Injury Prevention IS Public Health

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Effort to measurably improve population health in the community by leading a comprehensive health planning process including 2 principal components:

• A Community Health Assessment (CHA)
  • Engages individuals, hospitals, the US Census, and existing reports to provide input into region's health challenges and positive resources
  • Informative tool for the community regarding health concerns, resources, and priorities of the residents

• A Community Health Improvement Plan (CHIP)
  • Long-term, systemic and comprehensive community health planning effort to measurably improve population health in the Central Mass Regional Public Health Alliance (CMRPHA)
The Evolving Opioid Epidemic

The Evolving Opioid Epidemic

- Cause of increase
  - Fentanyl found in 89% of opioid related deaths with an available toxicology screen (1)

- Response
  - Removing stigma - Addiction is a Chronic Disease
  - Opioid prescribing practices
  - Medication-Assisted Treatment
  - Naloxone without a Rx (2)

Worcester District Recovery Court (Drug Court)

- Specialty court whose mission is to reduce recidivism among SUD participants with criminal behaviors
- Facilitates intensive SUD treatment and community supervision
- MDT with reps from law enforcement, criminal justice, SUD treatment clinicians
- Treatment involves an initial assessment, treatment planning and case management.
- Treatment is phased over 12-15 months where certain expectations must be met over time.
ACEs

- **ACE = adverse childhood experience**
  - Abuse, neglect, incarceration, substance use disorder, domestic violence, etc.
- **ACEs lead to adverse health outcomes**
  - Earlier alcohol/tobacco use
  - Higher risk of substance use disorder
  - Higher incidence of depression, suicide attempts, physical health problems (e.g. diabetes), sleep disorders, etc.
  - Higher # of ACEs ---> worse outcomes
- **How do ACEs impact the developing brain? When and how can we intervene?**
Suicide

High-Risk Populations
• Veterans
• Adolescents
• Police/First Responders

Adolescents are the only group in which a peer suicide increases the risk of subsequent suicide attempts.
Seat belt survey

Seat Belt Use Among Drivers in 3 locations in Worcester

<table>
<thead>
<tr>
<th>Location</th>
<th>% of drivers</th>
<th>Area of Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location 1</td>
<td>79.5%</td>
<td></td>
</tr>
<tr>
<td>Location 2</td>
<td>76.1%</td>
<td></td>
</tr>
<tr>
<td>Location 3</td>
<td>59.9%</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>64.2%</td>
<td></td>
</tr>
</tbody>
</table>

Male drivers were 27% less likely to wear a seat belt.

Car seat training
AIDS Project Worcester and Narcan Secret Shopping

Background
AIDS Project Worcester has been providing services to those living with HIV/AIDS since 1987. One of their initiatives is to reduce the amount of overdoses occurring in and around Worcester. Widely available Narcan, and training in use of Narcan, will help this initiative succeed.

Secret Shopping
Six students went to 12 pharmacies in Worcester and the surrounding areas to inquire about purchasing Narcan. Students noted whether Narcan was available, the cost with and without insurance, the type of Narcan, and whether the pharmacy provided any training.

Results
- Stocked and available at all locations
- Nasal available at every location and autoinjection at 3 locations
- Cost out of pocket was ~$130 at most locations; $90 at select CVS, and under ~$20 at two locations
- Cost with insurance depended on insurance type
- Need for identification and OTC vs prescription varied based on site
- Training offered at all locations

LEGEND FOR FREQUENCY OF NARCAN DISPENSAL
- "frequently", "every day", "multiple times per week"
- "infrequently", "not very often"
- unsure
Safe Routes to School

**Background:**
Half of the students at Woodland Academy Elementary school walk to school. There have been reports of dangerous driving habits repeatedly around the school. In order to help improve safety for students and families, three instreet pedestrian stop signs were placed in preselected cross walks.

**Method:**
Students waited at the three crosswalks in the morning and afternoon and counted the number of cars that failed to yield for pedestrians at the crosswalks.

**Results:**
Claremont and Main had the highest amount of vehicles that failed to yield for pedestrians and should be the target of future projects.

<table>
<thead>
<tr>
<th>Intersection</th>
<th># of Vehicles that Failed to Yield Morning</th>
<th># of Vehicles that Failed to Yield Afternoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kilby-Main</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>Claremont-Main</td>
<td>29</td>
<td>20</td>
</tr>
<tr>
<td>Oberlin-Woodland</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>44</strong></td>
<td><strong>31</strong></td>
</tr>
</tbody>
</table>
Disaster Training

- **Purpose:** Save the largest amount of people from a given mass casualty event
- **Mass event:** is individualized to resources of community
- **In the field:** remodel our thought process on who receives the most attention
- **START triage system**
  - Expectant, Immediate, Delayed, Minor groups
Sexual Exploitation and Human Trafficking

Living In Freedom Together (LIFT)

- Support for survivors of the commercial sex trade
- Advocacy for policy changes
- Training for health care professional and law enforcement
- Education and outreach through programming for the community
YWCA Domestic Violence Education: In Her Shoes Exercise

• Role playing exercise developed to help students understand the experience and decision-making processes of individuals living with domestic abuse.
• Also emphasizes the roles of institutions in handling domestic abuse
  • Including barriers to accessing help
• Created by the Washington State Coalition Against Domestic Violence
Guns, Gangs, and Safety

- Guns are a risk factor for community violence and violence in the home despite being purchased for safety.

- Goods for Guns is a gun buyback program where people in the community can turn in old guns and receive compensation.
  - Also offers an opportunity to teach the public about safe gun storage and operation.

- Gangs are present in the city of Worcester and we need to know how to recognize and treat them in a safe manner.
References


• LIFT Services. Retrieved from https://liftworcester.org/lift-services/


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