Arizona Health Improvement Plan (AzHIP)
Cross-Cutting Strategies
Webinar

Wednesday, April 20, 2016
1:30-3:30pm
Hosted by: Arizona Department of Health Services
AGENDA

• Arizona Health Improvement Plan
• Cross-Cutting Strategies
• Draft Tactics & Actions
• Feedback Request
• Follow-up Work Sessions
Timeline

2016
AzHIP PUBLISHED
2016-2020

April
CROSS-CUTTING
STRATEGIES
WEBINAR

May
FOLLOW-UP
WORK SESSIONS

June
COMPLETE
CROSS-CUTTING
STRATEGIES

- 10 Health Priorities
  - Cancer
  - CLRD
  - Diabetes
  - Heart Disease & Stroke
  - Tobacco
  - Healthcare-Associated Infections
  - Maternal & Child Health
  - Obesity
  - Oral Health
  - Unintentional Injury

- Introduce Draft Strategies
  - Built Environment
  - Worksite Wellness
  - School Health

- Built Environment
  - Monday, May 23rd
- Worksite Wellness
  - Wednesday, May 18th
- School Health
  - Monday, May 16th

2016 AzHIP PUBLISHED 2016-2020
Cross-Cutting Strategies

**The Built Environment**

- Enhance the physical and built environment of communities to improve overall health

**Worksite Wellness**

- Encourage all employers to provide effective workplace wellness programs

**School Health**

- Support schools in promoting the health and safety of students
CROSS-CUTTING STRATEGY:

THE BUILT ENVIRONMENT

Presenters:
C.J. Hager, Director, Healthy Community Policies, Vitalyst Health Foundation
Sheila Sjolander, MSW, Assistant Director, Public Health Prevention Services, Arizona Department of Health Services
Built Environment

**Strategy:** Enhance the physical and built environment of communities to improve overall health
Built Environment

Tactic 1: Promote a “Health in All Policies Approach” that integrates health considerations throughout public policy making processes

• Possible Actions:

  – Conduct Health Impact Assessments on proposed projects and/or policies to inform decision-makers about how planned changes could affect the health of the community

  – Convene partners to launch 2017 as the “Year of Healthy Communities”

  – Educate partners and the public on opportunities to influence city and county planning processes
Tactic 2: Support and promote affordable housing development and rehabilitation that promotes healthy choices and lifestyles

• Possible Actions:
  – Promote smoke-free housing policies
  – Encourage housing development with easy access to recreation, public transit, healthy food, and health care
  – Promote use of tenant-based rental assistance programs to provide low-income families more housing options
Built Environment

Tactic 3: Ensure that impacts on community health are considered during transportation planning

• Possible Actions:
  – Promote adoption of complete streets policies
  – Utilize active neighborhood checklists
  – Improve pedestrian and bicycle infrastructure in neighborhoods to make it easier and safer to walk and bike
  – Promote mass transit options to reduce reliance on automobiles
Built Environment

Tactic 4: Promote and expand open space and recreational facilities that create opportunities to be physically active as part of a daily routine

• Possible Actions:
  – Promote use of shared use agreements to open up school grounds to the public
  – Improve access to parks and trails for people of all abilities
  – Expand access to community centers where people can gather as part of their daily activities
CROSS-CUTTING STRATEGY:
WORKSITE WELLNESS

Presenters:
Sherry Haskins, MPA, Worksite Initiatives Manager, Maricopa County Department of Public Health
Patricia Tarango, MS, Bureau Chief, Health Systems Development, Arizona Department of Health Services
Worksite Wellness

**Strategy:** Encourage all employers to provide effective workplace wellness programs
Worksite Wellness

Tactic 1: Increase awareness and promotion about the health cost benefits and key components of evidence-based Worksite Wellness Programs among Arizona employers

• Possible Actions:
  – Coordinate promotion of Worksite Wellness Programs among Arizona Commerce and Trade Organizations
  – Provide training and technical assistance on use of employee health risk and office stress assessment with feedback, health education programs, promotion of healthy foods and physical activity to support employee efforts and use interventions that target office stressors
  – Provide technical assistance application for the Healthy Arizona Worksite Program Recognition
Worksite Wellness

Tactic 2: Increase use of CDC Worksite Scorecard among employers with a Worksite Wellness Program

• Possible Actions:
  – Provide trainings to employers on the CDC Scorecard purpose
  – Provide technical assistance to employers on completing CDC Scorecard
Worksite Wellness

Tactic 3: Increase availability of influenza vaccinations offered at Arizona Worksites

• Possible Actions:
  – Provide technical assistance and resources for on-site influenza vaccines
Tactic 4: Increase use of environmental and policy approaches at the worksite to promote or increase physical activity, smoke free worksites, tobacco cessation programs and reduction of environmental risk

• Possible Actions:
  – Promote physical activities by providing nearby walking trail maps, access to nearby facilities, point of decision prompts, stair challenges, etc.
  – Implement worksite tobacco restrictions such as designated tobacco areas, smoking bans
  – Coordinate and provide onsite or employee referral to tobacco cessation programs (e.g., ASHLine)
Worksite Wellness

Tactic 4: Increase use of environmental and policy approaches at the worksite to promote or increase physical activity, smoke free worksites, tobacco cessation programs and reduction of environmental risk

• Possible Actions (cont.):
  – Inform employees of applicable safety and health standards and exposure to hazardous materials
  – Offer employee assistance programs that include screening and referral for depression, substance abuse and alcohol
  – Implement and enforce mandatory seatbelt use for drivers and passengers when using or riding in worksite vehicle or private vehicle and conducting official business
Tactic 5: Increase awareness and education among employers about *Making It Work Arizona* – Breastfeeding Friendly Worksite Toolkit

- Possible Actions:
  - Promote the ease of implementing a breastfeeding worksite program
  - Provide technical assistance and training on use of the breastfeeding friendly worksite toolkit
Worksite Wellness

Tactic 6: Increase awareness and promotion of early screening and detection for cancer

• Possible Actions:
  – Provide employee education on skin cancer risks
  – Provide access to umbrellas, sun shades, sun screen at the worksite
  – Offer services in non-clinical setting such as mobile mammography, mobile prostate screening
  – Educate employees about their cancer screening benefits
CROSS-CUTTING STRATEGY:

SCHOOL HEALTH

Presenters:
Jason Gillette, Director of School Health, Arizona Department of Education
Celia Nabor, Bureau Chief, Nutrition & Physical Activity, Arizona Department of Health Services
School Health

**Strategy:** Support schools in promoting the health and safety of students
School Health

Tactic 1: Promote implementation of local wellness policies at the school site level

• Possible Actions:
  – Identify local wellness policy implementation resources
  – Create both hard and soft copy for distributing
  – Develop and distribute information on local wellness policy during trainings, community outreach events, and Administrative Reviews (ARs)
School Health

Tactic 2: Support the expansion of Physical Activity (PA) and Physical Education (PE) in school

• Possible Actions:
  – Create list of community, local and state partners that work with schools
  – Collaborate with community, local and state stakeholders to increase participation
  – Provide trainings to PE teachers to increase PA/PE in schools
  – Utilize new and innovative programming that will help support PA/PE in schools
School Health

Tactic 3: Encourage and promote resources that will support a healthy nutrition environment

• Possible Actions:
  – Identify current school garden resources
  – Identify best distribution method(s)
  – Identify healthy classroom rewards and modeling resources
  – Identify schools that are currently modeling healthy classrooms
  – Create distribution list
  – Create reoccurrence schedule for distribution
  – Share success via distribution list
School Health

Tactic 4: Encourage and promote resources and curricula that will support a Sun Safety school environment

• Possible Actions:
  – Identify and distribute Sun Safety resources that are evidenced based/informed
  – Encourage the integration of sun protection in school facilities, curricula and policies
  – Promote indoor physical activity on high UV Index days in schools
Feedback Request

• Please use this link to provide your feedback and to be added to our distribution list.

• Information gathered will be compiled and reviewed during the work sessions in May.
Follow-up Work Sessions

• **Built Environment**
  – Monday, May 23rd from 1:00-4:00pm, [Register Here](#)

• **Worksite Wellness**
  – Wednesday, May 18th from 10:00am-1:00pm, [Register Here](#)

• **School Health**
  – Monday, May 16th from 1:00-4:00pm, [Register Here](#)
Thank You for Joining Us!

For more information, visit the Arizona Department of Health Services, Managing for Excellence Website

http://www.azdhs.gov/director/managing-excellence-program/