Objectives

• Provide overview of the County of San Diego Building Better Health strategic plan

• Examine the meaning of “Health in All Policies”

• Provide examples of how “Health in All Policies” is implemented in San Diego
Live Well San Diego

Building Better Health

A 10-Year Strategic Plan
By 2020, the County of San Diego will deliver cost-effective, integrated services that lead to people and communities that are:

Healthy, Safe, and Thriving

Kids  |  Adults  |  Older Adults
Who We Serve?

- All populations
- Targeted strategies
Prevention

Access

Care & Treatment
Prevention

Provide information about 3-4-50 principle and increase awareness of preventive measures supporting healthy active lives.
• Innovations
• Leverage resources
• Partnerships
High Need Populations

- Patient-centered medical homes
- Integrated care
- Coordinated care

Care & Treatment

Prevention  Access

Social  Physical  Behavioral
Building the Plan

Better System

Healthy Choices

Policy & Environmental Change

Culture Change
• Quality and efficient care
• Access to care
• Improve systems
1. Healthy eating
2. Active living
3. Tobacco and drug free lives
3 BEHAVIORS
TOBACCO USE
POOR DIET
NO EXERCISE

FOUR DISEASES
HEART DISEASE
TYPE 2 DIABETES
LUNG DISEASE
CANCER

50 PERCENT
PERCENT OF DEATHS
1. Access to healthy foods
2. Active communities
3. Tobacco and drug free communities
Culture

- Increase knowledge
- Promote wellness
- Implement policies and practices to support health
Health in All Policies!

What Does This Mean?
Health in All Policies

*Place Matters*

- Structure of community environments
- Influence options for healthy behaviors
- Incorporate Healthy Living Options
## Health in All Policies

### Environmental Strategies

<table>
<thead>
<tr>
<th>Social</th>
<th>Economic</th>
</tr>
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<tbody>
<tr>
<td>Strong social networks that bring neighbors together — whether to advocate for change, cultivate a community garden, or provide services.</td>
<td>Commercial investment; focus on providing jobs that take people out of poverty; businesses that provide healthy food options.</td>
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<tr>
<th>Physical</th>
<th>Services</th>
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<td>Safe parks; full-service grocery stores and farmers' markets; safe, walk-able streets; less truck and bus traffic; well-maintained housing; open spaces.</td>
<td>Access to quality healthcare services, public safety and community support services.</td>
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Health in All Policies

*Incorporate Healthy Living Options*

- Support the State Strategic Growth Council’s (SGC) Health in All Policies Task Force
- Develop “joint use facilities” policies *(AB 2705)*
- Create safe routes to schools policies
Nutrition Security Plan (NSP)
Building Better Health in Action:

Communities Putting Prevention to Work (CPPW)
Lactation Policy
Working Together at All Levels

Individuals

Families

neighborhoods

Businesses

Government Policies and Laws
What Can We Do?

Together!
How Will You Build A Better System?
How Will You Support Healthy Choices?
How Will You Pursue Policy Changes?
How Will You Change Your Culture?
Chat Question: “How can statewide public health jurisdictions work TOGETHER and impact California by placing ‘health in all policies’?”
Poll Question:
What policy areas do you think local and state public health jurisdictions can have the greatest impact?

• Nutrition
• Physical activity
• Tobacco & other drugs
Building Better Health