



CDPH Releases New Healthy Chicago 2025 Strategic Plan Report

CDPH has released the [Healthy Chicago 2025 Strategic Plan report](#), which identifies the causes of our city's 11.4-year life expectancy gap between Black and non-Black Chicagoans.

This report features seven action plans addressing the main contributors to the life expectancy gap. Here are the steps CDPH is taking in 2025.

- 1 **Chronic disease:** Collaborating with community health workers to promote tobacco cessation, the benefits of increased physical activity, and ways to reduce high blood pressure.
- 2 **Violence prevention:** Placing violence prevention resources in priority blocks, investing in green spaces, and starting hospital-based violence intervention.
- 3 **Substance use:** Increasing the availability of Narcan and informing community members about substance use disorder and treatment options including medications for opioid use disorder.
- 4 **Infectious disease:** Developing communications to increase vaccination in our most impacted communities. Helping more people connect to HIV care and related services to prevent new infections and offer better support for those living with HIV.
- 5 **Infant and maternal health:** Expanding outreach directly to more Chicago families with newborns to help more people use city resources before and after babies are born.
- 6 **Mental health:** Developing actionable guidelines to enhance the Mental Health Equity Network and Crisis Assistance Response & Engagement (CARE) program, ensuring more Chicagoans fully benefit from these services. Equipping community members with training to deliver trauma-informed care and drive recovery-focused support for unhoused individuals.
- 7 **Partnerships:** Creating a community-level asset map to help connect with partners and collaborate to ensure resources reach those most in need.

[READ THE FULL REPORT AND LEARN MORE](#)

Communities that have faced significant health disparities, including East and West Garfield Park; North Lawndale; Englewood; and West Englewood, are specifically prioritized. These communities were chosen because they have some of the lowest life expectancies and greatest declines in life expectancy in recent years.

Listen to Dr. Olusimbo Ige discuss the Healthy Chicago 2025 Strategic Plan on the Healthy Chicago podcast. A Spanish version featuring Dr. Geraldine Luna is also available.

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COMMUNITY AND MENTAL HEALTH



Roseland Health Hub Opens for Mental Health and STI Services

The Roseland Health Hub (200 E. 115th St.) opened its doors for services Dec. 23. The hub offers mental health services and sexual health services by appointment. Mental health services include support for emotional, traumatic, or behavioral difficulties. These services are free for all Chicagoans.

The newest Health Hub is a community-centered space dedicated to improving access to critical health services and fostering stronger connections within the Roseland neighborhood. Call the Health Hub at (312) 747-1020 to make an appointment.

[LEARN MORE ABOUT THE ROSELAND HEALTH HUB](#)

[LEARN MORE ABOUT MENTAL HEALTH SERVICES](#)



Did You Know: Narcan Can Freeze Below 5 Degrees?

As the weather turns colder, it's important to know that Naloxone or Narcan can freeze below 5 degrees. At room temperature, it takes about 15 minutes to thaw. If someone is experiencing an overdose, do not wait – call 9-1-1 immediately.

Free Narcan is available at all [Chicago Public Library](#) locations and at sites around the city.

[GET FREE NARCAN](#)



Free Vaccine Clinics Open All Winter

CDPH's vaccine clinics remain open year-round to provide crucial protection to those who need it, regardless of insurance or immigration status. This includes people who need updated COVID-19 or flu shots or have children who need [vaccinations for school](#).

[FIND A VACCINE AND MAKE AN APPOINTMENT](#)



Know Your Risk for High Blood Pressure and Diabetes

New CDPH data shows adult hypertension (high blood pressure) and diabetes are higher for people who drink sugar-sweetened beverages every day. Black Chicagoans were much more likely to report having hypertension and also have the highest rate of diabetes. Data shows both chronic diseases are most prevalent on the South and West sides.

What you can do:

- **Get a referral for medical care.** Call Chicago's Resource Coordination Hub at 312-746-4835 to get connected to care.
- **Monitor your blood pressure.** The Greater Auburn-Gresham Development Corporation (839 W. 79th St.) recently received a high blood pressure monitoring machine, which can be used by any visitor or client. Blood pressure testing is also available at most pharmacies.
- **Visit a community health center.** Locations around the city can help you manage chronic diseases like high blood pressure, diabetes and asthma. [Click here to find a community health center near you.](#)

MATERNAL, INFANT, CHILD, AND ADOLESCENT HEALTH



Learn More About CDPH's Free Family Connects Chicago Program

CDPH's [Family Connects Chicago program](#) is a free program that offers a free, in-home nurse visit to families across our city, and connects them with care and important resources like diapers, car seats, safety tips and more. The program recently released its 2024 digital report, which can serve as a tool for learning how FCC supports and addresses the needs of people across our city; getting the word out about FCC in your community; or helping loved ones get the care they deserve.

[DOWNLOAD THE REPORT](#)

COMMUNITY RESOURCES

Environmental News You Can Use in Your Neighborhood

CDPH recognizes that health is not just the absence of disease – it is a state of complete physical, mental, and social well-being. And that requires a healthy environment. CDPH Environmental Updates includes relevant news and opportunities for engagement within YOUR community, so we can make change together.

[LEARN MORE ABOUT CDPH'S ENVIRONMENTAL WORK AND SIGN UP FOR UPDATES](#)

The Chicago Health Atlas is a place to review and compare health-related data over time and across communities. It's an evolving tool that allows residents to see progress against Healthy Chicago priorities.

[CHECK OUT OUR PROGRESS](#)