

# Invest in Your Community

## Improve Health and Well-Being *for All*

Our health and well-being are products of not only the health care we receive and the choices we make, but also the places where we live, learn, work, and play. **Community health improvement (CHI)** is a process to identify and address the health needs of communities.

Because working together has a greater impact on health and economic vitality than working alone, CHI brings together health care, public health, and other stakeholders to consider high-priority actions to improve health.

### ABOUT CDC'S ONLINE CHI NAVIGATOR

The Centers for Disease Control and Prevention's (CDC) online CHI Navigator—[www.cdc.gov/CHInav](http://www.cdc.gov/CHInav)—is a one-stop-shop that offers hospitals and other community stakeholders expert-vetted tools and resources for:

- Depicting visually the who, what, where, and how of improving community health
- Making the case for collaborative approaches to community health improvement
- Establishing and maintaining effective collaborations
- Finding interventions that work for the greatest impact on health and well-being *for all*

### HOW CAN I USE THE CHI NAVIGATOR?



#### Making the Case for Collaborative CHI

Read about hospitals that are engaged in collaborative CHI work and making an impact on community health.



#### Tools for Successful CHI

Find tools to support success at every step of the CHI process.



#### Database of Interventions

Search the database for strategies that work in four action areas for the greatest impact on community health.



#### CHI Navigator Resources

Download an infographic, fact sheets, and slides for use in engaging stakeholders within and outside your organization.



## WHO CAN BENEFIT FROM USING THE CHI NAVIGATOR?

The CHI Navigator is for people who lead or participate in CHI work within hospitals and health systems, public health agencies, and other community organizations.



### ***Benefit to Hospitals and Health Systems:***

In this transformational time, the effectiveness of the health care sector is based more on value and patient outcomes than on the volume of services provided. To maximize impact on health, it is essential to address not only access to and provision of health care, but also the prevention of illness—including adequate nutrition—and a focus on the social, behavioral, and environmental factors affecting health and well-being.

Using the CHI Navigator, hospitals and other community stakeholders can find resources related to the CHI process and interventions that experts

have reviewed and recommended for working collaboratively across four action areas: socioeconomic factors, physical environment, health behaviors, and clinical care. A balanced portfolio of interventions can lead to greater impact on patient and population health while reducing readmissions and cutting costs.<sup>1</sup>

### ***Benefit to Other Organizations in the Community:***

Engaging in a collaborative CHI process, as described within the CHI Navigator, supports the mission of the organizations involved in using interventions that work—a strategic approach favored by many funders.

### **A HOLISTIC APPROACH TO HEALTH CARE IS NEEDED:**



What will the “H” represent in 10 years? Much more than “Hospital.” People should see it and think of “Health.” As delivery and reimbursement systems change to incentivize keeping patients healthy and out of the hospital, the hospital field must be looking at a holistic approach to care, prevention needs to be front and center, and more than just hospitals and the health care system will be needed to impact change. Our focus should be on determinants of health, not just health care or hospital care.

From the American Hospital Association’s 2015 *Leadership Toolkit for Redefining the H: Engaging Trustees and Communities*

1. Hester, J.A. and P.V. Stange. 2014. A sustainable financial model for community health systems. Discussion Paper, Institute of Medicine, Washington, DC. <http://www.iom.edu/Global/Perspectives/2014/SustainableFinancialModel>.