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

**Key Strategies**
How we address the focus areas

**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

Cumberland County: Years of Potential Life Lost (YPLL)


Where are we today?