



PUBLIC HEALTH

**ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON**

Healthy Communities and Healthy Aging

Aging and Disability, Joint Legislative Executive Committee
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What is a Healthy Community?

- Where we work, learn, live, play, and worship
- People can be as healthy as possible in a safe and nurturing environment

Building a Comprehensive System

2000

Funded each county for tobacco prevention

2003

Healthy Communities projects in 14 counties

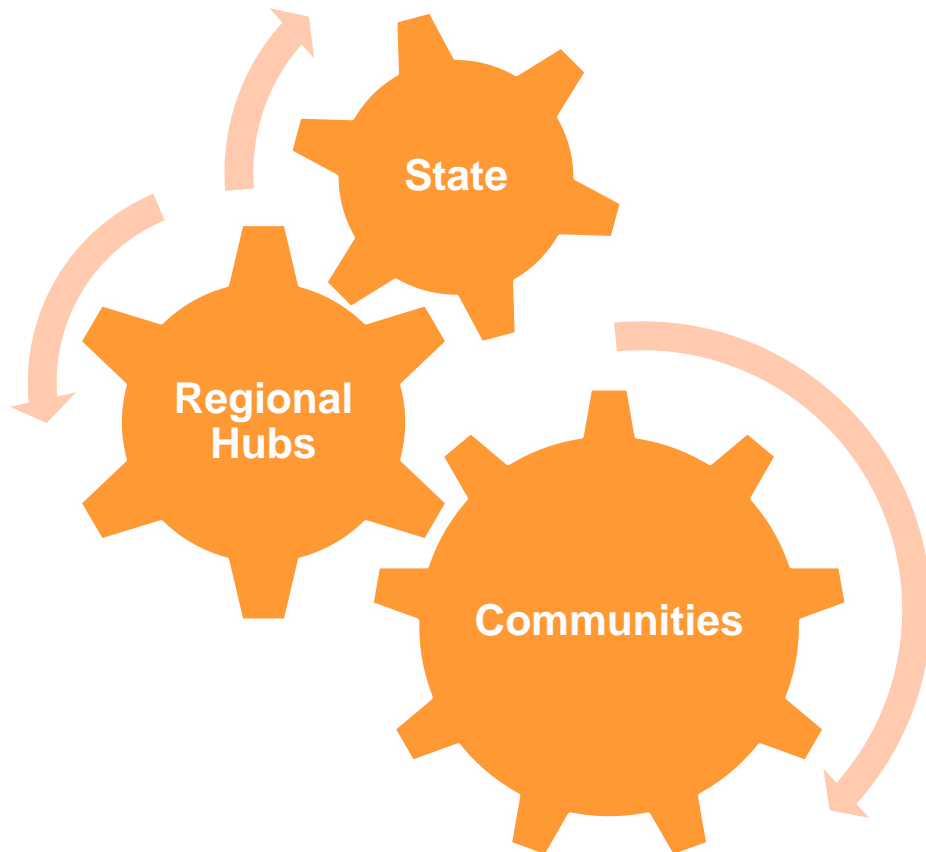
2009

Launched statewide Healthy Communities program

2011

Community Transformation Grant

The Future of Healthy Communities



2014 and beyond:
Continue to serve
regions and communities
as the system changes

What is the Washington State Plan for Healthy Communities?

- A statewide plan that supports a comprehensive approach to life long health
- Plan will be used to coordinate prevention and wellness efforts in our communities
- Challenge strategies and objectives – no one entity can do this alone

How Was the Plan Developed?

- Vision of a single statewide plan for chronic disease prevention *(Rolled 14 former strategic state plans into one)*
- Development of priorities working with internal focus groups and using data, best practices research, and logic modeling
- External stakeholder input from key partners at state agencies, state-level coalitions, and local public health

Why is the Plan Important?

- Approach that brings together diverse sectors and organizations to achieve a common set of results
- The plan is our common agenda
 - ✓ Frames a shared understanding of the issues we face and the actions to address them

Builds on Collective Impact Approach

Common Agenda

- Shared understanding of a community problem with a joint approach to addressing it.

Shared Measurement

- Consistent data collecting and reporting with mutual accountability for results.

Mutually Reinforcing Activities

- Participant activities are coordinated to support the plan of action.

Continuous Communication

- Consistent and open communication which builds trust across sectors and reinforces the work toward shared objectives.

Initiative Support

- Efforts are unified to bring partners together, line up resources, and support infrastructure.

Healthy Living Collaborative of Southwest Washington

- Cross-sector collaboration to build a healthier community
- Collective impact in action



Life Course Approach





Epidemiology and Surveillance

- Gathering, analyzing, and sharing data
- **State Plan Strategy:** Use data to monitor population health, including information about disparately affected populations
- Use data to identify regions with 65+ population without a primary care provider



Environmental Approaches

- Involves physical or material changes to the economic, social or physical environment
- Strategies address a wide range of topics
 - ready access to nutritious, high-quality affordable foods and beverages
 - falls prevention
 - sexual health of older adults

Transportation

- Personal mobility is a crucial need for aging adults and those with disabilities in Washington
- Important that these individuals have access to safe, affordable transportation options
- We envision a Washington where healthy and safe behaviors are easier and more convenient to have in physical environments

Working Together for Improved Transportation

- **State Plan Strategy:** Increase access to safe and affordable physical activity where people work, learn, live, play, and worship
 - ✓ Complete Streets reduce speeds on roadways, add bike lanes and street lights, and provide ADA compliant sidewalks
 - ✓ Streets are safe for everyone, no matter who they are and how they travel



Health Systems

- Improve the effective delivery and use of clinical and other preventive services to prevent disease and mitigate or manage complications

Health Systems

- **State Plan Strategy:** Improve the knowledge and ability of health care professionals to deliver comprehensive evidence based services, including integrated mental health and chemical dependency screening and interventions
 - ✓ Integrated screening by clinicians to address social connectedness and depression during well-checkups



Clinical and Community Preventive Services

- Partnerships between clinical service providers and community based organizations

Clinical and Community Preventive Services

- **State Plan Strategy:** Enhance capacity, infrastructure, and leadership of community-based organizations to provide the support necessary to maintain positive mental and physical well-being
 - ✓ Community partners can promote the use of services as well as assist patients in overcoming barriers to access, such as transportation. This makes it easier for people to “follow the doctor’s orders” and take charge of their own health.

Moving Forward

- Align with existing efforts to support aging adults and those with disabilities in Washington
- Collectively address prevention and wellness to reduce health care costs
- Consider budget and policy options to effectively implement these evidence-based strategies

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