

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

Wednesday, April 20, 2016

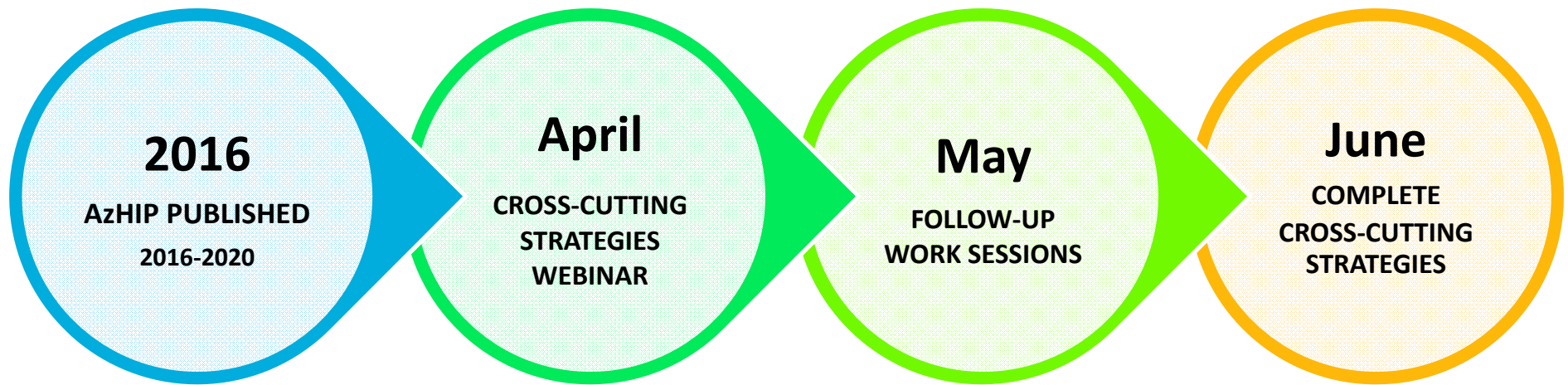
1:30-3:30pm

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



- **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 23<sup>rd</sup>*

- **Worksite Wellness**

- *Wednesday, May 18<sup>th</sup>*

- **School Health**

- *Monday, May 16<sup>th</sup>*

# 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

# Built Environment

## **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

# 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:**

- 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

# Worksite Wellness

## **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 23<sup>rd</sup> from 1:00-4:00pm, [Register Here](#)

- **Worksite Wellness**

- Wednesday, May 18<sup>th</sup> from 10:00am-1:00pm, [Register Here](#)

- **School Health**

- Monday, May 16<sup>th</sup> 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/>