

Five-Year Health and Social Services Strategic Plan

The Governor of Guam has prepared a 5-Year Health and Social Services Strategic Plan for in consultation with the Governor,

the Department of Public Health and Social Services [DPHSS], the Department of Mental Health and Substance Abuse, the Health and Social Services Subcommittee, and federal agencies. This Plan is in response to the need to improve health conditions as well as prevent the impairment of health in the future. The overall objective for the Strategic Plan is to improve the provision of health and social services and their outcomes on Guam, as well as the region.

Goals

The goals of this Health and Social Services Plan are:

- to reduce health disparities and illnesses
- to educate about wellness and prevention
- to improve our understanding of disease and how to combat these conditions
- to lead to an overall improved quality of life for Guam.

Simple Steps to Improving Your Health

- Obtain regular physical checkups
- Engage in regular physical activity
- Avoid smoking and alcohol
- Add fresh vegetables and fruits to your diet
- Replace sugar sweetened beverages with water
- Achieve and maintain a healthy weight
- Improve your mental health and mood

Public Health Resources

During the course the development of this Plan, a major issue identified is a lack of awareness of public health resources available. Several clinics and programs are available throughout the island to help increase public accessibility to health and wellness centers. Guam's DPHSS operates three public health clinics that offer a variety of services such as wellness and prevention programs, diagnostic and treatment services, mental health rehabilitation, and many more. Many public programs that address health issues such as suicide prevention, STDs, chronic health conditions, and others are offered throughout Guam.

Northern Regional Community Health Center

520 W Santa Monica Drive
Dededo, Guam

Monday-Thursday: 7:30 am to 6:00 pm Friday-
Saturday: 7:30 am to 1:30 pm

Southern Regional Community Health Center

162 Apman Drive
Inarajan, Guam

Monday-Thursday: 8:00 am to 5:00 pm Friday:
8:00 am to 12:00 pm

Central Public Health Clinic

123 Chalan Kareta
Mangilao, Guam

Monday-Friday: 8:00 am to 5:00 pm

Contact Information:

Website:

5 Year Health & Social Services Strategic Plan

Governor Eddie Baza Calvo
Territory of Guam

The Path to Improving Health

Communicable (contagious) diseases and chronic conditions contribute to many deaths that could be avoided through prevention and treatment. This Strategic Plan has been developed in order to identify the current health conditions and concerns and design a plan of action to address the health and social services needs for all of Guam - today and in the future.

The Plan addresses the following 11 topics, followed by a Plan of Action that lays the groundwork for addressing health and social issues identified as a concern:

- Workforce Development
- Financial Management
- Health and Social Services Infrastructure
- Regulations, Licensure, and Insurance
- Access to Care
- Wellness and Prevention
- Communicable Diseases
- Non-Communicable Diseases
- Oral Health
- Behavioral Health
- Other Health and Social Services
- Plan of Action

Your Role in Disease Prevention



Improving the physical and mental health of Guam residents requires the identification of health risks, the promotion and adoption of healthy behaviors and lifestyles, and

the availability and efficient utilization of health and social services.

The maintenance of good health requires more than treating illnesses when they occur. It also means getting optimal nutrition, achieving and maintaining a healthy weight, exercising and staying fit, eliminating risky activities and behaviors (smoking, excessive drinking, etc.), and taking steps to prevent disease. Understanding the building blocks and relationships of the various factors that influence overall health is the best way to take control of one's health and to ensure a healthy and rewarding life. Taking the appropriate steps to improve one's overall health through wellness and prevention strategies has the potential to prevent or reduce the potential for heart disease, diabetes, and many other chronic conditions

Serious diseases that are linked to what we eat kill an estimated three out of four people each year. These diseases include heart disease, high blood pressure, stroke, some types of cancer, and diabetes.

There are a multitude of free resources available to help

you choose the best wellness plan that suits your needs. Chief among these resources are the USDA's ChooseMyPlate nutrition guidelines as well as the Pacific Food Pyramid that is tailored to the local preferences of Guam residents.

Using this Plan as a baseline, each person can work together to improve the overall quality of life for children, youth, families and individuals on the island and in the region by making health a high priority.

Caution Foods Limit Servings



Calcium Foods 2-4 Servings



Protein Foods 2-3 Servings



High Vitamin A foods 1 or more servings



High Vitamin C foods 1 or more servings



Other Fruits & Veggies 3 or more servings



Complex Carbohydrates

(Bread, Cereals, Rice, Grains, Noodles, Peas/Beans, & Starchy Vegetables)
6-11 servings

