

2021 HEALTHY OTTAWA PLAN

WHAT IS THE HEALTHY OTTAWA PLAN?

-  **ACCESS TO CARE**
-  **MENTAL HEALTH**
-  **HEALTHY BEHAVIORS**

The **goal of the Healthy Ottawa Plan** is to prioritize the greatest health needs in the community based on the results of the Community Health Needs Assessment (CHNA), identify the root causes for those health issues, and determine strategies for recommended implementation to help improve overall population health.

WHY CREATE A PLAN?

“A person’s health is affected by so many areas in their life. We as a community must work together to address these factors to truly make a difference.”

HEALTH OFFICER, LISA STEFANOVSKY
OTTAWA COUNTY DEPARTMENT OF PUBLIC HEALTH

The problems and challenges we face as it relates to public health are simply too great for a single individual, organization, or even sector to solve alone. Only through true collaboration can we meet the most pressing and systemic health issues in our community.

VISION

Healthy people living in healthy communities.

MISSION

Achieve positive health outcomes for Ottawa County residents by partnering to identify health issues, plan, and implement strategic actions for change.

VALUES

- Equity
- Collaboration
- Excellence
- Best Practice

ADVISORY COUNCIL



COMMUNITY HEALTH PRIORITIES

ACCESS TO CARE

GOAL

Increase access to a patient-centered and community-integrated system of care.

OBJECTIVES

- Increase the percentage of adults who are confident navigating the health care system.
- Increase the percentage of adults who have a Primary Care Provider (PCP).
- Decrease the percentage of adults who don't have health insurance due to cost.

MENTAL HEALTH

GOAL

Increase recognition and treatment of mental health conditions.

OBJECTIVES

- Decrease the percentage of adults in “poor” mental health.
- Increase percentage of adults receiving treatment or medication for individuals with mild to severe psychological distress.
- Decrease the percentage of adults and youth who have suicide ideation and attempts.

HEALTHY BEHAVIORS

GOAL

Increase the percentage of adults at a healthy weight and decrease barriers to healthy living.

OBJECTIVES

- Decrease the percentage of adults who are obese.
- Decrease the percentage of adults who consume less than one fruit and one vegetable per day.
- Decrease the percentage of adults who engage in no leisure-time physical activity.

BE A PART OF MAKING A DIFFERENCE IN YOUR COMMUNITY.

Contact us for more information on how to get involved: healthyottawa.org/contact-us.

The Healthy Ottawa Plan is put together by the community for the community. In order to see the kind of positive change related to population health that we seek in Ottawa County, we need many stakeholders to actively engage in this work.

To learn more about the root causes of our greatest health needs, **recommended strategies to address those root causes**, and how to get involved, please review the Healthy Ottawa Plan in its entirety at healthyottawa.org.