



# 2014 – 2018 State Health Improvement Implementation Plan

Creating a Culture of Health in Washington

In Washington, we have many plans to improve our residents' health, from local to statewide efforts. The SHIP connects those plans. The SHIP calls everyone to action to create a culture of health that provides opportunities for healthy childhoods and healthy choices throughout life.

Rapid change is taking place in both public health and health care services. In this context, we can create a health and wellness system right here, where we live, learn, work, play, and worship. This plan lays out concrete steps to bring about this change.

Health equity and reducing equity gaps are key drivers of our work. The system we envision will give everyone a chance to live a healthy life, live in a safe neighborhood, and be successful in education and employment. The SHIP emphasizes the importance of increasing health equity by promoting safe, welcoming, just, and equitable communities across the state.

The SHIP has both near-term and long-term goals. Beneath each goal outlined below are initiatives working to make a culture of health our new reality.

## NEAR-TERM GOALS

- **Improve nutrition, physical activity and obesity, as measured by the increase in the proportion of middle and high school youth who have a healthy weight**

Obesity among children is a problem in Washington, as it is across the country. In response, the [Healthiest Next Generation](#) initiative (HNG), a statewide [public-private partnership](#), highlights proven and innovative ways to improve healthy weight in children and supports community-led changes.

For example, communities across the state are implementing new fitness policy guidelines developed by the HNG. They are increasing opportunities for students to be physically active and improve their weight. This effort also includes programs like [Safe Routes to School](#) and [Walking School Buses](#) that encourage children to walk.

In the area of nutrition, HNG works to increase participation in [school breakfast programs](#), eliminates school lunch co-pays in grades 4-12, supports the [Summer Food Service Program](#), and expands Washington's [Farm to School Program](#).

To track progress, data will be used from the [Healthy Youth Survey](#) (HYS). The HYS reports every two years on the percentage of 6<sup>th</sup>, 8<sup>th</sup>, and 10<sup>th</sup> graders with a healthy weight. The data will be included in the SHIP's *Annual Report*.

- **Improve access to health care, as measured by the increased number of local health jurisdictions and tribes actively participating in Accountable Communities of Health**

Washington has nine [Accountable Communities of Health](#) (ACH) regions. These regions are forming broad coalitions of public and private stakeholders to improve our health system, with the aims of better population health, better quality health care, and lower health care costs. Public health leaders from across the state are engaged in forming these coalitions. ACHs are improving access by working within each region to integrate behavioral with physical health care. Annually, the Department of Health gathers data on the number of local health jurisdictions participating in their ACH. The data will also be included in the SHIP's *Annual Report*.

## LONG-TERM SHIFT

The SHIP's long-term shift aims to prevent health problems from occurring and give everyone a chance for good health. Each person's prospects for health begin in their family, neighborhood, school and job. By preventing health problems, we improve the future health of everyone in our communities. Because the health challenges we face are complex, efforts must include partners from schools, business, transportation, early learning, law enforcement, public health, health care and others.

Below, we describe broad-based initiatives promoting safe, equitable communities in each focus area.

- **Invest in the health and well-being of our youngest children and families** by ensuring that families and communities build a strong foundation in the early years for a lifetime of good health, educational success, and economic prosperity

Washington's [Essentials for Childhood](#) initiative includes partners from many sectors and geographic areas, who are creating a context for healthy children, families and communities. Their vision is 'All children in Washington State thrive in safe, stable, and nurturing relationships and environments.' Workgroups are collaborating to implement strategies including educating key stakeholders on brain science, Adverse Childhood Experiences (ACEs), resilience, improve trauma-informed services, align systems to enable family-centered services, increase sharing and use of data and spark innovative policy and financing.

- **Support development of healthy neighborhoods and communities** by creating communities that promote positive social connections and support health-promoting behaviors

The [Essentials for Childhood](#) initiative's *2015 Report* builds on existing efforts, promoting safe, stable, nurturing communities and families. Examples are [Reach Out and Read Washington](#), [ACEs Public- Private](#) initiative, and [Frontiers of Innovation](#).

The [Healthiest Next Generation](#) initiative's *2014 Report* supports positive social connections and healthy behaviors. They encourage communities to implement [Complete Streets](#) for pedestrians, bicyclists, motorists and transit riders. Especially important for children are [Safe Routes to School](#) and [Walking School Bus](#) programs.

The American Indian Health Commission's [Pulling Together for Wellness](#) framework is about culturally-appropriate, tribally-driven action planning, focused on preventing and reducing chronic disease and addressing health disparities through policies, systems, and environmental change. Examples are tribal-level commercial tobacco, food sovereignty and [Complete Streets](#) initiatives and policies.

- **Broaden health care to promote health outside the medical system** by elevating consideration of social and environmental factors impacting health and emphasizing community health promotion and disease prevention strategies across the lifespan

Washington is in the midst of a five-year *Health Care Innovation Plan*, including creating the [Accountable Communities of Health](#) described above. The [Prevention Framework](#), a blueprint for population health improvement, is part of this effort. A multi-sector public-private partnership, formed in 2014, developed the framework, which is the basis for a state [Plan for Improving Population Health](#), to be completed in 2016. The Plan will guide and accelerate implementation in this focus area.

The SHIP workgroup will report annually on all short-term measures. Each *Annual Report* will also include highlights of progress made in the long-term focus areas by [Essentials for Childhood](#), [Healthiest Next Generation](#), [Pulling Together for Wellness](#), and the [Plan for Improving Population Health](#).

## SHIP IMPLEMENTATION WORKGROUP

[Torney Smith, Co-Chair](#)  
Spokane Regional Health District

[Amy Laurent](#)  
Public Health – Seattle & King County

[Sarah Chodakewitz](#)  
Washington State Department of Health

[Megan Davis](#)  
Washington State Department of Health

[Judy Hall](#)  
Washington State Department of Health

[Astrid Newell](#)  
Whatcom County Health Department

[Cathy Wasserman](#)  
Washington State Department of Health

[Pamela Lovinger, Co-Chair](#)  
Washington State Department of Health

[Laura Blaske](#)  
Washington State Department of Health

[Maria Courogen](#)  
Washington State Department of Health

[Marie Flake](#)  
Washington State Department of Health

[Jan Olmstead](#)  
American Indian Health Commission

[Marguerite Ro](#)  
Public Health – Seattle & King County

## RESOURCES

[Accountable Communities of Health](#)

[ACEs Public-Private Initiative](#)

[Complete Streets](#)

[Essentials for Childhood](#)

[Farm to School Program](#)

[Frontiers of Innovation](#)

[Healthiest Next Generation](#)

[Healthy People 2020](#)

[Healthy Youth Survey](#)

[Maternal-Infant Health Strategic Plan](#)

[Plan for Improving Population Health](#)

[Practice Transformation](#)

[Prevention Framework](#)

[Pulling Together for Wellness](#)

[Reach Out and Read Washington](#)

[Safe Routes to School](#)

[State Health Improvement Plan](#)

[Summer Food Service Program](#)

[Walking School Bus](#)

