

# OTTAWA COUNTY



## 2018

### Community Health Improvement Plan

#### WHAT is the CHIP?

A plan that focuses on the greatest health needs in Ottawa County. Community members, including people from health care and human service agencies, identified three priority health areas based on data from the Ottawa County Community Health Needs Assessment.

Access to Care • Mental Health • Healthy Behaviors

#### WHY create a plan?

Public health challenges are too great for a person, organization or sector to solve alone. The CHIP is a guide for the community to work together and meet its health needs. This 2018 plan continues the work of the 2015 CHIP, but takes a deeper look at root causes and refines the **recommended community strategies**. ([www.miOttawa.org/2015CHIP](http://www.miOttawa.org/2015CHIP))

“ A person’s health is affected by so many areas in their life. We as a community must work together to address these factors to truly make a difference. - Health Officer Lisa Stefanovsky, Ottawa County Department of Public Health ”

#### VISION

Healthy people living in healthy communities.

#### MISSION

Achieve positive health outcomes for Ottawa County residents by partnering to identify health issues, plan and implement strategic actions for change.

#### VALUES

Equity • Collaboration • Excellence • Best Practice

#### ADVISORY COUNCIL:

Community Mental Health of Ottawa County  
Community SPOKE  
Greater Ottawa County United Way  
Holland Hospital  
North Ottawa Community Hospital  
Ottawa County Department of Public Health  
Spectrum Health Zeeland Community Hospital



# Community Health

## PRIORITIES

### Access to Care

#### GOAL

Increase access to a patient-centered and community-integrated system of care.

#### OBJECTIVES

1. Increase the percentage of adults who are confident navigating the health care system.
2. Decrease the percentage of adults who had trouble meeting their own or family's health care needs in the past year.

#### RECOMMENDED STRATEGIES

1. Expand the Ottawa Pathways to Better Health program to allow community health workers to serve a greater number of people. Learn more about the program at [www.miOttawa.org/OPBH](http://www.miOttawa.org/OPBH).
2. Expand care coordination in physician offices.

### Mental Health

#### GOAL

Increase recognition and treatment of mental health conditions.

#### OBJECTIVES

1. Increase the percentage of adults receiving treatment or medication for mental health conditions.
2. Decrease the percentage of adults and youth who have suicide ideation and attempts.
3. Decrease the number of accidental deaths caused by an opioid-involved overdose.
4. Decrease the percentage of adults experiencing mild to severe psychological distress.

#### RECOMMENDED STRATEGIES

1. Increase public awareness of existing mental health treatment models and services.
2. Increase community conversations about mental health including expansion around the county of the town hall meeting format.
3. Educate the community on Adverse Childhood Experiences (ACEs).

### Healthy Behaviors

#### GOAL

Promote consistent healthy behavior messages and decrease barriers to healthy living.

#### OBJECTIVES

1. Decrease the percentage of adults who engage in no leisure-time physical activity.
2. Increase the percentage of adults who consume at least five servings of fruits and vegetables per day.
3. Increase the percentage of overweight or obese adults who receive advice from a health care professional about their weight.

#### RECOMMENDED STRATEGIES

1. Increase awareness about low-cost and free opportunities for physical activity within Ottawa County.
2. Support Ottawa Food efforts.
3. Implement an educational campaign about the importance of family meals.
4. Work with health care professionals to reduce the barriers that prevent them from providing weight-related advice to overweight and obese patients.
5. Develop a framework to promote the Ottawa County health improvement strategies, health communications and local resources that will help people achieve optimal health.

**Be a part of making a difference in your community.**

Contact [CHIP@miOttawa.org](mailto:CHIP@miOttawa.org) for more information on how to get involved.

LEARN MORE

Community Health Needs Assessment metrics and findings at [www.miOttawa.org/2017CHNAfullreport](http://www.miOttawa.org/2017CHNAfullreport).  
Prioritized root causes and detailed recommended strategies at [www.miOttawa.org/2018CHIPfullreport](http://www.miOttawa.org/2018CHIPfullreport).