The Delaware State Health Improvement Plan

Annual Report 2015

The Delaware Public Health Institute



About SHIP

The goal of Delaware's first State Health Improvement Plan was to provide an ongoing, systematic, coordinated, quality improvement process in the state. To accomplish this goal, the DE SHIP utilizes a collaborative planning process bolstered by a strategic planning framework that incorporated the perspectives, resources, accountability, structure and direction to the process.

Mission

To continually address core health issues in the state of Delaware through a collaborative network of stakeholders dedicated to shared visions for the improvement of population health.

A framework was needed to move efficiently through the state health improvement initiative. The nationally recognized Mobilizing for Action through Planning and Partnership, or MAPP, process developed by the National Association of County and City Health Officials was selected to facilitate the initiative.



The MAPP framework

divides the health improvement process into six phases (Figure 1) which align with deliverables for the Delaware SHIP (Table 1). Each phase builds on the information gathered in the previous phases. The three steps of Plan, Implement, and Evaluate can be performed repeatedly in a continuous quality improvement model.

Table 1. SHIP Deliverables and Corresponding MAPP Phases.

SHIP D	MAPP Phases							
Community Health Improvement Process Report	Community Health Assessment	1. Organizing 2. Visioning						
	Community Health Profile	3. MAPP Assessments						
	Community Health Improvement Plan	4. Strategic Issues 5. Goals/ Strategies 6. Action Cycle						

History of SHIP

- The process began in 2011-2012
- Assess health status of Delawareans in a systematic, organized, and collaborative manner
 - Increase coordination and communication across silos
 - Address core issues for action

TOP 5 PUBLIC HEALTH ISSUES:

- 1) Access to clinical services;
- **Chronic disease prevention** 2) and control:
- 3) Health education/Health promotion;
- 4) Mental health; and
- 5) **Community health**

Forces of Change Assessment

Community Themes and **Strengths** Assessment

Social forces 1)

2) **Economic forces**

Legal/Political forces

TOP 3 CATEGORIES OF

FORCES OF CHANGE

Organizing Visioning

MAPP Assessments

Identify Strategic Issues

Formulate Goals and Strategies

EVALUATE

PLAN

ACTION

IMPLEMENT

Community Health **Status** Assessment **Local Public** Health **Systems Assessment**



People

and

2)

3)

Physical locations;

Community resources;

Institutions/Businesses;

PRIORITIZED GOALS:

- Reduce obesity by promoting health diet and exercise;
- Increase access to healthy foods:
- 3. Reduce tobacco and tobacco substitute use;
- 4. Reduce substance misuse;
- 5. Improve the built environment to promote walking, biking, etc.;
- 6. Increase transportation to healthcare and behavioral health services; and
- Improve access to behavioral/mental health services.

BEHAVIORAL RISK FACTORS

WEIGHT

PHYSICAL ENVIRONMENT

> AIR **OUALITY**

INFECTIOUS DISEASE

TUBERCULOSIS

MATERNAL AND CHILD HEALTH

> INFANT MORTALITY

OUALITY OF LIFE

Kent County self-perceived (good or excellent) health decreased from 87% to 82% (2006-2010)

Delaware ranked 21st in the nation in obesity prevalence (2008-2010)

26.7% of DE adults reported feeling sad or depressed 1-5 days during the prior 30 (2010)

In 2010, there were 18 days that ozone levels surpassed the eight-hour limit

The homeless population has

more than doubled since 1986 & 1/5 of people in shelters are children

DE's infant mortality rate (8.3 per 1,000 live births) is higher than the national average (6.8)

DEPRESSION AND SUICIDE

> SOCIO-**ECONOMIC** INDICATORS

SOCIAL AND

MENTAL

HEALTH

INCOME

ACCESS AND AVAILABILITY

VACCINES

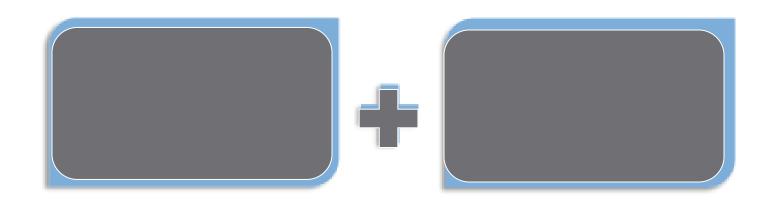
DEMOGRAPHICS

THE HOMELESS

> DEATH, ILLNESS. INJURY AND HOMICIDE

DE's five-vear homicide rate (6.2) increased 72% since 2003

The Action Cycle



Work Groups

Goal 1: Healthy Lifestyles

Assure an Infrastructure
Necessary to Increase the
Adoption of Healthy Eating
and Active Living

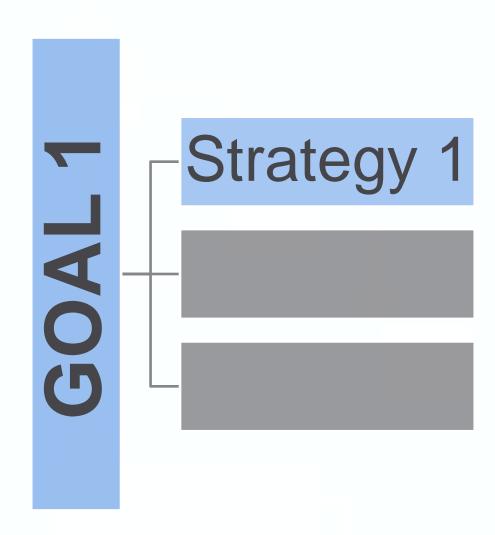
- 1. Maximize and develop resources
- Build support for change
- Optimize alignment and coordination efforts

Goal 2: Access to Mental Health

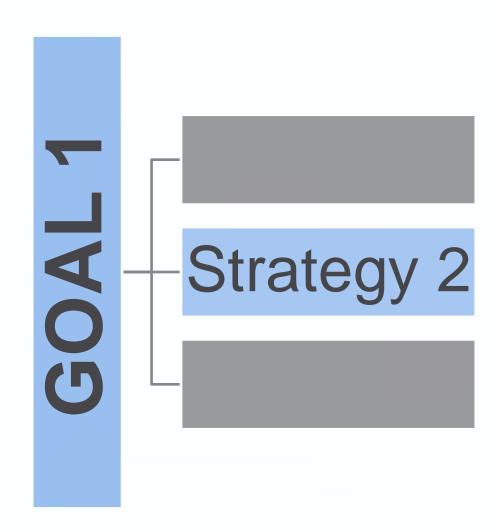
Improve Access to Mental
Health and Substance Abuse
Services and Supports,
Including Prevention, Early
Intervention, and Treatment
for all Delawareans

- 1. Integrate care through the lifetime
- Enhance the mental/behavioral health workforce
- 3. Improved early detection, screening, and early intervention, prevention
- Increase awareness of mental health issues

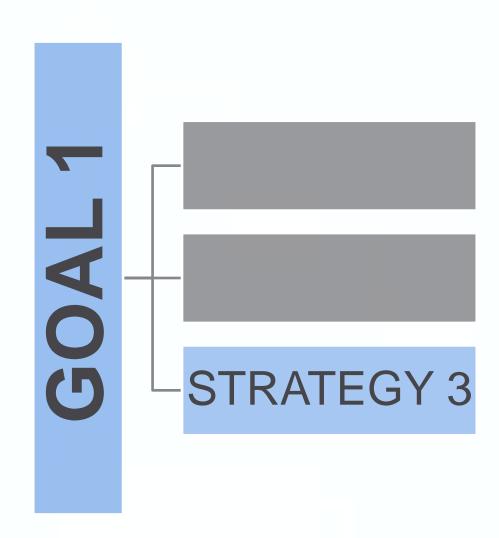
- Developed "Motivate the First State" pilot physical activity initiative
- Identified an incentive based fundraising tool to track participation and move contributions and began development



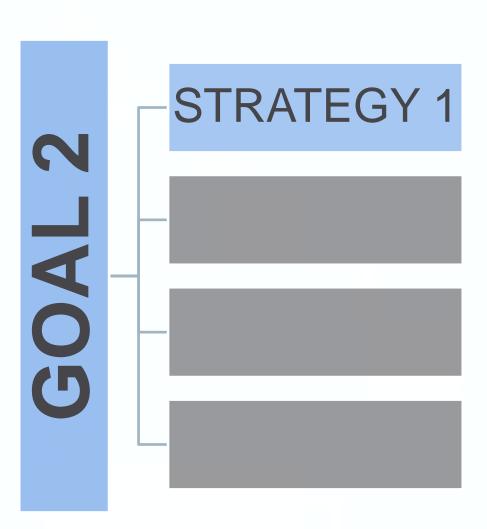
- Identified key stakeholders and decision makers within priority settings
- Created a strategy for stakeholder advocacy
- Mobilized a network of stakeholders to advocate



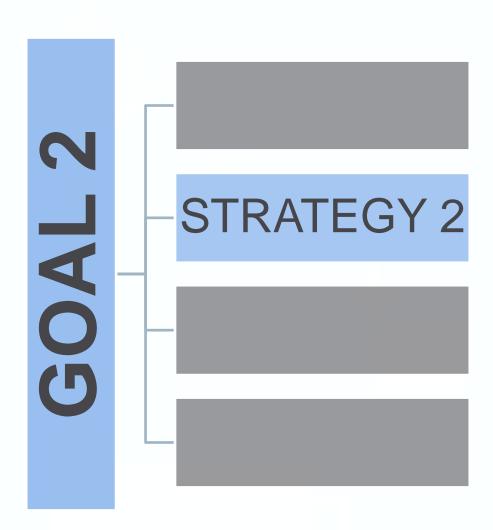
- Identified efforts involving healthy eating and active living in DE
- Analyzed data to identify gaps and made recommendations
- Selected strategies for each behavior based on recommendations
- Selected recommendations and provided them to DPHI



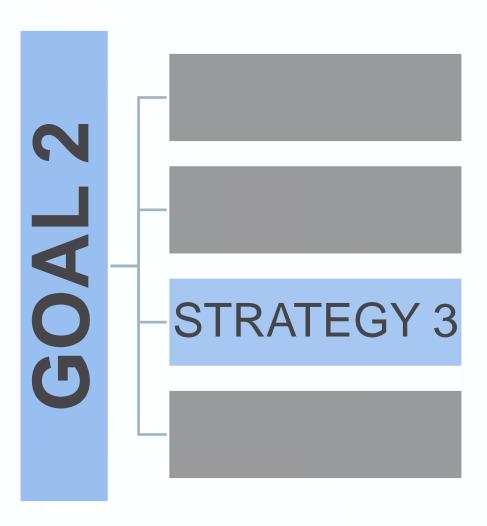
 Actively engaged in the implementation of Delaware's State Health Care Innovation Plan



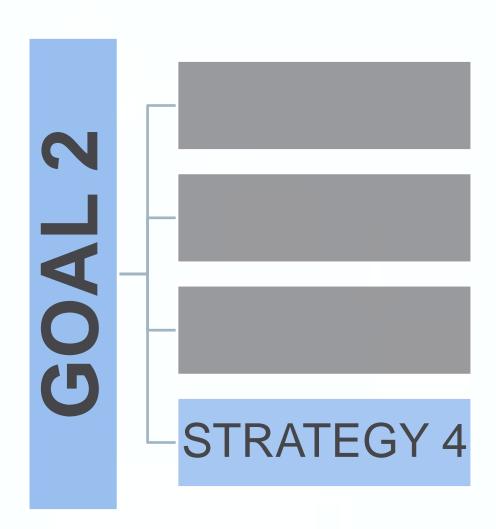
- Conducted a needs assessment of current behavioral health/mental health and substance abuse providers in DE
- Increased access to training resources related to behavioral healthcare



- Implemented well-researched screening instruments and integrated systemic processes that assist in detection, management and prevention
- Trained first-level interventionists, community members and providers to recognize, assist, and link individuals to services and resources



- Utilize CORE program to raise awareness among providers and community
- Position trained first level interventionists to raise awareness of psychotic illnesses and resources
- Utilize HelpIsHereDE.org to raise awareness of substance use and addictive disorders
- Develop marketing resources and social media to raise awareness of CORE and HelpIsHereDE.org



Infrastructure Accomplishments

Establish and maintain SHIP coalition

Newsletter

Mission and vision

Bylaws

Semi-Annual Meetings

State Health Assessment

Assessment plan

3-year process finalized

Revised SHIP

Revision process plan

3-year process finalized

Tracking and Implementation

Communication

Webpage

Quarterly updates

Updating Delaware's State Health Improvement Plan

1. Establish an assessment work group/committee

- 1. Co-manage and monitor deliverables
- 2. Develop a timeline for the update process
- Evaluate the current SHIP
 - 1. Trends in benchmark health data from 2012
 - Survey steering committee
 - 1. Infrastructure
 - 3. Survey strategy leaders
 - 1. Process evaluation
 - 4. Coalition-wide questionnaire
 - 1. Quality improvement
 - 2. Perceptions

4. Conduct a State Health Assessment (SHA)

- 1. Build on previous assessments
- 2. Identify indicators for assessment
- 3. Identify resources for data
- 4. Expand stakeholder engagement
- 5. Identify special populations
- 6. Interpret findings and draft a revised DE SHIP

Community Themes and Strengths Assessment

Collect information that will provide a deep understanding of the issues residents feel are important.

Local Public Health System Assessment

Collect information to identify capacity and capability of local public health system.

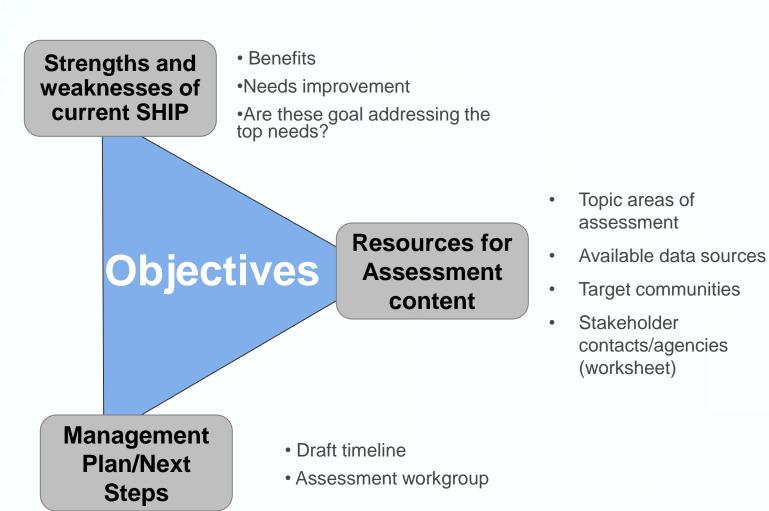
Community Health Status Assessment

Collect information to answer the questions "How healthy are our residents?" and "What does our health status look like?"

Forces of Change Assessment

Focuses on the identification of forces such as legislation, technology, and other impending changes that affect the health of our community.

Kick-off Meeting



Additional Information

SHIP resources:



Questions/comments:

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MAPP Phase / Description of Activity	Month (using a 1 ½ year timeline)																	
WAIT Thase / Description of Activity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Organize for Success / Partnership Development			5	-		0	<u> </u>	-		10	11	12	13	11	13	10	17	10
Determine why the MAPP process is needed																		
Identify, organize, and recruit participants																		
 Design the planning process 																		
Assess resource needs																		
Conduct a readiness assessment																		
Develop a workplan, timeline, and other tools																		
Visioning																		
Prepare for and design the visioning process																		
Hold visioning sessions																		
4 MAPP Assessments																		
Community Themes and Strengths Assessment																		
Identify subcommittee, approaches, and resources																		
Hold community dialogues and focus groups																		
Develop/disseminate/collect a community survey																		
Conduct interviews with residents / key leaders																		
 Compile results/identify challenges and opportunities 																		
Local Public Health System Assessment																		
 Prepare for the LPHSA/ establish subcommittee 																		
 Discuss the Essential Services/identify org. activities 																		
 Respond to the performance measures instrument 																		
 Discuss results/identify challenges and opportunities 																		
Community Health Status Assessment																		
 Conduct data collection of core indicators 																		
 Select and collect additional indicators 																		
 Analyze the data / create a health profile 																		
Disseminate health profile																		
 Establish a system to monitor data over time 																		
 Identify CHSA challenges and opportunities 																		
Forces of Change Assessment																		
 Prepare for the Forces of Change Assessment 																		
 Hold brainstorming session with committee 																		
 Simplify list / identify threats and opportunities 																		
Identify Strategic Issues																		
 Identify potential strategic issues 																		
 Discuss issues-why they are strategic and urgency 																		
 Consolidate strategic issues 																		
 Arrange issues in priority order 																		
Formulate Goals and Strategies																		
Develop goal statements																		
Develop strategy alternatives and barriers																		
Explore implementation details																		
Select and adopt strategies																		
Draft the planning report								<u> </u>										
The Action Cycle*																		