Mercer County, Ohio Community Health Report 2025

Presented by:

Mercer Health

Additional Collaborating Organizations:

Foundations Behavioral Health Center
Mercer County DD
Mercer County Educational Service Center
Mercer County Head Start
Mercer County Job and Family Services
Mercer County Public Library
Mercer County Prevention Coalition
Mercer County Senior Citizens Center
Tri-County ADAMHS Board

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Executive Summary

A dedicated group of volunteers and employees from various community organizations and agencies throughout Mercer County routinely come together with a shared commitment to improving the health and well-being of Mercer County residents. With ongoing support from the Mercer County Health District and Mercer Health, this group serves as the steering committee for the Live Well Mercer County initiative. Their collaborative efforts help guide strategic initiatives, foster community engagement, and promote a healthier future for all.

The Live Well Mercer County initiative steering committee serves as the lead entity in conducting the Community Health Needs Assessment (CHNA), a comprehensive evaluation of the health status, needs, and priorities of Mercer County residents. Findings from the CHNA are integrated with additional data sources to inform the development of a Community Health Improvement Plan (CHIP). This strategic plan outlines measurable benchmarks and targeted improvement goals, all aimed at enhancing the overall health and well-being of the community.

This published report serves as a state of the health of the community report for Mercer County, Ohio as of January 1, 2025. It provides progress details and outcomes of the concluding community health plan for 2022-2024 and provides a working plan and framework for updates for the 2025-2027 community health plan.

The full assessment used to develop the 2025-2027 community health plan is available upon request. Additionally, a visual presentation of the 2025-2027 working plan can be found in Appendix B, the 2025-2027 Mercer County, Ohio Community Health Improvement Plan.

2022-2024 Community Health Improvement Plan, Progress Details, and Outcomes

The following pages outline the progress made to date in the implementation of the 2022-2024 Community Health Improvement Plan (CHIP) work plan. The work plan comes directly from the Mercer County, Ohio Community Health Report 2022. Progress updates reported by responsible parties at the end of the most recent quarterly reporting period are indicated in red print in the "status" column of the work plan. All other elements of the work plan are unchanged.

The COLT Health Committee will continue to monitor progress on each CHIP initiative against the specified goals and time frames on a quarterly basis. At least annually, the group will evaluate the feasibility and effectiveness of each initiative. Changing community resources and priorities will also be considered. When warranted by the evaluation, the group will adjust or discontinue current strategies and/or implement new strategies. Although the CHIP is developed from the ground up every three years, it will remain a living document that changes in response to new information and changes in the community context.

To date, the committee has adjusted the plan in a few areas. First, the establishment of a new prescription drug disposal box location was abandoned due to the lack of a suitable location and a partner willing to navigate the government requirements to offer this service. In its place, the committee created a new action step aimed at creating and promoting a list of local disposal options for unwanted or unused prescription drugs. Also, the deadline for the educational brochure campaign to increase awareness of the importance of regular routine dental care was extended from December 31, 2022 to December 31, 2023 due to the timing of possible grant funding.

Over the three year cycle of this plan, many organizations contributed their knowledge, skills and actions toward improving the health of Mercer Countians. The following narrative will highlight goals that were met - or if not met, progress toward the goal will be described. Through the course of the plan roll-out, rarely, a goal might have been determined, after true attempts, to not have been achievable. In those cases, an explanation will be provided to address the reason for a goal elimination.

Many of the objectives of the 2022-2024 CHIP were achieved. Some were not, for a variety of reasons. In some instances, unforeseen barriers were encountered that rendered objectives unfeasible. As Mercer County moves through future CHIP cycles, continued effort will be put toward completing goals and objectives in a measurable way, reflecting the hoped improvement in health outcomes among the people of Mercer County.

Priority #1: Mental Health. Like other rural counties, Mercer County has a per capita shortage of psychiatric care providers. Acute psychiatric care is located outside the county. While there is still some stigma associated with seeking help with mental health problems in our community, there has been an increase in demand for mental health services. We will continue working to address stigma and access problems during the course of this CHIP.

Priority Outcome 1: Increase access and availability of mental health services in Mercer County.

Key Measure(s): Access to mental health prevention, intervention and treatment services within Mercer County with goal of decreasing Health Concerns related to Anxiety, Depression, Other Mental Health Conditions, Self-harm or suicidal thoughts.

Baseline: % of Mercer County residents reporting Anxiety: 39.9%, Depression: 33.5%, Other Mental Health Conditions: 9.3%, Self-harm or suicidal thoughts: 5.3%

Alignment with National Priorities: Healthy People 2030; https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders

Alignment with SHIP: Priority topic: Mental Health and Addiction, featured strategy: digital access to treatment services and crisis response, priority topic: access to care, featured strategy: telemental health services.

Objectives	Impact	Measure	Action Steps	Timeframe	Lead	Status
Objective 1.1.1: By January 1, 2024, establish a virtual mental health service in Mercer County.	☐ Policy Change ☐ Environmental Change X Systems Change ☐ Evidence Based	Baseline: 0 Target: 1	• Determine community need and explore options. • Choose option and promote • Assess usage rates and determine if change is needed.	Start: January 1, 2022 End: January 1, 2024	Diane Gable, Foundations Behavioral Health Services	• Foundations has begun researching options to bring virtual service options to the community. Emailed Diane 12/2
Objective 1.1.3 By December 2023, implement hope squad programming in school districts to address suicide prevention and mental health awareness	☐ Policy Change ☐ Environmental Change ☐ Systems Change X Evidence Based Program	Baseline: 0 Target: 5	• Provide educational forums for stakeholders (superintendents, principals, counselors) • Obtain participation agreements	Start: January 1, 2022 End: December 31, 2024	Alicia Bruce, Tri-County ADAMHS Board, Rachel Glass, Mercer County ESC.	• 3 school districts (Marion Local, St. Henry, and Parkway) in Mercer County have established Hope Squad programming for the 2022-2023 school year. Celina Schools will implement a different program in the future. • Program continued at St. Henry & Marion Local in the middle school and high school.

Priority Outcome 2: Increase understanding of mental health in community						
Key Measure(s): Population education of mental health and available services. **Baseline:** In addition to decreasing health concerns noted in Priority Outcome #1, compare health education desired for mental health concerns in adults at 34.4% and children at 23.6%.						
Alignment with National Priorities: Healthy People 2030; https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders						
Alignment with SHIP: Priority Topic: Mental Health and Addiction, Featured Strategy: Mental Health Education						
Objectives	**Impact**	**Measure**	**Action Steps**	**Timeframe**	**Lead**	**Status**
Objective 1.2.1: Conduct a mental health education campaign throughout the CHIP period.	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 0 Target: 1	• Market the Crisis Text Line, Local Help Now app, and 24/7 emergency service to local community • Promote quarterly via local agencies' websites and social media. • Educate on decreasing negative stigma • Education on coping mechanisms	Start: January 1, 2022 End: December 31, 2024	Alicia Bruce, Tri-County ADAMHS Board, Anne Dunn, Tri-County ADAMHS Board	Ongoing Promotion of the Local Help Now app, Crisis Text Line, and 988 continue on social media, website, billboards, and printed resources. 2023 3/14/23 Faith based training – 40 participants 4/17-21/2023 Crisis Intervention Team training for local law enforcement 5/11/23 COLT presentation on Mental Wellbeing & local resources 6/27& 7/18/23 Trauma 101 training for Faith Community – 23 trained 11/17/23 Foundations hosted Breaking the Stigma training for staff 2024 4/7/24 Resiliency Training – 97 9/16-20/2024 Crisis Intervention Team training for law enforcement 11/15/24 Mercer ESC hosted COPE poverty simulation
Objective 1.2.2: By December 2023, train area school district educators/staff and community members on mental Health First Aid.	☐ Policy Change ☐ Environmental Change ☐ Systems Change X Evidence Based Program	Baseline: 0 Target: 4	• Confirm certified Youth Mental Health First Aid trainers • Coordinate and organize Youth Mental Health First Aid training for each school district.	Start: January 1, 2022 End: December 31, 2023	Mercer County ESC, Alicia Bruce, Tri-County ADAMHS Board, Diane	All Mercer County School districts have been trained. Follow-up training is being conducted for new hires. Foundations is training internally and upon request, and may reach out to the community within the next six months.

			• Coordinate and organize Mental Health First Aid training for community members		Gable, Foundations Behavioral Health Services	Foundations has put Mental Health First Aid Training on hold due to staffing shortages. ESC will continue, and is interested in reaching out to the community. Childcare and transportation barriers may exist. ADAMHS can assist with transport to parent group meetings. Recertification of those originally trained may be needed soon (1-17-23) Mercer ESC hosted trainings: 8/19/22 there were 14 people registered/completed. 8/8/23 there were 11 people registered/ completed.
Objective 1.2.3: By December 2024, provide educational forums for parents regarding mental health awareness	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 0 Target: 50	• Confirm presenters • Coordinate and organize educator forums	Start: January 1, 2022 End: December 31, 2024	Mercer County ESC	ESC is working with educators and parents, learning how to support the community and navigate politics. Working to provide a consistent message to schools and parents. The ESC provides monthly Family Connection newsletters to school districts, community members, and parents. Starting in November 2022, each newsletter includes a segment for supporting social emotional learning (SEL) skills at home. The SEL Coaches have presented (1/9/23 & 2/13/23) to parent/community members as part of the Family Information Series. The SEL Coaches presented at some of the Family Connections evenings during the 22/23 & 23/24 school years Book Studies: Mercer ESC has been offering regular book studies to regional educators. These book studies have focused on student wellness: 2023-2024: Help for Billy & What Happened to You? Efforts continue each school year.

Priority #1 Progress Notes – Mental Health – Increasing Access to Mental Health Services Including Prevention, Intervention and Treatment; as well as Decreasing Health Concerns Related to Anxiety, Depression, Self-Harm or Suicidal Thoughts.

Date	Progress Note
2022	Foundations Behavioral Health Center began researching options to bring virtual service options to the community.
2022-2023 school year	Marion Local, St. Henry and Parkway School systems established Hope Squad programming. Celina school system established a different (but similarly aligned) program.
2022-2024	Ongoing promotion of the Local Help Now app; Crisis Text Line; 988. Ongoing promotion on social media, website, billboards and printed resources.
3/14/2023	Faith based training – 40 participants
4/17-21/2023	Crisis Intervention Team training for local law enforcement.
5/11/2023	COLT presentation on Mental Wellbeing & local resources.
6/27/2023 & 7/18/2023	Trauma 101 training for Faith Community – 23 trained.
11/17/2023	Foundations hosted Breaking the Stigma training for staff
4/7/2024	Resiliency Training – 97 individuals
9/16-20/2024	Crisis Intervention Team training for local law enforcement.
11/15/2024	Mercer ESC hosted COPE Poverty Simulation.
2022-2023 school year	All Mercer County school districts trained in Youth Mental Health First Aid. New hires receive this training at on-boarding.
2022-2023	Foundations offering training on Mental Health First Aid internally, and upon request. Considered taking it community wide. (later determined to be unfeasible)
8/19/2022	Mercer ESC trained 14 people in Mental Health First Aid
8/8/2023	Mercer ESC trained 11 people in Mental Health First Aid
2022-2024	Mercer ESC worked with educators and parents to provide educational forums regarding mental health awareness.
11/2022	Mercer ESC provided monthly newsletters to school districts, community members and parents. These newsletters contained a segment for supporting social emotional learning (SEL) skills for at home.
1/9/23 & 2/13/23	SEL coaches presented to parent and community members as part of the Family Information Series
2022-2023 and 2023-2024 school years	SEL coaches presented at some of the Family Connections evenings.
2023-2024 school year	Book Studies: Mercer ESC offered regular book studies to regional educators. These studies have focused on student wellness: “Help for Billy” & “What Happened to You?”

One of the goals was to establish a virtual mental health service in Mercer County. Foundations Behavioral Health Services spent time developing avenues for individuals to connect with virtual providers, and as a result there was an overall increase in virtual providers. In general, individuals have gained access to a wide range of national telehealth options. Another goal contributing to this priority was to implement Hope Squad programming in school districts, addressing suicide prevention and mental health awareness. Marion Local, St. Henry and Parkway school districts established Hope Squad programming for the 2022-2023 year, and St. Henry Schools and Marion Local continued that programming in the 2023-2024 school year in their middle and high schools. A big part of this priority involved education in the broader community. The existence of the crisis text line and 24/7 emergency line was seen as needing to be better promoted for broad awareness in the community. Cooperating agencies helped post messaging on social media accounts and websites regarding the 688 text line. Additionally, billboards were emplaced in various places around the community advertising the text line. In 2023, faith-based training provided to 40 participants occurred, as well as Crisis Intervention Team training for local law enforcement. Community Organizations met and learned about Mental Wellbeing and the local resources available to provide for such. Additionally, 23 people in the Faith Community were trained on Trauma 101; and finally to wrap up 2023 activities, Foundations Behavioral Health Center provided Breaking the Stigma training to their staff. The 2024 year saw the following actions accomplished: Resiliancy Training; Crisis Intervention Team training for local law enforcement; and COPE Poverty Simulation exercise was conducted by the Mercer County Educational Service Center (ESC). Such commitment, evidenced through these actions speaks to the care at the heart of these participating organizations. In the arena of "training the trainer" regarding Mental Health First Aid, all Mercer County School districts have been trained. Follow-up training is being conducted for new hires. Foundations Behavioral Health Center had ventured into this training provision for their staff, but encountered staffing shortfalls, and had to abandon that effort temporarily. Mercer County Educational Service Center picked up the mantle and proceeded with the Mental Health First Aid, training 14 people in 2022 and 11 people in 2023. To top off the education effort surrounding mental health issues, the very important stakeholder in this issue being parents, a campaign was created focusing on education for parents, headed by Mercer County ESC. Outreach was accomplished through an existing newsletter that included a segment for supporting social emotional learning (SEL) skills at home. Additionally, The SEL Coaches presented twice in early 2023 to parent/community members as part of the Family Information Series. These Coaches also presented at some of the Family Connections evenings during the 22/23 & 23/24 school years. There were book studies facilitated surrounding family education and student wellness, of which Mercer County ESC offered regularly to regional educators. During 2023-2024, a session titled "Help for Billy & What Happened to You?" was presented.

Priority #2: Drug and Alcohol Abuse. The use of alcohol has been normalized in Mercer County. Although various agencies and groups are working to address the overall problem of addiction, the alcohol and drug problem remains. In the coming years, Mercer County public health partners will be tasked with finding innovative ways to make positive impacts on health outcomes related to drug and alcohol abuse.

Priority Outcome 1: Decrease the abuse of alcohol and drugs by youth and adults in Mercer County

Key Measure(s): Percentage of Mercer County residents who report using alcohol or illegal substances.
Baseline: 67% use alcohol, 24% use illegal substances.

Alignment with National Priorities: Healthy People 2030: https://health.gov/healthypeople/objectives-and-data/browse-objectives/drug-and-alcohol-use/reduce-proportion-adults-who-used-drugs-past-month-su-07, https://health.gov/healthypeople/objectives-and-data/browse-objectives/drug-and-alcohol-use/reduce-proportion-people-aged-21-years-and-over-who-engaged-binge-drinking-past-month-su-10

Alignment with SHIP:.Priority topic: Mental Health and Addiction, featured strategy: enhanced enforcement of laws prohibiting alcohol sales to minors

Objectives	Impact	Measure	Action Steps	Timeframe	Lead	Status
Objective 2.1.1: Hold at least one seller/server training each year throughout the CHIP period	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based	Baseline: 1 Target: 1	• Establish date and location of training • Market training • Hold training and evaluate results • Distribute press release to recognize businesses who invested in the training.	Start: January 1, 2022 End: December 31, 2024 Hold training in April or October each year in conjunction with Red Ribbon Week or Alcohol Awareness Month.	Mercer County Prevention Coalition	Setting up Seller Server training for May because the presenter was unavailable in April. Training held 5-16-22 with 4 participants In lieu of a press release, businesses post their certificates on site to self-advertise their investment in training. 9 servers from 5 businesses attended the 4-17-23 trainings. Training now available online at no cost and promoted by Prevention Coalition.
Objective 2.1.2: By 2023, investigate options for enforcement of legal drinking age at local festivals and present options to at least two festival committees per year.	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 0 Target: 4	• Assess local law enforcement role • Investigate third party options • Educate at least two festival committees on options annually.	Start: June 1, 2022 End: December 31, 2024	Mercer County Prevention Coalition, Mercer County Health District	MCHD will solicit feedback from the WOW Raffle committee. Strategy dropped due to lack on interest in community.
Objective 2.1.3: By August 1, 2024, install at least one vape sensor in each Mercer County school district.	☐ Policy Change ☐ Environmental Change ☐ Systems Change X Evidence Based Program	Baseline: 2 Target: 6	• Investigate vape sensor options, effectiveness, and cost • Identify funding sources • Market to schools • Complete installations	Start: January 1, 2023 End: August 1, 2024	Mercer County ESC	Vape sensors are installed in Celina High School, Celina Middle School, Tri-Star, Coldwater, Parkway, and Fort Recovery schools. By August 2023 vape sensors will be installed in all Mercer County school buildings except Marion Local- still in the discussion phase.

Objective 2.1.4: By September 1, 2024, implement the I Mind substance abuse program in 5 Mercer County school districts.	☐ Policy Change ☐ Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 0 Target: 3	• Market program to local schools • Pilot program in one school district • Evaluate effectiveness • Expand to additional school districts if pilot is successful	Start: May 1, 2022 End: December 31, 2024	Mercer County ESC, Foundations Behavioral Health Services	Foundations has contacted all athletic directors about speaking at their annual sports meetings. The Tri-County ADAMHS Board has contracted with Prevention Awareness Support Services (PASS) of Lima to implement this program. Program has changed as of 9-19-22. PASS is offering on the second Tuesday each month during the school year from 4:30 to 8:30 PM. Four kids attended the first session, held in September of this year. As of 5-8-23, PASS has offered 6 iMind sessions during the current school year with 25 students attending (19 attended during the first quarter of 2023)
Objective 2.1.5: By October 1, 2022, add one publicly accessible prescription drug collection box in Mercer County. **ABANDONED 9-19-22**	☐ Policy Change ☐ Environmental Change ☐ Systems Change X Evidence Based Program	Baseline: 2 Target: 3	• Work with community partner to secure new drop box site • Facilitate FDA approval process • Purchase and install drop box at new location • Market new location to community	Start: April 1, 2022 End: January 1, 2023	Tri-County ADAMHS Board, Mercer Health	Abandoned due to lack of a partner to provide a location for a drug collection box. Local Pharmacies and law enforcement agencies implemented through individual organization efforts.
Objective 2.1.5a By January 1, 2023, develop and maintain a list of publicly accessible prescription drug collection boxes in Mercer County and promote their use. **ADDED 9-19-22**	☐ Policy Change ☐ Environmental Change ☐ Systems Change X Evidence Based Program	Baseline: Target:	• Maintain list of local prescription drug drop-off box locations. • Share the list of locations across the community.	Start: September 19, 2022 End: December 31, 2024	Tri-County ADAMHS Board	CVS has a drug disposal box available during regular business hours Tri-County ADAMHS Board has publicized an October drug take back day on social media. Anne Dunn has developed a flyer listing the three public disposal locations in the county.
Objective 2.1.6: By August 1, 2022, distribute 100 Deterra prescription drug disposal bags across Mercer County	☐ Policy Change ☐ Environmental Change ☐ Systems Change X Evidence Based Program	Baseline: 0 Target: 100	• Secure funding and purchase bags • Produce demonstration video and share via social media network	Start: June 1, 2022 End: August 1, 2023	Tri-County ADAMHS Board	Tri-County ADAMHS Board has purchased bags and is doing a pilot project partnering with Community Health Professionals to utilize Deterra Bags for safe disposal of drugs for home health clients. Will continue to evaluate and adjust as needed.

			• Provide bags to funeral homes and hospice providers to distribute to families			

Priority Outcome 2: Increase awareness of long-term effects of drug and alcohol abuse.

Key Measure(s): Population education of drug and alcohol abuse and available services

Baseline: In addition to decreasing drug and alcohol abuse (Priority #1), compare health education desired for: drug abuse 29.1%, alcohol abuse in adults 21.6%, underage alcohol use 15.1%, tobacco use and/or quitting smoking 19.3%

Alignment with National Priorities: Healthy People 2030: https://health.gov/healthypeople/objectives-and-data/browse-objectives/tobacco-use/reduce-current-e-cigarette-use-adolescents-tu-05 **; https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-communication/increase-health-literacy-population-hchit-r01**

Alignment with SHIP: Priority topic: tobacco/nicotine. Strategy: School-based tobacco prevention and evaluation initiatives- insure all youth tobacco prevention policies and programs include emphasis on e-cigarettes/nicotine addiction.

Objectives	Impact	Measure	Action Steps	Timeframe	Lead	Status
Objective 2.2.1: Provide ongoing education on the effects of vaping and substance and alcohol use and abuse on long-term health	☐ Policy Change ☐ Environmental Change X Systems Change ☐ Evidence Based Program	Baseline: 0 Target: 15	• Coordinate with schools to set up education days for their students • Provide at least 5 presentations annually	Start: January 1, 2022 End: December 31, 2024	Laura Sanford, Foundations Behavioral Health Services	Various educational programs geared toward preventing substance abuse were presented to at least 12 groups from at least 5 local school systems between February and May of 2022. Refuse, Remove, Reasons program completed in Fort recovery and started in Parkway during September. Refuse, Remove, Reasons completed in Parkway in November. Coldwater's guidance counselor does a similar program. Laura presents to IC school 6th graders annually. The RRR program is used in the managing transitions class in Celina. Youth 2 Youth retreats served 52 2-4th grade students and 41 5-7th grade students RRR program completed with Fort Recovery 8th graders, Parkway 7th graders, and 2 classes of Celina HS students. Natural High class taught to all Parkway 9th graders.

Priority #2 Progress Notes – Drug and Alcohol Abuse

2022-2024	Seller Server Trainings.
5/16/2022	Seller/Server Training held – 4 participants.
4/17/2023	Seller/Server Training held – 9 participants from 5 businesses.
2022-2024	MCHD (Mercer County Health District) explored the possibility of increased enforcement of legal drinking age at local festivals. This strategy was dropped due to lack of interest in community.
2023-2024	Mercer ESC facilitated installation of vape sensors in all Mercer County school buildings except for Marion Local.
2022-2024	Mercer County ESC and Foundations implemented "I Mind" substance abuse program in the school districts. Athletic Directors from school districts were contacted about speaking at their annual sports meetings. Tri-County ADAMHS Board contracted with Prevention Awareness Support Services (PASS) of Lima to implement this program.
9/19/2022	PASS offered on second Tuesday of each month during school year, from 4:30 – 8:30 pm. 4 participants attended the first session.
5/8/2023	PASS offered 6 "I Mind" sessions during the school year. 25 students attended (19 during the first quarter of 2023)
2022-2023	Tri-County ADAMHS and Mercer Health explored the facilitation of adding one publicly accessible prescription drug collection box in Mercer County. 9/19/2022 – This objective was abandoned due to lack of a partner to provide a location for the drug collection box. Existing pharmacies and law enforcement provide these boxes of their own cognizance.
9/19/2022	Tri-County ADAMHS publicized a flyer listing the 3 public disposal locations in the County.
2022-2023	Tri-County ADAMHS Board purchased Deterra prescription drug disposal bags and began a pilot project partnering with Community Health Professionals to utilize Deterra bags for safe disposal of drugs for home health clients. Continued evaluation of the project occurred.
2022-2024	Foundations BHC presented substance abuse educational programs to 12 groups at 5 local school systems February – May 2022.
9/2022	Refuse, Remove, Reasons program completed in Fort Recovery.
11/2022	Refuse, Remove, Reasons program completed in Parkway Schools.
2022 school year	Coldwater Schools presented a program similar to RRR. Immaculate Conception School received an annual presentation for 6th graders. RRR is used in the "Managing Transitions" class at Celina Schools.
2022 school year	Youth 2 Youth retreats served 52 2nd-4th grade students; and 41 5th-7th grade students.
2022-2023 school year	RRR program completed at Fort Recovery for 8th graders. RRR program completed at Parkway for 7th graders. RRR program completed for 2 classes of Celina High School students.
2022-2023 school year	"Natural High" class taught to all Parkway 9th graders.

Similar to Priority 1, much of the strategy for impacting a positive cultural change, making alcohol no longer seen as an accepted, normal part of Mercer Countians lives involves education. A variety of goals were identified, which will be discussed in this narrative. Training sellers and servers of alcohol was a starting point. "Seller/Server" trainings which impress upon this industry the awareness of rules and regulations surrounding the service of alcohol, and the importance of their responsibility in regard to such service. In 2022 and 2023 trainings were held, in person, with 13 participants from various businesses represented. These trainings were made available online for easy and free access, going forward. Completion of this training provides certification that can be displayed at establishment, promoting their valuation of responsible handling of alcohol. Another well-meaning goal, which was later abandoned due to lack of cooperation / participation amongst the community, involved providing for enforcement of legal drinking age at local festivals. Although alcohol is the most commonly thought of substance which tends to be abused, this priority did not limit its scope to alcohol alone. Vaping amongst school age children has become a concern, and a goal was established to install vape sensors within each Mercer County school building. By the end of this CHIP cycle, vape sensors were installed in each school building, except for Marion Local. A program titled "I Mind" is a one-day, 4 hour initiative designed to help adolescents avoid substance use and support their return to school or after-school programs. It uses an evidence based curriculum to educate students about the consequences of vaping, marijuana, alcohol and other drugs. Plan developers identified implementation of this program as one of the goals of this cycle. After outreach to athletic directors at all school districts, and Prevention Awareness Support Services (PASS) of Lima, in 2023, this program was given 6 times, with 25 students attending. Prescription drug collection boxes are an avenue of prevention, by eliminating unintended access of these substances. A goal was established surrounding the provision of a collection box in Mercer County. Beyond the direct intervention of this plan, individual entities have established drug collection boxes in Mercer County, including law enforcement agencies and local pharmacies. A subsequent goal related to this initiative was further refined to establish a list of publicly accessible prescription drug collection boxes. During this cycle, Tri-County ADAMHS has promoted a drug take back day during the month of October, as well as developing a flyer which lists the three public disposal locations in the county. Another goal of this priority involves distribution of Deterra prescription drug disposal bags across Mercer County. Deterra drug deactivation bags are used to render prescription drugs inert and unavailable for misuse and safe for the environment. In a simple, 3-step process, a user deactivates the drugs by putting them in a Deterra pouch or container, adding water, shaking and throwing it away. During this CHIP cycle, Tri-County ADAMHS Board has purchased bags and began a pilot project partnering with Community Health Professionals to utilize Deterra bags for safe disposal of drugs for home health clients. This pilot project was still underway at the close of the CHIP cycle. Building upon the other education aspects of this priority, there was an interest to deepen the education component by specifying long-term health effects of vaping and substance / alcohol use. Outreach to the schools in Mercer County resulted in 12 groups receiving education, within at least 5 school systems, during the 2022 year. "Refuse, Remove, Reasons", which is a high school education initiative aimed at preventing substance abuse – increasing their refusal skills and promoting positive decision making – was completed in Fort Recovery and Parkway Schools. Parkway Schools presented, in addition to the RRR course, "Natural High" class to all 9th graders. Coldwater Schools uses a similar program, and Immaculate Conception School presents this course to 6th graders. Celina Schools utilizes the RRR program in the "Managing Transitions" class. Finally, Youth 2 Youth retreats served 52 2nd-4th grade studenst and 41 5th-7th grade students.

Priority #3: Healthy Weight. Seventy one percent of Mercer County residents are overweight or obese. People often eat unhealthy foods out of convenience or because healthier options are not readily available at the place and time they are needed. This problem applies to both restaurant and retail settings. Although Mercer County is home to many farmers and blue collar workers, many others lead sedentary lifestyles, promoting overweight and obesity. Unhealthy weight often leads to chronic disease problems. The Mercer County public health partners envision a future where many more Mercer County residents maintain healthy body weight by eating healthy foods and living active lifestyles.

Priority Outcome 1: Decrease proportion of Mercer County adults who are obese

Key Measure(s): Proportion of adults who are obese as reported in the Mercer County Community Health Needs Assessment.
Baseline: 43%

Alignment with National Priorities: Healthy People 2030: https://health.gov/healthypeople/objectives-and-data/browse-objectives/workplace/increase-proportion-worksites-offer-employee-nutrition-program-ecbp-d05

Alignment with SHIP:.Priority topic: physical activity. Strategy: workplace physical activity programs and policies.

Objectives	Impact	Measure	Action Steps	Timeframe	Lead	Status
Objective 3.1.1: Increase proportion of adults eating fruits and vegetables	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based	78% do not meet daily recommendations, decrease	• Promote resturaunts offering health options/choices • Promote how to grocery shop, prepare, etc. – CHWW services • Occupational Health Wellness Team will schedule discussions with local employers about promoting healthy choices when grocery shopping and eating in restaurants • Occupational Health Wellness Team will create short videos to be shared amongst	Start: January 1, 2022 End: December 31, 2024	Mandy Wendel-Mercer Health Weight Management Center Jessica Brown – Mercer Health Mindy Kremer – Mercer Health	• Mercer Health Center for Healthy Weight and Wellness provides individualized education to each patient regarding healthy options when eating out, at the holidays, grocery shopping, etc.Mercer Health dietitians are exploring resources and discussing how to approach the restaurant promotion piece. • Mercer Health has had discussions about coverage of occupational health services through insurance. Employer interest has decreased since the beginning of COVID.Occupational Health also has employers sharing information on dietary tips in their break areas. • Mercer Health Occupational Health and Wellness provides ongoing education. Videos are well received by employers and will continue indefinitely.

			employers on healthy choices			
Objective 3.1.2: Increase proportion of adults getting recommended activity/increase their activity	Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based	50% do not meet recommendations of 3x weekly, increase	• Promote how to get steps • Offer wellness tips • Promote 5K series • Other general education • Occupational Health Wellness Team will schedule discussions with local employers about promoting healthy choices when grocery shopping and eating in restaurants • Occupational Health Wellness Team will create short videos to be shared amongst employers on healthy choices	Start: January 1, 2022 End: December 31, 2024	Mandy Wendel-Mercer Health Weight Management Center Jessica Brown – Mercer Health Mindy Kremer – Mercer Health	• Healthy Waves challenge happens annually. • Occupational Health sends out weekly healthy living tips covering physical activity and nutrition. • 5K series happens annually. 5K numbers were up in 2022. Additional marketing this year to promote 5K Challenge to both runners and walkers The 2023 5K series begins in June, and the Healthy Waves Challenge will be held again this summer. • Mercer Health has been speaking at various meetings about general health and wellness (Chamber meetings, upcoming COLT meeting, Safety Council, Foundations Women's Health meeting, etc. • Center for Healthy Weight and Wellness and Occupational Health have been producing videos, meeting with employers, etc. • Occupational health is looking at existing video resources.
Priority Outcome 2: Increase awareness of the **connection between weight status and other comorbidities**						
Key Measure(s): Adults receiving preventative health screenings as recommended; visiting primary care provider for annual wellness **Baseline: Preventative Screenings, 44.4% and Annual Wellness 57.5%**						
Alignment with National Priorities: Healthy People 2030: https://health.gov/healthypeople/objectives-and-data/browse-objectives/workplace/increase-proportion-worksites-offer-employee-nutrition-program-ecbp-d05; https://health.gov/healthypeople/objectives-and-data/browse-objectives/overweight-and-obesity/increase-proportion-health-care-visits-adults-obesity-include-counseling-weight-loss-nutrition-or-physical-activity-nws-05						
Alignment with SHIP: Health behaviors and Chronic Disease – Heart disease and diabetes						

Objectives	Impact	Measure	Action Steps	Timeframe	Lead	Status
Objective 3.2.1: Promote screenings for diabetes and heart disease, cholesterol, etc. – and following up with their provider	☐ Policy Change ☐ Environmental Change X Systems Change ☐ Evidence Based Program	Baseline: 44.4% preventative screenings, 57.5% provider visit Target: 50% preventative screenings, 67% provider visit	• Education/promotion of screenings • Heart disease campaign	Start: January 1, 2022 End: December 31, 2024	Mindy Kremer – Mercer Health	• Mercer Health held a Know Your Numbers Health Fair twice in October 2022. Planning to offer again in 2023 and beyond. • Mercer Health completed the heart disease campaign in February 2022. Heart disease social media campaign to be completed in April-May 2023 – heart health isn't just important during heart health month

Priority #3 Progress Notes: Healthy Weight

2022-2024	Mercer Health Center for Healthy Weight and Wellness provided individualized education to each patient regarding healthy options when eating out, at the holidays, grocery shopping, etc…
2022-2024	Mercer Health provided outreach to insurances about coverage of occ health services.
2022-2024	Mercer Health Occupational Health worked with employers to have them share information on dietary tips in their break areas.
2022-2024	Mercer Health Occupational Health created educational videos to be utilized by employers for promoting healthy eating.
2022-2024	Mercer Health Weight Management Center promulgated the Healthy Waves challenge (annual event).
2022-2024	Mercer Health distributes a weekly healthy living tip, covering physical activity and nutrition.
2022-2024 (June 2023)	Mercer Health coordinated a 5K series (annual series). 5K numbers were up in 2022. Marketing was ramped up to promote 5K challenges to both runners and walkers
2022-2024	Mercer Health provided speakers at various meetings about general health and wellness, including Chamber of Commerce meetings, COLT meetings, Safety Council, Foundations Women's Health meeting.
2022-2024	Mercer Health promoted screenings for diabetes and heart disease, cholesterol testing, and provider follow ups.
10/2022 & 2023	Mercer Health held a "Know Your Numbers" health fair.
2/2022 & 2023	Mercer Health rolled out a Heart Disease campaign (social media) – going beyond February's heart health month.

Chronic disease problems are often caused by unhealthy weight, and Mercer County statistics show that seventy-one percent of residents are overweight or obese. The initial objective within reducing obesity was to increase the proportion of adults eating fruits and vegetables. Mercer Health Center for Healthy Weight and Wellness began providing individualized education to each patient regarding healthy options when eating out, at the holidays, and during normal grocery shopping. Mercer Health Occupational Health has shared posters for employers to post in break areas, sharing dietary tips. They also provided educational videos for employers to play for their employees. To address the active lifestyle component of this priority, an objective was developed toward increasing physical activity. Promotional activities that were conducted included "Healthy Waves", weekly healthy living tips covering physical activity were sent by Mercer Health, 5K series was continued – which was already occurring annually. During 2022 it was noted that 5K participation had increased. Promotion efforts for the 5K was molded to also include walkers, in addition to runners. Speaking engagements with Chamber of Commerce organizations, Safety Council, COLT (Community Organizations Linking Together), and the like were completed by Mercer Health, to educate individuals regarding general health and wellness. Education is always a key component for changing behaviors, and plan contributors did not want to miss the opportunity for education surrounding the connection between weight status and other co-morbidities. An objective to align with this goal was to promote screenings for diabetes and heart disease, cholesterol and other markers, and then following up with their medical provider. A "Know Your Numbers" health fair was held by Mercer Health, twice, in October 2022; and continued similarly in 2023. A heart disease campaign was completed in February 2022, and heart disease social media campaign complete in 2023.

Priority #4: Access to Care: Access to and utilization of health care are important concerns of the local public health system. This priority seeks to ensure Mercer County residents are aware of the health care options available to them, the importance of those options, and how to get the care they need. Enhanced access to care is also a focus.						
Priority Outcome 1: Increase proportion of community understanding importance of and access to health care						
Key Measure(s): Adults receiving preventative health screenings as recommended; visiting primary care provider for annual wellness **Baseline:** Preventative screenings: 44.4% and Annual Wellness: 57.5%						
Alignment with National Priorities: Healthy People 2030: https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-communication/increase-health-literacy-population-hchit-r01						
Alignment with SHIP:. Health behaviors ,Chronic disease – heart disease and diabetes						
Objectives	**Impact**	**Measure**	**Action Steps**	**Timeframe**	**Lead**	**Status**
Objective 4.1.1: Promote evidence-based preventative health care and follow up with their provider	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based	Baseline: 44.4% preventive screenings, 57.5% provider visit Target: 50% preventive screenings, 67% provider visit	• Continue discussions with local employers on medical coverage of healthy weight and wellness strategies. • Distribute resources/educational materials at employer health fairs and to other employers about health choices and available resources • Ongoing education of appropriate preventative health screenings • Promotion/education of health screenings, etc.	Start: January 1, 2022 End: December 31, 2024	Jessica Brown-Mercer Health Occupational Health Mindy Kremer – Mercer Health	• Discussions with employers are ongoing and coverage is trending favorably. • Mercer Health is promoting telehealth as an alternative to waiting for appointments. • Mercer Health Occupational Health offers an "Ask the Provider" forum in which providers speak about men's and women's health, prevention, and answer questions. • Promotion and education will be done through Live Well Mercer County when re-branding is complete.

Objective 4.1.2: Educate patients on the importance of regular routine dental care	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program		• Locate/identify grant opportunities to cover costs to create informational pamphlet • Identify graphic designer to create • Identify local dental providers to author information points • Distribute to all medical and social service providers. • Conduct follow-up survey in December, 2022.	Start: January 1, 2022 End: December 31, 2023	Amy Esser-Mercer County Head Start Jason Menchhofer-Mercer County Health District Mindy Kremer-Mercer Health	• Community Connections Grant application was submitted 11-4-22. Grant was not funded as per 2-22-23 notice from HealthPath Ohio. • Completed • N/A • Not Yet Started • Not Yet Started
Objective 4.1.3: Advocate for higher dental reimbursement rates for providers	☐ Policy Change ☐ Environmental Change X Systems Change ☐ Evidence Based Program		• Locate/identify dental advocacy group • Contact federal/state legislators to advocate for higher reimbursement rates	Start: January 1, 2022 End: June 30, 2022	Amy Esser-Mercer County Head Start	• Jason has connected with Oral Health Ohio and receives information on advocacy opportunities and shares with the COLT Health group. Jason sent a letter to the chair of the Ohio House Finance Committee's Health and Human Services Subcommittee on 3-3-23 and provided the same information to Representative King's office. • Jason is participating in advocacy through the Association of Ohio Health Commissioners to support additional funding written into the Ohio biennial budget bill.

Objective 4.1.4: Promote community organizations that provide support services	☐ Policy Change ☐ Environmental Change X Systems Change ☐ Evidence Based Program	Percent of Mercer County Residents who use the following sources for health information. Baseline: Doctor/health care provider: 71.1% Health Department: 8.5% Target: Doctor/health care provider: 90% Health Department: 50% Percent of Mercer County residents who use the following sources for information about community events and resources. Baseline: Community bulletin boards: 16.9% Doctor's office or hospital bulletin boards: 11.7% Target: Community bulletin boards: 90% Doctor's office or hospital bulletin boards- 50%	• Update resources – including Resource Booklet and determine how to best communicate, make available digitally • Develop "campaign" such as "Healthy Mercer County 2030" as a foundation for CHIP, particularly access to care messaging	Start: January 1, 2022 End: December 31, 2024	Mindy Kremer – Mercer Health	• Resource Booklet received extensive updates in January/February 2023 and has been released to the community via emails, website links, printed copies, etc. • Live Well Mercer County has been established as the new platform. The new website, which will continue to evolve, should be launched in May 2023. A campaign promoting the platform will follow with the goal of making "Live Well Mercer County" not only the initiative but the source for all information for living well in Mercer County.

Priority #4 Progress Notes: Access to Care

2022-2024	Mercer Health Occupational Health promoted evidence-based preventative health care and provider follow ups. Outreach was done with employers . Telehealth was promoted as an alternative to waiting for in-person appointments.
2022-2024	Mercer Health offered an "Ask the Provider" forum in which providers speak about men's and women's health, prevention and answer questions.
2022-2023 11/4/2022	Mercer County Head Start and Mercer County Health District submitted a Community Connections Grant for creation of an informational pamphlet designed to be distributed at medical and social service providers to educate on importance of regular, routine dental care. This grant was not funded, per 2/22/2023 notice.
1-6/2022	Mercer County Health District connected with Oral Health Ohio for advocating higher reimbursement rates for dental care. MCHD Health Commissioner sent a letter to the chair of the Ohio House Finance Committee's Health and Human Services Subcommittee on 3/3/2023; a similar letter was set to Representative King's office for advocating for additional funding for dental care.
1-2/2023	Mercer County Resource Booklet was revised and distributed widely through the community via email, social media, websites, printed copies; listing the numerous organizations offering assistance of various types.

Awareness of health care options available to Mercer County residents is the focus of this priority. Several goals and objectives were developed by the planning group to move the needle in a more positive position for better access and awareness. The objective toward promoting preventative health care visits and follow-ups produced results, including opening discussion with employers; promotion of telehealth as an alternative to having to wait for in-person appointments; creation of a forum called "Ask the Provider" to give opportunity for men's and women's health topics in a question and answer format. Oral health as an important component of overall health and well-being. This plan has not excluded this aspect, in the objectives promoting regular / routine dental care and advocating for financial advantages for citizens which enables higher rates of dental servicing. An attempt to secure a Community Connections Grant in order to print informational pamphlets for distribution at local dental provider offices was not successful, unfortunately. Advocation on the legislative front was completed by the Mercer County Health District in 2023 through a letter sent to the Ohio House Finance Committee's Health and Human Services Subcommittee; and a similar letter to Representative King's office. Mercer County Health Commissioner participated in advocacy through the Association of Ohio Health Commissioners for support of additional funding toward dental reimbursement. Finally, to complete the Access to Care desired goals, a campaign of promotion of community organizations that exist in Mercer County was identified as being very important. Our community is filled with many caring organizations, both public and private, but if citizens are not aware of them, their impact is not as encompassing as it could be. Our Home Family Resource Center had created a Resource Handbook, which through the efforts of this initiative, received extensive updates in January / February 2023. This handbook is a broadly encompassing resource, listing the many agencies available to the citizens of Mercer County. The handbook was released to the community via email, website links, and printed copies. A coalition, "Live Well Mercer County" was established to be a go-to informational source, encompassing the objectives of this and future CHIP efforts. At the end of this cycle, the Live Well Mercer County platform was continuing to evolve.

2025-2027 Community Health Improvement Plan Details and Current Progress

PRIORITY#1: MENTAL HEALTH

Priority Outcome:	Decrease unintentional drug overdose and suicide deaths
Key Measure:	suicide and/or overdose death rate of Mercer County Residents
Baseline Ohio(2018):	youth 5.7 per 100,000 / adult 19.3 / 100,000
Mercer County Suicide Data (2025)	non-specific age range: 9 cases
Alignment with National Objectives:	Healthy People 2030 Goal – https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders
Alignment with SHIP:	2020-2022 SHIP: priority outcomes – reduce suicide deaths / reduce drug overdose deaths 2020-2022-SHIP.pdf Note: 2022-2029 SHIP still in development at this time

Initiatives	Impact	Measure	Action Steps	Timeframe	Who	Status
Objective 1.1 Develop and implement an education and awareness campaign of signs and symptoms of mental health and addiction utilizing evidence-based prevention strategies	☐ Policy Change ☐ Environmental Change ☐ Systems Change X Evidence Based	Baseline: 0 Target: 1	• Develop education campaign with clear goals, objectives, and outcome measures • Implement campaign in 2026 Monitor and evaluate outcomes and update annually	Start: January 1, 2025 End: December 31, 2027	Foundations Behavioral Health Services Tri County ADAMHS Board	Billboards have been posted in Mercer County supporting "May is Mental Health" in May 2026 and "PTSD Awareness/Mens Health" in June 2026. Each billboard has information for *988 or interactive links to SAMHSA to get info on symptoms and treatments
Objective 1.2 Expand Mercer County Prevention Coalition engagement and efforts using evidence-based prevention strategies	☐ Policy Change X Environmental Change ☐ Systems Change X Evidence Based Program	Baseline: 0 strategic plans Target: 1 strategic plan including a minimum of 2 evidence-based prevention strategies	• Complete strategic planning process in partnership with Ohio Suicide Prevention Foundation in Q1 2026 • Development and implement outreach and recruitment plan to expand engagement by Q2 2026 • Monitor and evaluate outcomes and update annually	Start: January 1, 2025 End: December 31, 2027	Mercer County Prevention Coalition Tri County ADAMHS Board Foundations Behavioral Health Services Mercer County	

					Health District	
Objective 1.3 Develop a communication campaign to increase access to and awareness of community resources specifically for mental health and addiction, such as providers, 988, etc.	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 0 Target: 1 developed campaign including a minimum of 2 evidence-based prevention strategies	• Develop communication campaign by 1/2025 promoting 988 Suicide & Crisis Line • Develop and implement a campaign specific to mental health and addiction resources in Mercer County by Q1 2026 using interactive media and outreach efforts • Monitor and evaluate outcomes and update annually	Start: January 1, 2025 End: December 31, 2027	Tri County ADAMHS Board Foundations Behavioral Health Services	*988 swag and info have been given to local providers to distribute in schools and community events. Above mentioned billboards (obj 1.1) all include *988 info
Increase % residents receiving annual wellness exams	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 63% Target: 65%	Each Live Well participating organization/agency shares preventative care content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	Mercer Health shared a social media post on April 13, 2026 announcing their schedule for physical exams focused on athletes.
Increase % of residents exercising at least 3x weekly	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 49% Target: 52%	Each Live Well participating organization/agency shares exercise content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	Mercer Health Center for Healthy Weight & Wellness held education sessions on March 3, 2026 and May 5, 2026 relating to Food, Feelings and Stress; and benefits of Exercise!.

Decrease % of residents drinking alcohol at least weekly	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 48% Target: 45%	Each Live Well participating organization/agency shares alcohol content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	
Decrease % regular tobacco use	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 13% Target: 10%	Each Live Well participating organization/agency shares tobacco content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	
Increase % of daily recommendation of fruits and vegetables	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 23% Target: 26%	Each Live Well participating organization/agency shares nutrition content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	Mercer Health shared a post on April 7, 2026 to promote an event at the Coldwater Library called "Building a Better Plate." Mercer Health's Karen Homan, Diabetes Educator, presented information twice during the month of June 2026 at the Council on Aging.
Decrease % of fast food more than 1x weekly	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 50% Target: 47%	Each Live Well participating organization/agency shares nutrition content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	In May 2026, Mercer DD provided one of their monthly cooking classes for making a healthy recipe at home.
Decrease % illegal drug use	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 10% Target: 7%	Each Live Well participating organization/agency shares tobacco content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	

PRIORITY#2: HEART DISEASE

Priority Outcome:	Decrease heart disease mortalities, by increasing access to providers, improving cardiac emergency preparedness, enhancing preventative testing, promoting prevention through education and raising awareness of contributing factors.
Key Measure:	Mercer County working age adults has the highest rate of deaths from heart disease than any other county in Ohio, at 272.5 deaths per 100,000 population. (Source: Healthy Policy Institute of Ohio. 2024, February).
Baseline:	272.5 deaths per 100,000
Alignment with National Objectives:	Healthy People 2030 Goal – Improve cardiovascular health and reduce deaths from heart disease and stroke
Alignment with SHIP:	2020-2022 SHIP Goal – Improve Chronic Disease, including Heart Disease

Initiatives	Impact	Measure	Action Steps	Timeframe	Who	Status
Increase access to cardiology providers in Mercer County	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based	Baseline: 2 Target: 3	Recruit new provider to community	2025	Mercer Health	COMPLETE
Ensure cardiac emergency preparedness by seeking additional accreditations and certifications, to uphold the highest standards in cardiac care	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline:1 Target: 2	Attain: Get with the Guidelines – Coronary Artery Disease from American Heart Association, Acute Heart Attack Ready Accreditation from The Joint Commission and American Heart Association	Continuous from 2025-2027	Mercer Health	COMPLETE
Enhance preventative testing by bringing new preventative testing options to Mercer County	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 2 Target: 4	Add Heart Score CT scanning and Coronary CT angiograms	By December 31, 2027	Mercer Health	Heart Score CT scanning is being provided as of Spring 2025
Increase community partnerships to provide heart disease education, awareness, support and prevention via	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 2 Target: 4	Prioritize heart disease prevention opportunities, aligns best with goals	By December 31, 2027	Mercer Health	Partnered with Celina Schools to obtain AEDs and Heart Rate Monitors 180 individuals completed 2025 Mercer Health 5K Challenge

schools, community forums and sponsored events, such as the Mercer Health 5K Challenge						Heart Disease educational events in February 2025 (approximately 100 attendees) and February 2026 In cooperation with Wright State University Lake Campus, Mercer Health provided hands-on education through CampMed to 9 students. In cooperation with Fort Recovery and St. Henry Schools, Mercer Health spoke on healthy life topics during Get Real Week / Health Fairs in May, 2026. Mercer DD held All Abilities Camp on June 20, 2026.
Increase % residents receiving annual wellness exams	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 63% Target: 65%	Each Live Well participating organization/agency shares preventative care content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	Mercer Health shared a social media post on April 13, 2026 announcing their schedule for physical exams focused on athletes
Increase % of residents exercising at least 3x weekly	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 49% Target: 52%	Each Live Well participating organization/agency shares exercise content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	Mercer DD developed a 2026 WalkFit event schedule running from May 23 – October 24 for designated walking routes for participants to complete together. Mercer DD developed a program called EmpowerFit, which is for participants not involved with Special Olympics, to increase stamina and mobility enhancement. On the 1st and 3rd Wednesday of each month,

						participants 12 years old and above can meet at CrossFit Crave in Celina. Mercer Health Center for Healthy Weight & Wellness held education sessions on March 3, 2026 and May 5, 2026 relating to Food, Feelings and Stress; and benefits of Exercise!. On May 26, Mercer Health created a social media post regarding sports physical education. Mercer DD / ARC of Mercer County sponsoring swim lessons at Bryson Pool in July 2026.
Decrease % of residents drinking alcohol at least weekly	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 48% Target: 45%	Each Live Well participating organization/agency shares alcohol content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	
Decrease % regular tobacco use	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 13% Target: 10%	Each Live Well participating organization/agency shares tobacco content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	
Increase % of daily recommendation of fruits and vegetables	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 23% Target: 26%	Each Live Well participating organization/agency shares nutrition content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	Mercer Health Dietician shared information on WCSM's Spectrum show on April 16, 2026 about nutrition and healthy eating habits. Mercer Health shared a post on April 7, 2026 to promote an event

						at the Coldwater Library called "Building a Better Plate."
Decrease % of fast food more than 1x weekly	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 50% Target: 47%	Each Live Well participating organization/agency shares nutrition content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	Mercer Health Center for Healthy Weight & Wellness held education sessions on March 3, 2026 and May 5, 2026 relating to Food, Feelings and Stress; and benefits of Exercise!. Mercer Health Center for Healthy Weight and Wellness held an education session April 20, 2026 titled "Cause and Effect: Obesity & Its Impact on Your Sleep, Heart and Liver"

PRIORITY#3: HEALTH COMMUNICATION & LITERACY

Priority Outcome #3:	Improve health communication and literacy by providing education, with emphasis on topics identified as priority and communication tools.
Key Measure:	Percentage of patients who report that their doctors "Always" communicated well, monitored through patient-experience survey results to assess improvements in provider–patient communication quality, increase from 82% to 85%
Baseline:	82% of patients report doctors "Always" communicate well
Alignment with National Objectives:	Healthy People 2030 Goal – Improve health communication
Alignment with SHIP:	N/A, however Ohio Health Literacy Partners (OHLP) aligns with Healthy People 2030, referencing Health Literacy as a central focus of Healthy People 2030

Initiatives	Impact	Measure	Action Steps	Timeframe	Who	Status
Increase awareness of efforts of all Live Well organizations	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 1x monthly Target: 2x monthly	Each Live Well participating organization/agency shares content as appropriate on ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	Mercer County Health District sent an outreach to all Live Well partners for status report on activities, May 7, 2026. CHIP workplan was updated with several actions by partners. A social media post was done May 12 to increase awareness that the plan has undergone an update, and directing individuals to the MCHD website to view. Mercer Health hosted "Play Hospital" on April 24-30, 2026 for 800 kindergarteners, to inspire kids to have a healthy attitude toward health On May 7 Mercer Health offered education to children ages 10-12, geared toward babysitting and safety issues that can arise in those settings, including the need for CPR, first aid, and overall care for infants and children. For May's Stroke Awareness Month educational outreach, Mercer Health

						professionals spoke to the community via WCSM / Spectrum about how to identify a stroke and steps to take upon identifying such. Additional social media posts were created surrounding stroke awareness on May 22, 27 and 28. June 1-7. 2026, was CPR and AED Awareness week. Mercer Health posted information regarding availability of CPR and First Aid training for businesses and organizations.
Increase % residents receiving annual wellness exams	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 63% Target: 65%	Each Live Well participating organization/agency shares preventative care content as appropriate on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	Mercer Health shared a social media post on April 13, 2026 announcing their schedule for physical exams focused on athletes. On June 4, Dr. Vogel with Mercer Health spoke to the community via WCSM / Spectrum promoting annual wellness exams.
Increase % of patients seen with active MyChart accounts	☐ Policy Change X Environmental Change ☐ Systems Change ☐ Evidence Based Program	Baseline: 67% Target: 70%	Mercer Health to implement new MyChart options and educate on MyChart capabilities on an ongoing basis	Continuous from 2025-2027	Live Well participating organizations /agencies	