

# McHenry County MAPP

Mobilizing for Action through Planning and Partnerships

August 2018

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# Needs Assessment

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## 2017 McHenry County Healthy Community Study

### Health Priorities

1. Obesity
2. Cardiovascular Disease
3. Diabetes
4. Cancer



### Mental Health Priorities

1. Mental health and substance abuse service availability
2. Alcohol, drugs and misuse of prescription medications
3. Depression and anxiety
4. Suicide

### Community Priorities

1. Transportation
2. Lack of awareness about community services
3. Affordable housing



# Implementation of Health Priorities

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## MAPP

Mobilizing for Action through Planning & Partnerships

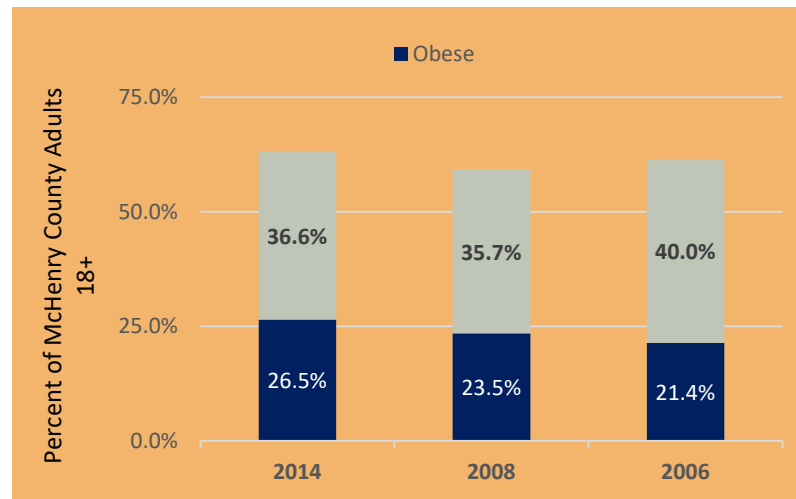
- Developed by NACCHO & CDC
- Strategic Planning Process
- Community Driven
- Implemented in 2006 by McHenry County Department of Health
- Currently 58 members from 26 different community partners



# Obesity

## McHenry County Healthy Community Study Results:

- More than one-quarter (26.5%) of McHenry County adults 18 years and older are considered obese
- 36.3% of McHenry County adults are overweight
- The county's obesity level has continued to rise over the past decade



# Obesity & Nutrition Workgroup

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**Overall Objective:** By the year 2027, increase the proportion of adults in McHenry County who are at a healthy weight to 40.92 (Target: 10 percent improvement over 10 years, Healthy People 2020). Baseline: 37.2 percent of persons aged 18 years and older are at a healthy weight/underweight (\*BRFSS, 2014).

**Impact:** Desired impact is to decrease the number of McHenry County adults who are considered obese and increase the number of adults who fall in the normal weight category.



# Obesity and Nutrition Workgroup

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- **Strategy 1:** By January 2019, maintain the Garden Connect program at the 2017 level (32 families) and increase the number of participants who demonstrate an increased consumption of daily servings of produce.
  - Recruit and maintain families for the program
  - Complete pre and post surveys for all participants
  - Increase awareness of Garden Connect through traditional media and social media
- **Strategy 2:** By January 2019, complete at least 5 healthy community education and outreach efforts.
  - Increase partnerships with park districts to promote proper nutrition and physical activity
  - Collaborate with school districts and faith based organizations to increase physical activity and proper nutrition
  - Increase awareness regarding healthy communities through social media





# Active Communities Workgroup

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**Overall Objective:** Improve community health through expanded use of active transportation and recreation by 2025.

- **Strategy 1:** By January 2019, acquire baseline data of community members walking, biking and using public transportation to school, work and other activities.
  - Update healthy community municipal data that was acquired 7 years ago
  - Identify 5 questions to be used in the 2020 Healthy Community Study
- **Strategy 2:** By January 2019, develop and support 2 educational programs that promote active communities.
  - Create an active communities education program for elected officials
  - Promote educational programs within the county (Zagster)
  - Work with local police departments to promote bike safety and promote Rules of the Road for pedestrians and bicyclists
- **Strategy 3:** By January 2019, increase the number of complete streets policies in McHenry County.
  - Outreach to municipalities to promote complete streets
  - Educate municipalities on complete streets

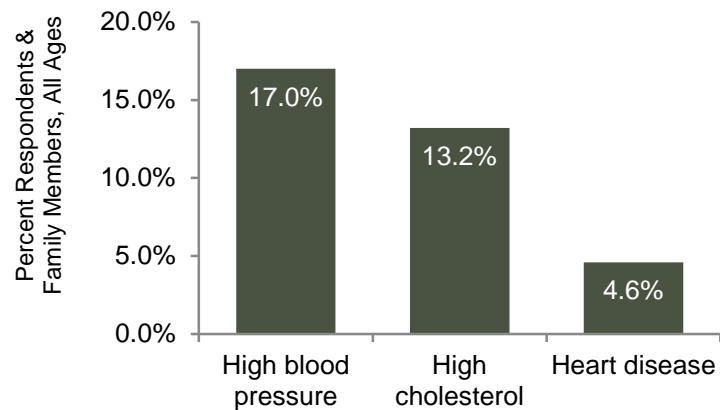


# Cardiovascular Disease

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## Healthy Community Study Results:

- Cardiovascular disease accounted for 567 McHenry County resident deaths in 2015
- Heart disease ranks as the second leading cause of death in McHenry County, while stroke is fifth
- Both heart disease and stroke are less common than they were a decade ago.





# Cardiovascular Workgroup

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**Overall Objective:** By the year 2027, reduce the death rate from heart disease in McHenry County to no more than 65.0 per 100,000 based on the Healthy People 2020 target of 20% improvement (Baseline: 80.7 per 100,000).

**Impact:** To reduce the death rate related to cardiovascular disease by lowering and managing high blood pressure, body weight, cholesterol and other risk factors.

## MAPP Strategies:

**Strategy:** By January 2019, complete 800 Heart Age Screenings

- Target community events to conduct Heart Age Screenings. Accomplished through outreach, flyers, speaking events, etc.
- Promote online Heart Age Tool through social media, websites and other media opportunities
- Increase outreach to at least 200 McHenry County Latino residents for Heart Age Screenings
- Increase outreach related to cardiovascular risk factors and heart age to McHenry County adults between the ages of 18-29.



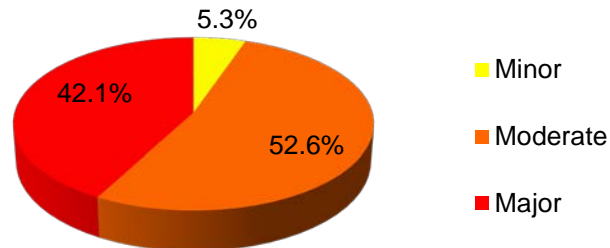
# Diabetes

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## Healthy Community Study Results:

- Among death causes, diabetes ranks 6th highest among McHenry County residents.
- The 69 deaths due to diabetes reported for 2014 is the highest number in decades and is twice as many as 20 years ago.
- 8.3% of McHenry County adults ages 18 years and older have diabetes, a level that surpasses the Collar Counties at 7.5%, but below Illinois, 9.9%.
- Hispanics experience a higher death rate due to diabetes than non-Hispanics.

**McHenry County Community  
Leaders perception of Diabetes as a  
local health problem**



# Diabetes Workgroup

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**Overall Objective:** By the year 2027, decrease the proportion of adults in McHenry County who have been diagnosed with diabetes based on the Healthy People target of 10% improvement over 10 years (Baseline: 18,790 people have been diagnosed with diabetes).

**Impact:** To reduce the rate of diabetes in McHenry County by providing diabetes prevention classes, engaging community partners and reducing overall body weight, cholesterol and other risk factors.

## MAPP Strategies:

**Strategy 1:** By January 2019, provide diabetes prevention education classes to at least 50 completed participants.

- Provide at least 2 sessions of the 10-week diabetes prevention classes at the food pantry.
- Implement the CDC DPP Program in McHenry County.

**Strategy 2:** By January 2019, complete 350 community diabetes screenings.

- Schedule and conduct community glucose screenings
- Conduct media promotions to support screenings

**Strategy 3:** By January 2019, implement the Stanford Diabetes classes in McHenry County

- Increase the number of facilitators
- Track the number of participants for each class



# MAPP Vision Statement

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*“Our community embraces the belief that health is more than merely the absence of disease. A healthy community includes those elements that encourage people to maintain a high quality of life and productivity while respecting diversity. A healthy McHenry County reflects the following values – pride, respect, involvement, accountability and wellness”.*

