

# Healthy Nashville



## Community Health Improvement Plan

2015-2019



*Metro* **Public Health Dept**  
Nashville / Davidson County  
Protecting, Improving, and Sustaining Health



# Acknowledgements

## Healthy Nashville Leadership Council

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## Introduction from the Chair, Healthy Nashville Leadership Council

On behalf of the Healthy Nashville Leadership Council, I am pleased to present the Healthy Nashville Community Health Improvement Plan (CHIP): 2015-2019.

The Healthy Nashville CHIP presents three key systems issues for the community to address during the next five years. These issues were elicited from a rigorous community health assessment process using the Mobilizing for Action through Planning and Partnerships framework for community health improvement. Thousands of Nashvillians participated in the visioning, assessment and strategy development processes that resulted in this CHIP. The MAPP process utilized the mayoral appointed Healthy Nashville Leadership Council as the advisory body, and the Metro Public Health Department served as the lead agency, convening and guiding the process. The Community Health Assessment for Nashville Report details the assessment process, and its results, and can be found in a complementary document.

Collective impact, a model for collaboration that emphasizes broad cross-sector coordination, is a key strategic lens that will be applied throughout the implementation of the CHIP. In addition to the goals and objectives included in the CHIP, the Healthy Nashville Leadership Council and Metro Public Health Department will continue to seek opportunities to partner, convene and participate in initiatives that support the three priority issues for the community.

This CHIP supports the vision of a healthier Nashville, and I am excited to see the results of its implementation.

Sincerely,



Ted Cornelius

Chair, Healthy Nashville Leadership Council  
Vice President of Health Innovation, YMCA of Middle Tennessee



# Priority: Advance Health Equity

## Goal 1: Develop better systems to support all individuals to achieve their optimum level of wellness

Objective	Organization(s)
Objective 1.1: Beginning in 2015 and ongoing, develop and implement ways to increase accessibility of community-based services through enhanced coordination and cross-training among providers, improved customer orientation to services, and Safety Net navigation support.	Safety Net Consortium and other partners
Objective 1.2: By 2019, present policy recommendations for advancing economic policies that promote health equity to a minimum of three influential bodies (e.g. Nashville Chamber of Commerce).	Healthy Nashville Leadership Council, United Way of Middle Tennessee, and other partners

## Goal 2: Ensure a strategic focus on communities at greatest risk for health inequities

Objective	Organization(s)
Objective 2.1: By 2015, research and draft state of health equity and social determinants of health in Nashville report to be updated bi-annually.	Metro Public Health Department
Objective 2.2: By 2015, convene community partners to launch the state of health equity and social determinants of health in Nashville report at the 6th annual Healthy Nashville Summit.	Metro Public Health Department and community partners
Objective 2.3: By 2016, disseminate position statement on health benefits of mixed-income housing to Nashville community through a minimum of three mediums. <ul style="list-style-type: none"> <li>Sub-Objective 2.3.1: By 2015, review the health benefits of mixed-income housing to inform Healthy Nashville Leadership Council position statement.</li> </ul>	Healthy Nashville Leadership Council, Metro Planning Department, United Way of Middle Tennessee, and other partners
Objective 2.4: By 2019, increase from baseline the number of Metro departments considering health equity in their policies and processes. <ul style="list-style-type: none"> <li>Sub-Objective 2.4.1: By 2016, add health equity as a component of HiAP efforts, highlighting opportunities for Metro agencies to consider health equity in their policies and processes.</li> </ul>	Metro Public Health Department
Objective 2.5: By 2019, a minimum of five decision making bodies (e.g. Metro Council, Metro Boards, Metro Departments) will adopt equity impact review tool for decision-making. <ul style="list-style-type: none"> <li>Sub-Objective 2.5.1: By 2017, research, identify and develop an implementation plan for an equity impact review tool, which will be used to describe impacts of proposed policies and programs on historic patterns of inequity.</li> </ul>	Metro Public Health Department
Objective 2.6: By 2019, identify and conduct a minimum of five educational activities related to addressing health inequities.	Healthy Nashville Leadership Council

**Indicators to Measure:** Decrease Income Inequality; Decrease % Low-Income Renters who Spend more than 30% of Income on Rent

**Indicators to Track:** Severe Housing Problems; Homelessness Count; #of Metro Nashville Public School Students who are Homeless; Disparities in Health Outcomes and Social Determinants of Health

# Priority: Maximize Built & Natural Environments

<b>Goal 3: Increase active transportation options and utilization</b>	
<b>Objective</b>	<b>Organization(s)</b>
Objective 3.1: Beginning in 2015 and ongoing, convene partners to promote the safe use of bicycles in Nashville.	YMCA of Middle Tennessee and Metro Public Health Department
Objective 3.2: By 2016, develop and present policy recommendations promoting active transportation options to Metro Council, Board of Health and other policy-making bodies as appropriate.	Healthy Nashville Leadership Council and Bicycle Pedestrian Advisory Committee
Objective 3.3: By 2017, provide hands-on training on the use of public transportation in Nashville to a minimum of ten Metro agencies.	Metro Public Health Department
Objective 3.4: By 2017, provide at least three education activities on the safe use of bicycles in Nashville.	Metro Public Health Department and YMCA of Middle Tennessee
Objective 3.5: By 2019, meet with top ten employers in Nashville to learn about the barriers to the use of alternatives to single occupancy automobile travel and to promote the physical and environmental health benefits of these alternatives.	Healthy Nashville Leadership Council and Metro Public Health Department
<b>Goal 4: Improve and protect the quality of air, land and water</b>	
<b>Objective</b>	<b>Organization(s)</b>
Objective 4.1: By 2017, begin implementation of plan for monitoring air quality impacts on vulnerable populations. Monitoring will be on-going. <ul style="list-style-type: none"> <li>Sub-Objective 4.1.1: By 2016, develop data collection/analysis plan for indoor air quality (e.g. radon) in Metro Government owned buildings.</li> </ul>	Metro Public Health Department
Objective 4.2: By 2018, develop and present regulatory, policy and systems change recommendations to improve and protect the quality of air, land and water to appropriate decision-making bodies. <ul style="list-style-type: none"> <li>Sub-Objective 4.2.1: By 2015, research environmental benefits of vanpools, carpools, and telecommuting.</li> <li>Sub-Objective 4.2.2: By 2017, research and prioritize best practices for improving and protecting the quality of air, land and water in similarly sized urban settings and compare with current regulations.</li> </ul>	Metro Public Health Department, Metro Planning Department, Healthy Nashville Leadership Council and partners
Objective 4.3: By 2018, submit report on air quality impacts on vulnerable populations with recommended interventions to Board of Health and other relevant decision-making bodies.	Metro Public Health Department
Objective 4.4: By 2019, Present environmental educational materials a minimum of 10 times. <ul style="list-style-type: none"> <li>Sub-Objective: 4.4.1: Develop education campaign aimed at educating the community about protecting and improving the environment.</li> </ul>	Metro Public Health Department and partners
<b>Indicators to Measure:</b> Increase % of population walking, bicycling and/or using public transportation to get to work; decrease annual number of high ozone days	
<b>Indicators to Track:</b> # of B-Cycle trips, # of riders in Annual Bike Count, pedestrian death rate, ratio of miles of sidewalks to streets; ratio of miles of bike lanes to streets; bicycle related injury/death; land used for farming	

# Priority: Support Mental & Emotional Health

## Goal 5: Provide individuals and families with the support necessary to maintain positive mental well-being

Objective	Organization(s)
<p>Objective 5.1: By 2017, increase employee understanding of and use of EAP program from baseline and continue to increase every two years.</p> <ul style="list-style-type: none"> <li>Sub-Objective 5.2.1: By 2015, Integrate mental wellness and promotion of EAP into Metro employee wellness program(s), including content in Metro-wide Intranet server, Inside Metro.</li> <li>Sub-Objective 5.2.2: By 2015, integrate employee wellness activities into annual National Public Health Week.</li> </ul>	Metro Public Health Department
<p>Objective 5.2: By 2018, present policy recommendations for increasing access to mental health resources, including employee assistance programs (EAP), regardless of economic status, to at least three decision making bodies.</p>	Healthy Nashville Leadership Council
<p>Objective 5.3: By 2019, a minimum of five educational activities supporting positive parenting and positive mental well-being will be delivered to Local Public Health System partners and the community.</p> <ul style="list-style-type: none"> <li>Sub-Objective 5.3.1: Starting in 2015, coalesce Alignment Nashville wellness committees to expand Alignment Nashville Behavioral Health resource guide to support mental well-being, including the connection between good nutrition and physical activity and improved mental well-being.</li> <li>Sub-Objective 5.3.2: By 2016, include wellness activities in student and adult tracks of annual Social Emotional Learning Conference.</li> </ul>	Alignment Nashville, Metro Public Health Department, United Way of Middle Tennessee, and other community partners
<p>Objective 5.4: By 2019, increase public awareness of Mental Health Crisis Services Center (MHCSC) as an ER alternative for 24/7 mental health urgent care.</p>	Metro Public Health Department and other community partners

## Goal 6: Promote positive parenting & violence free homes

Objective	Organization(s)
<p>Objective 6.1: Starting in 2015, increase delivery of Adverse Childhood Experiences training to MPHD public health staff and local public health system partners.</p>	The Family Center, Metro Public Health Department and partners
<p>Objective 6.2: Starting in 2015, convene partners to begin planning the 2016 Healthy Nashville Summit to advance positive parenting and violence free homes in Nashville.</p>	The Family Center, Metro Public Health Department and partners
<p>Objective 6.3: By 2018, research, prioritize and present recommendations for addressing violence in homes to appropriate decision-making authorities.</p>	Healthy Nashville Leadership Council

**Indicators to Measure:** Decrease child abuse rate; decrease domestic violence rate

**Indicators to Track:** Dependence or abuse of illicit drugs and/or alcohol, death rate due to drug poisoning, mental health provider rate

For more information on the Community Health Assessment and the Community Health Improvement Plan, please visit: [HealthyNashville.org](http://HealthyNashville.org)

For any questions on the Healthy Nashville CHA/CHIP, including how you or your organization can get involved in its implementation, e-mail:

[healthy.nashville@nashville.gov](mailto:healthy.nashville@nashville.gov)

**Additional Resources and Links:**

For more information on the Healthy Nashville Leadership Council, please visit:

<http://hnlc.nashville.gov/>

For more information about the Metro Public Health Department, please visit:

<http://nashville.gov/health>

For more information on collective impact, please visit:

<http://collectiveimpactforum.org/>