

**Allegany County Health Planning Coalition  
Local Health Action Plan July 2020-June 2023**

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 three priority areas:

- Transportation
- Social Determinants of Health
- Prevention- Risk Reduction

Each priority area includes goals, SMART objectives, responsible parties, and outcomes including baseline, target, and current status. The LHAP is a three-year plan and progress is reviewed in six-month phases: Phase 1 is July-December 2020, Phase 2 is January-June 2021, Phase 3 is July-December 2021, Phase 4 is January-June 2022, Phase 5 is July-December 2022, Phase 6 is January-June 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  
Bd of Ed = Board of Education  
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  
FVC = Family Violence Council

HRDC = Human Resources Development Commission  
LMB = Local Management Board  
MH = Mental Health  
MHA = Mountain Health Alliance  
MHCE = Make Healthy Choices Easy  
MHSO = Mental Health System's Office  
OB= Obstetrics  
PCP = Primary Care Provider  
TSCHC = Tri-State Community Health Center  
TSWHC =Tri State Women's Health Center  
UM = University of Maryland  
WMd = Western Maryland  
WMHS = Western Maryland Health System **now UPMC Western Maryland**

**Transportation**

GOAL	SMART OBJECTIVE	WHO	OUTCOMES	BASELINE	TARGET	CURRENT STATUS
Increase access to safe, affordable and reliable transportation	<p>Each year of this cycle, educate at least <u>100</u> transportation users or service providers about the transportation options and system changes.</p> <p>Each year of this cycle, identify existing transportation alternatives (including delivery services and reverse transport options) and seek at least one new option to reduce the transportation barrier.</p>	<p><b>Transportation Committee</b>                      UPMC W Md.                      Mobility Mgmt-HRDC                      Med Trans- NEMT-ACHD or statewide vendor,                      All Trans- County Transit                      Taxi (Crown, Yellow, QCity)                      County Medical Transport,                      Bay Runner,                      Garrett Transit                      Mineral County - Logisticare, PVTA                      CUW, Communities for Life, Service Providers</p>	<p>Reduce % of respondents missing medical appointments due to transportation</p> <p>Reduce % of respondents not getting to grocery store</p>	<p>25</p> <p>14 grocery 6 foodbank</p>	<p>10</p> <p>12 total</p>	<p>19</p> <p>14 grocery 6 foodbank</p>

**Supporting Strategies**

Transportation Committee-

- One Call One Click-shared system (Trip Master- CTS Software) for scheduling and tracking rides
- Linking of dispatch services
- Streamline the rules across services Planned coordination of transports to outlying areas
- Coordination of rides during off hours cross agency
- Collaborate on grants for transportation
- Increased education for users and staff assisting people with transportation
- Establishment of Express Loops with certain days and routes- use geo- mapping of historic use rides

**Social Determinants of Health**

GOAL	SMART OBJECTIVE	WHO	OUTCOMES	BASELINE	TARGET	CURRENT STATUS
Increase access to healthy foods and local food sources	Utilize information obtained through food system mapping to identify and establish 5 sites per cycle year where healthy food choices or local food sources will be increased.	Bridges to Opportunity-poverty SunLife Partners-Aramark, WMFC, food bank, ACM, AHEC, As. Ch, HRDC, <b>UPMC W Md</b> , UM Ext., FSU, ACHD, Funders-CareFirst, Singer, etc.	% population who lack access to adequate food (CHR)	12	9	13
Improve home and community safety (fire, security, safety)	Each year of cycle, provide education and assessment process focused on improving home and community safety for 100 or more people.  By June 2023, assess and assist 100 individuals with home or community safety needs	Cumberland Housing Authority and Alliance, HRDC, ACHD, Law Enforcement and Fire Dept., Home Care and CHW  <b>Committee</b> (Julie, Brittany, Heather)	Reduce # of poor mental health days (CHR)	4.7	3.8	4.7

**Supporting Strategies**

SunLife Partners- Food Insecurity- Systems mapping and identification of key strategies to overcome the gaps and increase efficiency  
UPMC W MD- Food Farmacy

Bridges to Opportunity- Home sharing

County United Way -Safe, Affordable Housing: Everyone deserves home with basic amenities- space, heat/cooling, water/sewer, secure roof and safe entry

**Prevention- Risk Reduction Youth**

GOAL	SMART OBJECTIVE	WHO	OUTCOMES	BASELINE	TARGET	CURRENT STATUS
Improve the mental and physical health of youth through prevention and risk reduction focused on substance use (vaping), mental health (resilience), and healthy living (obesity-nutrition and physical activity).	By June 2023, engage 500 or more youth in mind body skills groups and targeted prevention programs in the community  Each cycle year host at least 3 cross sector forums regarding identified risk behaviors of youth and potential prevention strategies for our community ( such as- stigma-Distorted Perception, vaping-Don Swogger, family needs and trauma informed care- Family First).	ACHD and Frostburg Coalition- Vaping-Don Swogger ACPS, ACHD, LMB, DJS- Youth Mental Health <b>ACM- CMBM- healthy living</b> <b>UPMC W MD- Wellness and Resp.</b> Dept healthy living AHEC Families First Family Junction, 4H UMExt- MDROTA.org	% students ever using e-vapor products YRBS -2018	27.1 ms 55.4 hs	<b>25.1 ms</b> <b>53.4 hs</b>	27.1 ms 55.4 hs
			% students ever seriously thought about killing self YRBS	22.3 ms 20.5 hs	21.3 ms 19 hs	22.3 ms 20.5 hs
			% students not physically active 60 min. 5 or more days/wk YRBS	41.9 ms 51.5 hs	39 ms 49 hs	41.9 ms 51.5 hs
			% elementary public school students with BMI at 95 <sup>th</sup> percentile or above	20	13.6	21.2

**Supporting Strategies**

ACPS- Vaping addressed in all school levels

LMB-Trauma Educational series and FFT Multisystemic Therapy (DJS)

County United Way- Impact Grant- Strategy Map

- Prevent ACEs from contributing to life-long outcomes for current and future generations
- Provide trauma-informed care and accessible evidence-based treatments from trained and knowledgeable specialists
- Ensure a continuum of services exist to meet behavioral health needs

**Other Supporting Strategies**

Eliminate Health Disparities – NAACP, County United Way,