

# 2015-2018 GREATER NASHUA COMMUNITY HEALTH IMPROVEMENT PLAN

WORKING TOWARDS A HEALTHIER NASHUA REGION

The work of community health improvement in the Greater Nashua region is supported by an ongoing three year process where local health information and data is assessed, priority issues are identified and strategies for improvement are implemented. The Greater Nashua region completed a

Community Health Assessment (CHA) in 2011, that was followed by the 2012 Community Health Improvement Plan (CHIP) and by implementation efforts supported by the community. A second CHA was completed in 2014, followed by the 2015 CHIP plan. Community

partners from all sectors participate on a Public Health Advisory Council that guides the process and will lead improvement initiatives over the 2015-2018 period. The next CHA will be published in 2017.

Read the complete CHIP  
[www.nashuanh.gov](http://www.nashuanh.gov)



## PUBLIC HEALTH ADVISORY COUNCIL

The 2015-2018 CHIP is an aggressive, yet realistic, plan that will assist the network of community partners known as the Public Health Advisory Council (PHAC) as they work collaboratively to improve health in the greater Nashua Region. As part of efforts to formalize the council and to improve visibility and recognition for public health efforts, CHIP initiatives are identified with the PHAC branding logo.



# Greater Nashua Community Health Improvement Plan

## 2015-2018

### Summary Brochure



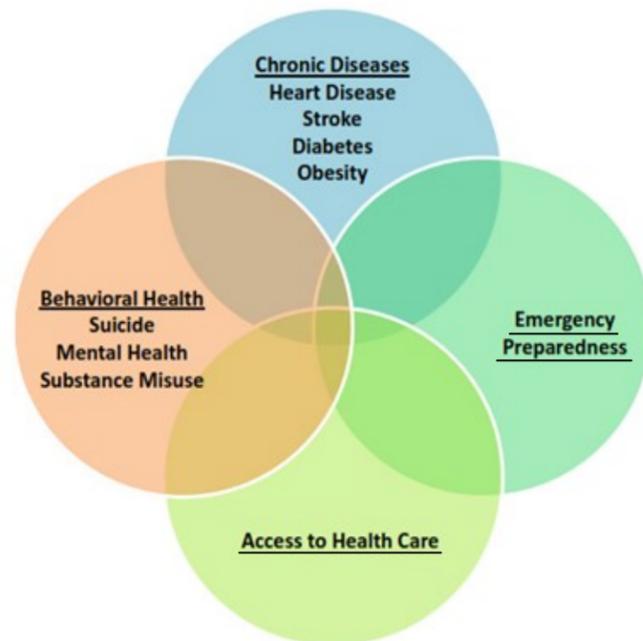
## What is a Community Health Improvement Plan?

A CHIP details goals, objectives, and strategies for addressing health needs identified by the Community Health Assessment. Topic areas are prioritized, and action plans are implemented.

### Why CHIP?

Engage community partners • Provide a framework for addressing community-wide issues • Provide information to the public • Work systematically to improve health status • Monitor changes and trends

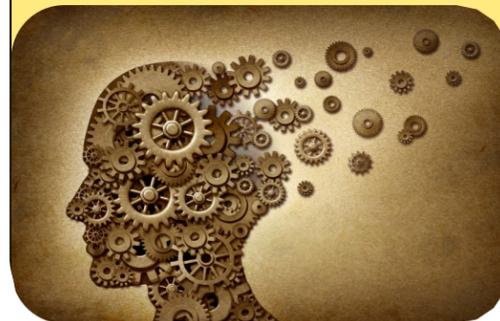
Build partnerships and coalitions



The Greater Nashua community supports the CHIP through commitments of staff time and resources. See the complete CHIP report for more details.



Suicide, Mental Health, and Substance Misuse have been combined as Behavioral Health.



Chronic disease is a leading health issue in the United States. The CHIP will guide regional efforts to reduce obesity, diabetes, heart disease and stroke.



## A Collaborative Effort

The Public Health Advisory Council Executive Committee members identified four main priority areas for the 2015-2018 improvement cycle. These areas are broken down below.

Priority Topic	2015-2018 CHIP Goals
<b>1) Behavioral Health</b>	
Suicide	Increase awareness of suicide prevention, indicators, and prevention resources in the Greater Nashua Public Health Region
Mental Health	Conduct a comprehensive analysis of the mental health system capacity in the Greater Nashua Public Health Region, including gaps/needs, identifying mental health resources, and indicating priority areas for improvement
Substance Misuse	Decrease substance misuse in the Greater Nashua Public Health Region
<b>2) Chronic Disease</b>	
Obesity	Reduce overweight and obesity in the Greater Nashua Public Health Region
Heart Disease and Stroke	Provide chronic disease education and screening opportunities in the Greater Nashua Public Health Region to increase awareness and reduce rates of heart disease and stroke
Diabetes	Provide chronic disease education and screening opportunities in the Greater Nashua Public Health Region to increase awareness and reduce rates of diabetes
<b>3) Access to Healthcare</b>	
	Enhance access to quality, comprehensive healthcare services in the Greater Nashua Public Health Region
<b>4) Emergency Preparedness</b>	
	Increase capacity of the Greater Nashua Public Health Advisory Council/Public Health Network Services to prepare for, respond to and recover from public health incidents

## Information and Resources:

More information on the CHIP report can be found on the City of Nashua, Division of Public Health and Community Services website at <http://bit.ly/1m4HBSc>

Look for examples of CHIP programs in the community:

- ◆ Million Hearts Campaign: <http://1.usa.gov/1cWpxAc>
- ◆ 5-2-1-0 Program: healthy guidelines for nutrition and physical activity: <http://www.lets-go.org/>
- ◆ My Health My Care Video Series: increasing knowledge on access to care <http://bit.ly/1OGNhsa>

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