

**Northern Michigan Community Health Assessment & Improvement Initiative
Alpena, Antrim, Charlevoix, Cheboygan, Emmet, Montmorency, Otsego and Presque Isle counties**

Community Health Improvement Plan 2013-2015

PRIORITY #1: OBESITY

Promote health and reduce chronic disease risk through the consumption of healthy diets and achievement and maintenance of healthy body weights

1. Reduce the proportion of adults who are obese
2. Reduce the proportion of children and adolescents who are considered obese
3. Increase the variety and contribution of vegetables to the diets of the population age 2 and older
4. Reduce the consumption of solid fats and added sugars to the diets of the population age 2 and older

Improve health, fitness and quality of life through daily physical activity

1. Increase the proportion of adults who meet current federal physical activity guidelines for aerobic activity and muscle-strengthening activity
2. Increase the proportion of adolescents who meet current federal activity guidelines for aerobic activity and muscle-strengthening activity
3. Increase the proportion of trips made by walking
4. Increase the proportion of trips made by bicycling
5. Increase legislative policies for the built environment that enhance access to and availability of physical activity opportunities

PRIORITY #2: ACCESS TO HEALTH CARE

Improve access to comprehensive, quality, health care services

1. Increase the proportion of people with health insurance
2. Increase the proportion of practicing primary care providers
3. Reduce the proportion of persons who are unable or delay in obtaining necessary medical care
4. Increase the proportion of persons who receive appropriate evidence-base clinical preventive services
5. Increase the proportion of pregnant women who receive early and adequate prenatal care
6. Increase the proportion of women giving birth who attend a postpartum visit with a health worker
7. Increase the proportion of women delivering a live birth who receive preconception care services and practice key preconception health behaviors, including tobacco cessation
8. Increase the proportion of children, including those with special health care needs, who have access to a medical home and
9. Increase the proportion of children with special health care needs who receive their care in family-centered, comprehensive and coordinated systems, including medical homes
10. Increase the proportion of primary care facilities that provide mental health services on-site or by paid referral
11. Increase depression screening by primary care providers
12. Increase the proportion of adults and children with co-occurring substance abuse and mental health disorders who receive treatment for both disorders

PRIORITY #3: SUBSTANCE ABUSE

Reduce substance abuse to protect the health, safety and quality of life for all, especially children

1. Increase the proportion of adolescents who perceive great risk associated with substance abuse
2. Increase the proportion of persons who need alcohol and/or illicit drug treatment and receive specialty treatment
3. Increase proportion of persons who are referred for follow up care for alcohol problems, drug problems, after diagnosis or treatment in a medical care system
4. Reduce nonmedical use of prescription drugs
5. Reduce the number of deaths attributable to alcohol and drug overdose
6. Reduce the occurrence of fetal alcohol syndrome

Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure

1. Reduce initiation of tobacco use among children, adolescents and young adults
2. Increase smoking cessation in pregnancy
3. Reduce post-partum relapse of among women who quit smoking during pregnancy
4. Increase smoking cessation attempts by adolescent smokers