HEALTHY CONNECTICUT
2020: A CALL TO ACTION

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Association of State and Territorial Health Officials
ASTHO: From Micronesia to Alaska and Across the U.S. to the Virgin Islands
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Congratulations, Connecticut!

Healthy Connecticut 2020

2 State Health Improvement Plan
HP2020 Leading Health Indicators

- Maternal & Infant Health
- Environmental Determinants
- Chronic Disease
- Injury
- Mental Health
- Substance Abuse
- Tobacco
- Access to Care
- Quality of Care

- Healthy Behaviors
- Social Determinants
- Responsible Sexual Behavior

HP Connecticut Focus Areas

- Maternal, Infant and Child Health
- Environmental Risk Factors and Health
- Chronic Disease Prevention and Control
- Injury and Violence Prevention
- Mental Health, Alcohol and Substance Abuse
- Health Systems

- Using a social determinants framework, adopting a health equity and healthy communities approach
Each workgroup was charge with developing objectives for:

- The General Population
- Reducing disparities for specific populations

WHO: Goodness and Fairness
From Planning to Action

Healthy Connecticut 2020

2 State Health Improvement Plan
Life expectancy, by county, compared to the world’s 10 best countries

Historic and projected life expectancy of the longest-lived countries, by year, 1950 to 2050

Life expectancy at birth (years)

Year


Average 81.8

US, 78.2

16 years

Source: Institute for Health Metrics and Evaluation, University of Washington and Public Health - Seattle & King County, APDE

Comparison group
Australia
Canada
Finland
France
Hong Kong
Iceland
Israel
Italy
Japan
Macao
Norway
Spain
Sweden
Switzerland
Ratio of social to health services spending by country

CT in America’s Health Ranking

Connecticut - 2013

Overall Ranking 7
Outcomes Rank 15
Determinants Rank 4
Overall Rank 7
Diabetes Rank 16
Smoking Rank 4
Obesity Rank 12

CT Obesity (1990-2013) see more

- Percentage of the population estimated to be obese, with a body mass index (BMI) of 30.0 or higher.
- Percentage of adults who are obese, with a body mass index (BMI) of 30.0 or higher. (2011 BRFSS Methodology)
America’s Health Rankings – Disparities

- Percent of adults over age 25 who report their health is very good or excellent:
  - At least a high school education: 60.3%
  - Less than a high school education: 26.9%
  - Gap of 33.4%
  - Connecticut Ranked 43rd among states

http://www.americashealthrankings.org/CT#sthash.E9D8ejjb.dpuf
CT County Health Rankings

<table>
<thead>
<tr>
<th>Rank</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tolland (TO)</td>
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<tr>
<td>2</td>
<td>Fairfield (FA)</td>
</tr>
<tr>
<td>3</td>
<td>Middlesex (MI)</td>
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<tr>
<td>4</td>
<td>Litchfield (LI)</td>
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<tr>
<td>5</td>
<td>New London (NL)</td>
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<tr>
<td>6</td>
<td>Hartford (HA)</td>
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<td>7</td>
<td>Windham (WI)</td>
</tr>
<tr>
<td>8</td>
<td>New Haven (NH)</td>
</tr>
</tbody>
</table>
Health Begins where people live, learn, work, and play.
County Health Rankings

Take Action

- Work Together
- Assess Needs & Resources
- Evaluate Actions
- Communicate
- Choose Effective Policies & Programs
- Focus on What’s Important
- Act on What’s Important

Community Members

Public Health

Business

Educators

Philanthropy & Investors

Government

Healthcare
Healthy Minnesota 2020 Vision

All people in Minnesota enjoy healthy lives and healthy communities.
Healthy Minnesota 2020 Themes

- Capitalize on the opportunity to influence health in early childhood
- Assure that the opportunity to be healthy is available everywhere and for everyone
- Strengthen communities to create their own healthy futures
Healthy Minnesota 2020
Strategic Approach

- Shifting the conversation about health
- Shaping policy to support health

Health incorporated in all policies
Resources focused where most needed
Communities strengthened to take action for health
Lessons from the Minnesota Experience

- Capitalize on momentum
- Get the right people on the bus
- Create Strategy teams: Break the job down into actions
- Diverse input—include the “absent narratives”
- Share your experience and learn from others
“The Partnership has a sense that they are on the leading edge of something; it is new, innovative and we are finding our way by practicing as we go. The strategic approach of developing a new public narrative about health and promoting the adoption of health in all policies makes it possible to invite many people to join our work.”
Aligning Different Sectors

- Health Departments
- Nonprofit Hospitals/FQHCs
- School Boards
- Agricultural Extension Centers
Start a Movement!

Healthy Connecticut 2020

2 State Health Improvement Plan