



2023-2028 State Health Improvement Plan

Overarching SHIP Goal: Improve the health status and life expectancy of Pennsylvanians and eliminate health inequities.

SHIP Work Groups, Goal Teams, and Objectives

The SHIP has three work groups to address the SHIP focus areas of health equity, chronic disease prevention, and whole person care. These work groups have goal teams that focus on achieving goals and objectives that will be used measure progress on this five-year plan.

The three work groups, nine goal teams, and 31 objectives of the SHIP are listed below:



Health Equity Work Group: Improve health equity by addressing social determinants of health

Health Equity Goal Teams:

- Goal Team 1.1 — Increase financial well-being, food security, and safe affordable housing
Objectives:
 - Decrease population living in poverty
 - Reduce homelessness
 - Reduce housing cost burden
 - Reduce food insecurity
- Goal Team 1.2 — Increase community safety by reducing the number of violent incidences that occur due to racism, discrimination, or domestic disputes
Objectives:
 - Reduce homicide rates
 - Reduce elder abuse
- Goal Team 1.3 — Improve environmental health, focusing on environmental justice communities
Objectives:
 - Increase population living in counties with good air quality
 - Reduce number of heat-related hospitalizations
 - Increase the number of children tested for lead



Chronic Disease Prevention Work Group: Reduce chronic disease risk factors and societal impact

Chronic Disease Prevention Goal Teams:

- Goal Team 2.1 — Increase the population at a healthy weight through increasing availability and accessibility of physical activity and affordable nutritious food
Objectives:
 - Increase adult physical activity
 - Increase high school student physical activity

- Increase adult fruit and vegetable consumption
 - Increase high school student fruit and vegetable consumption
 - Reduce adult obesity
 - Reduce childhood obesity
- Goal Team 2.2 — Reduce the impact of tobacco and nicotine use
- Objectives:
- Reduce tobacco use among adults
 - Reduce vaping among high school students



Whole Person Care Work Group: Increase access to culturally humble whole person care through the lifespan

Whole Person Care Goal Teams:

- Goal Team 3.1 — Increase access to medical and oral health care
- Objectives:
- Reduce the number of people who do not have a personal health care provider
 - Increase dentist visits
- Goal Team 3.2 — Improve mental health and substance use outcomes through improved mental health services, trauma informed trainings, and substance use interventions
- Objectives:
- Decrease poor mental health days
 - Reduce suicide rates
 - Decrease the percent of high school students who feel sad or hopeless
 - Reduce drug overdose deaths
 - Increase mental health provider to population ratio
- Goal Team 3.3 — Improve health outcomes through improved chronic diseases management
- Objectives:
- Decrease heart disease related hospitalizations
 - Decrease cancer deaths
 - Decrease diabetes related hospitalizations
 - Decrease COPD related hospitalization
 - Decrease Alzheimer's related hospitalization
- Goal Team 3.4 — Improve maternal and infant health outcomes by improving prenatal, perinatal, and postnatal care
- Objectives:
- Reduce infant mortality
 - Reduce severe maternal morbidity

To view the SHIP in its entirety, please visit the SHIP website:

<https://www.health.pa.gov/topics/OpEx/Pages/State-Health-Improvement-Plan.aspx>. If you are interested in participating in the SHIP's implementation, please contact the SHIP Team at RA-ship@pa.gov for more information.