



JACKSON COUNTY HEALTHY COMMUNITIES COALITION

15th ANNIVERSARY—2003-2018

Overview of Accomplishments

The Jackson County Healthy Communities Coalition (JCHCC) has been going strong since 2003 having impact across the entire county and serving as a leader in health improvement for the region. Lasting impact has been felt in communities across the county with walking paths, community and school gardens, bike racks, bike repair stations, and policies that support healthy choices. Churches, schools, businesses, worksites, healthcare providers and government agencies have been provided training, resources and assistance to improve the health of the people they serve. In addition to these changes in the community, the Coalition has reached thousands of individuals with health screenings and education and increased access to a wide range of community resources.

Below are some of the highlights related to each Coalition goal.

Raising awareness: To increase the knowledge of consumers and providers about matters relevant to the health of the communities of Jackson County.

- Directories and resource cards for mental health, dental health, substance abuse, diabetes, family violence, vision and hearing services are available on www.hsidn.org.
- Resource directories of food banks, WIC programs, programs for homeless individuals, and opportunities for outdoor activity are available at www.hsidn.org/resources.
- Town hall meetings held on the opioid crisis in conjunction with regional initiatives
- Mental health wellness fairs have been provided for three years.
- Social media campaigns were conducted to promote cancer screenings and STD/HIV testing.
- A video on the importance of early screening for cervical and breast cancer in minority women through the Sister-to-Sister program was created.
- Worksite Wellness Conferences were held for six years with many local worksites participating.
- Hundreds of articles on mental health issues were written by action team members and published in The Southern Illinoisan from 2006-2015.
- Programs to increase walking and consumption of fruits and vegetables were promoted.
- Training for providers on family violence, suicide prevention, application of fluoride varnish, sexual health, tobacco cessation, breastfeeding, diabetes and many other topics.
- Adult and youth mental health first aid classes have been provided to over 100 individuals and school staff.
- Over 100 presentations were delivered to community partners and businesses on promoting developmental assets in our youth.
- A Teen Summit on violence prevention was held.
- A social media presence to promote efforts related to Positive Youth Development and family vacation nights was fostered.
- An employment resource guide for young people was created.
- The Healthy Communities Calendar was created and is maintained to promote events.
- "Cue for Care" magnets were distributed with tips on whether to see your primary care provider or go to urgent care or the emergency department.
- Appropriate disposal of medications was promoted.

- Workshops were provided for teachers on sexual health, asthma, community resources, and prescription drug misuse.
- Training for parents on sexual health topics was provided.

Developing projects to address unmet needs or gaps in health services: To encourage the growth or development of new projects, which address unmet needs or gaps in health services.

- Held bi-annual diabetes screening events and annual hosting of KidneyMobile®.
- Offered screenings and education through Prairie Heart Road Show events.
- Provided training and promotion of HPV vaccination.
- Promoted tobacco cessation services through the Illinois Quitline to the public and provided training to healthcare providers, and offered “Courage to Quit” smoking cessation classes.
- Provided educational classes on diabetes and chronic disease self-management to over 600 attendees.
- Increased access to farmer’s markets through double value coupon programs.
- Developed coordinated school health programs in nearly all Jackson County schools.
- Developed provider toolkits on childhood obesity, breast, colorectal, cervical cancer and tobacco cessation.
- Family Vacation Nights were provided for families.
- GYT, *Get Yourself Tested* grant was received from the CDC, targeted ages 13-24 to reduce STD rates. The grant also provided physician education to encourage testing and expedited partner therapy.
- Distributed over 200 toolkits to local health care providers to encourage testing, expedited partner therapy and increased awareness.
- Provided training at Grand Rounds for OB/GYN, PEDI, and FP physicians regarding HIV/STD rates, increasing testing efforts, expedited partner therapy and third trimester HIV testing.
- Trained local faith based leaders on comprehensive health education/safer sex content.

Fostering collaboration: To bring consumers and/or providers together for the express purpose of efficiently coordinating services and maximizing resources to improve the health of the communities.

- Collaboration around health improvement has grown in this community and spread throughout the Delta Region.
- Each of the action teams as well as the Coalition are robust examples of collaboration.
- Close to 100 coalition meetings and over 500 action team meetings have been held.
- Several projects have emerged and been co-sponsored by more than one action team, including: Zombie Disaster Preparedness Camp, Family Vacation Nights, bicycle and water safety training, and many others.
- Grants have been jointly applied for and resources shared with not only agencies in Jackson County but with Healthy Communities Coalitions in the region.
- Collaborated to host program focused on “11 Days of Peace” and “11 Days of Compassion” annually.

Encouraging advocacy: To educate communities on grants, regulations, ordinances, policies, and legislation that will improve the health of the community.

- Smoke Free Carbondale ordinance passed and became part of momentum for state law.
- Advocacy undertaken to get Complete Streets ordinance passed in Carbondale; City of Carbondale, as well as SIU, have since been recognized as Bike Friendly.
- School districts in Jackson County have received free sexual health curriculum and training.
- Have designated over 50 walking paths throughout the county.
- Have encouraged schools and worksites throughout the county to adopt wellness policies and programs and distributed wellness toolkits.
- Have strategically placed bike racks and fix-it stations throughout the county.
- Held rural planning workshop and developed playbook to increase the capacity of rural communities to make environmental changes in their communities to improve access to healthy foods and physical activity for their residents.
- Since 2012, provided annual training to school administrators on the need for Comprehensive Health Education.
- Numerous press releases, interviews and articles have been published regarding local STD rates, risk reduction and healthy sexual relationships.

Accessing funding: To heighten awareness, support agencies efforts to access funding and share information about private and public resources that are available to improve the health of communities.

- The Jackson County Healthy Communities Coalition has been the collaborative group for numerous grant applications; here is a partial list of funds that have been received:
 - We Choose Health funding, 2012-2014
 - Plan4Health, 2015-2017
 - Rural health funding from SIU School of Medicine to develop and expand Diabetes Today Resource Team
 - Funding to promote the Prescription Monitoring Program and bring awareness to opioid crisis, 2016-present

Developing plans and reports to report health status of the county: To support the collection, tracking and reporting of data relevant to the health status of the county.

- Jackson County Five Year Community Health Improvement Plan was developed in 2005, 2010, and 2015.
- Participated in collection of data for the Rural Illinois Cancer Report.
- Most action teams have developed strategic plans with measurable goals and objectives.
- PYD complied and maintained a manual for transition of leadership.