

## Delaware State Health Improvement Plan (SHIP) Needs Assessment and Recommendations Report, a Summary

### Needs Assessment

The Delaware Public Health Institute (DPHI) conducted the Delaware State Health Needs Assessment (DSHNA) from April to November, 2016, in an effort to identify and prioritize local and statewide strategies that address critical health needs. DPHI gathered this data with four nationally recognized Mobilizing for Action through Planning and Partnerships (MAPP) assessments: forces of change, local public health assessment, community themes and strengths, and community health status. Data from the DSHNA are presented on the state, county, and local levels.

The DSHNA identified four areas of priority focus:

- Chronic Disease
- Maternal and Child Health
- Substance Use/Misuse
- Mental Health

### Recommendations

Fourteen recommendations were provided to address these four priority areas:

1. Reduce obesity by promoting healthy diet and exercise
2. Increase access to healthy foods
3. Improve the built environment
4. Promote access to remote patient monitoring for those 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 disorder)
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”
10. Embed education for pre- and inter-conception care in schools
11. Reduce tobacco and tobacco-substitute use
12. Reduce substance use
13. Improve access to behavioral and mental health services
14. Adopt a Policy, Systems, and Environmental (PSE) change approach to promoting health in all policies, incorporating a social marketing approach, and addressing the social determinants of health