

***DESIGNING* HEALTH in VIRGINIA: VIRGINIA as the HEALTHIEST STATE IN THE NATION**

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VIRGINIA'S PLAN FOR WELL BEING: AN APPROACH

Plan For Well-Being Components

- **Vision**
- **Data Driven/Evidence Based**
- **Process for Improvement**
- **Regional/Local Focus**

Vision:

**Virginia is the Healthiest State in
the Nation**

Well Being Components: Data Driven

Statewide focus on agreed upon well-being metrics for Virginia - metric alignment

Specific focus on metrics that quantify Virginian's investment in children's well being = *Strong Start*

Other metrics focused on:

- Health/Disease Burden (Mortality, Morbidity metrics)
- Cost Burden



INFOGRAPHIC

Considerations to Improve
Health & Well-Being *for All*

[CDC Community Health Improvement Navigator](#)

CDC Community Health Improvement Navigator

Database of Interventions

SELECT **Filters**

[Clear all filters](#)

TARGET RISK FACTORS

- | | |
|---|--|
| <input type="checkbox"/> Tobacco Use and Exposure | <input type="checkbox"/> Physical Inactivity |
| <input type="checkbox"/> Unhealthy Diet | <input type="checkbox"/> High Cholesterol |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Obesity | |

TARGET POPULATIONS

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Racial/Ethnic Minorities | <input type="checkbox"/> Low Income |
| <input type="checkbox"/> Children/Adolescents | <input type="checkbox"/> Families |
| <input type="checkbox"/> Adults | <input type="checkbox"/> Older Adults |
| <input type="checkbox"/> Men | <input type="checkbox"/> Women |
| <input type="checkbox"/> Urban | <input type="checkbox"/> Rural |

Four ACTION Areas



**SOCIOECONOMIC
FACTORS**



**PHYSICAL
ENVIRONMENT**



**HEALTH
BEHAVIORS**



CLINICAL CARE



Select filters to
get started

Well Being Components: Process/System Design

Standardized Local/Regional Community Health Assessment

Design a process of coordinated action resulting from assessments/metrics and informed by evidence

Continual evaluation and reevaluation to ensure improvement in health and well being



<http://www.nap.edu/read/19402/chapter/1>

Framework for Well-Being in Virginia

Well-Being

Physical Wellness
Emotional Wellness
Aging Well

Preventive
Actions



Strong Start for
Children

Quality
Healthcare



Healthy, Connected Community

Plan for Well Being Metrics

HEALTHY, CONNECTED COMMUNITIES

Consumer Opportunity Profile
Economic Opportunity Profile
Percent of the Commonwealth Connected via a Statewide Health Information Exchange

STRONG START FOR CHILDREN

Teen Pregnancy Rate
Preterm Birth Rate
Thriving Infant Rate
Childhood Obesity/Overweight Rate
Percentage of Children in Kindergarten Not Meeting PALS K Benchmarks and Requiring Literacy Interventions
Percent of Third Graders Who Passed the SOL Third Grade Reading Assessment

QUALITY HEALTHCARE

Avoidable Hospital Stays
Percent of Adults Who Report Having a Regular Healthcare Provider
Percent of Hospitals Meeting Virginia's Goal for Prevention of Hospital-onset *Clostridium difficile* Infections
Cost of Healthcare

PREVENTIVE ACTIONS

Percent of Children Aged 19-35 Months Who Received the Recommended Vaccines
Percent of Girls/Boys Aged 13-17 Who Received Three Doses of Human Papilloma Virus (HPV) Vaccine
Percent of Adults 18 Years and Older Who Received an Annual Influenza Vaccination
Percent of Females Aged 50 to 74 Years Who Received Breast Cancer Screening
Percent of Adults Aged 50 to 75 Years Who Received Colorectal Cancer Screening
Percent of Virginian Adults (18 years old and up) Who Report Using Tobacco

WELL BEING: PHYSICAL & EMOTIONAL WELLNESS; AGING WELL

Percent of Adults Who Reported One or More Days of Poor Health That Kept Them from Doing Usual Activities
Percent of Adults Who Did Not Participate In Any Physical Activities Other Than Their Regular Job during the Past 30 Days
Rate of Injury Hospitalization
Rate of Mental Health and Substance Use Disorder Hospitalization in Adults
Life Expectancy

Healthy, Connected Communities

Short Horizon Metrics	Long Horizon Metrics
Consumer Opportunity Profile	Full Health Opportunity Index <ul style="list-style-type: none">• Includes environmental issues• Add measure of social capital, connectedness to index
Economic Opportunity Profile	
Percent of the Commonwealth Providers Connected via a Statewide Health Information Exchange	<ul style="list-style-type: none">• Broadband and cell phone connectivity/coverage• Other connectivity metrics

Strong Start for Children

Short Horizon Metrics



Long Horizon Metrics

Teen Pregnancy Rate

**Measure of Well-Being in
Graduating HS students**

Preterm Birth Rate

Neonates born at full term

Thriving Infant Rate

Thriving Infant Rate

Strong Start for Children

Short Horizon Metrics



Long Horizon Metrics

Childhood Overweight/Obesity Rates

Source: YRBS Self Report or School Reports

Percent of Children in Fall of Kindergarten Not Meeting PALS K Benchmarks

Percent of Third Graders Who Passed the SOL Reading Assessment

Children At Healthy Weight at Key Milestones

Percent Attaining Kindergarten Reading Benchmarks

Same

Quality Healthcare

Short Horizon Metrics	Long Horizon Metrics
Avoidable Hospitalization Rate	Metric related to accessibility of appropriate care when needed
Percent of Adults Who Report Having a Regular Healthcare Provider <i>Source: BRFSS Self Report</i>	Percent of people in an integrated health home (medical, behavioral, dental)
Percent of Hospitals Meeting Virginia's Goal for Prevention of Hospital-onset <i>Clostridium difficile</i> Infections	Evolving healthcare safety metric

Quality Healthcare

Short Horizon Metrics

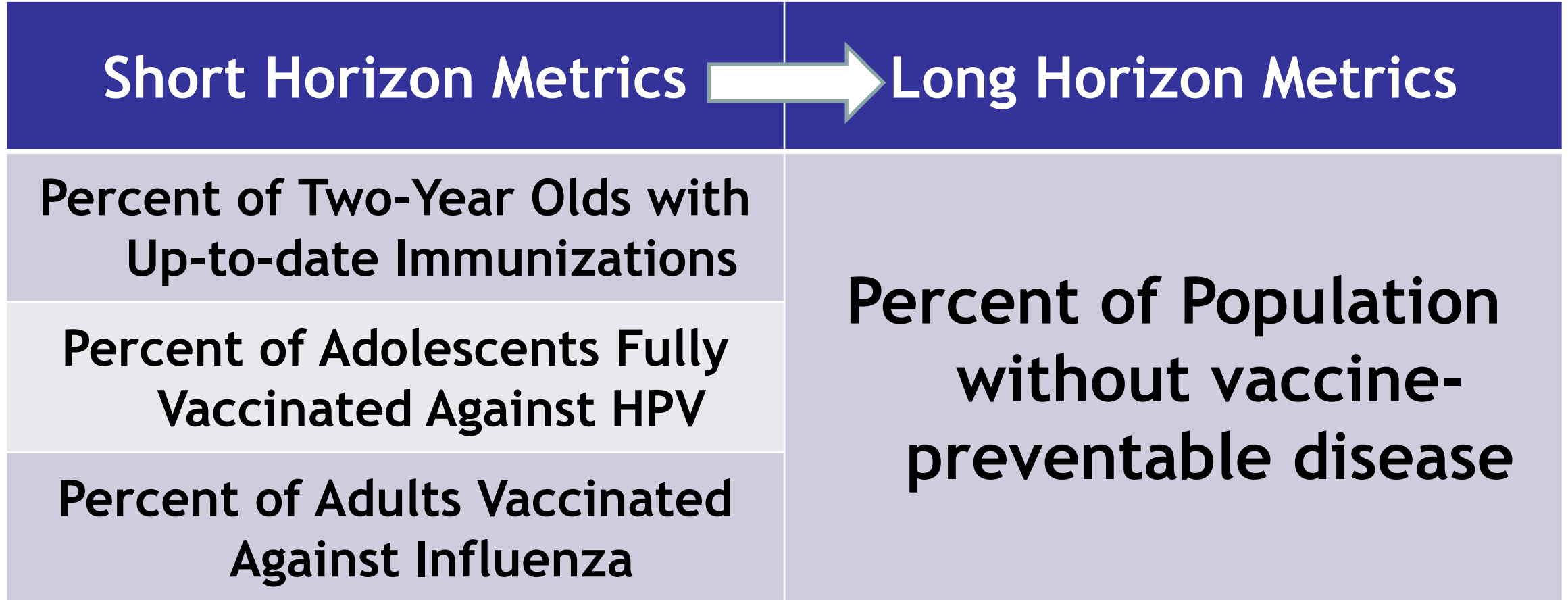


Long Horizon Metrics

Per capita healthcare expenditure (Total cost)

- Trending inpatient and outpatient costs comparatively
- Capture health care spending relative to income (measure of burden)

Preventive Actions



Preventive Actions

Short Horizon Metrics



Long Horizon Metrics

Percent of Adults Who Use Tobacco

Source: BRFSS Self Report

Percent of Population Free of Lung Cancer/Tobacco related illness

Percent of Adults Screened for Colorectal Cancer

Source: BRFSS Self Report

Percent of Population Free of Colorectal Cancer

Percent of Females Screened for Breast Cancer

Source: BRFSS Self Report

Percent of Population Free of Breast Cancer

Well Being

Short Horizon Metrics



Long Horizon Metrics

Percent of Adults Who Report Poor Health Kept Them from Usual Activities

Source: BRFSS Self Report

Percent of Adults Who Did Not Participate in any Physical Activities Other than Their Regular Job

Source: BRFSS Self Report

Percent of Population Reporting Health and Well-Being

Percent of Adults Who are Physically Fit

Well Being

Short Horizon Metrics

Long Horizon Metrics

Rate of Injury Hospitalization by Age Group

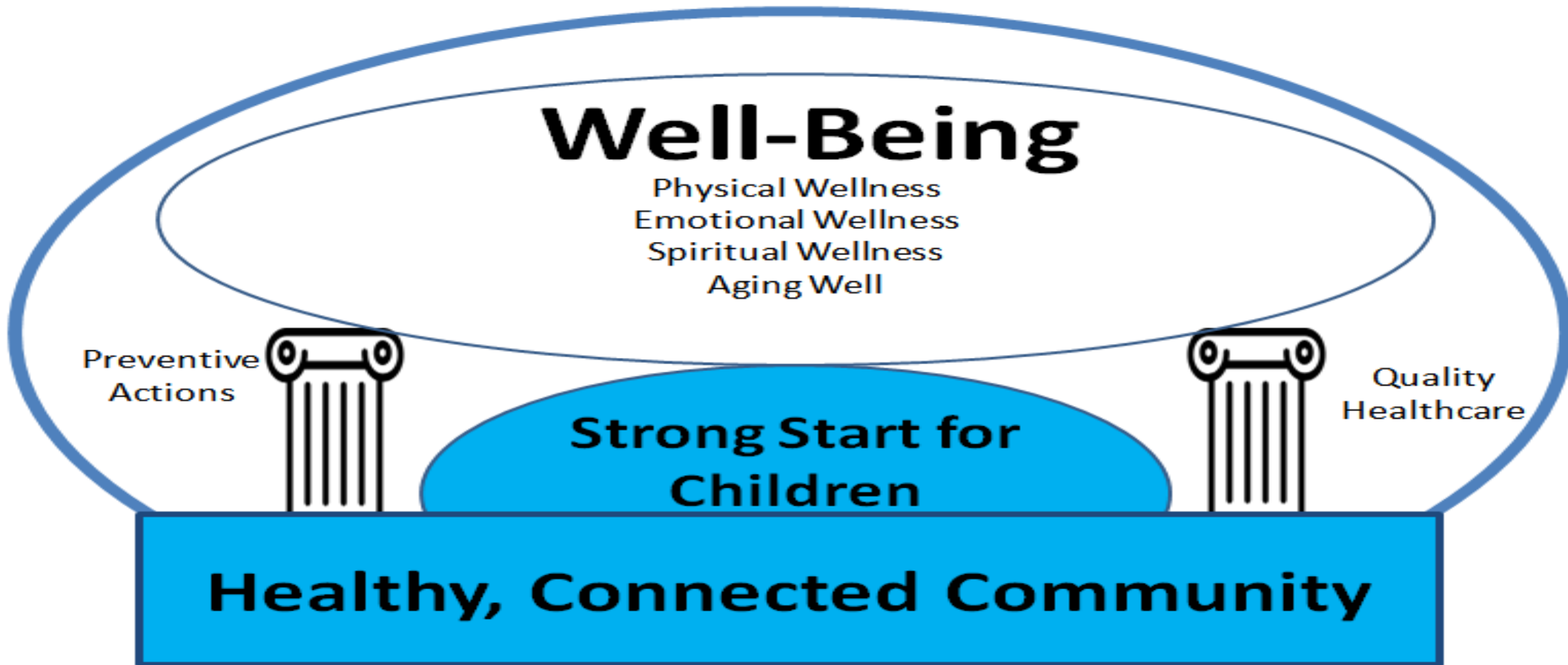
Life Expectancy at Birth

Disability Adjusted Life Years (DALYs);
Measure Of Functional Well-Being in
Older Adults

Rate of Mental Health and
Substance Use Disorder
Hospitalization in Adults

Percent of Population reporting no
behavioral health/substance use issues
impacting daily functioning

Framework for Well-Being in Virginia



Healthiest State in the Nation



Imagine with me as we envision a Virginia that is the healthiest state

Our collective vision and aligned efforts are the only ways to get there

Thank you for all you do for the people of Virginia