



Indiana County Planning Commission

Health in All Policies

May 11, 2016



Moving Toward Shared Responsibility for Population Health

“If there is one thing that we’ve learned about catalyzing changes that prevent illness in the first place, it’s that passage of a single policy can be like lighting a match – illuminating the way towards strategies with greater impact and igniting the energy of leaders.”

Larry Cohen and Juliet Sims
(Prevention Institute 2015)



Steps to a Healthier You



What is Health in All Policies?



Steps to a Healthier You



What is Health in All Policies (HiAP)?

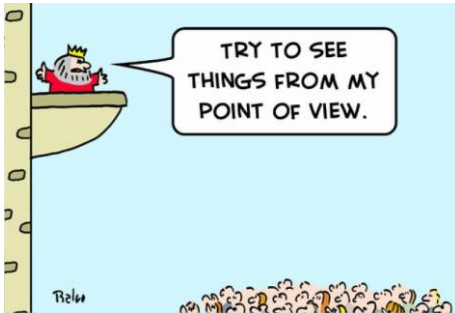
- Response to complex, inextricably linked issues
 - Chronic diseases*
 - Health inequities
 - Cost of health care
 - Threats to natural resources
- Engagement of multiple governmental partners/stakeholders
 - Improve health
 - Promote economic stability
 - Increase transportation access and mobility
 - Sustainability

*Community Health Needs Assessment – top chronic diseases: hypertension & high blood pressure, diabetes, high cholesterol, cardiovascular disease

Steps to a Healthier You



Key Elements of Health in All Policies



Steps to a Healthier You



Key Elements of Health in All Policies

- Health, equity, and sustainability
- Co-benefits
- Cross-sector collaboration
- Change in procedural process
- Engagement of community/stakeholders



Steps to a Healthier You



Framework for Health in All Policies



Steps to a Healthier You



Examples of Health in All Policies

- **Regional Transportation Planning**
Assoc. of Gov'ts. established Public Health Subcommittee; implementation of plan included forum for public health issues affecting regional planning, providing strategic and policy direction of the Assoc. on public health issues
- **Employee Policies**
Encourage healthy behaviors through benefit policies (e.g., transit subsidies to encourage use of public transportation)
- **Subdivision and Land Use Ordinances**
Reference physical activity; require sidewalks; minimize waivers
- **Adopt Complete Streets Policy**
Use health data for basis of policy

Steps to a Healthier You



What can be done in your community?

- Can comprehensive plans incorporate health (e.g., representation on steering committee, use of data from community health needs assessment)?
- How might zoning and land use laws incorporate health (e.g., require sidewalks/limit waivers; provisions for structural improvements – sidewalks, bike lanes, street connectivity – increase opportunities for physical activity)?
- What single-agency initiatives would benefit from educating and/or partnering with other agencies (e.g., grant applications)?
- Is there an ongoing process for which health metrics or data could be influential (e.g., Safe Routes to Schools) ?

Steps to a Healthier You



Indiana County Comprehensive Plan/ Pedestrian and Bicyclist Transportation Plan

- Develop communities of neighborhoods connected by sidewalks
- Encourage increased physical activity
- Encourage bicycle and pedestrian commuting
- Increase public awareness of bicycling and walking through educational and community programs

Steps to a Healthier You



What can be done in Indiana County to incorporate HiAP?

- Develop policies for the built environment that enhance access to and availability of physical activity opportunities
 - Consider priorities of community health needs assessment – e.g., obesity and overweight...
 - Adopt a Complete Streets Policy; encourage municipalities to do same
- Formalize position, through resolution, re: sidewalks in land use and sub-division ordinances
 - Obtain support from transportation officials
 - Educate local leaders, homeowners and businesses re: better health for citizens, increase in property value

Steps to a Healthier You



What can be done in Indiana County to incorporate HiAP?

Consider passage of a Resolution to incorporate HiAP
in all future policies and plans!

Steps to a Healthier You



Summary of Recommendations

- 1) Adopt a **“Health in All Policies philosophy”** by incorporating health in plans and policies resulting in an increase in physical activity and reduction of chronic disease.
- 2) **Collaborate across sectors** – municipal planning, education, health, transportation and others – in the development of land use and transportation plans and policies.
- 3) **Support active transportation**, including ease of pedestrian and bicycle movement; require sidewalks; and implement a walkable grid in all new communities.
- 4) **Integrate health-related priorities**, as identified in **community health needs assessments** – specific to your community, into your **comprehensive and transportation plans**. Include measurable objectives so that progress can be measured.

Steps to a Healthier You



Questions?

Carol Reichbaum; carolr@pitt.edu
 University of Pittsburgh
 Graduate School of Public Health

Steps to a Healthier You