

2022 Siskiyou County Community Health Improvement Plan

EXECUTIVE SUMMARY

The 2022 Siskiyou County Community Health Improvement Plan (CHIP) is a community-owned action plan designed to address the highest priority conditions of health in our community. The 2022 Siskiyou County CHIP is headed by Siskiyou County Public Health Division (SCPHD), and is informed by the health needs identified in the 2022 Community Health Needs Assessment (CHNA). For more information on the health assessment, or to access the full document, visit <https://www.co.siskiyou.ca.us/publichealth/page/chnachip-health-planning>

The 2022 CHIP was written to align with state and national health priorities and initiatives, as well as leverage local resources. The goals, objectives, and strategies contained in this document are intended to utilize upstream prevention models to address the social determinants of health. The social determinants of health are the conditions in the environments 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. A single social determinants of health can contribute to a wide range of health disparities and inequities. For example, an individual who does not have access to affordable grocery stores in our community are less likely to have a balanced diet. This can result in increased health risks, such as high blood pressure and diabetes, as well as lower their life expectancy. Therefore, by focusing CHIP objectives on addressing social determinants of health, we are able to increase the impact of our efforts and improve many health conditions throughout our community.

We would like to also recognize that there is great need in our community, throughout all health areas, ages, race/ethnicities, and geographic locations. By identifying specific health needs, target populations, and other priorities, we do not intend to diminish the importance or needs of others. Prioritizing health needs in a collaborative document increases the community's ability to make leverage resources and make collective impacts. Together, our actions are greater than the sum of their parts.

Please note, this is a living document which will be reviewed and updated annually, and progress will be monitored and reported by SCPHD. For more information on the CHIP process or how to become involved, please contact:

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Goal 1: Living Well
Support and improve Siskiyou County's residents opportunities to live safe, healthy, productive lives
<i>CHNA Priority Health Need Alignment:</i>
<i>Access to Mental and Behavioral Health Services, Access to Basic Needs, and Injury and Disease Prevention</i>
<i>Target population(s): Youth, older adults, BIPOC,</i>

Objective 1.1: Reduce stigma and increase community trust in seeking health services		
Reasoning behind objective: Stigma across health services prevents individuals from all areas of the community from accessing and benefiting from services which already existing in our community. By reducing stigma through a community based approach, we can increase utilization of services and help people live healthier lives.		
Indicators: <ul style="list-style-type: none"> • STD rates • Number of children/adults who have primary care/ dental home • Well child exams • Number of sectors engaged in mental health anti-stigma campaign 	Source:	Frequency:
Proposed/possible strategies:		
<ul style="list-style-type: none"> • Multi sector stigma reduction campaign 		
Policy recommendations:		
Alignment with National Priorities: Healthy People 2030 Objectives <ul style="list-style-type: none"> • AHS-07: Increase the proportion of people with a usual primary care provider • AHS-05: Reduce the proportion of people who can't get the dental care they need when they need it • AHS-R02: Increase the use of telehealth to improve access to health services • AHS-08: Increase the proportion of adults who get recommended evidence-based preventive health care Alignment with State Priorities: Let's Get Health California 2012 <ul style="list-style-type: none"> • Goal 1: Healthy Beginnings: Laying the Foundation for a Healthy Life • Goal 3: End of Life: Maintaining Dignity and Independence 		

Objective 1.2: Build community resiliency
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Reasoning behind objective: Resilience is the ability to adapt and recover from adversity. Building resilience is a pillar of prevention strategies which reduce the harmful effects of adverse experiences in communities. By creating communities which are able to find healthy ways to cope with trauma and toxic stress, we are able to build resiliency and prevent negative health behaviors and outcomes.		
Indicators: <ul style="list-style-type: none"> • Suicide/ self-harm rate • Poor mental health days 	Source:	Frequency:
Proposed/possible strategies: <ul style="list-style-type: none"> • Gatekeeper training initiatives • Community trauma informed/resiliency project 		
Policy recommendations: <ul style="list-style-type: none"> • Trauma informed social policy (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4815621/) 		
Alignment with National Priorities: Healthy People 2030 Objectives <ul style="list-style-type: none"> • IVP-19 Reduce emergency department visits for nonfatal intentional self-harm injuries • MHMD-01 Reduce the suicide rate • MHMD-04 Increase the proportion of adults with serious mental illness who get treatment • MHMD-03 Increase the proportion of children with mental health providers who get treatment Alignment with State Priorities: California Health and Human Services: Mental Health Strategic Priorities <ul style="list-style-type: none"> • Recognize and utilize Medi-Cal as a tool to help address many of the complex challenges facing California's most vulnerable residents, including the homeless, those with mental health conditions, children with complex medical conditions, those who are justice-involved and the growing aging population. • Address the upstream social determinants, including housing and food insecurity, which disproportionately impact communities of color, drive disease and worsen health and economic disparities. 		

Objective 1.3: Reduce burden of disease		
Reasoning behind objective: Our community has a premature death rate nearly twice that of the state of California. Four of the five top causes of death are preventable diseases. To create a healthier community, we must both work to reduce health behaviors which lead to preventable diseases, and ensure individuals living with chronic diseases experience more healthy days.		
Indicators: <ul style="list-style-type: none"> • Premature death rate • Morbidity/ mortality rates 	Source: <ul style="list-style-type: none"> • 	Frequency: <ul style="list-style-type: none"> •

Proposed/possible strategies: <ul style="list-style-type: none"> Diabetes Prevention Program
Policy recommendations:
Alignment with National Priorities: Healthy People 2030 Objectives: <ul style="list-style-type: none"> D-06: Increase the proportion of people with diabetes who get formal diabetes education D-02: Reduce the proportion of adults who don't know they have prediabetes HDS-1: Improve cardiovascular health in adults Alignment with State Priorities: Let's Get Healthy California 2012 <ul style="list-style-type: none"> Goal 2: Living Well: Preventing and Managing Chronic Disease

Goal 2: Creating Healthy Communities Build connected, engaging systems where Siskiyou County residents can thrive
<i>CHNA Priority Health Need Alignment:</i> <i>Access to Basic Needs, Injury and Disease Prevention, Active Living Health Eating, and Access to Care</i>
<i>Target population(s):</i>

Objective 2.1: Create coordinated, whole person care systems in Siskiyou County which are culturally appropriate		
Reasoning behind objective: People's social, emotional, economic, and environmental conditions all affect their health. Therefore, particularly for those who are medically vulnerable or who have complex health needs, systems which are able to consider their full spectrum of needs are better able to improve health outcomes.		
Indicators: <ul style="list-style-type: none"> Uninsured rate, by race and age Preventable hospital stays # of organizations with no wrong door policies 	Source:	Frequency:
Proposed/possible strategies: <ul style="list-style-type: none"> 		
Policy recommendations: <ul style="list-style-type: none"> No Wrong Door policies 		

Alignment with National Priorities:

Healthy People 2030 objectives

- HC/HIT-D05 Increase the proportion of hospitals that exchange and use outside electronic health information

Alignment with State Priorities:

- Goal 4: Redesigning the Health System: Efficient, Safe, and Patient-Centered Care

Objective 2.2: Improve quality of life for all Siskiyou County residents through physical activity and healthy eating

Reasoning behind objective: Physical activity and healthy eating are some of the most immediate factors and individual can utilize to improve their health and prevent disease. However, countless barriers exist in our community which reduce an individual's ability to engage in healthy practices. Our health system must continue to work to address access and empowerment within this foundational element of health to create sustainable health improvements.

Indicators:

- Access to exercise opportunities
- Adults/ children who are physically inactive
- Adult/ childhood obesity
- Food access

Source:

Frequency:

Proposed/possible strategies:

- Community wellness/ activity events

Policy recommendations:

- Wellness Policy initiative

Alignment with National Priorities:

Healthy People 2030 Objectives

- NWS-04: Reduce the proportion of children and adolescents with obesity
- NWS-01: Reduce household food insecurity and hunger
- NWS-10: Reduce consumption of added sugars by people aged 2 years and over
- PA-09: Increase the proportion of children who do enough aerobic physical activity

CDC Contributions in Nutrition / Physical Activity / Obesity Winnable Battle Initiative

- Promoting improved nutrition standards and access to healthier foods for children and adults
- Promoting increased physical activity in communities, schools, and workplaces

Alignment with State Priorities:

Let's Get Health California 2012

- Creating Healthy Communities: Enabling Healthy Living

Objective 2.3: Initiate systemic injury and violence prevention programs

Reasoning behind objective: Unintentional injury and violence are critical health problems in our community which have lacked a system wide prevention response. Exposure to violence has been linked to increased and worsening chronic health conditions, while unintentional injuries often result from engagement in risky behaviors which are preventable. Focusing on upstream efforts to reduce harm in our community will improve health outcomes in all community populations.

Indicators:

- Violent crime
- Injury death
- Intimate partner violence rate
- Suicide rate
- Non-fatal hospitalizations

Source:

Frequency:

Proposed/possible strategies:

- Comprehensive suicide prevention project
- Population-specific mental health campaigns
- Safe storage project
- Sexual violence prevention initiatives
- Older adults injury prevention

Policy recommendations:

Alignment with National Priorities:

Healthy People 2030 Objectives

- IVP-03: Reduce unintentional injury deaths
- IVP-01: Reduce fatal injuries
- IVP-04: Reduce emergency department visits for nonfatal unintentional injuries

Alignment with State Priorities:

California Department of Public Health Injury and Violence Prevention (IVP) Branch

- Violence Prevention Initiative: The goal is to reduce violence and create safer and healthier communities for all Californians

