



*Healthier people  
and communities*

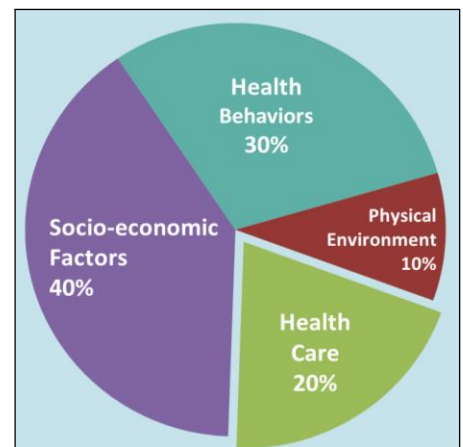
## Plan for Improving Population Health

The Washington State Plan for Improving Population Health will guide how the state and local communities can best implement population health improvement strategies. Informed by national and local experts, the completed Plan will provide a structured process that aligns us as a state while allowing flexibility for unique needs and resources of local communities. It is an avenue for ensuring the Healthier Washington initiative addresses prevention, health equity and social determinants of health.

Providing a standardized process and individualized interventions, the Plan will allow diverse communities to take any health priority and implement strategies that:

- ✓ Assess
- ✓ Engage
- ✓ Measure impact
- ✓ Quantify return on investment
- ✓ Apply the latest evidence

**Timeline:** August 1, 2015 through September 30, 2016



### Overview and next steps

Originating from the Public Health Improvement Partnership, the Department of Health (DOH) and Health Care Authority (HCA) formed a public-private, multi-sector partnership to develop a Prevention Framework as a blueprint for population health improvement. Developed over an 18-month period by a work group of experts and stakeholders from across the state, the Framework will be used as the foundation for the Plan for Improving Population Health.

While the Prevention Framework provides a blueprint for what we plan to do, the Plan for Improving Population Health will help with the how. The Plan for Improving Population Health will align local and state based interventions, linked to each Prevention Framework Focus Area, that complement and support each other to reach shared goals. These will include:

- Provider-level strategies
- Community-clinical strategies

- Community-wide strategies
- Upstream/social determinant strategies

As a result of using the standardized process, evidence-based interventions, and cross-cutting sustainability tools, we will see improvements in population health that lead to lower costs and greater quality of life - building a strong case for ongoing investment in population health initiatives.

### Partners in this project

The Department of Health is responsible for development and completion of the Plan. An External Advisory Committee provides input and guidance, as well as an Interagency Advisory Committee representing the state agencies supporting the Healthier Washington initiative (HCA, DSHS, DOH). In addition, there will be multiple avenues for stakeholder engagement throughout the Plan’s development, including focus groups and regional meetings throughout the state.

### Prevention Framework

<b>VISION:</b> The people of Washington embrace and sustain a culture of health.
<b>GOAL:</b> The people of Washington will be healthier at every stage of life.
<b>PRINCIPLES:</b> Alignment   Balance   Collective Action   Health   Health Equity   Participation   Quality
<p style="text-align: center;"><b>OBJECTIVES:</b></p> <ul style="list-style-type: none"> <li>• By 2019, Washington State will increase the proportion of the population who receive evidence-based clinical and community preventative services that lead to a reduction in preventable health conditions.</li> <li>• By 2019, Washington State will increase the proportion of the population with better physical and behavioral health outcomes by engaging individuals, families, and communities in a responsive system that supports social and health needs.</li> <li>• By 2019, Washington State will increase the number of communities with improved social and physical environments that encourage healthy behaviors, promote health and health equity.</li> <li>• By 2019, Washington State will increase the number of integrated efforts between public health, the health care delivery system and systems that influence social determinants of health to lower costs, improve health, improve the experience of care and contribute to the evidence-base.</li> </ul>
<p style="text-align: center;"><b>PRIORITY:</b></p> <p style="text-align: center;">Prevention &amp; management of chronic disease and behavioral health issues.</p> <p style="text-align: center;"><i>Initial areas</i></p> <ul style="list-style-type: none"> <li>• Cardiovascular disease and diabetes</li> <li>• Healthy eating, active living, tobacco-free, and obesity prevention</li> <li>• Mental illness, substance abuse/use</li> <li>• Trauma-informed practices</li> </ul>
<p style="text-align: center;"><b>STRATEGY:</b></p> <ol style="list-style-type: none"> <li>1. Engage and influence health and other systems to improve health, reduce cost and improve experiences for those who use and provide services that support health.</li> <li>2. Align funding and resources to incentivize prevention and health improvement.</li> <li>3. Engage and activate people, communities and systems to create and foster health promoting environments.</li> </ol>