The CHNA identified three priorities from the CHNA conducted in 2016 and addressed these in its detailed implementation plan of 2017-2019: Substance Use/Mental Health, Dental Services and Obesity. The impact of plan strategies and activities are summarized below.

For an impact on health across the population of our HSA which encompasses portions of Windsor and Windham counties we look to the County Health Rankings.

For Windsor County, there were improvements in the most recent year (2019-2020) with Windsor rising in overall health from 9th to 5th, in Health Outcomes from 9th to 5th, and Health Behaviors from 4th to 3rd, and remaining 4th in Health Factors.

Windham County rose in ranking from 12th (2016) to 11th (2020), maintained a rank of 11th for Health Outcomes (2019 vs 2020) and decreased in rankings for Health Factors 7th to 9th and Healthy Behaviors 6th to 7th (2019 vs 2020).

Substance Use/Mental Health

In collaboration with multiple community partners, providers of substance use and mental health services made significant progress in expanding treatment capacity, simplifying admission procedures, reducing wait time and raising awareness of treatment options and services. Our health service area saw a reduction opioid-related fatalities, an increase in the number of people receiving medically assisted treatment for opioid use disorder and an increase in the number of people receiving mental health services at SMCS.

Dental Services

Over the past three years SMCS significantly expanded its capacity and the availability of dental services with a particular focus on elementary-aged school children. A dental education/screening/hygiene and referral program was launched bringing these services on-site at 16 schools reaching hundreds of additional children. Capacity at the Chester Dental Center was doubled with the addition of a second dentist and facility expansion. Both Windsor and Windham counties saw an improvement in the ratio of dentists to individual residents: 1490:1 from 1600:1 (Windsor Cty, 2019 vs 2016), 1530:1 from 1620:1 (Windham Cty, 2019 vs 2016).

Obesity

Programs and services to address obesity were added or enhanced over the past three years with community residents benefitting from an expanded and diverse offering of clinical programs (nutrition, health and fitness, lifestyle medicine counseling and consultations), classes, diabetes education, exercise programs, healthy cooking classes and enhanced offerings through community providers at recreation centers and schools.