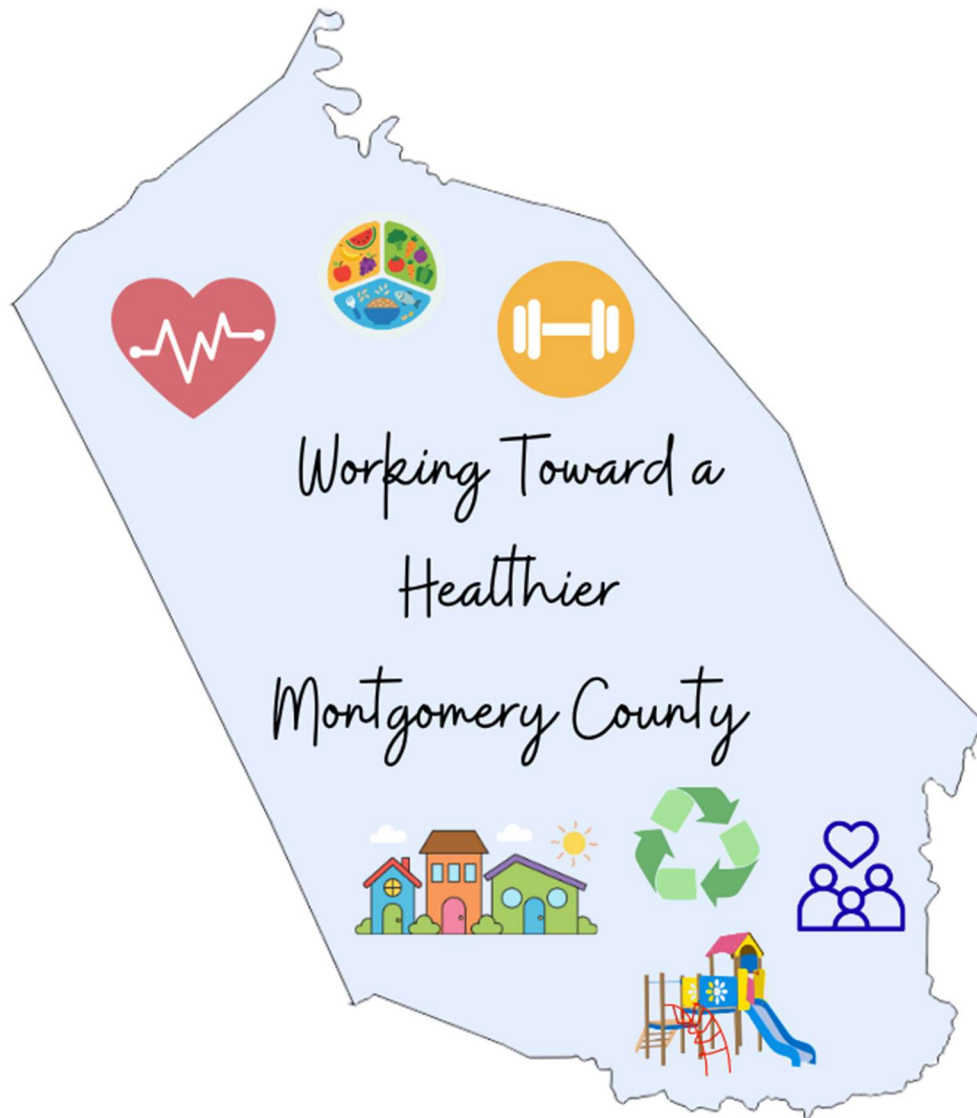


Montgomery County Community Health Improvement Plan (CHIP) 2025-2028



Sponsored by:
Montgomery County Health Department

What is a Community Health Improvement Plan (CHIP)?

A CHIP is a collaborative, long-term plan created by a community to improve the health status of that community. CHIPS contain health priorities that should be informed by data and insights gained from the Community Health Assessment (CHA) process.

CHIP development in Montgomery County focused on elements from NACCHO's Mobilizing for Action through Planning and Partnerships (MAPP) 2.0 framework, utilizing a robust CHA process with primary quantitative and qualitative data collection, secondary data collection, community meetings, and prioritization of key health concerns.

Montgomery County's CHIP

During the CHA process, several health priorities emerged that became the focus of our 2025-2028 CHIP:

- Substance abuse, drug overdose and harm reduction
- Tobacco/nicotine use
- Food insecurity and nutrition
- Housing insecurity and homelessness

Substance Abuse, Drug Overdose, and Harm Reduction

"Addiction to/overdose from drugs or alcohol" was ranked as the top **health concern** by community members in our community health survey. "Drug/alcohol abuse" was ranked as the second most important **health behavior** that Montgomery County needed to work on to create a healthier community. Finally, "drug rehabilitation services/treatment" was the ranked as the third most important thing needed to create a healthier Montgomery County.

	Montgomery County	KY	Source
Health Outcomes			
Number of Drug Overdose Deaths (2023)	18	1,984	*Kentucky Injury Prevention and Research Center
Age-adjusted Overdose Mortality Rate (2023)	62.8	45.9	*Kentucky Injury Prevention and Research Center

Tobacco/Nicotine Use

Montgomery County has the 17th highest lung and bronchus incidence rate of all Kentucky counties (National Cancer Institute). Cancers, heart disease/stroke/high blood pressure, and diseases that affect the lungs were ranked among the top 10 **health concerns** in Montgomery County in our community health survey. Nicotine/tobacco use was ranked as the fourth most important **health behavior** that Montgomery County needed to work on to create a healthier community.

	Montgomery County	KY	US	Source
Health Behavior				
Adult smoking	24%	20%	15%	*County Health Rankings
Health Outcomes				
Chronic obstructive pulmonary disease (COPD) among adults	12.0%		6.8%	*CDC places
Coronary heart disease among adults	8.6%		6.8%	*CDC places
Current asthma among adults	11.8%		9.9%	*CDC places
High blood pressure among adults	40.3%		32.7%	*CDC places
Stroke among adults	4.3%		3.6%	*CDC places
Lung and bronchus cancer incidence (crude rate) (2018-2022)	151.7	110.5		*Kentucky Cancer Registry
Lung and bronchus cancer incidence (age-adjusted rate) (2018-2022)	113.0	83.7	52.5	*Cancer.gov, State Cancer Profiles

Food Insecurity and Nutrition

“Overweight/obesity” was ranked as the 2nd highest **health concern** by community members in our community health survey, while “diabetes” was ranked 5th.

“Overweight/obesity” was also ranked as the third most important **health behavior** that Montgomery County need to work on to create a healthier community. Finally, “access to affordable fresh foods” was ranked as the second most important thing needed to create a healthier Montgomery County.

	Montgomery County	KY	US	Source
Health-related Social Needs				
Food insecurity	17.5%	16.6%	14.3%	*Feeding America
Limited access to healthy foods	6.0%	6.0%	6.0%	*County Health Rankings
Received food stamps in the past 12 months among adults	17.0%		11.8%	*CDC places
Health Outcomes				
Diagnosed diabetes among adults	14.1%		12.0%	*CDC places
Obesity among adults	42.0%	41.0%	34.0%	*County Health Rankings
High cholesterol among adults who have been screened	37.8%		35.5%	*CDC places

Housing Insecurity and Homelessness

Housing insecurity and homelessness was a topic that community members highlighted many times during our Photovoice project. Montgomery County has limited services and resources available to address this issue, which makes it all that much more challenging to improve. “Services for homelessness” was ranked as the 9th most important things needed to create a healthier Montgomery County.

	Montgomery County	KY	US	Source
Housing				
Housing insecurity in the past 12 months	12.5%		11.8%	*CDC places
Utility services shut-off threat in the past 12 months among adults	9.2%		7.5%	*CDC places
Severe housing problems	12%	13%	17%	*County Health Rankings
Median monthly housing costs for owner-occupied housing units with a mortgage	\$1,226	\$1,393	\$1,902	*U.S. Census Bureau
Percentage of owner-occupied housing units where monthly housing costs were 30% or more of household's annual income:				
Household income: Less than \$20,000	6.0%	4.5%	3.5%	*U.S. Census Bureau
Household income: \$20,000 - \$34,999	4.1%	5.4%	4.4%	*U.S. Census Bureau
Household income: \$35,000 - \$49,999	8.6%	5.0%	4.8%	*U.S. Census Bureau
Household income: \$50,000 - \$74,999	2.4%	4.2%	6.3%	*U.S. Census Bureau
Household income: \$75,000 or more	1.5%	2.8%	8.4%	*U.S. Census Bureau
Percentage of renter-occupied housing units where monthly housing costs were 30% or more of household's annual income:				
Household income: Less than \$20,000	4.3%	6.0%	5.2%	*U.S. Census Bureau
Household income: \$20,000 - \$34,999	2.7%	4.0%	4.2%	*U.S. Census Bureau
Household income: \$35,000 - \$49,999	0.3%	1.9%	3.1%	*U.S. Census Bureau
Household income: \$50,000 - \$74,999	0.0%	0.7%	2.5%	*U.S. Census Bureau
Household income: \$75,000 or more	0.0%	0.1%	1.4%	*U.S. Census Bureau

Priority: Substance Abuse, Drug Overdose, and Harm Reduction

Goal: Reduce number of fatal drug overdoses in Montgomery County.

Objective: By 2028, reduce the number of annual drug overdose deaths by 2.

Baseline/Current: 18 deaths (2023)

Target: ≤16 deaths

Strategy	Timeline	Responsible Partners
Ensure Naloxone and Harm Reduction Kit accessibility and availability.	Annually, 2026-2028	MCHD, KY Department for Public Health KORE Expansion Grant, Pathways, Dubois Community Center, Montgomery County Homeless Coalition, Community Family Clinic, Sterling Food Coalition, Shepherd's Shelter/Ross Rehab, Montgomery County Schools
Hold community events to raise overdose awareness.	Annually, 2026-2028	MCHD, Montgomery County ASAP Board, City of Mt. Sterling
Hold an annual "prescription take-back day" event.	By 6/30/2026	MCHD, Montgomery County ASAP Board
Engage community youth in drug-free awareness activities.	By 3/31/2027	MCHD, Montgomery County Schools, Montgomery County ASAP Board

Relevant Community Assets/Resources: Montgomery County Health Department, KY Department for Public Health KORE Expansion Grant, Pathways, Dubois Community Center, Montgomery County Homeless Coalition, Community Family Clinic, Sterling Food Coalition, Shepherd's Shelter/Ross Rehab, Montgomery County Schools, Montgomery County ASAP Board, Community Naloxone box locations, City of Mt. Sterling.

Priority: Tobacco/Nicotine Use

Goal: Reduce illness, disability, and death related to tobacco use and secondhand smoke.

Objective: By 2028, reduce the percentage of adult smokers in Montgomery County by 2%.

Baseline/Current: 22% (2022)

Target: ≤20%

Strategy	Timeline	Responsible Partners
Provide evidence-based smoking cessation programs to adults in the community.	Annually, 2026-2028	MCHD, Montgomery County ASAP Board
Provide evidence-based smoking cessation/prevention programs to youth in public schools.	Annually, 2026-2028	MCHD, Montgomery County Schools, Montgomery County ASAP Board
Develop, educate, and advocate for smoke-free policies at local businesses and organizations.	By 12/31/2026	MCHD, Montgomery County ASAP Board
Host a listening session to understand community perceptions and concerns related to tobacco use and cessation.	By 7/31/2026	MCHD, Montgomery County Public Library

Relevant Community Assets/Resources: Montgomery County ASAP Board, Montgomery County Public Library, Montgomery County Schools, Kentucky Department for Public Health, Montgomery County Health Department.

Priority: Food Insecurity and Nutrition

Goal: Promote optimal nutrition and reduce food insecurity in Montgomery County.

Objective: Reduce food insecurity by 3% in Montgomery County by 2028.

Baseline/Current: 17.5% (2023)

Target: ≤14.5%

Strategy	Timeline	Responsible Partners
Facilitate the Power of Produce (POP) Club annually.	Annually, 2026-2028	MCHD, UK Cooperative Extension Office
Provide nutrition education to the community.	Annually, 2026-2028	MCHD, Montgomery County Schools
Increase WIC participation.	By 12/31/2027	MCHD
Make policy recommendations and advocate for local and/or state policies that will reduce food insecurity.	By 12/31/2028	MCHD, Feeding KY, KY Food Action Network, Kentucky Health Departments Association, Kentucky Association for Local Boards of Health
Create and share a comprehensive list of food assistance resources in Montgomery County.	By 6/30/2027	MCHD, KY Food Action Network
Have a MCHD staff member become trained as a Certified Application Counselor for the Kentucky Health Benefit Exchange (KHBE).	By 9/30/2027	MCHD
Create, implement, and share a screener tool for local health care organizations to use to identify people at risk for food insecurity.	By 7/31/2027	MCHD, Morehead State University
Implement at least one new food assistance program in Montgomery County.	By 12/31/2028	MCHD, KY Food Action Network, Montgomery County Extension Office

Relevant Community Assets/Resources: Montgomery County Health Department, WIC, Sterling Food Coalition, UK/Montgomery County Cooperative Extension Office,

Montgomery County Farmer's Market, Montgomery County Schools, DuBois Community Center, Feeding Kentucky, Kentucky Food Action Network, Gateway Area Development District, Gateway Community Action, local faith-based organizations, Kentucky Health Departments Association, Kentucky Association for Local Boards of Health, Morehead State University.

Priority: Housing Insecurity and Homelessness

Goal: Reduce housing insecurity and homelessness in Montgomery County.

Objective: By 2028, reduce the percent of people who experienced housing insecurity in the past 12 months by 2%.

Baseline/Current: 12.5% (2022)

Target: ≤10.5%

Strategy	Timeline	Responsible Partners
Create and share a comprehensive list of emergency housing resources in Montgomery County.	By 6/30/2027	MCHD, Montgomery County Homeless Coalition, Montgomery County ASAP Board
Find and apply for housing grants that can be used to create a prevention and stabilization fund.	By 9/30/2028	MCHD, Montgomery County Homeless Coalition
Make policy recommendations and advocate for local and state policies that protect people at risk for eviction.	By 12/31/2028	MCHD, Kentucky Health Departments Association, Kentucky Association for Local Boards of Health
Make policy recommendations and advocate for local and state policies that protect renting tenants by requiring health hazards in rental properties to be addressed and resolved by landlords.	By 12/31/2028	MCHD, Kentucky Health Departments Association, Kentucky Association for Local Boards of Health

Relevant Community Assets/Resources: Montgomery County Homeless Coalition, Gateway Community Action, Gateway Area Development District, Montgomery County Health Department, The Beacon of Hope Emergency Shelter, Gateway Homeless Coalition, Clark County Homeless Coalition, Gateway Children's Services, Kentucky Health Departments Association, Kentucky Association for Local Boards of Health.