

2014-2018 Community Health Improvement Plan
Davis County, Utah

Davis4Health 4th Annual Progress Report



Prevent & Reduce Suicide
Improve Access to Behavioral Health Services
Prevent & Reduce Obesity
Improve Air Quality



Davis County Health Department
22 South State Street
Clearfield, Utah 84015
www.daviscountyutah.gov
801-525-5212

February 2018

Background

Purpose

The purpose of the 4th Annual Davis4Health Davis County Community Health Improvement Plan (CHIP) Progress Report is to monitor progress toward the four health priorities identified by the community in 2013: 1) suicide, 2) obesity, 3) access to behavioral health services, and 4) air quality. Community partners began implementing the CHIP in 2014. This report documents progress made during the 3rd year of implementation. It also acknowledges partners for their contributions and recognizes the community's progress toward improving health in Davis County during 2017.

We have used the County Health Rankings Take Action Cycle as a model to guide the community health improvement process. This report documents that we are acting on what's important and evaluating our actions.



This report includes 2 categories of data designed to measure progress toward improving health. Short and long-term objectives are reported on using data collected from community partners. The objectives reflect how the community plans to influence priority health issues. Some objectives have been updated, corrected, or added since the original CHIP was written.

Performance measures are monitored as part of larger population health measures like the Behavioral Risk Factor Surveillance System (BRFSS), County Health Rankings, Prevention Needs Assessment Survey, American Community Survey, and others. These data are more likely to reflect health outcomes. Performance measures for some priorities are still being identified, discussed & evaluated.

Priority: Suicide

Davis HELPS is the lead coalition in Davis County working on suicide prevention and coordinating with other agencies to address the problem throughout the county. The group has been meeting since 2008, and began to focus on suicide during 2013. Davis Behavioral Health provides administrative support to the coalition.

Goal: Reduce suicide deaths in Davis County to meet the Healthy People 2020 target of 10.2 deaths per 100,000 population.

Strategies:

- Promote public awareness that suicide is a preventable public health problem
- Improve the ability of service providers to support individuals who are at risk
- Implement youth suicide prevention programs
- Implement and highlight prevention programs and resources for members of the workforce
- Launch and promote a Davis County survivor support group
- Decrease suicide risk by reducing access to lethal means

Committee Members:



Left to Right, Back Row: Sidnee Kassing, Katye Halterman, Leah Colvin, Jessica Buckway, Carolyn Christensen, Gini Highfield, Wally Larrabee, Zuri Garcia, Debi Todd, Jake Isaacson. Second Row: Danette Forward, Beth Temple, Amy Mikkelsen, Alana Cloud, Kristy Jones, Christy Hutchinson, LeeAnn Gossett, Chris Ipson, Isa Perry. Front Row: Andi Tremonte, Judge Tom Kay, Shauna Morgan, Karlene Kidman, Ivy Melton-Sales, Jessica Bigler. Not shown: Verne Larsen, Josh Grondel, Josh Hansen, Melissa Hansen.

Accomplishments:

- Meeting Dates: 10—1/5, 2/2, 3/2, 4/6, 5/4, 6/1, 8/3, 9/7, 10/5, 11/2
- # of Participants: 30
- Grant Applications Linked to CHIP Priority: 5
- New Funding: \$241,171

Priority: Suicide

Short-term Objective Progress Update

Short-term Objectives	Target Date	Status
Launch and promote Davis County Suicide Survivor Support Group.	12/31/2014	Complete 1/1/2014
At least 2 Mental Health First Aid Instructors will be trained.	12/31/2014	Complete 7/31/2014
An additional 2 Mental Health First Aid Instructors will be trained.	12/31/2015	Complete 7/29/2015
Complete and distribute Davis County suicide risk referral and protocol check list.	2/28/2015	Complete 2/28/2015
Hold up to 8 town hall meetings throughout the county.	12/31/2015	Complete 11/19/2014
Increase the number of active trained QPR Gate Keeper instructors in Davis County from 0 in 2013 to 8.	12/31/2015	Complete 12/10/2014
One QPR master trainer in Davis County.	12/31/2015	Not Complete Remove
Conduct at least 15 QPR presentations throughout Davis County.	12/31/2015	Complete 6/19/2014
All Davis School District school counselors will receive QPR training.	12/31/2015	Complete 10/24/2014
All high schools (9)* will be presented with information about effective peer to peer suicide prevention programs.	12/31/2015	Complete 9/26/2014
Increase the number of peer to peer suicide prevention programs (e.g. Hope Squads) in Davis County high schools from 2 in 2013 to 5.	12/31/2015	Complete 10/20/2015

*This number was incorrect in the CHIP and has been updated. Note: The workgroup realized that getting a QPR master trainer in Davis County is not necessary. There have been plenty of opportunities for partners to get trained as QPR Gate Keeper Instructors through in-person and online trainings.

Added Objectives (2/5/2015)	Target Date	Status
Hold an additional 10 town hall/community meetings or parent seminars addressing suicide throughout the county.	12/31/2015	Complete 11/18/2015
Conduct at least 15 additional QPR presentations throughout Davis County.	12/31/2015	Complete 9/23/2015

Priority: Suicide

Long-term Objective Progress Update

Long-term Objectives	Target Date	Status
Promote mental health, emotional well-being, suicide prevention and support services in Davis County through a media campaign.	12/31/2017 [^]	Complete 10/31/2017
Conduct 15 Mental Health First Aid presentations throughout Davis County.	12/31/2018	Complete 12/31/2016
Increase the number of trained helping professionals who are trained to address suicide.	12/31/2018	On Track
All junior high schools (16)* will be presented with information about effective peer to peer suicide prevention programs.	12/31/2018	Complete 09/24/2014
All high schools (9)* will have a peer to peer suicide prevention program.	12/31/2018	Complete 10/20/2015
Increase use of suicide screening tools by healthcare professionals, behavioral health providers, schools, and other helping professionals.	12/31/2018	Complete 12/31/2017
At least 5 employers will address suicide prevention in the workplace through employee wellness programs, employee assistance programs, or other activities.	12/31/2018	Complete 11/7/2017
Support national and local drug/medicine take back events, at least one per year.	12/31/2018	On Track
Support statewide efforts to promote safe storage of firearms.	Ongoing	On Track

*These numbers were incorrect in the CHIP and have been updated. [^]Extended from 2016 to 2017.

Added Objectives (12/1/2016)	Target Date	Status
At least one Davis County professional will be trained as an Applied Suicide Intervention Skills Training (ASIST) Instructor.	12/31/2017	Complete 02/27/2017
Expand Mindful Schools program from 1 school (2016) to 40 schools.	12/31/2018	On Track

Performance Measures	Baseline & Year	Current Measure & Year	Target Measure & Year
Reduce suicide deaths in Davis County to 10.2 deaths per 100,000 population.	14.3 (2010-2012)	17.3 (2013-2015)	10.2 (2020)

Other suitable performance measures are being discussed & evaluated by the committee including adolescent suicide ideation, plans and attempts.

Priority: Suicide

Objective Highlights:

Training & Awareness

- 10,500 participants trained in QPR or safeTALK
- 493 participants trained in Mental Health First Aid (MHFA) or Youth Mental Health First Aid (YMHFA)
- 6 workplaces trained in QPR or safeTALK
- 2 new instructors in MHFA
- 1 new community QPR instructor for LDS outreach
- Participation in LDS Welfare Specialist monthly meetings sponsored by LDS Family Services in Centerville
- MHFA integrated into Davis County Medical Reserve Corps initiatives
- Coalition sponsored partner attendance at Utah Prevention Coalition Summit, Community Anti-Drug Coalitions of America (CADCA) Academy, and Utah Substance Abuse Conference
- Paid promotion of Man Therapy Campaign during the fall to Davis County residents via Google, KSL.com, Facebook (men only) leading to 3,307 mantherapy.org link clicks; and an article in Davis County Clipper Thrive Magazine (reach: 10,000)



Priority: Suicide

Objective Highlights:

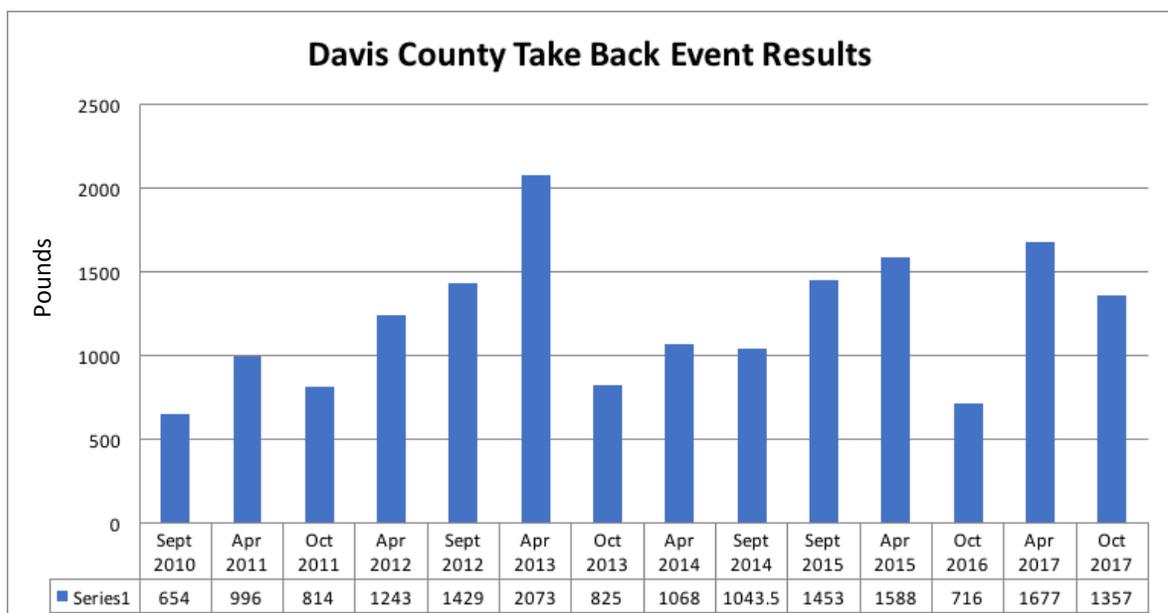
Youth Mental Health

- 2nd annual Children’s Mental Health Awareness Day event in conjunction with Davis County’s Safe Kids Day with 5 partnering HOPE Squads, 2,500 parents and youth participated
- 300 HOPE Squad members participated in summer training
- Development, IRB approval, and dissemination of youth serving adult survey
- Expansion of Mindful Schools (24 schools, 413 classrooms, 388 teachers completed Mindful Schools Foundation Course, 58 school personnel trained to teach Mindful Schools curriculum, 10,317 students received mindful schools lessons)



Reducing Access to Lethal Means

- 2 prescription drug take back events—3,034 lbs. collected in 2017
- 16 permanent prescription drug drop off locations in Davis County found at useonlyasdirected.org
- 600 trigger locks distributed to the community via community events, partners, and to firearm retailers



Source: Davis Behavioral Health

Priority: Suicide

Partner Spotlights:

Davis School District (DSD)

- Hope Squads in 26 secondary schools, one alternative high school, and 8 elementary schools
- 3 parent seminars on youth protection with a focus on suicide prevention
- 44 staff trained as QPR Gatekeeper Instructors
- Provided QPR training to 1,566 participants district-wide
- 2 staff trained as Youth Mental Health First Aid (YMHFA) Instructors (2 more are being trained in 2018)
- Conducted 9 YMHFA trainings for 180 district employees (SY 2016-2017): teachers, aids, counselors and administrators
- Conducted 4 Connect Postvention trainings for 64 participants (SY 2016-2017)
- 2nd SAFE UT video created by DSD Community Relations Department
- Implementation of Mindful Schools curriculum in conjunction with Davis Behavioral Health
- New part-time employee, Student Success Coordinator, teaches mindfulness and meets with high risk students in 4 secondary schools (South Davis Junior, Woods Cross High, West Point Junior High, and Syracuse High School)

NUAMES High School Hope Squad, 2017-2018, Layton

<https://www.youtube.com/watch?v=SR75X4V2vR0>



Snow Horse Elementary School HOPE Squad, Kaysville

Introduce Hope Squad:

<https://www.youtube.com/watch?v=WhdKHdZFUzw&feature=share>

Hope Week 2016-2017:

<https://www.youtube.com/watch?v=jjz3gn6ocTw>

Kaysville Jr High Hope Squad, 2016-2017

<https://www.youtube.com/watch?v=6p4EpgDeTH0>



Priority: Suicide

Continue Mission (CM)—No Veteran Left Behind

- 1,962 veterans and support members served
- 158 events held for veterans and support members
- 135 meetings and events attended in support of suicide prevention and mental health awareness (community outreach, coalitions, media interviews, speeches, conference presentations, legislative testimony, and other community support)
- Taught NAMI Homefront
- Conducted first evaluation showing participation in CM events has a positive impact on mental health, led to reduced suicide ideation, and improved relationships



NUHOPE

- 248 school suicide prevention presentations (7,717 students reached in 22 schools)
- 7 QPR presentations (1,104 participants)
- Participation in all Davis School District Parent Nights & Davis County town hall meetings
- Support to Davis School District Hope Squads
- NUHOPE 9th Annual Suicide Awareness Walk (1,503 participants)
- NUHOPE was honored to receive the Indie Ogden Award for Best Community Group
- Suicide prevention program selected as one of ten "Programs of Excellence" winners in the U.S. to receive a \$10,000 award
- Opening of 24/7 hospital-based behavioral health access center at McKay-Dee Hospital



Priority: Suicide

2017 Policy & Resource Successes:

- NAMI grant to implement Working Minds, Signs of Suicide (SOS) in schools and to promote Man Therapy in Davis County
- Davis County Medical Reserve Corps grant to implement MHFA
- USU Extension second year grant recipient for Project AWARE from SAMHSA to implement YMHFA

2018 Activities:

- Support recommendations of Utah Governor's Suicide Prevention Task Force
- Support recommendations of the CDC Epi-Aid Team found in the 2017 Study of Suicide among Youth in Utah
- Promote SafeUT app
- Workplace employee training
- Promote Zero Suicide framework for healthcare and mental health agencies and providers
- Obtain IRB approval and conduct teen focus groups
- 3rd Annual Davis County Mental Health Awareness Event
- Outreach to seniors and caregivers
- Continue expansion of Mindful Schools
- "Let's Talk" Community Prevention & Resilience Series
- Planning of prevention summit for community leaders, prevention professionals, educators, etc.

2018 Policy Priorities:

- 3 digit mental health crisis line
- Davis School District suicide prevention funding and other prevention funding has been cut by 1/3 in the last year. Provide encouragement to Utah State Legislature and Utah State Board of Education (USBE) to sustain prevention efforts.
- Expand Student Success Coordinator position at DSD



Priority: Access to Behavioral Health Services

The Community Access Committee was formed in 2013 to bring service providers, community-based organizations and other interested partners together to work on improving access to behavioral health services in Davis County. The Davis County Health Department and Davis Behavioral Health provides administrative support to the group.

Goal: Increase access to behavioral health services in Davis County through promotion of existing resources, new screening and referral tools, increasing effective prevention programs, and better training for helping professionals.

Strategies:

- Identify a network of behavioral health providers
- Medical providers utilize anxiety and depression screening tools
- Use behavioral health referral tools
- Implement community education programs to reduce mental health stigma, help the community respond to signs of mental illnesses, and help those coping with stress and chronic disease

Committee Members:



Left to Right, Back Row: Josh Grondel, Josh Alvarez, Christy Hutchinson, Kristy Jones, Marcie Clark. Front Row: Mark Dewsnup, Zuri Garcia, Kristy Cottrell, Becky Weisner, Keicha Christiansen, Casey Christensen, Isa Perry. Not Shown: Merri Ann Crowther, Brandon Hatch, Paula Halley, Catherine Birch, Carolina Cuning, Jess Bigler.

Committee Accomplishments:

- Meeting dates: (4)—3/14, 6/27, 8/29, 10/26
- # of participants: 18
- Grant applications linked to CHIP priority: 2
- New Funding: \$89,000

Priority: Access to Behavioral Health Services

Short & Long-term Objective Progress Update

Short-term Objectives	Target Date	Status
Identify all Davis County behavioral health providers and assess services offered (hours of operation, specialty services, payment type accepted, crisis services, willingness to participate, etc.).	12/31/14	Complete 7/3/2014
Train 2 Davis County instructors in Mental Health First Aid.	12/31/14	Complete 7/31/2014
Train 2 Davis County instructors in Mindfulness-based Stress Reduction (MBSR).	12/31/14	Complete 1/31/2014
Develop an online tool or directory for mental health and substance use resources and service providers.	3/31/15	Complete 3/31/2015
Train 50 medical providers to use the PH-Q9 and GAD-7 anxiety and depression screening tools and referral process.	12/31/18~	Complete 12/31/2017

Long-term Objectives	Target Date	Status
Promote mental health, emotional well-being and behavioral health services in Davis County through a media campaign.	12/31/17^	Complete 10/31/17
Conduct at least one mental health screening event each year for DSD students in conjunction with school & community events.^^	12/31/18	On Track
At least 5 community agencies will implement regular use of anxiety, depression, and trauma screening tools.	06/30/18	Complete 12/31/2017
Conduct 15 Mental Health First Aid presentations throughout Davis County.	12/31/18	Complete 12/31/2016
At least 5 employers will address and promote mental health and emotional well-being of employees through employee wellness programs, employee assistance programs, or other activities.	12/31/18	Complete 11/7/17

Performance Measure	Baseline & Year	Current Measure & Year	Target Measure & Year
Decrease the average number of Poor Mental Health Days per month from 3 to 2.3.*	3 (2013)	3.3 (2017)	2.3 (2018)

~Objective target date extended from 12/31/2015 to 12/31/2018. Workgroup feels objective is still important and can be achieved if given more time. ^Extended from 2016 to 2017. ^^This objective replaced prior objective which incorrectly specified screening by school counselors. *National Benchmark, Top 10% best in U.S, CHR 2013.

Priority: Access to Behavioral Health Services

Objective Highlights:

- First ever community-based youth mental health screening event (67 youth attended)
- Creation of Davis HELPS Youth Services Directory
- Updated the Davis County Mental, Emotional & Behavioral Health Resource Directory
- Conducted 7 Mindfulness-based Stress Reduction (MBSR) sessions (104 adult participants)
- Conducted 5 Learning to Breathe sessions (73 adolescent participants)
- Trained 2 additional Mental Health First Aid instructors & 3 Youth Mental Health First Aid instructors
- 8 Davis County healthcare clinics participating in Health Insight behavioral health quality improvement project to increase depression & alcohol misuse screening
- NAMI Connection & Family Support Groups offered at North Davis Senior Activity Center in Clearfield
- Davis Links monthly resource sharing & networking forum linking partners with many behavioral health and human service providers
- Davis County Human Service Directors selected mental health as one of three priorities, developed outcome driver summary, and strategic direction
- 3 community screenings of Resilience, documentary about consequences of adverse childhood experiences (ACEs) and toxic stress



In October 67 teens and their families attended the Davis HELPS Youth Mental Health Screening Night, offered to youth ages 12-18 held at Syracuse High. Youth completed an online questionnaire before coming to the screening touching on a wide variety of topics including depression, anxiety, suicide and bipolar disorder. Volunteer clinicians used the results of that questionnaire during a 30-minute screening appointment to talk with the youth and their parent about the findings and any necessary follow up.



Community resource tables with service providers offering medical treatment, counseling and support groups were onsite to schedule follow-up appointments.



All participants were provided a copy of the new Davis HELPS Youth Services Directory found at go.usa.gov/xn4FK.

Agencies with significant involvement included: Davis County Health Department, Davis Behavioral Health, Davis School District, Davis Community Learning Center, McKay-Dee Hospital/NUHOPE, MoodDoctor, 16 volunteer clinicians from 9 agencies, and 35 additional volunteers.

Priority: Access to Behavioral Health Services

Partner Spotlights:

Davis Behavioral Health

- Provided services to 7,804 residents
- Served 2,943 uninsured residents
- Served 183 at the Kaysville Youth Receiving Center
- Justice Reinvestment Initiative, recovery support services—outreach to 851 individuals to engage & remain in treatment, help with other support services such as employment
- Teaching Mindfulness-Based Stress Reduction for adults & Learning to Breathe for youth, demonstrating significant results such as decreased depression & stress



screening.mentalhealthscreening.org/dbh

How are you feeling?

Mental health is a key part of your overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional – they are a checkup from your neck up. This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.

DAVIS BEHAVIORAL HEALTH

TAKE A SCREENING

Opioid Community Collaborative

- 341 clients served
- Provided medication-assisted treatment, therapy & case management
- Provided access to treatment within 4 days
- 91% of participants remain abstinent of opioids at 16 months
- 82% retention rate in treatment for 6 months
- 62% of participants report improved housing situation
- 71% of participants report improved employment situation
- Partners include: Davis Behavioral Health, Intermountain Healthcare, Weber Human Services & Utah Department of Health
- Intermountain Healthcare announces an additional \$2 million donation to fight opioid misuse funds which support agencies and programs part of the Opioid Community Collaborative

Priority: Access to Behavioral Health Services

USU Extension Davis County

- 3 Youth Mental Health First Aid instructors trained (2 of the 3 certified to teach in both English & Spanish)
- 27 Youth Mental Health First Aid classes taught
- 479 Youth Mental Health First Aiders trained (415 in English & 64 in Spanish)
- 775 occurrences of First Aiders referring youth to professional mental health services, self-help strategies, or other supports in the young person's life
- Evaluations show training is effective & that participants are learning to recognize signs of mental health challenge/crisis & gaining confidence in reaching out to young people in crisis or who are suicidal
- Link to mental health resources on website: aware.usu.edu/resources
- 34 adolescents attended Camp Thrive—a hands-on day camp focused on positive mental health and resiliency



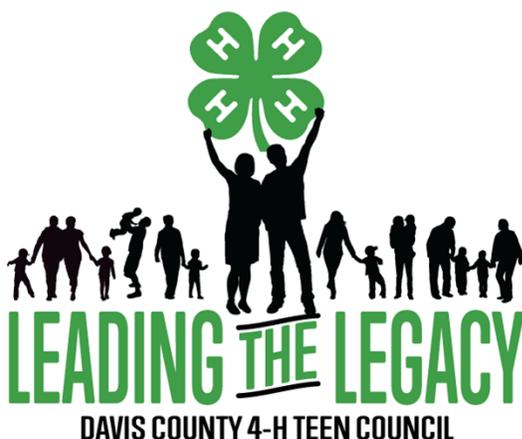
1 in 5 Davis teens
lives with persistent mental distress.

BE THE HELP SOMEONE NEEDS



aware.usu.edu

EXTENSION
UtahStateUniversity



4-H Teen Council

The Davis County 4-H Teen Council is a 4-H leadership club for teens grades 7-12. Its purpose is to help young people develop: leadership, relationships, mental health and well-being, and service learning skills. They provide developmental training through camps for other youth to enhance these skills. 4-H Teen Council members meet monthly to plan and implement 4-H educational programs, as well as community service, and social activities.

Contact Information: Karlene Kidman, Davis County 4-H Teen Council Advisor, (801) 668-3499, KarleneKidman@gmail.com

Priority: Access to Behavioral Health Services

Mood Doctor (moodoctor.com)

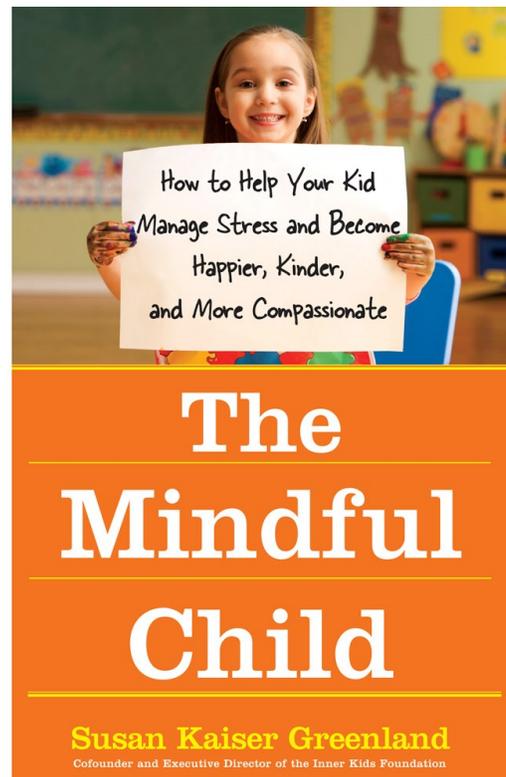
- 48 Davis County healthcare providers and behavioral health clinicians trained to use online screening tool
- 6 Davis County clinics implemented use of online screening tool
- 1,025 Davis County residents screened for behavior health conditions using online screening tool
- Customized screening tool donated for use in conjunction with Youth Mental Health Screening Event to understand needs of youth related to depression, anxiety, ADHD, mood disorders, behavioral disorders, and suicide



"The solution to timely and efficient mental health treatment and diagnosis is MoodDoctor™, designed to help patients and providers gather data relevant to common mental health disorders in a simple and efficient process. The Data Summary supports licensed practitioners toward a diagnosis by organizing data in a familiar and easy to review format consistent with DSM-V® guidelines." ~Co-Founder, Dr. Corey Ericksen

Davis Head Start

- 30 staff participated in level 1 Mindfulness training
- Provided Youth Mental Health First Aid training for staff
- Participating in IECMHC (Infant & Early Childhood Mental Health Consultation), group of various agencies to develop a statewide program related to infant and early childhood mental health
- Participated in a Mental Health Conference at UCLA to assist in implementing program wellness goal
- Started mental health clinic for Head Start families, offering free short term counseling for Head Start families not covered by insurance
- Increased participation in mental health parent trainings from 4-5 parents attending in the past to 30 this year



Priority: Access to Behavioral Health Services

2018 Activities:

- Stabilization & Mobile Response Project: Davis Behavioral Health (DBH) will be responsible for this service for all of northern Utah (Davis, Weber, Cache, Box Elder, Rich and Morgan counties). DBH will contract with providers in Northern Utah to provide mobile crisis outreach and stabilization services.

“Mobile Response Services are available 24 hours per day, 7 days a week, year round and are provided to children and youth experiencing escalating emotional symptoms, behaviors or traumatic circumstances that compromise their ability to function within their family, living situation, school and/or community environments.”

- Launch of Davis County “Grow Your Network” Events for behavioral health providers
- Planning stages for Davis County Behavioral Health Network to launch in conjunction with Layton Intermountain Healthcare hospital opening in 2018
- Midtown Community Health Center in Clearfield will begin offering low cost medication-assisted treatment (Vivitrol) to uninsured heroin and opiate addicts
- 2nd Annual Youth Screening Event
- Launch of USU Extension’s Latino Culture of Mental Health Council focusing on 84015 zip code, youth training at National 4-H Healthy Living Conference, focus on increasing resources and services in Spanish

2018 Policy & Resource Priorities:

- More than 150 mental health and substance abuse bills being proposed in 2018 Utah State Legislature including 3 digit phone number for mental health crisis
- Medicaid expansion
- Justice Reinvestment Initiative—reinvestment needed for treatment, strengthening community supervision & improving reentry services for nonviolent offenders
- Transitional/respite housing (for mental health & substance abuse)
- Behavioral health services for children
- Community Advocacy (reducing stigma, public education, working with all sectors: political, business, criminal justice, healthcare, behavioral health, etc.)

PREVENTION WORKS.

TREATMENT is EFFECTIVE.

RECOVERY from mental disorders and substance abuse is POSSIBLE.

Priority: Obesity

The Obesity Workgroup was formed in 2013 to bring together community partners throughout Davis County interested in reducing obesity and encouraging active living and healthy eating. The Davis County Health Department provided administrative support to the group during 2017.

Goal: Prevent and reduce obesity in Davis County through environments, policies, and programs that support everyday physical activity and healthy eating choices.

Strategies:

- Promote and support school and community physical activity and nutrition programs
- Increase access to healthy eating choices
- Promote resources to support physical activity and healthy eating
- Implement comprehensive worksite wellness programs

Committee Members:



From Left to Right: Ron Zollinger, Kristy Jones, Anjani Malhi, Marcie Clark, Rosa Alveno, Jasmine Lundberg, Scott Hess, Erin Floyd, Scott Zigich. Not Shown: Brenda Warnshuis, Jaqueline Neid-Avila, Zuri Garcia, John Borski, Jory Johner, Eric Anderson, Isa Perry, Shelly Nettesheim, Karen Rigby, Shaunna Burbidge.

Accomplishments:

- Meeting dates: (5) - 2/2, 4/13, 6/1, 10/5, 12/7
- # of participants: 20
- Grant Applications Linked to CHIP Priority: 1

Priority: Obesity

Short-term Objective Progress Update

Short-term Objectives	Target Date	Status
Meet with UTA* to discuss UCATS projects.	12/31/2015	Complete 8/7/2014
At least 2 schools or community agencies will start a garden or healthy eating program.	12/31/2015	Complete 8/30/2014
The benefits of a comprehensive employee wellness programs will be promoted to 5 worksites in Davis County.	12/31/2018~	Complete 11/7/2017
At least 2 worksites will implement a wellness program.	12/31/2015	Complete 12/1/2014
One city will develop and/or adopt an active transportation master plan.	12/31/2016~	Complete 5/31/2016
At least 6 Davis School District schools will increase minutes of structured physical activity each day.	12/31/2015	Complete 12/1/2014
Community supported agriculture will be promoted through 15 venues.	12/31/2015	Complete 4/21/2015
The Davis County resource locator website will be promoted through 30 government entities, businesses, or community groups.	12/31/2018~	Complete 12/31/2016
The Davis County resource locator website will be promoted through 8 healthcare agencies.	12/31/2018~	On Track
The Davis County resource locator website will have been promoted 50 times via social media.	12/31/2018~	On Track
The Davis County resource locator website will have received 25,000 hits.	12/31/2018~	Complete 12/31/2016
Davis County trails map will be completed and available to the public.	12/31/2014	Complete 12/15/2014

*Changed from UDOT to UTA. Both are collaborators on the project.

Added Objectives (12/5/2015)	Target Date	Status
At least 2 additional schools or community agencies will start a garden or healthy eating program.	12/31/2015	Complete 12/3/2015
At least 6 additional Davis School District schools will increase minutes of structured physical activity each day.	12/31/2018~	On Track

~Objective target dates extended from 12/31/2015 to 12/31/2016 or 12/31/2018. Workgroup feels objectives are still important and can be achieved if given more time.

Priority: Obesity

Long-term Objective Progress Update

Long-term Objectives	Target Date	Status
Reduce the percentage of adults who are overweight or obese from 63.1% to 57.3%.	12/31/2018	On Track
Decrease the percent of inactive Davis County residents from 16% to 15%.	12/31/2018	On Track
Develop and implement a system to establish baseline indicators for overweight/obese children & adolescents in Davis County.	12/31/2018	On Track
Increase on street bicycle lanes from 74.06 miles in 2013 to 222.00 miles.	12/31/2018	OFF Track
Increase the number of hiking and/or paved shared-use trails from 468.44 miles to 498.44 miles.	12/31/2018	OFF Track
Improve walkability index for at least 2 Front Runner stations in Davis County.	12/31/2018	OFF Track

Added Objective (12/1/2016)	Target Date	Status
At least one Safe Routes to School grant application will be submitted from a Davis County organization.	12/31/2018	On Track

Performance Measures	Baseline & Year	Current Measure & Year	Target Measure & Year
Reduce the percentage of adults who are overweight or obese from 63.1% to 57.3%.	63.1% (2011)	60.3% (2016)	57.3% (2018)
Decrease the percent of inactive Davis County residents from 16% to 15%*.	16% (2013)	15% (2015)	15% (2018)
Increase the percent of Davis County youth who meet aerobic activity guideline.	14.7% (2013)	18.5% (2015)	17.6%^ 2019

*15% is in line with least inactive counties in the state, County Health Rankings 2013. ^State average, 2013.

Priority: Obesity

Objective Highlights:

Healthy Eating

- Partnered with USU Extension to create community garden signs that direct participants to USU Extension's gardening and preservation resources
- Community garden participant evaluation for 8 Davis County community gardens completed for 3rd year and resulting in 2017 Davis County Community Garden Report
- Organized Davis County Food Environment Stakeholder Meeting
- Completed 2017 Food Environment Assessment
- Produced Davis County Grocery Store Access Map



Physical Activity

- Produced Davis County Pedestrian and Bike Crash Analysis City Map Series
- South Davis Mobile Active Transportation Tour in Woods Cross
- Participation in 2017 Pedestrian Summit
- UTA made improvements to 42 bus stops in 7 cities in Davis County. Shelters and benches were added making bus stops more comfortable and inviting.
- Davis County Active Transportation Current Conditions Snapshot (product of Utah Active Transportation Benefit Study)
- "Heads Up" Safety Campaign by UDOT placing sidewalk clings at 3 intersections in Davis County
- Participation in Planners4Health assessment, workshop, and stakeholder meeting



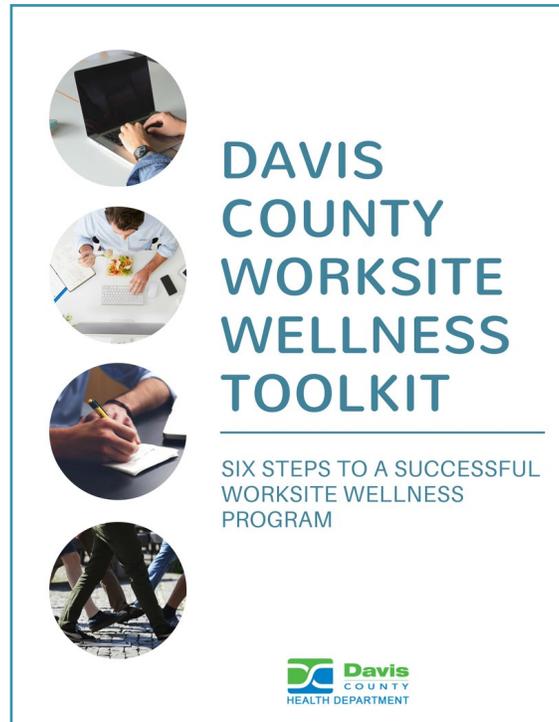
Zero Fatalities installed sidewalk clings intended to remind pedestrians to stay alert when walking during holiday season. The signs are part of the "Heads Up" safety campaign. UDOT placed 20 sidewalk clings at select intersections with high pedestrian traffic and crashes from Provo to Ogden. Three clings were placed in Davis County at Clearfield, Kaysville and Layton. ~ KSL.com, December 14, 2017

Priority: Obesity

Partner Spotlights:

Davis County Health Department (DCHD)

- 2 Diabetes Prevention Program classes began, 8 participants, 3.6% weight loss average
- 3 childcare providers TOP Star endorsed (Teaching Obesity Prevention in Child Care Settings), exposing 32 children to optimal nutrition and physical activity standards
- CDC Worksite Health Scorecard completed for 3rd year
- Secondary school vending assessment to gauge compliance with Smart Snacks in Schools
- Received approval from Davis School District to conduct Height & Weight Measurement Project to determine a county overweight and obesity rate in elementary age students. Measurements taking place in early 2018.
- 3 Davis County senior activity centers offering enhanced fitness, Stepping On, yoga, and dancing
- Davis County Worksite Wellness Toolkit completed and distributed to worksites



Priority: Obesity

USU Extension Davis County

- Weekly Food Sense booth at Syracuse and USU Botanical Center Farmers Markets
- Monthly Food Sense nutrition lessons at Layton Food Pantry, Bountiful Community Food Pantry, Senior Centers, and Title One schools
- Davis County Nutrition Education Assistants reached 3,002 people from January—December 2017
- Received funding to hire 2 Nutrition Education Assistants
- Promoted Farmers Markets that accept SNAP (Supplemental Nutrition Assistance Program)
- Provided pressure gauge testing for home canning on 70 lids in an effort to prevent food poisoning
- Healthy Family Fun Program reached 127 participants in 8 classes



Bountiful Community Food Pantry

- In partnership with Davis School District, created Davis County “No Hunger Zone” program consisting of resources, emergency food boxes, Bountiful Food Pantry vouchers, Pantry Packs and Principal’s Pantry items for students who have not had breakfast. Trained all principals, assistant principals, and counselors.
- Partnered with local farmers and produce wholesalers to provide 62,436 pounds of fresh produce to vulnerable populations in addition to fresh produce which is available regularly from grocery rescue stores
- Provided mobile food pantries at Francis Peak Apartments (Kaysville) and Sunset Jr. High
- Created Knight’s Pride Pantry at Northridge High School for students and community members in Layton
- Distributed 1,656 pantry packs every week to 40 Davis County elementary, junior high and high school students
- Delivered federal food boxes and pantry items for homebound individuals
- Offered youth summer dance classes
- Encouraged healthy food donations



“Fighting hunger one step at a time. The Knight's Pride Food Pantry at Northridge High School began serving the Northern Utah community Thursday following a grand opening and ribbon cutting. It also kicks off the Davis School District's No Hunger Zone effort.” ~Davis School District Facebook Page, September 22, 2017

Priority: Obesity

Davis School District (DSD)

- Hosted the 6th Annual DSD Decathlon with 730 students competing in 10 events
- Faculty and staff from 3 elementary schools (Wasatch, Parkside, Adelaide) received Healthy Bodies Healthy Minds refresher training
- Over 250 new teachers were trained on Brain Breaks
- Received Heart Healthy Company Award from the American Heart Association for employee wellness and healthy lifestyles program
- Trained over 200 educators on Healthy Bodies Healthy Minds Program during 2 day professional learning series
- Distributed year-long calendar of activities for teachers across Utah
- Partnered with Harmons to provide healthy eating habits and healthy snack ideas to employees
- Presented at Utah School Nurses Association on stress reducing techniques and how to embrace stress
- During 2016-2017 school year, 673 students from Buffalo Point, Foxboro and Kay's Creek Elementary participated in Bike Utah's Youth Bicycle Education Program.
- During 2016-2017 school year, 11 schools participated in STEP Express reaching a total of 1,039 students.
- King Elementary (Layton) participated in Green Ribbon Week/Walk to School Day and added a healthy food reward



*Muir Elementary students got jazzed this morning with a visit from the Utah Jazz mascot. The visit from the Jazz Bear — which coincided with the UDOT Student Neighborhood Access Program (SNAP).”
~Davis School District Facebook Page, August 29, 2017*

STEPexpress®



EG King Elementary finished up Green Ribbon week with a visit from the Layton Fire Department. Firefighters welcomed students to school Friday on a very rainy "Walk to School Day." Each student got an apple from the firemen. ~Davis School District Facebook Page, September 18, 2017

Priority: Obesity

2018 Activities:

- Promote Worksite Wellness Toolkit
- Davis County Plan4Health Initiative
- Share results and tools from Utah Active Transport Benefits Study
- Golden Spoke Celebration (100 miles of connected trails from Ogden to Provo)
- Support programs and policies that increase physical activity at schools
- Promote educational opportunities for community garden participants
- Promote expansion of community gardens and their benefits
- Encourage Bountiful Farmers Market to become SNAP eligible and offer Double Up Bucks
- Walkability Projects
- Social media promotion of resource locator—davis4health.org
- Promote family meal time and programs that teach planning and preparing nutritious meals

2018 Policy & Resource Priorities:

- Signage/wayfinding assessment for connectivity of trails, transit and community centers
- Safe Routes to School programs, encouraging children to walk and bike to school safely
- Funding for programs that increase physical activity in schools
- Land use policies supporting community agriculture



Priority: Air Quality

In 2016 the Davis County Air Quality CHIP committee merged with the Woods Cross Air Quality Committee which has been in existence since the 1990s.

Mission: Engage citizens and industries of Woods Cross in dialogue and cooperative efforts to promote and encourage initiatives and actions that enhance the air quality in the community.

Strategies:

- Improve and increase air monitoring & ensure information is publicly available
- Encourage and support active transportation and use of public transportation
- Implement a community education campaign about lifestyle and behavior choices that reduce air pollution

Committee Members:



Left to Right, Back Row: Matt Higham, Edward Parker, Sam Ball, Eric Benson, Gary Uresk, Warren Pettey
Front Row: Maureen Nelson, Rachelle Blackham, Julie Checketts. Not shown: Kenny Custer, Jared Wright, Tracy Bryan, Donna Spangler, Isa Perry, Drew Yeates, Pamela Silberman, Chance Anderson, Colton McSwain, Ron Michaels, Rick Minyard, Rachel Kingston, Stephanie Kelsey, Mike Morris.

Accomplishments:

- Meeting dates: (3) - 1/18, 5/10, 10/11
- # of Participants: 23
- Grant applications linked to CHIP priority: 2
- New funding: \$20,000+

Priority: Air Quality

Short & Long-term Objective Progress Update

Short-term Objectives	Target Date	Status
Increase the number of deployable particulate matter (PM) monitors in Davis County from 0 in 2013 to 12.	12/31/2014	Complete 12/31/2014
Increase the number of regulatory air monitoring stations in Davis County from 1 (Bountiful) in 2013 to 2.	12/31/2018~	OFF Track
Expand number of air pollutants that are measured and reported in Davis County from 3 (PM _{2.5} , Ozone, NO ₂) in 2013 to 4.	12/31/2015	Complete 12/31/2014
Develop and/or adopt an active transportation master plan in one city.	12/31/2016~	Complete 5/31/2016
Davis County trails map will be completed and available to the public.	12/31/2014	Complete 12/15/2014

Long-term Objectives	Target Date	Status
Davis County air monitoring results will be available to the public in real-time.	12/31/2017	On Track
Decrease percentage of the Davis County workforce that drives to work alone from 78.8% in 2011* to 76%.	12/31/2018	OFF Track
Increase percentage of Davis County residents who use public transportation to commute to work from 2.8% in 2011 to 3.3%.	12/31/2018	OFF Track
Increase on street bicycle lanes from 74.06 miles in 2013 to 222.00 miles.	12/31/2018	OFF Track
Improve walkability index for at least 2 Front Runner stations in Davis County.	12/31/2018	OFF Track
Increase number of no idling policies adopted by business, cities, and other organizations from 1 in 2013 to 3.	12/31/2018	Complete 12/10/2014
Conduct 15 air quality education presentations throughout Davis County.	12/31/2018	Complete 12/31/2017

~Objective target dates extended from 12/31/2015 to 12/31/2016 or 12/31/2018. Workgroup feels objectives are still important and can be achieved if given more time. *Fixed error should be 2011 not 2013 in original objective.

Priority: Air Quality

Added Objectives:

Added Objectives (12/10/2014)	Target Date	Status
Increase number of no idling policies adopted by businesses, cities, and other organizations from 5 to 10.	12/31/2018	On Track
CNG vehicle conversion program will be piloted in at least 13 cities, businesses or organizations in Davis County.	12/31/2018	OFF Track

Performance Measures:

Possible performance measure: progress toward EPA PM2.5 24 hour attainment standard

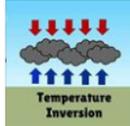
Objective Highlights:

- Breathe Utah completed 18 educational air quality presentations in Davis County schools
- Increased social media posts about air quality
- 16 wood burning complaints were investigated
- Weber State University developed a centralized database which allows local health departments to identify fraudulent vehicle emission certificates

 **Davis County Health Department**
February 1, 2017 · 🌐

It is that time of year again where the inversion takes over and increases particulate pollution along the Wasatch Front. There are many things that you can do to reduce the amount of pollution that gets trapped under the inversion. Plan your trips and drive your car less; pick up a shovel instead of rolling out the snow blower; don't burn wood or other solid fuels; carpool or use public transportation. Remember, while the inversion is in place, all of the pollution that we cause remains trapped and threatens the health of the community.

Please watch the video below for more information about what an inversion is and how you can reduce your local impact on air pollution.
<https://www.youtube.com/watch?v=cz19DpaP-PI>



What is an Inversion?

YOUTUBE.COM

Did you know ?

The Davis County Health Department received **219** smoking vehicle complaints in 2017.

If you see a smoking vehicle, let us know by submitting a complaint online at http://www.daviscountyutah.gov/health/environmental-health-services/vehicle_emissions/smoking-vehicle-report

Priority: Air Quality

Partner Spotlights:

Utah Department of Environmental Quality, Division of Air Quality

- 2 phases of air sampling conducted in order to collect more specific data and identify source(s) of pollutants identified in 2015 Air Toxicity Study

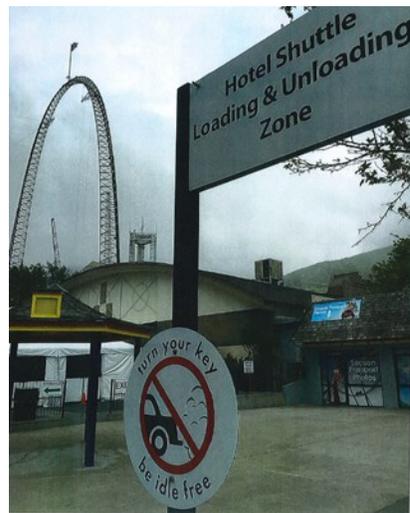
Phase I sampling January 9 – February 28, 2017 @ 34 sites, cities: Bountiful, North Salt Lake, Woods Cross, and West Bountiful

Phase II sampling June 5 – July 22, 2017, @ 34 sites, some sites were moved from phase I in an effort to narrow down the source location(s)

Special THANKS to all residents, businesses, and local municipalities that participated by hosting an air monitor for this study.

Lagoon Corporation

- Implemented an idle-free policy in March 2017 including no idling responsibilities of employees and vendors and outlining enforcement of policy
- Placed idle-free stickers on all Lagoon-owned vehicles
- Idle-free signs strategically placed throughout the park



Priority: Air Quality

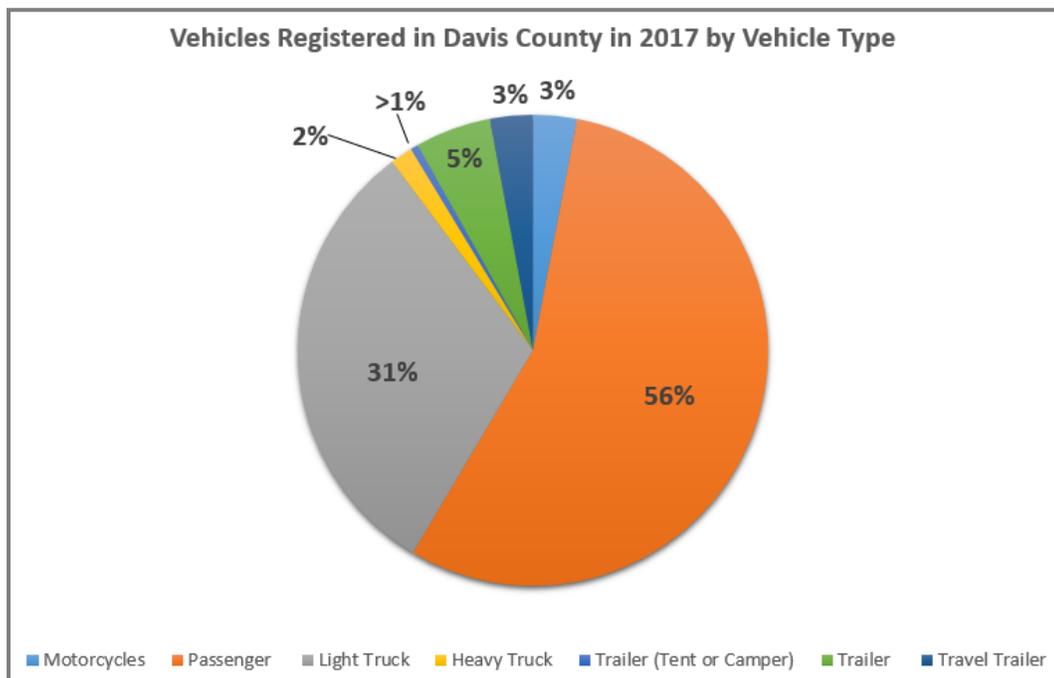
Davis County Health Department (DCHD)

Covert Audit Program (undercover vehicles to test compliance with emission testing standards)

- 36 stations and technicians successfully passed audit
- 47 stations and technicians failed audit
- 75 I/M technicians received re-training

Inspection & Maintenance (I/M) Program

- Permitting and support for 135 emission testing facilities and 547 technicians
- 152 new I/M technicians trained
- Two inspection and maintenance I/M informational bulletins were sent to I/M stations and technicians
- Customer satisfaction surveys to evaluate I/M technician trainings
- 224,210 total initial emission tests conducted in Davis County
- 207,431 total initial gasoline emission tests conducted in Davis County (gasoline fail rate 9.96%)
- 9,605 total initial diesel emission tests conducted in Davis County (diesel fail rate 10%)
- 396 notices were issued to vehicles with fraudulent emission certificates



Source: DMV

Priority: Air Quality

2018 Activities:

- Clear the Air Challenge (February)
- DAQ to release Hazardous Air Pollutant Study Summary Report with findings related to source(s) and/or location(s) of Methylene Chloride, Acetaldehyde & Formaldehyde pollution
- Increase air quality Frequently Asked Questions (FAQ) resource documents available to the public on DCHD website
- In partnership with Worldwide Environmental Products, launch new analyzer software for diesel emission testing and new online technician training course
- In partnership withUCAIR, implement vehicle repair assistant program & mow electric program
- More focus on preventing, investigating, and enforcing emissions testing fraud

2018 Policy & Resource Priorities:

- State-wide diesel testing program in non-attainment areas (Utah County)
- Funding for active transportation and transit incentives
- Additional regulatory air monitor in Davis County

"If all drivers living along the Wasatch Front were to park their cars just one day per week, vehicle emissions would be reduced by 6,500 tons per year." ~Utah Division of Air Quality



CLEAR THE AIR CHALLENGE
DRIVE DOWN YOUR MILES

LET'S KEEP THIS PERFECTLY CLEAR

THE CLEAR THE AIR CHALLENGE IS BACK WITH ALL NEW GOALS

The Clear the Air Challenge, issued by business, government and community leaders, is all about improving air quality, reducing traffic congestion and conserving energy in Utah by eliminating unnecessary vehicle trips. By simply eliminating a few vehicle trips throughout your week, you can make a big difference in your community.

-  **ENGAGE 10,000 PARTICIPANTS**
-  **ELIMINATE 300,000 VEHICLE TRIPS**
-  **SAVE 2 MILLION MILES**

TAKE THE CHALLENGE
FEBRUARY 1ST-28TH

REGISTER TODAY

ClearTheAirChallenge.org

 Join the conversation at fb.com/ClearTheAirChallenge

CARPPOOL | USE MASS TRANSIT | BIKE | TELEWORK | TRIP CHAIN

    PARTNER

Priority: Air Quality

2018 UCAIR Grants



Davis County Vehicle Repair Assistance Program

DCHD was awarded a \$20,000 UCAIR Grant with matched funding provided by DCHD. The program will provide financial assistance to vehicle owners to aid in the repair of excessively emitting vehicles, reducing the number of emissions waivers issued. A minimum of 40 excessively polluting vehicles will be able to be repaired through the program. DCHD will partner with community members and automotive businesses to reduce air pollution by repairing vehicles that have failed an emissions inspection.



Cut Pollution—Mow Electric Program

The Davis County Health Department, Weber-Morgan Health Department, and Weber State University were awarded a UCAIR Grant. The grant and additional funds from the Utah Department of Environmental Quality (DEQ) will be utilized to implement the Cut Pollution—Mow Electric Program. This exchange program will replace polluting gas-powered mowers with zero-emissions electric equipment. The program provides a low cost way to obtain electric equipment in exchange for recycling gas-powered versions. The exchange event will occur in April 2018 in conjunction with Earth Day. Leading up to the exchange event there will be several workshops held throughout Davis and Weber counties to educate the public on air quality and the electric mower product. For more information visit:

www.weber.edu/MowElectric



Cut Pollution

MOW ELECTRIC