

WASHINGTON HEALTH IMPROVEMENT PLAN SUMMARY

We invite you, our local public health and tribal partners, to join us as we work together on a few (2 or 3) key issues that will improve health for all people in Washington.

– John Wiesman, Secretary of Health



HEALTH IMPROVEMENT GOALS

The three priorities to influence how we stay healthy are:

1 Invest in the health and well-being of our youngest children and families

Ensure that families and communities build a strong foundation in the early years for a lifetime of good health, educational success and economic prosperity

- Stable nurturing relationships
- Good nutrition (prenatal nutrition, breastfeeding, healthy foods)
- Safe environments (housing, child care, schools, community)
- Prevention and early intervention services (prenatal care, developmental screening)

2 Support development of healthy neighborhoods and communities

Create communities that promote positive social connections and support health-promoting behaviors.

- Community engagement (public participation, community leadership)
- Community safety (pedestrian and bicycle safety, crime prevention, tobacco- and drug-free environments)
- Access to healthy community amenities (quality housing, transit, healthy food venues, parks, trails, essential services)

3 Broaden health care to promote health outside the medical system

Elevate health care consideration of social and environmental factors impacting health and emphasis on community health promotion and disease prevention strategies across the lifespan.

- Increase access and linkage to systems and supports that foster the ability to prevent and manage physical and behavioral health conditions
- Implement policies that create healthy physical and social environments that promote health equity

HEALTH CHALLENGES

In Washington, some of the leading causes of premature death and poor health are:

- Cardiovascular disease (coronary heart disease and stroke)
- Drug related (opioids)
- Lung cancer
- Alcohol related
- Diabetes

Preventing unhealthy behaviors and replacing them with healthy habits can drive down chronic disease rates and improve quality of life. Making it easier in local communities to access medical care, get fresh fruits and vegetables, and live an active lifestyle can help people live longer and save on health care costs.

CREATING A CULTURE OF HEALTH

Embrace the Robert Wood Johnson Foundation focus and leadership to build a culture of health for America, where:

1. Good health flourishes across geography, demographic and social sectors,
2. Being healthy and staying healthy is valued by our entire society,
3. Individuals and families have the means and the opportunity to make choices that lead to healthier lifestyles,
4. Business, government, individuals, and organizations work together to foster healthy communities and lifestyles,
5. Everyone has access to affordable, quality health care,
6. No one is excluded,
7. Health care is efficient and equitable,
8. The economy is less burdened by excessive and unwarranted health care spending,
9. The health of the population guides public and private decision-making, and
10. Americans understand that we are all in this together.

HEALTH ASSESSMENT AND PRIORITY WORK

Many efforts are informing this work :

- The Health of Washington State
- Community health assessments
- Agenda for Change Action Plan
- Healthy Communities: The Journey Forward (AIHC/DOH)
- Results Washington (Gov Priorities)
- Secretary of Health Priorities
- State Health Care Innovation Plan
- State Plan for Healthy Communities
- National Prevention Strategy

NATIONAL PREVENTION FRAMEWORK

