









Delaware Public Health District
Dedicated to your health

THE PARTNERSHIP
FOR A HEALTHY DELAWARE COUNTY

COMMUNITY HEALTH IMPROVEMENT PLAN

EXECUTIVE SUMMARY
2026

Year Four











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BEHAVIORAL HEALTH AND ADDICTION



OUTCOMES

1 Reduce Adult Binge Drinking

Health Equity Population: Adult males 30-64 years old; household income > $100,000

Strategy 2:
Community-based comprehensive programs to reduce alcohol abuse

Action Step:
Plan, implement, and evaluate strategic binge drinking marketing campaign using multiple online platforms.

2 Reduce Adult and Youth Depression and Suicide Deaths

Health Equity Population: Household income < $50,000; adult females <30 years old; older adults & youth

Strategy 1:
Community based mental health education

Action Step:
Create a taskforce to focus on older adult suicide prevention efforts

Action Step:
Create a media campaign messaging to promote 988 and ManTherapy

Strategy 3:
Social and emotional instruction

Action Step:
Partner with Helpline's Violence Prevention team to implement the Askable Adult training to create protective factors for Delaware county youth.

3 Increase Local Access to Healthcare Services & & Unmet Needs for Mental Healthcare for Youth and Adults

Health Equity Population: Adults & Youth

Strategy 3:
Social and emotional instruction

Action Step:
Partner with Helpline's Violence Prevention team to implement the Askable Adult training to create protective factors for Delaware county youth.

Strategy 4:
Support & expand the role of peer support specialists and family support groups.

Action Step:
Support the creation of peer and family support groups and strengthen referral process from providers.

ACCESS TO CARE



OUTCOMES

1 Increase Local Access to Health Care Services

Health Equity Population: Adults & children

Strategy 1: Create health literate organizations

- **Action Step:** Collect data to help define health literacy needs
- **Action Step:** Explore a collaborative approach to improve health literacy

Strategy 2: Support public transportation systems

- **Action Step:** Promote DCT's new app
- **Action Step:** Educate residents on transportation resources
- **Action Step:** Educate community on the importance of establishing sustainable funding

Strategy 3: Recruit general health & behavioral health providers and staff/personnel

- **Action Step:** Enhance internship placements for public behavioral health providers
- **Action Step:** Increase young adult learning opportunities through PASS, field experiences and career days

Strategy 4: Review Access to Care Data

- **Action Step:** Implement data collection methods to determine medical gaps
- **Action Step:** Analyze data to identify medical care gaps & health needs
- **Action Step:** Create practical tools to communicate data findings on healthcare access needs

2 Reduce Adult and Child Unmet Need for Mental Health Care

Health Equity Population: Adult & children

Strategy 2: Support public transportation systems

- **Action Step:** Promote DCT's new app
- **Action Step:** Educate residents on transportation resources
- **Action Step:** Educate community on the importance of establishing sustainable funding

Strategy 3: Recruit general health & behavioral health providers and staff/personnel

- **Action Step:** Enhance internship placements for public behavioral health providers
- **Action Step:** Increase young adult learning opportunities through PASS, field experiences and career days

Strategy 4: Review Access to Care Data

- **Action Step:** Implement data collection methods to determine medical gaps
- **Action Step:** Analyze data to identify medical care gaps & health needs
- **Action Step:** Create practical tools to communicate data findings on healthcare access needs

HEALTH BEHAVIORS



OUTCOMES

1 Increase Adult Fruit and Vegetable Consumption

Health Equity Population: Household income <$50,000; adult males <30 years old; seniors 65+ years old; Delaware City south residents

Strategy 1:
Adopt healthy food initiatives

Action Step:
Promote local food system initiatives addressed through the DCHA

Action Step:
Promote and expand healthy eating decision-making PSE supports and programming

Action Step:
Expand nutrition initiatives at farmers' markets

2 Increase Adult Physical Activity

Health Equity Population: Household income <$50,000; adult males <30 years old

Strategy 3:
Promote community fitness programs

Action Step:
Maintain the *Park Programs & Activities* page of Preservation Parks on a yearly basis

Action Step:
Track the Winter 100 and Summer Letterbox program participation

Action Step:
Promote Walk with a Doc program countywide

Strategy 4:
Promotion of physical activity through built environment changes and green space

Action Step:
Continue to conduct walk audits and field observation activities in multiple communities

Action Step:
Promote funding opportunities for communities aimed at improving active transportation

Action Step:
Advocate & implement policy, plans or infrastructure changes to encourage physical activity and active transportation

HEALTH BEHAVIORS



OUTCOMES

3 Decrease Adult Obesity

Health Equity Population: Household income <$50,000; adult males <30 years old; Delaware City south residents; seniors 65+ years old;

Strategy 1: Adopt healthy food initiatives	Strategy 3: Promote community fitness opportunities	Strategy 4: Promotion of physical activity through built environment changes and green space
Action Step: Promote local food system initiatives addressed through the DCHA	Action Step: Maintain the *Park Programs & Activities* page of Preservation Parks on a yearly basis	Action Step: Continue to conduct walk audits and field observation activities in multiple communities
Action Step: Promote and expand healthy eating decision-making PSE supports and programming	Action Step: Track the Winter 100 and Summer Letterbox program participation	Action Step: Promote funding opportunities for communities aimed at improving active transportation
Action Step: Expand nutrition initiatives at farmers' markets	Action Step: Promote Walk with a Doc program countywide	Action Step: Advocate & implement policy, plans or infrastructure changes to encourage physical activity and active transportation

4 Decrease Unintentional Injuries

Health Equity Population: Adults with household income <$50,000; Adults 55+ years old; Youth drivers 15+; Mature drivers 55+

Strategy 2:
Promote healthy lifestyle practices through education and skill building

Action Step:
Determine target population, locations for implementation, and frequency of programs in 2026

Action Step:
Engage with multiple sectors and partners to share program delivery on topics related to wellness and injury prevention, i.e. walk audits, CarFit

Action Step:
Promote healthy lifestyle and screening program availability to residents

COMMUNITY CONDITIONS



OUTCOMES

1 Expand Housing Options for Seniors

Health Equity Population: 55+ senior population

Strategy 1:
Expand senior home modification & repair program

Action Step:
Utilize grant funds to expand home modification program in senior homes identified with high fall risk

Action Step:
Create and implement an Aging in Place toolkit with standards and resources for Delaware County

2 Reduce Adverse Childhood Experiences

Health Equity Population: Children and youth

Strategy 1:
Implement new strategic plan for Strengthening Families Coalition to reduce ACEs

Action Step:
Report on strategy progress for the areas of mentorship, early childhood education, parent caregiver and family skills trainings