LIVE WELL LAKE COUNTY

Community Health Improvement Plan 2016-2021

Live Well Lake County

Vision

ACHIEVING THE *highest* LEVEL OF *health & wellness* FOR ALL IN **Lake County**

Priorities

- Cardiovascular Disease and Hypertension
- Obesity
- Behavioral Health Capacity and Infrastructure
- Diabetes

Strategies

- Improve Policies, Systems, and Environments to Promote Healthy Lifestyles
- Increase Physical Activity in Adults and Youth
- Improve and Promote Nutritional Opportunities in the Food Environment
- Improve Clinical Interventions for Chronic Disease
- Improve Behavioral Health Capacity and Infrastructure in Lake County

Voice of the Community

Community Priorities

1. Poor Diet and Inactivity
2. Chronic Disease
3. Substance Use (tobacco, alcohol, and drug use)
4. Safe Affordable Housing
5. Older Adult Health

Health System Needs

1. Improve Surveillance and Data Sharing
2. Increase Health Equity Education
3. Increase Public Health Awareness
4. Assure Linkages to Healthcare
5. Create Research Infrastructure

Emerging Trends

1. Mental Health
2. Healthcare Access
3. Electronic Health Records & the Health Information Exchange
4. Health in All Policies Approach
5. Economic Inequities

Community Health Data

Obesity

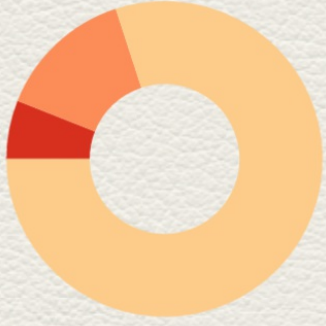
23% of Lake County adults are obese

34% of Lake County adults are Overweight

Hypertension and Cardiovascular Disease

35% of Lake County adults have been diagnosed with hypertension

Diabetes



6% of Lake County adults have been diagnosed with diabetes

14% of Lake County adults have been diagnosed with pre-diabetes

Lake County Health Department, Assessment Team, Obesity in Lake County 2015 Status Report

Lake County Health Department Community Health Status Assessment Survey, 2015

Goals

Hypertension

- Reduce prevalence of Lake County adults who have been diagnosed with hypertension by 10% by 2031
- Reduce the average annual count of emergency room visits due to hypertension by 10% by 2021

Behavioral Health Capacity and Infrastructue

- Reduce the percent of youth who report feeling so sad or hopeless almost every day for two weeks or more in a row that stopped them from doing some usual activities by 10% by 2021
- Reduce the average annual count of all emergency room visits due to mental health diagnoses by 10% by 2021
- Reduce the proportion of adults who report having a day or more in the past month where their mental health status prevented them from carrying on usual activities by 10% by 2021

Obesity

- Reduce prevalence of Lake County adults who are obese by 10% by 2031
- Reduce prevalence of Lake County adults who are overweight by 10% by 2031

Diabetes

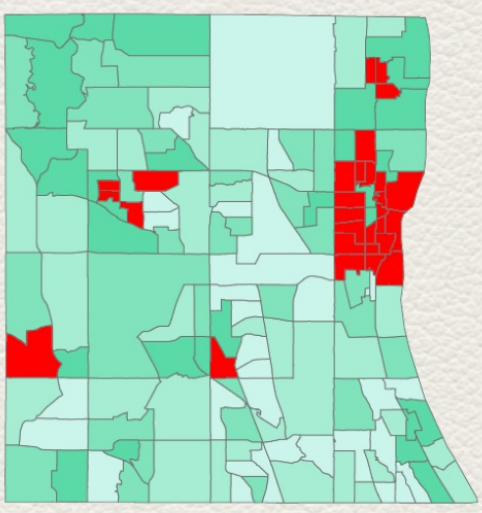
- Reduce prevalence of Lake County adults who have been diagnosed with diabetes by 10% by 2031
- Reduce the average annual count of emergency room visits due to diabetes by 10% by 2021

Health Equity

Health Equity is where every person has the opportunity to achieve their full capabilities and potential for health and well-being (NACCHO, 2016).

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 (Healthy People 2020).

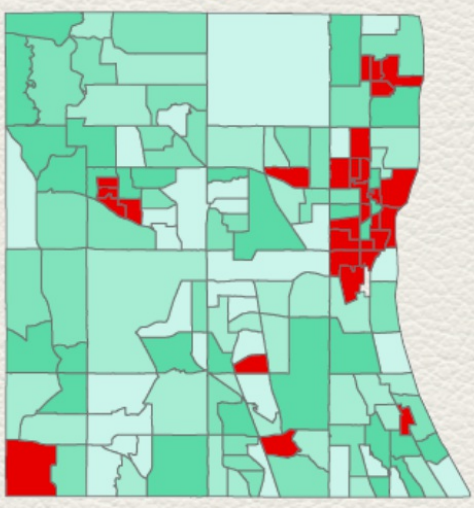
Childhood Poverty



Percent of Children in Poverty

- < 2%
- 2.1 - 6.3%
- 6.4 - 12.6%
- 12.7 - 22.2%
- 22.3 - 68.4%

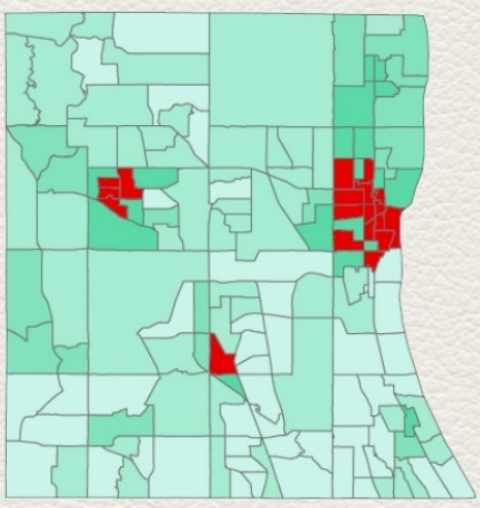
Housing Stress



Rates of Housing Stress (> 30% of Income Spent on Housing Costs)

- 17.4 - 32.0%
- 32.1 - 35.5%
- 35.6 - 39.7%
- 39.8 - 46.3%
- 46.4 - 60.0%

Educational Attainment



Percent of Adults with Less than High School Diploma or Equivalent

- < 3.5%
- 3.5 - 8.2%
- 8.3 - 16.3%
- 16.4 - 29.3%
- 29.4 - 51.9%

U.S. Census Bureau, 2010 - 2014 American Community Survey 5-Year Estimates

Get Involved:

Want to be part of the movement to improve community health?
For more information on the Live Well Lake County Community Health Improvement Plan, visit:

LiveWellLakeCounty.org

LakeCounty Health Department and Community Health Center

Summer 2016