

# Community Health Improvement Plan (CHIP)

2020-2022

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:

Champaign County Board of Developmental Disabilities  
Champaign County Chamber of Commerce  
Champaign Health District  
Family Children First Council  
Memorial Health  
Mental Health, Drug, and Alcohol Services Board  
Mercy Health Urbana  
TCN Behavioral Health  
United Way of Clark, Madison, and Champaign



# Letter to the Community

In 2016, with contributions from organizations throughout the community, the Champaign Health District identified Mental Health, Healthy Living, Substance Abuse, and Early Child Wellness as the major issues facing our community. The 2016-2019 Community Health Improvement Plan (CHIP) was created as a roadmap to addressing those issues. While the Champaign County Community has had notable successes since 2016, the data presented in the 2019 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.

When it came time to embark on the current CHA and CHIP cycle, the Champaign County Community Health Improvement Steering Committee recognized the following necessary enhancements:

1. Increase shared ownership of the CHA/CHIP planning process
2. Recognize the role of social determinants of health in solving complex health problems

To increase collaboration in the planning process for the 2020-2022 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
- Maternal/Infant/Child 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 2022 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 goals and metrics for each of the prioritized areas. Progress towards these goals will be updated in 2022.

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](mailto: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.

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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.

The relevance of this vision became self-evident as our public health system was faced with the COVID-19 pandemic. As the response to COVID-19 monopolized resources in every sector, it became necessary for the community to collaborate to provide creative solutions to the issues further exposed by the pandemic.

# CHIP Timeline

January 2018	<p>Organize and Prepare</p> <ul style="list-style-type: none"><li>• Selection of Mobilizing for Action through Planning and Partnership (MAPP) as a process model for the Community Health Assessment and Health Improvement Plan</li></ul>
May - June 2018	<p>Community Engagement</p> <ul style="list-style-type: none"><li>• Engagement with local officials and residents through a community meeting</li><li>• Community Themes &amp; Strengths Assessment: reviewed health data and gathered input on needs and the prioritization of needs from community members</li></ul>
May - September 2019	<p>Assessments</p> <ul style="list-style-type: none"><li>• Planning and implementation of the Community Health Status Assessment; used existing data sources to compile reports descriptive of Champaign County. As part of this assessment, the Behavioral Risk Factor Surveillance System was implemented.</li><li>• Completion of Forces of Change Assessment with Community Partners; identified forces, policies, that impact health and wellness in Champaign County</li><li>• Completion of Local Public Health Systems Assessment; evaluated the Local Public Health Systems performance in the 10 Essential Services for Public Health</li></ul>
September - January 2020	<p>Issue Identification and Prioritization</p> <ul style="list-style-type: none"><li>• Steering Committee reviewed results of assessments and selected draft priorities</li><li>• Community members were asked to review the draft priority issues and provide input; feedback was reviewed by Steering Committee and changes made accordingly</li></ul>
February 2020	Publication of the Champaign County Community Health Assessment (CHA)
February 2020 - June 2021	Community response to SARS-CoV-2
June 2021	<p>Selection of Improvement Plan Objectives</p> <ul style="list-style-type: none"><li>• Steering Committee met to jointly select objectives to be included in the CHIP through discussions with existing collaborations who are addressing the priority issues.</li></ul>
July 2021	Publication of the Champaign County Community Health Improvement Plan (CHIP)
July 2021 - December 2022	<p>Monitoring and Evaluation of Strategic Objectives</p> <ul style="list-style-type: none"><li>• 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</li></ul>

# 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 wrote down the most important data points and issues that were brought to light through data review. These ideas were then grouped into categories based on the Robert Wood Johnson Foundation's County Health Rankings. Together, these categories developed the framework of the Champaign County CHA Priorities.

The priority topics included Mental Health and Substance Use, Chronic Disease Prevention and Management, and Maternal/Infant/Child Health. Within each priority topic, specific desired outcomes were identified, such as a decrease in cancer incidence.

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

Community members then provided feedback about the draft priorities. The draft priorities were shared through verbal presentation and electronically via survey. At all



encounters, respondents were asked, "How well do the Champaign County Community Health Assessment Priorities represent what you feel are the main health-related concerns in the community?" as well as a series of optional demographic questions. Complete feedback methodology and results can be found in the 2019 Champaign County CHA.

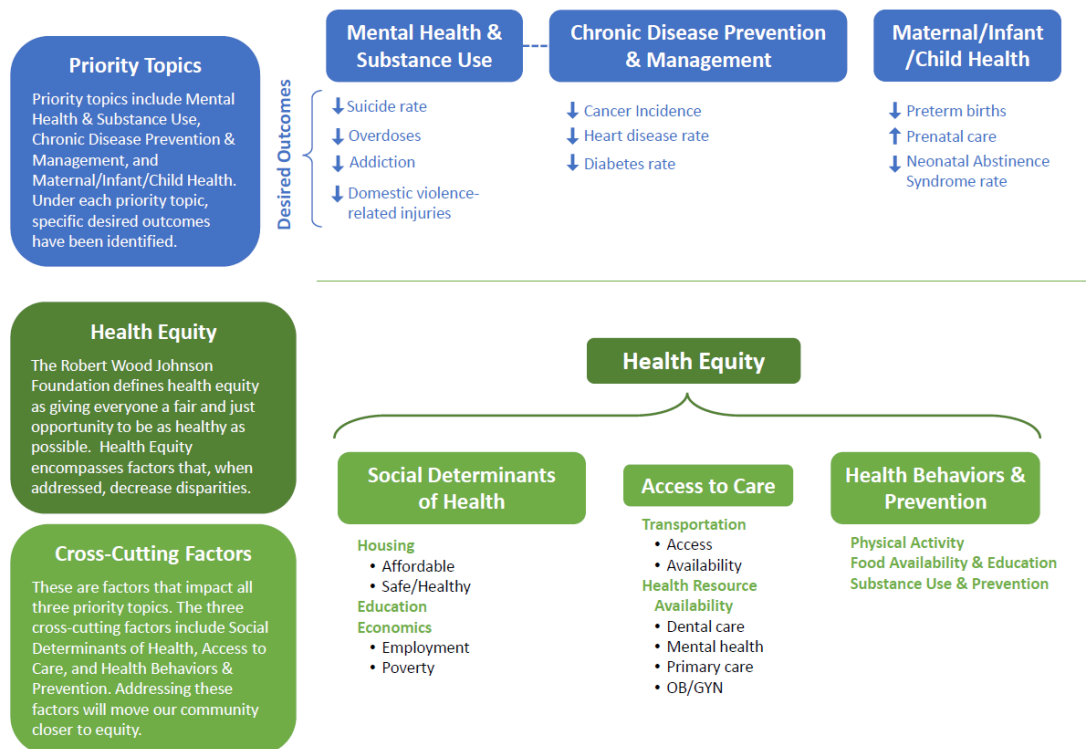
# Priority Selection

## Final Priorities

After considering feedback from the community members, the priorities were finalized. Priority Topic titles were edited to better reflect the efforts that need to be made in order to improve the stated outcomes, which were explicitly labeled to dissolve confusion that was expressed during feedback sessions.

Additionally, a greater emphasis was placed on Health Equity in the final version of the Priorities. In this version, Health Equity was depicted as an umbrella encompassing cross-cutting factors that, when addressed, decrease disparities. Goals and strategies were formulated during the Community Health Improvement Plan process for each of the priority topics.

## Champaign County Community Health Assessment Priorities



12/2019 AIPS

# 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

## Goal 1

Reduce the rate (number of cases per 100,000) of overdose death from 27.7 to 24.9 by December 31, 2022.[1]

### Process Objective

- Increase treatment participation for substance use disorder; establish baseline by December 31, 2021.[2]

## Goal 2

Reduce the rate (number of cases per 100,000) of suicide deaths from 16.6 to 14.9 by December 31, 2022.[3]

### Process Objectives[4]

- Build partnerships within community to provide additional on-scene support for families of suicide victims.
- Create a plan for community-based mental health training and education opportunities by December 31, 2021.
- Implement community-based mental health training and education plan by December 31, 2022.
- Expand Universal school-based suicide awareness and education programs in grades 11-12

### Overall Process Objective

- Increase percent of children who attended preschool prior to kindergarten.[5]

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[1] Source: Unintentional drug overdose age-adjusted death rate, 2019 Champaign County CHA

[2] Responsibility of Champaign County CORE

[3] Source: Suicide age-adjusted mortality rate, 2019 Champaign County CHA

[4] Responsibility of Suicide Prevention Coalition

[5] Early Childhood Coordinating Committee



# 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

## Goal 1

Reduce diabetes prevalence from 10.2% to 9.9% by December 31, 2022.[6]

### Process Objective

- Build capacity and partnerships in diabetes education as evidenced by at least 6 active participating agencies in the Healthy Living Task Force.[7]

## Goal 2

Reduce heart disease mortality rate from 157.3 to 141.4 by December 31, 2022.[8]

### Process Objective

- Build capacity and partnerships in tobacco education as evidenced by at least 6 active participating agencies in the Healthy Living Task Force.[9]

## Goal 3

Decrease Cancer Incidence [10]

- 1.Reduce the rate of Late-stage lung and bronchus cancer diagnoses from 67.7 to 60.93 by December 31, 2022.
- 2.Reduce the rate of Late-stage breast cancer diagnoses from 27.1 to 24.4 by December 31, 2022.
- 3.Reduce the rate of Late-stage prostate cancer diagnoses from 17.7 to 15.9 by December 31, 2022.

### Process Objective

- Increase awareness of importance of cancer screenings and risk education as evidenced by an increase in the number of people screened. [11]

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[6] Source: 2017 Diagnosed Diabetes prevalence, CDC Diabetes Atlas

[7] Responsibility of Health Living Task Force

[8]Source: Heart disease age-adjusted mortality rate, 2019 Champaign County CHA

[9] Responsibility of Health Living Task Force

[10] Source: ODH Champaign County Cancer Profile 2019, ODH

[11] Responsibility of Mercy Health Urbana

# Maternal/Infant/Child 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.



## Goal 1

Reduce the percent of preterm births from 13.4% to 10.3% by December 31, 2022.  
[12]

### Process Objective

- Active participation in a collaborative effort that is focused on improving birth outcomes.[13]

## Goal 2

Increase the percent of live births receiving prenatal care during the first trimester from 58.7% to 67.9% by December 31, 2022.[14]

### Process Objective

- Active participation in a collaborative effort that is focused on improving birth outcomes.[15]

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[12]Source: Percent of preterm births, 2019 Champaign County CHA

[13] Responsibility of Mercy Health Urbana

[14] Percent of live births receiving prenatal care, 2019 Champaign County CHA

[15] Responsibility of Mercy Health Urbana

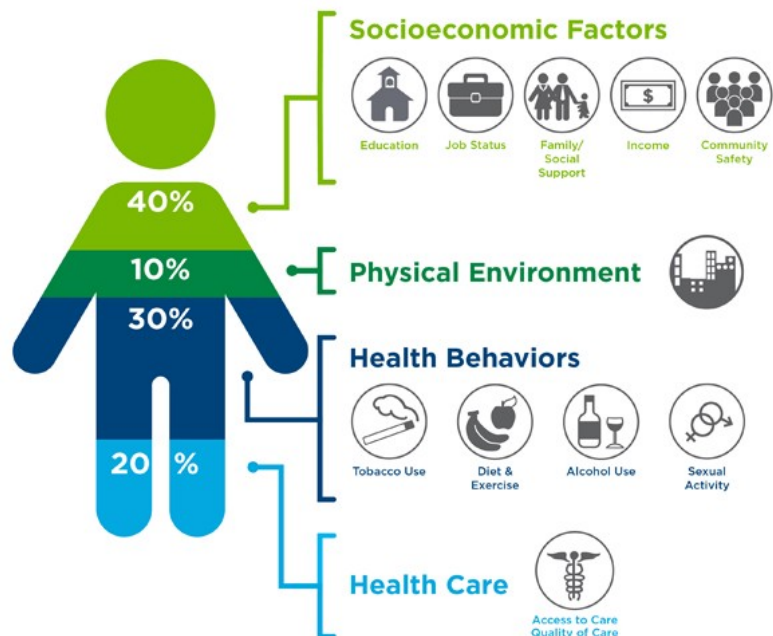
# Social Determinants of Health

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.

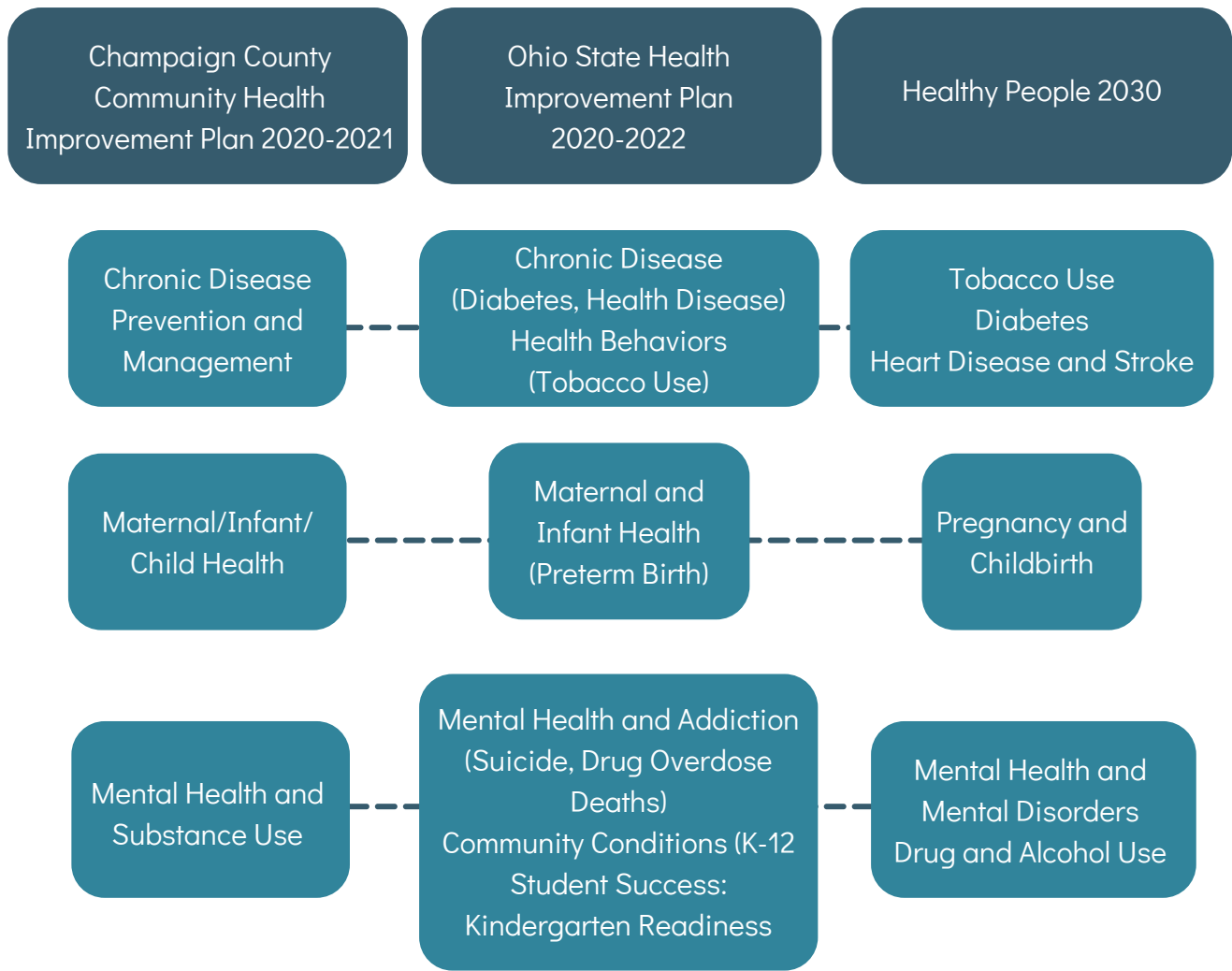
For example, rates of obesity and heart disease, which are high in Champaign County, would have historically been blamed on individual behavior but we now know that the SDOH play an integral role in those health issues. A physical environmental cause of obesity and heart disease could be the lack of access to exercise opportunities or fresh healthy food. As of 2019, the percent of the population in Champaign County who have adequate access to locations for physical activity was 59%. This is lower than the percent of Ohio’s population with adequate access (84%).

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.



# Alignment of Priorities with State and National Health Initiatives

The three priority topics align with health improvement initiatives at the state and national level. This alignment positions Champaign County to benefit from resources such as funding, intentional data collection efforts, demonstrated evidence-based practices, complimentary policy change, as well as wide-spread campaigns and health promotion efforts. These factors contribute to an increased state of community readiness. This figure illustrates alignment between initiatives.



# 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. Reevaluate resources and impact on community since COVID-19 pandemic.
2. Measure and report on progress towards goals and objectives of the CHIP.
3. Maintain an inventory of Community Assets and Resources that may impact the work of the CHIP.
4. Identify opportunities for alignment with other local strategic initiatives and plans.





# 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. 2019 Champaign County Community Health Assessment. Retrieved from [https://static1.squarespace.com/static/577d3f08414fb575717ce68c/t/5e5ecc44fcc5203e03c36464/1583270988724/CHD+CHA+2019\\_2.6.2020\\_final.pdf](https://static1.squarespace.com/static/577d3f08414fb575717ce68c/t/5e5ecc44fcc5203e03c36464/1583270988724/CHD+CHA+2019_2.6.2020_final.pdf)
2. County Health Rankings and Roadmaps for Ohio. Retrieved from <https://www.countyhealthrankings.org/app/ohio/2021/overview>
3. Healthy People 2030. Objectives and Data. Retrieved from <https://health.gov/healthypeople/objectives-and-data>
4. Mobilizing for Action through Planning and Partnerships (MAPP). Retrieved from <https://www.naccho.org/programs/public-health-infrastructure/performance-improvement/community-health-assessment/mapp>
5. 2020-2022 Ohio State Health Improvement Plan (SHIP). Retrieved from <https://odh.ohio.gov/static/SHIP/2020-2022/2020-2022-SHIP.pdf>





