

SHIP Action Plan: Mental Health

Mental Health Defined:

The mental health priority health outcome aims to advance mental health support by improving access to mental health treatment and fostering education and awareness about mental health symptoms.

Goals:

1. Increase access to mental health care and treatment.
2. Improve mental health outcomes through accessible mental health services and education about mental health disorders.



Objectives:

- Objective 1.1.1: Reduce the mental health population-to-provider ratio from 290:1 in 2025 to 279:1 in 2028.
- Objective 1.1.2: Decrease the percentage of people under 65 who do not have health insurance from 6.9% in 2024 to 3.5% in 2028.
- Objective 1.2.1: Decrease the percentage of adults who reported ever being told by a health professional that they have a depressive disorder, including depression, major depression, minor depression, or dysthymia, from 21.4% in 2024 to 16.1% in 2028.
- Objective 1.2.2: Reduce the rate of suicide from 14 deaths per 100,000 population in 2023 to 12.3 in 2028.
- Objective 1.2.3: Decrease the percentage of children ages 3 to 17 diagnosed with depression from 5.6% in 2022-2023 to 3.0% in 2028.

Mental Health (Objectives 1.1.1 - 1.2.3)

Vital Condition: Meaningful Work and Wealth

Promote awareness and education about mental health in the workplace by supporting employer-based health coverage (including coverage for children), incentivization for health care professionals, stress-reducing policies, employee assistance programs, and job security initiatives.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Vital Condition: Basic Needs for Health and Safety

Promote mental health services through access to transportation and telehealth, crisis response services, the health insurance marketplace, and early screenings.

Vital Condition: Lifelong Learning

Support the education of several mental health factors, including mental health careers for students, socio-emotional learning, trauma-informed practices in schools, and health insurance literacy.

Vital Condition: Reliable Transportation

Support the improvement of transportation infrastructure, services, and resources that connect people, especially in rural or underserved areas, to mental health services.

Vital Condition: Belonging and Civic Muscle

Engage communities in shaping mental health solutions, reducing stigma, and promoting culturally competent care through public awareness campaigns and community-based initiatives for adults, children, and families.

Vital Condition: Humane Housing

Highlight the importance of stable housing for everyone, to support safety, recovery, well-being, and reduced exposure to environmental stressors.

Vital Condition: A Thriving Natural World

Promote access to nature-based therapies and play, outdoor activities, and wellness spaces that support mental well-being and reduce stress, particularly in urban and high-stress environments.

Implementation Action Items

Capacity Building	<ol style="list-style-type: none"> 1. Identify and promote resources for outreach staff and partners to use inclusive, stigma-reducing language when discussing mental health and suicide. 2. Develop culturally competent outreach strategies to engage men (specifically middle-aged men), especially in non-traditional health settings like barbershops, auto repair shops, and taverns, with mental health education, screenings, and peer advocacy.
Outreach and Awareness	<ol style="list-style-type: none"> 1. Encourage public participation in comment periods, town halls, and advocacy efforts. 2. Provide templates for public comments or letters. 3. Identify and promote safe, accessible spaces—both in-person and virtual—where individuals feel empowered to share their mental health experiences.
Policy and Advocacy	<ol style="list-style-type: none"> 1. Advocate for stable mental health funding and share diverse funding proposals.

Collaboration and SHIP Alignment	<ol style="list-style-type: none"> 1. Facilitate networking and joint projects across SHIP coalition members. 2. Track and share data related to mental health and wellness via SHIP's Annual Reports.
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Coalition Members

Name	Organization	Email
Esther Hofknecht	Mental Health Association in Delaware	esther@mhainde.org
Katrina Morrison	UD Center for Research Education and Social Policy	katrinam@udel.edu
Jen Parsons	Community Health Workers Association of Delaware	jparsons@pmgconsulting.net
Ronaldo Tello	Hispanic American Association of Delaware	ronaldo@HispanicDE.org
Kristin Harvey	Delaware Developmental Disabilities Council	kristin.harvey@delaware.gov
Kamela T. Smith	ChristianaCare	kamela.smith@christianacare.org
Lindsey Huttie	Dover Behavioral Health System	Lindsey.Huttie@uhsinc.com
Emily Vera	Mental Health Association in Delaware	evera@mhainde.org
Kiera McGillivray	Children and Families First	kiera.mcgillivray@cffde.org
Rona Harris	NeighborGood Partners	rharris@neighborgoodpartners.org
Vanessa Simon	Mariposa Arts	vanesa@mariposaarts.com
Jake (James) Daniels	Bayhealth Safety	James_daniels@bayhealth.org
Wesley Ingram	National Alliance on Mental Illness Delaware	wingram@namide.org
Stephanie Rodriguez	Turning Point - People's Place	Srodriguez@peoplesplace2.com
Julissa Coriano	Orgullo Delaware	orgullodelaware@gmail.com

Linda Tholstrup	Healthy Communities Delaware	linda@healthycommunitiesde.org
Mackenzie Partridge	University of Delaware	mackenzie.partridge@delaware.gov
Selina Butcher	Freedom Center for Independent Living	sbutcher@fcilde.org
Jalissia L. Haynes	Delaware Alliance for Nonprofit Advancement	admin@delawarenonprofit.org
Madeleine Bayard	Rodel	mbayard@rodelde.org
Jaqueline Saldana	National Alliance on Mental Illness Delaware	jcontreras@namide.org
Andreina Cerrato-Jacob	Hispanic American Association of Delaware	andreina@hispanicde.org
Deanna Watson	Connecting Generations	dwatson@connecting-generations.org
Tanny Dickerson	Connecting Generations	tdickerson@connecting-generations.org
Ceil Tilney	League of Women Voters	ceil.tilney@gmail.com
Phoebe Lucas	First State Abortion Fund	firststateabortionfund@gmail.com
Jennifer Antonik	DJ's Alliance	info.djsalliance@gmail.com
Asua Ofosu	Racial Equity Consortium	aofosu@desu.edu

SHIP Action Plan: Chronic Disease

Chronic Disease Defined:

The chronic disease prevention priority health outcome aims to reduce chronic disease risk factors associated with cancer, hypertension, high cholesterol, and diabetes through comprehensive health care strategies and lifestyle interventions.

Goals:

1. Reduce the population's risk of chronic disease through population weight management, including physical activity and accessible nutritious food.
2. Reduce the impact of tobacco and nicotine use.
3. Improve preventive screening and routine health visits.
4. Improve health outcomes through chronic disease management.



Objectives:

- Objective 2.1.1: Reduce the percentage of food insecurity from 13% in 2023 to 8.9% in 2028.
- Objective 2.1.2: Increase the percentage of adults who met the federal physical activity guidelines (150 minutes of moderate or 75 minutes of vigorous aerobic activity and two days of muscle strengthening per week) in the past 30 days, from 28.3% in 2023 to 28.2% in 2028.
- Objective 2.1.3: Increase the percentage of daily vegetable intake in youth (ages 18 and under) from 27.3% in 2023 to 19.6% in 2028.
- Objective 2.1.4: Reduce the percentage of adult obesity from 36.6% in 2024 to 33.1% in 2028.
- Objective 2.1.5: Reduce the percentage of children ages 10 to 17 who are overweight or obese from 35.7% in 2023-2024 to 31.5% in 2028.
- Objective 2.2.1: Reduce the percentage of adults who are current smokers (smoke daily, some days, or at least 100 cigarettes in their lifetime) from 10.1% in 2024 to 9.7% in 2028.
- Objective 2.2.2: Decrease the percentage of children ages 12 to 17 who reported using a tobacco product in the past month from 1.8% in 2022-2023 to 2.3% in 2028.

- Objective 2.2.3: Reduce the percentage of high school students who reported using an electronic vapor product in the past 30 days from 17.9% in 2021 to 14.2% in 2028.
- Objective 2.3.1: Increase the percentage of women ages 40 to 74 who reported receiving a mammogram in the past two years from 80.2% in 2024 to 79.2% in 2028.
- Objective 2.3.2: Increase the percentage of children ages 0 to 17 who received one or more preventive visits in the past 12 months from 79.2% in 2023-2024 to 84.9% in 2028.
- Objective 2.3.3: Increase the percentage of adults who visited a doctor for a routine checkup within the past year from 82.8% in 2024 to 85.5% in 2028.
- Objective 2.4.1: Reduce the rate of cancer mortality from 164.8 per 100,000 population from 2016-2018 to 148.3 per 100,000 in 2028.
- Objective 2.4.2: Reduce the percentage of adults who reported being told by a health professional that they have high blood pressure from 37.8% in 2023 to 31.5% in 2028.
- Objective 2.4.3: Reduce the percentage of adults who reported ever being told by a health professional that they have diabetes from 13.2% in 2024 to 10.6% in 2028.
- Objective 2.4.4: Decrease the percentage of adults who reported having their cholesterol checked and being told by a health professional that it was high from 43.6% in 2023 to 32.9% in 2028.

Chronic Disease - Population Weight Management (Objectives 2.1.1 - 2.1.5)

Vital Condition: Meaningful Work and Wealth

Promote job training and workforce development programs that adopt wellness initiatives that support physical activity, healthy eating, and stress reduction, and provide financial assistance for families to afford healthy living.

Vital Condition: Basic Needs for Health and Safety

Advocate for consistent access for adults and children to affordable, nutritious food and to safe public spaces for physical activity to support the prevention and management of obesity-related conditions. This includes expanding eligibility and outreach for programs such as SNAP, Medicaid, and community health services.

Vital Condition: Lifelong Learning

Promote health literacy education on nutrition, physical activity, and behavior change through school and education programs, community-based workshops, online tools, and health care partnerships that empower individuals to make informed health decisions.

Vital Condition: Reliable Transportation

Advocate for improved access to grocery stores, fitness centers, parks, and preventive care services by expanding public transit, bike paths, and walkable infrastructure, especially in underserved or rural communities.

Vital Condition: Belonging and Civic Muscle

Promote engagement and awareness among youth, families, and community organizations in school- and community-based nutrition initiatives (e.g., farm-to-school programs, community cooking nights).

Vital Condition: Humane Housing

Highlight the importance of incorporating recreational areas and activity-friendly environments, as well as proximity to healthy food choices, into affordable housing developments.

Vital Condition: A Thriving Natural World

Promote access to natural environments and green spaces that encourage outdoor activity (e.g., walking, biking, gardening).

Chronic Disease - Tobacco (Objectives 2.2.1 - 2.2.3)

Vital Condition: Meaningful Work and Wealth

Encourage tobacco-free workplace policies, incorporate smoking cessation assistance into employee wellness programs, and provide employment or leadership opportunities for youth.

Vital Condition: Basic Needs for Health and Safety

Promote the expansion of access to affordable and effective tobacco cessation resources for youth and adults, including nicotine replacement therapy, behavioral counseling, and mobile health services.

Vital Condition: Lifelong Learning

Increase awareness of why integration of tobacco prevention and cessation education across all life stages (from youth to older adults) is important.

Vital Condition: Reliable Transportation

Advocate for funding mobile clinics, virtual counseling, and transit assistance to reach smoking cessation services, including in schools and other community centers.

Vital Condition: Belonging and Civic Muscle

Promote the engagement of local leaders, faith-based organizations, youth voices, and other community members in prevention efforts and advocacy campaigns.

Vital Condition: Humane Housing

Promote education and awareness of the risks of secondhand smoke exposure in the home and support family-based tobacco-free living environments.

Vital Condition: A Thriving Natural World

Promote community gardens, parks, and nature-based programs for the use of public health messaging to engage teens and adults in healthy, substance-free activities that offer a natural way to manage stress and social pressure.

Chronic Disease - Prevention and Health Outcomes (Objectives 2.3.1 - 2.4.4)

Vital Condition: Meaningful Work and Wealth

Promote training for community health workers, nurse practitioners, and other health professionals to offer chronic disease prevention education and basic screenings at job sites.

Vital Condition: Basic Needs for Health and Safety

Provide resources for organizations to connect individuals to health services and programming, especially for those who are uninsured or underinsured, improving access to early diagnosis and chronic disease management.

Vital Condition: Lifelong Learning

Support and promote health literacy programs that help individuals understand the importance of annual checkups, chronic disease risk and screenings, how to prepare for appointments, and how preventive care supports long-term health.

Vital Condition: Reliable Transportation

Support screenings and telemedicine in unconventional places that meet people where they are (e.g., mobile health units at the DMV, churches, or workplaces).

Vital Condition: Belonging and Civic Muscle

Encourage the development of culturally and linguistically tailored materials in collaboration with community organizations to ensure that messages about preventive visits and chronic disease management resonate with families of different backgrounds.

Vital Condition: Humane Housing

Promote accessible preventive screenings and health coaching for residents of affordable housing complexes, including blood pressure and cholesterol checks, information on diet and exercise, and referrals to primary care providers.

Vital Condition: A Thriving Natural World

Highlight or promote outdoor community events (e.g., health fairs, wellness walks, or seasonal markets) for health outreach, education, and screenings.

Implementation Action Items

Capacity Building

1. Help identify areas with the highest prevalence of chronic disease prevention need through data sharing and support localized intervention planning.
2. Support the deployment and continued training of Community Health Workers (CHWs) to assist with connecting communities to preventive screenings, lifestyle intervention resources, and chronic disease management education

Outreach and Awareness	<ol style="list-style-type: none"> 1. Incorporate storytelling and health literacy (i.e., plain-language guidance) to help individuals understand and act on information such as referrals, follow-up care, and chronic disease management. 2. Engage community champions and trusted local figures to distribute resources, build trust, and increase participation in prevention and wellness initiatives.
Policy and Advocacy	<ol style="list-style-type: none"> 1. Advocate for the inclusion of culturally and linguistically competent and health literate standards in healthcare policies and organizational practices. 2. Support efforts to integrate Vital Conditions of Health and Well-Being and cultural sensitivity frameworks into local and state health planning. 3. Support the creation or strengthening of policies that fund or require care navigation roles to address gaps in follow-up care.
Collaboration and SHIP Alignment	<ol style="list-style-type: none"> 1. Encourage collaborative projects between organizations to reduce duplication and enhance impact in high-need areas. 2. Support small and under-resourced organizations by offering foundational assistance (e.g., promotional help, training access, event sharing).

Coalition Members		
Name	Organization	Email
Natalie Andrews	Diabetes and Heart Disease Prevention and Control	natalie.andrews@delaware.gov
Nickolas Vella	Delaware Health and Social Services: Bureau of Chronic Disease	Nicholas.vella2@delaware.gov
Indi Islam	AIDS Delaware	iislam@aidsdelaware.org
Yinka Isichei	American Heart Association	yinka.isichei@heart.org
Dawn Hollinger	Division of Public Health	Dawn.hollinger@delaware.gov
Jermia Rodriguez	TidalHealth	jermia.rodriguez@tidalhealth.org
Lauren Butscher	Division of Public Health	lauren.butscher@delaware.gov
Shebra Hall	Division of Public Health	shebra.hall@delaware.gov
Sue Murray	Delaware Breast Cancer Coalition	smurray@debreastcancer.org

Katherine Rodgers	TidalHealth	katherine.rodgers@tidalhealth.org
Kaylee Hanway	TidalHealth	kaylee.hanway@tidalhealth.org
Lisa Gruss	Medical Society of Delaware	lisa.gruss@medsocdel.org
Helen Arthur	Division of Public Health	helen.arthur@delaware.gov
Michelle Axe	ChristianaCare	michelle.axe@christianacare.org
Adriana Viveros-Sosa	Delaware Breast Cancer Coalition	aviveros-sosa@debreastcancer.org
Jordana Cutajar	Delaware Department of Natural Resources and Environmental Control	jordana.cutajar@delaware.gov
Lee Aiken	Delaware Department of Natural Resources and Environmental Control	lee.aiken@delaware.gov
Kelly Gardner	Bayhealth Medical Center	Kelly_Gardner@bayhealth.org
Trisha Bentley	Bayhealth Women's Center	Trisha_Bentley@bayhealth.org
Iris Sarabia	Delaware Health and Social Services: Bureau of Chronic Disease	Iris.sarabia@delaware.gov
Gwen Bain Angalet	GBA Consulting	gangalet@comcast.net
Laurie Ruggiero	University of Delaware	ruggiero@udel.edu
Greg O'Neill	Health Literacy Council of Delaware	gro1798@gmail.com
Stacie Gosting	Beebe Healthcare	sgosting@beebehealthcare.org
Inaya Wahid	Division of Public Health	Inaya.Wahid@delaware.gov
Katie Coombes	ChristianaCare	katie.w.coombes@christianacare.org
Antonio Alvarado	Division of Public Health: Office of Infectious Disease Epidemiology	antonio.alvarado@delaware.gov
Jermaine Shelton	Division of Public Health: Mobile Health Unit	Jermaine.Shelton@delaware.gov

Nikita Clark	Division of Public Health: Screening for Life	nikita.clark@delaware.gov
Angela Scott	Beebe Healthcare	anscott@beebehealthcare.org
Brentdy Chavez	Children and Families First	brentdy.chavez@cffde.org
Huey-Jen Lin	University of Delaware	hlin@udel.edu
Connie Boyton	La Red Health Center	cboyton@laredhealthcenter.org
AJé English	Project MS Shift	info@projectshift.net
Shelly Nix	ChristinaCare	shelley.nix@christianacare.org
Wendy Bailey	Delaware Health and Social Services	wendy.bailey@delaware.gov
Kate Smith	Delaware Academy of Medicine and Public Health	ksmith@delamed.org
Tyler Berl	Delaware HIV Consortium	tberl@delawarehiv.org
Marissa Jacobi	Division of Public Health	marissa.jacobi@delaware.gov
Keanna Faison	Division of Public Health	Keanna.Faison1@delaware.gov
Janice James	Delaware Healthcare Association	janice@deha.org
Peter Cambell	YMCA	pcampbell@ymcade.org
Tori Burton	YMCA	vburton@ymcade.org
Shamar Harrison	YMCA	sharrison@ymcade.org
Kimberly Holmes	Bayhealth	kimberly_holmes@bayhealth.org
Teja Paruchuri	Delaware Health and Social Services	SaiTeja.paruchuri@delaware.gov
Melecia Da Silva	Delaware Health and Social Services: Division of Medicaid and Medical Assistance	Melecia.DaSilva@delaware.gov
Debbie Smith		gdsmith3@prodigy.net

Kristen Rios	Beebe Healthcare	krios@beebehealthcare.org
Dwain and Karen Stephens-Johnson	Faith Deanna Johnson Foundation	TheDreamsofFaith@aol.com
Tanya Haley	American Diabetes Association	thaley@diabetes.org

SHIP Action Plan: Maternal and Infant Health

Maternal and Infant Health Defined:

This priority health outcome aims to enhance maternal and infant health outcomes throughout the prenatal to postnatal continuum, addressing key areas such as education and awareness, provider engagement, and timely access to care.

Goals:

1. Reduce adverse maternal health outcomes.
2. Reduce adverse infant health outcomes.
3. Improve maternal health access throughout the pregnancy lifespan.



Objectives:

- Objective 3.1.1: Decrease the number of maternal deaths related to or aggravated by pregnancy occurring within 42 days of the end of pregnancy per 100,000 live births from 18.9 in 2017-2021 to 17.0 in 2028.
- Objective 3.1.2: Reduce the number of infant deaths per 1,000 live births from 6.8 in 2022-2023 to 5.6 in 2028.
- Objective 3.2.2: Reduce the percentage of preterm births from 10.6% in 2024 to 7.9% in 2028.
- Objective 3.2.3: Decrease the percentage of infants with low birth weight (weighing less than 5 pounds, 8 ounces at birth) from 9.2% in 2023 to 6.3% in 2028.
- Objective 3.3.1: Increase the percentage of live births in which the pregnant person received prenatal care from 78.6% in 2023 to 80.9% in 2028.
- Objective 3.3.2: Increase the percentage of women with a recent live birth who reported receiving a postpartum checkup from 88.9% in 2023 to 90.8% in 2028.

Maternal and Infant Health (Objectives 3.1.1 - 3.3.2)

Vital Condition: Meaningful Work and Wealth

Advocate for increased paid maternity and paternity leave and flexible and remote work policies for parents to focus on maternal recovery, infant care routines, and postpartum health.

Vital Condition: Basic Needs for Health and Safety

Advocate for increased access to prenatal and postpartum services, and doula support through Medicaid acceptance, telemedicine, and at-home health services.

Vital Condition: Lifelong Learning

Increase awareness and education on maternal risk factors (e.g., nutrition, smoking, and stress management), postpartum warning signs, safe sleep practices, and infant care to increase parents' awareness of and access to timely medical care.

Vital Condition: Reliable Transportation

Highlight organizations and/or programming offering assistance, home visits, flexible scheduling, and alternate appointment locations to improve prenatal and postpartum care access.

Vital Condition: Belonging and Civic Muscle

Promote participation in parent support groups (e.g., breastfeeding), newborn screening programs, and mental health creative outlets to support parents' mental health, reduce stigma, and encourage prenatal care engagement.

Vital Condition: Humane Housing

Support the expansion of support services to meet the needs of families experiencing housing insecurity, enhancing their access to timely postpartum care, resources, and education on safe housing conditions for parents and infants.

Vital Condition: A Thriving Natural World

Promote safe living environments through collaboration with environmental health programs to reduce exposure to pollutants linked to pregnancy complications.

Implementation Action Items

Capacity Building

1. Identify and share funding opportunities to support maternal health, outreach, and education projects.
2. Promote inclusive educational materials tailored to diverse communities and languages.

Outreach and Awareness	<ol style="list-style-type: none"> 1. Leverage social media to highlight events, resources, and organizations relevant to maternal and infant health care, including SHIP partner activities. 2. Share advocacy updates through newsletters and community channels to keep stakeholders informed and engaged.
Policy and Advocacy	<ol style="list-style-type: none"> 1. Track and communicate policy changes that impact access to care, especially for immigrant communities. 2. Use SHIP's platform to amplify the voices of underserved communities and maternal health advocates.
Collaboration and SHIP Alignment	<ol style="list-style-type: none"> 1. Support crosswalks between advocacy agendas (e.g., Medical Society of Delaware, Delaware Nurses Association, Delaware Healthcare Association) to align messaging with SHIP. 2. Promote best maternal and infant health practices from successful groups (e.g., ChristianaCare's community engagement efforts).

Coalition Members

Name	Organization	Email
Erica Allen	Do Care Doula Foundation	docaredoulafoundation@gmail.com
Asaiah Beaman Fisher	Prevent Childhood Abuse Delaware	asaiah.bfisher@gmail.com
Midline Oware	Children and Families First	midline.oware@cffde.org
Mary Kay Keller	Wilmington University	marykay.keller@wilmu.edu
Erica Singleton	Nemours Children's Hospital	Erica.Singleton@nemours.org
Katie Labgold	Nemours	katie.labgold@delaware.gov
Karen McGloughlin	Division of Public Health: Bureau of Health Equity	karen.mcgloughlin@delaware.gov
Tierea Chisholm	NeighborGood Partners	tchisholm@neighborgoodpartners.org
Stephanie Trost	Mindful Motherhood Location	stephanie@mindfulmotherhoodlactation.com
Angela Jourdain	Board of Nurses & Neighbors	drangelajourdain@gmail.com
Anna Thompson	University of Delaware	annamt@udel.edu

SHIP Action Plan: Avoidable Injury

Avoidable Injury Defined:

The avoidable injury priority health outcome aims to enhance community safety by revitalizing neighborhood conditions, improving transportation options, and promoting awareness of safety initiatives and resources.

Goals:

1. Enhance the availability and access to various means of transportation, including walking, cycling, and public transportation.
2. Increase vaccine protection against COVID-19 and the flu.
3. Reduce injuries and deaths associated with driving motor vehicles.
4. Improve health outcomes related to violence, falls, and other avoidable injuries.



Objectives:

- Objective 4.1.1: Increase use of public transportation to work from 2.3% in 2024 to 4.0% in 2028.
- Objective 4.1.2: Increase the percentage of people walking to work from 2.3% in 2024 to 3.8% in 2028.
- Objective 4.1.3: Increase the percentage of people bicycling to work from 0.4% in 2024 to 0.9% in 2028.
- Objective 4.2.1: Increase the percentage of eligible population vaccinated with an updated COVID-19 booster dose from 16.4% in 2022-2023 to 20.3% in 2028.
- Objective 4.2.2: Increase the percentage of eligible population vaccinated with an updated influenza vaccine from 34.6% from 2022-2023 to 39.4% in 2028.
- Objective 4.3.1: Decrease the percentage of motor vehicle crash deaths involving alcohol from 25% in 2025 to 17.1% in 2028.
- Objective 4.3.2: Reduce the rate of motor vehicle crash deaths per 100,000 population from 13 in 2017-2023 to 11.7 in 2028.
- Objective 4.4.1: Decrease the percentage of adults ages 65 and older who reported falling in the past 12 months from 26.4% in 2023 to 17.1% in 2028.

- Objective 4.4.2: Reduce the rate of homicide deaths per 100,000 population from 9.5 in 2020-2021 to 8.6 in 2028.
- Objective 4.4.3: Decrease the rate of firearm-related deaths per 100,000 population from 16.2 in 2021 to 14.6 in 2028.
- Objective 4.4.4: Decrease the number of domestic violence incidents from 25,625 in 2025 to 20,008 in 2028.

Avoidable Injury - Public Transportation (Objectives 4.1.1 - 4.1.3)

Vital Condition: Meaningful Work and Wealth

Promote public transportation incentives such as free or discounted bus, rail, or transit passes, reimbursements, partial payments, or pre-tax payroll deductions.

Vital Condition: Basic Needs for Health and Safety

Promote locations and organizations that provide free safety equipment and safety equipment check-ups for children, including knee pads and helmets.

Vital Condition: Lifelong Learning

Increase awareness of bike education workshops and commuter and other transportation resources, including public transit, shared ride services, and mobility assistance programs, to help Delawareans, especially those without access to a personal vehicle, get where they need to go.

Vital Condition: Reliable Transportation

Collaborate with community-based organizations to decrease barriers to transportation for health services.

Vital Condition: Belonging and Civic Muscle

Support town halls, surveys, and/or community conversations to gather input on public transportation and promote educational or social support for active commuting, including walking, running, and cycling groups.

Vital Condition: Humane Housing

Support the addition and/or creation of bike and walking infrastructure, such as safe biking lanes, well-lit sidewalks, and green areas.

Vital Condition: A Thriving Natural World

Share incentives for carpooling and rideshare programs and promote walking and biking to school through education, incentives, and environmental changes.

Avoidable Injury - Vaccines (Objectives 4.2.1 - 4.2.2)

Vital Condition: Meaningful Work and Wealth

Encourage health care providers to discuss vaccinations with their patients.

Vital Condition: Basic Needs for Health and Safety

Promote sites that offer free or reduced-cost vaccinations where people already go for other basic needs, such as food distribution sites, schools, and community centers.

Vital Condition: Lifelong Learning

Provide educational awareness and increase community members' knowledge about vaccines.

Vital Condition: Reliable Transportation

Promote medical transportation services such as Modivcare, and the increased use of public transportation to access essential services, such as vaccinations.

Vital Condition: Belonging and Civic Muscle

Support faith and other community organizations' efforts to support immunizations and other health care services.

Vital Condition: Humane Housing

Advertise vaccine rollout outside clinics, and doctors' offices, including workplaces, schools, and grocery stores.

Vital Condition: A Thriving Natural World

Promote mobile health clinics meeting communities where they are for vaccinations.

Avoidable Injury - Car Crashes (Objectives 4.3.1 - 4.3.2)

Vital Condition: Meaningful Work and Wealth

Encourage employers to provide incentives for safe commute systems.

Vital Condition: Basic Needs for Health and Safety

Promote education for parents about proper car seat installation and use.

Vital Condition: Lifelong Learning

Promote education on binge drinking and drunk driving to young adults in colleges, as well as the benefits of taking the Delaware Defensive Driving course.

Vital Condition: Reliable Transportation

Support DART and other transportation planning systems' mission to make transportation services accessible, frequent, and affordable, including during weekends and evenings (e.g., high-risk hours for alcohol-related motor vehicle crashes).

Vital Condition: Belonging and Civic Muscle

Promote groups that advocate responsible driving behavior and traffic safety improvements.

Vital Condition: Humane Housing

Advocate for the integration of features, such as lower speed limits, speed bumps, wider sidewalks, protected bike lanes, and well-lit crosswalks into housing projects to create safer environments for residents to walk, bike, and access transit instead of relying on cars.

Vital Condition: A Thriving Natural World

Promote pedestrian-friendly design, green spaces, and safe mobility options (such as bike trails or greenways) to shift social behaviors away from car dependence when drinking.

Avoidable Injury - Violence and Falls (Objectives 4.4.1 - 4.4.4)

Vital Condition: Meaningful Work and Wealth

Support job training and employment programs in communities with high rates of violence that offer living wages, career pathways, and mentorship opportunities.

Vital Condition: Basic Needs for Health and Safety

Support health care providers in evaluating older adults' fall risk and highlight community health centers in neighborhoods with higher rates of violence that offer holistic, trauma-informed care, including physical health, mental health, substance use treatment, conflict resolution workshops, and social services such as housing, employment, and violence prevention education.

Vital Condition: Lifelong Learning

Highlight workshops, classes, and digital resources on fall prevention, communication, anger and stress management, firearm safety, employee assistance programs, financial literacy programs and evidence-based violence prevention programs.

Vital Condition: Reliable Transportation

Highlight reliable transportation resources specifically for older adults that offer rides with trained drivers who provide assistance with getting in and out of vehicles, and help with mobility aids, and increase awareness of safe route programs and promote community shuttles or subsidized rides to access essential services, including shelters, counseling, legal assistance, and health care.

Vital Condition: Belonging and Civic Muscle

Promote fall prevention education, enhance community partnerships with emergency resources, raise awareness of youth programs, and expand training access for workers serving communities affected by violence.

Vital Condition: Humane Housing

Advocate for free home safety equipment for older adults and the development or expansion of affordable housing programs that not only provide safe, dignified living spaces but also incorporate on-site resources like conflict mediation, community spaces, and access to social services.

Vital Condition: A Thriving Natural World

Highlight the need to develop or enhance parks, gardens, and nature trails to support older adults in safe outdoor mobility and support funding for community violence interventions.

Implementation Action Items

Capacity Building	<ol style="list-style-type: none"> 1. Increase understanding of different types of injury—physical, emotional, and trauma-related—and how communities experience them. 2. Promote trauma-informed approaches to addressing injury and healing.
Outreach and Awareness	<ol style="list-style-type: none"> 1. Actively participate in and promote the activities of coalition members within broader community networks.
Policy and Advocacy	<ol style="list-style-type: none"> 1. Track and communicate funding changes that affect people with disabilities and seniors in Delaware, particularly in areas such as housing, health care, and transportation. 2. Amplify advocacy efforts for transportation planning by supporting engagement with policymakers (e.g., meetings with Senator Huxtable). 3. Support coalition alignment around policy initiatives that reflect the lived experiences and needs of underserved communities.
Collaboration and SHIP Alignment	<ol style="list-style-type: none"> 1. Meet with community leaders and policymakers to identify shared goals (e.g., transportation planning and disability advocacy). 2. Ensure SHIP aligns with the work of coalition partners to increase collective impact and policy visibility.

Coalition Members

Name	Organization	Email
Britt Salen	South Wilmington Planning Network	salenbritt@gmail.com

Denise Grybowski	Delaware Coalition Against Domestic Violence: WEAVER Task Force	denise4266@verizon.net
Traci Murphy	Coalition for a Safer Delaware	tracimurphy@decagv.org
Adrienne Wallace	Delaware Healthcare Association	adrienne@deha.org
Lakeesha Chandler	TidalHealth	Lakeesha.chandler@tidalhealth.org
Danielle Fisher	End Community Violence Now	danielle@ecvndelaware.org
Lauren Footman	End Community Violence Now	lauren@ecvndelaware.org
Erin Ridout	ChristianaCare	erin.ridout@christianacare.org
Patricia Kelleher	NeighborGood Partners	pkelleher@neighborgoodpartners.org
Venita Garvin	Delaware Alliance Against Sexual Violence	vgarvin@delawarealliance.org
Amber Twyne	Delaware Alliance Against Sexual Violence	amber@delawarealliance.org
Jody Hougentogler	Freedom Center for Independent Living	jhougentogler@fcilde.org
Debra Berke	Wilmington University	debra.l.berke@wilmu.edu
Cheryl Heiks	Delaware Health Care Facilities Association	cheiks@dhcfa.org
John McNeal	State Council for Persons with Disabilities	john.mcneal@delaware.gov
Reginald Daniel	NeighborGood Partners	rdaniel@neighborgoodpartners.org
Bet Wong	Nurses & Neighbors Collaborative	nursesneighbors@gmail.com
Kate Dupont Phillips	Healthy Communities Delaware	Kate@HealthyCommunitiesDE.org
Anson Gock	Delaware Department of Transportation	ansonrolla@yahoo.com
Michael Agbeye	Delaware Division of Public Health	michael.agbeye@delaware.gov
Amanda August	Jefferson Street Center	aaugust@jeffersonstreetcenter.org
Bryna Clark-Braverman	Mothers Against Drunk Driving	bryna.clarkbraverman@madd.org

Katera Moore	Delaware Department of Natural Resources and Environmental Control	Katera.Moore@delaware.gov
Cassandra McKay	Connecting Generations	cmckay@connecting-generations.org
Cheryl Scheir	Be SMART	cherylink1@gmail.com
Jessica Reed	YWCA: Sexual Assault Response Center	jreed@ywcade.org
Joe Myers	Delaware Coalition Against Domestic Violence	jmyers@dcadv.org
Michael Tholstrup	Delaware Department of Natural Resources and Environmental Control	michael.tholstrup@delaware.gov
Emma Braun	Health Literacy Council of Delaware	ebraun@pmgconsulting.net
Antonio Bivins	Delaware Department of Natural Resources and Environmental Control	antonio.bivins@delaware.gov
Lauren Jumps	Delaware Health and Social Services: State Plan on Aging	lauren.jumps@delaware.gov

SHIP Action Plan: Premature Death

Premature Death Defined:

The premature death priority health outcome aims to mitigate the impact of drug and alcohol use through enhanced social support, trauma-informed care, and comprehensive community education and training.

Disclaimer:

Premature death is a multifaceted public health issue that intersects with several other SHIP priority areas. Many of the factors contributing to premature death, such as chronic disease, cancer, avoidable injury, and maternal and infant health, are explored in greater depth within their respective sections. Readers seeking related objectives and strategies can refer to:

- **Chronic Disease:** Population weight management, physical activity, access to nutritious food, and reduction of tobacco and nicotine use, as well as prevention and management of diabetes, cancer, and cardiovascular disease.
- **Avoidable Injury:** Prevention of deaths associated with travel, violence, falls, and other avoidable injuries.
- **Maternal and Infant Health:** Prevention of newborn-related illnesses (e.g., SIDS and fetal alcohol syndrome) and support for maternal mental health, including postpartum depression and isolation.
- **Mental Health:** Decrease rates of depressive disorders and suicide.

Together, these areas contribute to reducing premature mortality and improving overall population health.

Goals:

1. Reduce drug-related substance use in youth and adults.
2. Reduce alcohol consumption in youth and adults.



Objectives:

- **Objective 5.1.1:** Reduce the age-adjusted rate of drug overdoses per 100,000 residents from 54.1 in 2021 to 48.7 in 2028.

- Objective 5.1.2: Reduce the percentage of Delaware public high school students who took prescription drugs without a doctor’s prescription one or more times from 9.8% in 2023 to 5.5% in 2028.
- Objective 5.1.3: Decrease the percentage of adults who reported illicit opioid use in the past 12 months from 4.7% in 2023 to 2.8% in 2028.
- Objective 5.2.1: Reduce the percentage of adults reporting binge or heavy drinking from 14.8% in 2024 to 11.8% in 2028.
- Objective 5.2.2: Decrease the percentage of children ages 12 to 17 who reported drinking alcohol in the past month from 7.4% in 2022-2023 to 7.3% in 2028.

Premature Death

Vital Condition: Meaningful Work and Wealth

Advocate for expanded access to employment-based wellness programs that include education on substance use, provide confidential support services for working adults, and offer family-centered support and resources.

Vital Condition: Basic Needs for Health and Safety

Support access to free fentanyl test strips, medications for opioid use disorder, NARCAN, and integrated behavioral care (including in schools) to support recovery, and ensure adults can access treatment alongside general health supports.

Vital Condition: Lifelong Learning

Advocate for school-based alcohol and drug prevention programs in high schools and colleges to educate youth early and reduce future overdose risks. Highlight training for health care and social service providers in trauma-specific care and opioid use screening to better support adults at risk and connect them to early intervention.

Vital Condition: Reliable Transportation

Support mobile outreach services that offer brief interventions, screening, and resources to communities with limited transportation access.

Vital Condition: Belonging and Civic Muscle

Increase awareness of survivor support networks, such as peer support services, to strengthen community connections, emotional support, and relapse prevention strategies.

Vital Condition: Humane Housing

Support the integration of use screening, overdose prevention, and substance use treatment into housing programs to support people facing housing insecurity.

Vital Condition: A Thriving Natural World

Support secure, community-based medication take-back programs and sterile needle and syringe service programs to responsibly dispose of unused prescription drugs and needles.

Implementation Action Items

Capacity Building	<ol style="list-style-type: none"> 1. Promote initiatives that foster safe, engaging public spaces, promote housing stability, enhance social connection, and ensure community safety. 2. Support for systems for tracking impact data related to community well-being and resilience.
Outreach and Awareness	<ol style="list-style-type: none"> 1. Create and distribute infographics and fact sheets that communicate key data and stories in accessible formats. 2. Promote fun and culturally inclusive activities that do not involve alcohol, such as mocktail events, alcohol-free restaurants, and social gatherings that encourage healthy, sober connections.
Policy and Advocacy	<ol style="list-style-type: none"> 1. Regularly monitor and analyze state and federal legislation to stay informed about emerging issues and opportunities. 2. Share policy briefs, infographics, and advocacy toolkits to help stakeholders engage effectively. 3. Highlight examples of successful grassroots advocacy efforts to motivate broader participation.
Collaboration and SHIP Alignment	<ol style="list-style-type: none"> 1. Break down statewide issues (e.g., behavioral health, substance use, housing) into smaller, regional focus areas for more targeted action. 2. Bridge the gap between legislative priorities and community needs by developing accessible summaries and policy translation tools.

Coalition Members

Name	Organization	Email
Kim Blanch	Beebe Healthcare	kblanch@beebehealthcare.org
Peggy Geisler	Sussex County Health Coalition Literacy Council of DE	pgeisler@pmgconsulting.net
M.J. Scales	University of Delaware	mjsscales@udel.edu
Lisa Moore	Division of Public Health	lisa.m.moore@delaware.gov
Hayat Omar-Hubert	Planet Youth Coalition	hayatnoh1010@gmail.com
Jessica Graham	Planet Youth Coalition	jgraham@bellevueecc.org
Alta Porterfield	Delaware Division of Libraries	alta.porterfield@lib.de.us

Nneka Taylor	NeighborGood Partners	ntaylor@neighborgoodpartners.org
Sequoia Rent	Division of Public Health: Bureau of Health Equity	sequoia.d.rent@delaware.gov
Broque Benson	Sussex County Mobile Team	broque.benson@delaware.gov
Kim Jones	Community Collaboration of Delaware	kim.jones@communitycollabde.org
Alyson Lang	Division of Public Health: Tobacco Prevention and Control Program	alyson.lang@delaware.gov
Emily Hains	Beebe Healthcare	ehains@beebehealthcare.org
Sarah Fogarty	Beebe Healthcare	sfogarty@beebehealthcare.org
William (Bill) Williamson	Delaware Department of Transportation	william.williamson@delaware.gov
Ashley Daniel	Delaware Division of Libraries	ashley.daniels@lib.de.us
Dr. Ava Carcifieri	Delaware Alliance Against Sexual Violence	acarcifieri@delawarealliance.org
Jarrett Avena	Rockford Center	Jarrett.avena@uhsinc.com