

Healthier Texas Summit
It's Time Texas

WilCo
Wellness
Alliance

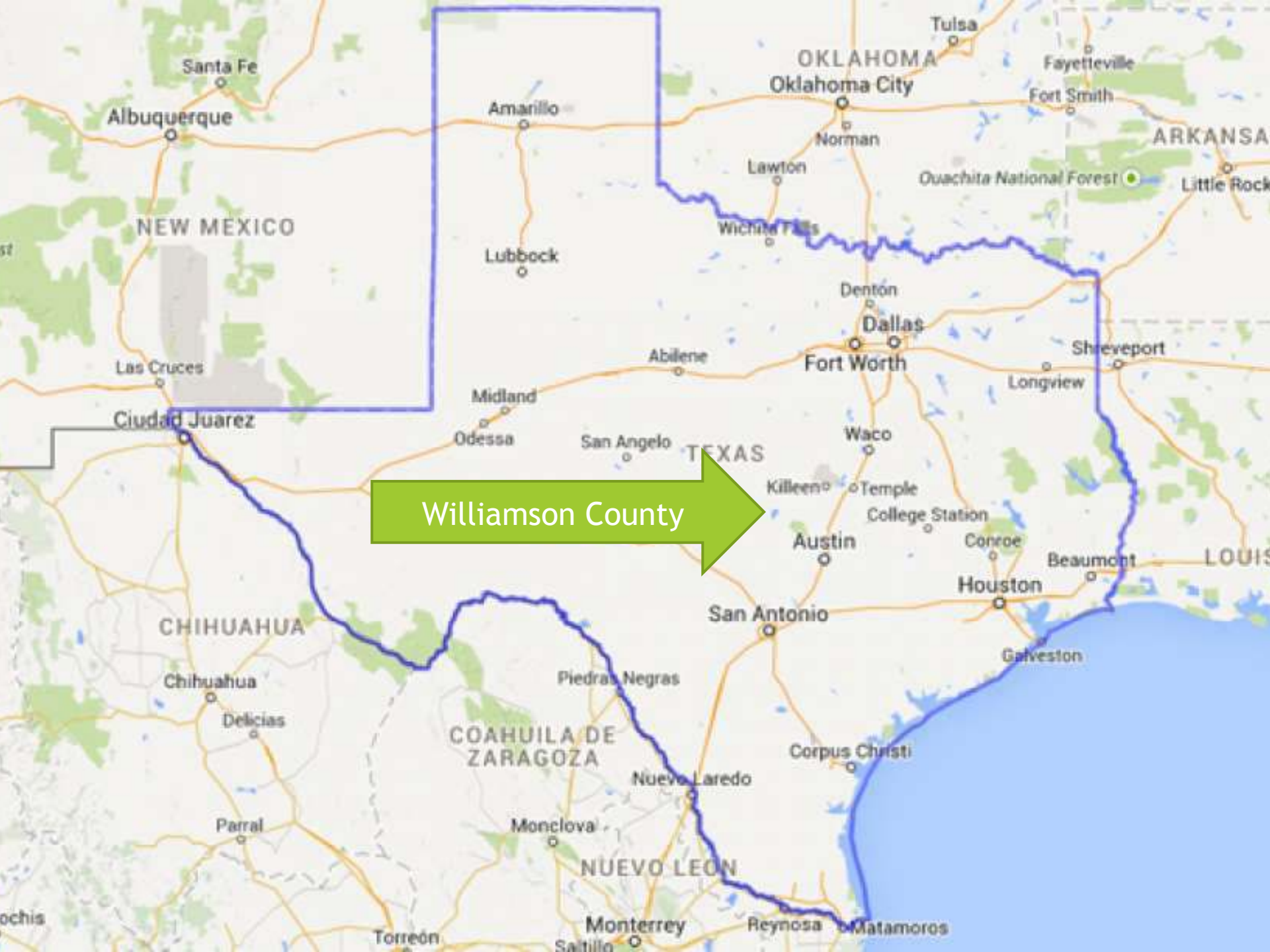


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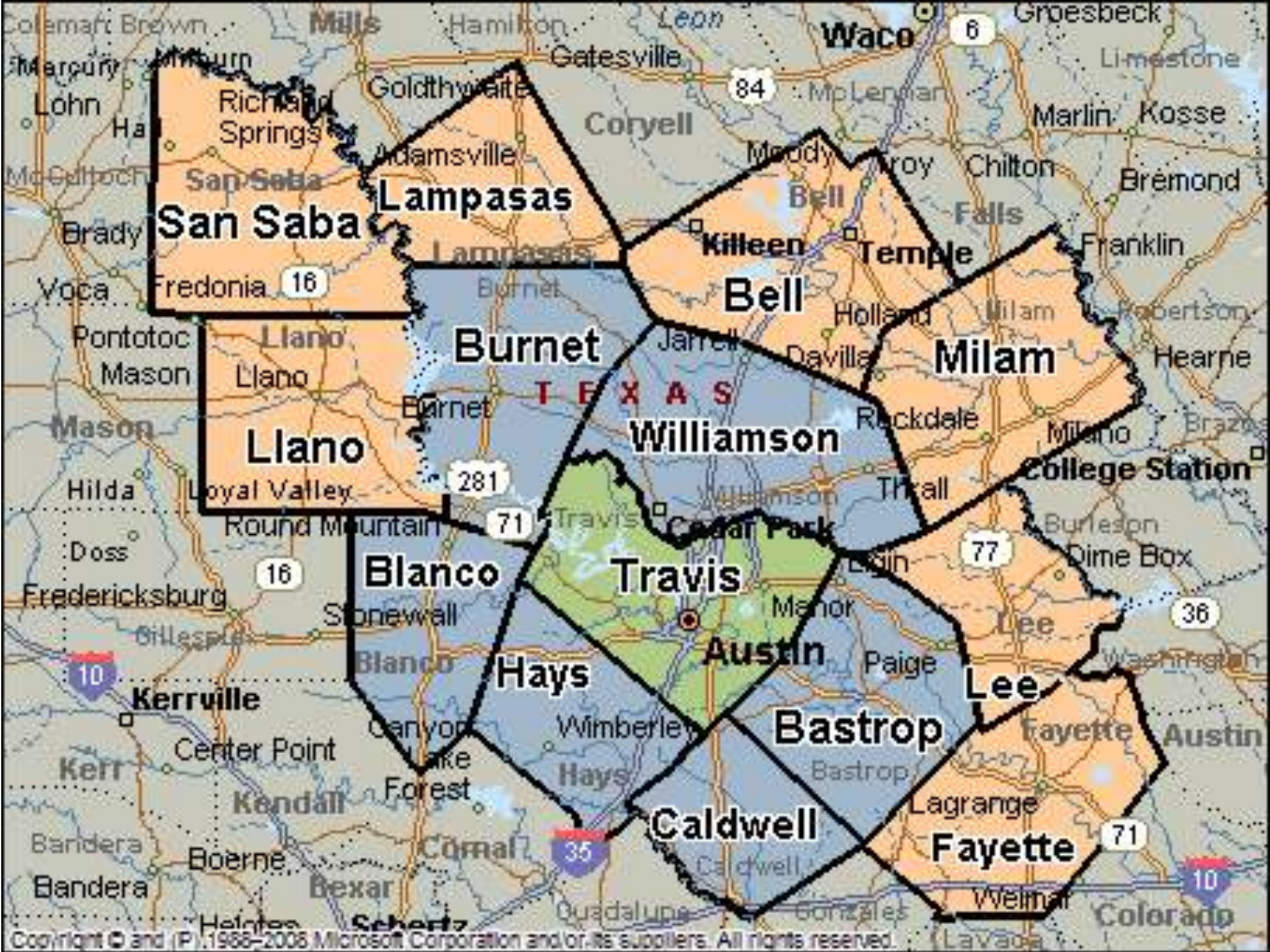
HEALTHY
WILLIAMSON
COUNTY

Be healthy. Live well.





Williamson County



San Saba

Lamparas

Bell

Burnet

Killeen

Temple

Milam

Llanos

Williamson

Travis

Austin

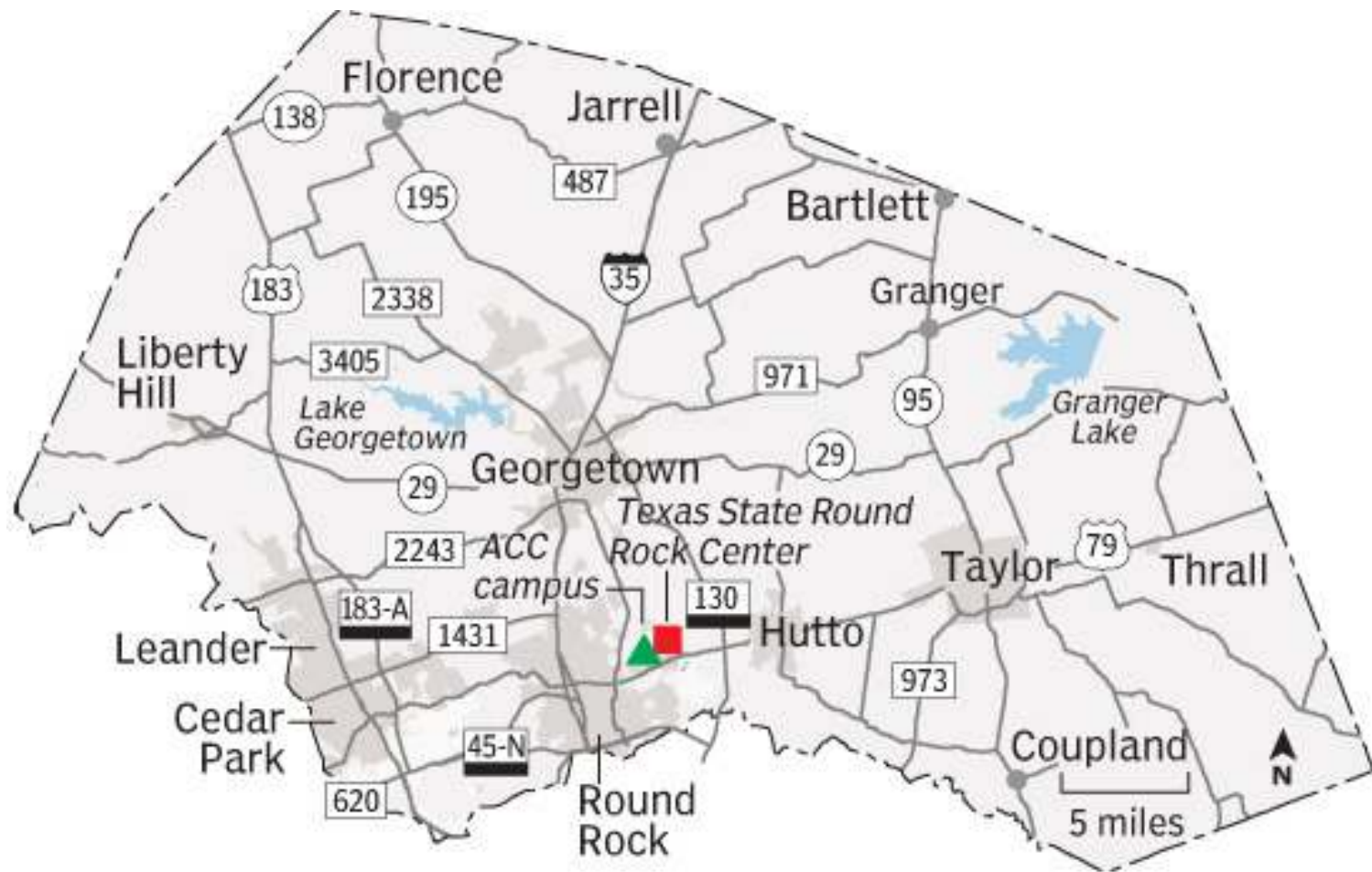
Hays

Bastrop

Caldwell

Fayette

Lee

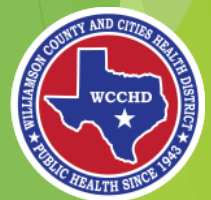


Williamson County, TX

- 2016 Pop. 545,412
- Urban-Rural Mix
- Isolated Cities

Snapshot

Williamson County



Health Organizations

- Williamson County and Cities Health *District*
- Hospitals (four systems)
- One Federally Qualified Health System
- Three Universities
- County-wide EMS
- Local Mental Health Authority



What We Found

- Community Resource Agencies
- Community Coalitions
- Non-Profit Agencies
- Local Funding Mechanisms



What We Created

- Health and Wellness Coalition
- Backbone Agency
- Healthcare, education, government, private business, non-profit, and faith-based organizations and community members
- Input to conduct Community Health Assessment and Improvement Plan

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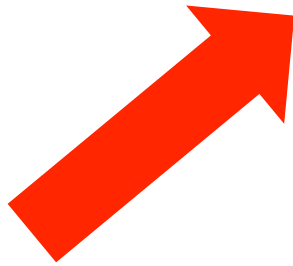
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WCCHD Primary Goal

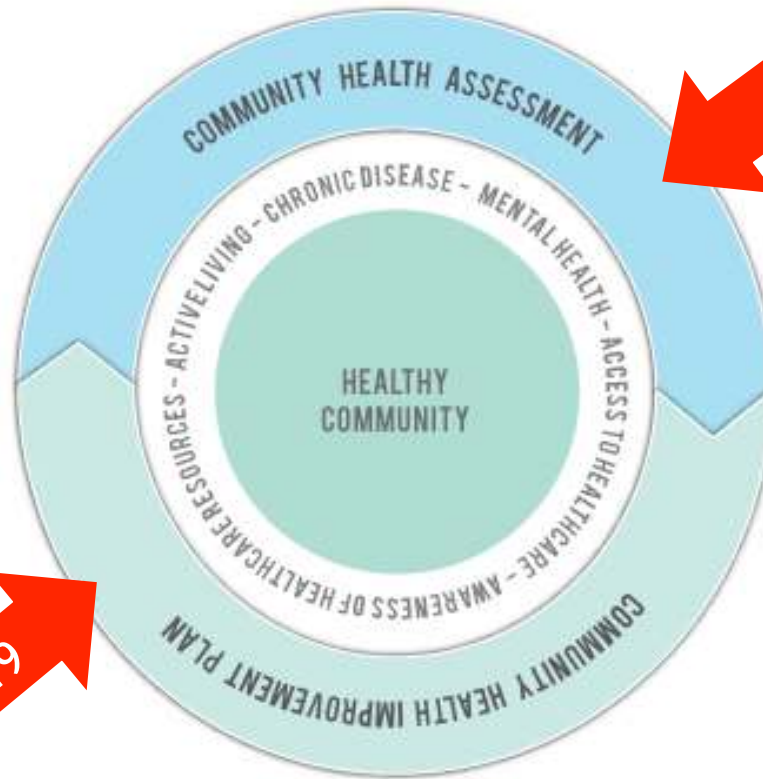




County Health Priorities

WILCO WELLNESS ALLIANCE COALITION MODEL

CHA



2016

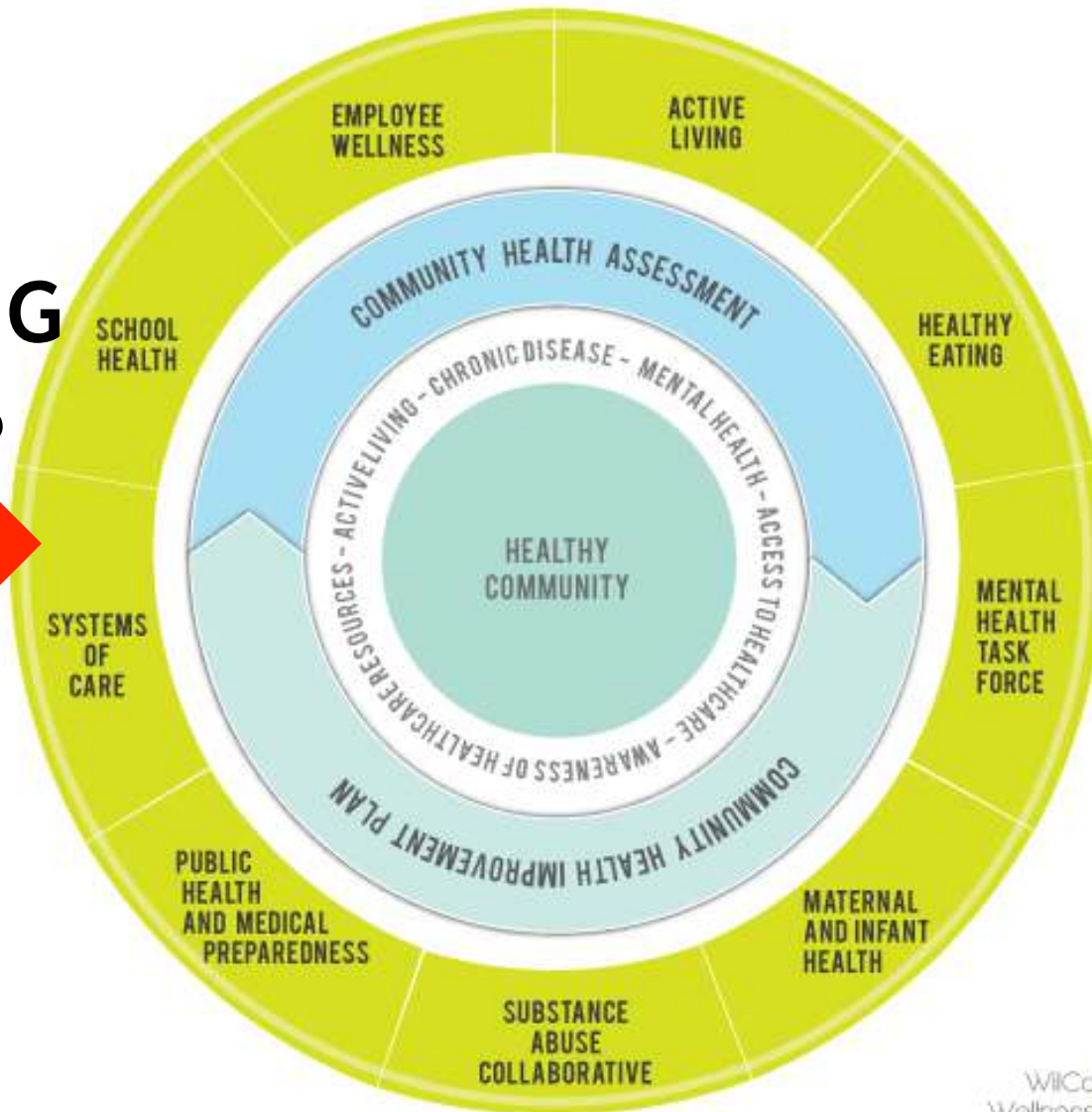
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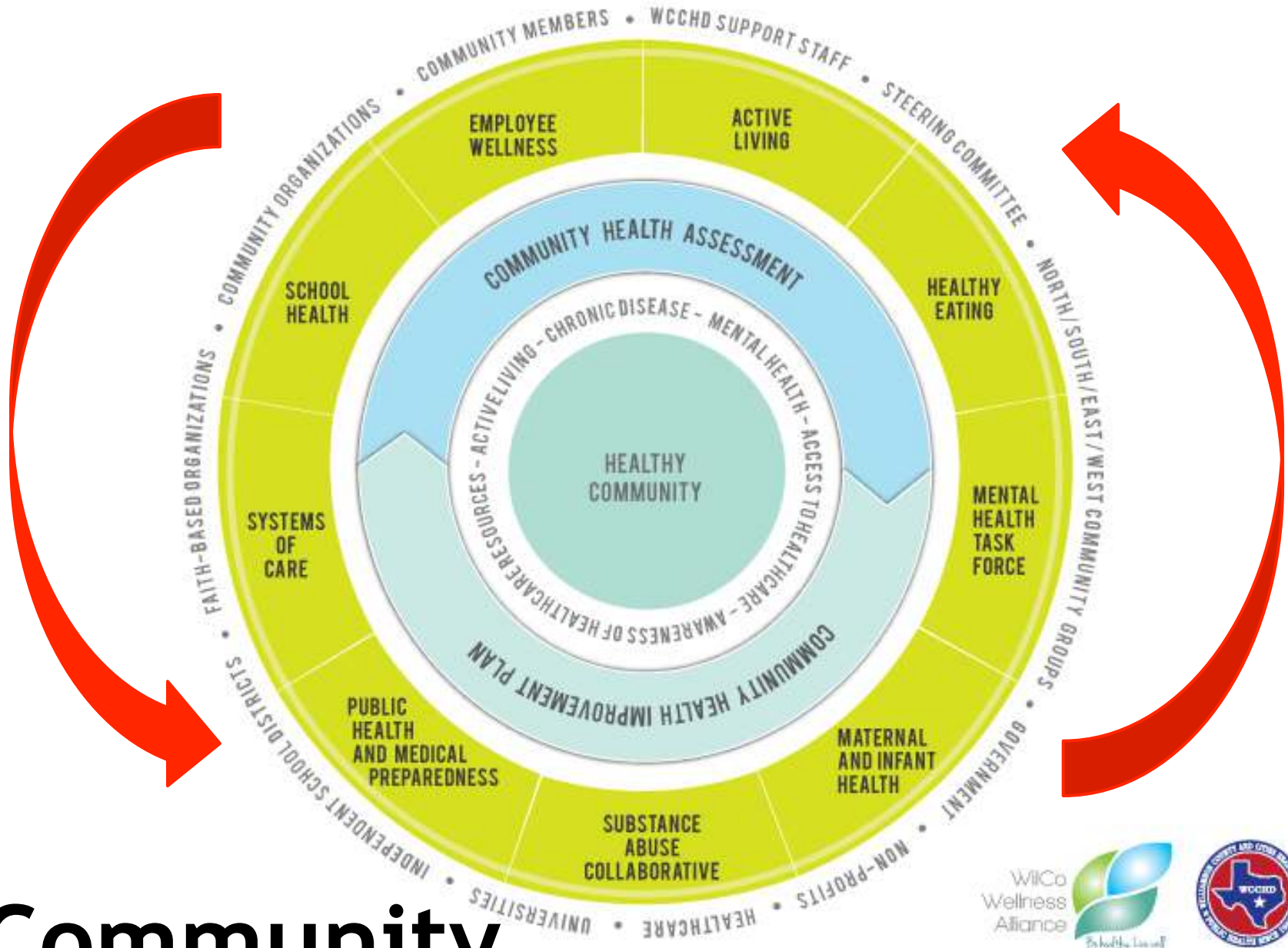
2017-19

WILCO WELLNESS ALLIANCE COALITION MODEL

WORKING GROUPS



WILCO WELLNESS ALLIANCE COALITION MODEL



Community

2016 COMMUNITY
HEALTH
ASSESSMENT
WILLIAMSON COUNTY, TEXAS

HEALTH PRIORITIES

in Williamson County

THE TOP 5

#1

MENTAL HEALTH

Prevention, support and treatment for mental illness

#2

ACCESS TO HEALTHCARE

Basic, affordable healthcare available for all residents

#3

AWARENESS OF HEALTHCARE RESOURCES

Available information and communication channels for resources

#4

ACTIVE LIVING

Resources, access and awareness for physical activity opportunities

#5

CHRONIC DISEASE

Prevention, treatment and management of chronic diseases



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2016 COMMUNITY HEALTH ASSESSMENT
WILLIAMSON COUNTY, TEXAS

THE TOP 5

HEALTH PRIORITIES
in Williamson County

#1

MENTAL HEALTH

Prevention, support and treatment for mental illness

#2

ACCESS TO HEALTHCARE

Basic, affordable healthcare available for all residents

#3

AWARENESS OF HEALTHCARE RESOURCES

Available information and community resources

#4

ACTIVE LIVING

Resources, access and awareness

#5

CHRONIC DISEASE

Prevention, treatment, and management of chronic diseases

#5 HEALTH PRIORITY OUT OF 10

WHAT IS CHRONIC DISEASE?

Chronic disease is of the most "common, costly, and preventable of all health problems" -CDC

Chronic diseases are complex and can involve many individual and environmental factors; however, persons can reduce their risk by reducing behavioral risk factors and by adopting a healthy lifestyle.

Deaths due to chronic diseases tend to be lower in the county than in the state. Still, strides can be made to focus resources and attention on certain demographic groups.

CANCER

FOR THE PAST 10 YEARS, CANCER HAS BEEN THE #1 CAUSE OF DEATH IN THE COUNTY.



- Risk for cancer can be reduced by:
1. Screening for cancer routinely.
 2. Vaccinating for HPV.
 3. Avoiding tobacco use and excess alcohol consumption.
 4. Increasing physical activity and healthy eating, and
 5. Reducing sun exposure.

Males, Non-Hispanic White, and African Americans are at a higher risk for cancer.

Still rates are lower compared to Texas and meets HP2020.



HEART DISEASE

HEART DISEASE HAS BEEN DECLINING IN THE COUNTY AND THE STATE.



- Risk for heart disease can be reduced by:
1. Avoiding tobacco use
 2. Avoiding excess alcohol consumption.
 3. Increasing physical activity
 3. Eating a healthier diet (lower salt and fat)

TOP 10 CAUSES OF DEATH ARE CHRONIC DISEASES*

- CANCER: 129.8
- HEART DISEASE: 104.1
- STROKE: 34.3
- LUNG DISEASE: 31.8
- ACCIDENTS: 29.2
- ALZHEIMER'S DISEASE: 24.3
- KIDNEY DISEASE: 13.7
- SUICIDE: 11.7
- PARKINSON'S DISEASE: 10.3
- DIABETES: 10.0

*Rates defined as # of deaths per 100,000 population. Texas Department of State Health Services, 2012



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2016 COMMUNITY HEALTH ASSESSMENT WILLIAMSON COUNTY, TEXAS

THE TOP 5 HEALTH in Wil

#1 MENTAL HEALTH
Prevention, support and treatment

#2 ACCESS TO HEALTHCARE
Basic, affordable healthcare

#3 AWARENESS OF HEALTHCARE
Available information

#4 ACTIVE LIVING
Resources, access

#5 CHRONIC DISEASE
Prevention, treatment



2017-2019

COMMUNITY HEALTH IMPROVEMENT PLAN
ALIGNMENT OF WWA WORKING GROUP GOALS WITH HEALTH PRIORITIES

ACTIVE LIVING

Provide increased access to active living resources and wellness opportunities to Williamson County residents.

EMPLOYEE WELLNESS

Engage employees and employers in the community to provide and promote employee wellness and healthy workmate environments.

HEALTHY EATING

Promote access to and increase relevant knowledge of healthy eating in Williamson County.

MATERNAL AND INFANT HEALTH

Improve the health and well-being of mothers, infants, and children by addressing the health and wellness of women before, during, and after pregnancy.

MENTAL HEALTH TASK FORCE

Strive to sustain a coordinated behavioral health system of care that focuses on prevention and early intervention, provides integrated services and access to care by eliminating barriers, reduces stigma through building awareness, improves outcomes in a community that respects and preserves the rights of all and focuses on the whole person.

PUBLIC HEALTH AND MEDICAL PREPAREDNESS COMMITTEE

Ensure coordinate preparedness and response activities among emergency management agencies, public health, EMS, and healthcare organizations in order to rapidly diagnose, investigate, and respond to health problems and health hazards within Williamson County.

SCHOOL HEALTH

Promote healthy living for the school community (students, staff, and families) to maximize personal success and well-being.

SUBSTANCE ABUSE COLLABORATIVE

Counteract influences that effect underage drinking (UAD) and substance abuse.

SYSTEMS OF CARE

Provide a continuously improving system of access to quality healthcare for the community.



- Mental Health
- Access to Healthcare
- Awareness of Healthcare Resources
- Active Living
- Chronic Disease



2016 COMMUNITY HEALTH ASSESSMENT WILLIAMSON COUNTY, TEXAS

THE TOP 5 HEALTH in Wil

- #1 MENTAL HEALTH**
Prevention, support and treatment
- #2 ACCESS TO HEALTHCARE**
Basic, affordable healthcare
- #3 AWARENESS OF HEALTHCARE**
Available information
- #4 ACTIVE LIVING**
Resources, access
- #5 CHRONIC DISEASE**
Prevention, treatment



2017-2019 COMMUNITY HEALTH IMPROVEMENT PLAN ALIGNMENT OF WWA WORKING GROUPS

ACTIVE LIVING
Provide increased access to active living resources and opportunities to Williamson County residents.

EMPLOYEE WELLNESS
Engage employees and employers in the community to improve employee wellness and healthy work environment.

HEALTHY EATING
Promote access to and increase relevant knowledge and skills in Williamson County.

MATERNAL AND INFANT HEALTH
Improve the health and well-being of mothers and infants by addressing the health and wellness of women during pregnancy.

MENTAL HEALTH TREATMENT
Strive to sustain a coordinated behavioral health system through prevention and early intervention, provide care by eliminating barriers, reduce stigma, improve outcomes in a community that respects and focuses on the whole person.

PUBLIC HEALTH AND MEDICAL SERVICES
Ensure coordinated preparedness among management agencies, public health departments, and other organizations in order to rapidly diagnose, investigate, and control health hazards within Williamson County.

SCHOOL HEALTH
Promote healthy living for the future generations to maximize personal success.

SUBSTANCE USE
Counteract influences that contribute to substance use.

SYSTEMS OF CARE
Provide a continuously improving system of care for the community.

- Mental Health
- Access to Healthcare
- Awareness of Healthcare

ACTIVE LIVING

A WILCO WELLNESS ALLIANCE WORKING GROUP



GOAL | Provide increased access to active living resources and wellness opportunities to Williamson County residents.



1 ACCESS

By 2018, the Active Living working group will increase trail mileage in Williamson County by 10%.

1. Encourage trail mileage growth in the county and advocate for trails as a health benefit.
2. Get the trail mile in gaps, parks, theater plaza, and trail usage.
3. Increase awareness for existing trails in the county.
4. Identify resources for funding.
5. Advocate for trail maintenance.

2 AWARENESS OF RESOURCES

By 2018, the Active Living working group will work to increase participation in active living opportunities in Williamson County by 5%.

1. Determine baseline of current number of active living opportunities and participation in active living opportunities in Williamson County.
2. Break down participation in active living opportunities by geographic area.
3. Promote the Free Steps Choose Healthier app to all member organizations and regular active living opportunities (2018 goal).
4. Increase unique partnerships.



3 COLLABORATION

By 2018, the Active Living working group will increase the number of organizations who participate in the working group.

1. Identify and recruit organizations that should be present at working group meetings.
2. Increase information sharing and networking of active living opportunities within member organizations, community coalitions, and social media.
3. Promote active living opportunities and campaigns through www.healthywilliamsoncounty.org.
4. Share active living best practices and innovative practices within member organizations.
5. Register active living organizations and services on Actr Bertha.



HEALTHY WILLIAMSON COUNTY

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[Health Priorities](#)

[WilCo Data](#)

[Tools & Resources](#)

[Learn More](#)

2017-2019 Community Health Improvement Plan

Williamson County, TX



[2017-2019 Community Health Improvement Plan](#)

[2016 Community Health Assessment](#)

[The WilCo Wellness Alliance](#)

[Community Calendar](#)

FOCUS ON

April is Alcohol Awareness Month

Each April since 1987, the National Council on Alcoholism and Drug Dependence has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus



Adults who Binge Drink

Census Place (City):
Round Rock



Adults who Drink Excessively

County: Williamson
(Compared to TX)



Teens who Use Alcohol

Substate Region:
7a



Alcohol-impaired Driving Deaths

County: Williamson
(Compared to TX)

HEALTHY WILLIAMSON COUNTY

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WilCo Wellness Alliance

Join Us!
Strength in Numbers
Community Groups ▶
Working Groups ▶

[Priorities](#) [WilCo Data](#) [Tools & Resources](#) [Learn More](#)

WilCo Wellness Alliance!

- Active Living
- Behavioral Health Task Force
- Employee Wellness
- Healthy Eating
- Maternal & Infant Health
- Public Health & Medical Preparedness
- School Health
- Substance Abuse Collaborative
- Systems of Care

HEALTHY COMMUNITY

...ate in the Community Health Improvement Process? Want to tackle the Top 5
... in Williamson County? Interested in getting involved in one or more Working

[Click here for a list](#) for up to date information about activities and events!!!



HEALTHY WILLIAMSON COUNTY

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WilCo Wellness Alliance

Health Priorities

- #1: Mental Health
 - #2: Access to Healthcare
 - #3: Awareness of HC Resources
 - #4: Active Living
 - #5: Chronic Disease
- Health Assessment >
- Improvement Plan >

WilCo Data

Tools & Resources

Learn More

2017-2019 Community Improvement Plan

Williamson County, TX



2017-2019 Community Health Improvement Plan

2016 Community Health Assessment

The WilCo Wellness Alliance

Community Calendar

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Adults who Binge Drink

Census Place (City): Round Rock

(Compared to 500)



Adults who Drink Excessively

County: Williamson

(Compared to TX Counties)



Teens who Use Alcohol

Substate Region: 7a

(Compared to)



Alcohol-Impaired Driving Deaths

County: Williamson

(Compared to TX Counties)

HEALTHY WILLIAMSON COUNTY

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Health Priorities

WilCo Data

Tools & Resources

Learn More



Health Priority #1: MENTAL HEALTH

Prevention, early intervention, support and treatment for mental illness

WilCo Wellness Alliance working groups wrote action plans to target one or more of the top 5 health priorities in Williamson County. **The following are objectives and their respective strategies to improve mental health in the community.**

Behavioral Health Task Force Objectives:

☰ Access to Care: By 2019, the Mental Health Task Force will increase the availability of publicly-funded in-patient psychiatric beds for Williamson County residents from 10,827 bed days to 14,246 bed days.*



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2017-2019 Community Health Improvement Plan

Williamson County, TX



2017-2019 Community Health
Improvement Plan

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