

Community Health Improvement Plan (CHIP)

2023–2026

Champaign County, Ohio

Acknowledgements

The Community Health Improvement Plan (CHIP) is a result of collaborative community participation. In addition to the CHA/CHIP Steering Committee members listed below, contributors include multiple task force and coalition partners, as well as individual community members.

CHA/CHIP Steering Committee Members:

Caring Kitchen
Champaign County Department of Job and Family Services
Champaign County OSU Extension Office
Champaign County Transit
Champaign Family YMCA
Champaign Economic Partnership
Champaign Health District
Community Health and Wellness
Family and Children First Council
Hope 4 Good
Mary Rutan Hospital
Memorial Health
Mental Health, Drug and Alcohol Services Board
Mercy Health – Urbana Hospital
Sycamore House



Letter to the Community

In 2019, with contributions from organizations throughout the community, the Champaign Health District identified Mental Health & Substance Use, Chronic Disease Prevention & Management, and Maternal/Infant/Child Health as the major issues facing our community. The 2020-2022 Community Health Improvement Plan (CHIP) was created as a roadmap to addressing those issues. While the Champaign County Community has had notable successes since 2019, the data presented in the 2022 Community Health Assessment (CHA) demonstrate that there is still a significant amount of work that needs to be done in order to show improvements in the health of Champaign County residents.

To continue collaboration in the planning process for the 2023-2025 CHIP, the Steering Committee selected Mobilizing for Action through Planning and Partnership (MAPP) as a national model for community health planning. Throughout this process, the Steering Committee discovered that many of Champaign County's leading health issues have remained the same.

The Steering Committee has identified the following three priority topics and three cross-cutting factors in need of development:

Priority Topics:

- Mental Health and Substance Use
- Chronic Disease Prevention and Management
- Reproductive Health

Cross-cutting Factors:

- Social Determinants of Health (SDOH)
- Access to Care
- Health Behaviors and Prevention

To address these issues, the Steering Committee has partnered with existing task forces and community coalitions who are already working to address the priority areas. Together, these groups selected specific, measurable objectives for inclusion in the CHIP.

The result is an ambitious plan for the community to support through 2025 as part of the mission to improve the community's health. We invite everyone to participate in the implementation of Champaign County's Community Health Improvement Plan.

Together, we can make Champaign County a thriving community!

Gabe Jones
Health Commissioner
Champaign Health District



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How to Use This Document

This document was designed to be used by all community members to learn about and be participants in advancing positive health outcomes in our community; It informs programming, drives collaboration & partnership, and informs funders & community members to contribute.

In the pages that follow, you will find a timeline that describes the creation of this document as well as the data and context in which it was created. It also includes supporting details about objectives and strategies/activities for each of the prioritized areas. Progress towards these strategies/activities will be updated in 2024.

If you would like to be more involved, this document may inform where and how you can get involved.

For more information or questions regarding this document, please email health@champaignhd.com.



Steering Committee

The Steering Committee is comprised of stakeholders throughout the community and includes representatives from developmental disabilities, local government, child and family welfare, healthcare, mental health and addiction services, and senior services.

The Steering Committee provides strategic oversight and guidance to the formation, implementation, and evaluation of the CHIP; a systems-level plan which addresses health issues identified through review of data, sets priorities, identifies existing community assets, directs the use of new or additional resources, and supports projects, programs, and policies that improve the health of the population.

A shared community vision influences the activities of the Committee:

Vision Statement

Champaign County is a thriving community that works together to promote wellness, prevent disease, and protect from harm.

Our vision for Champaign County

Residents have access to essentials of living and health care services, which allow them to improve their physical, emotional, and environmental health.

The Champaign County community has a sense of culture that encourages engagement and inclusivity.

Collaborating agencies share collective goals while valuing transparency, accountability, and mutual trust.



CHIP Timeline

November 2021	<h3>Community Health Status Assessment</h3> <ul style="list-style-type: none">Begun planning and implementation of the Community Health Status Assessment; used existing data sources to compile reports descriptive of Champaign County.
March 2022	<h3>Organize and Prepare</h3> <ul style="list-style-type: none">Re-commitment to using Mobilizing for Action through Planning and Partnership (MAPP) as a process model for the Community Health Assessment and Health Improvement PlanBegun holding Steering Committee meetings at bi-monthly cadenceReassessed Steering Committee membership and recruited new partners
April 2021 - June 2022	<h3>Assessments</h3> <ul style="list-style-type: none">Completion of Forces of Change Assessment with Community Partners; identified forces and policies that impact health and wellness in Champaign CountyCompletion of Local Public Health Systems Assessment; evaluated the Local Public Health Systems performance in the 10 Essential Services for Public HealthCompletion of the Community Themes and Strengths Assessment; Performed focus groups with community stakeholders to gather feedback and insight on community needs and priorities
August - September 2022	<h3>Issue Identification and Prioritization</h3> <ul style="list-style-type: none">Steering Committee reviewed results of assessments and selected draft priorities
November 2022	Publication of the Champaign County Community Health Assessment (CHA)
November 2022 - February 2023	<h3>Selection of Improvement Plan Objectives</h3> <ul style="list-style-type: none">Steering Committee met to jointly select objectives to be included in the CHIP through discussions with existing collaborations who are addressing the priority issues.
February 2023	Publication of the Champaign County Community Health Improvement Plan (CHIP)
March 2023 - December 2025	<h3>Monitoring and Evaluation of Strategic Objectives</h3> <ul style="list-style-type: none">Steering Committee will evaluate progress, review new data and forces of change impacting priority areas, and provide technical support or assist with resource allocation when necessary

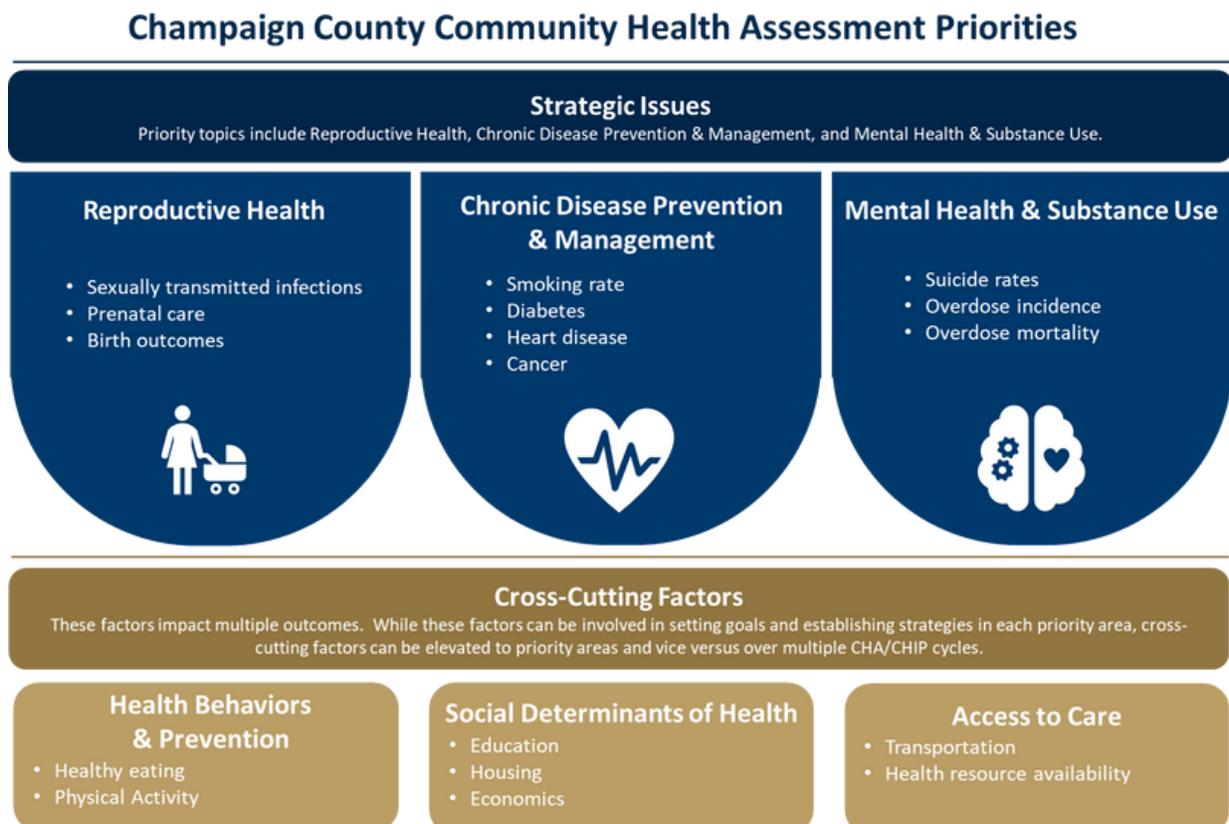
Priority Selection

To identify strategic issues, the Community Health Assessment (CHA) Steering Committee worked both as a group and independently to identify the most important health-related issues facing the Champaign County community.

After reviewing the preliminary data collected during the CHA, the members of the CHA Steering Committee were asked to examine the 2019 CHA strategic issues in the context of this new data and consider priority topics, priority outcomes, and cross-cutting factors.

The Committee selected three priority topics, including Reproductive Health, Chronic Disease Prevention & Management, and Mental Health & Substance Use. Within each priority topic, specific health outcomes were identified.

During data review, data points related to health equity, including social determinants of health, access to care, and health behaviors & prevention also emerged as important elements. Because issues in these categories often impact multiple outcomes, they were listed as “cross-cutting” factors.



Mental Health and Substance Use



“Health” is often thought of as physical. In Champaign County, we know health is much more than that. It can mean that someone is depressed, anxious, or addicted to drugs or alcohol.

These problems can decrease quality of life and negatively impact physical health. Just like heart attacks can cause premature death without proper care, illnesses like substance abuse or mental illness also can lead to early death through overdose and suicide.

That’s why it is important to help those who are in crisis in the moment, while also focusing heavily on evidence-based prevention strategies to stave off future crises. These efforts can significantly reduce deaths by suicide and overdose in Champaign County and provide our communities with resilience and healthy coping skills.



No person is untouched by mental health or substance use concerns—whether personally or through their relationships. Addressing mental health and substance use problems can proactively help our communities be and stay well: now and into the future.

Mental Health and Substance Use

Suicide [1]

Objective 1: Reduce the age-adjusted mortality rate for suicide by 5.2% from 12.3 to 11.7 by December 2025 [2]

- Improvement Strategies/Activities:
 - Hold Monthly coalition meetings
 - Promote suicide awareness by partnering with local stakeholders, including local churches, schools, law enforcement, and community organizations and businesses by December 2025
 - Create Suicide Death Review and policy for the county by December 2024



Overdose Incidence and Mortality [3]

Objective 1: Reduce overdose mortality by 27% from 20.6 to 15.0 by December 31, 2025 [4]

- Improvement Strategies/Activities:
 - Create Drug Death Review and policy for the county by December 2024
 - Identify curriculum in each school district and encourage school boards to adopt evidence-based substance abuse prevention programs by December 2024
 - Increase awareness among providers for paramedicine resources by December 2025
 - Promote Mercy REACH services of hope and healing of those who have expressed interest to treatment, peer support workers and other recovery support services by December 2025
 - Active representation by CHIP leadership committee in Champaign County Opioid settlement project
 - Outreach to community stakeholders for youth education on substance use resources

Assets and Resources: Mental Health Drug and Alcohol Board

[1] Suicide Prevention Coalition is responsible for all suicide strategies/activities

[2] Source: Suicide age-adjusted mortality rate, Champaign County CHA 2022

[3] Champaign County CORE responsible for all overdose incidence and mortality strategies/activities

[4] Source: Unintentional drug overdose age-adjusted death rate, Champaign County CHA

Chronic Disease Prevention and Management

Chronic diseases are the leading causes of death in Champaign County. They are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. The most common chronic diseases include heart disease, cancer, and diabetes. Many chronic diseases are caused by a short list of health behaviors: tobacco use, poor nutrition, lack of physical activity and excessive alcohol use.

We also know that where a person lives, their income level, and their race can be predictive factors for chronic disease. These societal inequities can make it more difficult for some individuals to adopt healthy lifestyles. We strive to address both individual behavior and the societal inequities to help our residents live healthier, longer lives.



Chronic Disease Prevention and Management

Smoking Rate

Objective 1: Reduce the percent of adults who are current smokers (age-adjusted) from 24% to 22% by December 31, 2025 [5]

Objective 2: Reduce the percent of youth who report smoking cigarettes once or more in the last 30 days from 3% to 2% by December 31, 2025 [6]



- Improvement Strategies/Activities:

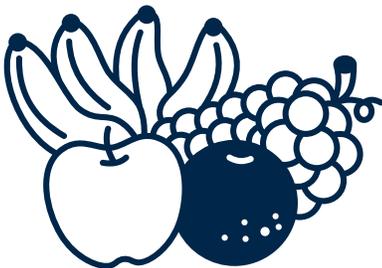
- Document enrollment to Ohio Tobacco Quit Line of 3% of adult smokers and 2% of youth nicotine users by June 30, 2025
- Increase capacity for tobacco prevention and cessation work through enhancement of infrastructure by June 30, 2025

Diabetes

Objective 1: Reduce diabetes rate by 12.7% from 8.3 to 7.2 by December 31, 2025 [7]

- Improvement Strategies/Activities:

- Identify evidence-based health strategies aimed at reducing incidence of type 2 diabetes by December 2025
- Identify organizations that provide diabetes education within the community by December 2024
- Increase promotion/collaboration of diabetes education in the community by December 2025
- Encourage diabetes education provider to adopt policy that provides transportation or transportation vouchers to people who have no personal transportation or no access or means to public transportation by December 2025



[5] Source: 2022 County Health Rankings

[6] Source: Search Institute Survey, Champaign County CHA 2022

[7] Source: Diabetes prevalence, US Diabetes Surveillance System (2020)

[8] Healthy Living Committee responsible for all Chronic Disease strategies/activities

Chronic Disease Prevention and Management

Heart Disease

Objective 1: Reduce heart disease mortality rate by 23% from 163.4 to 125.8 by December 31, 2025 [9]

- Improvement Strategies/Activities:
 - Identify evidence-based health strategies aimed at reducing incidence of heart disease by December 2025
 - Create partnerships to identify most prevalent risk factors of heart disease in Champaign County by December 2024
 - Increase the promotion of heart disease education within the community by December 2025
 - Identify barriers of attendance and sustainability issues to programming by December 2024

Cancer

Objective 1: Reduce the overall cancer death rate by 15% from 192.3 to 163.5 by December 31, 2025 [10]

- Improvement Strategies/Activities:
 - Increase promotion for cancer screenings (breast, skin, lung, colorectal, prostate) by December 2025
 - Increase the amount of prevention screenings by 10% by December 2025
 - Identify barriers to completing cancer screenings by December 2024

Assets and Resources: Champaign Health District, Mercy Health, Memorial Health, Mary Rutan, Community Health and Wellness, Ohio State University Extension, Champaign Family YMCA



[9] Source: Heart disease age-adjusted mortality rate, Champaign County CHA 2022

[10] Source: Cancer age-adjusted mortality rate, Champaign County CHA 2022

Reproductive Health



Pregnancy and early life are critical times to ensure healthy development, address health risks and prevent future problems for women and their children. Their well-being determines the health of the next generation and can help predict the future public health challenges for families and communities.

Sexually Transmitted Infections

Objective 1: Reduce the rate (number of cases per 100,000) of Chlamydia in Champaign County by 10% from 299.1 to 269.2 by December 31, 2025 [11]

- Improvement Strategies/Activities
 - Establish reproductive health subgroup responsible for working towards CHIP Reproductive Health goals by July 2023
 - Conduct inventory of sexual education programs currently administered in Champaign County schools and encourage school boards to adopt evidence-based comprehensive sexual education programs by December 2025
 - Conduct inventory of STI testing and treatment availability in Champaign County by December 2025

Prenatal Care and Birth Outcomes

Objective 1: Increase the rate of mothers seeking prenatal care in first trimester by 5% from 61.4% to 64.4% by December 31, 2025 [12]

- Improvement Strategy/Activity
 - Conduct inventory of prenatal care providers in Champaign County, including office hours and location in the county by December 2025

Assets and Resources: Mercy Health, Sycamore House

[11] Source: Chlamydia rate per 100,000, Champaign County CHA 2022

[12] Source: Percent of live births receiving prenatal care, Champaign County CHA 2022

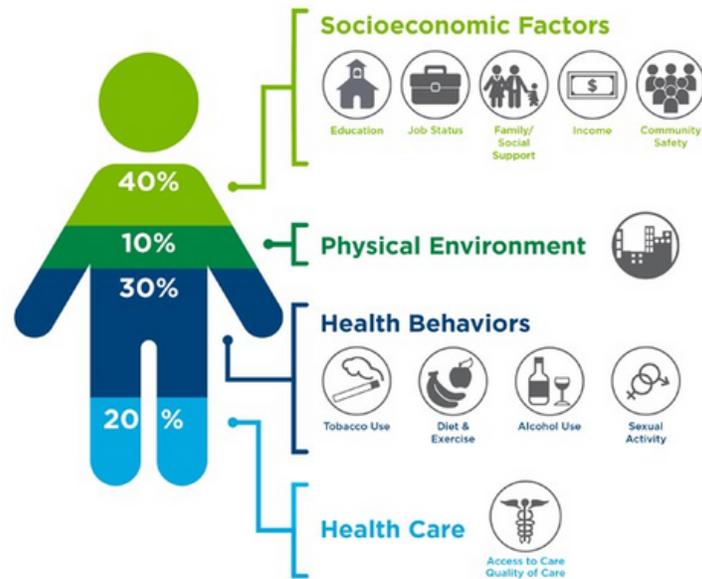
[13] Reproductive Health Subgroup responsible for all strategies/activities

Social Determinants of Health

Social determinants of health (SDOH) are the conditions where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. SDOH can be grouped into 6 domains: Economic stability, education access and quality, health care access and quality, neighborhood and built environment, food, and social community context.

These social determinants of health are linked to a lack of opportunity and resources to maintain and improve health. Taken together, SDOH are mostly responsible for health inequities—the unfair and avoidable differences in health status seen within and between populations.

Due to their “cross-cutting” nature and significant impacts on multiple health outcomes, SDOH, including health behaviors and access to care, will be integrated into all discussions on Champaign County’s three priority health topics.



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

The Bridgespan Group

Next Steps

The CHIP is a living document and is updated and republished every three years.

As we have been working to complete this version, we remain mindful of the continuous improvement process and have begun to identify next steps to make this CHIP even more useful to our community.

Those steps include:

1. Measure and report on progress towards goals and objectives of the CHIP.
2. Identify opportunities for alignment with other local strategic initiatives and plans.



Tracking Our Progress

Progress on goals and objectives will be tracked in Vision Mission Services Goals Dashboard (VMSG), a public health performance management software. Champaign Health District's (CHD) CHIP Project Coordinator is responsible for reviewing progress towards goals and gathering data from subgroups during regular meetings. This information will be updated in VMSG. Progress towards goals will be shared at quarterly Steering Committee meetings.

Glossary/Acronyms

CHD: Champaign Health District
CDC: Centers for Disease Control and Prevention
CHA: Community Health Assessment
CHIP: Community Health Improvement Plan
MAPP: Mobilizing for Action through Planning and Partnership
ODH: Ohio Department of Health
SDOH: Social Determinants of Health
SHIP: State Health Improvement Plan



Additional Resources



1. 2022 Champaign County Community Health Assessment. Retrieved from https://static1.squarespace.com/static/577d3f08414fb575717ce68c/t/6373d1e9f033b03218e9cb12/1668534764249/CHD+CHA+2022_10.20.22.pdf
2. Mobilizing for Action through Planning and Partnerships (MAPP). Retrieved from <https://www.naccho.org/programs/public-health-infrastructure/performance-improvement/community-health-assessment/mapp>