Community Health Improvement Plan (CHIP)
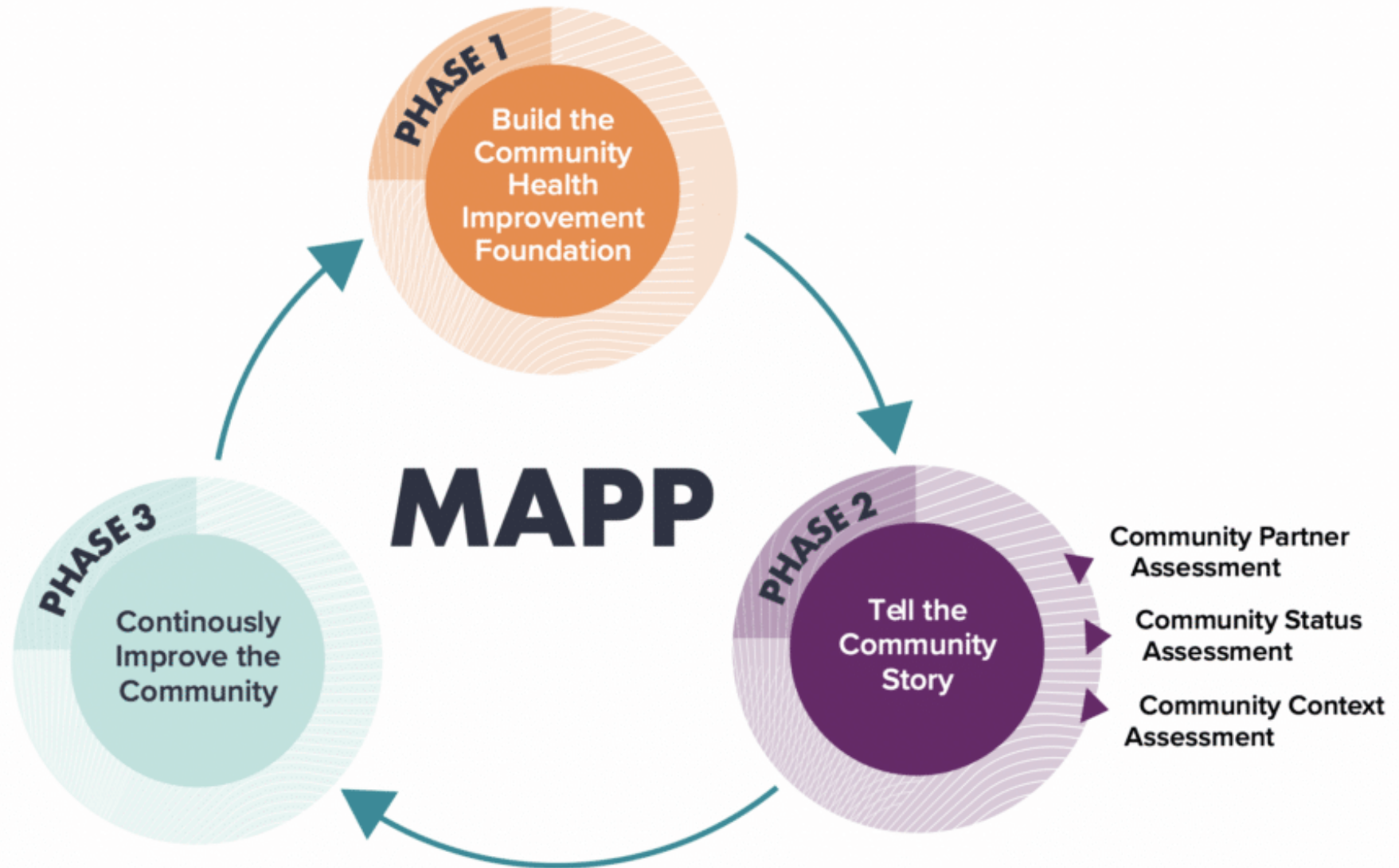
April 10, 2025

Agenda

- Defining CHA/CHIP
- Quick Summary of CHA
- Voting: Narrow to 3 CHIP Priorities
- Lunch
- Brainstorming for goals and objectives
- Next steps

Definitions

- CHA=Community Health Assessment
- CHIP=Community Health Improvement Plan
- PD16= Planning District 16
  - Caroline County
  - Fredericksburg
  - King George County
  - Spotsylvania County
  - Stafford County
- SDOH= Social Determinants of Health

PHASE 1
Build the Community Health Improvement Foundation

PHASE 2
Tell the Community Story

Community Partner Assessment

Community Status Assessment

Community Context Assessment

PHASE 3
Continously Improve the Community

MAPP

The CHA is complete!

CHA: 5 Priority Health Needs (alphabetical)

Aging Related Concerns

Behavioral Health

Healthcare Utilization and Access

Physical Activity and Healthy Eating

Social Determinants of Health

"The goal of MAPP is to achieve health equity by identifying urgent health issues in a community and aligning community resources"

What is a CHIP?

Three-year plan to address issues identified in the CHA

Focus on 3 priority issues

Coordinate actions

Target Resources

Improvements in Community Health

Mobilization for Action through Planning and Partnerships – MAPP 2.0, p. 135

CHA Priority Health Needs
(alphabetical)

Aging Related Concerns

Behavioral Health

Healthcare Utilization and Access

Physical Activity and Healthy Eating

Social Determinants of Health

CHIP Potential Priorities
(alphabetical)

Access to Healthcare
Aging Related Concerns
Behavioral Health
Financial Insecurity
Housing
Physical Activity and Healthy Eating
Transportation

What does it mean to be a CHIP Priority?

- Challenges or issues are selected by the community to be addressed

- Goals and objectives identified

- Community organizations contribute strategies

- Monitored and revised as needed

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Potential CHIP Priorities

Access to Healthcare

- Fewer primary care providers and dentists than US and VA averages

| Indicator	United States	Virginia	RAHD (PD16)				
			Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Uninsured (%)[20]	10%	8%	9%	10%	6%	8%	6%
Primary Care Physicians (population per provider)[21]	1,330	1,340	10,440	570	4,580	2,080	3,830
Dentists (population per provider)[22]	1,360	1,330	3,990	490	2,140	2,220	2,820
Mental Health Providers (population per provider)[23]	320	410	2,130	120	1,390	870	960

Access to Healthcare

- Focus groups:
    - Long wait times to see a provider
    - Driving distance to seek care
- High rates of preterm births and infant mortality
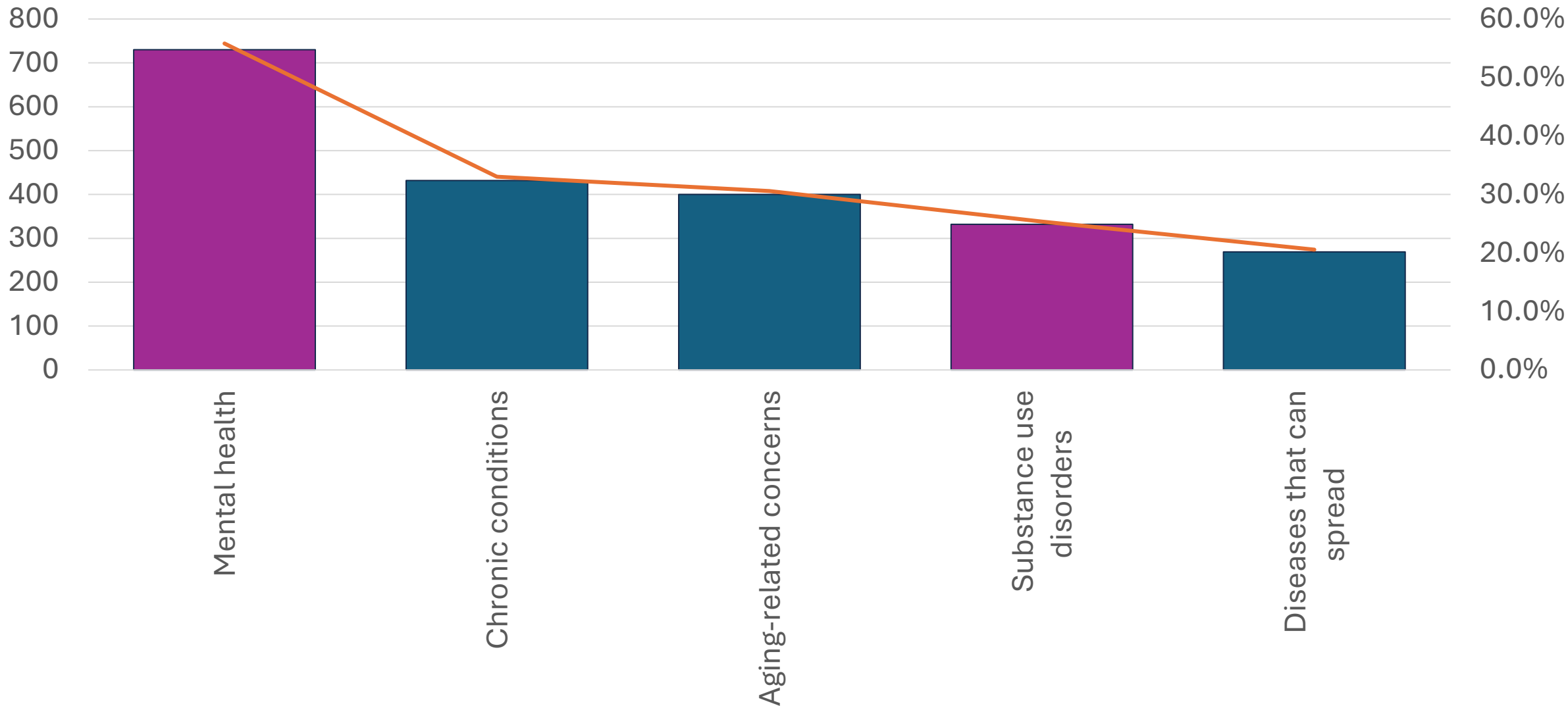- Dental concerns about low-income and Hispanic/Latino communities

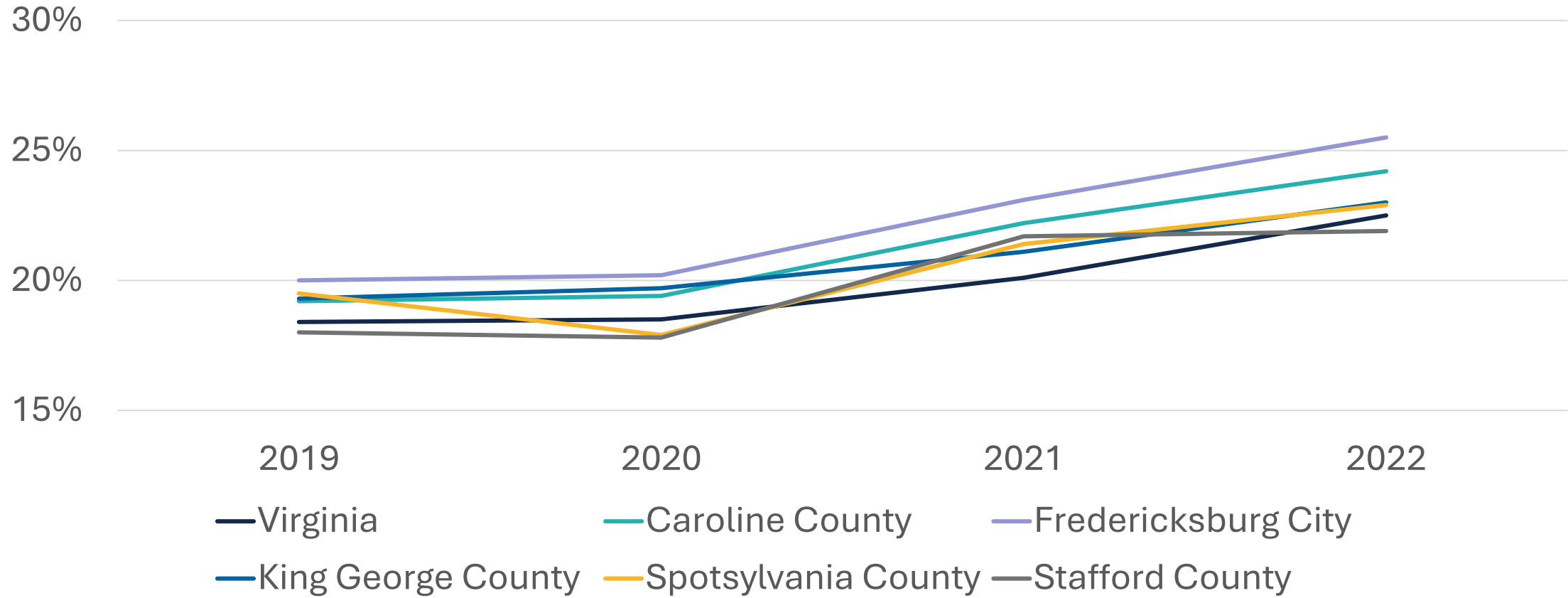# Aging-Related Concerns

Survey Reponses: Biggest Health Concerns
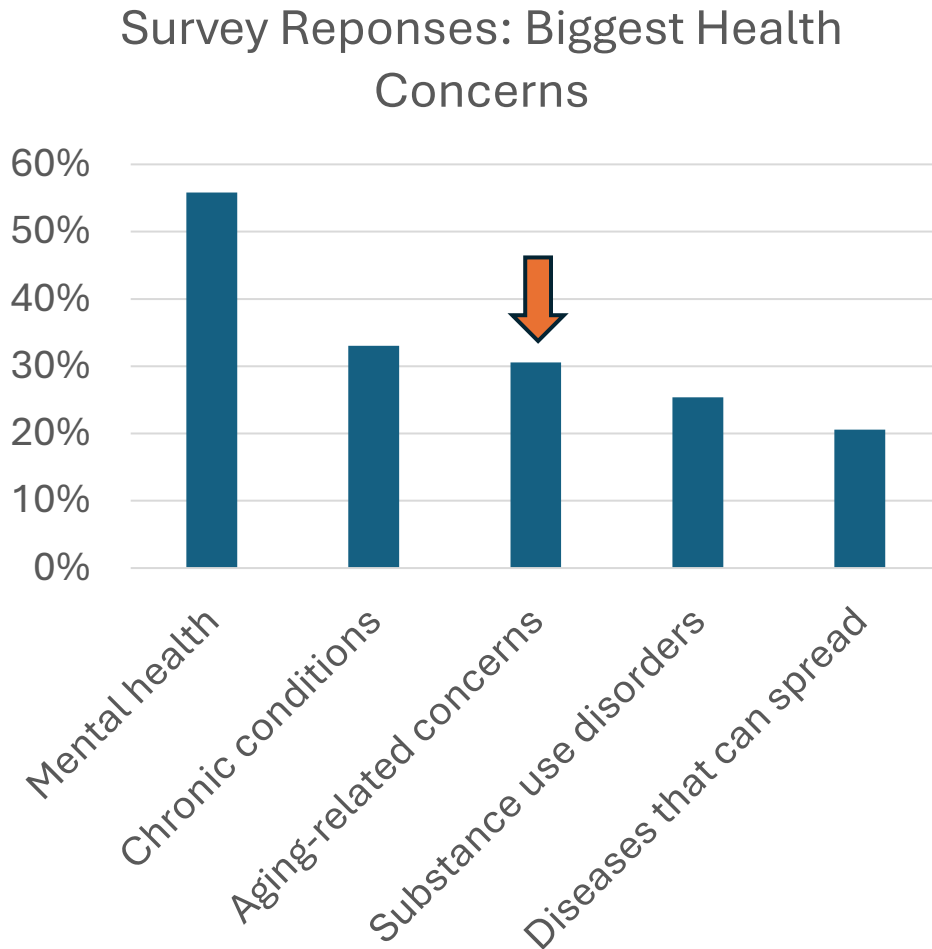
- Dementia and falls
- Isolation and loneliness
- Transportation
- Communication and navigating resources
- Chronic conditions
- High suicide rates

Behavioral Health

Biggest Health Concerns

Depression

Legend: Virginia, Caroline County, Fredericksburg City, King George County, Spotsylvania County, Stafford County
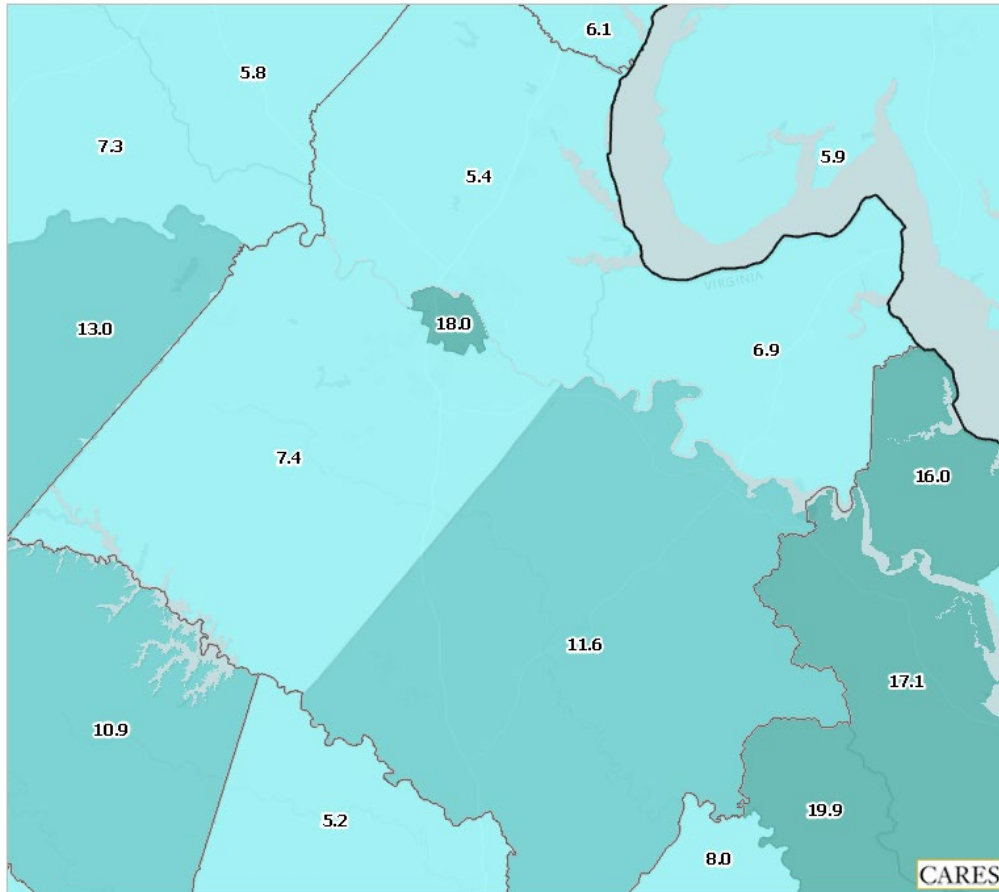
Behavioral Health

- Survey responses reflected concerns for behaviors such as
  - Bullying
  - Isolation and loneliness
  - Driving while drunk or high
- Number of mental health providers improved since 2022, but ratios remain high
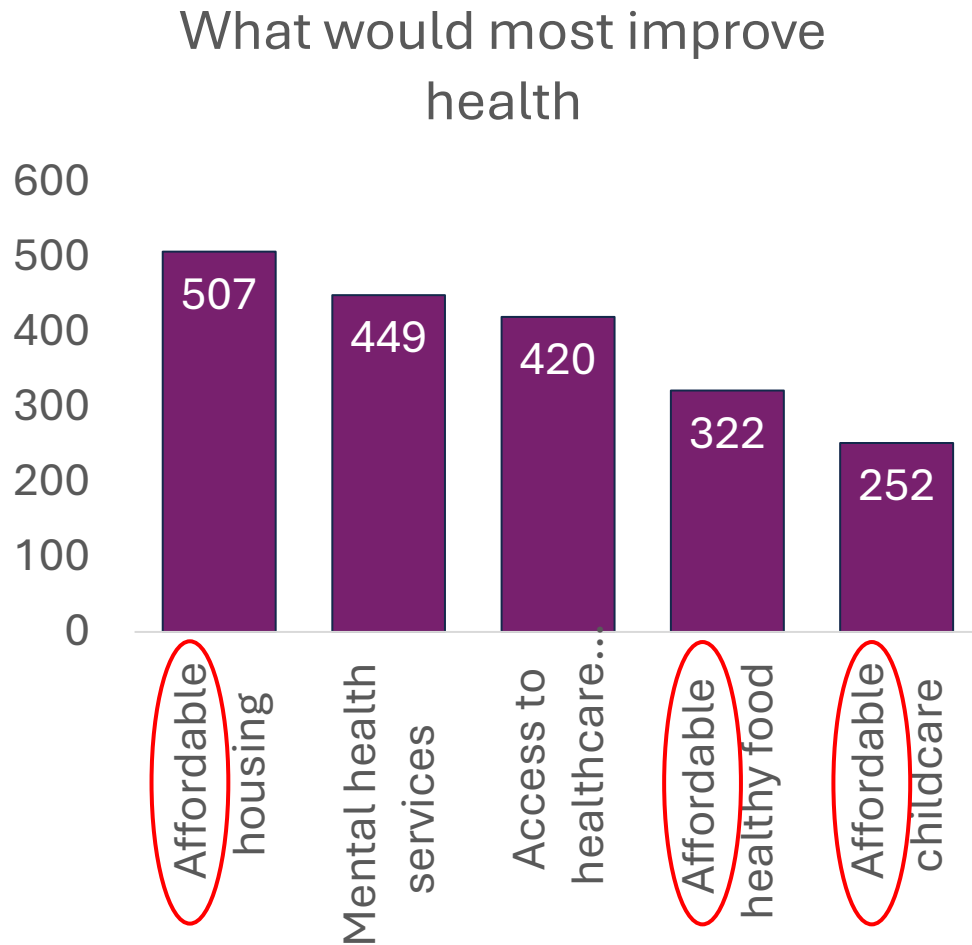
Financial Insecurity

Population Below the Poverty Level

1 in 5 children in Caroline and 1 in 3 in Fredericksburg live in poverty

Financial Insecurity

What would most improve health

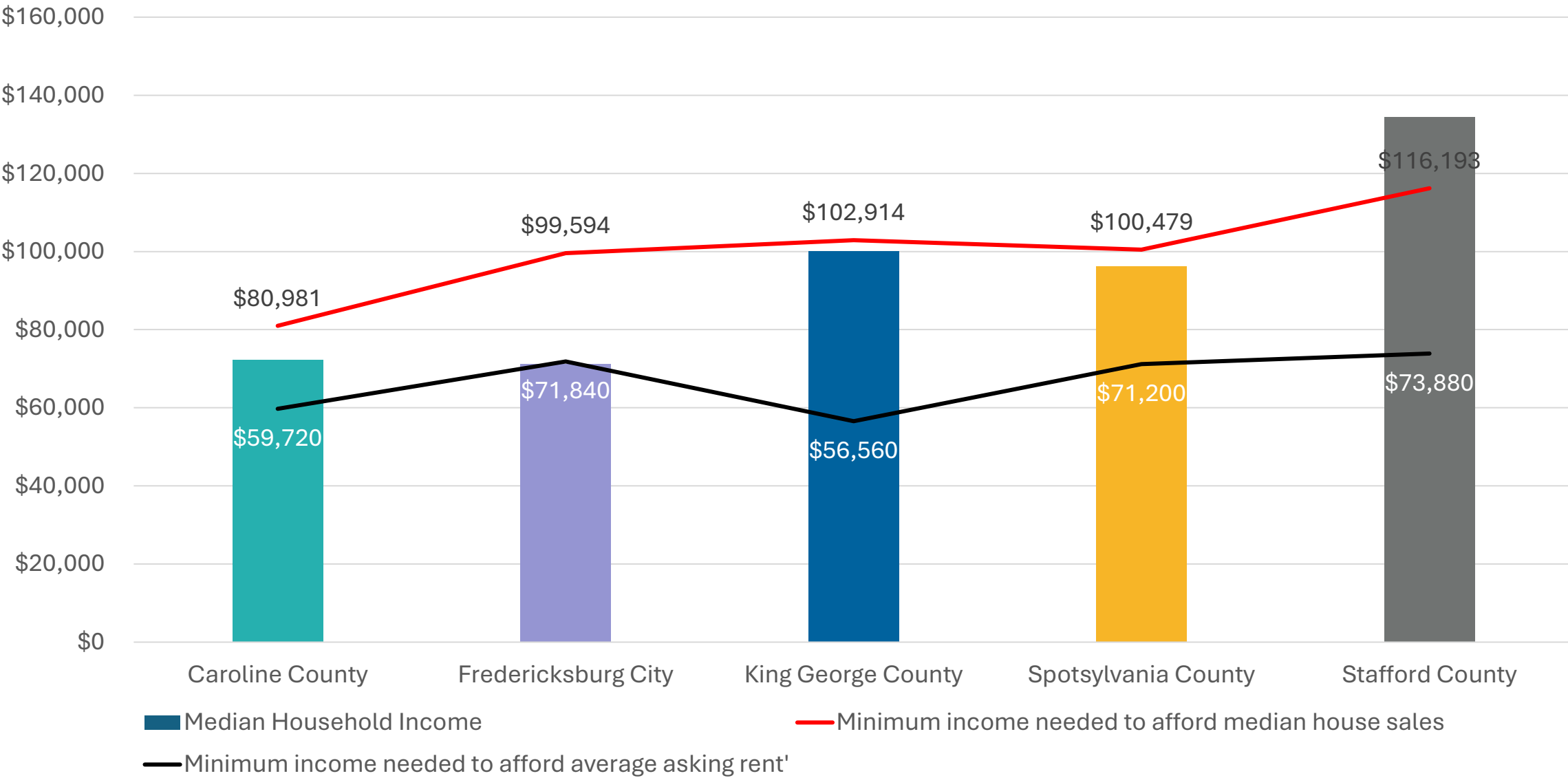| Category	Value
Affordable housing	507
Mental health services	449
Access to healthcare...	420
Affordable healthy food	322
Affordable childcare	252

- Food insecurity:
  - Second highest need on MWHC SDOH screening
  - Rates range from 7.3-14.5% across localities

Housing

- Affordable housing was top response to the question "What would most improve health in the community where you live?"

- Increase in housing costs in recent years

- Top identified need in MWHC SDOH screening
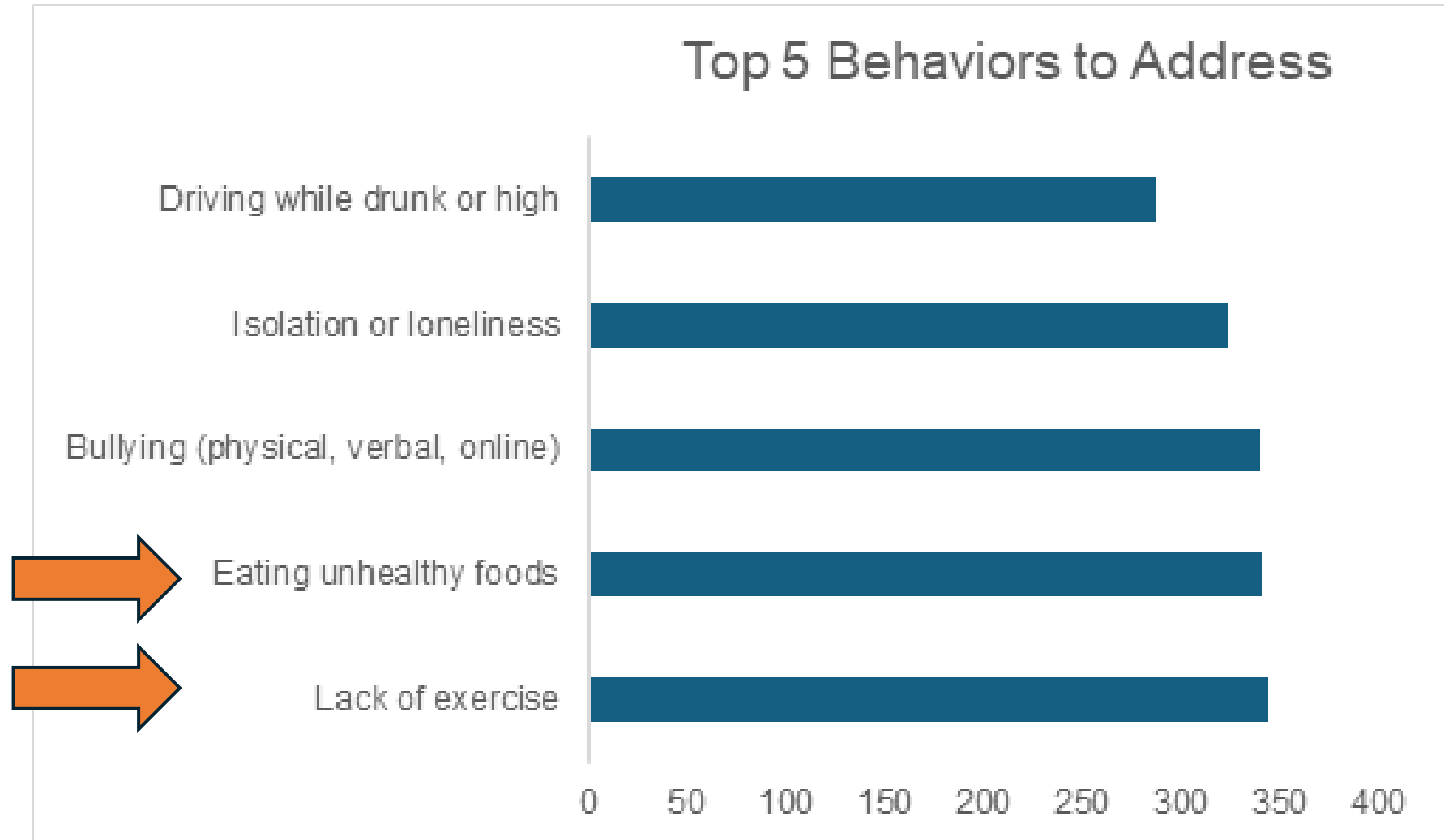
- Discussed in focus groups

Median Income vs Housing Cost

$160,000

$140,000

$120,000 — $116,193

$102,914

$100,000 — $99,594 — $100,479

$80,981

$80,000

$71,840 — $73,880

$60,000 — $59,720 — $71,200

$56,560

$40,000

$20,000

$0

| Caroline County | Fredericksburg City | King George County | Spotsylvania County | Stafford County |

■ Median Household Income — Minimum income needed to afford median house sales

— Minimum income needed to afford average asking rent'

Physical Activity and Healthy Eating

Top 5 Behaviors to Address

Physical Activity and Healthy Eating:
Chronic conditions

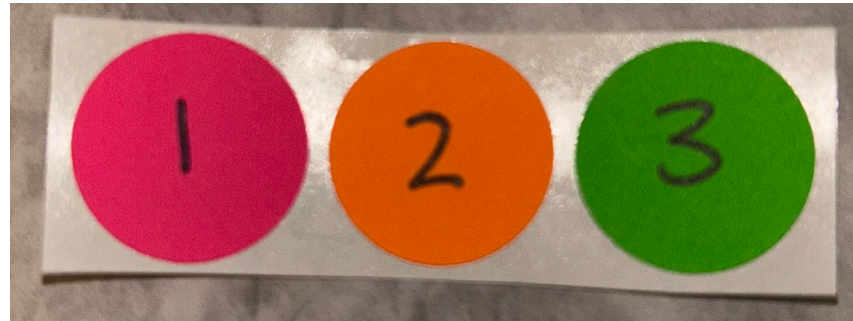| Health Outcomes	State of Virginia	RAHD (PD16)				
		Caroline County	Fredericksburg City	King George County	Spotsylvania County	Stafford County
Cancer	7.00%	6.70%	6.90%	7.30%	7.20%	7.00%
Chronic Kidney Disease	2.70%	2.90%	2.80%	2.70%	2.70%	2.60%
Chronic Obstructive Pulmonary Disease*	6.00%	7.40%	7.20%	6.30%	6.00%	4.90%
Coronary Heart Disease	5.40%	6.10%	6.10%	5.60%	5.40%	5.00%
Current Asthma	10.00%	11.00%	10.70%	10.20%	10.20%	9.90%
Depression	23.00%	24.90%	24.40%	23.30%	23.40%	21.90%
Diabetes	11.40%	12.40%	12.90%	10.90%	11.60%	11.00%
High Blood Pressure *	31.50%	33.20%	32.40%	32.20%	32.30%	31.80%
High Cholesterol	32.80%	31.90%	30.70%	31.60%	34.00%	33.20%
Obesity	35.30%	41.60%	38.20%	35.20%	38.30%	37.00%
Stroke	3.00%	3.60%	3.50%	3.00%	2.90%	2.60%
Alzheimer's Disease (65+)	11.7%	12.9%	12.0%	11.3%	11.1%	10.5%

Transportation

- Focus groups and survey
  - Rural areas
  - Older adults
  - Accessing resources
- MWHC Screening Data
  - Top request for assistance

MWHC Percent of Inpatients with Transportation Needs
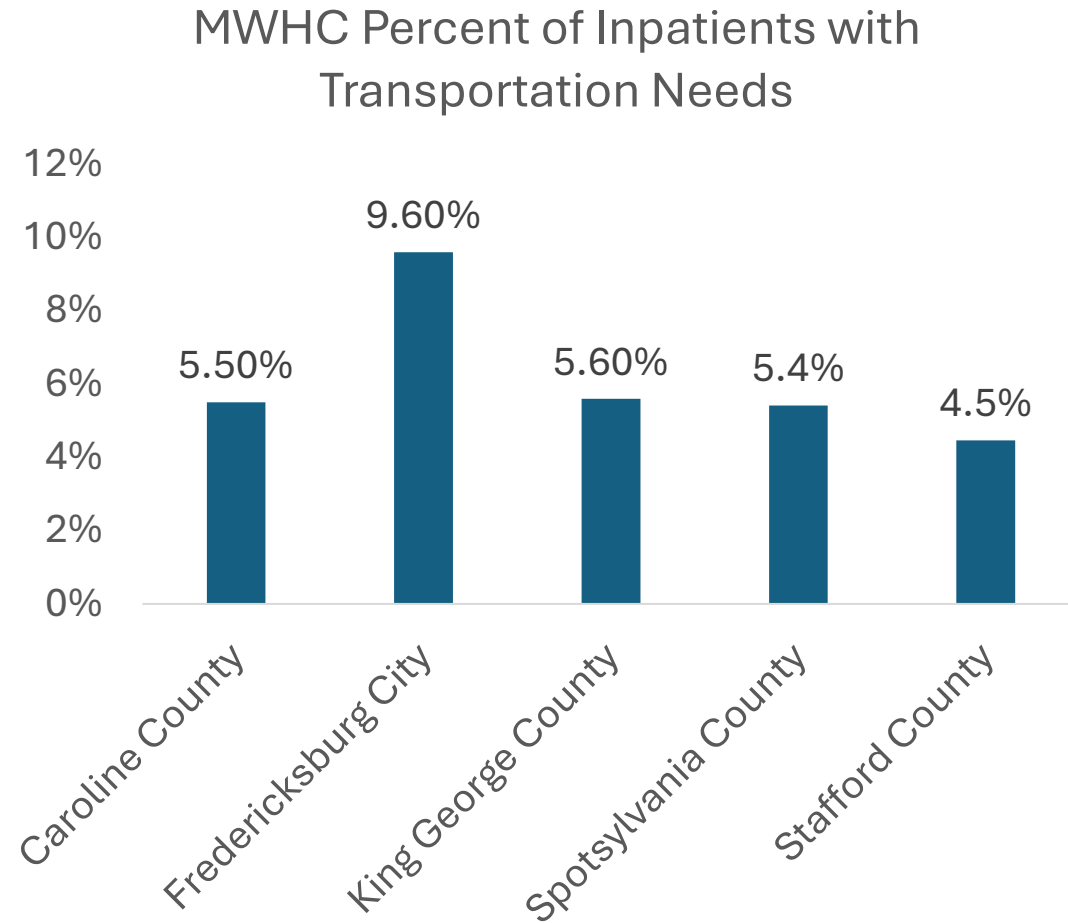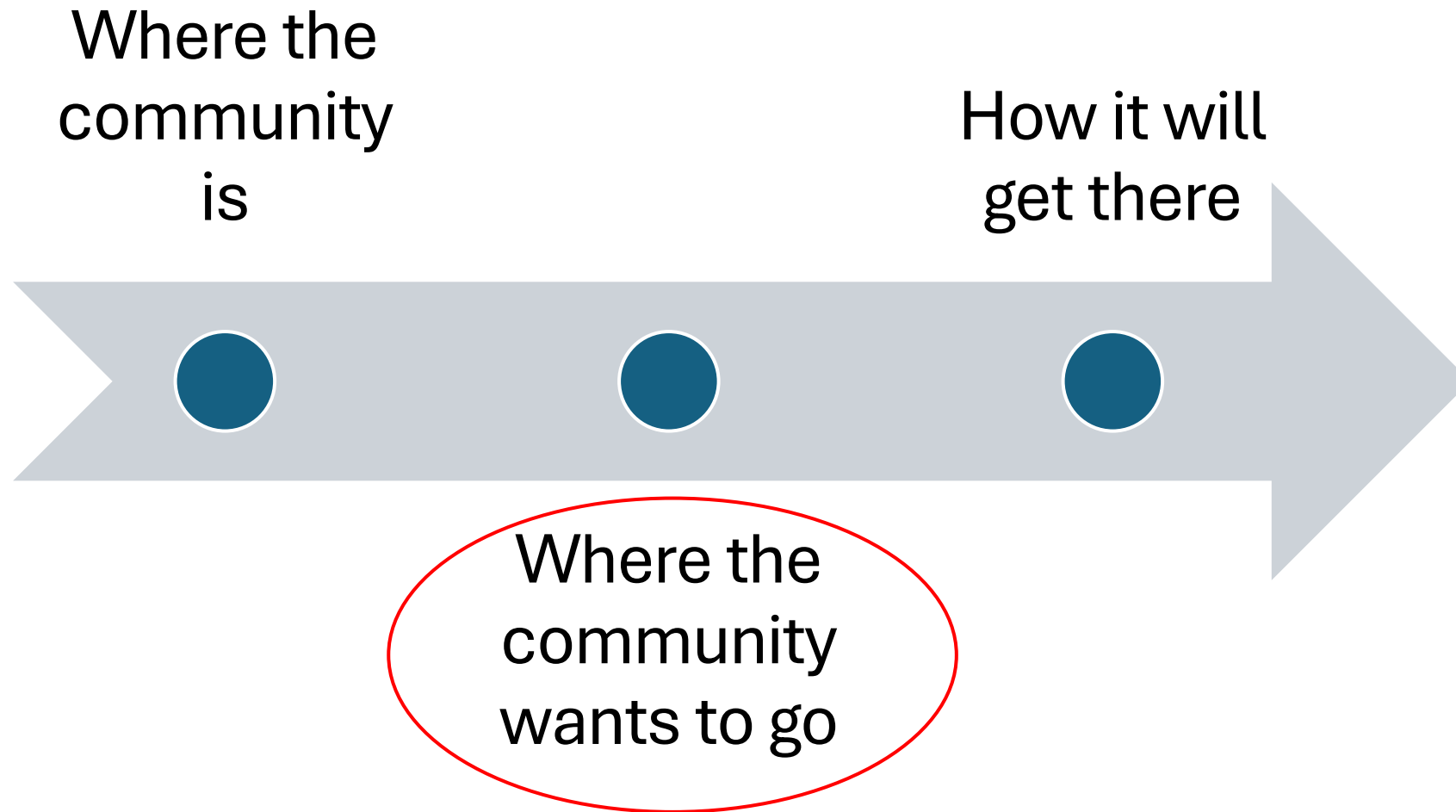
Voting

- You should have 3 dot stickers
- Use them to indicate your #1, #2, and #3 priorities to be addressed in the CHIP
  - #1=3 points
  - #2=2 points
  - #3=1 point
- Grab some lunch!

Results

- New CHIP Priorities:

What is a CHIP?

Where the community is

How it will get there

Where the community wants to go

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Goals from last CHA

Mental Health

Goals:
- To enhance collaboration among traditional and non-traditional partners to address mental health.
- To improve access to behavioral health services, including prevention, treatment, and recovery.

Affordable Housing

Goals:
- To develop and promote policies that ensure equitable housing opportunities for all.
- To increase safe, sustainable communities with affordable housing options throughout PD16.

Access to Healthcare

Goals:
- To improve access and collaboration for preventative services for all members of the community.
- To support the development of a comprehensive strategy and pipeline to increase the healthcare workforce.

Goal setting activity

- What is the most important part of this issue to address?

- What outcomes do we hope to achieve related to this issue?
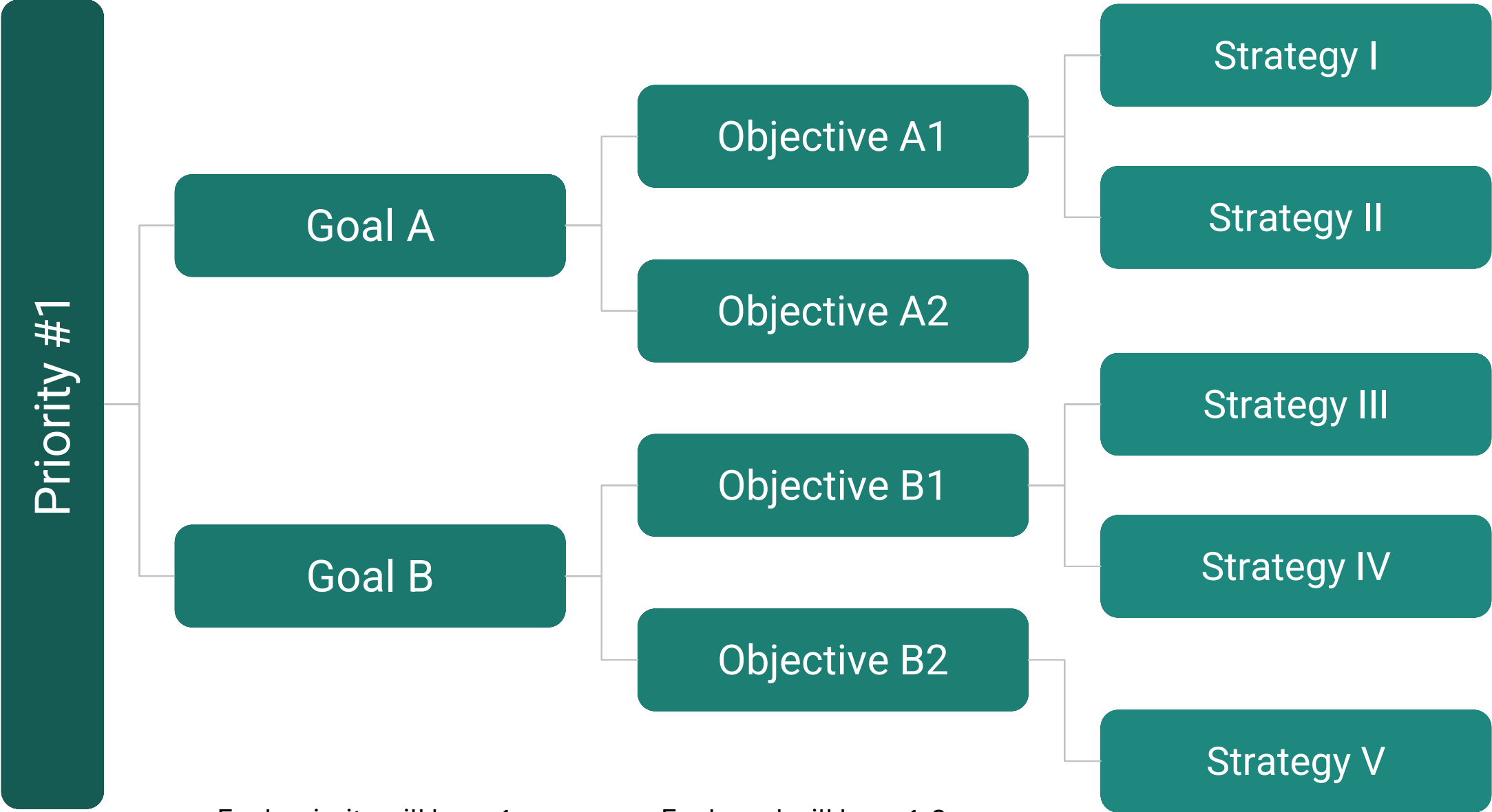
- What needs to change?

Next Steps

Sticky Notes→ Goals

CHIP Structure (example)

```
Priority #1 ─┬─ Goal A ─┬─ Objective A1 ─┬─ Strategy I
             │          │                └─ Strategy II
             │          └─ Objective A2
             │
             └─ Goal B ─┬─ Objective B1 ─┬─ Strategy III
                        │                └─ Strategy IV
                        └─ Objective B2 ─── Strategy V
```

Each priority will have 1-2 goals

Each goal will have 1-2 objectives

Each objective will have 1-4 strategies

Next Steps Part 1

- MWHC and RAHD will draft potential goals using today's feedback
- Next CHIP Meeting: May 8, 11:30am-1pm
    - Finalize goals
    - Identify objectives
    - Submit potential strategies

Next Steps Part 2

- May-June
  - Virtual meetings to discuss strategies
  - In-person meeting in mid-June to finalize strategies
- July: CHIP document published
- July 2025→2028: Implementation, adjusting as needed

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