

This year the Meigs County Health Department (MCHD) will observe Community Health Improvement Week from June 10-14. Community Health Improvement Week is a national event to recognize community health professionals for their passion and dedication to improving the health of the communities they serve. Community Health Improvement Week raises awareness, demonstrates impact, and celebrates the individuals and organizations that work to advance the health and well-being of their communities. They may focus on at-risk populations or make directed efforts to improve specific health concerns in a community. Some of those focused areas may include, but are not limited to:

- early maternity care
- diabetes screening and care
- infant screenings
- mental health screenings
- elder care
- vaccines
- health awareness programs
- obesity

The MCHD has been working in conjunction with a group of individuals and organizations interested in the health and well-being of Meigs County residents for more than nine years to address the health of our communities. This group, called Get Healthy Meigs! (GHM!), completed the third Meigs County Community Health Assessment (CHA) in 2023 that identified key health needs and issues through systematic and comprehensive data collection and analysis.

The information from the CHA was used to create the Meigs County Community Health Improvement Plan (CHIP), which will focus on Access to Care, Mental/Behavioral Health, and Physical Activity. Goals have been created for each of these areas of concern and Get Healthy Meigs! members will work together to address the issues over the next three years. Updates to these goals will be discussed during each GHM! meeting and work to complete these goals will be completed in between each meeting.

Goals for each of the CHIP Priority Areas are as follows:

#### Access to Care

- *Ohio University Heritage College of Osteopathic Medicine (OUHCOM) Services Information Distribution to Population*-OUHCOM offers free primary and specialty health care to qualifying adults ages 18-64. GHM! would like to distribute information about those care clinics to residents of Meigs County as a way of increasing Access to Care options.
- *Improve availability and accessibility of screening services with use of Lung Screening Unit*-The MCHD, Meigs County Cancer Initiative (MCCI), and The Ohio State University James Cancer Center have partnered to bring a mobile lung screening unit to Meigs County. The lung screening unit made its debut in Meigs County in November 2023 and returned in March 2024. Plans are for it to return twice a year for the foreseeable future.

#### Mental/Behavioral Health

- *Reduce Overdose Deaths*-This will start with development of a Suicide/Overdose Review Board. Additional information will be available at a later date.
- *Develop and implement education campaign about effectiveness of harm reduction services*-Additional information will be available at a later date.

### Physical Activity

- *Increase number of businesses implementing a wellness program that will include a physical activity aspect*-Additional information will be available at a later date.
- *Reimplement to increase use of Book-a-Bike Program*-The Book-a-Bike Program was introduced to the Meigs County Public Library system in 2015, but usage has dropped off in recent years. Plans are to evaluate the current condition of the bikes, make necessary repairs, and then assist the library in reimplementing the Book-a-Bike Program. This will be contingent upon finding a funding source to cover the repairs.

Both the CHA and CHIP can be found on the MCHD's website ([www.meigs-health.com](http://www.meigs-health.com)). Get Healthy Meigs! typically meets the third Thursday in January, May, and September at 10:30AM at the Meigs County Department of Job and Family Services. New members are welcome. Contact the Meigs County Health Department at (740)992-6626 for more information.

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