



## Help us all live longer, better

By 2027, reduce preventable premature deaths by 10%

### Key Drivers

The most important areas of focus to achieve the goal

Mental Health

Substance Use Prevention & Treatment

Suicide Prevention

### Key Strategies

How we address the focus areas

Access to Prevention & Treatment Services

Prevent, Identify & Treat Effects of Childhood Trauma

Promote Awareness & Reduce Stigma

Identify Those at High Risk

#### Access to Prevention & Treatment Services

These strategies focus on strengthening access to and delivery of health care so that people are better able to address their physical and behavioral health needs to reduce deaths by suicide and substance use disorders.

#### Prevent, Identify & Treat Effects of Childhood Trauma

Research shows that Adverse Childhood Experiences (ACEs) and trauma have a profound impact on individual's health across the life span. Those who experience unmitigated ACEs have higher rates of mental illness, substance use disorder, and chronic disease such as heart disease and diabetes. As such, strategies will focus on preventing, identifying, mitigating, and treating ACEs.

#### Promote Awareness & Reduce Stigma

To reduce drug induced deaths and deaths by suicide we need a supportive community that reduces access to (and prevents use of) substances, promotes connectedness, and teaches coping and problem solving skills to enable individuals to tackle challenges, stress, and adversity.

#### Identify Those at High Risk

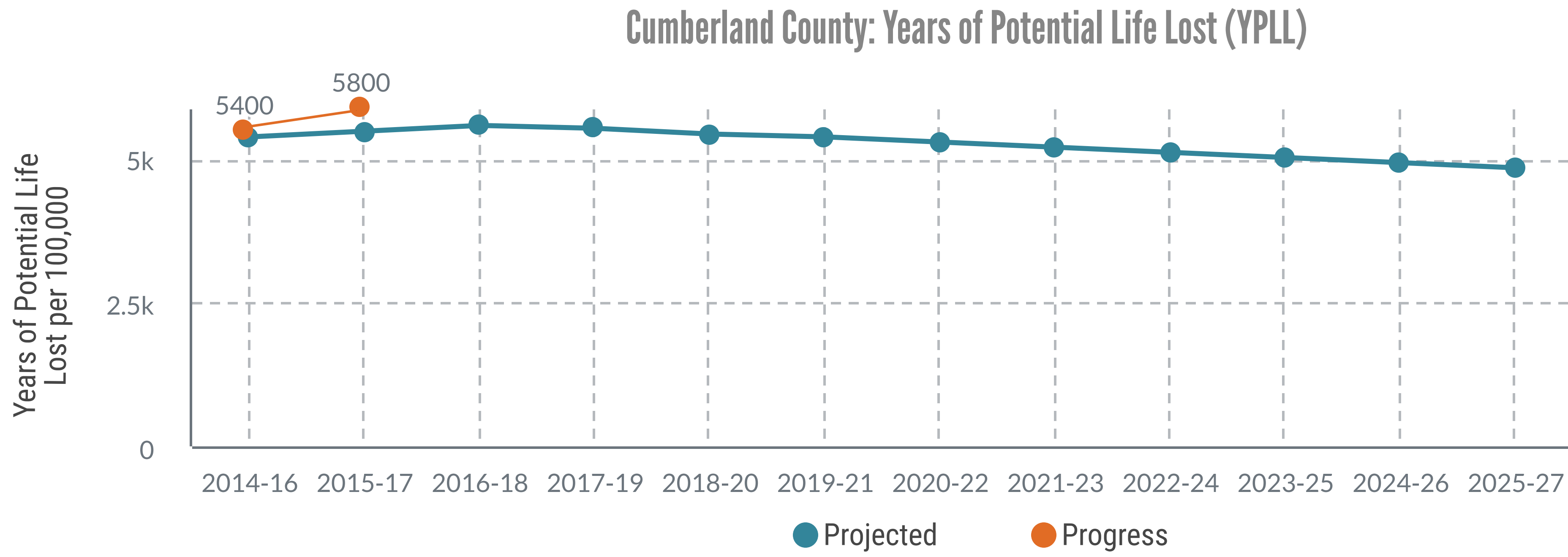
To reduce premature death we need to identify those at highest risk and support them. This includes knowing the warning signs, providing crisis intervention, and treatment by providing supports for individuals, families, and friends.

# Goal 3: Help Us All Live Longer, Better

**Headline Indicator:** By 2027, reduce preventable premature deaths by 10%.

**Baseline:** 5,400 Years of Potential Life Lost per 100,000 people

**2021 Benchmark:** 5,400 Years of Potential Life Lost per 100,000 people



Baseline Source: Centers for Disease Control and Prevention. National Center for Health Statistics. Health Indicators Warehouse. Retrieved from health indicators (June 2016).



Where are we today?

### Cumberland County: Years of Potential Life Lost (YPLL)

