

**Washington
County
Health
Partners**



**Focusing on
the Future**

2002-2003 Annual Report



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November 18, 2003

Dear Community Members,

Washington County Health Partners, Inc.'s (WCHP's) Fiscal Year 2002 to 2003 has been a year of "focusing on the future" as well as continuing to provide services through our task forces and programs. One of WCHP's major goals has been to complete a countywide health assessment to update the one done in 1995 that formed the basis for the current task forces. The assessment's objective was to evaluate the relevancy of the current task forces and identify emergent health issues around which new task forces should be developed.

As a result, all five current task forces have been scrutinized and three new task forces have been proposed (Minority Health, Nutrition, and Tobacco Free). The Mental Illness/Substance Abuse Task Force has met its original goals and will be retiring and celebrating their accomplishments today. The Access To Care Task Force has been renamed to Covering Kids And Families Task Force to specify its focus on enrolling eligible children and adults into Children's Health Insurance Program (CHIP), adultBasic, Medicaid and Medicare. Each task force has been charged with the responsibility to develop goals and objectives for this fiscal year, and the Board of Directors will develop a countywide strategic health plan.

I'd like to take this opportunity to thank all task force members for their work and dedication. None of this would have been possible without their efforts and the generous support of our financial and in-kind contributors listed on page eleven.

Our Board of Directors has also worked diligently to continue to make the vision of Washington County Health Partners, Inc. become a reality. While our current Board Members are listed to the right on this letterhead, I would be remiss not to acknowledge the support that former Board Members Barbara Bensaia, Kevin Brown, and Anita Leonard have given.

Sincerely,

Janet Bitonti, Chairperson,
Washington County Health Partners, Inc.

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Vice-Chairperson

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Lee Rutledge-Falcione, MPH
Executive Director

Task Forces

Covering Kids And Families
Community Wellness
Respiratory Illness
Teen Wellness

Programs

Tobacco Free
WellLife™

Washington County 2002 Health Assessment

Washington County Health Partners, Inc. (WCHP) updated its countywide health assessment done in 1995 with a reassessment in 2002. The Board of Directors appointed nine Board members and two outside individuals to a new, special committee of the Board called the Reassessment Committee. Members were chosen based on interest and involvement with external organizations.

The Reassessment Committee decided that WCHP staff would develop a health assessment survey instrument and a cover letter, undertake the randomly selected mailing of the survey, and compile the survey data. The survey instrument had 150 questions in seven sections (Characteristics, General Health, Health Insurance, Health Care, Lifestyle, Health Promotion/Disease Prevention, and Children's Health). By January 28, 2003, 295 surveys out of 732 deliverable surveys had been returned, giving a response of 40.3%.

WCHP staff analyzed the data and presented significant findings and points of interest to the Reassessment Committee. The Reassessment Committee studied the results and compared them to the 2000 United States Census. Although sex, race, income, and household size were similar to numbers in the Census, respondents tended to be older and more educated. In addition, the small number of minority participants precluded further analysis according to race.

The following focus groups audiences were identified and held to provide qualitative data for under represented groups:

- **Youth:** Since the survey was completed by adults over age 21, fourteen focus groups of high-school-aged teenagers were held, one in each Washington County school district.
- **Low literacy:** Since respondents tended to be more educated than Census figures, a low literacy focus group was held. Nine individuals with experience in tutoring functionally illiterate people composed the group.
- **African American:** Due to the small number of African American survey respondents, an African American focus group was held.

The results from the survey and focus groups were divided by topic and reviewed by the appropriate task forces to create summaries. The Board of Directors considered the data from the mailed survey, focus groups, and task forces summaries during a retreat on September 25, 2003. The Board of Directors used this information to assess the relevance of each task force, create new task forces, identify key areas of concern in Washington County's health status, and develop plans to address these issues.

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Task Force 2002 - 2003 Reports

Access To Care Task Force

WCHP's Access to Care Task Force has been involved with Cornerstone Care's Covering Kids Campaign activities in enrolling eligible children into Children's Health Insurance Program (CHIP) and adults into the adultBasic Health Insurance Program. In November 2002, the task force held a conference entitled "Healthy Kids to Healthy Adults," which facilitated the exchange of information between human service providers and clients.

Reassessment Findings

The task force agreed that the issue of people without health insurance still needs to be addressed. 55% of survey responses identified problems related to health care insurance, such as high health insurance and prescription costs, lack of health insurance, and underinsurance, as the number one health problem for Washington County. Based on the survey responses, there is a conservative estimate of 5,681 Washington County residents without health insurance. adultBasic is a program made possible though Pennsylvania's tobacco settlement agreement that provides health insurance to a limited number of uninsured between the ages of 19 and 64 who meet certain income requirements and who do not have health care coverage. Since only 936 Washington County residents were enrolled in adultBasic as of July 2003, and only 59 people in Washington County were on the waiting list, there still remains an unmet need (see Figure 1).

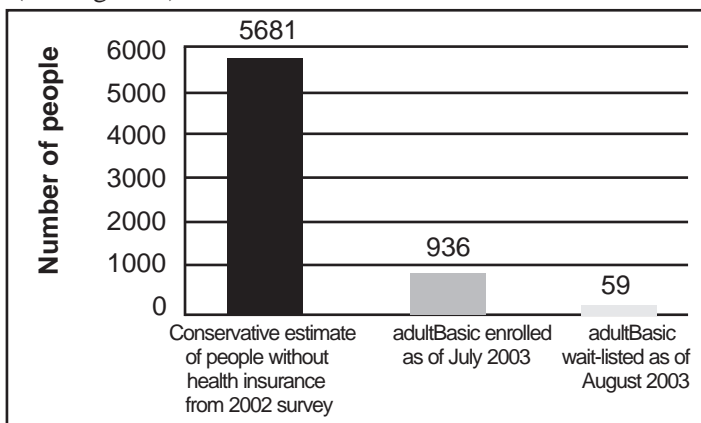


Figure 1. Comparison of estimate of Washington County residents without health insurance from WCHP 2002 survey versus number of people enrolled and wait-listed for adultBasic in Washington County.

In addition, the task force decided to concentrate on member updates and networking, especially in attending and promoting the annual Healthy Kids to Healthy Adults Conference. The task force also recognized the need to be more sensitive to literacy issues and suggested working with the Literacy Council of Washington County.

Community Wellness Task Force

During March and April, the task force held two lifestyle modification programs called WellLife™ in Canonsburg and Washington. Forty-four people participated and all completed the eight-week program. The task force will support two more programs this fall, one being Monongahela Valley Hospital's Lifestyles of the Fit and Healthy™ and the other a WellLife™ program tailored to the African American population.

Reassessment Findings

The task force agreed that diet, exercise, and stress still need to be addressed since the percentage of survey respondents was similar to the Pennsylvania Department of Health's (PA DOH) Behavioral Risk Factor Surveillance Survey (BRFSS) percentages (see Figures 2 and 3) and far short of the State Health Improvement Plan's (SHIP) goal of 20% Physically Inactive Adults and 8% Overweight Adults by 2010. The task force recognized that the WellLife™ program focuses on the correct root causes.

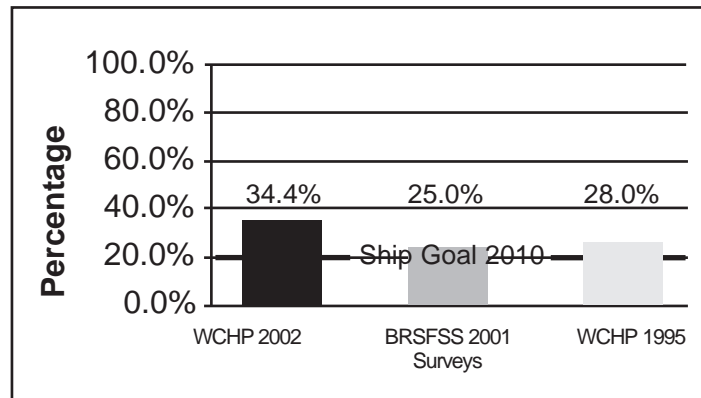


Figure 2. Comparison of Washington County adults who are physically inactive from WCHP 2002 survey, 2001 Pennsylvania BRFSS, and WCHP 1995 survey.

Task Force 2002 - 2003 Reports

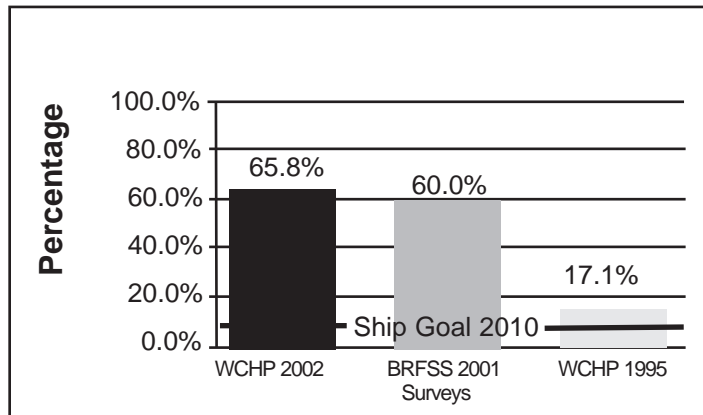


Figure 3. Comparison of Washington County adults who are overweight from WCHP 2002 survey, 2001 Pennsylvania BRFSS, and WCHP 1995 survey.

In addition, the task force noted surgical treatment for obesity, childhood obesity, and eating disorders are on the rise. Environmental factors were thought to play a part as more families eat out, healthy foods are not readily available in fast food, and serving sizes have increased absurdly.

Mental Illness/Substance Abuse Task Force

The Mental Illness/Substance Abuse (MISA) Task Force has been involved as a community advisory board to Washington County's MISA pilot project. Recently, the task force has been providing support to Washington Drug and Alcohol Commission and other alcohol and drug treatment providers by writing letters to Pennsylvania's legislators urging them to restore funding for alcohol and drug treatment to the budget.

Reassessment Findings

The task force agreed that community education on the benefits of therapeutic care could be strengthened since about 90% of the survey respondents who had received mental health treatment received medication while only 10% received out-patient care (see Figure 4). Many task force members indicated that the results validated what they saw in their experiences and that it is hard to engage people in the therapeutic process.

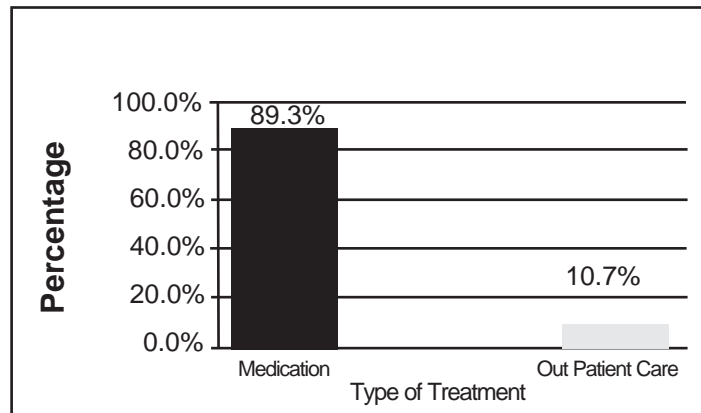


Figure 4. Percentage of type of mental health treatment reported by WCHP 2002 survey respondents.

It was noted that many people know where to go to receive therapeutic care (see Figure 5). The task force thought that people with mental health issues were not choosing therapeutic care due to the "quick fix" mentality of our society, the avoidance of potential stigma by going to their primary care physicians instead of mental health professionals for treatment, and differing priorities.

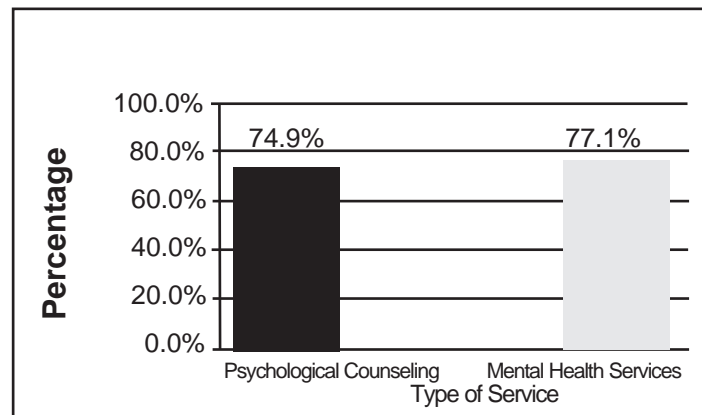


Figure 5. Percentage of WCHP 2002 survey respondents who know where to obtain psychological counseling and mental health services.

Respiratory Illness Task Force

The task force received its first grant from the Pennsylvania Department of Health, Division of Immunizations (PA DOH, DOI), for \$2,939.47. The grant paid for advertising, vaccine, supplies, copies, and postage. In addition, the task force received vaccines from the PA DOH, DOI, Mon Vale Advances Total Community Health (MATCH®), American Respiratory Alliance (through Highmark), and Highmark.

Task Force 2002 - 2003 Reports

Respiratory Illness Task Force (continued)

The 2002-2003 vaccine campaign was held from October 2002 through March 2003 and 579 influenza and 200 pneumococcal vaccinations were given to people who could not afford them.

On May 6, 2003, the task force celebrated Washington County's first World Asthma Day with proclamations by the county commissioners and the City of Washington's Mayor. Peak flow meter use demonstrations were available, and 15 breathing screenings were done. 175 informational bags were given away, and 27 households took the Smoke-Free Home Pledge.

Reassessment Findings

The task force agreed that influenza and pneumococcal vaccination campaigns still need to be held since the percentages of survey respondents were similar to the PA DOH's BRFSS percentages (see Figures 6 and 7) and far short of the SHIP's goal of 90% coverage by 2010. A special emphasis will be placed on reaching on high-risk populations and minorities.

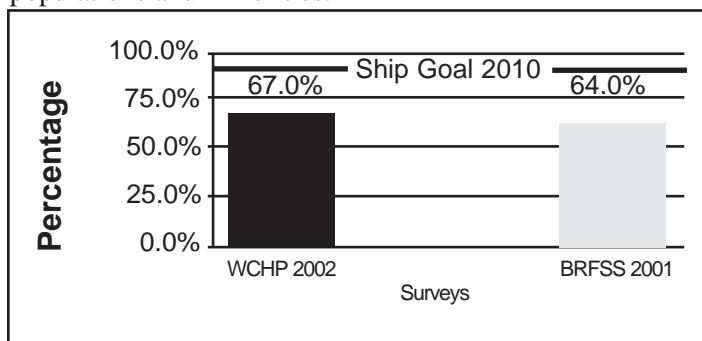


Figure 6. Washington County residents aged 65+ who had an influenza vaccine from WCHP 2002 survey vs. 2001 PA BRFSS.

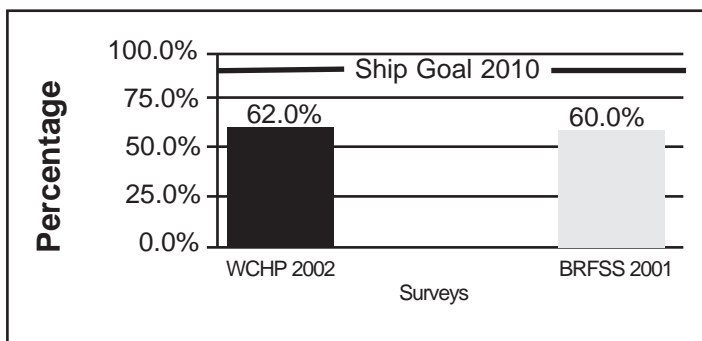


Figure 7. Washington County residents aged 65+ who ever had a pneumococcal vaccine from WCHP 2002 survey vs. 2001 PA BRFSS.

In addition, the task force decided to broaden their focus to include asthma awareness education and integrate with the Tobacco Free Program, due to the relationship between smoking, asthma, influenza, and pneumonia.

Teen Wellness Task Force

The Teen Wellness Task Force held two successful parent educational conferences entitled, "Sex, Drugs, and Rock N' Roll--Do you know what your kids know?" in the fall of 2002, one at California University of Pennsylvania and the other at Washington & Jefferson College. Topics included club drugs, date rape, teen sexuality, sexually transmitted infections, and tobacco use. Based on these successes, the task force held two more parent educational conferences entitled, "I Know What Your Kid Did Last Summer," in the fall of 2003.

Reassessment Findings

The task force agreed that education is its primary goal. The problems mentioned in the focus groups included:

- pregnancy/sexual activity/sexually transmitted infections;
- drugs/alcohol/tobacco;
- stress/depression/eating disorders; and
- hygiene.

The task force discussed some themes that emerged from the focus groups.

- Teens felt that transportation to services is not available.
- Teens were not aware of where to get services.
- Some teens agreed with requiring parental consent before teens can access health services, while other teens did not agree.
- Teens thought that all their problems were interrelated.
- Health education needed to start in earlier grades.
- Parents and teachers needed to be educated.
- More peer education needed to be added.

Minority Health Task Force

The Minority Health Subcommittee started as a work group of the Access To Care Task Force and held a prostate health education and screening event modeled after the American Cancer Society's and 100 Black Men's "Let's Talk About It" program on June 21, 2003. 17 African-American men attended, and 5 were screened. This intervention was based on data from the PA DOH that illustrated that African-American men were twice as likely to be diagnosed at a later stage of prostate cancer as Caucasian men (see Figure 8).

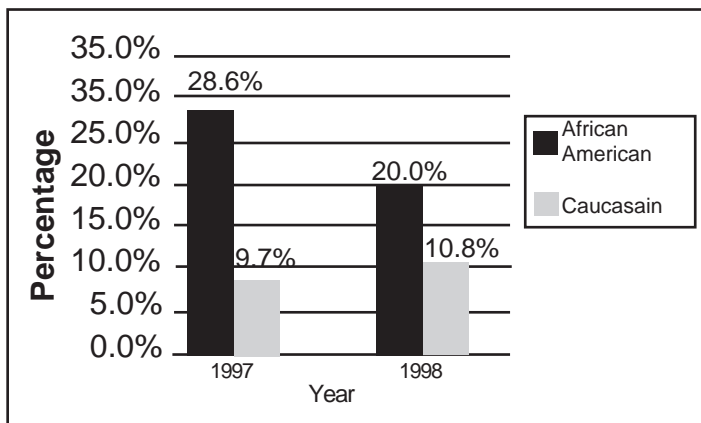


Figure 8. Comparison between races on percentage of late-stage diagnosis for prostate cancer in Washington County.

The Board of Directors recommended that a Minority Health Task Force be created to address additional minority health concerns. This will be explored in the fiscal year 2003-2004.

Nutrition Task Force

The Board of Directors recommended that a Nutrition Task Force be created to address issues of obesity and eating disorders in adults and youth. This will be explored in the fiscal year 2003-2004.

Tobacco Free Task Force

The Board of Directors recommended that the Tobacco Free Advisory Board be converted into a task force to fit WCHP's structure. This will be explored in the fiscal year 2003-2004.

Coordination & Outreach Grant Report

The Coordination and Outreach Committee, an ad hoc committee, came together to design the beginning stages of an integrated health care delivery system to increase the quality of care for low income individuals with or at risk for chronic health problems after WCHP received a \$98,550 grant from the PA DOH Bureau of Health Planning, Division of Health Professions Development. Both Monongahela Valley Hospital's and The Washington Hospital's case management projects for congestive heart failure (CHF) patients were successful. Decreased readmission rates, weight loss, and improved quality of care all resulted from the intervention (see Figure 9).

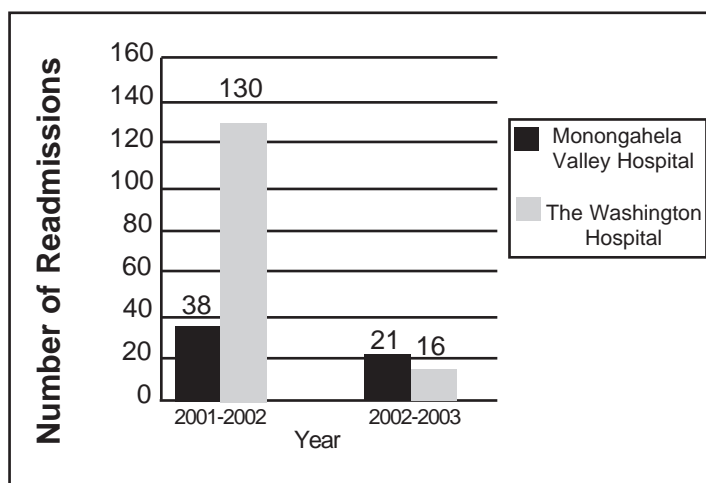


Figure 9. Comparisons of readmissions within 31 days for CHF patients over a two year period. The first year was before the CHF Program, the second year was during the CHF Program.

Both Monongahela Valley Hospital and The Washington Hospital have elected to keep their congestive heart failure case managers on part-time. In addition, the United Way of Washington County will produce a revised copy of their comprehensive guide to resources available in our county. The Coordination and Outreach Committee collaborated with Southwestern Pennsylvania Human Services, Inc. to partially fund both Monongahela Valley Hospital's and United Way of Washington County's projects.

In addition, the Coordination and Outreach Committee has agreed to continue to meet to discuss how health care services can be integrated and coordinated in other ways.



The Tobacco Free Program constructed a strategic plan that reorganized each of the contract deliverables into seven brand areas. Each brand area's goal is listed below together with their initiatives.

Knowledge in Action

Knowledge in Action's goal is to facilitate the exchange of information between experts and advocates. Initiatives include:

- Tobacco Free Grassroots Advocacy Movement;
- Tobacco Free Advisory Board;
- Attendance at regional and state Tobacco Free coalition meetings;
- Tobacco Free resource section in the United Way of Washington County's Human Service Directory; &
- Tobacco Free web site.

Clear the Air

Clear the Air's goal is to expand the number of smoke-free environments. Initiatives include:

- Smoke-free Home and Vehicle Pledge Kits and New Baby Smoke-free Home and Vehicle Pledge Kits;
- Assistance with smoking policy creation and/or revision and implementation for smoke-free day cares, restaurants, other work sites, and public places; and
- Smoke-free restaurant brochure.

Do Your Part

Do Your Part's goal is to support local law enforcement and the business community in prohibiting the sale of tobacco products to minors and implementing Pennsylvania's Clean Indoor Air Act of 1988. Initiatives include:

- Enforcement compliance checks of tobacco retailers, self-service displays, and vending machines;
- Synar survey checks; and
- Assistance in signage for restaurants to comply with Pennsylvania's Clean Indoor Air Act of 1988.

Help to Quit

Help to Quit's goal is to promote the tobacco cessation scholarship program and other local tobacco cessation programs. Initiatives include:

- Creation, promotion, and use of the tobacco cessation scholarship program for uninsured individuals;
- Increased use of local tobacco use cessation programs; and
- Quit Kits.



BUSTED!'s goal is to create an active youth movement to oppose the tobacco industry by exposing the manipulative and deceptive marketing practices used to target teens. Initiatives include:

- Recruitment and biweekly meetings; and
- Attendance at regional and state meetings.
- Local **BUSTED!** events and projects have included:
 - *Tobacco-free Sundays*--members distributed Quit Kits and Smoke-free Home & Vehicle Pledge Kits at Washington Wild Things games and created commercials aired during TV broadcasts.
 - *Operation Storefront*--members tallied tobacco ads in local retailers' stores.
 - *Enforcement Compliance Checks* of tobacco retailers.

Ask and Advise

Ask and Advise's goal is to collaborate with health care professionals to identify and overcome barriers to implement the Clinical Practice Guidelines on tobacco use and dependence. Initiatives include:

- Physician and dentist championed training events for their respective professional communities;
- Integration of tobacco use prevention/cessation in all chronic disease programs; and
- Encouragement of the use of health care reimbursement systems for tobacco cessation programs.

Stop the Addiction

Stop the Addiction's goal is to work with school-related audiences (administrators, teachers, parents, youth, District Justices) to implement tobacco free programs. Initiatives include:

- Engagement of parents as advocates for tobacco free programs;
- Assistance with tobacco use prevention curriculum and policy analysis;
- Implementation of tobacco use prevention and cessation programs; and
- Attendance at American Cancer Society's Youth Tobacco Leadership Institute.



Additional goals include:

- To create tailored campaigns specific to identified and researched disparate populations;
- To reduce the influence of the tobacco industry and to eliminate the social norm of tobacco use;
- To create a system to monitor and evaluate the Tobacco Free Program; and
- To administer and manage the Tobacco Free Program.

Tobacco Free Program Advisory Board

The Tobacco Free Program Advisory Board consists of local and regional participants who provide community partnership liaisons. Fiscal Year 2002-2003 members were:

- Natalie BonAnno, Vice President of Community Service, United Way of Washington Co.
- David A. Celko, MD, Pulmonologist at Canonsburg General Hospital and Monongahela Valley Hospital
- Diane Kirk, PhD, Superintendent, Peters Township School District
- Maxine Kopiec, RN, Tobacco Prevention Consultant, Pennsylvania Department of Health
- Jeff M. Kotula, Executive Director, Washington County Chamber of Commerce
- William J. McMahon, MD, Retired Radiologist
- Pat Milioto, Legislative Assistant to Representative Solobay
- Debra Payerchin, Regional Vice President, American Lung Association
- William P. Pearson, MD, Vice President of Medical Affairs, The Washington Hospital
- John Pushak, Chief of Police, Cecil Township Police Department
- Kathleen Row, Prevention and Detection Specialist, American Cancer Society
- Rev. Stephen J. Russell, Jr., Pastor, Nazareth Baptist Church
- The Honorable Tim Solobay, Pennsylvania House of Representatives
- Christine Weaver, Executive Director, American Respiratory Alliance

Fiscal Year 2002-2003 Subcontractors

The following organizations worked in one or more of the Tobacco Free brand areas during Fiscal year 2002 - 2003:

- Centerville Clinics, Inc.
- Cornerstone Care, Inc.
- Beverly Baxter Cwalina
- DM Harris and Associates
- Family Health Council, Inc.
- Graduate School of Public Health, University of Pittsburgh
- Gateway VISION
- Local police departments
- Monongahela Valley Hospital, Inc.
- Neighborhood Drug Awareness Corps, Inc.
- Nicholl Brandt Communications, Inc.
- Partners in Corporate Health, Inc.
- Southwest Pennsylvania Area Health Education Center
- Southwestern Pennsylvania Human Services C.A.R.E. Center
- United Way of Washington County
- Washington Drug and Alcohol Commission, Inc.
- The Washington Hospital Teen Outreach
- Washington Wild Things



A Brief History and Timeline

During the 1990's, hospitals and their communities began to form collaborative partnerships to identify and reduce community health risks. In September 1994, The Washington Hospital facilitated the creation of a Community Health Needs Assessment Committee.

In 1995, this committee conducted an assessment that included a mailed household survey, focus groups, and review of available community health data. In January 1996, the Committee issued a report calling for the formation of task forces to address identified community health risks, including: Access to Care; Mental Illness/Substance Abuse (MISA); heart disease and stress (now Community Wellness); Respiratory Illness; and teenage pregnancy (now Teen Wellness). Subsequently, a number of the members attended a Hospital Alliance of Pennsylvania (HAP) Conference, entitled "Transforming Health Care: A Trilogy," that March.

During 1996, more than 140 professionals and community residents volunteered to serve on the task forces. The task forces presented action plans in early 1997 and began to implement activities.

During 1999 and 2000, the Pennsylvania Department of Health (PA DOH) launched the State Health Improvement Plan (SHIP), which replaced a centralized statewide health planning process with community-based planning to address health problems at the local level. The PA DOH recognized Washington County Health Partners, Inc. (WCHP) as a SHIP-approved, local community health initiative responsible for community health assessment and planning. An evaluation of the program's activities was undertaken during this same time period, and it determined that a periodic assessment of the community's health must be conducted; providers must work collaboratively to achieve measurable outcomes; and both staff and funding resources were needed to enable the task forces to accomplish their goals. Subsequently, WCHP was incorporated in September 2000.

The Board of Directors represents major stakeholders in the health of the community, such as health care providers, county government, business, education, law enforcement, human/social service agencies, faith community, citizen volunteers, public health, and philanthropic organizations.

Additional Milestones include:

- January, 2001:** Vision and Mission statements created.
- April, 2001:** Received approval of status as a 501©3 tax-exempt organization.
- July, 2001:** Began operations as an independent organization.
- October, 2001:** Search Committee hired first Executive Director.
- December, 2001:** Hired first Administrative Assistant and moved into new office.
- February, 2002:** Received grant for Washington County's Tobacco Free Program. Minority Health Workgroup formed.
- May, 2002:** Hired second Administrative Assistant. Promoted first Administrative Assistant to Tobacco Free Coordinator. Received Coordination and Outreach grant.
- June, 2002:** Received Highmark Foundation grant.
- October, 2002:** Hired Community Wellness Coordinator. Started countywide community health reassessment.
- March, 2003:** Started two WellLife™ Programs.
- September, 2003:** Held first Board of Directors' Retreat.

Fiscal Year 2002 - 2003 Sponsors

2002 - 2003 General Financial Statement

Washington County Health Partners, Inc. would like to thank individuals and organizations who have made both in-kind and financial contributions to support our organization From July 1, 2002 to June 30, 2003:

American Cancer Society	Mon Vale Advances Total
American Respiratory Alliance	Community Health (MATCH®)
David R. Andrews	Monongahela Valley Hospital, Inc.
Anonymous Donor	Robert Mt. Joy Observer Publishing Company
Barbara Barr, RN	Office of Vocational Rehabilitation
Sara Baxter	William P. Pearson, MD
Karen Bennett	Penn Commerical, Inc.
Barbara Bensaia	Pennsylvania Department of Health
Janet Bitonti	Pennsylvania Department of Public Welfare
Elaine Bloskis	Pittsburgh Technical Institute
J. Bracken Burns, Sr.	Presbyterian SeniorCare
California University of PA	Betty V. Ruetschi
Canonsburg General Hospital	Gerald & Sylvia Rutledge
Louise Carmichael	Lee Rutledge-Falcione
Clore Enterprises Printing	St. Paul AME Church
Cornerstone Care, Inc.	Southwest Pennsylvania Human Services, Inc.
Susan Cottrill	Strabane Trails Village
Charlotte A. Courie	Telford W. Thomas
Fayette County Office of Human & Community Services	Three Rivers Med Plus
Fourth Presbyterian Church	Elizabeth Todd, RN
Glory To God Free Clinic	Value Behavioral Health of Pennsylvania
Kelly D. Goedel	Rev. Susan E. Vande Kappelle
Robert Griffin	Washington Christian Outreach
HBC Service Company	Washington City Mission
The Health Club at Southpoint	WFCED
Highmark	Washington Federal Foundation
Highmark Foundation	Washington/Greene Counties Job Training Agency
Erika Hines	The Washington Hospital
HitchingsPharma, a Division of GlaxoSmithKline	Washington Tool and Machine Company
Carl & Nancy Hoy	West End Community Food Bank (Broad Street Baptist Church)
Howard F. Jack, EdD	Wilfred R. Cameron Wellness Center
Susan M. Key	Deb Williams, RN
Jennifer Killen	Bob Willison
Elaine M. Knotts	
LeMoyne Multicultural Community Center	
Anita Leonard, RN, MPH, CHES	
Mike Lucas	
John Luginski	
Lungs At Work, Inc.	
Sheiff Larry Maggi	
William J. McMahon, MD	

July 1, 2002 through June 30, 2003

ORDINARY INCOME/EXPENSE

INCOME

Grants		
Tobacco Control	\$560,443	
Other Grants	<u>\$41,056</u>	
Total Grants		\$601,499
Revenues Released from Restriction Coordination & Outreach	\$98,298	
Contributions	<u>\$75,000</u>	
Revenues Released from Restriction		\$173,298
In-Kind Revenue		\$10,337
Donations		\$3,985
Other Income		\$2,037
Total Income		\$791,156

EXPENSE

Program Expenses		
Tobacco Control	\$560,443	
Other Programs	<u>\$150,072</u>	
Total Program Expenses		\$712,530
Administrative Expenses		\$31,641
Total Expense		\$744,171
Net Ordinary Income		\$46,985

Vision Statement:

"Washington County Health Partners, Inc. envisions a community in which citizens of all ages are able to enjoy a life in which they know peace of mind, body and spirit."

