

1.2: Decrease percentage of adults reporting fair or poor health from 15% in 2011 to 14% by 2017

Reported on October 17, 2016



OUTCOME MEASURE 1.2: DECREASE PERCENTAGE OF ADULTS REPORTING FAIR OR POOR HEALTH FROM 15% IN 2011 TO 14% BY 2017

DOH - John Wiesman
HCA - Dorothy Teeter
DSHS - Pat Lashway
Babette Roberts
Bill Moss



Transforming lives

October 17, 2016

Background:

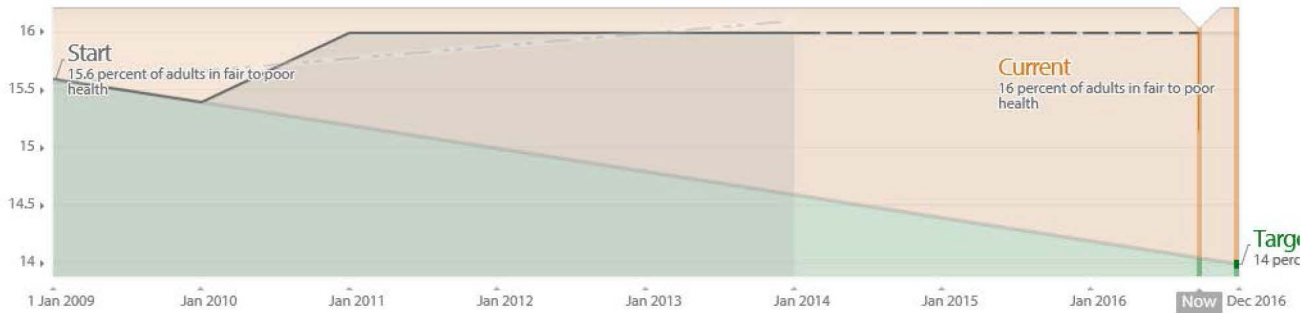
Healthy People

Healthy Youth and Adults

Decrease percentage of adults reporting fair or poor health from 15% in 2011 to 14% by 2017 [Explore the data](#)

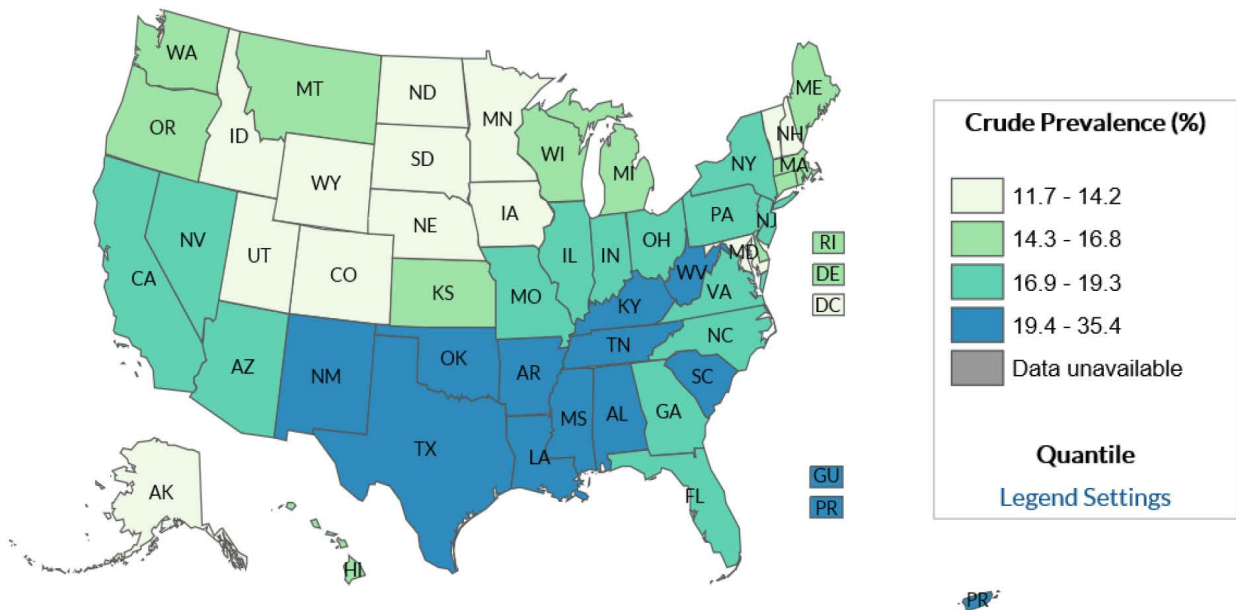
16 percent of adults in fair to poor health ▶ 14 percent of adults in fair to poor health
 Current as of Jan 2014 Dec 2016 Target

Needs Improvement
[Hide chart](#)



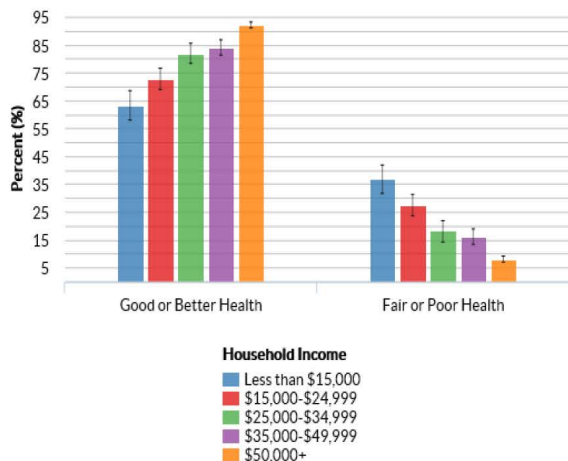
Background:

Percent Reporting Fair or Poor Health

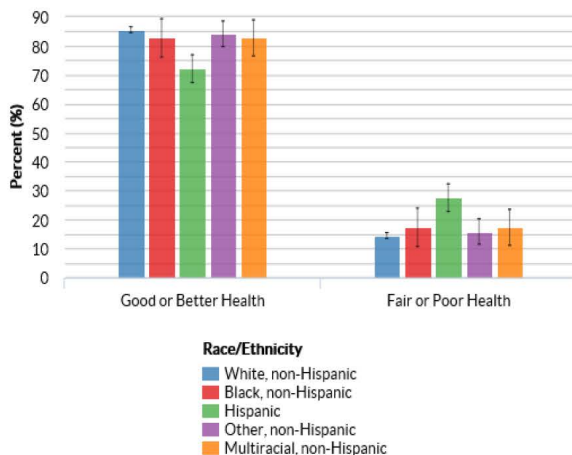


Background:

Adults with **less than \$25,000** and those with a **high school education or less** were more likely to say their health was fair or poor.

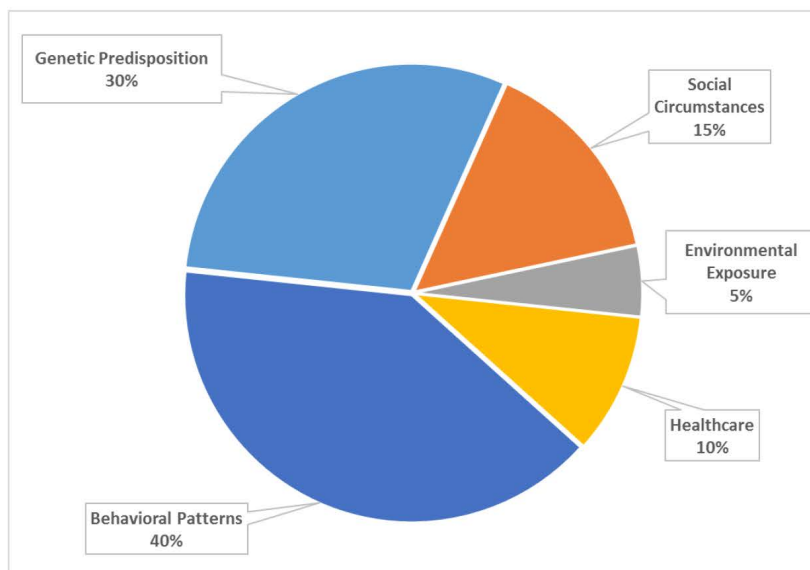


Adults who identified as **Hispanic, American Indian/Alaska Native, or Black** were also more likely to say their health was fair or poor.



Background:

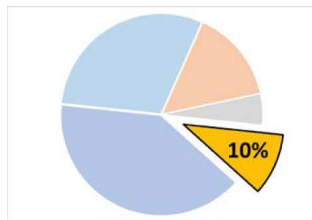
Factors impacting Population Health



- **Multiple factors affect health**
 - **Genetics**
 - **The Environment**
 - **Access to Healthcare**
 - **Individual Behavior Patterns**
 - **Access to Quality Healthcare**

<http://www.cdc.gov/nchhstp/socialdeterminants/faq.html>

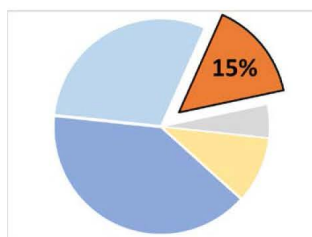
Background: State Agency Partners



HealthCare Authority

Dorothy Teeter, Secretary
Health Care Authority

Department of Social and Health Services

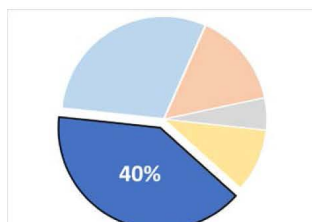


Pat Lashway, Acting Secretary
Department of Social and Health Services

Babette Roberts, Director
Economic Services Administration

Bill Moss, Assistant Secretary
Aging and Long-Term Support Administration

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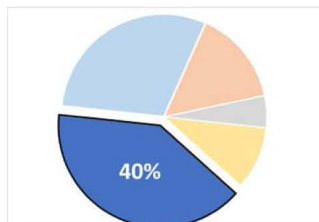


HEALTH BEHAVIORS

The Department of Health focuses on improving health behaviors related to obesity and smoking:

- ❖ Physical Activity
- ❖ Nutrition
- ❖ Tobacco Use

Background:

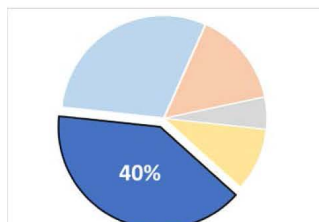


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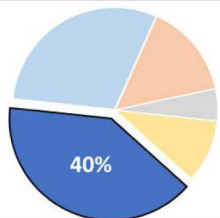


Physical Activity

The 2008 Physical Activity Guidelines for Americans report strong scientific evidence that regular physical activity impacts:

Children	Adults
Cardiorespiratory fitness	Coronary heart disease
Muscular fitness	Stroke
Bone health	High blood pressure
	Type 2 diabetes
	Breast cancers
	Colon cancers

Background:

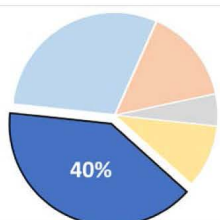


Nutrition

Adequate consumption of fruits and vegetables can:

Prevent Cancer of the:	Reduce the risk of:
Mouth	Coronary heart disease
Pharynx/Larynx/Esophagus	Stroke and hypertension
Stomach	Cataract formation
Lung	Respiratory health
Colon/Rectum/Bladder/Cervix	Diverticulosis

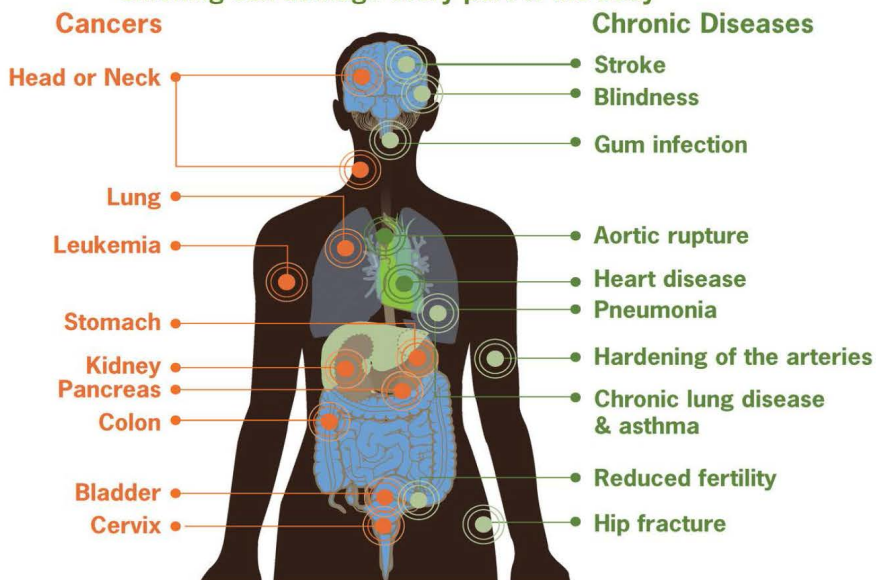
Background:



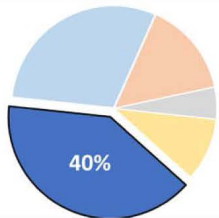
Tobacco use

Risks from Smoking

Smoking can damage every part of the body

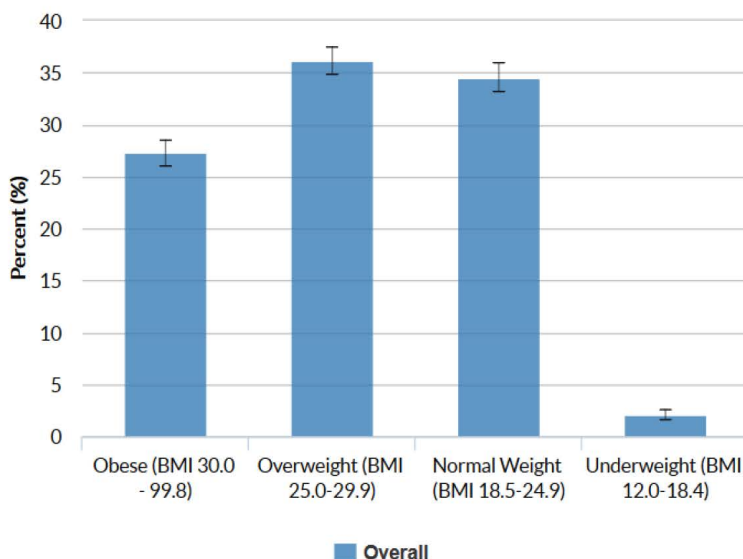


Current State: Healthy Weight in Washington



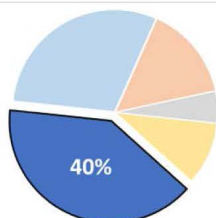
27.1 % of adults are Obese

36.1% of adults are Overweight



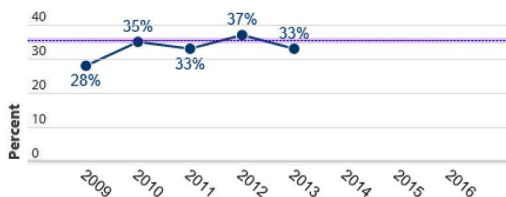
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Current State: Healthy Weight by Race

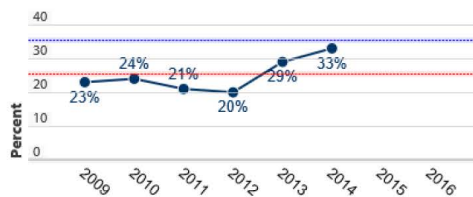


1.2.A.d: Increase percentage of persons with healthy weight among Native Hawaiians/Other Pacific Islanders from 33% in 2011 to 35% by 2016; American Indian/Alaska Natives from 21% in 2011 to 25% by 2016; Blacks from 23% in 2011 to 26% by 2016; Hispanics from 31% in 2011 to 33% by 2016

Native Hawaiian/Pacific Islander Adults



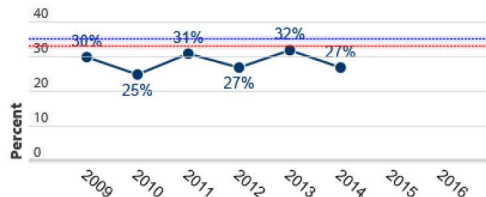
American Indian/Alaska Native Adults



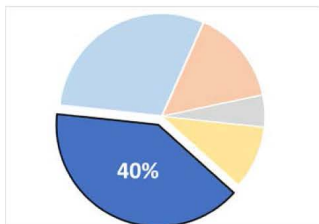
Black Adults



Hispanic Adults



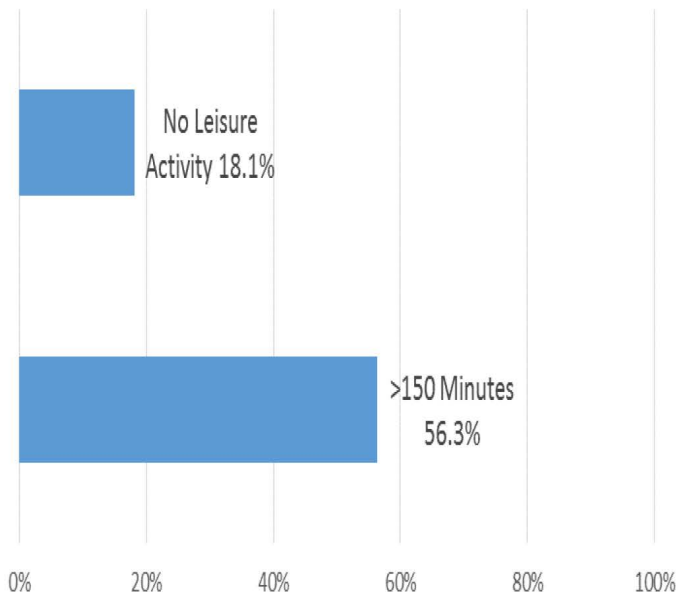
Current State: Physical Activity



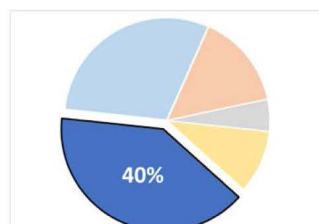
18.1% of adults engage in no leisure-time physical activity

56.3% of adults engage in 150 minutes of aerobic activity per week

Washington State Physical Activity



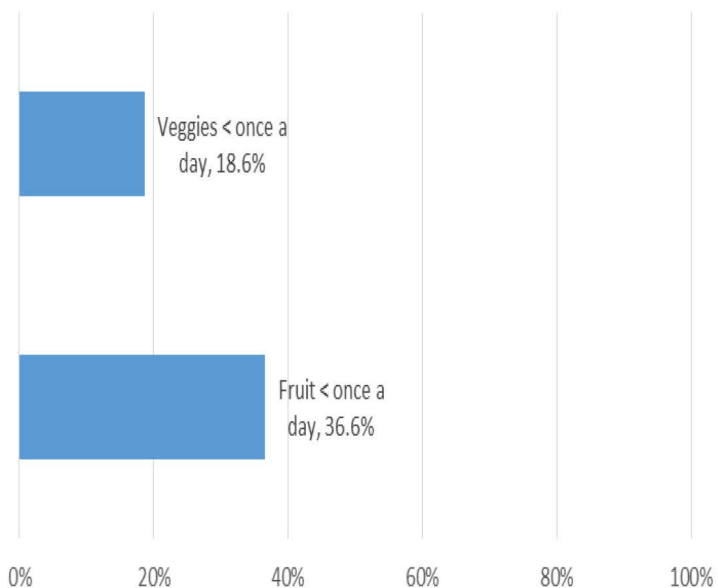
Current State: Nutrition



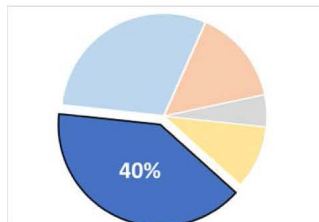
18.6% of Adults eat vegetables less than 1 time a day

36.6% of Adults eat fruit less than 1 time a day

Washington State Nutrition



Strategies for Improvement: Physical Activity and Nutrition



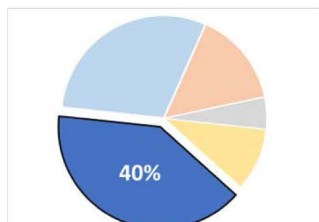
Active living in communities.

- Creating safe walking and biking paths in neighborhoods
- Designing streets that encourage walking and biking
- Starting programs like Safe Routes to School and walking school buses to help children walk to school.

Healthy food in communities.

- Help local corner stores stock healthier food and beverages
- Develop community gardens.
- Work with the Department of Agriculture get Washington grown healthy foods into schools.

Current State: Tobacco Use

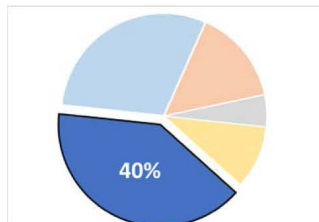


1.2.A.e: Decrease percentage of adults who smoke cigarettes from 17% in 2011 to 15% by 2017

All Adults



Strategies for Improvement: Tobacco Use



Helping people quit

- *SmartQuit*, our new, free research-based Smartphone app to help people stop smoking.
- Maintaining the Washington Tobacco Quitline: 1-800-QUIT-NOW

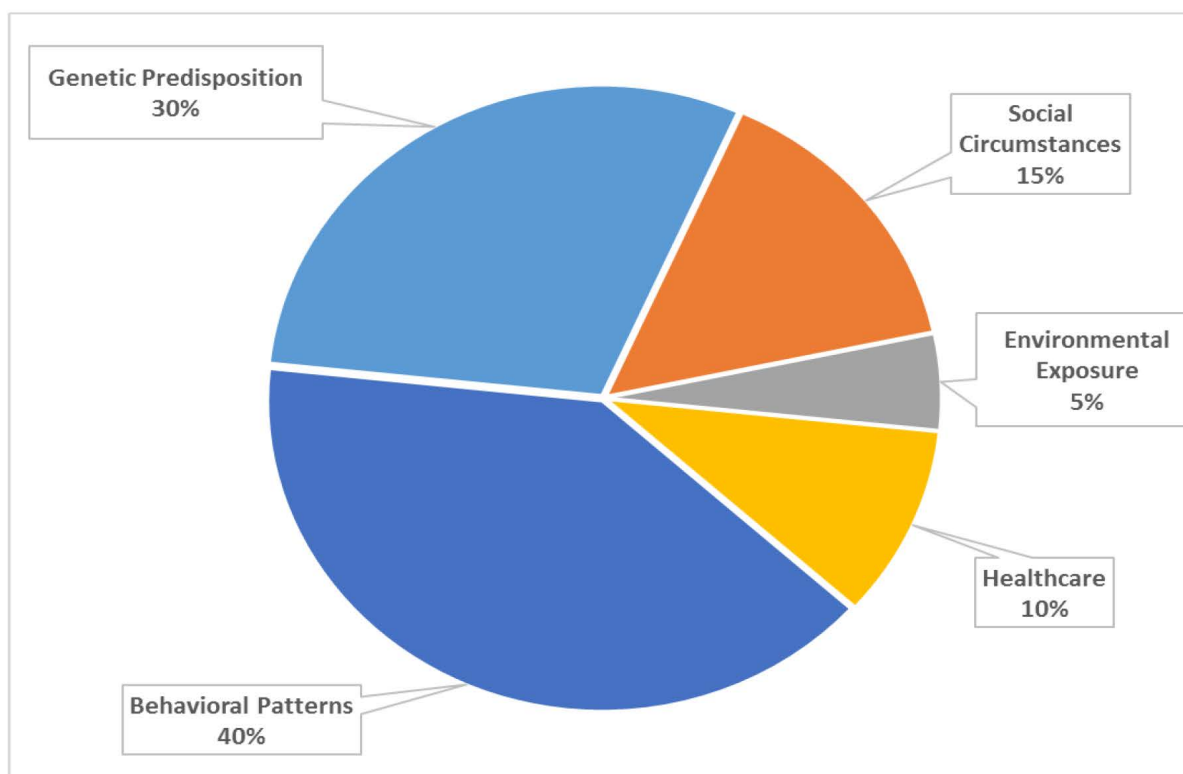
Creating smoke-free places

- Increasing the percentage of comprehensive smoking bans in public housing.
- Educating communities about enforcing state law and the importance of smoke-free public places.

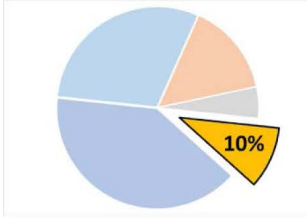
Legislation

- Vaping laws that passed last year are being implemented across the state.
- Legislation raising the legal age to purchase tobacco to 21 are again being proposed this year.

Good Health involves multiple factors



Stakeholder/Partner: *HCA - Healthcare*



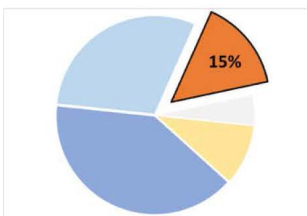
Dorothy Teeter
Director - HCA

Washington State
Health Care Authority

Population Based Health Care: Achieving the Triple Aim

- Insurance Coverage
- Value-Based Payment Reform – from fee-for-service to total cost of care
- Reducing unwarranted variation and waste
- Leveraging intersection of community health and health care systems

Stakeholder/Partner: *DSHS – Social Circumstances*

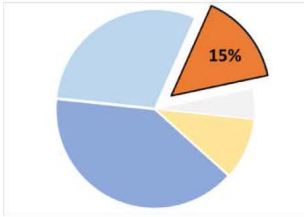


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Stakeholder/Partner: *DSHS – Social Circumstances*



Nutrition Education and Outreach

Snap-Ed programming is a 100% federally funded program that focuses on nutrition education and obesity prevention

Farmers Market Access Project improves access to and the appeal of healthy foods

Health Outcomes Initiative improves adult nutrition, physical activities and the environment

Older Youth program engages youth to improve nutrition and active living

Stakeholder/Partner: *DSHS – Social Circumstances*

Senior Nutrition Programs: Foundation of Health

In addition to healthy meals, **congregate nutrition** offers opportunities for social engagement, information on healthy aging and meaningful volunteer roles for seniors in their community

We can provide a senior with **Meals on Wheels** for one year for roughly the same cost as one day in the hospital*

Senior Farmers Market connects seniors and local farmers and provides fresh fruits and vegetables to individuals who cannot afford them otherwise

Senior nutrition programs are cost-effective and keep individuals healthier for longer and engaged in their lives and communities



**Meals on Wheels America Washington State Fact Sheet*

Stakeholder/Partner: *DSHS – Social Circumstances*

Wellness Education

Supporting individuals to be knowledgeable, engaged and empowered to achieve their own wellness and community living goals

- Leverages existing client assessment data to develop wellness education materials customized to the individual needs and interests of each client
 - Newsletter format, translated into 17 languages
 - Topics include improving nutrition, accessing health care, adaptive exercise, fall prevention, smoking cessation, etc.



Discussion Questions:

- How can we build upon what has been started in the state to impact health?
- How could you see your agency getting, or staying, involved?

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