

## Plan for Improving Population Health (P4IPH)

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 Elements

## VISION

The people of Washington embrace and sustain a culture of health.

## GOAL

The people of Washington will be healthier at every stage of life.

## PRINCIPLES

Alignment | Balance | Collective Action | Health | Health Equity | Participation | Quality

## PRIORITY

Prevention and management of chronic disease and behavioral health issues; while addressing root causes.

## INITIAL FOCUS AREAS

- *Initial Focus Area:* Cardiovascular Disease and Diabetes
- *Initial Focus Area:* Healthy eating, active living, tobacco free living and obesity prevention
- *Initial Focus Area:* Mental health, substance abuse/use (opioids)
- *Initial Focus Area:* Trauma informed practices (e.g., Adverse Childhood Experiences or ACEs)

## OBJECTIVES

Please note there is still work to be done on the measurement of these objectives.

**Objective One:** By December 31, 2018, Washington State will increase the proportion of the population who receive evidence-based clinical and community preventive services that lead to a reduction in preventable health conditions.

**Objective Two:** By December 31, 2018, 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.

**Objective Three:** By December 31, 2018, Washington State will increase the number of communities with improved social and physical environments that encourage healthy behaviors, promote health and health equity.

**Objective Four:** By December 31, 2018, 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.

## STRATEGIES

1. Engage and influence health and other systems to improve health, quality, reduce cost and improve experiences for both people and providers
2. Align funding and resources to incentivize prevention and health improvement
3. Foster and engage people, communities and systems in health promotion activities that enable them to exercise control over their health and environments