



Bergen's Promise Helping to Move the CHIP Plan Forward Through Our BHH Philosophy of Care with Youth and Families

Achieved through BHH Philosophy	CHIP Priority Area and Goals	Strategies & Programmatic Objectives
	<p>Obesity, Fitness, Nutrition & Chronic Disease: <i>Goal 1:</i> Increase Physical Activity</p> <p><i>Goal 2:</i> Increase Healthy Eating</p> <p><i>Goal 3:</i> Increase Number of Residents Who Maintain a Healthy Weight</p> <p><i>Goal 4:</i> Promote Care Coordination and Engagement in Primary Care</p> <p><i>Goal 5:</i> Improve Screening and Identification of Chronic Disease and Associated Risk Factors</p> <p><i>Goal 6:</i> Promote Chronic Disease Management & Behavior Change</p>	<ul style="list-style-type: none"> • Promote behavioral interventions to reduce screen time • Increase time spent being physically active • Promote counseling and behavior change • Increase daily consumption of fruits and vegetables • Reduce access to sugary, sweetened beverages • Increase access to healthy, diverse foods • Promote counseling and behavior change • Promote health education, wellness, and screening for obesity (school-based, community-based, and worksite settings). • Increase proportion of worksites that offer nutrition or weight management classes • Increase proportion of worksites that offer nutrition or weight management classes • Promote counseling and behavior change interventions • Promote programs that link residents to quality primary care (hospital, school, and community based settings). • Promote health education, wellness, and screening for hypertension, diabetes, depression, and other leading chronic diseases (hospital, primary care, community, and worksite settings). • Implement community-based and primary care-based chronic disease management and behavior change programs
	<p>Mental Health & Substance Abuse <i>Goal 1:</i> Reduce Depression & Isolation</p> <p><i>Goal 2:</i> Reduce Anxiety & Stress</p> <p><i>Goal 3:</i> Reduce Stigma related to Mental Illness</p> <p><i>Goal 4:</i> Reduce Risky and Binge Drinking</p>	<ul style="list-style-type: none"> • Promote the integration of mental health services in primary care setting. • Promote activities that increase socialization or positive interactions and relationships. • Promote mental health education and awareness (hospital, primary care school, community, and worksite settings). • Promote the integration of substance abuse services in the primary care setting.
	<p>Access to Care <i>Goal 3:</i> Promote Access and Engagement in Behavioral Health Care</p>	<ul style="list-style-type: none"> • Promote the integration of mental health services in the primary care setting. • Develop linguistically and culturally appropriate educational materials.