

**Tri-County Health Improvement Plan (T-CHIP)**  
**With Linkages to SHIP, Version November 29, 2011**

|                        | SHIP Objectives  | Promising Practices   | Activities  | Milestones   |
|------------------------|--|---|---|--|
| <b>Chronic Disease</b> | <p>Reduce Diabetes Complications as measured by SHIP 27.<br/> Reduce diabetes-related emergency department visits</p> <p>Prevent Premature deaths due to Diabetes</p>    | Diabetes Risk Test  | TDA continues screening and referral for diagnostic testing and follow up, on-going   | # screened<br># referred<br># diagnosed  |
|                        |  | Diabetes Management Education Program   | TDA continues education for new and problematic diabetes patients by certified programs and educators   | # patients<br># visits   |
|                        |  | Stanford Diabetes Self-Management Program   |   | % improved A1C blood test  |
|                        |  | Coalition Development Model: Tri-County Diabetes Alliance (TDA)   | TDA to review Emergency Department data for baseline in all 3 hospitals; explore other data for long and short term indicators; and recommend appropriate interventions | Dates of Report on key indicators; adoption of new and monitoring reports on all indicators, new recommendations |
|                        |  | " Look AHEAD"   | Explore Education for Clinical Onset of Diabetes  | Report to TDA  |
|                        |  | Diabetes Prevention Program (Lifestyle Balance curriculum)  | TDA to apply to MCHRC for funding to provide program in all 3 Counties  | # participants<br># pounds lost<br>% improved A1C  |
|                        | <p>SHIP 31.<br/> Reduce the proportion of children and adolescents who are considered obese (we add overweight).</p> <p>Measure from MYTS surveys every 2 to 3 years</p> | Coalition Development Model   | Wicomico takes leadership in new special committee for Tri-County Healthy Weight Programs   | First set of meeting minutes   |
|                        |  | Potentially: WeCAN (Ways to Enhance Children's activity and Nutrition) , Catch Kids Club, Media Smart Youth, Color Me Healthy | Explore model programs  |  |
|                        |  |   | Review local data for baseline, causal factors, and promising practices   | Report in committee minutes  |
|                        |  | Restaurant Program  | TDA evaluates   | Report in committee minutes  |
|                        |  | Day Care Program  | New Committee to review for possible use  | Report in committee minutes  |
|                        |  |   |   |  |

1. Abbreviations: MYTS – Maryland Youth Tobacco Survey; TDA – Tri-county Diabetes Alliance; SHIP – State Health Improvement Process
2. SHIP 25. Reduce deaths from heart disease and other SHIP objectives may be improved as both priorities are risk factors for other health conditions.
3. T-CHIP activities will include monitoring Years of Potential Life Lost to age 75 rather than SHIP 25 as we want to reduce premature deaths from heart disease – Note: Death data is always 3 years behind.
4. Each committee will have primary responsibility for their own objectives and activities and report to the Tri-County Health Planning Board for advice and oversight.