



Alpine County

Community Health Improvement Plan

April 2022—June 2027

Executive Summary

A Community Health Improvement Plan (or CHIP) is a long-term, systematic effort to address public health problems. The CHIP is used by health and other governmental, education, and human service agencies, in collaboration with community partners, to set priorities and coordinate and target resources for promoting health.

In 2018, Alpine County Health and Human Services (ACHHS) took the first step to completing a CHIP by conducting a Community Health Assessment (CHA) to identify public health issues. In October 2020, ACHHS contracted with Social Entrepreneurs, Inc. (SEI) to facilitate the development of its CHIP. In November of the same year, the CHIP Steering Committee was formed to guide development of Alpine County's CHIP, which utilized the CHA and other assessments conducted during the process to develop long-term goals, objectives, and strategies to address public health concerns in Alpine County.

Alpine County's overarching objective for developing a CHIP was to engage key contributors and the broader community to facilitate a comprehensive planning process resulting in a Community Health Improvement Plan that, when executed, will help the county realize its vision that:

Alpine County has a shared understanding of whole-person health, systems in place that support equitable access to resources, and an ongoing commitment to community wellness through active engagement by all who live, work, learn, and play here

The following page provides a summary of the priority areas, goals, and objectives developed by the Steering Committee, and informed by community feedback collected via surveys, in-person convenings, and virtual meetings, to achieve this vision.

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Based on common themes seen across the data gathered as part of the CHIP process, the CHIP Steering Committee developed three priority areas that, when addressed, will help increase community health within Alpine County. These comprise Access to Health and Prevention Services, Healthy Lifestyles, and Supportive Infrastructure. These priority areas work together to create an environment and continuum for improved health by developing the infrastructure necessary to support health, providing direct access to services, and facilitating the establishment of healthy habits. Two additional cross-cutting themes seen across the data were identified as Community Awareness and Data Availability. Goals and objectives were developed to address each of these priority areas, as illustrated below.



Goal 1 | Residents have access to comprehensive health care services

- 1.1 Improve the availability of services to include the use of alternative locations and delivery modalities
- 1.2 Increase awareness and utilization of behavioral health services

Goal 2 | Residents have access to physical and mental wellness opportunities

- 2.1 Provide events, activities, and education that promote healthy lifestyles and provide opportunity for social connection to align with community interest

Goal 3 | Alpine County community members and visitors have regular access to healthy food and knowledge to support healthy eating habits

- 3.1 Expand availability of emergency food assistance and resources
- 3.2 Increase the amount of fresh food available in the community and reduce barriers to healthy food availability
- 3.3 Increase knowledge, skills and abilities related to nutrition, food preparation, and healthy eating habits

Goal 4 | Systems, resources, and the built environment support healthy choices in Alpine County

- 4.1 Increase affordable and workforce housing
- 4.2 Increase availability of affordable, accessible, early childhood care and afterschool programming
- 4.3 Improve broadband connectivity in Alpine County to facilitate information sharing, telehealth, and emergency notifications
- 4.4 Establish a plan for consistent information sharing of health-related activities, events, and initiatives within Alpine County
- 4.5 Understand need for county-facilitated transportation options and improve currently offered services
- 4.6 Increase the availability of meaningful and objective data on health metrics