

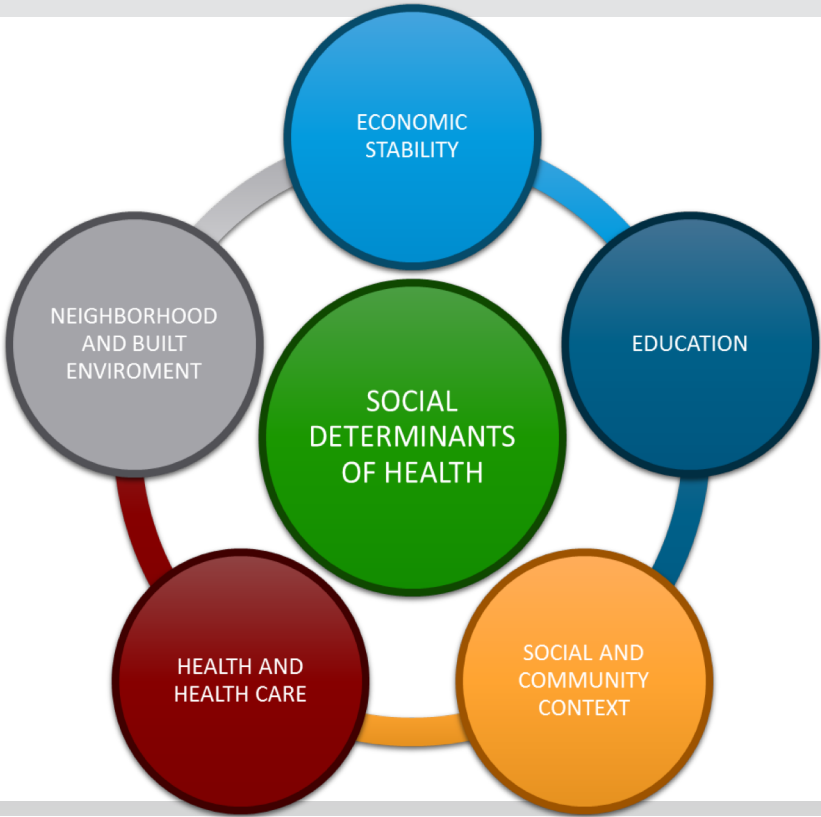


## East Region Update on Community Health Improvement Plan

*June 27, 2018*

# A Focus on Root Cause: Social Determinants of Health

Social determinants of health are conditions in the environments in which 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.



# The Three Pillars of Addressing Root Cause



***Strategic  
priority  
interests that  
drive our  
response to  
addressing  
root cause***

# Enhance Coordination of Services

## Baseline Indicators

WINDHAM & NORWICH  
DESIGNATED AS  
UNDERSERVED (MUA/HPSA)

1 PCP PER 1,976 WINDHAM  
COUNTY, PER 1,486 NEW  
LONDON (1,180 CT)

COUNTY HEALTH DISEASE  
MORTALITY: 176 WINDHAM,  
151 NEW LONDON (102 IN CT)

- Key Plan Initiative Tactics to Implement***
- Evaluate and use information exchange portal resources, linking healthcare providers with community-based organizations
  - Improve IT resources to enable community focus and better measurement of outcomes
  - Develop a playbook for infrastructure, dashboard of health, governance, and community workflows
  - Enable dynamic and up-to-date asset mapping

- Develop innovation network for learning, research, co-creation, and rapid knowledge dissemination (bi-directional communication platform)
- Implement new or increased use of Community Health Workers (CHW)
- Evaluate and use adaptive technology (e.g., ge-fencing, GIS mapping, artificial intelligence, biometric risk assessment, Epic tie-ins)

# Promote Healthy Behaviors and Lifestyle

## Baseline Indicators

NORWICH & WINDHAM  
DESIGNATED HIGH FOR  
HUNGER (FROM END HUNGER CT)

LOWER RATE OF COLLEGE AND  
GRADUATE DEGREE (30%  
WINDHAM, 26% NORWICH, 38% CT)

29% NORWICH, 36%  
WINDHAM AT HEALTHY  
WEIGHT (39% CT)

### ***Key Plan Initiative Tactics to Implement***

- **Screen for healthy food need identification in community population and provide assessment at points of care**
- **Enhance Promotion and Marketing, including adopting 5-2-1-0 initiative, at schools, workplaces, public spaces, faith communities, and healthcare events**
- **Provide voucher/prescription programs for fruits and vegetables**
- **Promote and improve healthy food donation**

- **Further partnerships with food pantries/banks and food providers and suppliers**
- **Create more access points for healthy foods**
- **Develop urban gardens, community gardens, hospital campus gardens, farmer's markets (fresh food)**
- **Evaluate and use mobile food programs**
- **Create and support food policy councils**

# Improve Community Behavioral Health

## Baseline Indicators

1 MENTAL HEALTH PROVIDER  
PER 360 WINDHAM COUNTY,  
PER 309 NEW LONDON (290 CT)

21% WINDHAM & KILLINGLY,  
27% NORWICH CIGARETTE  
SMOKING (12% IN US)

18.7% EAST REGION  
ADULT DEPRESSION  
(17.2 % IN CT)

### ***Key Plan Initiative Tactics to Implement***

- **Embed behavioral health services in primary care (ongoing)**
- **Recruit more mental health providers, with focus on community outpatient services (e.g., family therapists)**
- **Implement Recovery Coach program in ED**
- **Provide more depression screening – growth and at more points of care with referrals (including at public schools) and integrate into Epic**
- **Further Mental Health First Aid training and grow community behavioral health training at the local level**
- **Enhance services in virtual mental health, including tele-psychiatry**