

HARDING COUNTY PLAN

**Revised March 2007
Revised December 2007**

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Project supported by: Funding from the New Mexico Department of Health

This plan has strategic and operational action components that provide recommendations on community health priorities and on how to transform or create aspects that shape and govern the full array of activities that a community may pursue, both governmentally and otherwise to protect and improve the public's health.

EXECUTIVE SUMMARY

The community health plan was developed to assist the health council in identifying the strategies that can be utilized to better serve the citizens of our county. This health plan can also be utilized by other organizations in applying for funding that can assist our county and to be able to see realistically what our goals and aims are. The intended audiences are the citizens of our county.

The health plan was developed by the coordinator with assistance from the health council in February of 2006. It was revised in March of 2007 with assistance and approval from the health council. The health council consists of thirteen individuals representing every area of the county and various service areas. The health council includes two youth, one from the Mosquero schools and one from the Roy schools.

The health priorities for Harding County include access to health care and transportation for the elderly. Access to health care includes providing additional health services to the population in our county. Aims include: increase access to basic diagnostic and screening services, increase access to health screening and education services to seniors, increase number of people receiving flu shots, increase school physicals to one hundred percent and improve transportation access for elderly to health care services. Our strategies include: provide annual vision exams, provide annual blood lipid studies, provide diabetes and foot care education, provide annual school physicals and develop linkage between transportation providers and seniors. Our outcome measures include students being given the opportunity to take physicals at no cost and its location being centralized for all. The health fair held in November 2006 provided flu shots plus other information and tests such as: blood pressure, oxygen and diabetes tests. Transportation for the elderly was another priority and our aim was to provide assistance in obtaining transportation for this population. Our strategies included developing linkages between transportation providers and seniors. Our outcome measures include the elderly needing transportation to doctors and services were provided when seniors called in advance. There are specific guidelines that need to be followed in order to receive these services.

Harding County faces many difficult challenges in accessing health care service as well as accessing health care providers. Harding County has a health center which is open twice a week. Our community members have to travel approximately 100 miles for health care which includes dental, vision, chiropractic and specialized health services. A health nurse is available once a week. There is no hospital in Harding County and currently there are only twelve EMT's and three ambulances in operation. For the majority of the population in Harding County an EMT call may take as long as thirty minutes from initiation to arrival. This could mean a matter of life or death.

Transportation is a major challenge for our elderly community as Safe Ride (a Medicaid approved transportation), has to travel approximately 100 miles, in order to transport patients. In our research we found that both Safe Ride and Victory were very difficult to reach due to their telephone service. It becomes very irritating for the seniors and we found that other community members of those affected patients assist instead. The elderly encompasses those individuals age 65 and over. The total of this population includes two hundred and seventeen. Our county has no nursing homes. There are two senior citizen centers, one in Mosquero and one in Roy. Home health care and home care may be provided for some eligible senior citizens who qualify according to income.

INTRODUCTION

Harding County's Health Coordinator was hired in March of 2005. A health council was established by April of 2005. The first object of the council was to complete the definition of health, set up a vision and mission statement, work on by-laws, figure out gaps and assets and complete an environmental assessment. This was completed between April through June of 2005. The Health Council in cooperation with the Health Coordinator have met on a monthly basis to assess the needs of its population. Currently the council consists of thirteen individuals representing all parts of the county and all age groups and each has specific areas of expertise. In March of 2006 the council included two youths on the council, one from the Roy and one from the Mosquero School Districts.. Harding County is one of the smallest populated counties in New Mexico but is definitely lacking in health

services. A Health Improvement Plan was created to address these deficiencies. The intended recipients are the residents of Harding County. The approach used included discussions among the council and surveys which the council felt would best benefit our population.

The health plan was developed by the coordinator with assistance from the health council in February of 2006. The revision occurred in March of 2007 with assistance from the health council and approval by the health council. The health council consists of thirteen individuals representing every area of the county and various service areas. The health council includes two youth, one from the Mosquero schools and one from the Roy schools.

The council is in the process of coordinating services with the few collaboratives in the county in order to prioritize and plan the needs of our population. The council has compiled a pamphlet which signifies all programs that are available for the total population. The community is apprised of the council's activities through postings in both communities and through newspaper articles. Since our community is so small the school newspapers are utilized as well as the "Harding County Roundup" which is a newspaper utilized by both schools and is read by most county residents. Last year our council took a self-assessment in order to identify our strengths and weaknesses.

Our primary identified need is for greater access to health care and transportation for the elderly.

COUNCIL DESCRIPTION

The vision statement for our county is "Safe And Healthy Living For All". The mission of our council is to promote a safe and healthy county through the participation of citizens and organizations inside and outside our county. We intend to bring together a healthier community by providing services that are otherwise nonexistent.

Values that guide our council's work include a caring approach for the well-being of all the individuals in our county and being able to assist these individuals with services that are non-existent today. We believe that a healthy county is a prosperous county.

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Our council functions include: identifying community resources, identifying the needs of health services in our county, assessment which includes surveys indicating priorities as viewed by the residents of our county, community outreach via our health fairs, publications, and working collaboratively with the other resources in our county. Currently we are working together with the Hometown Competitiveness Program to try and bring additional health services to our community and county.

HIGHLIGHTS OF THE COMMUNITY HEALTH IMPROVEMENT PLAN

Our community health improvement plan addressed the area of: more EMT's for the county, transportation for senior citizens, and access to health care. In 2006, ten more individuals completed their EMT certification, therefore we feel that this area has been addressed. Transportation for senior citizens was looked into and is now available for our county by Safe Ride and Royal Victory transportation. These two respond from Las Vegas and Tucumcari. This is an area that we feel needs more assistance.. Access to health care is the area that has seen some improvement, but there is still a lot of work to be done. Definitely, this will be an ongoing project for our council.

Priorities, Aims, Strategies, Outcome Measures, and Activities

Access to Health Care is an issue of major importance for us and is an area that our Health Council has agreed to focus upon because our county's population has to travel such distances to receive services. The more services that can be offered locally whether it be through health fairs, clinic, school based health center, or our schools and county health nurse, will be beneficial for all concerned.

Some of our aims include: increase access for basic diagnostic and screening services, increase access for health screening and education services for seniors, increase number of people receiving flu shots, increase school physicals, and provide diabetes foot care education. Some of these aims may be accomplished within a year but others may take longer depending on acquiring the providers needed to fulfill these services. We feel these aims are important due to the remoteness of our area and the limitation of the services available.

Community resources available include: the clinic which is open twice a week, our school nurse who is available once a week, a county health nurse who is available once a month, and the school based health center which is available Monday through Thursday during the school day, Harding County DWI Program, the County Cooperative Extension Service and our EMT's. (See page 28 on Profile)

Since Harding County has no optometrist we feel that providing annual vision exams would be an asset to our community. Studies have indicated that healthier vision is maintained for those who have regular exams. These studies also indicate that some chronic vision problems can be prevented through regular vision exams. Evidence of prevention will be assessed by the percentage of clients receiving services from one year to the next. Providing annual blood lipid profiles for screening will assist our population and will be evidenced by comparing the number of individuals participating from one year to the next. Providing diabetes and foot care education will assist our population through proper education about problems that can arise in the foot area from diabetes. This will again be evaluated as to its success by the number of participants from year to year and by the statistics available from the department of health. School physicals for students and

bus drivers will be evidenced by the percentage of students and drivers taking their physicals.

The council has decided that in order to accomplish each aim the following strategies will be implemented: annual vision exams will be provided at the health fair along with blood lipid studies at both county health fairs and the school based health center. Diabetes foot care education and annual school physicals will also be provided. These strategies will be in place during fiscal year 2007-08. The council feels that this will accomplish what we have set up to do, due to the impact that the health fairs had this last fiscal year with the number of participants. In Harding County we noticed the number of participants differed from one health fair to another thus addressing the population from both sides of the county.

Attached please find the evidence-based strategy reporting form which will give you additional information.

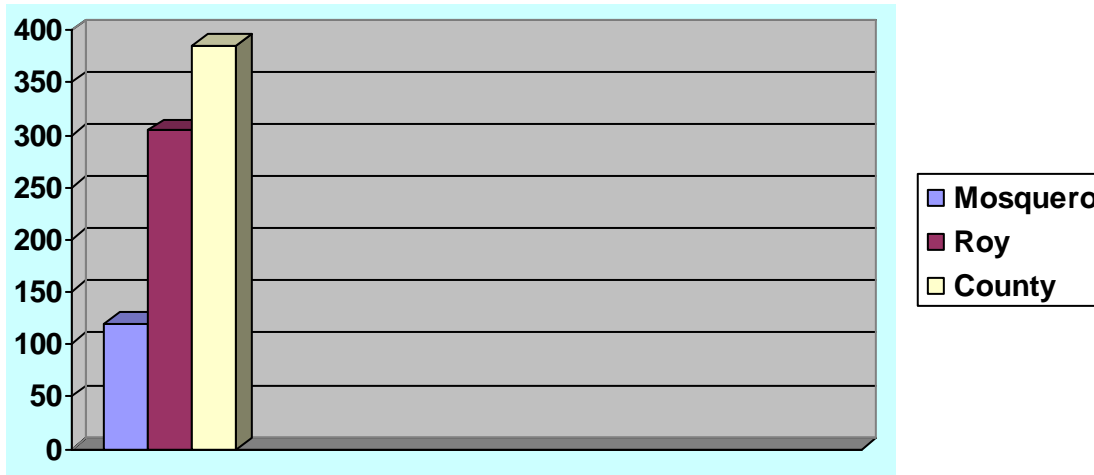
STRATEGIC PLAN & OPERATIONAL SECTION

HARDING COUNTY RESOURCES/PARTNERS

Harding County Resources	Harding County Community Partners
Churches	DWI Program
4-H Clubs	Senior Citizen Program
	Roy & Mosquero
Harding County Extension Office	Department of Health
Schools	Roy & Mosquero
El Centro Family Health	El Centro Family Health
Veterans Medical Services	

The table on the previous page represents the beginning of a mapping process to identify resources in Harding County, to determine the target population, the problems the group address and the services they provide.

Harding County Population



120 304 386

The 2000 US census states that the population of Harding County was 810. The county is located in the Northeastern New Mexico portion of the state that covers 1,386,300 acres. The county is very rural; the larger metropolitan area is located at least 250 miles away. As noted above the majority of the population is located in the county, the communities of Roy and Mosquero then follow in population.

HARDING COUNTY POPULATION: (Age, Race, Ethnicity)

According to the 2000 Census Harding County had a population of 810 people total, with Roy having 304 citizens, Mosquero showing 120 and the county 386. Race distribution indicates the majority are white: 96.7% with .4% black, 1.4% Indian, some other race 10.6% and two or more races 3.3%. Hispanic of Latino ethnicity's indicate 44.9%, which this origin may be of any race therefore adding this figure to the races categories will result in double counting. The primary language in our county is English.

This plan has been prepared by the Harding County Coordinator and the Harding County Health Council. This serves as a resource tool assisting us in looking at the structure of health care services in Harding County and linkages that already exist. Our goal is to assist in the planning process of better health for Harding County Citizens.

COMMUNITY PARTNER RESOURCE INVENTORY

EMT Basic and Intermediate, currently there are twelve in the County. Two in the Roy area and ten in the Rosebud area. There are also six first responders to include three youth and three adults.

Harding County Cooperative Extension Service: Provides public support with horticulture issues, home economy issues, teaches classes to the public, provides nutritional information and support local 4-H groups.

Harding County DWI Program, 673-2283, Mosquero, NM 87733
(Office open on a daily basis)

El Centro Family Health, 485-2583, Roy, NM 87743
(Medical doctors are present twice a week. An audiologist now comes once a month as does an acupuncturist.)

Mosquero Municipal Schools: 673-2271, Mosquero, NM

Public Health Nurse: Available once a month, third Wednesday, located at El Centro Family Health.

Roy Public Schools: 485-2242, Roy, NM

Roy School Based Health Center: Located at Roy, NM 485-0019 or 485-2242

Veterans Medical Services: Located at Health Centers of Northern New Mexico.