

Working together for a healthier tomorrow!

# 2023-2027 CHIP

COMMUNITY HEALTH IMPROVEMENT PLAN



## 2023-24 PROGRESS REPORT

St. Clair County Michigan is an engaged community of partners and residents working together to ensure that all citizens are educated, connected, and empowered to live a healthier life.

The Community Health Improvement Plan (CHIP) encompasses three strategic priority areas that will be addressed over the next five years. Each priority has its own goals, objectives and strategies. To view the full report, visit [healthyscc.org](http://healthyscc.org)

This document highlights the progress made in 2024 toward the goals of the CHIP, including community updates and a comparison of baseline data with current metrics.

Learn more at [www.HealthySCC.org](http://www.HealthySCC.org)

# 3-CHIP PRIORITY AREAS

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1



**MENTAL &  
BEHAVIORAL  
HEALTH**

2



**SUBSTANCE USE**













3



**OBESITY &  
ASSOCIATED  
HEALTH BEHAVIORS**

# PROGRESS AT A GLANCE

While progress has been made in several areas, significant work remains to achieve the outlined goals:

PRIORITY ISSUE: MENTAL & BEHAVIORAL HEALTH	
Objective	Progress
Objective 1	
Objective 2	
Objective 3	
Objective 4	N/A
PRIORITY ISSUE: SUBSTANCE USE	
Objective	Progress
Objective 1	
Objective 2	
Objective 3	
Objective 4	
PRIORITY ISSUE: OBESITY & ASSOCIATED BEHAVIORS	
Objective	Progress
Objective 1	Obese: 
	Overweight: 
Objective 2	Obese: 
	Overweight: 
Objective 3	

 No Progress or Decline    
  Progress Made    
  Neutral Progress    
 N/A Not Available

# Mental & Behavioral Health

**Goal:** To improve the mental and behavioral health of St. Clair County residents.

Objective	Baseline	Progress	% Change from Baseline
<p><b>1.</b> Reduce the percentage of adults who report their mental health was not good 14 or more days per month from 15.6% to 12.6% or lower by December 2027.</p>	15.6%	19.1%	<b>+3.5%</b>
<p><b>2.</b> Reduce the percentage of teens who report being depressed in the past 12 months from 42.3% to 36.4% or lower by December 2027.</p>	42.3%	40.7%	<b>-1.6%</b>
<p><b>3.</b> Reduce the five-year moving average rate of suicide by 20% by December 2027. (Initial rate was 20.8 as of 2016–2020 and the target rate was 16.4. All rates are per 100,000 residents and age-adjusting using the direct method).</p>	20.8%	20.8%	<b>0.0%</b>
<p><b>4.</b> Reduce the number of adults who reported experiencing an adverse childhood experience from 66% to 60% or less by December 2027.</p>	66%	N/A	<b>*Updated data not available until next CHNA</b>

# Mental and Behavioral Health

<p style="text-align: center;"><b>Actions Taken</b></p>
<p>SC4 is offering 10 free mental telehealth sessions to students, as well as providing Mental Health First Aid training for both staff and students.</p>
<p>I.M.P.A.C.T. facilitates evidence based classes on anger management and cognitive restructuring for residents 17+.</p>
<p>Social workers in select schools offering mental health check-in services for summer school students.</p>
<p>Expansion of Child Adolescent Health Centers that include mental health services throughout the county.</p>
<p>SCC Help Card distributed to all new WIC clients and available in clinic area.</p>
<p>SCCHD Maternal Infant Health Program screens all new enrollees for stress, anxiety, and depression using standardized tool and uses evidenced based interventions to support client.</p>
<p>Teen Health integrated L.E.A.D.S. curriculum into program menu in addition to promoting telehealth counseling services and the “988” suicide prevention hotline.</p>
<p>Community First Health Centers Initiated group therapy to compliment 1:1 behavioral health service line. The homeless program is also addressing behavioral health issues in the field.</p>
<p>Council on Aging created new programs to encourage seniors to get involved and eliminate social isolation. Agency also participating in social isolation pilot program with local pharmacies.</p>
<p>Community Mental Health expanded services to those struggling with mild and moderate mental health issues in addition to individuals who are privately insured. The agency also offered Talk Space virtual app subscription to county residents.</p>
<p>MSU Extension offered several free virtual programs that address mental health concerns such as “Stress for Less for Mindfulness,” “Mental Health First Aid,” Tai Chi, “Walk with Ease,” etc.</p>

## Substance Use

**Goal:** To reduce substance abuse rates, unintentional injuries, and drug-induced deaths for St. Clair County residents.

Objective	Baseline	Progress	% Change from Baseline
<b>1.</b> Reduce the annual crude rate of drug-induced deaths by 20% by December 2027. (The 2020 drug-induced crude mortality rate for St. Clair County was 37.0 per 100,000 residents. Our goal would be 29.6 per 100,000 residents).	37.0%	25.0%	<b>-12.0%</b>
<b>2.</b> Reduce the percentage of adults binge drinking within the past 30 days from 24% to 20% by December 2027.	24.0%	17.4%	<b>-6.6%</b>
<b>3.</b> Reduce the prevalence of St. Clair County teens currently using vaping products from 24.2% to 20% or less by December 2027.	24.2%	13.8%	<b>-10.4%</b>
<b>4.</b> Decrease the average number of days from initial request to get into substance use disorder (SUD) treatment intake from 6.8 to 4.8 by December 2027.	6.8	6.3	<b>-0.5%</b>

# Substance Use

<p style="text-align: center;"><b>Actions Taken</b></p>
<p>I.M.P.A.C.T. worked to include an educational video for SCC vendors to improve enforcement of underage sale of tobacco &amp; ENDS products. Additionally, a livestream event was done to educate the public on effects of underage tobacco and vape use.</p>
<p>Odyssey House supplied free Narcan boxes to several public, non-profit, and for-profit establishments throughout the county.</p>
<p>Community Mental Health hosted their annual Recovery Summit which included various speakers and CEU's for participants.</p>
<p>Health Department assembled an Overdose Fatality Review (OFR) team to evaluate overdose deaths and make recommendation on reducing deaths.</p>
<p>Health Department launched SCC Link platform to help connect residents with treatment and recovery resources. Also, promoted use of lock boxes for safe storage of medications and marijuana.</p>
<p>Health Department and Odyssey House provided Narcan education to community through presentations.</p>
<p>SCCHD Maternal Infant Health Program assesses all new enrollees for substance use behaviors and refers clients to specialty care, as needed.</p>
<p>Health Department staff offered several free substance use education opportunities, including vaping, for youth and adults.</p>
<p>Community Mental Health offers standalone SUD program and IDDT for those diagnosed with a mental health and substance use diagnosis. The agency also offers MAT and group support.</p>
<p>Council on Aging trained all staff on Narcan.</p>
<p>Dry Dock offers substance free drop-in activities daily in addition to special events for recovery community.</p>
<p>Meridian Health and Region 10 PIHP sponsored the film "We Can Be Heroes" to show for free at McMorran Place.</p>
<p>Community First Health Centers provides patients with MAT using Vivitrol in addition to referrals for addiction care.</p>

# Obesity and Associated Health Behaviors

**Goal:** To reduce the overweight and obesity rates and increase healthy behaviors of St. Clair County residents.

Objective	Baseline	Progress	% Change from Baseline
1. Reduce the percentage of high school students who are obese from 20% to 17% and the percentage of high school students who are overweight from 15% to 12% or less by December 2027.	obese: 20.0% overweight: 15.0%	obese: 17.8% overweight: 17.6%	<b>obese: -2.2%</b> <b>overweight: +2.6%</b>
2. Reduce the percentage of adults who are obese from 42.7% to 36.0% and the percentage of adults who are overweight from 31.8% to 25.0% or less by December 2027.	obese: 42.7% overweight: 31.8%	obese: 38.7% overweight: 31.4%	<b>obese: -4.0%</b> <b>overweight: -0.4%</b>
3. Decrease the percentage of adults who report no leisure time physical activity from 25.0% to 22% by December 2027.	25.0%	27.0%	<b>+2.0%</b>



# Obesity and Associated Health Behaviors

<p style="text-align: center;"><b>Actions Taken</b></p>
<p>Expanded Child Adolescent Health Centers throughout county. Workplans include healthy lifestyle education.</p>
<p>WIC provides nutritional assessments, education, referrals, and food benefits to clients. Collaborated with YMCA on Breastfeeding, Nutrition, and Health Expo to increase knowledge on lifetime nutrition, conduct weight/height checks, and perform high risk nutritional counseling.</p>
<p>SCCHD Maternal Infant Health Program assesses all new enrollees nutrition-related behaviors and utilizes evidenced based interventions to support them. Referrals to a Registered Dietician as well as food resources are also supplied.</p>
<p>MSU Extension offers education on healthful eating, food safety, stretching food dollars, and physical activity to groups of low-income people from preschool through senior citizens. Also coordinates county 4-H program.</p>
<p>Community First Health Centers primary care service line looks at obesity in conjunction with chronic disease. They offer nutritional services, outreach and informational care for patients seeking proper nutrition and health.</p>
<p>Zion Cathedral of Praise Church promoted green projects, community gardening, and new multi-purpose exercise room.</p>
<p>S.C.C.O.R.E. organized neighborhood walking and youth gardening initiatives.</p>
<p>Council on Aging has Senior Project Fresh program allowing lower income seniors ability to purchase produce from farmers markets with vouchers. The Senior Nutrition program delivers or serves well balanced meals. The agency has also teamed with Thumb Food Policy Council to deliver fresh produce to homebound seniors. Exercise classes also available at all four senior centers, some in conjunction with the YMCA.</p>
<p>Community Mental Health has a dietician and 5 personal trainers on staff to work with people at risk of or dealing with chronic illnesses related to obesity.</p>
<p>YMCA hosted Healthy Kids Day event and offered free fitness classes to the community throughout the summer at McMorran.</p>

## Cross-Cutting Strategies

In addition to monitoring progress on the CHIP priority areas, St. Clair County is also consistently assessing the impact of broader, cross-cutting outcomes that influence the success of each priority area. These include factors such as:

- **Social determinants of health** (e.g., economic stability, education, environment)

1. Percentage of population ages 16 and older unemployed but seeking work.	3.9%
2. Percentage of adults ages 25 and over with a high school diploma or equivalent.	92%
3. Percentage of households that spend 50% or more of their household income on housing.	11%

- **Prevention strategies, public health systems, and health behaviors**

1. Percentage of population under age 65 without health insurance.	6%
2. Rate of hospital stays for preventable conditions per 100,000 Medicare enrollees.	4,117

- **The healthcare system and access to care**

1. Ratio of population to primary care physicians.	2,290:1
2. Ratio of population to dentists.	1,590:1
3. Ratio of population to mental health providers.	370:1

## Sources

The progress data presented in this report was collected from several sources, including the:

- County Health Rankings & Roadmaps
- MI Profile for Healthy Youth (MiPHY)
- Michigan Vital Records
- Michigan Behavioral Risk Factor Surveillance System (MiBRFS)