



2019 Community Health Improvement Plan
Implementation Strategies

Priority Area 2: Healthy Lifestyles		
<p>Indicator: % of people in Greater Bridgeport who have been told they have high blood pressure [2015- 28%, 2018-30%], diabetes [2015- 9%, 2018- 11%] or heart disease [2015- 5%, 2018-5%]</p> <p>Indicator: Current smoking [2015-15%, 2018- 15%] and vaping rates [2015-N/A, 2018- 10%] for Greater Bridgeport</p> <p>Indicator: % of people in Greater Bridgeport who agree that there are safe places to walk [2015- 66%, 2018- 67%] or bike [2015- 55%, 2018-55%] in or near their neighborhood</p> <p>Indicator: % of people in Greater Bridgeport who indicate their neighborhood has either excellent or good access to affordable, high quality fruits and vegetables [2015- N/A 2018-65%]</p> <p><i>*Source- CT Well-Being Survey 2015 and 2018</i></p>		
<p>Goal: By February 2022, promote healthy lifestyles in the Greater Bridgeport region to reduce diagnosed hypertension and diabetes in adults by 3%.</p>		
Strategy	Action Steps	Outcomes
Continue Know Your Numbers program in the Greater Bridgeport region	<ul style="list-style-type: none"> • Utilize American Heart Association’s Life’s Simple 7 • Design a KYN campaign targeted to adults ages 18-49 • Determine effectiveness of KYN screenings in their current sites and work with task force partners to make adjustments as needed based on data available • Continue to partner with community health workers to link KYN participants to follow-up care • Determine effectiveness of expanding KYN to include hA1c screenings and practice providing automated BP cuffs for ongoing BP monitoring and expand where feasible 	<p># of people screened through KYN</p> <p># of KYN participants connected to follow-up health care</p>
Strategy	Action Steps	Outcomes
Increase number of days per week of exercise among adults in Greater Bridgeport	<ul style="list-style-type: none"> • Determine barriers related to access to available free and low-cost fitness opportunities and develop ways to address these • Continue to work towards regional Bike Share programs and promote/support safe biking/walking in neighborhoods through complete streets policies, partnerships with police/law enforcement, planning and zoning, and other city/town officials 	<p>Track implementation of regional bike shares</p> <p># of people who utilize the available bike shares</p>



2019 Community Health Improvement Plan
Implementation Strategies

Strategy	Action Steps	Outcomes
Decrease rates of residents who report use of tobacco and e-cigarettes/vaping products	<ul style="list-style-type: none"> • Develop an educational campaign around e-cigarettes/vaping • Identify local youth prevention coalitions and collaborate to track vaping usage in youth • Promote Tobacco 21 ordinance roll out in the City of Bridgeport and support the passage of local ordinances or state laws around Tobacco 21 • Promote local tobacco cessation resources 	Track vaping usage among youth # of local Tobacco 21 ordinances/track the passage of a state law # of participants referred to tobacco cessation resources
Strategy	Action Steps	Outcomes
Increase access to healthy food and address other social determinants of health (SDOH) in the Greater Bridgeport region	<ul style="list-style-type: none"> • Evaluate implementing prescription to fruit and vegetable programs • Determine national best practices for addressing social determinants of health as related to healthy lifestyles and decreasing hypertension and diabetes • Start to build partnerships to work towards addressing SDOH, potential areas include Adverse Childhood Experiences (ACES), advocacy around increasing the minimum wage, WIC and SNAP acceptance in more venues 	TBD as local initiatives are developed
Partner Organizations		
Bridgeport Hospital, St. Vincent’s Medical Center, Bridgeport Health Department, Stratford Health Department, Trumbull Health Department, Fairfield Health Department, Monroe Health Department, American Heart Association, Hispanic Health Council, St. Vincent’s Medical Center Parish Nurses, American Diabetes Association, Central Connecticut Coast YMCA, Bridgeport Regional Business Council, Bridgeport Food Policy Council, Council of Churches of Greater Bridgeport, local feeding programs, Sacred Heart University, Fairfield University, Bridgeport Farmers’ Market Collaborative, Wakeman Boys and Girls Club, local businesses and non-profits, local municipalities		