

Community
Health
Improvement Plan

2023-2025



Central District Health Department



Central District Health Department (CDHD) serves over 78,000 people in Hall, Hamilton, and Merrick counties in central Nebraska.



CDHD employs approximately 41 staff members (36.4 FTE) and is made up of 5 divisions, including Community Health, Environmental Services, Epidemiology, Health Projects, and Women, Infants and Children (WIC)



The mission of CDHD is to protect and improve the health and wellbeing of our community.

Community Health Assessment & Improvement Plan Process

This document is an overview of what we call the “CHA” (Community Health Assessment) and the “CHIP” (Community Health Improvement Plan). We do the CHA & CHIP with the help of **many** community partners. This process happens every three years.

CHA

The goal of the Community Health Assessment is to learn about the health and wellbeing of the community. Through the CHA, we learn about things like the top illnesses in our counties, the biggest health concerns, what keeps people from getting the care they need, and more. We collect all this information and share it with our partners and with the public.

CHIP

After we look at the information from the CHA, we work with community partners to decide what needs the most attention. We select “priority areas” to focus on for the next three years. We create a Community Health Improvement Plan based on these priorities.

The next page provides a little more detail about the steps in our CHA/CHIP process.

Community Health Assessment & Improvement Plan Process

Assessment

First, we gather information about the health of the community to learn about the top health concerns, the top health risks and what keeps people from getting the care they need.



Community Survey

We created and shared a 5-question survey with the community to learn about the community's top health concerns.

Over 650 community members took the survey in 2021.



Present to partners

Review information collected and survey responses with our community partners



Plan

We work with community partners to select our focus ("priority areas") for the CHIP. After we've selected the CHIP's focus areas, we create a plan to improve the health of our community.

We couldn't do the CHA and the CHIP without the help of our local community partners. It takes a diverse team to make an impact!

Community Partners

Throughout every step of the CHA & CHIP, we work with local community partners to review information, select priority areas, and plan to make a positive impact in the community.

We are lucky to have partners with diverse expertise committed to these efforts.

Central Nebraska Center for Alcoholism & Addiction	CHI St. Francis	City of Grand Island	Department of Health & Human Services
Child Care Licensing	Friendship Home	Grand Island Chamber of Commerce	Grand Island Regional
Grace Cancer Foundation	Hall County Community Collaborative	Hall County Juvenile Services Heartland Health Center	Heartland United Way
Hope Harbor	Idea Bank Marketing	Merrick Medical Center	Memorial Community Health Inc.
Multicultural Coalition	Nebraska Association of Local Health Directors	Nebraska Extension	Region 3 Behavioral Health Care
Rooted in Relationships	Sage Healthcare Collaborative	SixPence	Stick Creek Kids Child Care

Access to Care

We learned that a major concern of the community is accessing the care they need. Concerns included cost of care, being un/under insured, lack of providers, lack of bilingual providers, difficulty navigating the healthcare system, etc.

Culturally Appropriate Behavioral Health

Another major concern in our community is mental and behavioral health, including worries about depression, anxiety, substance use disorders, finding bilingual therapists, stigma, etc.

Quality Child Care and Family Engagement

The third priority area involves support for families. The Central District lost many child care providers during the pandemic, which has many negative impacts. A lack of child care can impact short-term and long-term health, stunt economic growth, keep families from getting health care, decrease work-life balance, reinforce poverty cycles, and impact mental health.



Access to Care

Focus: Increase the number of Community Health Workers in the community. Community Health Workers can help community members get access to the care and resources needed to be healthy.

Activities include hiring and training more CHWs, increasing support for local organizations who employ CHWs, increase the public understanding of how CHWs can help and how to access their services, and more*!

**An expanded version of the CHIP is available. The expanded CHIP includes more information about specific strategies planned to reach this goal, as well as how we plan to measure if the work is effective. Call CDHD at 308-385-5175 for more information.*

Access to Care

Focus: Make it simpler to successfully refer a client to other organizations. Unite Us is a referral system that takes the burden off clients. Through Unite Us, an organization will be notified that someone needs their services. The organization is responsible for reaching out to the client, not the other way around.

Activities include promoting the use of Unite Us to local community-based organizations, helping organizations contact Unite Us staff to use the platform and access training, using Unite Us to identify where there are gaps in services in our community, etc*.

For more information on Unite Us, see their website: <https://uniteus.com/>



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Culturally Appropriate Behavioral Health Care

Focus: Create an environment where it's easier to talk about behavioral health (mental health, substance use, etc.) needs and easier to access resources and support that are culturally appropriate.

Activities include creating a communications campaign to decrease stigma, supporting the work of community partners that address substance use disorders and behavioral health needs, increasing the understanding of how Community Health Workers (CHWs) can support behavioral health needs, and providing behavioral health-specific trainings to CHWs in Hall, Hamilton and Merrick counties.

**An expanded version of the CHIP is available. The expanded CHIP includes more information about specific strategies planned to reach this goal, as well as how we plan to measure if the work is effective. Call CDHD at 308-385-5175 for more information.*



Quality Child Care & Family Engagement

Focus: Increase the amount of high-quality, accessible child care in Hall County.

Activities include advocating for Family Child Care Home IIs in Hall county, which will open up more child care spots, and creating a resource guide that helps parents know what to look for when picking a high quality child care facility.

Focus: Support opportunities for families to strengthen their family engagement.

Activities include supporting community programs that focus on high quality early learning programs and strengthening WIC family engagement by using [ReadyRosie](#) to help parents support the learning of their children.

Tracking our Progress

We will use a few different tools to track the progress of the activities outlined in the Community Health Improvement Plan. These tools will help us make sure we are on track to a healthier community.

Data

We will continue to monitor health data (i.e. rates of illness, barriers to care) in our community.

- We get this data from a few different places, including the Behavioral Risk Surveillance Survey, County Health Rankings and Roadmaps, and the American Community Survey/US Census Bureau



Community Pulse Survey

We will continually use a short survey to get feedback from the community about their top health concerns and what they think would make their neighborhood a healthier place.

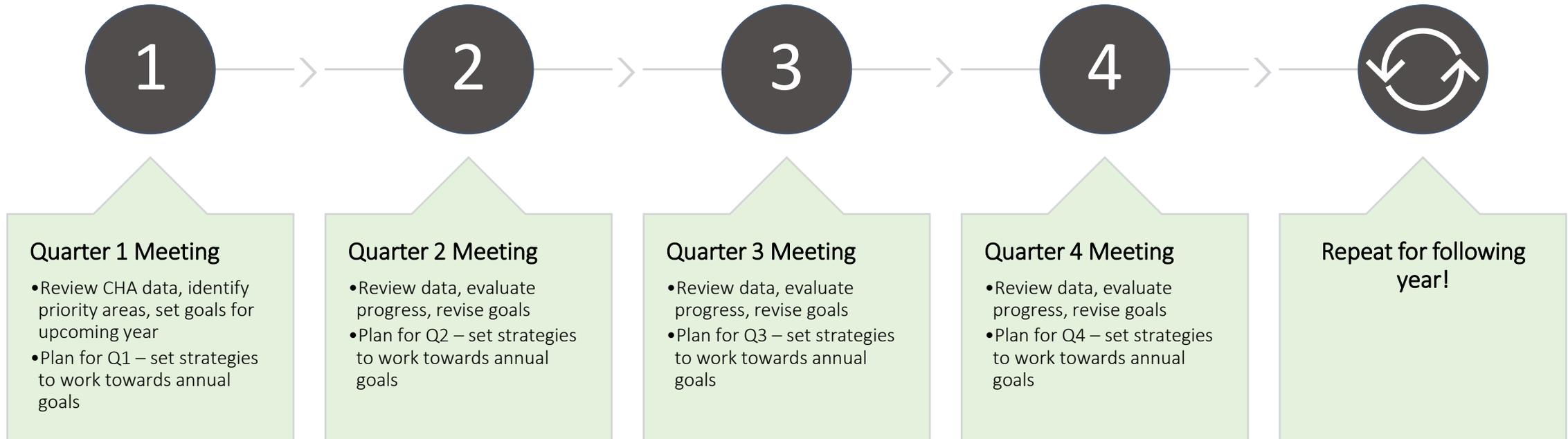


Community Partner Reports

- Every 4 months we meet with all CHIP partners to talk about our progress, successes, and challenges. This helps us know if we need to change our plans (shown on the next slide).

CHIP Planning Cycle

We try to maintain a balance between planning and adapting to an ever-changing environment



Resources

- We want to hear from you! We welcome any feedback or suggestions for our Community Health Assessment or Community Health Improvement Plan.
- Electronic (PDF) versions of the CHA and CHIP are available at: cdhd.ne.gov
- Expanded versions of the CHIP are available upon request by emailing lthalken@cdhd.ne.gov.