



Greenwich Community Health Improvement Plan
Implementation Strategies

Priority Area: Healthy Lifestyles

Indicator: Percentage of people in Greater Greenwich region who indicate they have been told by a doctor or health professional that they have hypertension. **[2015-Greenwich 24% Port Chester 26%, 2018-23%; 27%]**

Indicator: Percentage of people in Greater Greenwich region who indicate they work out 1 or more days per week **[2015-Greenwich 86% Port Chester 77%, 2018-77%; 74%]**

Indicator: Percentage of people who did not have enough money to buy food that you or your family needed **[2015-Greenwich 6% Port Chester 14%, 2018-7%; 11%]**

**Source – CT Well-Being Survey 2015 and 2018*

Goal: By February 2022, there will be a 2% reduction in CVD risk factors among adults in the Greater Greenwich region.

Strategy	Action Steps	Outcomes
Implement initiatives to improve the cardiovascular health of the community and promote a culture of healthy living	<ul style="list-style-type: none"> • Implement collaboration among organizations to focus on decreasing hypertension rates in the community • Implement collaboration among organizations to focus on decreasing cardiovascular disease rates in the community • Collaborate with community partners to conduct & promote cardiovascular health and wellness programs and screening events • Provide education & promote awareness of healthy CVD lifestyles • Work with food pantries to have increased implementation of the SWAP • Provide education & awareness on the benefits of consumption of fresh fruits /vegetables/plant-based diets 	<ul style="list-style-type: none"> • # of initiatives for promoting awareness of hypertension • # of initiatives for promoting cardiovascular health & wellness programs to reduce CVD disease • # of health/wellness screening events • # of initiatives to promote heart healthy lifestyles • 25% increase in food pantries adopting SWAP • Evaluation data on satisfaction and utility of events and initiatives.



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Strategy	Action Steps	Outcomes
Implement initiatives to increase awareness of diabetes and to promote self-management for people living with diabetes.	<ul style="list-style-type: none"> • Implement collaboration among organizations to decrease diabetes rates in the community by providing education & awareness about risk factors of diabetes and prediabetes. • Promote and conduct healthy lifestyles & behaviors programs to improve management of prediabetes & diabetes. • Promote & conduct diabetes health screening events. • Implement self-management programs to decrease complications, improve medication compliance and promote awareness of pharmacy options. 	<ul style="list-style-type: none"> • # of health/wellness programs • # screening events • # of initiatives to promoting healthy lifestyles aimed at preventing and managing diabetes • Evaluation data on satisfaction and utility of events and initiatives
Strategy	Action Steps	Outcomes
Promote exercise and physical activity in the community	<ul style="list-style-type: none"> • Identify and promote existing programs and resources that are no cost, low cost options for exercise and physical activity • Educate the community about benefits of physical activity 	<ul style="list-style-type: none"> • # educational initiatives and programs to promote physical activity /exercise programs and resources • # of participants who participated/ attended programs • # education materials created and/or distributed
Strategy	Action Steps	Outcomes
Address food insecurity issues in the Greater Greenwich region	<ul style="list-style-type: none"> • Identify inventory/database of food resources. • Identify contributing factors to food insecurity • Implement collaboration among organizations to focus and promote a culture of healthy eating • Develop educational programs to educate residents on how to eat healthier on a budget 	<ul style="list-style-type: none"> • # of educational program offered • # of participants who participated/ attended programs