



Planning for a Healthier Future

Delaware County Health Department
Community Health Improvement Plan
2024-2028



DELAWARE COUNTY HEALTH DEPARTMENT

January 2025



DELAWARE COUNTY HEALTH DEPARTMENT

Vision

All members of the Delaware County community have access to the resources that provide the opportunity to lead a healthy and productive life.

Mission

The Delaware County Health Department strives to promote, protect and assure conditions for optimal health for all residents of Delaware County through leadership, prevention, response, and partnership with the community.

Values

Equity - Collaboration - Leadership - Accountability - Innovation - Stewardship

Team



Acknowledgements

The Delaware County Health Department wishes to acknowledge and express deep gratitude to the individuals and organizations who participated in the development of Delaware County's first Community Health Improvement Plan (CHIP), who have now begun to implement health improvement strategies. Partners contributed expertise, data, information, and community connections, and are the engine driving implementation of our collaborative strategies. Individuals and organizations are recognized individually in the CHIP Development Process section of this report.

Additionally, the exceptional leadership, support, and guidance provided by Public Health Directors Melissa Lyon and Lora Werner were essential to the successful development of this Community Health Improvement Plan.

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Overview

The Community Health Improvement Plan (CHIP) for Delaware County, PA 2024-2028 was developed as an action plan to address needs identified in the Delaware County Community Health Assessment (CHA). The CHA, completed in March 2024, is Delaware County's first Community Health Assessment. The purpose of the assessment was to understand which health conditions affect the length and quality of life of Delaware County residents, which population groups are disproportionately affected by poor health, and to identify health priority areas. The Community Health Improvement Plan was developed to establish strategies and implement interventions to address the health needs that are specific to Delaware County.

The Mobilizing Action for Planning and Partnerships (MAPP) 2.0 framework guided Delaware County's community health assessment and improvement plan processes. MAPP 2.0 is a nationally recognized framework for community health improvement.

Planning for and implementation of the CHIP was led by the Delaware County Health Department, but the plan is a roadmap to health improvement for all organizations, groups, and community members in the county who want to be a part of this effort. The CHIP is intended to be a living document, open to change by DCHD and its partners as needed. The CHIP includes an action plan for each of the three identified CHA Priority areas, with the two overarching themes guiding this work.

CHA Findings and Priority Areas

The Delaware County Health Department (DCHD) and the CHA Steering Committee used the nominal group technique method to select health topics to categorize health improvement strategies for 2024-2028. DCHD staff and Steering Committee members reviewed findings from the CHA efforts, including community conversations, focus groups, surveys, partner input, and health data. The priority areas selected include, in order:

- 1) Promote Whole Person Care and Prevent Mental Health and Substance Use Disorders
- 2) Promote Maternal, Parental, and Infant Health
- 3) Prevent Chronic Diseases

Two overarching themes will guide the DCHD and its community partners as they set goals and objectives in the three areas. These are:

- 1) Promote Health Equity
- 2) Improve Access to and Awareness of Health Care and Community Services

The following are key health trends observed throughout the assessment that provided support for selecting each of the three priority areas for the 2024-2028 Delaware County Community Health Assessment.

Promote Whole Person Care and Prevent Mental Health and Substance Use Disorders

- Ideas to address **mental health and substance use disorders were among the top three strategies** that were identified as strategies to improve the County's health at 4 out of 5 Community Conversations.
- **Young adults are struggling with poor mental health.** Community Health Survey respondents ages 25-34 years had the lowest average mental health score, and the lowest "Connection with others" score among all age groups.
- **Lack of access to mental health** was more apparent than access to medical or dental care in the Community Health Survey. Trainer, Darby, and the City of Chester reported consistent challenges in access to health care.
- While alcohol and cigarette use have declined among youth, **use of marijuana and nicotine-containing vape devices have dramatically increased.**
- Rates of **drug induced deaths for White Delaware County residents** were significantly **higher than White people in Pennsylvania.**
- Maps of 911 response and NARCAN® administrations in Delaware County show that **more calls are made in the Upper Darby, Millbourne and Chester City areas.**

Promote Maternal, Parental, and Infant Health

- Delaware County had a higher percent of births **with no prenatal care** than PA; Black, Hispanic, Multi-race mothers were less likely to access care.
- Delaware County experienced higher rates of **very low birthweight and very preterm** deliveries than PA and the Southeast PA region.
- Higher rates of **Neonatal Abstinence Syndrome (NAS) and Maternal Opioid Use** in Delaware County than PA and region (including Philadelphia).
- **Inconsistent breastfeeding rates** were observed across Delaware County delivery hospitals.
- Delaware County **Severe Maternal Morbidity** rates were lower than PA and Philadelphia, but higher than other counties in the Southeast PA region.
- **Maternal Mortality** rates were higher in Delaware County than PA, but lower than that of the United States.
- Higher rates of **Infant Mortality** were observed in Delaware County than those in Pennsylvania as a whole; significant disparities present for Black infants.

Prevent Chronic Diseases

- Chronic Diseases account for **six of the ten leading causes of death** in Delaware County.
- Delaware County experiences a **significantly higher rate of cerebrovascular disease (stroke) mortality** when compared to Pennsylvania statewide.
- Age-adjusted **incidence and mortality of breast and uterine cancers** were higher in Delaware County when compared to Pennsylvania.
- **Black women** in Delaware County experience a **higher rate of late-stage Breast Cancer and death** when compared to White women in the County.
- **Breast cancer screening rates (mammography) are lower among Asian and Black females** than White and Hispanic women in Delaware County.

The overarching themes below were selected in alignment with current trends in public health across the nation and community input shared throughout the Community Health Assessment process.

Overarching Themes

Promote Health Equity

While many people are thriving economically and health-wise in Delaware County, others are not. Disparities exist among racial and ethnic groups, across income levels, among geographic areas, and in different social and identity contexts. To improve the health and quality of life in Delaware County, it is important to recognize who has been left behind and help to lift up those communities.

Improve Access to and Awareness of Health Care and Community Services

Throughout the CHA process, community members shared they were not sure what mental health, medical, and community services are available, or how to find them. Community agencies shared that despite having many organizations and services available, services are often fragmented, and the County lacks a comprehensive awareness of “who is doing what.” The need to improve access to and awareness of health care and community services is critical to community health improvement efforts, crosscutting all priority areas.

CHIP Development Process

Planning committees convened for three meetings in February-April 2024 to discuss strategies to address each of the three priority areas. Community leaders working in each priority area were identified by DCHD staff and CHA Steering Committee members.

Planning committees completed the following tasks:

- Reviewed CHA findings
- Identified focus areas for each priority
- Developed goals and outcome objectives
- Identified health data points (indicators) to monitor progress over time
- Proposed strategies to support goals and objectives

Planning committee members were invited to participate in the respective implementation committees. These leaders also provided recommendations for key partners to include in the implementation of the CHIP. Forty individuals and 24 organizations participated in the planning process, outlined in Tables 1-3.

*Table 1. Promote Whole Person Care, and Prevent Mental Health and Substance Use Disorders
CHIP Planning Committee*

Individual	Organization
Victor Alos Rullan	Delaware County Health Department
Mary Craighead	Delaware County Health Department
Aminata Donzo	Delaware County Health Department
Erik Gudzinis	Delaware County Human Services Office of Drug and Alcohol
Deb Montagna	Main Line Health
Jennifer Neidl	Delaware County Department of Military and Veterans Affairs
Thom Nixon	Cheney University; Delaware County Drug & Alcohol Control Board
John Scharpf	Delaware County Health Department
Allyson Sproul	Recovery Works
Shannon Thomas	Delaware County Human Services Office of Behavioral Health
Mischiko Warren	Foundation for Delaware County
Lora Werner	Delaware County Health Department
Rasheeda Williamson	Delaware County Health Department
Ryan Wilson	Delaware County Intermediate Unit
Nick Wood	AIDS Care Group

Table 2. Promote Maternal, Parental, and Infant Health CHIP Planning Committee

Individual	Organization
Victor Alos Rullan	Delaware County Health Department
Laura Anderson	Delaware County Health Department
Lonnese Bodison	Maternity Care Coalition
Sheila Church	ChesPenn Health Services
Ekaete Eka	Delaware County Health Department
Katie Kenyon	Foundation for Delaware County
Anne Krouse	Widener University
Deb Montagna	Main Line Health
Karen Peterson	CAPPA
Theresa Pettaway	Pettaway Pursuit Foundation
Oni Richards	African Family Health Organization
Robert Speer	Delaware County Health Department
Lora Werner	Delaware County Health Department
Rasheeda Williamson	Delaware County Health Department
Herman Wilson	Delaware County Health Department

Table 3. Prevent Chronic Diseases CHIP Planning Committee

Individual	Organization
Victor Alos Rullan	Delaware County Health Department
Marina Barnett	Widener University
Cathy Cardillo	Trinity Health
Rosetta Carter	Chester City
Joanne Craig	Foundation for Delaware County
Steve Fischer	Chester Housing Authority
Nick Gourousis	Delaware County Health Department
Lily Higgins	Keystone Health
Komeh Lansana	Delaware County Planning Department
Jordan Martin	Delaware County Health Department
Sean McCormick	Latino Connection
Helen McGoohan	Delaware County Health Department
Kristin Motley	Health Educated
Michael Ranck	YMCA
Tracy Spicer	Delaware County Health Department
Rasheeda Williamson	Delaware County Health Department
Lora Werner	Delaware County Health Department

CHIP implementation committees were established for each of the three CHIP priority areas. They first met during the summer of 2024 to learn about the CHIP, finalize plans, and begin implementation.

Implementation committees completed the following tasks:

- Reviewed CHA findings
- Reviewed CHIP strategies proposed by planning committees
- Discussed existing community interventions that align with strategies
- Modified proposed strategies and added additional strategies
- Developed specific action steps to carry out the strategies

Going forward, each committee will:

- Meet on a regular basis
- Carry out CHIP activities as a team or as individual organizations
- Contribute data and resources to the CHIP process
- Monitor progress toward meeting goals

All committee meetings are facilitated by DCHD staff, including two Co-Chairs, a member of the Epidemiology Unit and a Health Equity representative. DCHD staff coordinate meetings, take minutes, communicate with committee members, and lead evaluation activities. In 2024, 59 organizations, listed in Tables 4-6, were involved in the CHIP implementation efforts.

*Table 4. Promote Whole Person Care, and Prevent Mental Health and Substance Use Disorders
CHIP Implementation Committee Partners*

Partner Organizations	
ACG Health	Kelly Ace Professional Counseling
Centro de Apoyo	Latino Connection
Chester Community Coalition	Maternity Care Coalition
Child and Family Focus	Main Line Health
Children First PA	Media Food Bank
Delaware County Community College	Multicultural Community Family Services
Delaware County Department of Human Services	MVP Recovery
Delaware County Department of Military and Veterans Affairs	Opioid Crisis Action Network
Delaware County Intermediate Unit	Phi Beta Sigma Fraternity
Delaware County Office of the Medical Examiner	Radnor League of Women Voters
Educational Data Systems, Inc.	Recovery Works PA
Family Support Line	Thomas Jefferson University
Foundation for Delaware County	Upper Darby Recovery Without Borders
Jaisohn House	

Table 5. Promote Maternal, Parental, and Infant Health CHIP Implementation Committee Partners

Partner Organizations	
African Family Health Organization	Murphy’s Giving Market
AmeriHealth Caritas	MVP Recovery
ChesPenn Health Services	Once Upon a Preemie
Chester City	Pennsylvania Chapter of the American Academy of Pediatrics
Child and Family Focus	Pettaway Pursuit Foundation
Delaware County Community College	Public Health Management Corporation
Delaware County Department of Human Services	State Representative Gina Curry’s Office
Delaware County Intermediate Unit	Temple University
Family & Community Service of Delaware County	The Doula Concierge
Geisinger Health Plan	The Foundation for Delaware County
Jefferson Health Plans	Thomas Jefferson University
Latino Connection	Total Child Care Initiative
Main Line Health	Villanova University
Maternity Care Coalition	Widener University
Media Food Bank	

Table 6. Prevent Chronic Diseases CHIP Implementation Committee Partners

Partner Organizations	
American Cancer Society	Health Fitness Connections
American Diabetes Association	Jaisohn House
American Heart Association	Keystone First
AmeriHealth Caritas	Latino Connection
ChesPenn Health Services	Main Line Health
Chester City	Media Food Bank
Chester Housing Authority	Mercy Fitzgerald Hospital
Community Action Agency of Delaware County	St. Mary Medical Center
Delaware County Department of Human Services	Trinity Health
Educational Data Systems, Inc.	Unite for HER
Family and Community Service of Delaware County	Widener University
Foundation for Delaware County	YMCA of Eastern Delaware County

A CHIP Kick-Off event was held in November 2024 to present CHIP plans and progress with organizations, municipalities, elected officials, and other interested parties. Each committee shared supporting health data, goals, objectives, and strategies. Participants had the opportunity to sign up to participate, ask questions, provide feedback, and network. In total, 60 individuals and 28 external entities were represented at the event.

Figure 1. DCHD CHIP Team Members at the Kick-Off Event



Evaluation Plan

Progress, improvement, and data will be tracked biannually and collected by priority area leaders for each of the strategies and documented using Achievelt, a strategy management execution software program being used at DCHD. Short-term process indicators and long-term outcome indicators are collected through primary data analysis, narratives from partners and the community, and through review of secondary data sources. The data collected will guide any midcourse corrections needed. Data updates will be completed biannually, entered into Achievelt, and published on the DCHD CHA website: delcopa.gov/cha.

The Delaware County CHA and CHIP are available on the Health Department website: delcopa.gov/cha. The CHIP document will also be distributed to committee members and community partners by email. Each priority area has a corresponding workgroup led by DCHD to ensure the strategies laid out in the strategic plan are being executed. Priority area leaders will be responsible for recruiting additional partners and/or community members through the 2024-2028 CHIP cycle.

As a new health department established in 2022, DCHD aims to develop and expand collaborative relationships with organizations and community groups across the county, and among public health leaders in the region. This includes partners in health care, education, government officials, other county departments, and organizations that serve a broad range of community needs including housing, food security, economic stability, and transportation. Partner engagement will be measured by documenting the number and type of partner organizations and the number of unique members who participate in CHIP activities and committee meetings.

Community Priorities and Strategies

Priority Area 1: Promote Whole Person Care and Prevent Mental Health and Substance Use Disorders

Goal 1: Improve mental health

Alignment with DCHD Strategic Plan: Priority A- Enhance Communication, Priority D- Community Health Improvement Plan

Objective 1.1: By December 31, 2028, decrease the proportion of Delaware County adults who experience poor mental health by 5%.

Outcome Indicator	Priority	Baseline	Target	Source
Decrease the age-adjusted rate of depression among adults ages 18+.	All adults	19.8% (2021) (PA: 20.2%)	19.2%	CDC PLACES BRFSS
Decrease the age-adjusted average number of mentally unhealthy days reported in the past 30 days among adults aged 18+.	All adults	4.8 days (2021) (PA: 4.7 days)	4.6%	County Health Rankings, CDC PLACES BRFSS
Decrease the age-adjusted rate of deaths due to mental and behavioral disorders.	Overall	43.2 per 100,000 (2020-2022) (PA: 44.5 per 100,000)	41.0 per 100,000	PADOH EDDIE
	Black Residents	50.3 per 100,000 (2020-2022) (PA: 43.2 per 100,000)	47.8 per 100,000	
	White Residents	43.2 per 100,000 (2020-2022) (PA: 44.8 per 100,000)	41.0 per 100,000	
Decrease the age-adjusted rate of death by suicide.	Overall	11.2 per 100,000 (2020-2022) (PA: 13.4 per 100,000)	10.6 per 100,000	PADOH EDDIE
	White Residents	12.1 per 100,000 (2020-2022) (PA: 14.0 per 100,000)	11.8 per 100,000	
Increase the percentage of adults who have accessed mental health services among those eligible for Medical Assistance.	MA eligible adults	10.2% (2023)	10.7%	Community Care Behavioral Health (CCBH)

Data Sources: CDC Places BRFSS <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>

County Health Rankings: <https://www.countyhealthrankings.org/health-data/pennsylvania/delaware?year=2024>

PADOH EDDIE: <https://www.phaim1.health.pa.gov/EDD/>

CCBH: Data provided by CCBH staff

Objective 1.2: By December 31, 2028, improve mental health ratings among youth.

Outcome Indicator	Priority	Baseline	Target	Source
Decrease the proportion of Delaware County middle and high school students who felt depressed or sad most days in the past 12 months.	All students	41.2% (2021) (PA: 40.1%)	38%	PA Youth Survey (PAYS)
Decrease the Delaware County high depressive symptoms score among Delaware county middle and high school students.	All students	8.4 (2021) (PA: 7.8)	8.0	PA Youth Survey (PAYS)
Increase the percentage of youth who have accessed mental health services among those eligible for Medical Assistance.	MA eligible youth (<18)	7.8% (2023)	8.2%	Community Care Behavioral Health (CCBH)

Data Sources: PA Youth Survey https://www.pa.gov/content/dam/copapwp-pagov/en/pccd/documents/juvenile-justice/documents/2021-pays/county-reports-2021-pays/county%20reports_delaware%20county%20profile%20report.pdf

CCBH: Data provided by CCBH staff

Strategies:

- Increase access to and awareness of mental health services
 - Explore opportunities to develop workforce pipeline program that encourages Delaware County high school and college students to pursue careers in mental health and substance use disorder treatment and prevention. Discuss opportunities to collaborate with workforce development to offer career fairs specific to these professions.
 - Promote and conduct community outreach about available mental health services. Ensure resources in No Wrong Door database are listed in PA Navigate.

- Address mental health among youth
 - Coordinate and conduct Peer Support programs in schools throughout Delaware County

Goal 2: Decrease fatal and non-fatal drug overdoses

Alignment with DCHD Strategic Plan: Priority A- Enhance Communication, Priority B- Greater Use of Data, Priority D- Community Health Improvement Plan

Objective 2.1: By December 31, 2028, reduce fatal and non-fatal drug overdoses in Delaware County by 5%.

Outcome Indicator	Priority	Baseline	Target	Source
Reduce rate of Emergency Department Visits for any drug overdose.	Overall	38.06 per 10,000 (2021) (PA: 64.7 per 10,000)	36.0 per 10,000	PADOH Office of Drug Surveillance and Misuse Prevention
Reduce the rate of any drug overdose death per 10,000.	Overall	3.4 per 10,000 (2021) (PA: 4.1 per 10,000)	3.2 per 10,000	PADOH Office of Drug Surveillance and Misuse Prevention
	Male Residents	5.0 per 10,000 (2021) (PA: 5.8 per 10,000)	4.8 per 10,000	
	White Residents	3.6 per 10,000 (2021) (PA: 3.7 per 10,000)	3.4 per 10,000	
	Hispanic Residents	4.6 per 10,000 (2021) (PA: 4.1 per 10,000)	4.4 per 10,000	
Increase the number of Delaware County residents with Medical Assistance receiving Medication-Assisted Treatment (MAT).	Overall	1,756 persons (2021)	1,900 persons	PA Coordinated Medication Assisted Treatment (PacMAT)
Increase the percentage of adults who have accessed substance use disorder services among those eligible for Medical Assistance.	All adults	4.5% (2023)	4.7%	Community Care Behavioral Health (CCBH)

Data Sources: PADOH Office of Drug Surveillance and Misuse Prevention:

<https://public.tableau.com/app/profile/pennsylvania.pdmp/viz/PennsylvaniaODSMPDrugOverdoseSurveillanceInteractiveDataReport/Contents>

PA Coordinated Medication Assisted Treatment: <https://data.pa.gov/Opioid-Related/Pennsylvania-Coordinated-Medication-Assisted-Treat/hvc5-a699>

CCBH: Data provided by CCBH staff

Strategies:

- Expand access to overdose prevention tools (Narcan, test strips, medication disposal kits)
 - Continue to track distribution of harm reduction tools.
 - Conduct outreach to provide education about stigma.

- Identify opportunities for policy change that would allow for improved distribution of overdose prevention tools to target populations.
- Support partnerships across groups addressing the opioid crisis
 - Collaborate with community partners to host Shop Talk events; provide resources for substance use disorder services to community members and host open conversations.
- Connect overdose survivors with recovery specialists in medical settings.

Priority Area 2: Promote Maternal, Parental, and Infant Health

Goal 1: Improve birth outcomes

Alignment with DCHD Strategic Plan: Priority A- Enhance Communication, Priority B- Greater Use of Data, Priority C- 21st Century Public Health Model, Priority D- Community Health Improvement Plan

Objective 1.1: By December 31, 2028, improve birth outcomes in Delaware County, with a special focus on Black, Hispanic, and Multi-race birthing parents.

Outcome Indicator	Priority	Baseline 2017-2021	Target	Source
1.1 a) Decrease the percentage of Delaware County births with no prenatal care by 5%.	All births	2.7% (PA: 2.0%)	2.6%	PADOH EDDIE
	Black births	4.3% (PA: 4.3%)	4.1%	
	Hispanic births	4.9% (PA: 3.0%)	4.7%	
	Multi-race births	4.7% (PA: 2.4%)	4.5%	
1.1 b) Decrease the percent of babies born with very low birthweight by 5%.	All births	1.6% (PA: 1.4%)	1.5%	PADOH EDDIE
	Black births	3.0% (PA: 3.1%)	2.9%	
1.1 c) Decrease the percentage of preterm births (before 37 weeks gestation) by 5%.	All births	9.3% (PA: 9.7%)	8.8%	PADOH EDDIE
	Black births	12.8% (PA: 13.7%)	12.2%	
	Multi-race births	11.4% (PA: 11.0%)	10.8%	
	Hispanic births	9.0% (PA: 10.3%)	8.6%	
1.1 d) Decrease the rate of severe maternal morbidity per 10,000 delivery hospitalizations by 5%, especially among Black mothers.	All mothers	103.0 (PA: 105.8)	97.9	PHC4

Data Sources: PADOH EDDIE: <https://www.phaim1.health.pa.gov/EDD/>

PHC4: <https://www.phc4.org/wp-content/uploads/Severe-Maternal-Morbidity-2022.pdf>

Goal 2: Decrease prenatal opioid misuse

Alignment with DCHD Strategic Plan: Priority C- 21st Century Public Health Model, Priority D- Community Health Improvement Plan

Objective 2.1: By December 31, 2028, decrease the rate of neonatal abstinence syndrome among babies born to Delaware County parents.

Outcome Indicator	Priority	Baseline 2019	Target	Source
2.1 a) Decrease rate of neonatal abstinence syndrome per 1,000 newborn stays by 5%.	All newborn stays	14.4 (PA: 12.9)	13.7	PHC4
2.1 b) Decrease rate of maternal hospital stays with opioid use per 1,000 maternal stays by 5%.	All maternal stays	23.2 (PA: 19.1)	22.0	PHC4

Data Sources: PADOH EDDIE: <https://www.phaim1.health.pa.gov/EDD/>
 PHC4: <https://www.phc4.org/reports/county-level-health-care-reports/>

Goal 3: Prevent infant deaths

Alignment with DCHD Strategic Plan: Priority A- Enhance Communication, Priority B- Greater Use of Data, Priority C- 21st Century Public Health Model, Priority D- Community Health Improvement Plan

Objective 3.1: By December 31, 2028, decrease the rate of infant mortality in Delaware County.

Outcome Indicator	Priority	Baseline 2017-2021	Target	Source
3.1 a) Decrease infant mortality rate per 1,000 live births by 5%.	All Infants	6.3% (PA: 5.8%)	6.0%	PADOH EDDIE
	Black infants	12.7% (PA: 12.3%)	12.1%	
	Hispanic infants	7.0% (PA: 6.2%)	6.7%	
Increase the percentage of total children under the age of 6 years served by home visiting programs.	All Children <6 years	0.23%	0.24%	Delaware County Voices for Children Database
	Children <6 years at <200% of federal poverty level	3.4%	3.6%	

Data Sources: PADOH EDDIE: <https://www.phaim1.health.pa.gov/EDD/>
 Delaware County Voices for Children Database: <https://voicesforchildrendelco.org/home-visiting/>

Strategies

Short-term strategies

- Identify and address barriers to prenatal care access, especially among Black, Hispanic, multi-race, and immigrant birthing parents.
 - Conduct focus groups with Black and Hispanic women to understand their experiences with the health care system before, during and after pregnancy.
- Identify and address Social Determinants of Health (SDOH) and cultural barriers leading to disparities in birth outcomes.
- Develop a directory of perinatal services and a centralized referral system in collaboration with The Foundation for Delaware County and additional community partners.
- Develop a shared marketing campaign to educate and promote resources for Delaware County families.
- Implement a birth companion program in collaboration with Villanova University.
- Investigate the feasibility of developing and implementing a Fetal Infant Mortality Review process for Delaware County.

Long-term strategies

- Advocate and apply for funding to expand perinatal programs and services, such as home visiting and doula programs collaboratively with community organizations serving Delaware County families.

Priority Area 3: Prevent Chronic Diseases

Goal 1: Decrease breast cancer deaths

Alignment with DCHD Strategic Plan: Priority A- Enhance Communication, Priority B- Greater Use of Data, Priority C- 21st Century Public Health Model, Priority D- Community Health Improvement Plan

Objective 1.1: By December 31, 2028, increase the percentage of females who are screened for breast cancer.

Outcome Indicator	Priority	Baseline	Target	Source
Increase the percentage of female Medicare enrollees ages 65-74 who received an annual mammography screening. (Medicare)	All females	44% (2021)	49%	Medicare
	Asian females	37% (2021)	42%	
	Black females	37% (2021)	42%	
	Hispanic females	34% (2021)	39%	
Increase mammography use among women aged 50-74 years.	All females	75.4% (2020)	80.4%	CDC PLACES (BRFSS)

Data Sources: CDC Places BRFSS <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>

Centers for Medicaid and Medicare Services: <https://data.cms.gov/tools/mapping-medicare-disparities-by-population>

Objective 1.2: By December 31, 2028, decrease the age-adjusted mortality rate of female breast cancer for Black women ages 50 and older.

Outcome Indicator	Priority	Baseline	Target	Source
Decrease the age-adjusted female breast cancer mortality rate for Black women ages 50 and older.	All females	58.9 per 100,000 (2016-2020)	55.0 per 100,000	National Cancer Institute SEER Databases
	Black females	88.1 per 100,000 (2016-2020)	83.0 per 100,000	
Decrease the age-adjusted late-stage incidence rate of breast cancer among women ages 50 and older.	All females	92.3 per 100,000 (2016-2020)	87.0 per 100,000	National Cancer Institute SEER Databases
	Black females	117.7 per 100,000 (2016-2020)	110.0 per 100,000	

Data Sources: National Cancer Institute SEER Databases: <https://seer.cancer.gov/statistics/>

Strategies:

Short-term Strategies

- Research barriers to breast cancer screening for Black, Hispanic, and Asian women
 - Conduct breast cancer awareness survey open to all women to identify barriers and assess knowledge of breast cancer risk and preventive factors; and identify participants for focus groups. Provide survey and outreach materials in various languages.
 - Conduct focus groups with women who are not up-to-date with mammogram recommendations.
- Increase awareness of breast cancer prevention strategies and address screening barriers
 - Develop educational campaigns based on the results of survey and focus groups. Conduct outreach based on knowledge and gaps, fine-tuned to populations (age groups, race, ethnicity, location, etc.).
 - Host and partner to promote mobile breast cancer screening events.

Long-term Strategies

- Participate in or lead advocacy efforts to increase funding for outreach and education, removing procedural barriers to access.

Goal 2: Increase primary care access

Alignment with DCHD Strategic Plan: Priority A- Enhance Communication, Priority B- Greater Use of Data, Priority D- Community Health Improvement Plan

Objective 2.1: By December 31, 2028, the proportion of Delaware County adults ages 18 and older who visited the doctor in the past year for a routine check-up.

Outcome Indicator	Priority	Baseline	Target	Source
Increase the age-adjusted percentage of adults 18 and older who visited the doctor for a routine check-up in the past year.	All adults	73.4% (2020)	78.4%	CDC PLACES (BRFSS)

Data Sources: CDC Places BRFSS <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>

Strategies:

- Create more approachable health care environments for diverse cultures
 - Conduct marketing and outreach campaigns, provide education with partners, promote resources in neighborhoods with demographics matching target, and develop culturally relevant educational materials.
 - Connect with medical providers through the Delaware County Medical Society newsletters, and provide education for medical providers on PA Navigate/Find Help as resource to help patients access services.

Goal 3: Understand local asthma trends

Objective 2.2: By June 30, 2025, explore, identify sources of and review localized asthma data to determine health disparities and develop opportunities for action.

Alignment with DCHD Strategic Plan: Priority B- Greater Use of Data, Priority D- Community Health Improvement Plan

Outcome Indicator	Priority	Baseline	Target	Source
Completion of data review and development of addendum to Community Health Assessment.	Adults, Children, People living in and around Chester, PA	N/A	Addendum completed	DCHD Staff

Strategies:

- Understand local asthma trends
 - Review data available to determine the extent of childhood and adult asthma prevalence, emergency department visits, and hospitalizations.
 - Stratify data by geography, race, and ethnicity to determine demographic trends.

Goal 4: Reduce obesity

Alignment with DCHD Strategic Plan: Priority A- Enhance Communication, Priority C- 21st Century Public Health Model, Priority D- Community Health Improvement Plan

Objective 1.1: By December 31, 2028, decrease the adult rate of obesity in Delaware County by 5%.

Outcome Indicator	Priority	Baseline	Target	Source
Decrease the proportion of Delaware County adults who have a weight status of overweight or obese.	All adults	73.4% (2020) (PA: 67.6%)	68.4%	CDC PLACES (BRFSS), PADOH BRFSS
Decrease the age-adjusted rate of Delaware County adults who participate in no leisure time physical activity in the past month.	All adults	22.7% (2021) (PA: 22.5%)	20.7%	CDC PLACES (BRFSS), PADOH BRFSS

Data Sources: CDC Places BRFSS <https://experience.arcgis.com/experience/22c7182a162d45788dd52a2362f8ed65>

PADOH BRFSS: [https://www.pa.gov/content/dam/copapwp-](https://www.pa.gov/content/dam/copapwp-pagov/en/health/documents/topics/healthstatistics/behavioralstatistics/behavioralriskpaadults/documents/state-report/2022trends.html)

[pagov/en/health/documents/topics/healthstatistics/behavioralstatistics/behavioralriskpaadults/documents/state-report/2022trends.html](https://www.pa.gov/content/dam/copapwp-pagov/en/health/documents/topics/healthstatistics/behavioralstatistics/behavioralriskpaadults/documents/state-report/2022trends.html)

Strategies:

- Develop and promote programs to support healthy eating and physical activity
 - DCHD will partner with Health Connections to host an 8-week health management program for Delaware County community members starting in February 2025 to improve physical fitness and overall health.
 - Host Cooking for Wellness Classes at Keystone First Wellness and Opportunity Center; expand program to Watkins Senior Center in Upper Darby for class
- Develop and maintain contact lists of faith-based organizations to expand outreach opportunities for chronic disease prevention activities
 - Work with various county agencies to identify and assess existing lists and expand/update.
- Support engagement of Delaware County municipalities in applying for PA Walk Works grants
 - Share information about PA Walk Works grants with municipal leaders, assist with workplan and grant preparation.