

# SHIP Action Team Highlights

Healthy Connecticut 2020  
State Health Improvement Plan

	<b>Maternal, Infant and Child Health</b>
	<b>Environmental Health</b>
	<b>Chronic Disease Prevention</b>
	<b>Infectious Disease Prevention</b>
	<b>Injury and Violence Prevention</b>
	<b>Mental Health and Substance</b>
	<b>Health Systems</b>

September 20, 2019



**CONNECTICUT**  
HEALTH IMPROVEMENT COALITION  
*Partners Integrating Efforts and Improving Population Health*



## Action Team: Maternal, Infant & Child Health

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## Maternal, Infant & Child Health Highlights

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- **Greatest Accomplishment**
  - Serving as a vehicle for communicating, coordinating and integrating MCH services
  - Advocacy efforts led to passage of Paid Family Medical Leave Act
- **Currently Working On**
  - Community call to action to offer developmental screenings
  - Worked with legislative champions to promote screenings of the film “Resilience: The Biology of Stress & The Science of Hope”
- **Highest Priority to Complete by Dec 2020**
  - Develop a legislative agenda on toxic stress and trauma

## Maternal, Infant & Child Health Strategies

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- Support the provision of preconception/interconception health care throughout the childbearing years in community and clinical settings
- Collaborate across sectors to increase socioeconomic and health equity
- Support reproductive and sexual health services
- Increase dental care provided by pediatric primary care providers (PCPs)
- Encourage pediatric PCPs to include oral health in the well child visits
- Increase awareness on the importance of developmental screening
- Train community and healthcare providers to improve screening rates and coordination of referrals and linkage to services within the state
- Engage in cross system planning and coordination of activities around developmental screening



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# Every Woman Connecticut

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## Action Team: Environmental Health

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## Environmental Health Highlights

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- **Greatest Accomplishment**
  - Decreased the prevalence of lead poisoning  $\geq 5\mu\text{g}/\text{dL}$  for children under the age of 6 years
    - In 2017, 2.3%; in 2016, 2.7%; in 2015, 2.9%; and in 2014, 3.0%
- **Currently Working On**
  - Air Quality Awareness – Distributed 75 sets of EPA’s Air NOW Flag Program in the Greater Bridgeport area
- **Highest Priority to Complete by Dec 2020**
  - Expand knowledge of the Healthy Homes Initiative and collaborate with partners to promote healthy housing

## Environmental Health Strategies

- Encourage local, state, and other federal agencies to facilitate data-sharing between health and housing in a timely manner
- Educate the general public, families, service providers, advocates, and public officials on sources of lead in homes and other child-occupied facilities, so that lead hazards are eliminated before children are exposed
- Promote awareness of air quality among key stakeholders and at risk populations.
- Work with at-risk population care providers to develop a plan of action for forecasted unhealthy air quality days (especially day cares and summer day camps)
- Adopt a statewide property maintenance code
- Improve compliance with CT's laws on health and safety



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**Don't let lead poisoning  
change your child's future.**

Learn how to prevent childhood lead poisoning.  
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## Action Team: Chronic Disease Prevention & Control

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## Chronic Disease Prevention Highlights

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- **Greatest Accomplishment**
  - Use of a common asthma action plan across multiple settings
  - Effective network distribution of Healthy Food Donation List
- **Currently Working On**
  - Asthma education and delivery of services
  - Oral Health integration into School Based Health Centers
  - Collaborative implementation of federal physical activity guidelines
  - Limiting exposure and access to nicotine products through smoking & vaping
- **Highest Priority to Complete by Dec 2020**
  - Develop a communication strategy to circulate key information and identify opportunities for overlapping work with other SHIP Action Teams

# Chronic Disease Prevention Strategies

- Promote utilization of asthma action plans (AAP) for children to increase AAP use in homes, schools and medical practices
- Increase use of dental sealants and fluoride varnish in school-based programs and promote the effectiveness and efficiency of dental sealants to prevent decay, through education and awareness with culturally and linguistically appropriate campaigns
- Improve the availability and access of healthy food options for children and families through the settings of community schools and worksites
- Advocate for comprehensive tobacco control legislation including: Tax parity for all nicotine-based products; Raise age to purchase to 21; Removal of Pre-emption clauses that hinder local tobacco control authority; Advocate for appropriate and sustainable Tobacco Trust Fund allocations for education, prevention, and cessation on tobacco-based product use



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### Healthy Food Donation List

**Fruits**

- Canned fruit in 100% fruit juice or water
- Applesauce, unsweetened
- Dried fruit, such as raisins & prunes
- 100% fruit juice

**Vegetables**

- Canned vegetables, no salt added (Sodium 140mg or less)
- Canned tomatoes, no salt added (Sodium 140mg or less)
- Tomato sauce, no salt added (Sodium 480mg or less, Sugar 8g or less)
- Spaghetti sauce, low sodium (Sodium 480mg or less, Sugar 8g or less)
- Salsa (Sodium 140mg or less)

**Whole Grains**

- Whole grain or whole wheat pasta
- Brown rice, wild rice or quinoa
- Oatmeal or whole grain cream of wheat, unflavored
- Whole grain crackers (Fiber 3g or more)
- Whole wheat or corn tortillas, non-refrigerated (Fiber 3g or more)
- Whole grain cereal (Sugar 6g or less, Fiber 3g or more)
- Popcorn, kernels or microwave 94% fat free

**Dairy**

- 1% Low fat or fat free milk, shelf-stable (such as Parmalat), dry, evaporated
- Soy milk, non-refrigerated, unsweetened

**Proteins**

- Peanut butter
- Canned beans, peas, lentils, no salt added or low sodium (Sodium 140mg or less)
- Dried beans, peas, lentils
- Canned tuna, salmon, chicken or sardines in water, low sodium
- Nuts or seeds, unsalted

**Combination Foods**

- Soups, stews or chili (Sodium 480mg or less)
- Broth or stock, unsalted, or low sodium (Sodium 140mg or less)
- Mac & cheese, whole grain

**Condiments & Oils**

- Lite salad dressings
- Vinegar
- Vegetable, olive, or canola oil
- Dried herbs and spices
- 100% fruit spread

**Beverages**

- Tea bags
- Coffee
- Water, seltzer, unsweetened

**Helpful Hints:**

- Choose pop-top lids
- Check food expiration dates

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. SNAP helps low-income people buy nutritious food for a better diet. To get more information contact the CT Department of Social Services at 1-855-678-6837 or [www.ct.gov/dss](http://www.ct.gov/dss). USDA does not endorse any products, services, or organizations. Provided by the CT Department of Public Health. This institution is an equal opportunity provider. Inquired by: <http://www.ct.gov/dph/SHIPCoalition>

### Lista de Donaciones de Alimentos Saludables

**Fruitas**

- Fruta enlatada en jugo de fruta 100% o agua
- Puré de manzana, sin azúcar
- Frutas secas, como pasas y ciruelas
- Jugo de frutas 100%

**Vegetales**

- Vegetales enlatados, sin sal añadida (140mg de sodio o menos)
- Tomates enlatados, sin sal añadida (140mg de sodio o menos)
- Salsa de tomate, sin sal añadida (480mg de sodio o menos, 8g de azúcar o menos)
- Salsa de espagueti (480mg de sodio o menos, 8g de azúcar o menos)
- Salsa (140mg de sodio o menos)

**Granos Enteros**

- Pastas de grano entero o de trigo entero
- Arroz integral, arroz silvestre o quinoa
- Avena o crema de trigo de grano entero, sin sabor
- Galletas de grano entero (3g de fibra o más)
- Tortillas de trigo entero o de maíz, sin refrigerar (3g de fibra o más)
- Cereales de grano entero (6g de azúcar o menos, 3g de fibra o más)
- Palomitas de maíz, kernels o de microondas 94% sin grasa

**Productos Lácteos**

- Leche 1% baja en grasa o sin grasa, estable en los anaquelos (como Parmalat), leche en polvo, evaporada
- Leche de soja, sin refrigerar, sin azúcar

**Proteínas**

- Mantequilla de maní
- Habichuelas enlatadas, guisantes, lentejas, sin sal o bajo en sodio (140mg de sodio o menos)
- Habichuelas secas, guisantes, lentejas
- Atún, salmón, sardinas o pollo enlatado, en agua, bajo en sodio
- Semillas o nueces, sin sal

**Combinación de Alimentos**

- Sopas, estofados o chili (480mg de sodio o menos)
- Caldo o consomé, sin sal o bajo en sodio (140mg de sodio o menos)
- Macaroni con queso, grano entero

**Condimentos y Aceites**

- Aderezos bajos en grasa para ensaladas
- Vinagre
- Aceite vegetal, de oliva o de canola
- Especias y hierbas secas
- Jalea de frutas 100%

**Bebidas**

- Té
- Café
- Agua, agua carbonatada

**Consejos útiles:**

- Elija tapas pop-top
- Atéguese de leer las fechas de expiración de los alimentos

Este material se financió con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP) en inglés del Departamento de Agricultura de los EE.UU. (USDA) según se indica. SNAP ayuda a las personas con bajos ingresos comprar la comida que necesitan para mejorar su dieta. Para obtener más información llame al Departamento de Servicios Sociales de Connecticut al 1-855-678-6837 o [www.ct.gov/dss](http://www.ct.gov/dss). USDA no aprueba ningún producto, servicio, o organización. Proporcionado por el Departamento de Salud Pública de Connecticut. Este material es un proveedor que ofrece guías de oportunidades. Inquirido por: <http://www.ct.gov/dph/SHIPCoalition>

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## Action Team: Infectious Disease Prevention

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## Infectious Disease Prevention Highlights

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- **Greatest Accomplishment**
  - HPV vaccine included in state purchasing
  - Updating electronic platform for immunization reporting system
- **Currently Working On**
  - Continue on-boarding of clinics for electronic reporting of immunizations
  - Expanding HIV screening and follow up for newly diagnosed
  - Increasing vaccination rates for HPV
- **Highest Priority to Complete by Dec 2020**
  - Educate elected officials/policy makers on the science of immunization and vaccines
  - Advance the recommendations of Getting to Zero (G2Z) report

## Infectious Disease Prevention & Control Strategies

- Educate parents/consumers about the importance and science of ACIP recommended vaccines for children
- Establish bi-directional electronic reporting of vaccination data; then increase utilization by providers.
- Develop new and diverse venues for influenza vaccine administration and culturally appropriate outreach to ensure access to all population groups.
- Educate parents and providers about the cancer prevention benefits of the HPV vaccine.
- Expand routine screening programs to increase early detection of HIV.
- Establish partner referral services throughout the state at healthcare facilities.
- Develop coordinated HIV surveillance, prevention and care data systems to monitor Connecticut trends in the HIV continuum and effectively target resources/interventions.
- Expand use of pre-exposure prophylaxis (PrEP) as preventive measure for persons engaging in high-risk behaviors.



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## Action Team: Injury & Violence Prevention

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## Injury & Violence Prevention Highlights

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- **Greatest Accomplishment**
  - Expanded partnerships and stakeholder engagement including local health departments, the Dept. of Aging and Disability Services (formerly DORS), Connecticut Community Care (CCC)/CT Healthy Living Collective (CHLC), and state university Physical Therapy/Occupational Therapy faculty
- **Currently Working On**
  - Prevention of sexual violence, suicide, and motor vehicle crashes.
  - CT Falls Compendium of evidence-based falls prevention programs
- **Highest Priority to Complete by Dec 2020**
  - Integration of overlapping priorities of the Injury and Mental Health and Substance Abuse Action Teams.

## Injury & Violence Prevention Strategies

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- Promote implementation of evidence-based multi-faceted programs for community dwelling older adults that integrate fall risk reduction strategies
- Education and statewide enforcement of laws regarding distracted driving, impaired driving, speeding, and unrestrained driving
- Coordinate and implement suicide prevention program and training around the state
- Disseminate best practices and effective primary prevention strategies of sexual violence to professionals around the state, including evidence-based services to victims



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**CHANGE**  
the **SCRIPT**

Opioid misuse is a public health issue that can be prevented and treated.

**Recovery is possible.**

Learn more at  
**drugfreect.org**

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## Action Team: Mental Health & Substance Abuse

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## Mental Health & Substance Abuse Highlights

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- **Greatest Accomplishments**
  - Increased **MH** awareness among first responders via **MH First Aid** training
  - Child Trauma Screening (CTS) tool developed collaboratively by **CHDI, DCF** and **Yale**
  - CT Medicaid administration endorsed development of a trauma screening billing code
- **Continuing to Work On**
  - Reducing by 5% the use of opioids including heroin for ages 12 and older
  - Increasing by 5% trauma screening by primary care and behavioral health providers
  - Decreasing by 5% the rate of Mental Health Emergency Department visits
- **Highest Priority to Complete by Dec 2020**
  - Identify appropriate data to track and report change related to objectives

## Mental Health & Substance Abuse Strategies

- Increase knowledge and implementation of behavioral health screening by primary care providers for youth (age 12-17) and adults (age 18 and older)
- Increase mental health literacy of public safety officials
- Increase access to community-based mental health services offered on a sliding fee scale and/or at no cost by school based and community based health centers
- Implement strategies recommended by the ADPC and CORE Initiative to increase public education on overdose prevention
- Increase provider trauma screening training opportunities for medical and behavioral health providers across all settings (private offices, FQHCs, SBHCs)
- Create a billing code for primary care providers to bill for trauma screening
- Train Primary Care, OBGYNs, Dental and other professionals on alternatives to opiate use for pain management and reduction of stigma



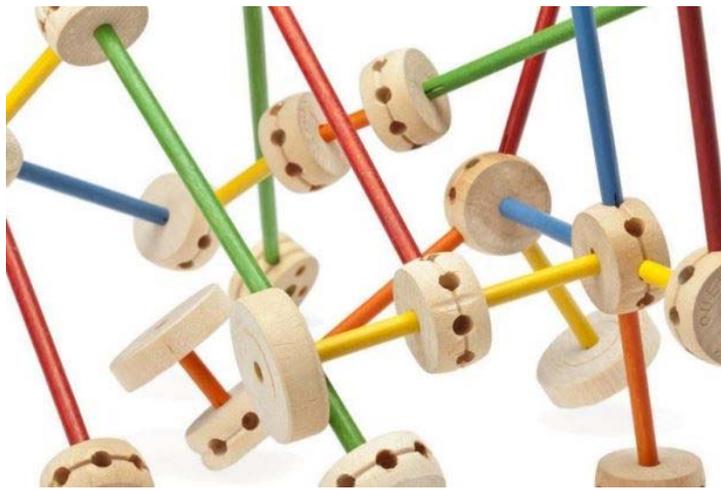
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## Action Team: Health Systems

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## Health Systems Highlights

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- **Greatest Accomplishment**
  - Local health departments received funding to pursue accreditation
  - Established a baseline of communities covered by a CHNA
  - Surveyed SHIP action teams co-leads to determine data gaps
- **Currently Working On**
  - Reviewing findings from data gaps assessment and identifying strategies
  - Making CLAS training available online and regional in-person sessions
- **Highest Priority to Complete by Dec 2020**
  - Implementing strategies to address identified needs and data gaps of SHIP Action Teams

## Health Systems Strategies

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- Provide financial incentives to health jurisdictions for accreditation and to those who are accredited
- Encourage regional health assessments
- Identify data needs/gaps across focus areas/action teams to support health improvement and quality and performance of health agencies
- Align Community Health Improvement Plans with goals and strategies in the State Health Improvement Plan
- Advocate for the utilization of Community Health Workers as part of the health system workforce

