

Community Health Improvement Plan At A Glance - 2019

Nutrition and Chronic Disease

GOAL: Improve health outcomes in Bay County residents through healthy eating and chronic disease management

OBJECTIVES:

- ✓ Increase the consumption of the daily recommended servings of fruits and vegetables for children, adolescents and adults.
- ✓ Decrease the number of people in Bay County who are diagnosed with chronic diseases

STRATEGIES:

- ✓ Educate parents and youth on how to incorporate healthy eating into busy schedules.
- ✓ Provide opportunities for parents and youth to learn how to prepare quick, easy and healthy meals and snacks.
- ✓ Provide opportunities for families to learn how to meal plan and prepare foods in advances.
- ✓ Promote existing nutrition and food access programs and services to the community.
- ✓ Offer chronic disease prevention and self-management programs to the community.
- ✓ Promote the use of self-evaluation checks (My Life Check) for risk of cardiovascular disease.
- ✓ Participate in national health observances (Great American Smoke Out, Nutrition Month, Breastfeeding month etc.)

Behavioral Health/Substance Use

BEHAVIORAL HEALTH GOAL: Increase the number of people who are referred to behavioral health specialists and receive care.

SUBSTANCE USE GOAL: Reduce Substance use to protect the health, safety and quality of life of the community.

OBJECTIVES:

- ✓ Increase physician and resident knowledge about Adverse Childhood Experiences and how to refer patients to services.
- ✓ Improve the coordination among agencies/entities working toward improving the mental and physical health of our community.
- ✓ Increase the proportion of youth who perceive great or moderate risk associated with vaping and marijuana
- ✓ Decrease the number of youth vaping and using marijuana

STRATEGIES:

- ✓ Provide ACEs training and awareness for physicians and residents
- ✓ Explore the ability to integrate physical and mental health care services

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- ✓ Provide physician offices with a resource guide/tool kit (electronic or hard copy) with information they can provide to patients.
- ✓ Participate in national health observances (Mental Health Month, Suicide Prevention Month etc.)
- ✓ Provide education and information on the health effects of vaping and using marijuana.
- ✓ Provided education and information for parents on harm reduction and the health effects of using marijuana.

Infant Mortality

GOAL: Decrease the number of infant deaths in Bay County.

OBJECTIVE:

- ✓ Increase the number of parents using safer sleep methods when putting their infants down for a nap or at bedtime.
- ✓ Increase the number of moms seeking pre and postnatal care

STRATEGY:

- ✓ Implement smoking cessation programs for pregnant women.
- ✓ Provide smoking cessation resources for women of childbearing age.
- ✓ Promote maternal health programs and services in the community.
- ✓ Improve access to pre and post natal care for income limited pregnant women.
- ✓ Improve coordination among agencies/entities working toward reducing infant mortality.
- ✓ Provide education and messaging to women and men about the importance of prenatal care and safer sleep methods

Access to Care

GOAL: Increase access to and utilization of health care services.

OBJECTIVE:

- ✓ Increase the proportion of people who have health insurance
- ✓ Increase the proportion of people who are accessing preventive medical, dental and mental health care services.

STRATEGY

- ✓ Promote/Market existing health and wellness programs/screenings
- ✓ Improve/continue the coordination of care among health care agencies.
- ✓ Provide outreach and education about health insurance and health care services.
- ✓ Inform the community about how to access health insurance and health care services/resources.
- ✓ Develop a system to better assess population health improvement.