high school students in the 2017-2018 school year)

Objectives:

MH1: Decrease the percentage of public high school students in Knox County who report they have attempted suicide in the past 12 months by 20% by spring 2019.

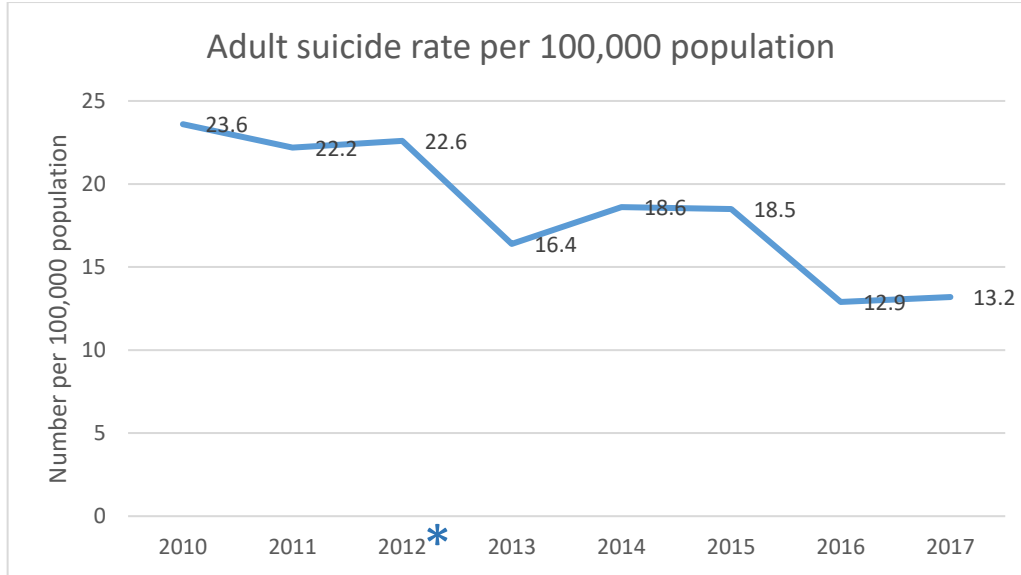


Data source: Knox County Youth Risk Behavior Survey

* Baseline

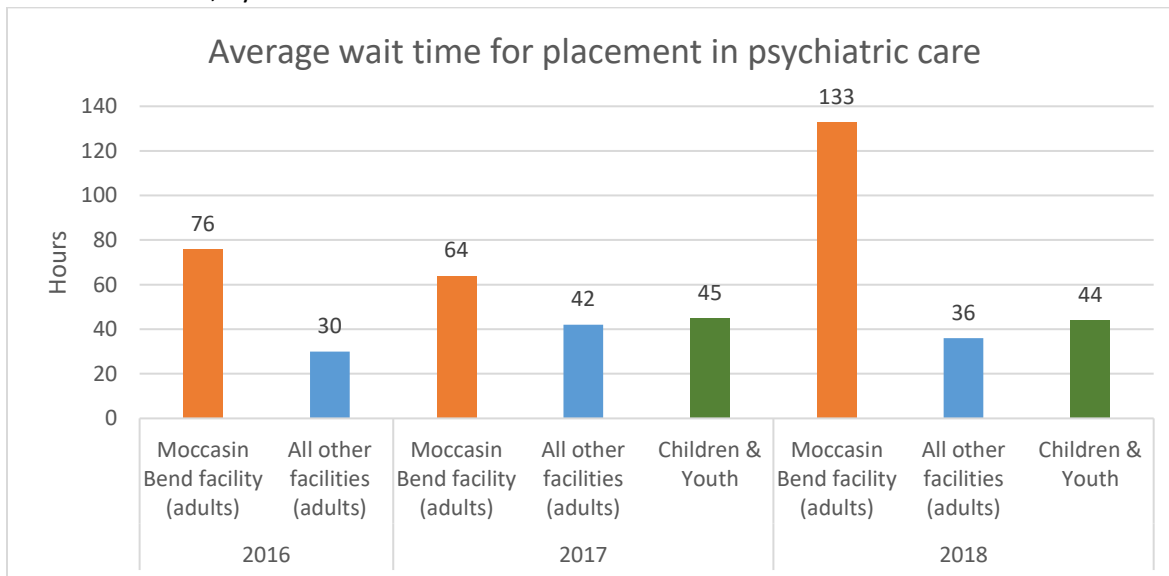


MH2: Decrease the rate of suicide deaths among Knox County adults 20 years and older by 15%, or 12 deaths, to a rate of 19.2 by December 2018.



Data source: Knox County death certificates provided by the Tennessee Department of Health, Office of Policy, Planning and Assessment through the Health Information Tennessee website (<http://hit.state.tn.us/>)

MH3: Decrease average wait time in the five-county region (including Knox County) from emergency department (ED) assessment to placement in mental health care from 30 hours in 2016 to 24 hours, a reduction of 20%, by December 2018.



Data source: partnership of regional mental health providers



Prescription Drug Abuse Task Force

(Convened by the Metro Drug Coalition in 2013 to address prescription drug abuse)

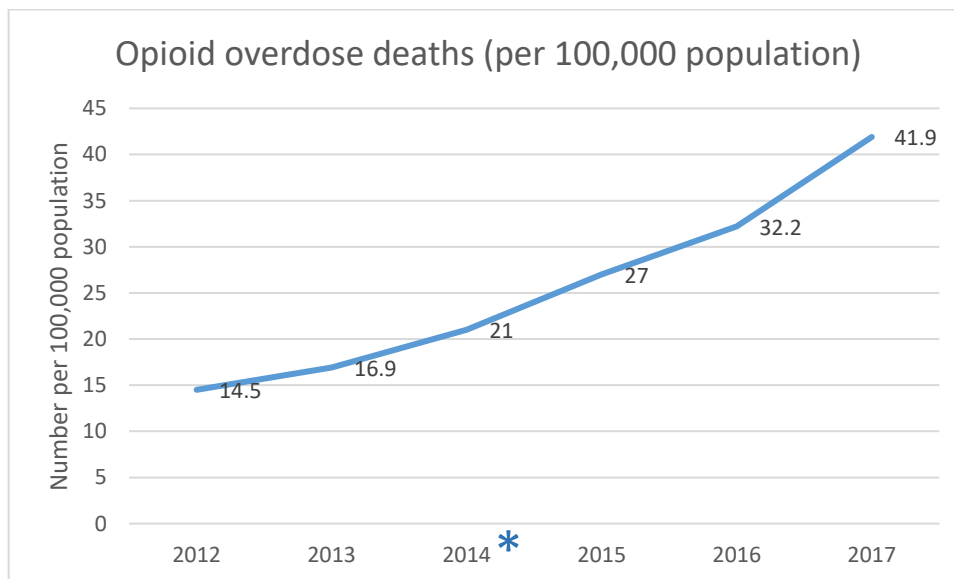


Activities:

- Convened partners and applied for grants to ensure all law enforcement agencies in Knox County are now carrying the opioid overdose antidote naloxone
- Monitoring naloxone administration by first responders, working on more effective ways to follow up with individuals who experience a near-miss overdose
- Educated approximately 300 clinicians during 2018 to refer patients to substance abuse treatment through SBIRT training (Screening, Brief Intervention and Referral to Treatment)
- Held East Tennessee Opioid Summit in March 2018, with 270 medical professionals attending

Objectives:

OA1: Decrease the mortality rate from unintentional poisoning by opioids in Knox County by 10%, from a rate of 21 to a rate of 18.9 per 100,000 people, by December 2018.



Data source: Knox County death certificates provided by Tennessee Department of Health, Office of Policy, Planning and Assessment

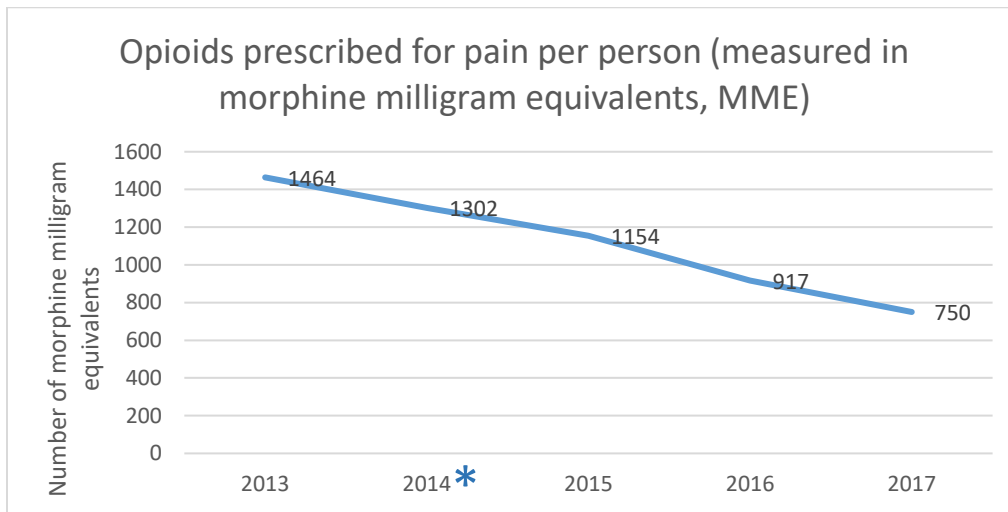
* Baseline



OA2: Decrease the amount of opioid drugs that are prescribed for pain in Knox County by 20% by December 2018.

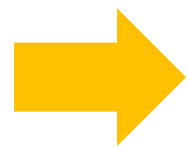
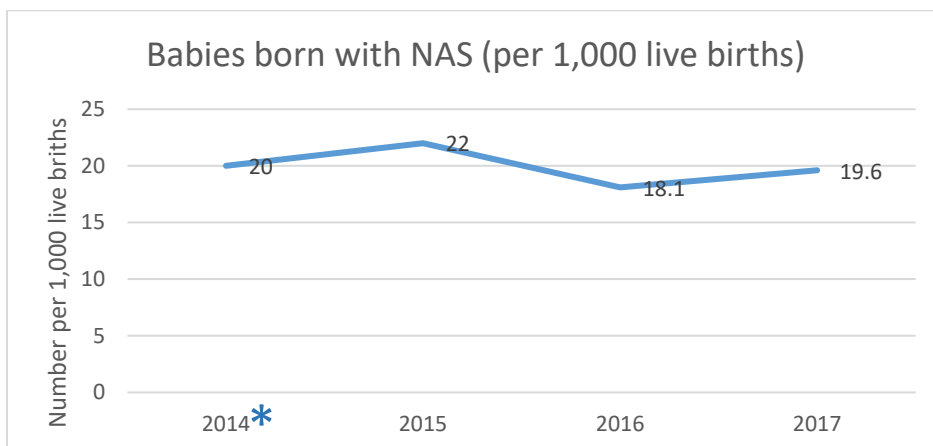
Note: This measure does not reflect any potential shifts toward illicit drug use; it reflects only opioid drugs that are legally prescribed.

This measure does not include opioids prescribed for medication-assisted treatment (MAT). MAT is the use of medications such as buprenorphine with counseling and behavioral therapies to treat substance use disorder and prevent opioid overdose.



Data source: Tennessee Department of Health, Tennessee Drug Overdose Dashboard

OA3: Decrease the number of babies born with Neonatal Abstinence Syndrome (NAS) in Knox County by 20%, to a rate of 16 per 1,000 live births, by August 2018.



Data source: Tennessee Department of Health



Smoke-Free Knoxville

(Established in 1993 to address tobacco use)

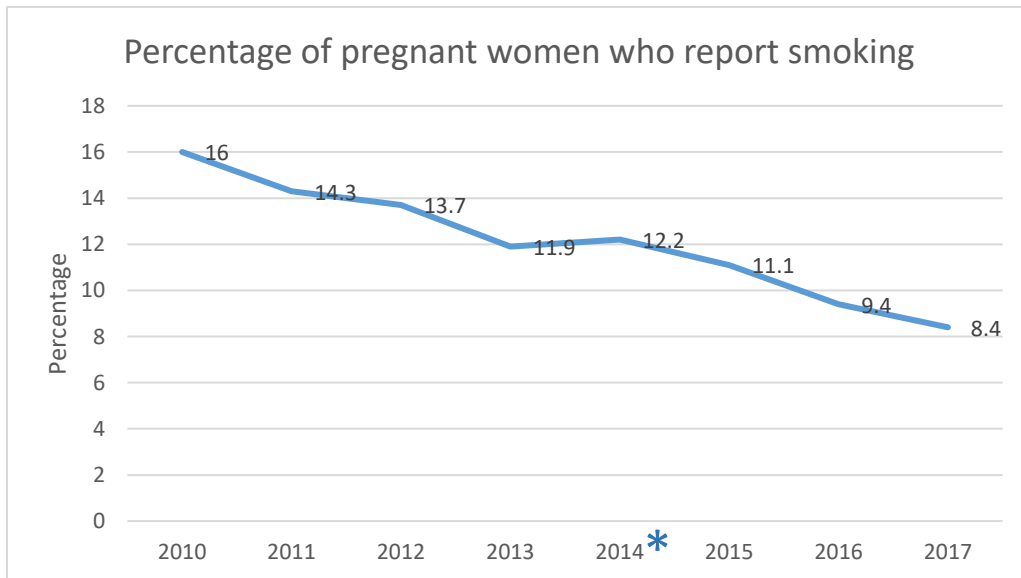


Activities:

- Power to Quit program supported 234 pregnant women and new mothers in quitting smoking, and 57 of their significant others (53 percent of participants not smoking at six months postpartum)
- Provided information on quitting smoking at dozens of community events: school open-houses, races, public housing events, and neighborhood events
- Partnered with Northwest Middle School to host a school-wide assembly featuring a panel discussion on substance abuse
- Provided “5A’s” training to 255 medical professionals, community leaders, college students, and other influencers on how to approach the topic of quitting with people who smoke
- Hosted Tobacco Treatment Conference with 70 attendees

Objectives:

TY1: Decrease the percentage of women in Knox County who report smoking during pregnancy from 12.2% in 2014 to 10% by December 2018.



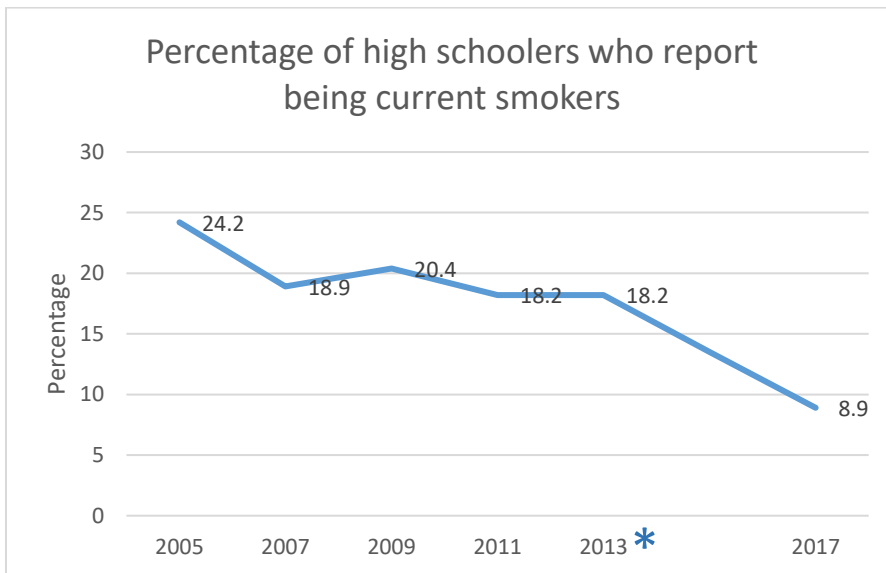
Data source: Knox County birth certificates provided by the Tennessee Department of Health, Office of Policy, Planning and Assessment through the Health Information Tennessee website (<http://hit.state.tn.us/>)

* Baseline



TY2: Decrease the percentage of public high school students in Knox County who report smoking by 5% by spring 2019.

Note: This measure does not reflect potential shifts toward e-cigarette use/vaping among youth. 2017 data indicate that 14.9% of public high school students in Knox County report being current users of e-cigarettes/vapor products.



Data source: Knox County Youth Risk Behavior Survey





Active Knox

(Established in 2016 to address access to safe parks, greenways, and sidewalks)

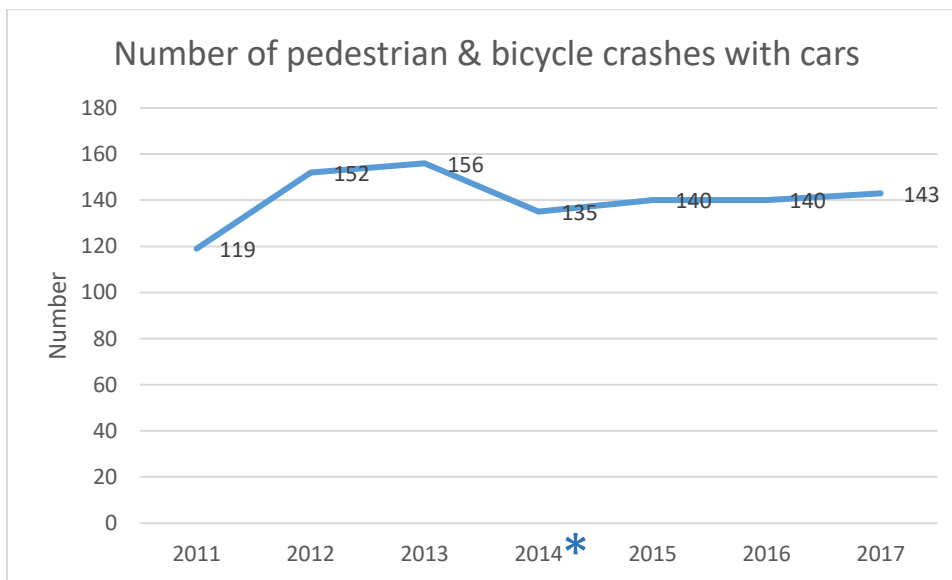


Activities:

- Educated the public and policy makers through the Walkability Speaker Series, bringing in three speakers in 2018 with a combined attendance of 353 people
- Successfully advocated for a School Board resolution voicing general support for children walking and biking to school
- Advocated for a City ordinance requiring sidewalks in all new development (not yet passed)
- Organized two Open Streets festivals, one in North Knoxville, one in South Knoxville
- Organized programs like Kids Love Bikes, Walking School Bus, and participated in a study of the effects of education and enforcement of the three-foot law

Objectives:

AK1: Decrease the number of pedestrian and bicycle crashes with cars in Knox County by 20%, or 27 crashes, by December 2018.



Data source: Titan state database, data taken from crash reports filed by law enforcement officers

* Baseline



AK2: Increase the percentage of Knox County residents who live within half a mile of a park or greenway by 3%, or 3,811 people, by December 2018.

Note: This measure will be updated in spring 2019, in time for final reporting.



AK3: Increase the ratio of sidewalk mileage to street mileage in Knox County from 1 to 8.16 to 1 to 8 by December 2018.

Note: This measure will be updated in spring 2019, in time for final reporting.



AK4: Increase the average daily number of greenway users on indicator greenways in Knox County by 10% by spring 2018.

Greenway	Average daily usage			
	2014	2015	2016	2017
Halls	127	170	No data	No data
Lakeshore	370	317	344	No data
Neyland	79	70	No data	No data
Sequoyah	812	918	No data	No data
Third Creek	395	249	244	No data
Will Skelton	50	42	No data	No data



Note: Infrared counters on listed greenways have been malfunctioning, leading to incomplete data.