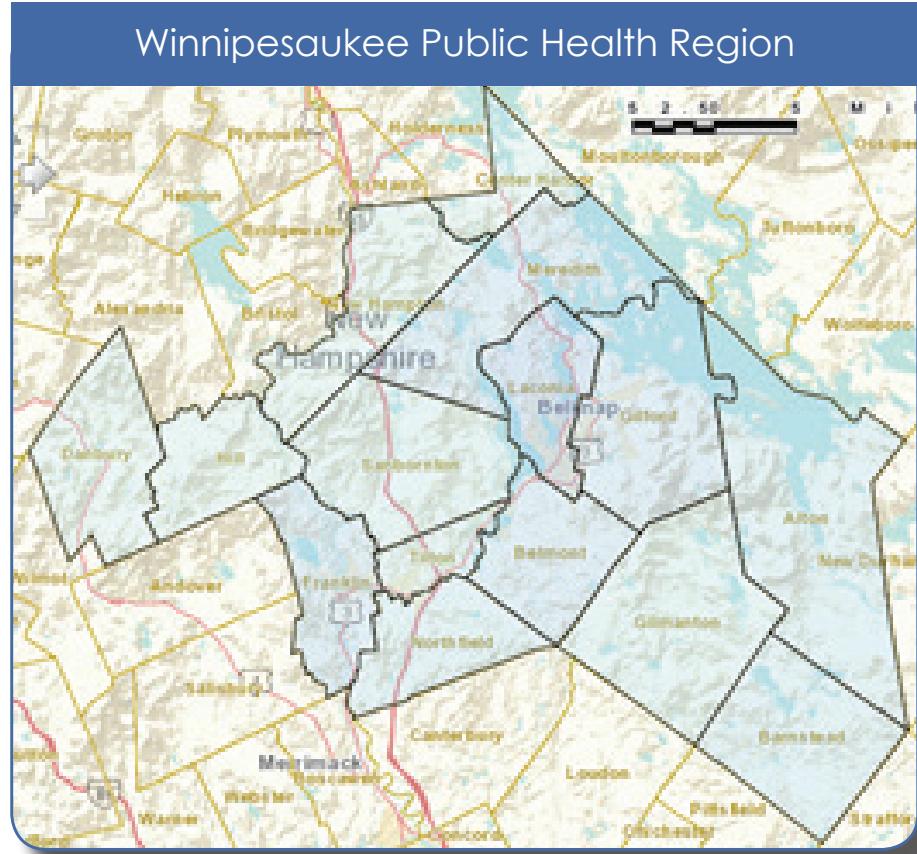


The Winnipesaukee Public Health Council is pleased to present the first Winnipesaukee Community Health Improvement Plan. This Plan builds on the work of many individuals and organizations who have come together to improve the health and well-being of our region.

The Winnipesaukee Community Health Improvement Plan is intended as a guide for systematic and collective efforts to address high priority health issues. Support for this effort is provided by the Partnership for Public Health and the Caring Community Network of the Twin Rivers.

In preparing this Plan, the Council and its workgroups reviewed information from many different sources. These sources included community discussion groups, interviews, surveys and health statistics. Building on this information, needs were prioritized and goals have been set. Initial strategies are being carried out to address these important issues facing our community. By working together, we can reach our shared vision of a healthy, resilient, and vibrant community for every person and every family.



## COMMUNITY HEALTH IMPROVEMENT WORKGROUPS

- Access to Health Care Work Group** with leadership from LRGHealthcare to address access to health insurance and consumer navigation of the health care system;
- Community Health Services Network** addressing access to behavioral health care services;
- Substance Misuse and Addiction Leadership Team** working to prevent and reduce substance abuse and prevent suicide;
- Aging and Disability Work Group** to improve the health and well-being of older adults and their caregivers;
- Healthy Eating, Active Living (HEAL)** Coalitions working to address childhood obesity and chronic disease;
- Emergency Planning Council** working to improve Emergency Preparedness across the region; and
- Financial Stability Partnership** with leadership from Granite United Way working to improve health through increased financial stability.

PRIORITY AREA	SELECTED GOALS*	EXAMPLE STRATEGIES*
<b>Improve Access to Health Insurance and Consumer Navigation of the Health Care System</b>	Reduce financial barriers to health care access by increasing health insurance coverage.	Provide health insurance enrollment assistance in a variety of community settings. Distribute educational resources with health information and service options.
<b>Improve Access to Behavioral Health Care Services</b>	Increase access to mental health and substance abuse treatment services in the Winnipesaukee Public Health Region.	Recruit and train additional licensed clinicians. Expand service sites and hours of operation.
<b>Reduce Substance Misuse and Addiction Through Prevention, Treatment and Recovery</b>	Prevent and reduce substance misuse among youth and young adults with emphasis on misuse of alcohol, tobacco, marijuana, prescription drugs and heroin.	Promote implementation of effective policies, practices and programs for prevention, early intervention, treatment and recovery.
<b>Prevent Suicide</b>	Reduce suicide incidence in the Winnipesaukee Public Health Region.	Promote the integration and coordination of suicide prevention and postvention best practices, policies and protocols across multiple community settings.
<b>Improve the Health and Well-Being of Older Adults and Their Caregivers</b>	Prevent older adult injury, disability and death due to falls. Support Aging in Place.	Implement "Matter of Balance" classes for older adults and their caregivers. Increase skills and emotional support for caregivers.
<b>Prevent Childhood Obesity through Healthy Eating and Active Living</b>	Promote healthy eating and active living at an early age to reduce the lifelong burden of chronic diseases such as heart disease, stroke, diabetes and cancer.	Increase access to healthy and affordable fruits and vegetables. Promote livable, walkable community design. Increase initiation of breastfeeding for newborns.
<b>Increase Public Health Emergency Preparedness</b>	Increase regional capacity to prepare for, respond to and recover from public health emergencies.	Increase personal and household preparedness through community information and education. Increase number of trained volunteers.
<b>Improve Health through Increased Financial Stability of Individuals and Families</b>	Improve community health by reducing the number of individuals and families experiencing poverty in Belknap County by 20% by 2020.	Work with local schools, businesses, and other partners to provide career and skills development, educational opportunities, and training.

## WHAT CAN YOU DO?

**PUBLIC HEALTH IS YOUR HEALTH.** Health, wellness and safety in our homes and communities are values that we all share.

**SHARE YOUR IDEAS.** You have the power to make a difference in your community. Think about what your community needs most to improve health – more bike lanes, increased access to healthy foods, safer places to play or more drug and alcohol prevention. Brainstorm your solutions. Tell others about your ideas and take action!

**MAKE POSITIVE CHANGES FOR YOUR OWN HEALTH.** Small things such as eating healthy foods, getting regular physical activity, avoiding tobacco, and staying up-to-date on vaccines can make a big difference in helping you live a longer, healthier life.

**GET INVOLVED.** Use your strengths – personally and through organizations you are connected with – to help improve the health of your family, friends, co-workers and neighborhoods. We must all share in the responsibility of caring for our community's well-being. The future growth and vitality of the Winnipesaukee Region depends on it.

This plan does not reflect all aspects of regional public health activities. To learn more about what you can do or how to get involved, please contact:



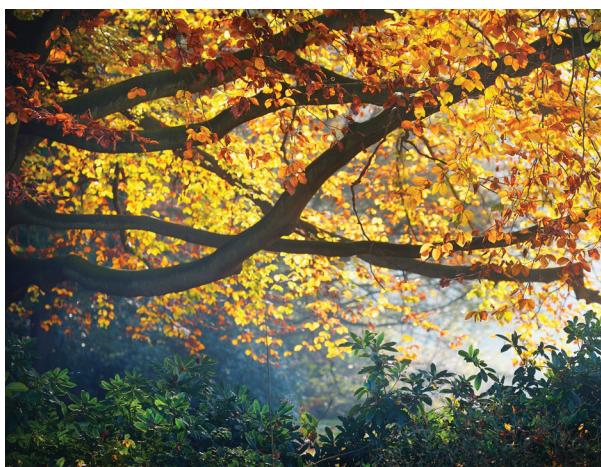
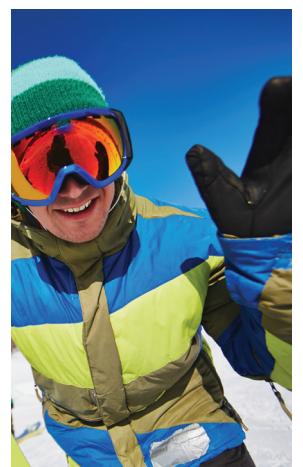
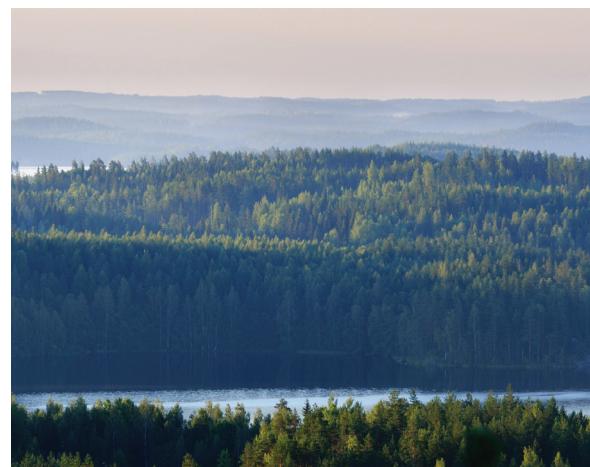
### PARTNERSHIP FOR PUBLIC HEALTH

*Building a healthier, resilient, and vibrant community through active partnerships.*

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# Winnipesaukee Public Health Region Community Health Improvement Plan



### Winnipesaukee Public Health Council

with support from the



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