



# How to use the State Health Improvement Plan

## Top five health issues

The five issues addressed in the State Health Improvement Plan are:

- Behavioral Health
- Chronic Disease Prevention and Self-Management
- Motor Vehicle Crashes
- Healthy Mothers, Babies, and Youth
- Adverse Childhood Experiences (ACEs)

## The 2019-2023 State Health Improvement Plan (SHIP)

The SHIP is an action-focused 5-year plan to address key health issues and improve the health and well-being of Montanans. Groups across Montana are working together to improve behavioral, maternal, and child health and reduce chronic disease and motor vehicle crashes.

The SHIP is a tool for everyone. Here are some ways it can be used:

**Read the SHIP.** Access a copy of the SHIP online using the website below. Does it match what you see in your community? Is your community or organization working on these health issues? How can you team up with partners in your area to work on them?

**Get involved.** Many local and tribal health departments lead efforts to identify health issues and make plans to improve health. Be a champion for community health planning; contact your local or tribal health department to learn about their work and ask how you can participate.

**Align plans or policies.** Ask local government, businesses, schools, non-profits, and other groups to align their efforts with the key health issues in the SHIP and to include the SHIP in their planning documents and policies. It will take everyone working together to successfully improve the health of Montanans.

**Tell us how you are using the SHIP with the “A Healthier Montana” comment box at <https://dphhs.mt.gov/healthiermontana>.**

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## RESOURCES

For more information and to download the SHIP, visit the A Healthier Montana website at <https://dphhs.mt.gov/healthiermontana>. You'll also find:

**The 2017 State Health Assessment (SHA)**, a report about the overall health of Montanans.

**Additional statewide health improvement plans**, such as the Comprehensive Cancer Control Plan, the Montana Suicide Prevention Plan, and more.