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# COMMUNITY HEALTH IMPROVEMENT PLAN

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## 2019-2021



Vanderburgh County Health Department



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# TABLE OF CONTENTS

Table of Contents	
<b>Health Officer Vision</b> .....	<b>1</b>
<b>The Priorities</b> .....	<b>2</b>
Mental Health.....	3
Substance Abuse .....	4
Food Insecurity .....	5
Infant Mortality .....	6
<b>Input</b> .....	<b>7</b>
Methods.....	7
Community Partner Recommendations .....	7
Governing Entity/Policy Influencer Recommendations .....	9
Vanderburgh County Resident Recommendations .....	10
<b>Mental Health Plan</b> .....	<b>14</b>
<b>Substance Abuse Plan</b> .....	<b>15</b>
<b>Food Insecurity Plan</b> .....	<b>16</b>
<b>Infant Mortality Plan</b> .....	<b>17</b>
<b>Next Steps</b> .....	<b>18</b>
<b>Partners</b> .....	<b>18</b>
<b>References</b> .....	<b>19</b>

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# HEALTH OFFICER VISION

Community members,

The Vanderburgh County Health Department is pleased to present the Vanderburgh County Community Health Improvement Plan (CHIP) 2020-2022. A community's CHIP is developed collaboratively by a partnership of community members, organizations, agencies and the local health department. A CHIP is a long-term, systematic effort to address health problems in a community based on results from the community health assessment (CHA). The plan recommends priorities for action and is used by health and other governmental, educational, and social service agencies and organizations to implement policies and programs that promote health.



The 2020-2022 Vanderburgh County Community Health Improvement Plan reflects the understanding that the quality of the community we live, work, and play is important to achieving good health. That is why we have developed the goals of the CHIP to optimize the health and well-being of the community. Analysis of health, social and economic data as well as direct input from the community led to the identification of the top threats to community health and the selection of priorities that will address these threats. It includes evidence-based strategies that are measurable and appropriate for influencing policies, systems, and environments to bring change to the county. It is designed to provide clear direction based on community and statewide goals. The plan is intended to bring the community together around a limited number of issues with the greatest opportunity for health improvement through collective efforts.

As Health Officer of the Vanderburgh County Health Department, I support improvements in health-related infrastructure systems that contribute to population health. By developing partnerships with stakeholders in the health and non-health sectors, the health department links individuals to services and resources that improve population health.

The context of people's lives determines their health. Health is more than health care, this plan also looks at the social determinants that impact health outcomes in our community, including education, income and living conditions. By addressing our greatest health challenges including the underlying causes of health inequities and focusing on neighborhoods at highest risk, we can help ensure that every resident has the resources and opportunity for a healthier life. Individuals are unlikely to be able to directly control many of the social determinants of health; therefore, it is a community that must address these determinants.

My vision is to advance personal health services, advance access to care, improve environmental measures and health education to improve the health of our community, reduce smoking rates, provide more opportunities for exercise and access to healthy foods, and improve health literacy for all. By joining forces, I am optimistic on improvement of the overall community's mental and behavioral health as we address addiction concerns and access to mental health professionals.

# THE PRIORITIES

## The Priorities

Vanderburgh County conducted a Community Health Needs Assessment (CHNA), which utilized surveys, community input, focus groups, and discussions with a prioritization committee to determine health issues to be addressed. This resulted in three community health priorities selected including, mental health, substance abuse, and food insecurity. These priorities are intended to align community efforts through funding and resource allocation and to create common targets for improvement. While these three priorities do not represent all issues facing the residents of Vanderburgh County, the priorities intended to represent the focus of the health improvement work to be conducted for the next three years (2019-2021). In addition to the three priorities identified in the CHNA process, the topic of infant mortality has been added to reflect Indiana State Department of Health (ISDH) and national priorities. The following outlines the priorities and supporting data. The infographics help tell the story of the priorities including prevalence/incidence of the condition, unequal burdens (health disparities), risk factors, access to care, and the level to which the health issue causes death.

- **Mental Health**

Mental health includes emotional, psychological, and social well-being. This can affect how a person thinks, feels, and acts. Mental health can also determine how a person handles stress, relates to others, and makes choices. If a person experiences mental health issues over the course of life, thinking, mood, and behavior can be affected. Biological factors, life experiences, and family history can all contribute to mental health problems.<sup>4</sup>

- **Substance Abuse**

Substance abuse refers to harmful or hazardous use of psychoactive substances such as alcohol and illicit drugs. The use of these products can lead to dependence syndrome, which is a cluster of behavioral, cognitive, and physiological issues that develop after repeated substance use. This can include a strong desire to take the drug, difficulty controlling use despite harmful consequences, a higher priority given to drug use than to other activities, and increased tolerance.<sup>3</sup>

- **Food Insecurity/Food Access**

Food insecurity is the disruption of food intake or eating patterns because of lack of money and other resources. Food insecurity does not necessarily cause hunger, but hunger is a possible outcome of food insecurity. Adults who are food insecure may be at an increased risk for a variety of negative health outcomes and health disparities. Residents where transportation options are limited, the travel distance to stores is greater, and there are fewer supermarkets are at most risk for food insecurity.<sup>1</sup>

- **Infant Mortality**

Infant mortality is the death of an infant before his or her first birthday. Infant mortality rate is reported as the number of infant deaths for every 1,000 live births. The infant mortality rate is an important marker of the overall health of a society. The five leading causes of infant death in 2017 in the US were birth defects, preterm birth, pregnancy complication, sudden infant death syndrome, and injuries.<sup>2</sup>

# INPUT

## Methods

The purpose of the CHIP is to describe how Vanderburgh County Health Department and the community will work together to improve the health of our population. The plan is more comprehensive than the roles and responsibilities of the health department alone, and the plan's development included participation of a broad set of stakeholders and partners.

Input for CHIP goals, objectives, and metrics were obtained from community partners, governing entities/policy influences, and Vanderburgh County residents. A survey was developed and distributed to stakeholders. Information was gathered and analyzed to choose and implement goals and strategies most appropriate to address the focus areas. The purpose of creating measurable metrics is to assess and evaluate the community efforts to address major health issues. This assures that the implementation of the CHIP is appropriate and effective. The community is encouraged to use the CHIP to prioritize existing activities, set new priorities, and to integrate the CHIP into community organizations' strategic plans. Results from surveys are outlined below.

## Community Partner Recommendations

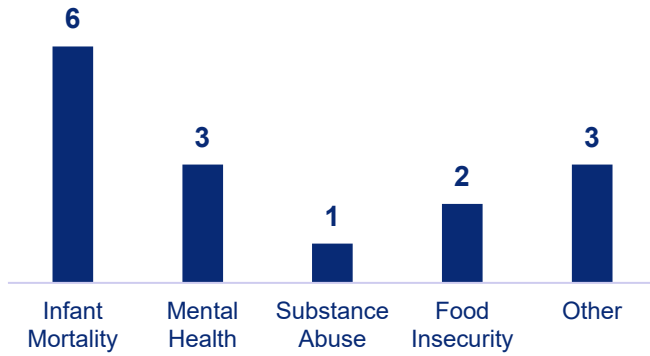
The CHIP survey was distributed to a list of community organizations. Fifteen partner organizations responded to the survey. The list below outlines the organizations that participated.

- Deaconess Health System
- Smoke Free Communities
- Black Nurses of Evansville
- University of Southern Indiana
- Lampion Center
- CAPE Minority Health
- Vanderburgh County Sheriff's Office
- St. Vincent Evansville
- Southwestern Behavioral Health
- Evansville Trails Coalition
- TRI-CAP
- Mental Health America

The questions included on the survey to community partners are listed below along with results.

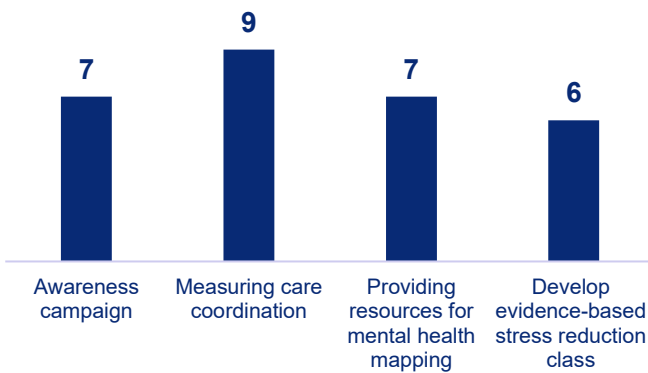
<i>Number</i>	<i>Question</i>
<i>Question 1</i>	Which area do you think is most important
<i>Question 2</i>	Are there any other areas you think should be included in the CHIP
<i>Question 3</i>	Which interventions do you think are best to address mental health
<i>Question 4</i>	Which interventions do you think are best to address substance abuse
<i>Question 5</i>	Which interventions do you think are best to address food insecurity
<i>Question 6</i>	Which interventions do you think are best for to address infant mortality
<i>Question 7</i>	Do you have any other suggestions for items to be included in the CHIP

## Most Important Focus Area

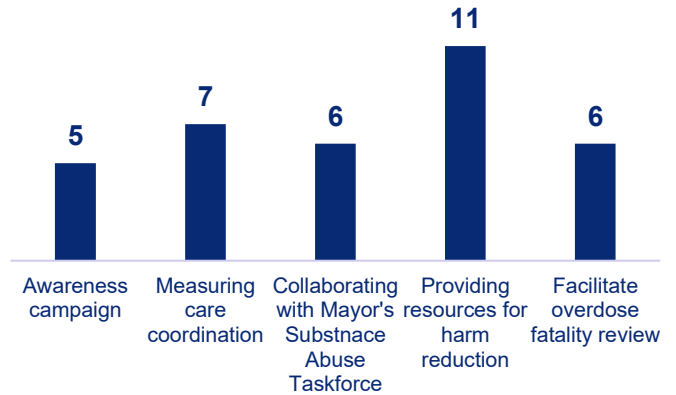


After administration of the survey, community partners agreed infant mortality is the most important health issue for the Vanderburgh County Health Department. This is followed by mental health, food insecurity, and substance abuse.

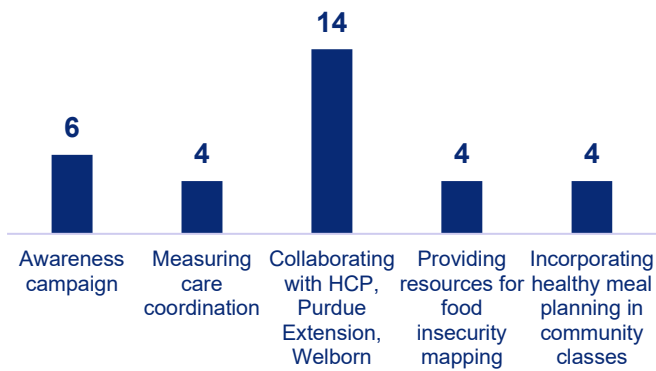
## Mental Health Interventions



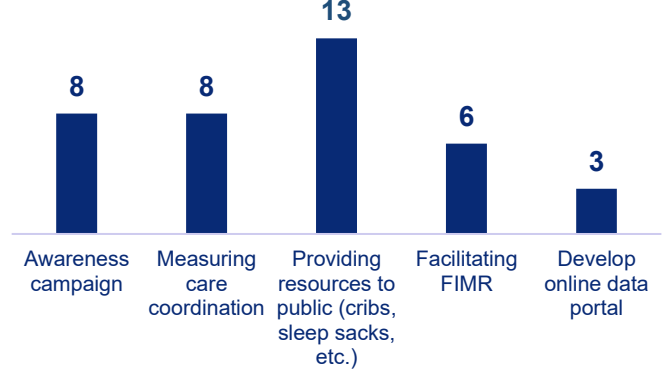
## Substance Abuse Interventions



## Food Insecurity Interventions



## Infant Mortality Interventions



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### MENTAL HEALTH:

The results of the survey indicate that interventions to address mental health should be focused on measuring care coordination. Additionally, interventions will include an awareness campaign and providing resources for mental health mapping within Vanderburgh County.

### SUBSTANCE ABUSE:

The results of the survey indicate that interventions to address mental health issues in Vanderburgh County should be focused on providing resources for harm reduction. Additionally, interventions will include measuring care coordinator, collaborating with the Mayor's Substance Abuse Taskforce, and facilitating an overdose fatality review team in Vanderburgh County.

### FOOD INSECURITY:

The results of the survey indicate that interventions to address food insecurity issues in Vanderburgh County should be focused on collaborating with Healthy Community Partnership, Purdue Extension, and Welborn Foundation. In addition, interventions will include an awareness campaign.

### INFANT MORTALITY:

The results of the survey indicate that interventions to address infant mortality in Vanderburgh County should be focused on providing resources to the public, such as cribs and sleep sacks. In addition, interventions will include an awareness campaign, measuring care coordination, and facilitating fetal/infant mortality review for Vanderburgh County.

## Governing Entity/Policy Influencer Recommendations

The Vanderburgh County Health Department facilitated discussion with the Board of Health to gain input and recommendations for the CHIP. The notes and individuals present for the discussion are listed below.

### **Participants:**

- Mark Wohlford DDS. PhD
  - a. Board of Health Chair
- Michelle Galen MD
  - a. Board of Health Vice Chair
- John D. Pulcini MD, FACS
  - a. Board of Health member
- Fred Mulfinger
  - a. Board of Health member
- Timothy J. Hubert
  - a. Board of Health member
- Sandee E. Strader-McMillen
  - a. Board of Health member

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### **Discussion Notes:**

- Infant mortality should be the main focus for the health department
- Chronic and communicable disease should be included
- Mental health interventions
  - Awareness campaign
  - Partner with other community organizations
- Substance abuse interventions
  - Collaborate and provide data support to the Mayor’s Substance Abuse Taskforce
  - Coordinate and provide resources to community for harm reduction practices
- Food insecurity interventions
  - Collaborate with Healthy Community Partnership, Purdue Extension, Welborn Foundation, and other organizations
- Infant mortality interventions
  - Awareness campaign
  - Measure care coordination to address risk factors for infant mortality
  - Provide resources to address risk factors for infant mortality (cribs, sleep sacks, etc.)
  - Facilitate fetal/infant mortality review for Vanderburgh County
  - Partner to develop an online data portal for Vanderburgh County
- Other suggestions
  - Need to focus on immunizations and find resources as well as strategies to continue to increase immunization rates especially within young and older children

## **Vanderburgh County Resident Recommendations**

The Vanderburgh County Health Department administered a survey to Vanderburgh County residents to obtain additional data to support the health focus areas to better understand barriers individuals face regarding mental health, substance abuse, and food insecurity. The information gathered from these survey will be utilized to develop appropriate interventions and objective for the CHIP.

### **MENTAL HEALTH:**

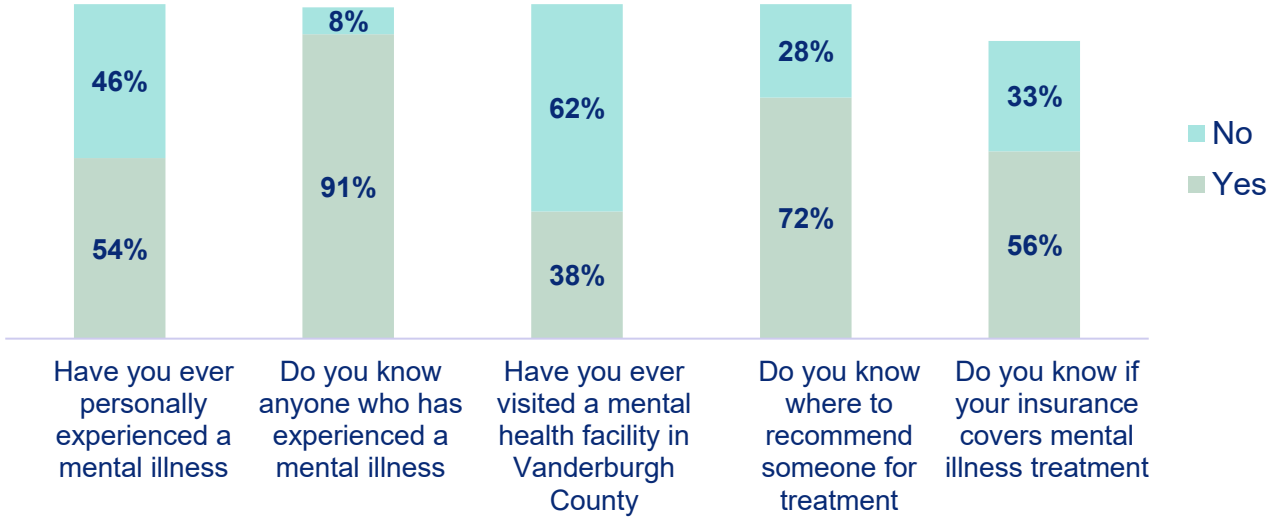
There were 85 Vanderburgh County residents surveyed regarding mental health. The demographics for the participants and survey results are outlined below.

<i>Age</i>	<i>Number</i>
<i>18-34</i>	37
<i>35-54</i>	31
<i>55+</i>	16
<i>Unknown</i>	1

<i>Race</i>	<i>Number</i>
<i>White</i>	76
<i>Black</i>	7
<i>Hispanic</i>	2
<i>Unknown</i>	2

<i>Sex</i>	<i>Number</i>
<i>Female</i>	50
<i>Male</i>	35

# Community Survey Results



### SUBSTANCE ABUSE:

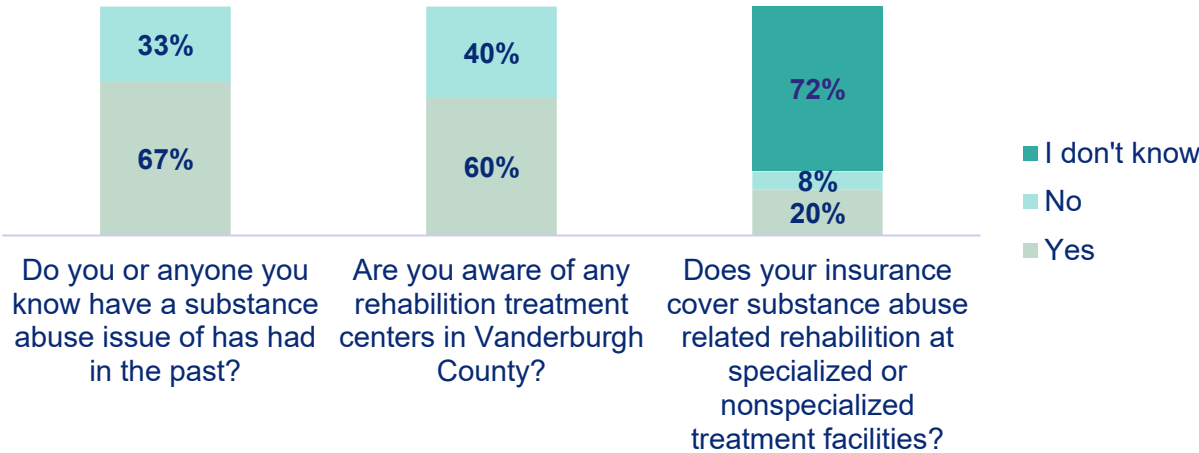
There were 42 Vanderburgh County residents surveyed regarding substance abuse. The demographics for the participants and survey results are outlined below.

Age	Number
18-34	25
35-54	8
55+	9
Unknown	0

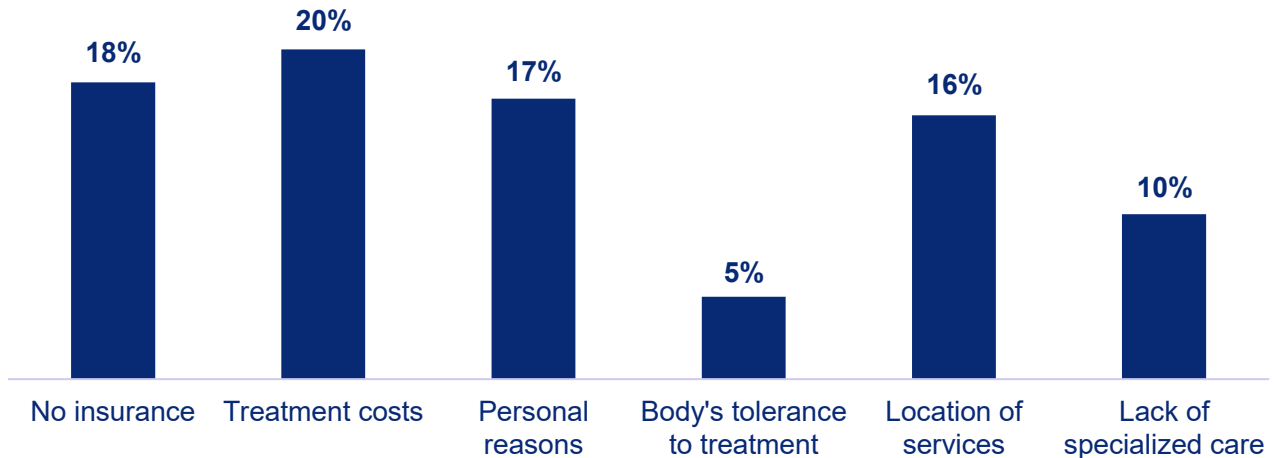
Race	Number
White	33
Black	7
Hispanic	3
Other	2

Sex	Number
Female	27
Male	14
Unknown	1

# Community Survey



## What are possible barriers to receiving treatment for substance abuse?



### FOOD INSECURITY:

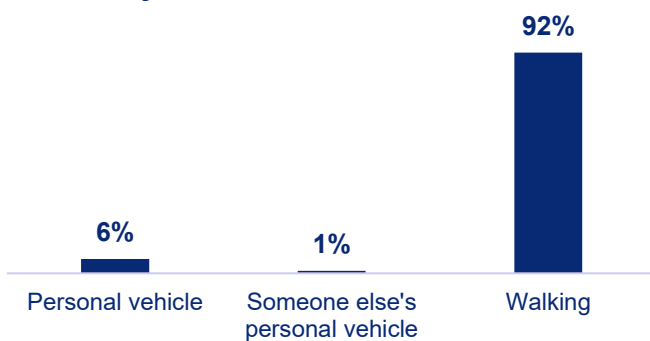
There were 64 Vanderburgh County residents surveyed regarding food insecurity. The demographic for the participants and survey results are outlined below.

Age	Number
18-34	34
35-54	19
55+	11
Unknown	0

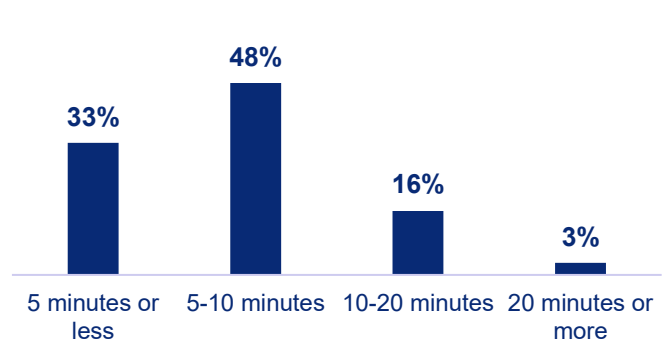
Race	Number
White	50
Black	12
Hispanic	1
Other	2

Sex	Number
Female	40
Male	24

### What Method of Transportation do you use to Get Groceries

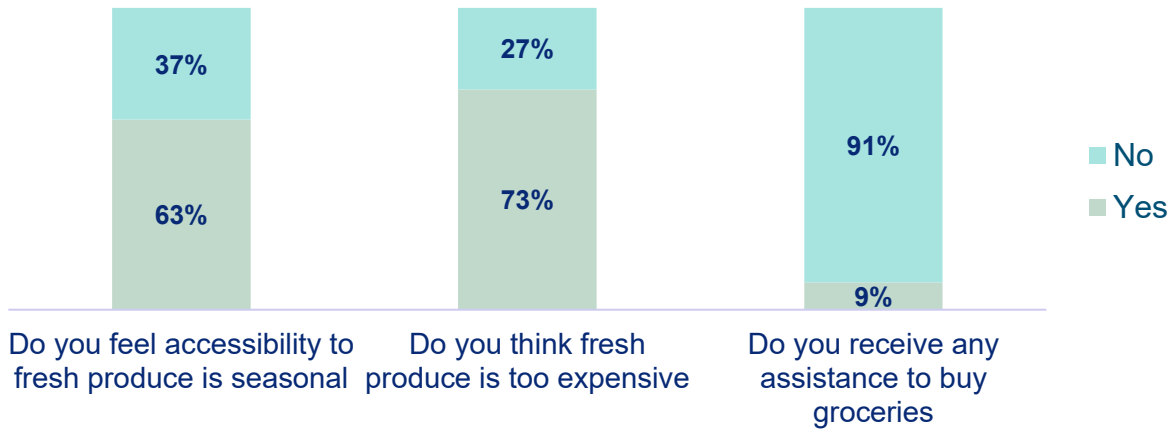


### How Far do you Have to Drive for Fresh Produce



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## Community Survey Results



# MENTAL HEALTH PLAN

GOAL 1	ACTION STEP DESCRIPTIONS	RESPONSIBLE PARTY	START DATE	END DATE	STATUS
Create and conduct a public relations campaign with the following message: talk therapy is the best way to address mental health issues, concerns, conditions, and illnesses	Create and distribute educational material related to different kinds of mental health providers and what they can and cannot treat	Deaconess, St. Vincent - Evansville, Southwestern	July-2019	Feb-2020	In progress
	Create and distribute admission criteria for inpatient psychiatric care	Deaconess, St. Vincent - Evansville, Southwestern	July-2019	Feb-2020	In progress
	Create and distribute ways to sustain or improve mental health while waiting for a scheduled treatment appointment	Deaconess, St. Vincent - Evansville, Southwestern	July-2019	Feb-2020	In progress
Vanderburgh County residents will have more knowledge of mental healthcare services	Create and distribute a survey to Vanderburgh County residents related to mental healthcare services to obtain baseline knowledge	Vanderburgh County Health Department	July-2019	Nov-2019	Complete
	Create and distribute a survey to Vanderburgh County residents related to mental healthcare services after public relations campaign	Vanderburgh County Health Department	Oct-2020	Nov-2020	Not started
	Analyze survey data to determine if Vanderburgh County residents have more knowledge of mental healthcare services after the public relations campaign	Vanderburgh County Health Department	Jan-2021	Feb-2021	Not started
GOAL 2	ACTION STEP DESCRIPTIONS	RESPONSIBLE PARTY	START DATE	END DATE	STATUS
Provide mental health specific education for primary care physicians	Create and distribute education on signs and symptoms of common mental illness and conditions	Deaconess, St. Vincent - Evansville, Southwestern	July-2019	Feb-2020	In progress
	Create and distribute education on recommended medications and appropriate referrals for treatment options	Deaconess, St. Vincent - Evansville, Southwestern	July-2019	Feb-2020	In progress
	Create and distribute education on Adverse Childhood Experiences (ACE) and the relationship to health outcomes	Deaconess, St. Vincent - Evansville, Southwestern, Vanderburgh County Health Department	July-2019	Feb-2020	In progress
Primary care providers will have more knowledge of mental healthcare services, medications, and treatment options	Create and distribute a survey to primary care providers related to mental healthcare services to obtain baseline knowledge	Deaconess, St. Vincent - Evansville, Southwestern	Jan-2020	Mar-2020	Not started
	Create and distribute a survey to primary care providers related to mental healthcare services after implementation of educational material	Deaconess, St. Vincent - Evansville, Southwestern	Oct-2020	Nov-2020	Not started
	Analyze survey data to determine if primary care providers have more knowledge of mental healthcare services, medications, and treatment options after provided education	Vanderburgh County Health Department	Jan-2021	Feb-2021	Not started

# SUBSTANCE ABUSE PLAN

GOAL 1	ACTION STEP DESCRIPTIONS	RESPONSIBLE PARTY	START DATE	END DATE	STATUS
Implement a screening process for pregnant women and in primary care offices for substance use	Participate in the Indiana Perinatal Network's pilot program for perinatal substance use screening	Deaconess and St. Vincent – Evansville	Jan-2019	On-going	In progress
	Investigate the use of SBIRT (screening, brief intervention, referral to treatment) as a drug and alcohol screening tool in primary care offices	Deaconess and St. Vincent - Evansville	Nov-2019	Mar-2020	In progress
Reduce the number of babies born with Neonatal Abstinence Syndrome (NAS) and decrease stays in the NICU for babies born with NAS	Obtain baseline data for the number of babies born with NAS in Vanderburgh County	Vanderburgh County Health Department	Nov-2019	Jan-2020	In progress
	Obtain data for the number of babies born with NAS after the implementation of the screening process	Vanderburgh County Health Department	Jan-2021	Feb-2021	Not started
	Obtain baseline data for the length of stay for babies born with NAS in Vanderburgh County	Vanderburgh County Health Department	Nov-2019	Jan-2020	In progress
	Obtain data for the length of stay for babies born with NAS in Vanderburgh County after implementation of the screening process	Vanderburgh County Health Department	Jan-2021	Feb-2021	Not started
GOAL 2	ACTION STEP DESCRIPTIONS	RESPONSIBLE PARTY	START DATE	END DATE	STATUS
Facilitate discussion related to trends and needed interventions for substance abuse	Search for grant opportunities to support local interventions, harm reduction, and data collection	Vanderburgh County Health Department	July-2019	On-going	In progress
	Provide training opportunities to local health professional students related to prescribing practices and substance use	Pharmacy Workgroup, Mayor's Substance Abuse Taskforce	Nov-2019	On-going	In progress
	Collaborate with the Mayor's Substance Abuse Taskforce	All organizations	July-2019	On-going	In progress
	Facilitate quarterly Overdose Fatality Review meetings	Vanderburgh County Health Department	Jan-2017	On-going	In progress
Provide updated data and resources for the community on the Mayor's Substance Abuse Taskforce website	Update the website as needed with new data	Mayor's Substance Abuse Taskforce	Oct-2019	On-going	In progress
	Collaborate with IHIE and local hospitals to obtain up-to-date data sets	Mayor's Substance Abuse Taskforce	Oct-2019	On-going	In progress

# FOOD INSECURITY PLAN

GOAL 1	ACTION STEP DESCRIPTIONS	RESPONSIBLE PARTY	START DATE	END DATE	STATUS
Increase the availability of healthy food options in "healthy food priority areas"	Implement farmer's markets, pop-up markets, a bulk food buying club, and grocery store trolley	Healthy Communities Partnership, Promise Zone, Welborn Baptist Foundation, Urban Seeds, Purdue Extension	June-2019	On-Going	In progress
	Coordinate a food pantry at the Vanderburgh County Health Department by collaborating with Tri-State Food Bank for Pre to 3 clients	Vanderburgh County Health Department	Nov-2019	Mar-2020	In progress
	Investigate the possibility of getting a grocery store with healthy food options in the "healthy food priority areas"	Healthy Communities Partnership, Promise Zone, Welborn Baptist Foundation, Urban Seeds, Purdue Extension	Nov-2019	Oct-2020	In progress
	Implement marketing strategies for the farmer's markets, pop-up markets, bulk food buying club, and the grocery store trolley	Healthy Communities Partnership, Promise Zone, Welborn Baptist Foundation, Urban Seeds, Purdue Extension	Jan-2020	Jun-2020	In progress
Increase the number of Vanderburgh County residents utilizing resources to obtain healthy food options	Obtain baseline number for residents utilizing the bulk food buying club and the grocery store trolley (25)	Promise Zone	Jan-2020	Feb-2020	Complete
	Obtain the number of residents utilizing the bulk food buying club and the grocery store trolley after marketing efforts	Promise Zone	Jan-2021	Feb-2021	In progress
GOAL 2	ACTION STEP DESCRIPTIONS	RESPONSIBLE PARTY	START DATE	END DATE	STATUS
Implement interventions to provide children with nutritious food year round	Coordinate a food pantry at the Vanderburgh County Health Department by collaborating with Tri-State Food Bank for Pre to 3 clients	Vanderburgh County Health Department	Nov-2019	Mar-2020	In progress
	Provide food to students on days when school is not in session	Evansville Vanderburgh School Corporation	Jul-2019	On-Going	In progress
	Provide WIC services to provide nutrition for children	Vanderburgh County Health Department	Jul-2019	On-Going	In progress
Increase the number of families utilizing the food pantry and the Vanderburgh County Health Department	Obtain baseline number of families using the health department food pantry (0)	Vanderburgh County Health Department	Nov-2019	Nov-2019	Complete
	Obtain the number of families utilizing the health department food pantry after implementation	Vanderburgh County Health Department	June-2020	Jul-2020	Not started

# INFANT MORTALITY PLAN

GOAL 1	ACTION STEP DESCRIPTIONS	RESPONSIBLE PARTY	START DATE	END DATE	STATUS
Reduce infant mortality in Vanderburgh County	Provide safe sleep classes to families and provide a safe sleep environment	Vanderburgh County Health Department	Jul-2019	On-Going	In progress
	Provide Baby and Me Tobacco Free program classes to reduce the number of pregnant women or mothers smoking	Vanderburgh County Health Department	Jul-2019	On-Going	In progress
	Provide Pre to 3 home visitation program to families to provide education and support	Vanderburgh County Health Department	Jul-2019	On-Going	In progress
	Complete prenatal provider mapping to determine access to care	Vanderburgh County Health Department	Jul-2019	On-Going	In progress
	Facilitate a fetal/infant mortality review (FIMR) to identify trends and develop recommendations for interventions	Vanderburgh County Health Department	Jul-2019	On-Going	In progress
Decrease Vanderburgh County infant mortality rates from 2019 to 2020	Obtain baseline infant mortality rate in Vanderburgh County for 2019	Vanderburgh County Health Department	Mar-2020	April-2020	Complete
	Obtain infant mortality rate in Vanderburgh County for 2020 after implementation of interventions	Vanderburgh County Health Department	Mar-2021	April-2021	Not started
GOAL 2	ACTION STEP DESCRIPTIONS	RESPONSIBLE PARTY	START DATE	END DATE	STATUS
Reduce racial disparities in infant mortality and risk factors associated with infant mortality	Facilitate a fetal/infant mortality review (FIMR) to identify trends and develop recommendations for interventions	Vanderburgh County Health Department	Jul-2019	On-Going	In progress
	Promote programming to address risk factors for infant mortality to minority populations	Vanderburgh County Health Department	Jul-2019	On-going	In progress
	Host a community baby shower twice in 2020 in an at-risk zip code and promote to minority populations	Vanderburgh County Health Department	Jan-2020	Dec-2020	In progress
Decrease Vanderburgh County minority infant mortality rates from 2019 to 2020	Obtain baseline infant mortality rate in Vanderburgh County for 2019	Vanderburgh County Health Department	Mar-2020	April-2020	Complete
	Obtain infant mortality rate in Vanderburgh County for 2020 after implementation of interventions	Vanderburgh County Health Department	Mar-2021	April-2021	Not started

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## NEXT STEPS

### NEXT STEPS:

As noted above, there are a number of interventions to tackle the four health priorities in the 2020-2022 CHIP. In order to achieve these interventions, the responsible party next to each intervention is responsible for coordinating a meeting to discuss tasks for accomplishment. Each group will develop and implement work plans to address the identified health priority.

### DATA COLLECTION AND MANAGEMENT:

The Vanderburgh County Health Department is acting as the data collection center and will be developing CHIP reports and maintaining progress. Each responsible party will be tasked with reporting progress and measurements to the Vanderburgh County Health Department. A CHIP report with progress updates will be developed annually and distributed to all stakeholders.

## PARTNERS

### MENTAL HEALTH:

Deaconess, St. Vincent Evansville, Southwestern Behavioral Health, ECHO Healthcare, Vanderburgh County Health Department, Brentwood Springs, Evansville State Hospital, Evansville Psychiatric Children's Center, Mental Health America Vanderburgh County, Youth First, Mayor's Mental Health Commission, Lampion Center, Evansville Central Library, Community Patient Safety Coalition, Vanderburgh County Medical Society, CAPE: Minority Health Coalition, USI, Southwest Indiana AHEC, Ivy Tech Community College, EVSC, Resilient Evansville, IU School of Medicine, Crisis Intervention Teams (law enforcement), and Evansville Catholic Schools.

### SUBSTANCE ABUSE:

Deaconess, St. Vincent Evansville, ECHO Healthcare, Southwestern Behavioral Health, Vanderburgh County Health Department, Brentwood Springs, Mayor's Substance Abuse Task Force, and Vanderburgh County Substance Abuse Council.

### FOOD INSECURITY:

Healthy Communities Partnership, Promise Zone subcommittee on food access, Vanderburgh County Health Department, Deaconess, St. Vincent Evansville, Welborn Baptist Foundation, Urban Seeds, Seton Harvest, Junior League of Evansville, Market Wagon and Newburgh Farmers Market, Purdue Extension – Vanderburgh County, USI, and Evansville Area Food Council.

### INFANT MORTALITY:

Deaconess, St. Vincent Evansville, ECHO Healthcare, Vanderburgh County Health Department, Black Nurses of Evansville, Little Lambs, Safe Kids Coalition, Breastfeeding Coalition, Evansville Christian Life Center, WIC, Southwestern Indiana Perinatal Advisory Board, USI, UE

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