

# Lincoln County

## Community Health Improvement Plan 2019



**Public Health**  
Prevent. Promote. Protect.

*Lincoln County*

After a year-long community-driven process including an analysis of available data, community listening sessions, and community-driven strategic planning sessions facilitated by Lincoln County Public Health, the Community Health Improvement Plan is now available.

We plan to bring together those in our communities who are working on the priority areas of **Healthy Living, Mental Health Promotion and Community Resilience**, and **Substance Abuse Prevention** and determine how we can collectively support this work.

If you are working in these areas, **you are invited to join the collective efforts** by contacting Aimee Snyder at Lincoln County Public Health ([asn timer@co.lincoln.or.us](mailto:asn timer@co.lincoln.or.us)). The work is ever-evolving and ultimately shaped by those participating in this collective effort.

Among **reasons you might want to join** are:

- To learn about other organizations and services offered throughout our communities
- To see how your and your organization’s efforts can align with others and upcoming opportunities
- To explore how other organizations can support your efforts and vice versa
- To work together to bring more resources to our communities

The **overarching principles** important to the work of the CHIP are:

- Using an **equity** lens in the planning and implementation of the Community Health Improvement Plan
- **Connecting** and **supporting** the programs and organizations working in these areas to share resources and **work collaboratively** to meet the needs of our community
- Supporting **evidence-based** initiatives

The **shared strategies** across all priority areas of the CHIP, which highlight the interconnected nature of the work needed to improve them, are:

Strategy 1: Increase shared knowledge about available programs and services	Strategy 2: Increase the capacity of local organizations to apply for, access, and provide funds and trainings	Strategy 3: Increase pervasiveness of environments that support health and well-being
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Each priority area also has its own specific goals and strategies which are shown below.

### Healthy Living

<b>Goal 1: Improve availability of and access to good nutritional options</b>	<b>Goal 2: Improve availability of and access to opportunities for physical activity</b>	<b>Goal 3: Reduce tobacco use and initiation</b>
Strategy 1: Assess and act on opportunities to improve nutritious options in communities	Strategy 1: Support the development of infrastructure and a built environment that supports physical activity	Strategy 1: Implement policies and practices that prevent tobacco use and initiation
Strategy 2: Support initiatives to repurpose unused and extra food	Strategy 2: Increase ability of local organizations to provide activities	Strategy 2: Support healthy alternative activities to smoking

Examples of how these strategies **could** be applied: community gardens, nutrition classes, active transportation options, repurposing food, tobacco retail licensing, trainings, etc.

### Mental Health Promotion and Community Resilience

<b>Goal 1: Increase community knowledge and skills to support good mental health</b>	<b>Goal 2: Further develop environments and systems that support mental well-being</b>
Strategy 1: Increase availability of and participation in classes that increase knowledge and skills to promote good mental health	Strategy 1: Coordinate and systematize mental health safety net systems
Strategy 2: Increase community capacity to organize community-building events and activities	Strategy 2: Support the spread of trauma-informed trainings, policies, and practices
Strategy 3: Increase availability and use of community activity spaces for activities that build community connections and promote good mental health	

Examples of how these strategies **could** be applied: develop community-wide suicide postvention plan, community leadership development, mental health first aid classes, trainings, etc.

### Substance Abuse Prevention

<b>Goal 1: Prevent access to addictive and abusable substances</b>	<b>Goal 2: Prevent and reduce initiation rates of substance use and abuse</b>
Strategy 1: Decrease excess prescription drugs in the community	Strategy 1: Increase utilization and availability of healthy alternative activities to substance abuse
Strategy 2: Research and implement policies to reduce access to risky substances	Strategy 2: Support current organizations and programs to develop further to prevent substance abuse

Examples of how these strategies **could** be applied: drug take-back events, zoning restrictions, trainings, etc.