

DELAWARE STATE HEALTH IMPROVEMENT PLAN

executive summary
— 2020 ANNUAL REPORT —



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



UNIVERSITY OF DELAWARE
COMMUNITY ENGAGEMENT
INITIATIVE
PARTNERSHIP FOR HEALTHY COMMUNITIES

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DelawareSHIP

Charting a course to improve health



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EXECUTIVE SUMMARY

Following the second year of implementation within a five-year cycle, this 2020 Annual Report (July 1, 2019 - June 30, 2020) assesses policy improvements and activities in relation to the Delaware State Health Improvement Plan (SHIP) priority areas and recommendations (Table 1), including the work of key stakeholder groups and other organizations whose work addresses the priority areas. These priority areas were identified in the 2018-2023 Delaware State Health Needs Assessment, and recommendations on how to address these areas are outlined in the Summary of Delaware State Health Needs Assessment and Delaware State Health Improvement Plan Recommendations Report (2018). The development and implementation of a SHIP is a best practice for state health departments and is required for accreditation by the Public Health Accreditation Board (PHAB).

Table 1. SHIP Priority Areas and Recommendations, 2018.

Chronic Disease

- 1** Reduce obesity by promoting a healthy diet and exercise.
- 2** Increase access to healthy foods.
- 3** Improve the built environment.
- 4** Promote access to remote patient monitoring for patients with chronic conditions.
- 5** Increase access to community health workers and care coordination.
- 6** Reduce lung disease (e.g. asthma, lung cancer, chronic obstructive pulmonary disease).
- 7** Increase the number of primary care physicians in underserved areas.
- 8** Increase the number of Medicaid dental providers in underserved areas.
- 9** Develop a focused effort to “make the healthy choice the easy choice.”

Maternal and Child Health

- 10** Embed education for pre- and interconception care in schools.

Substance Use Disorders

- 11** Reduce tobacco and tobacco-substitute use.
- 12** Reduce substance use.

Mental Health

- 13** Improve access to behavioral and mental health services.

System-wide Recommendations

- 14** Adopt a policy, systems and environmental change approach, address the social determinants of health, promote health in all policies, and incorporate social marketing.

The 2019 SHIP report focused on the degree to which stakeholder groups were engaged in activities that aligned with the SHIP recommendations. The assessment focused particularly on the following nine stakeholder groups identified by DPH as having “high-impact”:

- Addiction Action Committee
- Delaware Behavioral Health Consortium (BHC)
- Delaware Cancer Consortium (DCC)
- Delaware Chronic Disease Coalition
- DPH - Health Promotion and Disease Prevention Section
- DHSS - Substance Use Disorder Strategy Mapping Team
- Delaware Healthy Mother and Infant Consortium (DHMIC)
- Healthy Communities Delaware (HCD)

The 2020 report moves beyond an assessment of alignment with the original 2018 SHIP recommendations and achieves the following:

- Reports on the main activities of the nine key stakeholder groups as they relate to both the original 2018 SHIP recommendations (Table 1) and additional evidence-based or promising strategies (Table 2) emerging in the literature for each SHIP priority area and system-wide recommendation.
- Expands Delaware’s SHIP network by identifying additional lead stakeholder groups and/or legislative efforts in health and non-health sector areas where actions and policies support SHIP recommendations (Table 1) and evidence-based or promising strategies (Table 2) for SHIP priority areas and system-wide recommendations.



SHIP stakeholders pose questions to panelists at 2019 Annual Meeting

Table 2. Evidence-based and Promising Strategies across SHIP Priority Areas, 2020.

Chronic Disease

- ▶ Improve surveillance systems to
 - 1) understand impact of chronic disease on communities
 - 2) determine effectiveness of interventions to address and prevent chronic disease
 - 3) understand social and environmental factors
 - 4) track policies.
- ▶ Improve environments to make it easier for people to make healthy choices.
- ▶ Strengthen the health care system in ways that focus on prevention and early diagnosis.
- ▶ Connect clinical services with community programs and resources.

Maternal and Child Health

- ▶ Ensure access to high quality preconception care, prenatal care, and interconception care for all women of childbearing age.
- ▶ Implement targeted strategies to better support women at higher risk of poor birth outcomes due to race/ethnicity and/or social and economic status.
- ▶ Implement policies to reduce social stratification (e.g., raising the minimum wage, criminal justice reform).
- ▶ Implement policies and programs to reduce exposures of disadvantaged people to health damaging factors (e.g., address housing instability).
- ▶ Implement policies and programs to reduce vulnerability and increase resilience of disadvantaged people (e.g., medical-legal partnerships).
- ▶ Implement policies and programs to reduce unequal consequences of illness in social, economic, and health terms (e.g., Medicaid expansions, home visiting programs, domestic violence prevention).

Substance Use Disorder

- ▶ Implement prescription monitoring programs.
- ▶ Use alternative health resources for pain management.
- ▶ Promote access to naloxone.
- ▶ Support and access to clean syringes.
- ▶ Promote smoking cessation.
- ▶ Include e-cigarettes in smoke-free indoor air policies.
- ▶ Restrict young peoples' access to e-cigarettes in retail settings.
- ▶ License e-cigarette retailers.
- ▶ Implement e-cigarette price policies.
- ▶ Develop e-cigarette educational initiatives targeting young people.
- ▶ Curb e-cigarette advertising and marketing that appeals to young people.
- ▶ Reduce access to flavored tobacco products by young people.

Mental Health

- ▶ Reduce trauma.
- ▶ Reduce adverse childhood experiences (ACEs).
- ▶ Improve the built environment.
- ▶ Implement policies to mitigate economic hardship.
- ▶ Reduce structural stigma.

Table 2. Evidence-based and Promising Strategies across SHIP Priority Areas, 2020 (continued).

System-Wide

- ▶ Adopt a policy, systems and environmental approach.
- ▶ Address the social determinants of health.
- ▶ Promote health in all policies.
- ▶ Incorporate social marketing.
- ▶ Institutionalize equity.

Sources: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). How we prevent chronic diseases and promote health. Retrieved from <https://www.cdc.gov/chronicdisease/center/nccdphp/how.htm>.

National Institute for Children's Health Quality (NICHQ) (2017). Infant Mortality CoIN Prevention Toolkit. Retrieved from <https://static.nichq.org/prevention-toolkit/> Center for Disease Control. (2016, August 5). The HI-5 Interventions. Retrieved August 2, 2020 from <https://www.cdc.gov/policy/hst/hi5/interventions/index.html#7>

Surgeon General's Advisory on E-cigarette Use Among Youth (2019). Accessed October 19, 2020 at https://www.cdc.gov/tobacco/basic_information/e-cigarettes/surgeon-general-advisory/index.html

Population-Based Approaches to Mental Health: History, Strategies, and Evidence Jonathan Purtle, Katherine L. Nelson, Nathaniel Z. Counts, Michael Yudell Annual Review of Public Health 2020 41:1, 201-221: Summary of Delaware State Health Needs Assessment and Delaware State Health Improvement Plan Recommendations Report (2017)

Moving to Institutional Equity (2017). Retrieved from https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/Gillan's_files/Health_Equity_June_2017.pdf

While current SHIP recommendations are grounded in evidence, there are opportunities to refine and further expand recommendations to include emerging best practices. Notably this year, a diverse group of stakeholders engaged in key activities that helped advance SHIP recommendations and additional evidence-based strategies highlighted in this report. Some gaps remain in progress around SHIP recommendations and implementation of evidence-based strategies for population health. Nevertheless, the SHIP Team identified over 100 active stakeholder groups from government, non-profit, business, and community-based organizations/grassroots collectives within health and non-health sectors.

Moving forward, the 2020 SHIP Report aims to help this increasingly robust network of SHIP stakeholders be well poised to revise the SHIP recommendations and plans, identify additional measurable outcomes or indicators as appropriate, and better define how traditional and newly emerged stakeholders share ownership of the plan and its implementation. Support for this expanding network and opportunities for collaborative SHIP implementation, such as virtual stakeholder meetings and digital communications, will be available through the newly revised www.delawareship.org and with support from Delaware's SHIP Project Team.

“Achieving greater equity in health outcomes will require collaboration and collective action across sectors and new forms of community engagement and partnership.”

National Academies of Sciences, Engineering, and Medicine.¹

¹National Academies of Sciences, Engineering, and Medicine, 2017. Communities in action: Pathways to health equity. Washington, DC: The National Academies Press. Doi: 10.17226/24624



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