

Naugatuck Valley Community Health Improvement Plan

2013 - 2015



Support provided by:
VALLEY COMMUNITY

FOUNDATION



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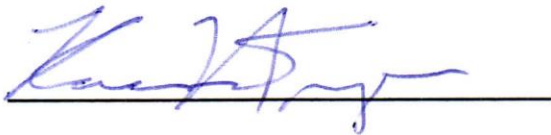
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Invitation to the Community:

We invite all members of our community to review the Naugatuck Valley Community Health Improvement Plan. This plan is the result of a collaborative planning process that brought together community representatives to review community needs and to identify priorities for action to improve community health. By implementing this plan over the next 3 years, we hope to increase access to the knowledge, resources, and services that can improve the physical and emotional health of Valley residents.

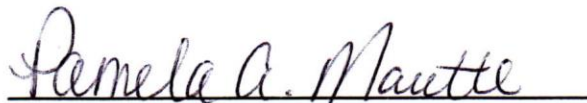
We invite all residents of Naugatuck Valley towns to learn about these planned actions to enhance community health and to give us your feedback. We also invite you to become involved in this community health improvement effort.

We thank you for taking the time to read this plan and to learn more about how you can help to assure a healthy Valley for yourself, your family, your neighborhood, and all our citizens. Please see the list of ideas on pages 22 & 23 for some specific examples of how you can make a difference.



Director of Health

Naugatuck Valley Health District

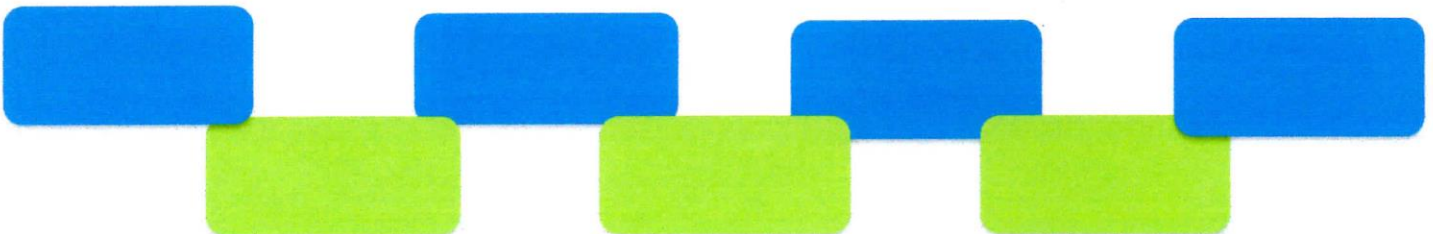


Chairman

Valley Council for Health & Human Services



For further information, contact NVHD at 203-881-3255 or email at nvhdeh@nvhd.org



Acknowledgements:

On behalf of the Naugatuck Valley Health District and the Valley Council for Health & Human Services (VCHHS), we wish to extend our sincere appreciation to all the community representatives and organizations that provided input and support for this community health improvement planning process. We thank the Valley Community Foundation for a generous grant to the VCHHS to support community coalition building and action planning to address key community needs. We also thank the Valley United Way for its in-kind donation of meeting space. Finally, we are grateful to all who participated in the planning process for their contributions to the development of the 2013-2015 Naugatuck Valley Community Health Improvement Plan, including:

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Introduction:

The aim of a Community Health Improvement Plan (CHIP) is to identify strategies for improving community health that address the unique needs and resources of a specific community or region. As a result, a successful community health improvement process must draw on information from local community health assessments and on the expertise of community representatives who understand the local context.

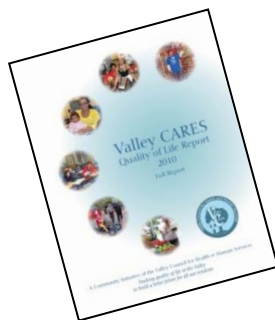
The Naugatuck Valley Community Health Improvement planning process engaged a coalition of community representatives to prioritize areas of health need and design feasible strategies to address these issues in the Naugatuck Valley. This collaborative process was led by the Naugatuck Valley Health District, the public health department serving six Valley towns (Ansonia, Beacon Falls, Derby, Naugatuck, Seymour and Shelton), and the Valley Council for Health and Human Services, a partnership network of health & human service providers serving residents of the lower Naugatuck Valley. The planning coalition included broad representation from numerous community agencies engaged in efforts to improve the health and overall well-being of the Naugatuck Valley community.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

~World Health Organization

Community Health Assessment:

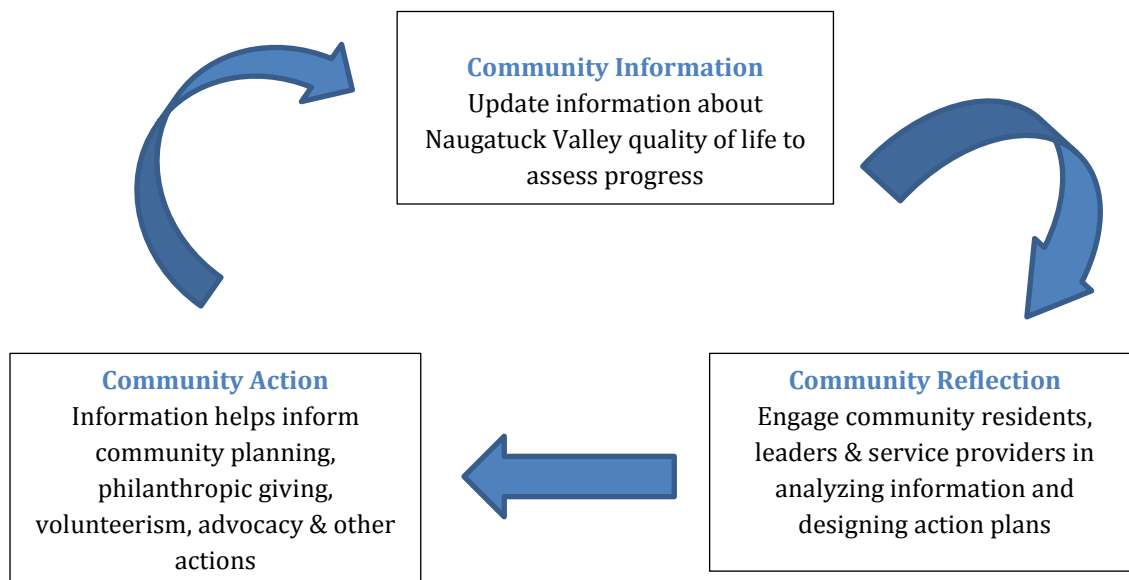
In the 2009-2010 period, the Naugatuck Valley provider community designed and conducted a community assessment process based on the community indicators model used in many communities across the nation. The Valley CARES Quality of Life Report, released at the close of 2010, tracked critical information about community well-being in 8 quality of life areas. The report includes data from a community survey of 400 randomly selected residents as well as secondary statistics. The Valley CARES report can be found at <http://www.valleycouncil.org/>. Community representatives reviewed the assessment findings to identify priority areas of community need. In addition to the Valley CARES assessment, the health improvement planning process drew on the Community Health Profile compiled by the Yale-Griffin Prevention Research Center. This key data source was developed to track patterns of morbidity and mortality among



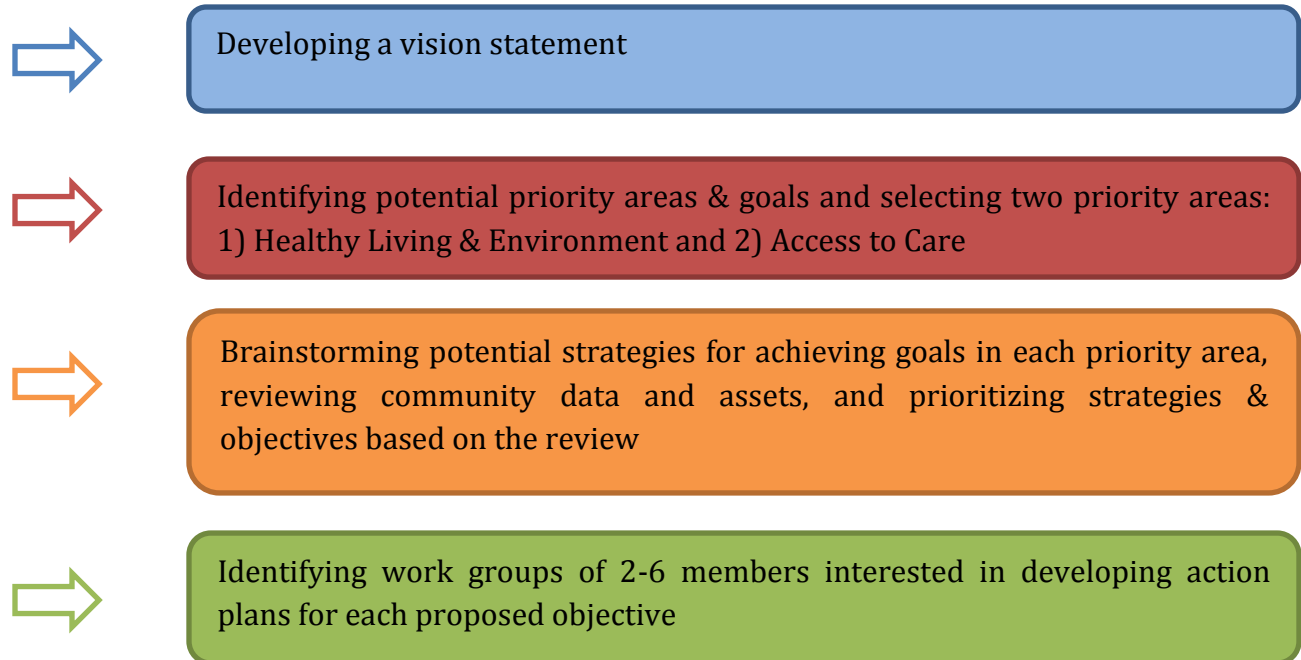
residents served by communities within the Naugatuck Valley Health District, surrounding communities covered by the Pomperaug Health District, as well as Connecticut's three largest cities: Bridgeport, Hartford, and New Haven. The most recent edition was published in August 2011, and can be found at <http://www.yalegriffinprc.org>. A link to all three reports can be found on the NVHD website at www.nvhd.org.

The Planning Process:

From the outset, the Valley CARES Quality of Life assessment envisioned a link between assessment and planning. In addition to drawing on elements of the community indicators framework, this health improvement planning process utilized the Association for Community Health Improvement (ACHI) toolkit for using health information to improve health outcomes. The ACHI model is a six step process for prioritizing community health needs in order to develop strategies and plans to address these needs, with the ultimate goal of generating improvements in the overall health and well-being of the community (www.communityhlth.org)



To develop the Community Health Improvement Plan, a planning coalition was formed with representatives from numerous community and partner agencies. The first planning committee meeting was held on June 26th, 2012. In a series of meetings held in the second half of 2012, the planning group focused on the following steps:



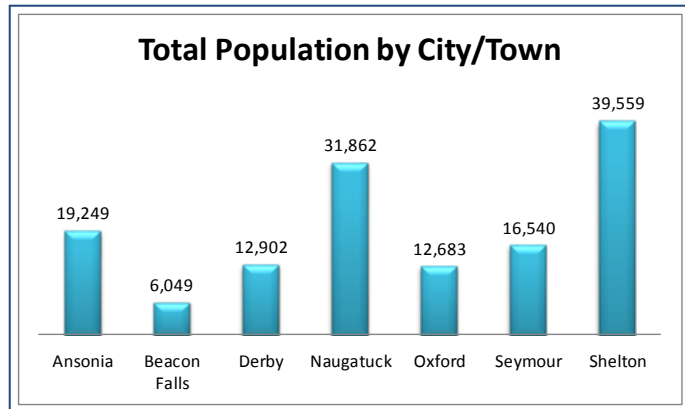
Starting in early 2013, individual work groups began to develop action plans for each specific objective, which included identifying action steps, plan period benchmarks, long-term indicators, a timeline, and responsible parties. All members of the planning coalition and the Valley Council for Health & Human Services (VCHHS) were invited to review the proposed action plans and provide input. In addition, coalition members and representatives from the VCHHS had the opportunity to review a draft of the plan narrative prior to its formal adoption.



About the Naugatuck Valley:

The following communities are included in the Naugatuck Valley Community Health Improvement Plan: Ansonia, Beacon Falls, Derby, Naugatuck, Oxford, Seymour, and Shelton. The Naugatuck Valley Health District covers six of these towns including Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, and Shelton; and the remaining town of Oxford is covered by the Pomperaug Health

District. These areas fall within New Haven and Fairfield Connecticut Counties. The total population of this area is 138,844. Below is the breakdown of population by municipality:



	Ansonia	Beacon Falls	Derby	Naugatuck	Oxford	Seymour	Shelton
Total population by municipality	19,249	6,049	12,902	31,862	12,683	16,540	39,559

Data from Community Health Profile, August 2011
<http://nvhd.org/admin/resources/1344889004chp20092010.pdf>

Purpose of the Plan:

The purpose of the Naugatuck Valley Community Health Improvement Plan is to develop strategies to address key issues identified in the community health assessment, and determine ways to put these strategies into action. The plan summarizes improvement strategies for a three [3] year cycle and includes an overview of the priority areas and goals, outlines objectives to address community needs including short and long-term indicators, and addresses potential policy changes to address the issues. Detailed action plans for each objective can be found under Appendix A of this document. NVHD will take responsibility for monitoring the CHIP including two partner meetings a year with workgroups reporting out on progress.

Naugatuck Valley Community Health Improvement Plan

Vision

We strive to be a caring community that nurtures the overall health and quality of life of all its residents by promoting healthy living and ensuring equitable access to health services.

Priority Areas & Goals

(1) Healthy Living and Environment

Goal: To promote behaviors that foster the physical and emotional health of Naugatuck Valley residents of all ages and to create improvements in the Naugatuck Valley's natural, structural, and social environment that support healthy living

(2) Access to Care

Goal: To enhance access to the key health services that are linked to improved health outcomes across the lifespan for all Naugatuck Valley residents

HEALTH IMPROVEMENT STRATEGIES AND OBJECTIVES

PRIORITY AREA: HEALTHY LIVING AND ENVIRONMENT:

Strategy: Increase access to opportunities for healthy eating and physical activity in the Naugatuck Valley Region

Objective 1: Increase awareness of nutritious food choices and opportunities for physical activity in Naugatuck Valley schools and early childhood programs

Objective 2: Increase the awareness of healthy dining locations in the Naugatuck Valley and increase patron awareness of healthy food options on menus

Strategy: Nurture positive social connections, strong families, and emotional wellness within the community

Objective 3: Expand outreach and mentoring to Naugatuck Valley parent's and families through support for current family strengthening initiatives

Objective 4: Improve the social connections and emotional well-being of Naugatuck Valley children and youth by implementing community wide training and involvement in nurturing the developmental assets of young people

Strategy: Promote the importance of healthy living and healthy environments in the Naugatuck Valley and the local resources to support them

Objective 5: Create a public awareness campaign about the key behaviors and environmental conditions that promote physical and emotional health and of the Naugatuck Valley resources that support healthy living

Objective 6: Ensure Naugatuck Valley services are reflected in community resources database and increase public awareness of service referral systems through the United Way's 2-1-1 info-line and other sources

Objective 7: Educate families on Asthma as a chronic illness and provide in-home assessment and education for ways to detect and manage asthma triggers

PRIORITY AREA: ACCESS TO CARE

Strategy: Address critical gaps in the availability and utilization of physical and mental health services in the Naugatuck Valley

Objective 1: Assess the availability of services that identify, prevent, and treat children's mental and behavioral health needs in the Naugatuck Valley region and develop a plan for improving availability in needed areas

Objective 2: Develop a sustainable coalition to address issues related to the accessibility and availability of women's reproductive health services in the Naugatuck Valley, and address issues related to awareness and prevention of sexually transmitted infections

Strategy: Improve the capacity of the health system to provide effective services to underserved and vulnerable populations, thereby increasing health equity

Objective 3: Strengthen the cultural competence policies and skills of Naugatuck Valley service providers to improve the accessibility and effectiveness of services for linguistically and culturally diverse populations

Objective 4: Improve health provider knowledge and utilization of best practices for the prevention, identification, and treatment of opioid/over the counter addiction and other substance use/abuse and decrease the incidence of both fatal and non-fatal opioid overdoses in the Valley

Objective 5: Provide access to appropriate post-acute care rehabilitation services to adults in the Naugatuck Valley, specifically those with complex neurological-endocrine and orthopedic intolerances



HEALTHY LIVING & ENVIRONMENT

Goal: To promote behaviors that foster the physical and emotional health of Naugatuck Valley residents of all ages and to create improvements in the Valley's natural, structural, and social environment that support healthy living.

Strategy: Increase access to opportunities for healthy eating and physical activity in the Naugatuck Valley region

Why is this Important?

Research shows that healthy eating promotes health by providing the body with the nutrition needed for optimal function and growth. Regular physical activity provides a wide range of physical and mental health benefits such as reducing the risks of chronic diseases, supporting a healthy weight and reducing depression. A good diet, regular physical activity, and other healthy lifestyle choices helps reduce the risks of overweight and obesity, and may help to prevent a variety of illnesses including diabetes, heart disease, osteoporosis, and some types of cancers.

A study from the Center for Science in the Public Interest found of the top 25 chain restaurants in the United States that 93 percent of all possible children's meal combinations are too high in calories, 45 percent are too high in saturated fat, and 86 percent are too high in sodium.

*Center for Science in the Public Interest.
Kid's Meals: Obesity on the Menu*

Supporting Data:

- Less than 50% of Naugatuck Valley students passed all physical fitness tests in schools (VCARES 2010).
- According to the Valley CARES Report, 37% of respondents had a normal BMI, 40% were overweight and 23% were obese.

Objective 1: Increase awareness of nutritious food choices and opportunities for physical activity in Valley schools and early childhood programs

Short-term Indicators		Long-term Indicators
Student's BMI measures taken in school setting	# of schools implementing programs to promote healthy food choices in school cafeterias	# of obesity prevention programs in schools
# of classrooms conducting nutrition education programs		
# of intramural afterschool programs offered		BMI measures of Naugatuck Valley school-aged children

HEALTHY LIVING & ENVIRONMENT

Objective 2: Increase the awareness of healthy dining locations in the Naugatuck Valley and increase patron awareness of healthy food options on menus

Short-term Indicators	Long-term Indicators
Recruitment plan/healthy dining toolkit developed	# of restaurants offering healthy dining options
# of restaurants participating in the Naugatuck Valley healthy dining program	# years restaurants participate in healthy dining program

According to the Physical Activity Guidelines for Americans (2008):

- *Children and adolescents should do at least 60 minutes of physical activity each day*
- *Adults should do at least 150 minutes of moderate-intensity aerobic activity (i.e., brisk walking) every week*

<http://www.health.gov/paguidelines/pdf/paguide.pdf>



HEALTHY LIVING & ENVIRONMENT

Goal: To promote behaviors that foster the physical and emotional health of Naugatuck Valley residents of all ages and to create improvements in the Valley's natural, structural, and social environment that support healthy living.

Strategy: Nurture positive social connections, strong families, and emotional wellness within the community

Why is this Important?

Fostering emotional well-being from the earliest stages of life helps build a foundation for overall health and well-being. Positive mental and emotional well-being depends on many factors, including quality relationships with family and friends, ability to participate and contribute to the community, and the ability to access appropriate mental health services when needed.

Data:

- Nearly 1 in 5 Naugatuck Valley adults reported experiencing emotional distress that affected their ability to function in the past year (VCARES 2010).
- In the 2009 VSAAC Survey of Student Needs, 16% of Valley students surveyed said that they had felt so sad in the past 30 days that they seriously thought of harming themselves (VCARES 2010).

Health Related Quality of Life & Well-Being is a newly added objective included in Healthy People 2020. The idea is that when people feel healthy and are satisfied with life and their relationships, it has a good impact on their overall quality of life.

Objective 3: Expand outreach and mentoring to Naugatuck Valley parents & families through support for current family strengthening initiatives

Short-term Indicators	Long-term Indicators
# of teachers offered staff development covering the needs of dual learners	# of opportunities affordable and accessible for preschool children
# of family education programs offered	# mentor programs developed for parents (and families)
# of development/outreach sources offered to residents	
% of parents participating in child's education and schooling	

HEALTHY LIVING & ENVIRONMENT

Objective 4: Improve the social connections and emotional well-being of Naugatuck Valley children and youth by implementing community wide training & involvement in nurturing the developmental assets of young people

Short-term Indicators	Long-term Indicators
# representatives from Naugatuck Valley agencies/schools/community groups trained in developmental assets framework train-the trainers program % participants reporting training useful	Improvement in reported developmental assets of youth & reduction in youth risk-taking behaviors and social/emotional challenges
# representatives training others (and/or # trained by Naugatuck Valley trainers) % trainees reporting training useful	
Documented activities in specific community sectors to improve developmental assets	



HEALTHY LIVING & ENVIRONMENT

Goal: To promote behaviors that foster the physical and emotional health of Naugatuck Valley residents of all ages and to create improvements in the Valley's natural, structural, and social environment that support healthy living.

Strategy: Improve community awareness of resources to support and of the importance of healthy living and healthy environments to promote overall health and well-being

Why is this Important?

Although policies and programs can make healthy options available, people still have the responsibility to make healthy choices. People are empowered when they have the knowledge, ability, resources, and motivation to identify and make informed choices. When people are empowered, they are able to take an active role in improving their health, supporting their families and friends in making healthy choices and leading community change (NPS, 2011).

As outlined in the National Prevention Strategy (2011), health information is often presented in a way that many Americans find difficult to understand and put into action. Nearly 9 in 10 adults have problems using the health information available to them in health care facilities, retail outlets, media, and communities.

Data:

- Although 68% of Naugatuck Valley residents reported that they were somewhat or very aware of where to find assistance, 20% were not at all aware of where to find assistance and an additional 7% were unsure (VCARES 2010).
- Requests to the 2-1-1 info-line from the Valley United Way Region included in its top ten requests: utilities/heat, housing/shelter, public assistance, outpatient mental health care, substance abuse services, and health supportive services (VCARES 2010).
- In 2008, the rate of total asthma-related emergency visits varied across the Valley towns, ranging between 7.1 and 13.2 visits for every 10,000 residents. The rate of emergency visits was higher for children under 18 than it was for adults in all the Valley communities (VCARES 2010).

HEALTHY LIVING & ENVIRONMENT

Objective 5: Create public awareness campaign about the key behaviors and environmental conditions that promote physical and emotional health and of the Naugatuck Valley resources that support healthy living

Short-term Indicators	Long-term Indicators
# completed public service announcements & articles on healthy living	Change in health practices as indicated by Valley CARES Quality of Life Report data
Completed discussion/action guide about local resources for healthy living	
# Valley chamber of commerce healthcare council sponsored events incorporating health messages	
# educational programs delivered (and/or # participants in educational programs)	

Objective 6: Ensure Naugatuck Valley services are reflected in community resources database and increase public awareness of service referral systems through the United Way's 2-1-1 info-line and other sources

Short-term Indicators	Long-term Indicators
Completed presentation by 2-1-1 info-line to Valley Council	Utilization of 2-1-1 info-line by Naugatuck Valley residents (# calls, # referrals by type)
# 2-1-1 promotional materials distributed (by type and location)	Utilization of Naugatuck Valley resources
# Naugatuck Valley services updating information in 2-1-1 database	

Objective 7: Educate families on Asthma as a chronic illness and provide in-home assessment and education for ways to detect and manage asthma triggers

Short-term Indicators	Long-term Indicators
# Referrals to Naugatuck Valley Health District asthma program (Putting on AIRS)	Decrease in ER visits, hospital visits, and urgent care to physicians due to Asthma
# of in-home asthma assessments conducted	Decrease in use of asthma rescue medicine
# of asthma assessment follow-up conducted within specified timeframes (2-week/3 month/6 months)	Decrease in school absenteeism related to asthma
Annual workshop conducted for childcare providers on Allergy and Asthma Essentials	

ACCESS TO CARE

Goal: To enhance access to the key health services that are linked to improved health outcomes across the lifespan for all Naugatuck Valley residents

Strategy: Address critical gaps in the availability and utilization of physical and mental health services in the Naugatuck Valley

Why is this Important?

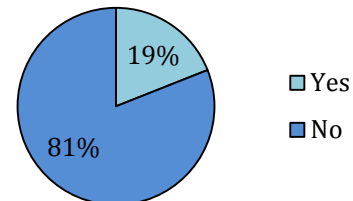
Identifying gaps in the availability and utilization of health services is critical to ensure the appropriate services are accessible for all residents. Determining those sub-groups whom are underserved will help to identify gaps in the system to plan for improvements.

Data:

- In the 2009 VSAAC survey of Naugatuck Valley middle and high school students, 17% said that they had felt sad or hopeless almost every day for two weeks in the past year (VCARES 2010).
- In an average week in CT, 76 babies are born preterm, 13 babies are born very preterm, 60 babies are born low birth weight and 11 babies are born very low birth weight (March of Dimes Foundation, April 2012).

The National Institute of Mental Health estimates that 20% of children nationwide have a diagnosable mental disorder.

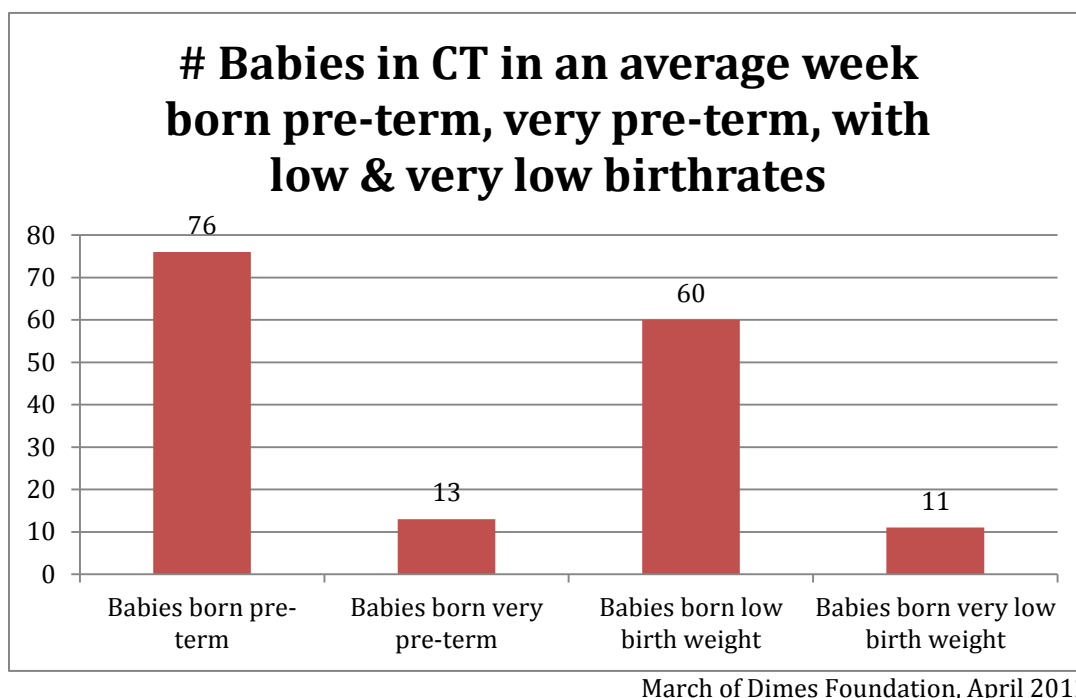
Respondents who experienced mental health issues that affected ability to function for more than 2 weeks in the past year



Valley CARES Community Survey

Objective 1: Assess the availability of services that identify, prevent, and treat children's mental and behavioral health needs in the Naugatuck Valley region and develop a plan for improving availability in needed areas

Short-term Indicators	Long-term Indicators
Completion of data collection, assessment reports and improvement plans focused on children's mental and behavioral health services	Change in the number and type of children's behavioral health services (identification, prevention, treatment) by location and provider
# and type of mental/behavioral health services available by location and provider	



Infant mortality rates are higher among women of color, adolescents, unmarried mothers, people who smoke, those with lower educational attainment, and those who did not obtain adequate prenatal care (NPS, 2011).

Objective 2: Develop a sustainable coalition to address issues related to the accessibility and availability of women's reproductive health services in the Naugatuck Valley, and address issues related to awareness and prevention of sexually transmitted infections

Short-term Indicators	Long-term Indicators
# of programs/interventions specific to women's reproductive health and # of participants	Increased utilization of women's reproductive health services in the Naugatuck Valley
% of community aware of women's reproductive health resources and importance of timely and adequate care	Reduced incidence of STIs in the Naugatuck Valley

ACCESS TO CARE

Goal: To enhance access to the key health services that are linked to improved health outcomes across the lifespan for all Naugatuck Valley residents

Strategy: Improve the capacity of the health system to provide effective services to underserved & vulnerable populations, thereby increasing health equity

Why is this Important?

Many health concerns, such as heart disease, asthma, obesity, HIV/AIDS and infant mortality, disproportionately affect certain populations. Cultural and linguistic barriers can limit individual's opportunities to live long, healthy, and productive lives. A well-trained, diverse, and culturally competent workforce helps enhance development and delivery of prevention programs and patient-centered care.

Data:

- According to the National Healthcare Disparities Report (2011), both health care quality and access in the U.S. are “suboptimal,” especially for racial and ethnic minorities and low-income groups
- According to the National Survey of Substance Abuse Treatment Services: 25,902 patients were receiving any type of substance abuse treatment in CT and 11,021 total patients participated in Opioid Treatment Programs

Culturally & Linguistically Appropriate Service (CLAS) standards from the US Department of Health & Human Services, outline that all health care organizations should ensure that staff at all levels & across all disciplines receive ongoing education & training in culturally & linguistically appropriate service delivery.

Objective 3: Strengthen the cultural competence policies and skills of Naugatuck Valley service providers to improve the accessibility and effectiveness of services for linguistically and culturally diverse populations

Short-term Indicators	Long-term Indicators
Completed assessment survey regarding CLAS standards among Naugatuck Valley providers	# (%) nonprofit providers incorporating CLAS standards into strategic plans
	# (%) nonprofit providers receiving cultural competency training & accessing cultural competence resources

ACCESS TO CARE

Objective 4: Improve health provider knowledge and utilization of best practices for the prevention, identification, and treatment of opioid/OTC addiction and other substance use/abuse and decrease the incidence of both fatal and non-fatal opioid overdoses in the Naugatuck Valley

Short-term Indicators	Long-term Indicators
# of assessments completed & returned on what is currently being done in regards to overdose prevention at Naugatuck Valley agencies	# of requests for additional information/materials
# of Naugatuck Valley providers trained in overdose prevention	Conduct follow up survey to determine what materials are being used, policy changes, etc.
Evaluation of the trainings (# attendees/ % increase in knowledge)	Increase use of medication drop boxes at local police departments
Number of materials disseminated/requests for additional materials that contain key messages related to opioid/OTC addiction	

The total number of patients in Opioid Treatment Programs (OTPs) nationally is 272,351. Connecticut is one of 12 states that has between 26 – 125 OTPs. Only two states fall into a higher category with 125+ OTPs. The remaining states have less than 26.

(SAMHSA, CBHSQ [N-SSATS] March 31, 2008)

Objective 5: Provide access to appropriate post-acute care rehabilitation services to adults in the Naugatuck Valley, specifically those with complex neurological-endocrine and orthopedic intolerances.

Short-term Indicators	Long-term Indicators
Patient utilization of non-medical post-acute care rehab services as indicated by # of visits & recording of basic vitals such as resting heart rate, resting blood pressure and body mass index	Increase # of opportunities and availability for post-acute care rehabilitation services
Annual funding stream—Money raised each year through various programs/events	Decreased risk of conditions worsening in traumatic brain injury (TBI) patients and in young adults (<65) with multiple morbidities
Feedback information from patient's spouse/caregiver	Decreased risk of conditions worsening in older adults (>65) with multiple morbidities
% of population seeking behavioral rehabilitation services	

What Can Individuals and Families Do?

Recommendations for how you can get involved in improving the overall health of the Naugatuck Valley Community. These recommendations are developed with guidance from the National Prevention Strategy.

Involvement in the Community:

- Become a mentor or tutor
- Join a faith or spiritual community group
- Volunteer with community organizations
- Join a local Medical Reserve Corps
- Support policies that will lead to overall improved health of the community

Get Active!

- Engage in at least 150 minutes of moderate-intensity activity each week for adults or at least one hour of activity each day for children
- Limit TV time
- Take a walk, jog, or bike ride on the Valley River Walk
- Encourage children and adolescents to participate in extracurricular and out-of-school activities
- Ask your kids about activity bursts in their school



Keep Nutrition in Mind:

- Make half of your plate fruits and vegetables
- Make at least half of the grains you consume whole grains
- Switch to fat-free or low-fat milk
- Choose foods with less sodium
- Drink water instead of sugary drinks
- Ask your kids about nutrition education in their schools
- Take family and friends to restaurants designated as healthy dining locations

What Can the Community as a Whole Do?

Recommendations for how community organizations can get involved in improving the overall health of the Naugatuck Valley Community. These recommendations are developed with guidance from the National Prevention Strategy.

Encourage physical activity & nutritious foods in community settings:

- Sponsor a new or existing park, playground or trail, recreation or scholastic program, or beautification project
- Provide space and organized activities that encourage social participation and inclusion for all people, including older people and persons with disabilities
- Lead or convene city, county, and regional food policy councils to assess local community needs and expand programs (e.g., community gardens, farmers markets) that bring healthy foods to schools, businesses, and communities

Support initiatives around reproductive health services:

- Implement culturally and linguistically appropriate social supports for breastfeeding, such as marketing campaigns and breastfeeding peer support programs
- Use recommended and effective methods to prevent HIV and other sexually transmitted infections, and to reduce risk for unintended pregnancies
- Communicate with children regarding their knowledge, values and attitudes related to sexual activity, sexuality, and healthy relationships

Promote initiatives that support mental health services:

- Include mental health services as a benefit on health plans and encourage employees to use these services as needed
- Support child and youth development programs and promote inclusion of youth with mental, emotional and behavioral problems
- Offer trainings that identify the signs of depression and suicide and refer people to resources

Information on the CHIP activities and impact will be available on the Valley Council website (www.valleycouncil.org) and the NVHD website (www.nvhd.org).

If you would like more information or how to get involved, please contact NVHD at 203-881-3255 or at nvhdeh@nvhd.org.

Policy Changes to Improve the Health of the Naugatuck Valley Community

Listed below are ideas for potential policy changes to address issues related to the overall health and well-being of the Naugatuck Valley Community

Healthy Living and Environment

- Establish standards for healthy food items in school vending machines
- Update school cafeteria equipment (e.g. remove deep fryers/ add in salad bars)
- Include calorie counts on restaurant menus
- Create “activity friendly” streets and walkways
- Implement community wide trainings for residents that encourage social participation from its members
- Focus professional development days around the varying needs of students
- Incorporate health education into coursework and/or lesson plans within the school systems
- Include health education handouts with paperwork at public and private provider offices

Access to Care

- Ensure appropriate coverage is available for mental health services
- Provide students with confidential and affordable reproductive and sexual health information, and services consistent with Federal, State, and local regulations and laws
- Establish annual workshops for health care providers in the Valley that enhance awareness of cultural diversity
- Implement prescription drug monitoring programs
- Provide informational handouts on over the counter addiction to all patients being prescribed opioids
- Establish programs to teach parents how to monitor, provide support, and effectively communicate with their adolescents about sexual health topics and risky behaviors
- Integrate policies to ensure all Valley service providers report and update information to the 2-1-1 database

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Appendices

APPENDIX A: Action Plans