

Thompson Health's Implementation Strategy is as follows:

As a result, the following areas were selected for the 2022-2024 Community Health Improvement Plan:

Priority Area: Prevent Chronic Diseases

Focus Area: Healthy Eating and Food Security

Goal: Reduce obesity and the risk of chronic disease

The priority area chosen to implement is chronic disease prevention with the focus area covering healthy eating and food security. Through various entities' interventions the goal is to reduce obesity and the risk of chronic disease. Thompson Health's continued partnership with childcare centers and public schools will ensure that children and families of all socioeconomic status' will be included in the community health improvement plan interventions. The interventions that Thompson Health will continue are the following:

- 'Eat your Colors' Puppet show to pre-K – K
- MyPlate and Digestion lesson to 2nd grade
- Community breastfeeding classes
- Summer camp activities that incorporate healthy choices and physical activity into lessons
- Workshop series for managing chronic disease through nutrition and physical activity

Priority Area: Promote Well-Being and Prevent Mental and Substance Use Disorders

Focus Area: Mental Health & Substance Use Disorders Prevention

Goal: Reduce the prevalence of major depressive disorders

The second priority area chosen to implement is to promote well-being and prevent mental and substance use abuse with a focus area of mental health and substance use disorder prevention. Through various entities' interventions the goal for this focus is to reduce the prevalence of major depressive disorders by partnering with schools. Thompson Health continues to partner with school districts to help reach children and families of all socioeconomic status. The interventions that Thompson Health is conducting are the following:

- Provide Mental Health First Aid to community members, colleges, hospital associates and organizations within Ontario County.
- Teach social emotional learning (SEL) within schools to elementary aged children
- Workshops focused on Anxiety and Depression within adults