

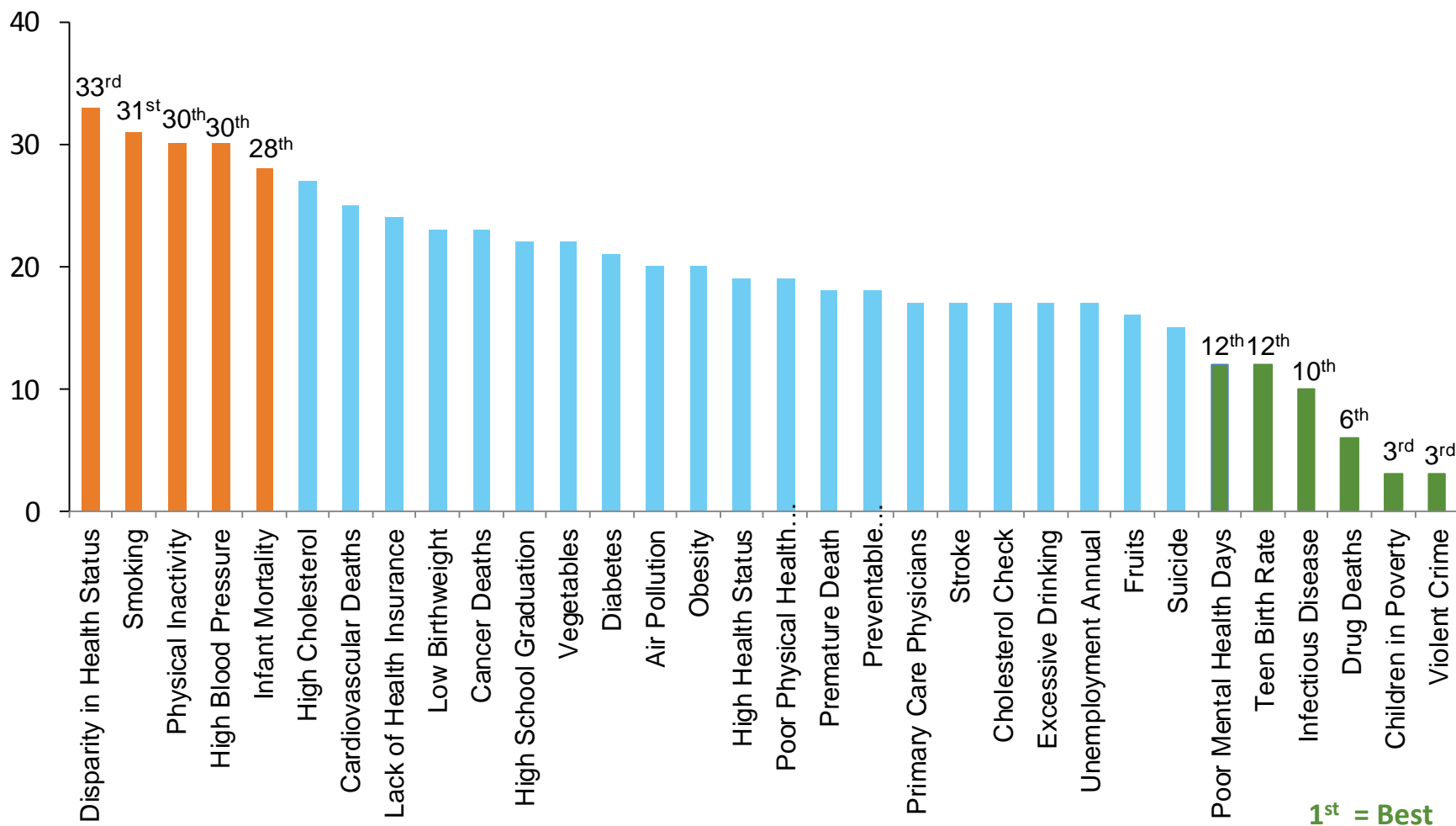
A photograph of a family walking away from the camera on a paved path during sunset. The sun is low on the horizon, creating a warm, golden glow and long shadows. A woman in a red shirt and jeans is on the left, a child in a blue shirt and jeans is in the middle, and a man in a light-colored shirt and dark pants is on the right. They are holding hands. A green rounded rectangle is overlaid on the center of the image, containing the title text.

# Virginia's Plan for Well-Being

**2016-2020**

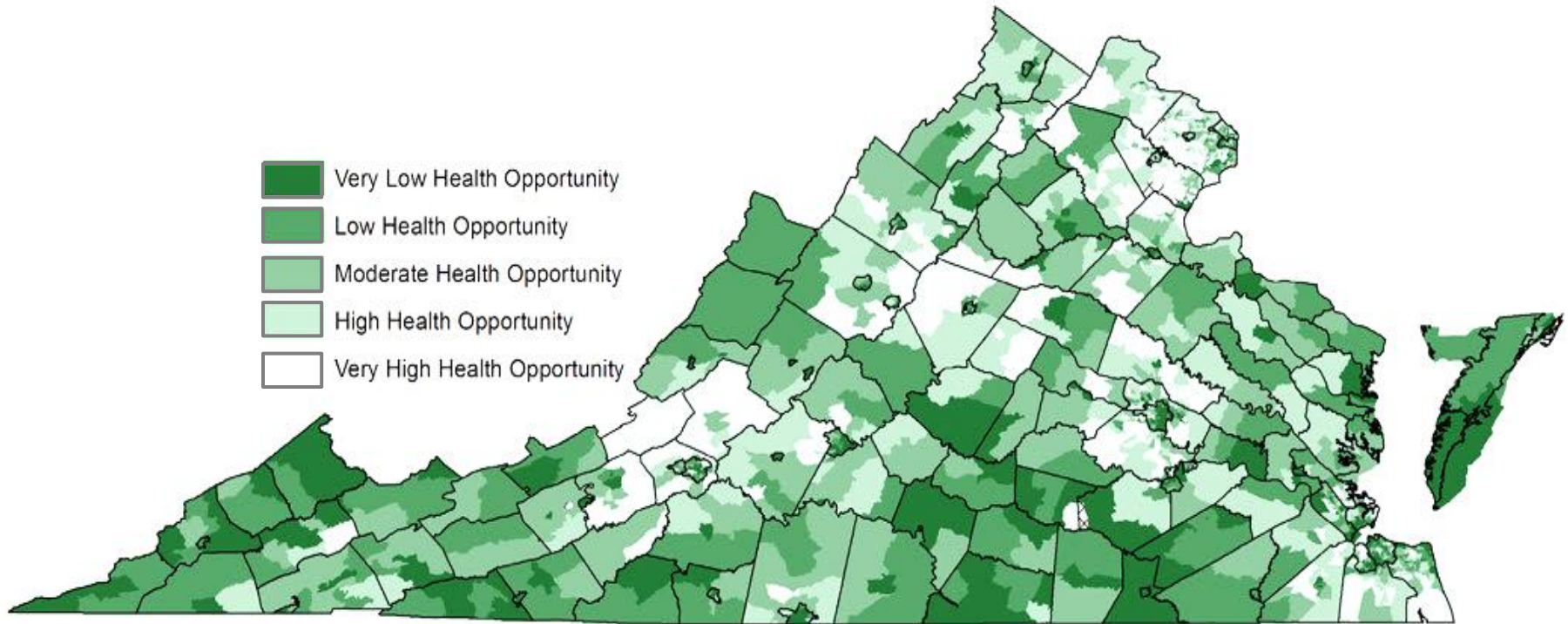
# Virginia Compared to Other States, 2014

Overall Ranking = 21<sup>st</sup>



Source: American Health Rankings by United Health Foundation, Released 12/10/15

# Disparity in Health Status



## Health Opportunity Index

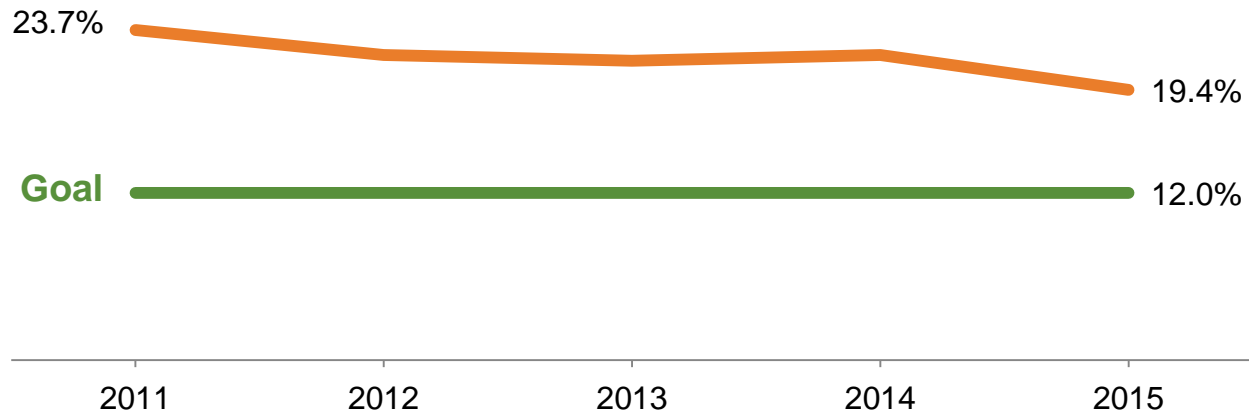
A composite measure of 13 indices that reflect a broad array of factors that health

Air Quality • Population Density • Population Churning • Walkability • Affordability • Education • Food Access • Material Deprivation • Employment • Income Inequality • Job Participation • Segregation • Access to Health Care

# Tobacco Use



Virginia adults report using tobacco



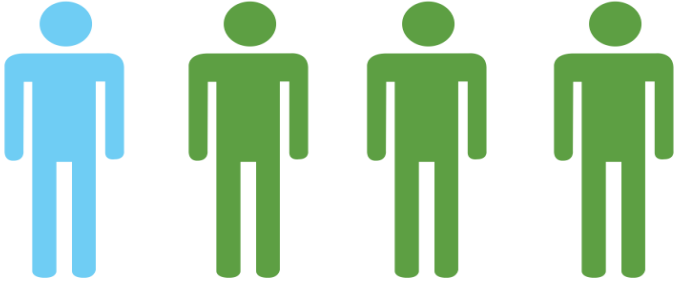
Source: Virginia Department of Health, Virginia Behavioral Risk Factor Surveillance System

# Virginia Youth Who Smoke

- **9.7 million** packs of cigarettes are bought or smoked by kids each year
- **7,300 youth** become new, regular smokers each year

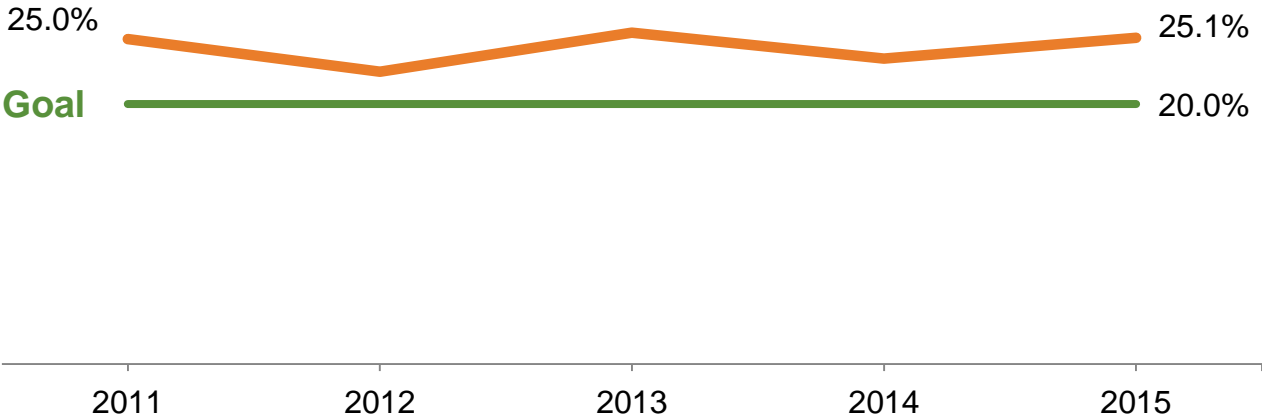
Source: Campaign for Tobacco Free Kids, "The Toll of Tobacco in Virginia Fact Sheet", January 8, 2015. Available at: [http://www.tobaccofreekids.org/facts\\_issues/toll\\_us/virginia](http://www.tobaccofreekids.org/facts_issues/toll_us/virginia)

# Physical Inactivity



1 in 4

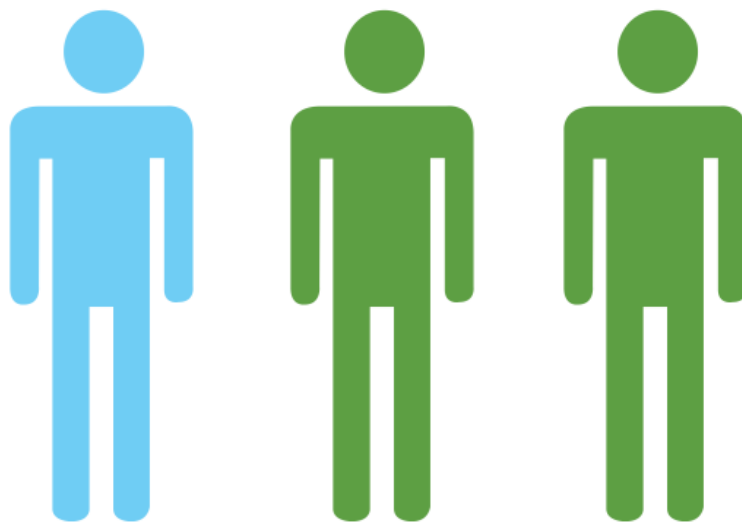
Virginia adults report **not participating in any physical activity** other than their regular job within the past month



Source: Virginia Department of Health, Virginia Behavioral Risk Factor Surveillance System



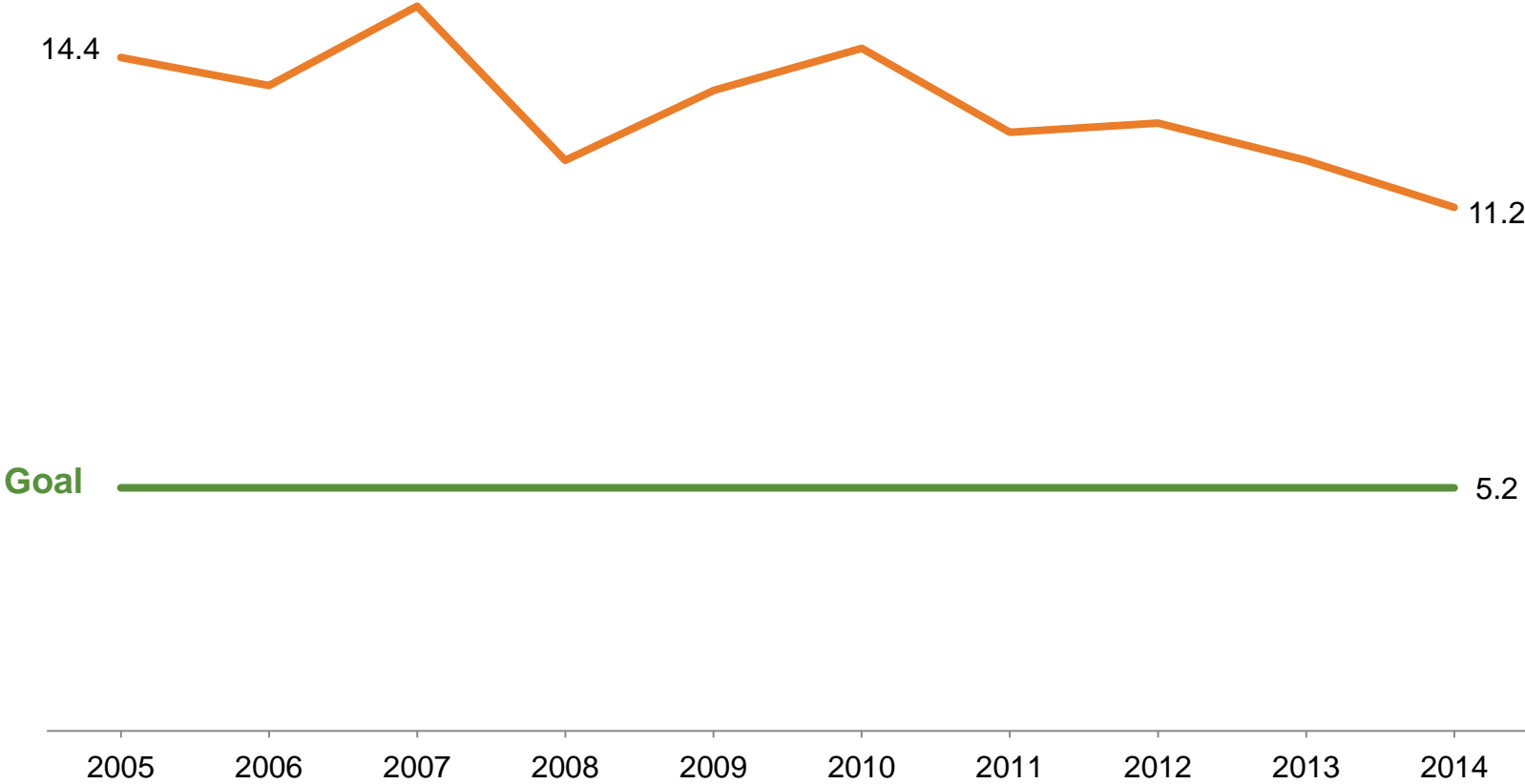
# High Blood Pressure



1 in 3

Virginia adults report being told by a health professional that they have high blood pressure

# African American Infant Deaths



Deaths during first year of life per 1,000 live births



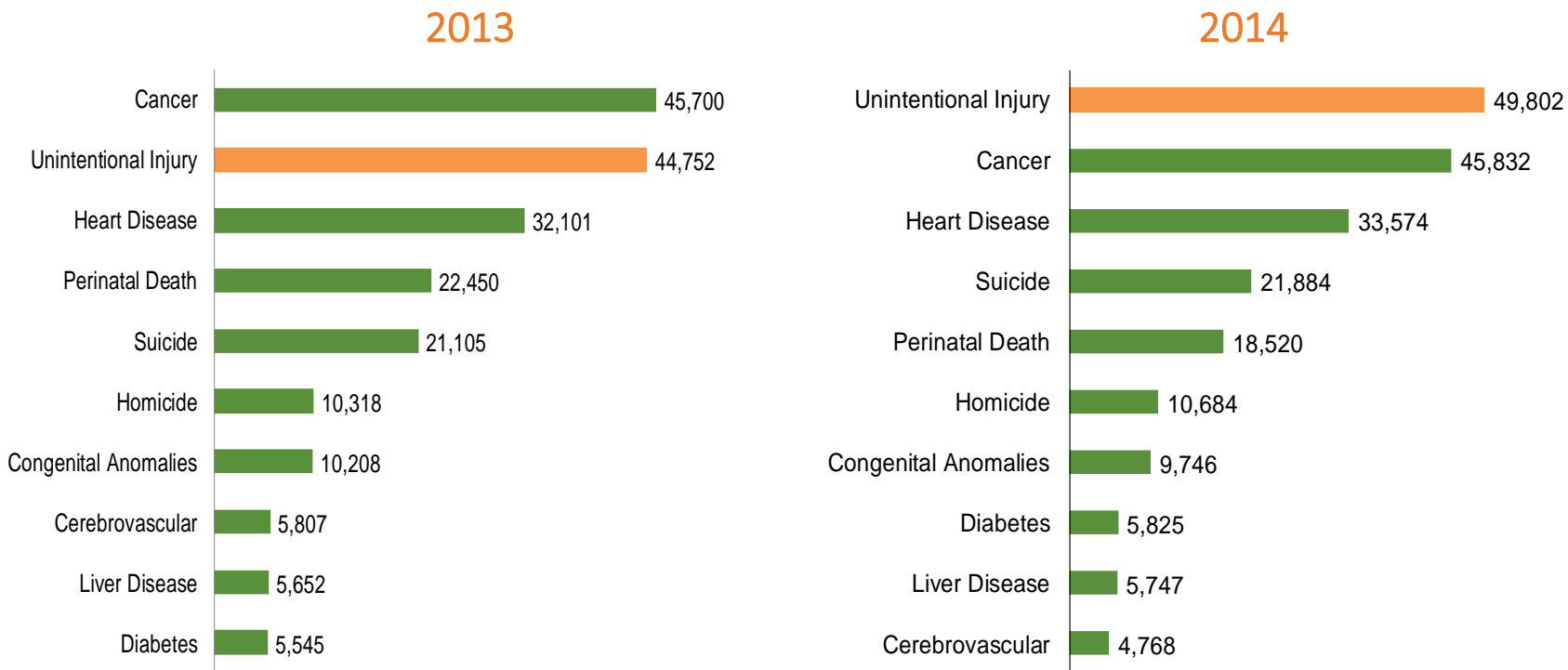
# Emerging Public Health Issue





# Years of Potential Life Lost Before Age 65

## Virginia, 2013 compared to 2014

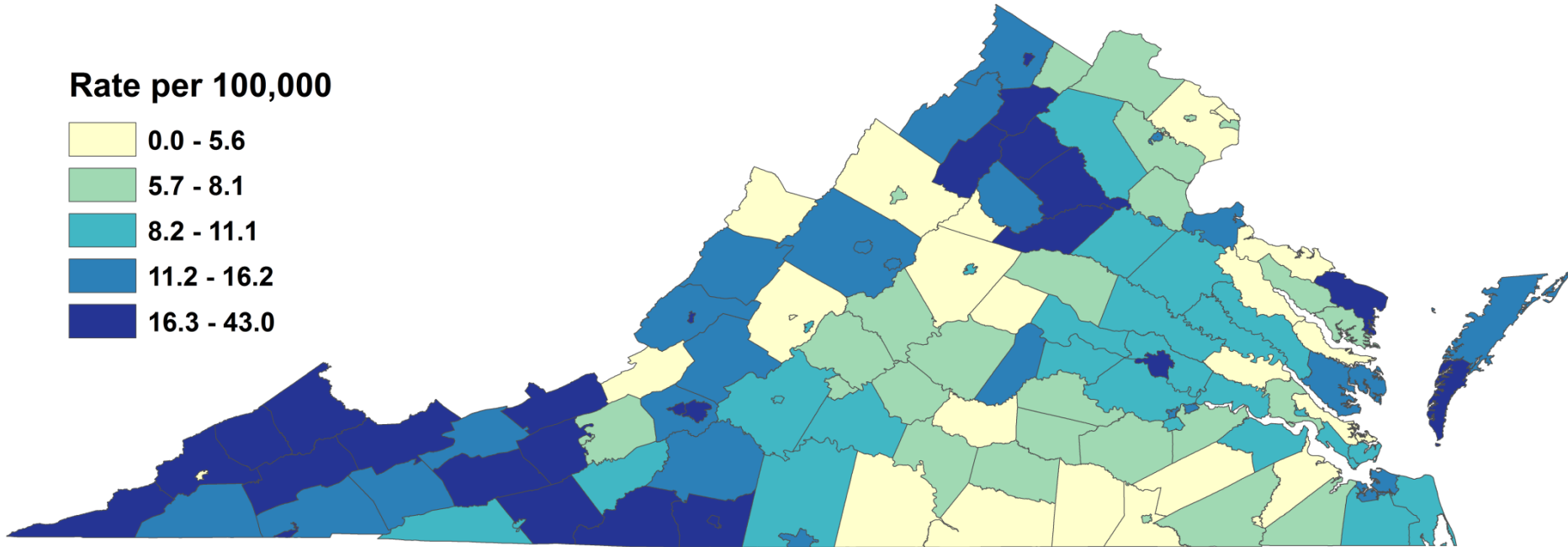
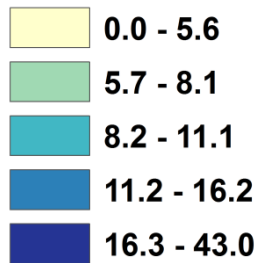


Source: National Center for Injury Prevention and Control. Data includes all races, both sexes,. <http://webappa.cdc.gov/sasweb/ncipc/ypl10.html>

# Average Annual Drug Overdose Death Rate

Virginia, 2012-14

## Rate per 100,000

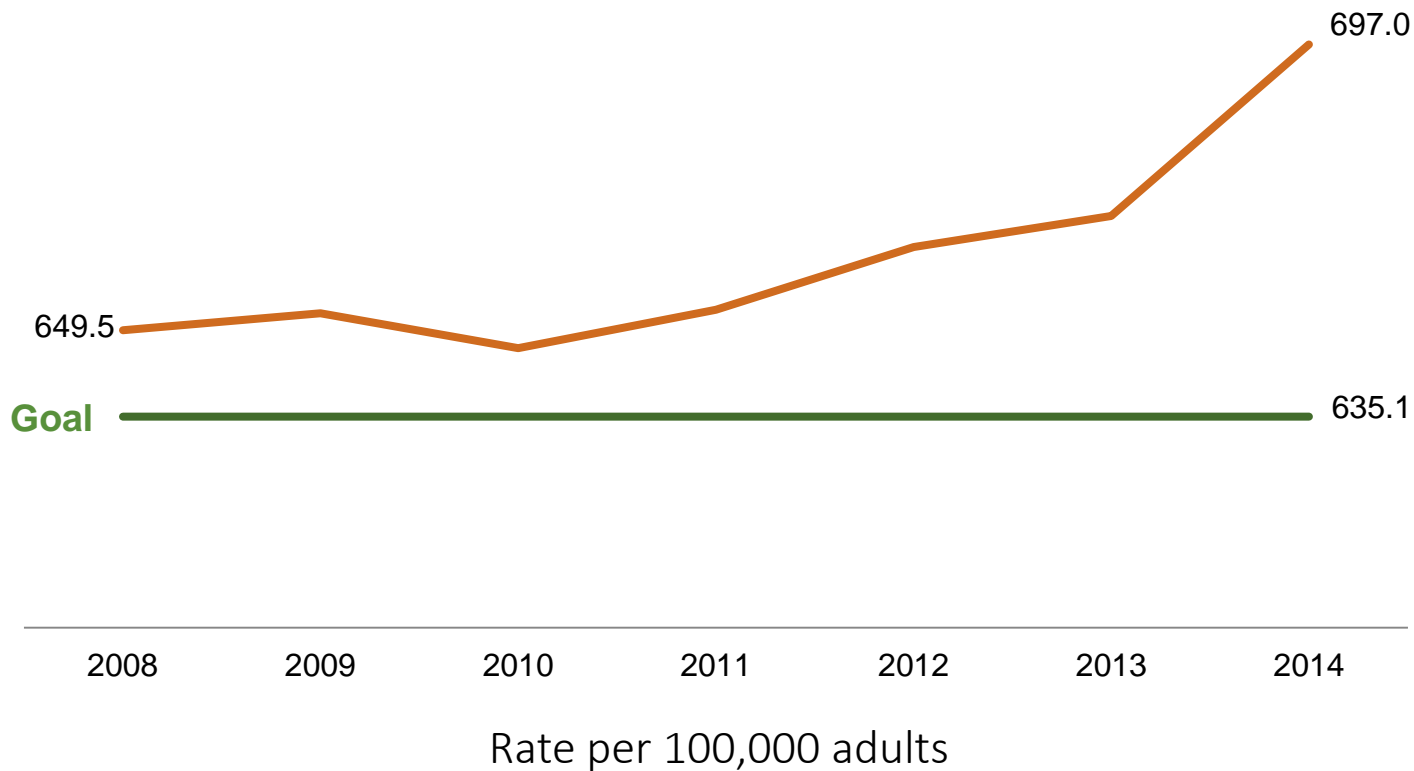


Drug overdose deaths include all cases where the underlying cause of death was an ICD 10 code in the following range: X40-X44, X60-X64, X85, or Y10-Y14. These include all cases where a drug overdose of any intent was recorded as the underlying cause of death. Population denominators derived from midyear Census estimates provided by NCHS.

Source: Virginia Department of Health. Virginia Vital Records and Health Statistics.

# Substance Abuse and Mental Health Hospitalization Rate

Virginia, 2008-2014



Source: Virginia Department of Health. Virginia Vital Records and Health Statistics.

# Becoming the Healthiest State in the Nation

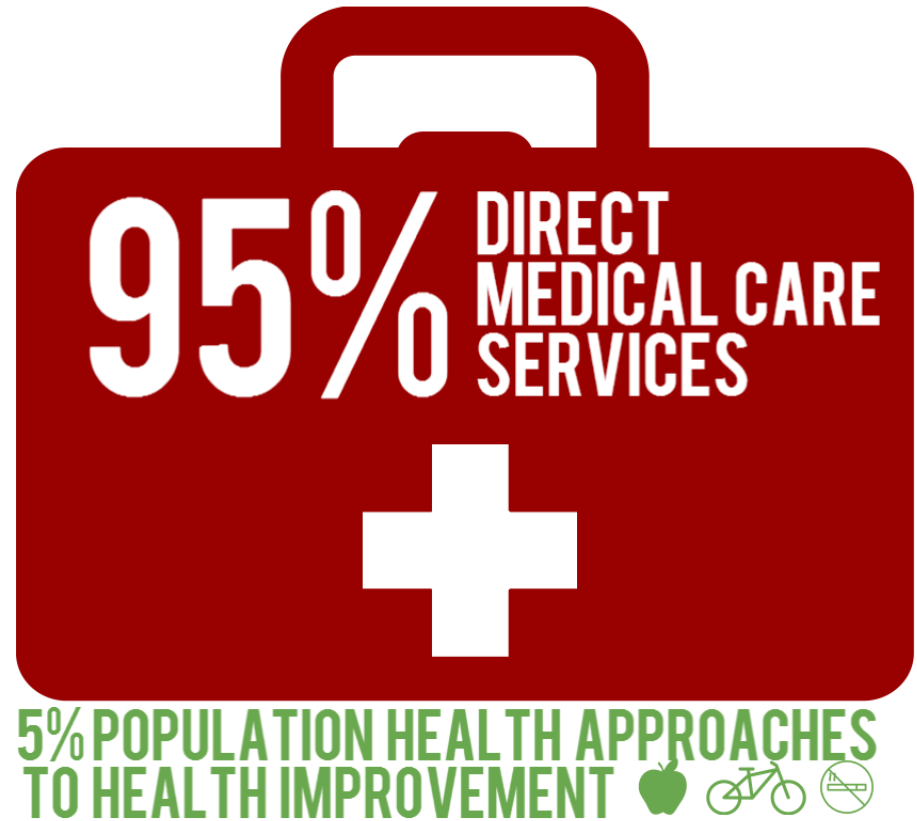
## Assess, Focus, Plan, Monitor



# Factors that Affect Health



# Investment in Health

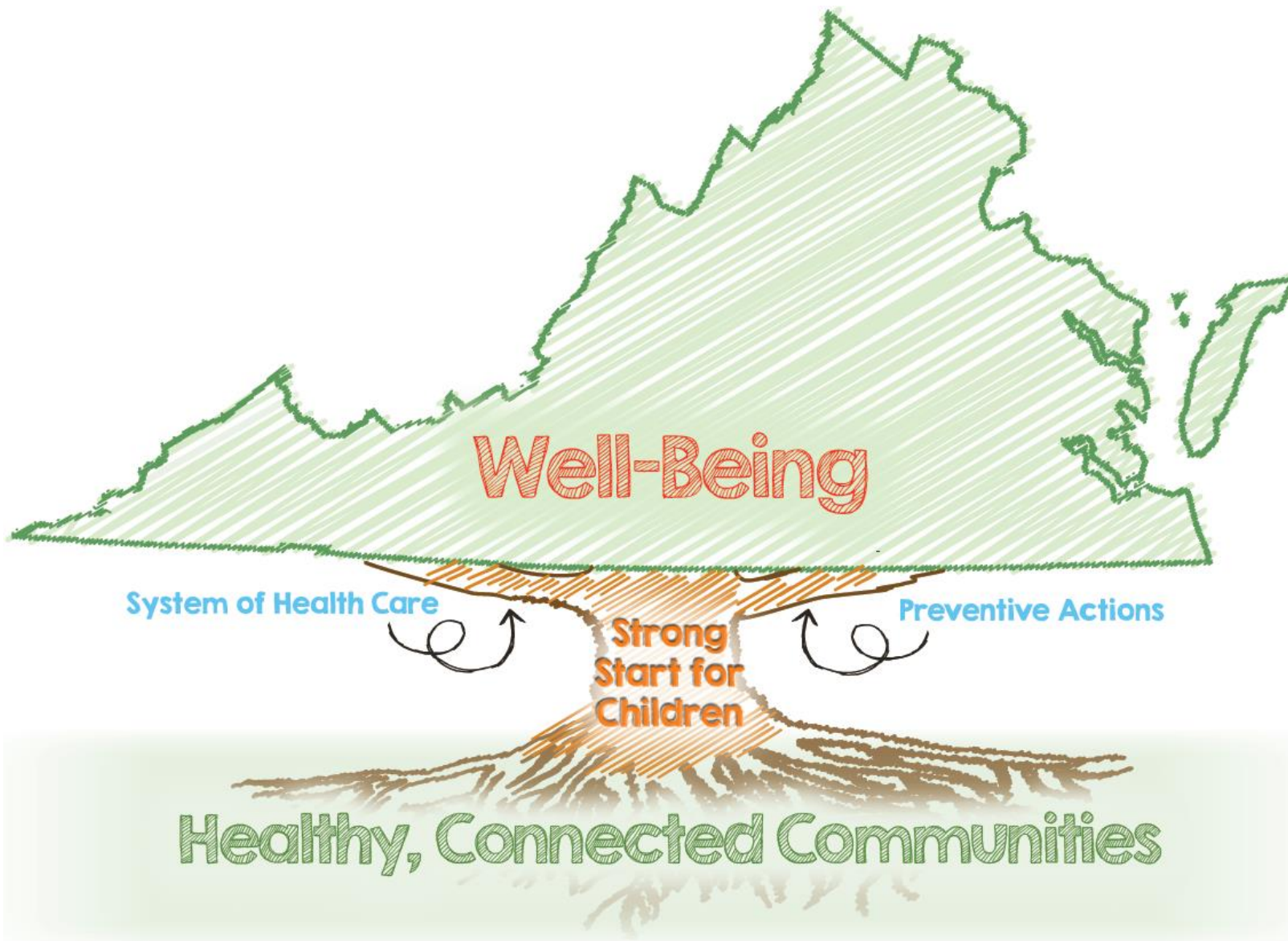


Sources: <http://www.countyhealthrankings.org/sites/default/files/differentPerspectivesForAssigningWeightsToDeterminantsOfHealth.pdf>  
<http://content.healthaffairs.org/content/21/2/78.full>

# Virginia's Plan For Well-Being

2016-2020





# Giving Everyone a Chance to Live a Healthy Life

1. Factor health into broader policy decisions to create healthy, connected communities
  - Land use, economic development, transportation
  - Education, employment, housing
  - Public safety
2. Invest in Virginia's children
3. Promote a culture of health
  - Prevention
4. Connect services and information for a seamless system of health care

# AIM 1: Healthy, Connected Communities

1. Virginia's Families Maintain Economic Stability
2. Virginia's Communities Collaborate to Improve the Population's Health

# Drivers of Healthy, Connected Communities

- Social and economic environment
- Built environment/ physical conditions
- Policy and governance
- Sense of community
- Civic engagement
- Investment in cross-sector collaboration

Adapted from Robert Wood Johnson Foundation: From Vision to Action: A Framework to Mobilize a Culture of Health

# Measures

## AIM 1: Healthy, Connected Communities

- Percent of Adults Who Report Positive Well-Being
- High School Graduates Enrolled in Higher Education
- Cost-Burdened Households
- Consumer Opportunity Profile
- Economic Opportunity Profile
- Districts with Collaborative Improvement Processes

## AIM 2: Strong Start for Children

1. Virginians Plan Their Pregnancies
2. Virginia's Children are Prepared to Succeed in Kindergarten
3. The Racial Disparity in Virginia's Infant Mortality Rate is Eliminated



Investing in our children's  
**health and social skills**  
improves cognitive ability and leads to more  
**positive lifelong outcomes.**





# Measures

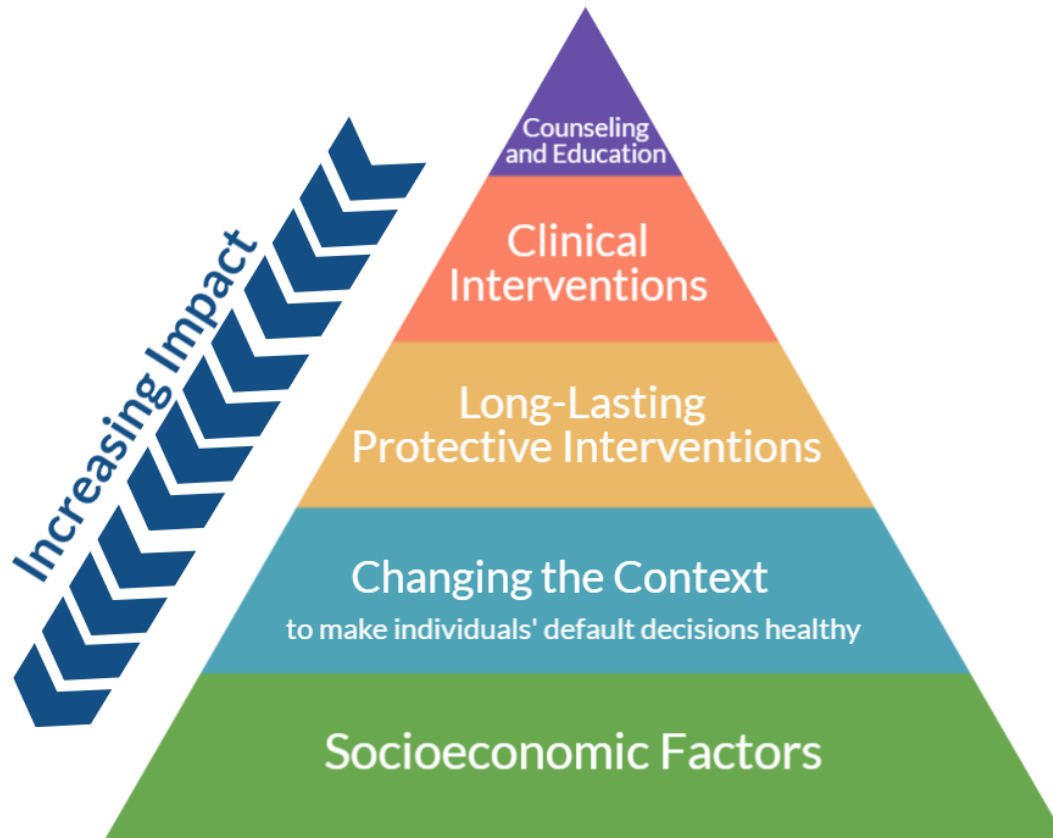
## AIM 2: Strong Start for Children

- Teen Pregnancy Rate
- Kindergarteners Not Meeting PALS-K Benchmark
- Third Graders Passing Reading SOL
- African American Infant Mortality Rate

## AIM 3: Preventive Actions

1. Virginians Follow a Healthy Diet and Live Actively
2. Virginia Prevents Nicotine Dependency
3. Virginians are Protected Against Vaccine Preventable Diseases
4. In Virginia, Cancers Are Prevented or Diagnosed at the Earliest Stage Possible
5. Virginians Have Lifelong Wellness

# CDC Health Impact Pyramid



# Value of Prevention

- **\$10 per person per year** in proven community-based programs to prevent chronic disease could save the U.S. **\$16 billion within 5 years**
  - **\$5 billion savings** in Medicare spending
  - **\$1.9 billion** in Medicaid spending
- ROI = \$5.60 for every \$1.80

Data Source: Trust for America's Health, Bending the Obesity Cost Curve, January 2012, <http://healthyamericans.org/assets/files/TFAH%202012ObesityBrief06.pdf>

# Measures

## AIM 3: Preventive Actions

- Adults Not Participating in Physical Activity
- Adults Who Are Overweight or Obese
- Households That Are Food Insecure
- Adults Using Tobacco
- Adults Vaccinated Against Influenza
- Adolescents Vaccinated Against HPV
- Adults Screened for Colorectal Cancer
- Percent of Adults With Adverse Childhood Experiences
- Disability-free Life Expectancy

# AIM 4: System of Health Care

1. Virginia Has a Strong Primary Care System Linked to Behavioral Health Care, Oral Health Care, and Community Support Systems
2. Virginia's Health IT System Connects People, Services and Information to Support Optimal Health Outcomes
3. Health Care-Associated Infections in Virginia are Prevented and Controlled

# Measures

## AIM 4: System of Health Care

- Adults with a Regular Health-care Provider
- Avoidable Cardiovascular Disease Deaths
- Mental Health and Substance Abuse Hospitalizations
- Avoidable Hospital Stays
- Adults Whose Poor Health Kept Them from Usual Activities
- Providers with Electronic Health Records
- Health Districts with Electronic Health Records
- Entities Connected to the Health Information Exchange
- Hospitals Meeting State Goal for Prevention of *C. difficile* Infections



# Align Efforts and Resources of Health Improvement Activities



# AIM 1: Healthy, Connected Communities

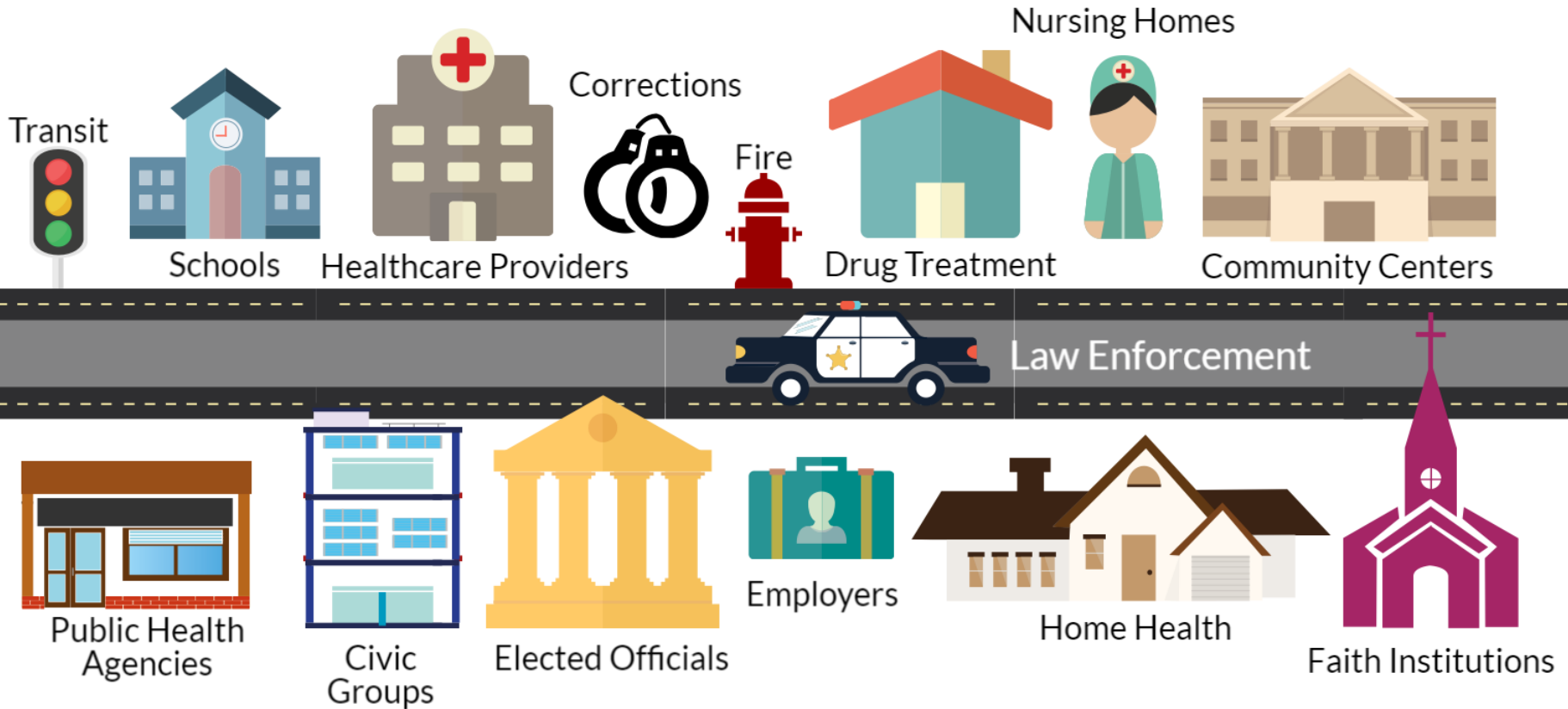
Virginia's Communities Collaborate to Improve  
the Population's Health

# Community Health Improvement



Source: <http://www.cdc.gov/chinav/tools/index.html>

# Virginia's Public Health System





virginia**wellbeing**.com