

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

COUNTY HEALTH RANKINGS & ROADMAPS

*Using Data, Evidence, Guidance and Stories to
Build Healthy Nebraska Communities*

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Nebraska Public Health Association
April 3, 2019*



University of Wisconsin
Population Health Institute
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Support
provided by

Robert Wood Johnson
Foundation





County Health Rankings & Roadmaps is a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

TODAY'S OUTLINE



Use Nebraska's 2019 County Health Rankings data to begin to identify health issues and drive action in your community



Describe the County Health Rankings and Roadmaps Action Center to support Nebraska communities to move from data to action



Explore your Role as Community Health Strategist

THREE KEY TAKE-AWAYS

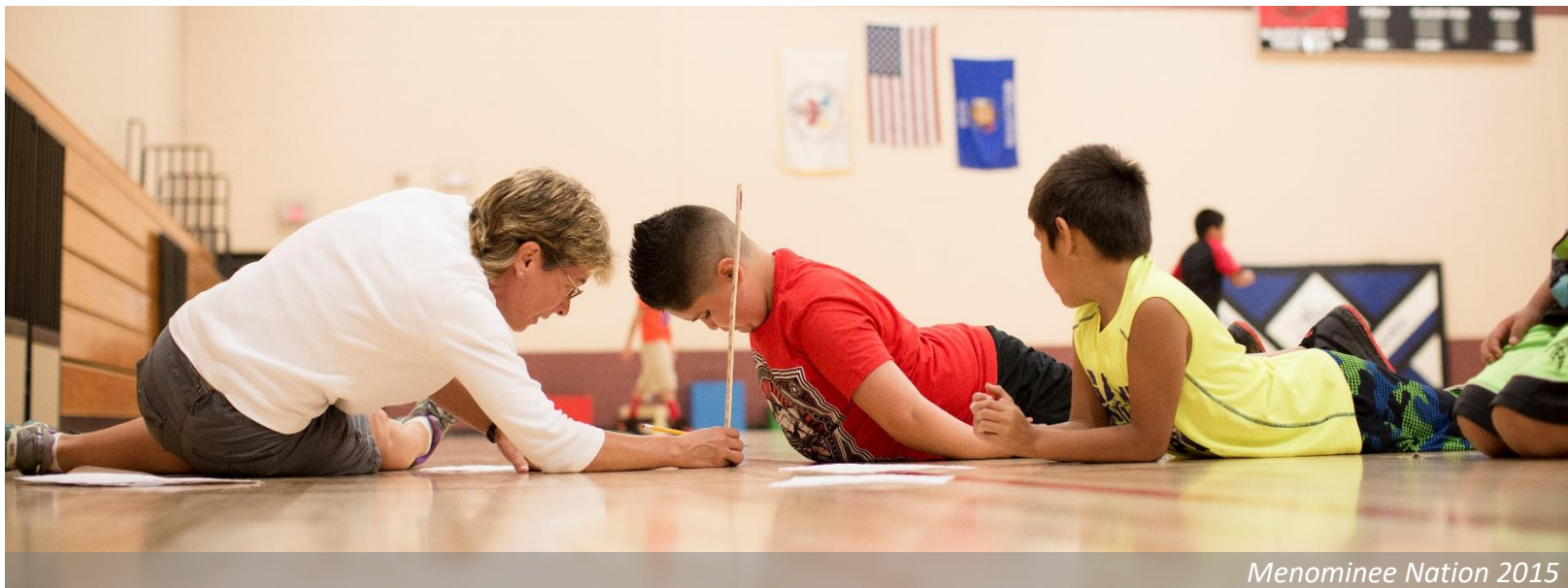
- ▶ There are many factors in addition to health care services that drive how long and how well we live.
- ▶ All Nebraska communities have assets and opportunities to improve health. We are here to support you.
- ▶ Everyone in the room can be a Community Health Strategist to improve health and equity in your community.



RAISE YOUR HAND IF...

- ▶ I have heard of County Health Rankings & Roadmaps, but have not used the data, evidence or guidance.
- ▶ I use the County Health Rankings.
- ▶ I use the Action Center to help guide my work.
- ▶ This is all new to me.





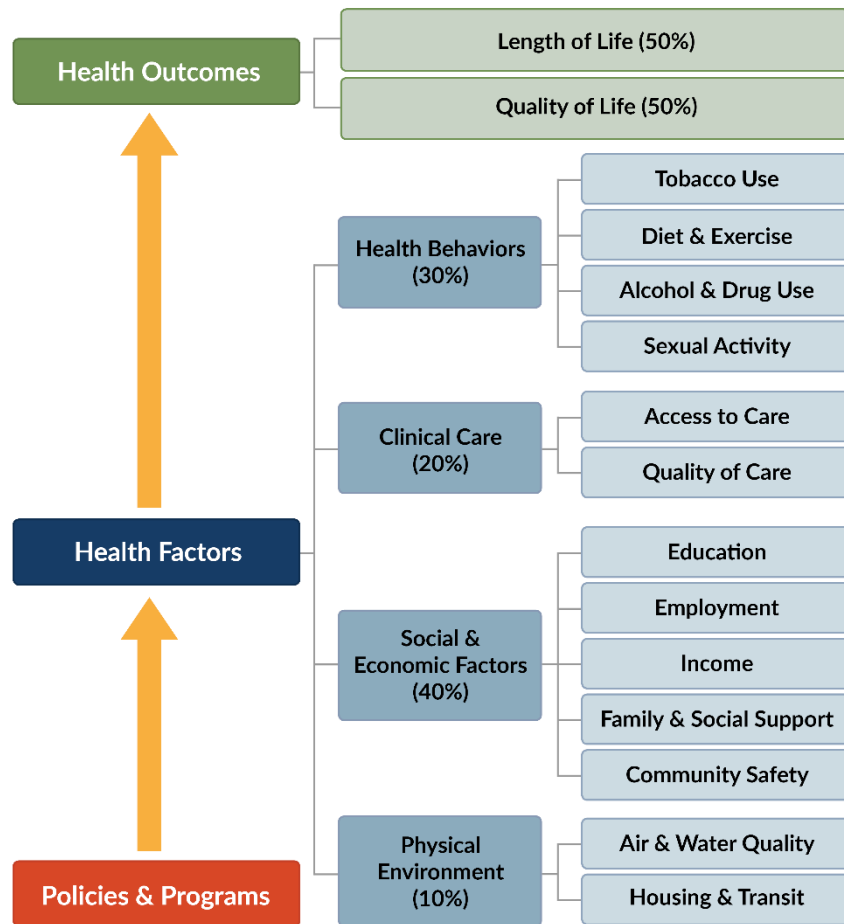
WHY WE DO WHAT WE DO

Improve Health Outcomes

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

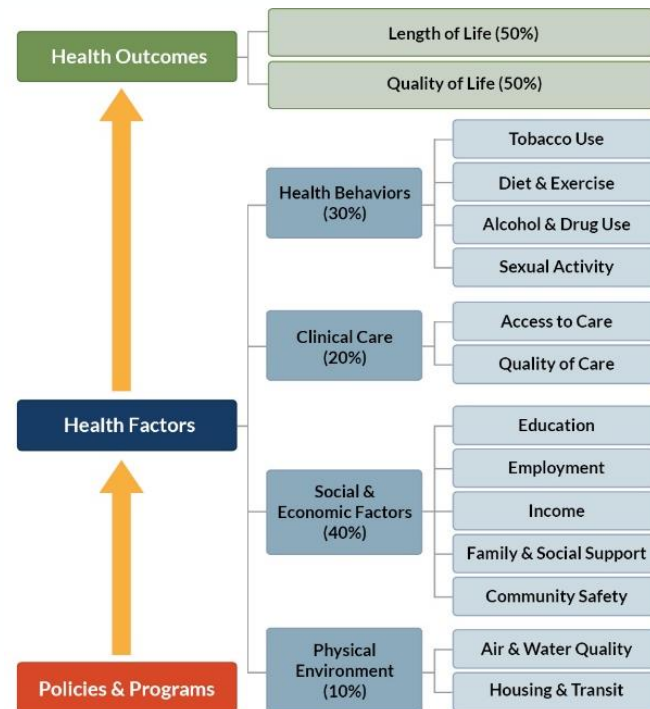
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County Health Rankings & Roadmaps

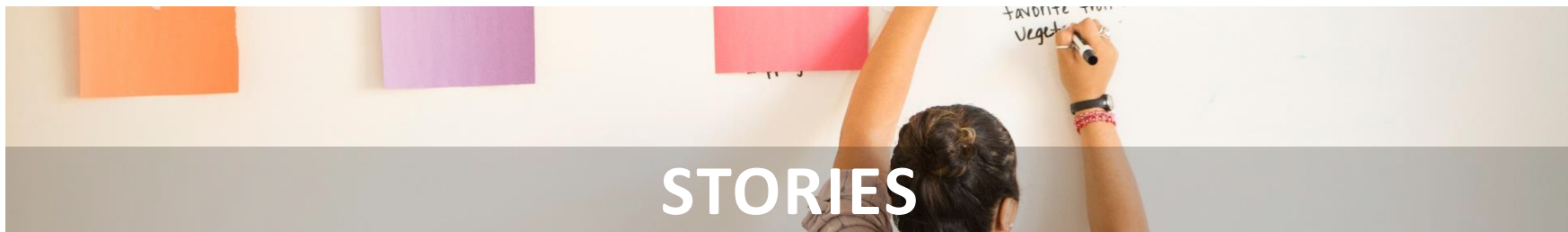
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County Health Rankings model © 2016 UWPHI

HOW WE SUPPORT COMMUNITIES



[Explore Health Rankings](#)

[Take Action to Improve Health](#)

[Learn From Others](#)

[What Is Health?](#)

[Reports](#)



2019 County Health Rankings

Key Findings Report



New! Explore our interactive [County Health Rankings Model](#)

How Healthy is Your Community?

The annual Rankings provide a revealing snapshot of how health is influenced by where we live, learn, work and play. They provide a starting point for change in communities.

Search



DATA

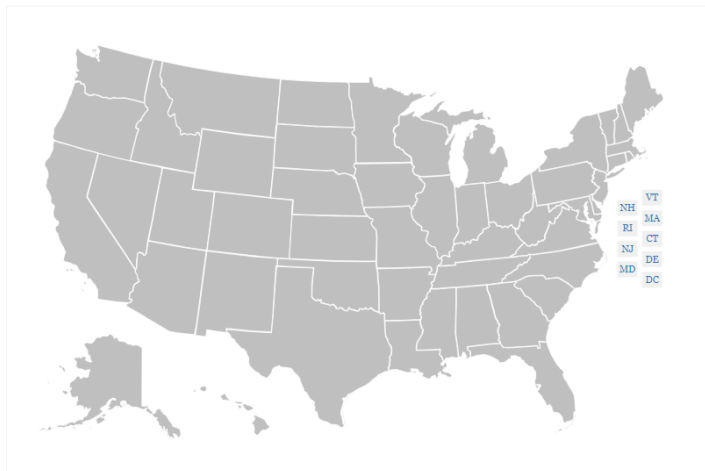
Using data to reveal the factors that influence health

FINDING YOUR COUNTY'S DATA

New! Explore our interactive [County Health Rankings Model](#)

How Healthy is Your Community?

The annual Rankings provide a revealing snapshot of how health is influenced by where we live, learn, work and play. They provide a starting point for change in communities.



www.countyhealthrankings.org

WHAT DOES YOUR SNAPSHOT TELL YOU?

Downloads Compare Counties Select a county Print Help Español

Lancaster (LA)

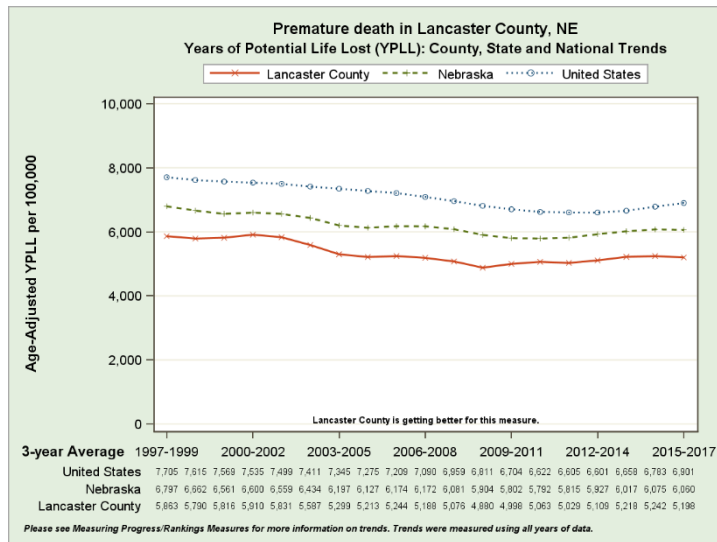
Show areas to explore Show areas of strength

County Demographics +

	Lancaster County	Trend	Error Margin	Top U.S. Performers	Nebraska	Rank (of 79)
Health Outcomes						10
Length of Life						10
Premature death	5,200		4,900-5,500	5,400	6,100	
Quality of Life						19
Poor or fair health	11%		11-11%	12%	14%	
Poor physical health days	2.8		2.7-2.9	3.0	3.2	
Poor mental health days	3.1		3.0-3.2	3.1	3.2	
Low birthweight	7%		6-7%	6%	7%	

Additional Health Outcomes (not included in overall ranking) +

Health Factors					24
Health Behaviors					10
Adult smoking	14%		14-15%	14%	17%
Adult obesity	28%		26-29%	26%	31%
Food environment index	8.0			8.7	8.1
Physical inactivity	17%		16-18%	19%	22%
Access to exercise opportunities	97%			91%	84%
Excessive drinking	25%		24-26%	13%	21%
Alcohol-impaired driving deaths	30%		25-36%	13%	35%





- ▶ Assess the health of your community
- ▶ Engaging communities in health improvement
- ▶ Identify root causes
- ▶ Support decision-making
- ▶ Track progress



WHY WE DO WHAT WE DO

Increase Health Equity

Equality



Equity

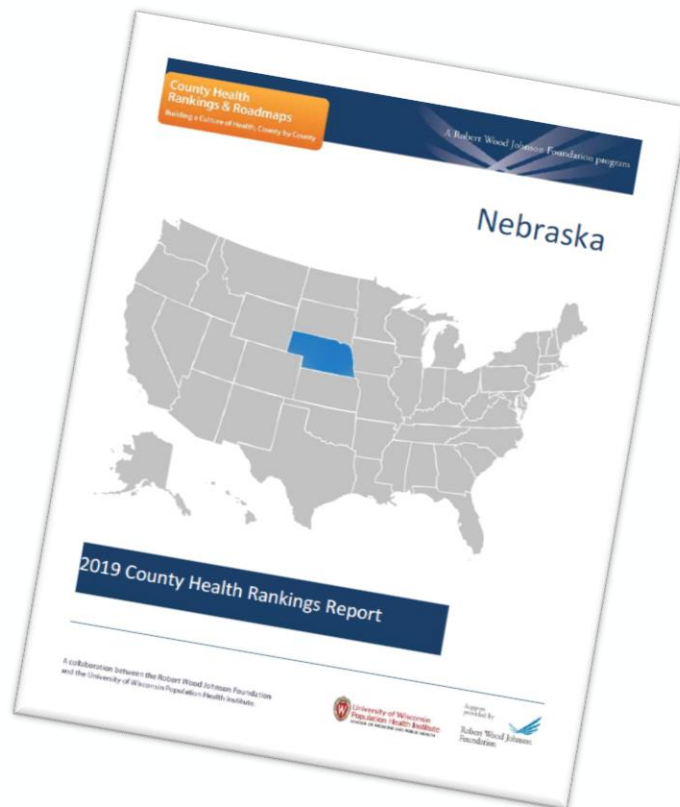


2019 STATE REPORTS

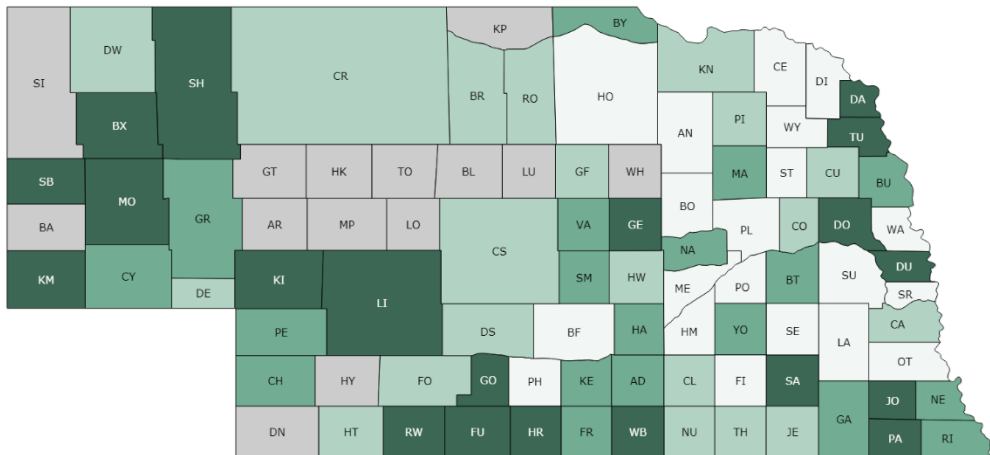
- ▶ Explores the link between housing and health
- ▶ Differences by place and race
- ▶ Call to action to create opportunity and health for all

Find your state's report at:

www.countyhealthrankings.org/state-reports



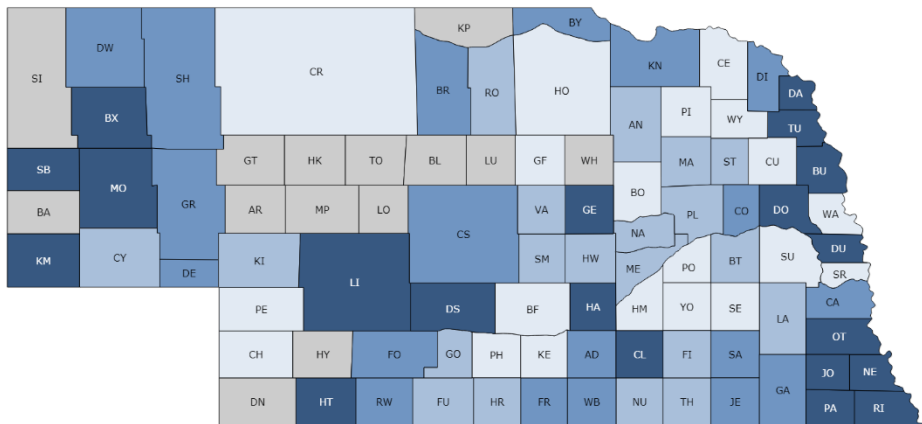
HEALTH OUTCOMES



Rank 1-20 Rank 21-40 Rank 41-59 Rank 60-79 Not Ranked

- ▶ Health Outcomes help us understand how long people live and how healthy people feel.
- ▶ Health Outcomes vary based on where we live, but also by our racial/ethnic background.

HEALTH FACTORS



Rank 1-20 Rank 21-40 Rank 41-59 Rank 60-79 Not Ranked

- ▶ Health Factors help us understand the focus areas that drive how long and how well we live.
- ▶ Social and economic factors are foundational to achieving long and healthy lives.



Vicksburg, MS 2017

HEALTH & HOUSING

A safe, secure, and affordable place to call home is a foundation for good health.

THE INTERSECTION OF POVERTY AND HOUSING

In 2017, in Nebraska, more than 60,000 children lived in poverty

43% of Nebraska's children in poverty were living in a household that spends more than $\frac{1}{2}$ of its income on housing costs



Leaving little left over for other essentials like...



Healthy Food

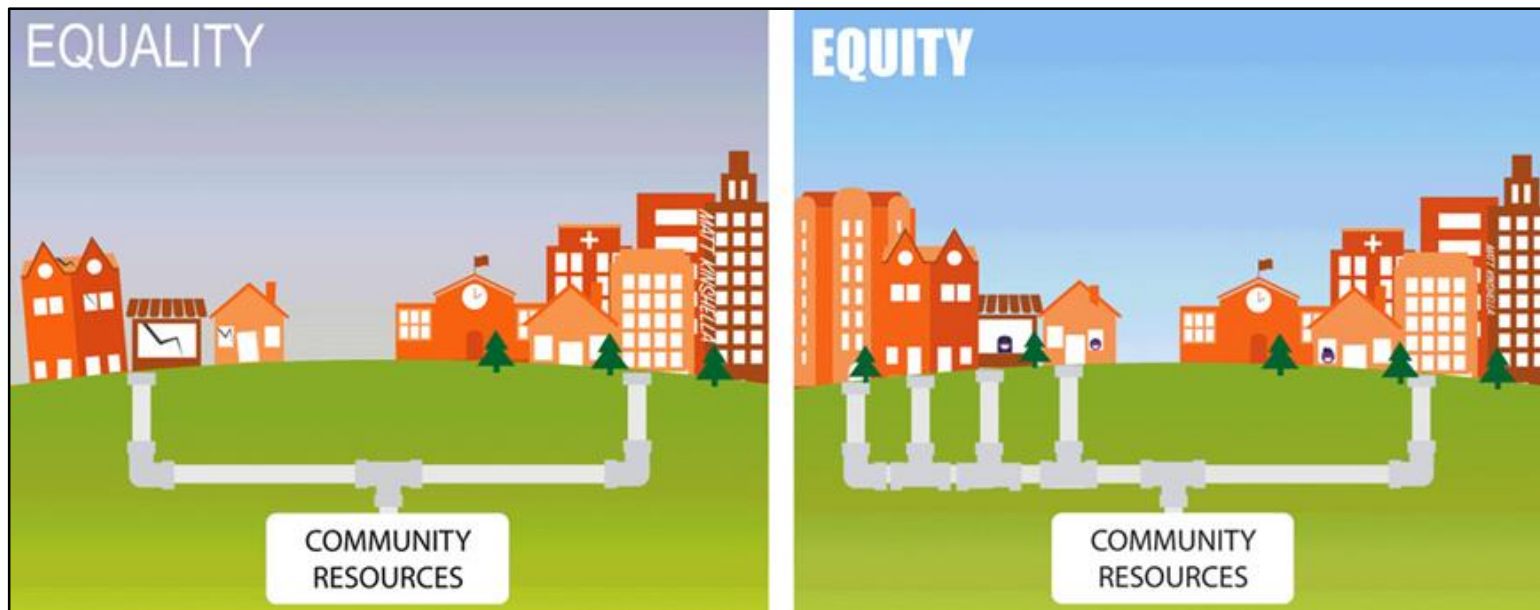


Transportation



Medical Care

EQUITY AT THE COMMUNITY LEVEL

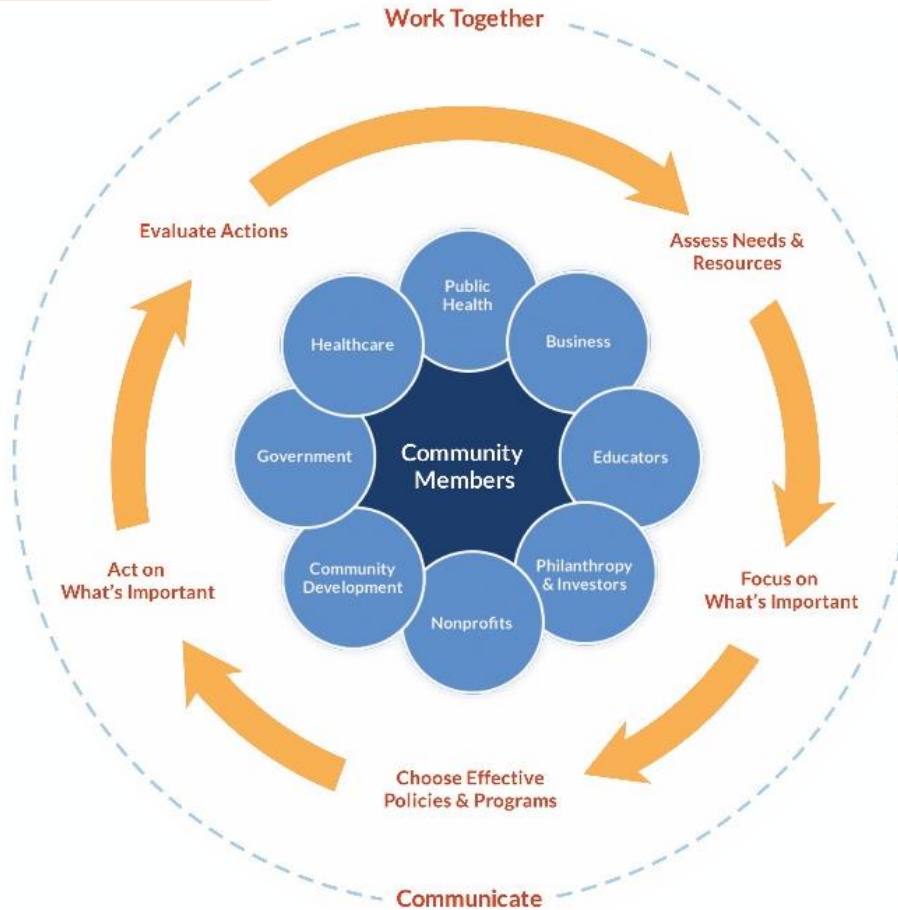


Source: Matt Kinshella, 2016.

KEY TAKEAWAYS

- ▶ Rankings are a starting point
 - To start or broaden conversations about health
 - To illuminate gaps in health
 - To illustrate the need for community opportunities
 - To inspire action





HOW COMMUNITIES CREATE CHANGE

Take Action Cycle

Explore Health Rankings **Take Action to Improve Health** Learn From Others What is Health? 🔍

Take Action To Improve Health

We're here to help. Below you'll find strategies that we know work, guidance for setting a plan in motion, and resources to help you partner with others.

What Works

Explore a menu of evidence-informed policies and programs that can make a difference locally.

What Works for Health

How to Take Action

Find step-by-step guidance and tools to help you move with data to action.

Action Center

Who to Work With

Identify the right partners and explore tips to engage them.

Partner Center

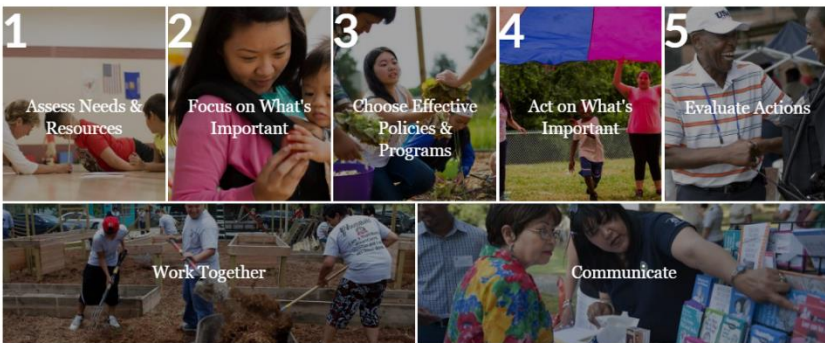
HOW TO TAKE ACTION: ACTION CENTER

Focus on What's Important

Decide which problem(s) to tackle. Without focus, all issues seem equally important. Taking time to set priorities will ensure that you direct your community's resources to the most important issues.

Steps to Move Your Community Forward

The steps below provide a path to help your community move with data to action. In each you will find key activities and suggested tools to guide your progress. Keep in mind: action isn't always linear. Revisit these steps to find the right resources when you need them.



Avoiding Group Think >

Mind Tools

Guide to Prioritization Techniques >

NACCHO

- ▶ Step-by-step guidance and tools
- ▶ Seven Action Steps
- ▶ Key Activities and suggested tools to guide your progress

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Find Strategies by Topic

Health Behaviors	Clinical Care	Social & Economic Factors	Physical Environment
<ul style="list-style-type: none">Alcohol and Drug UseDiet and ExerciseSexual ActivityTobacco Use	<ul style="list-style-type: none">Access to CareQuality of Care	<ul style="list-style-type: none">Community SafetyEducationEmploymentFamily and Social SupportIncome	<ul style="list-style-type: none">Air and Water QualityHousing and Transit

Search all strategies by keyword

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WHO TO WORK WITH: PARTNER CENTER

The screenshot shows the 'Partner Center' website. At the top, there's a header with the text 'Community Members' and a background image of three people. Below this, a section titled 'What roles do you play in your community? Who do you want to partner with?' is visible. A paragraph of text reads: 'Think about the people in your community who make positive changes happen. Call them leaders, changemakers, or stakeholders - these are the people with whom you want to partner. This section is all about joining with others to make lasting change in your community.' Below this text is a grid of nine thumbnail images, each with a label and a right-pointing arrow: 'Community Members', 'Community Development', 'Government', 'Business', 'Educators', 'Nonprofits', 'Public Health', 'Health Care', and 'Fundors'. At the bottom of the grid, there is a quote: 'If the problems are in the community, the solutions are in the community.' followed by the name 'Gill Friedell' and his title 'Founder of the Friedell Committee for Health System Transformation Lexington, KY'.

Community Members

What roles do you play in your community?
Who do you want to partner with?

Think about the people in your community who make positive changes happen. Call them leaders, changemakers, or stakeholders - these are the people with whom you want to partner. This section is all about joining with others to make lasting change in your community.

Community Members >

Community Development >

Government >

Business >

Educators >

Nonprofits >

Public Health >

Health Care >

Fundors >

"If the problems are in the community, the solutions are in the community."

Gill Friedell
Founder of the Friedell Committee for Health System Transformation Lexington, KY

- ▶ Provides guidance around:
 - Why different sectors might care about creating healthy communities
 - What they can do
 - How to engage them

★ **TIP: If you don't see yourself in any of the sectors listed in the Partner Center, start with Community Members.**

KEY TAKEAWAYS

- ▶ The Action Center answers the question: *How can we take action?*
- ▶ What Works for Health provides information about what works, what might work, and what does not work.
- ▶ The Partner Center answers the question: *Who should we work with?*

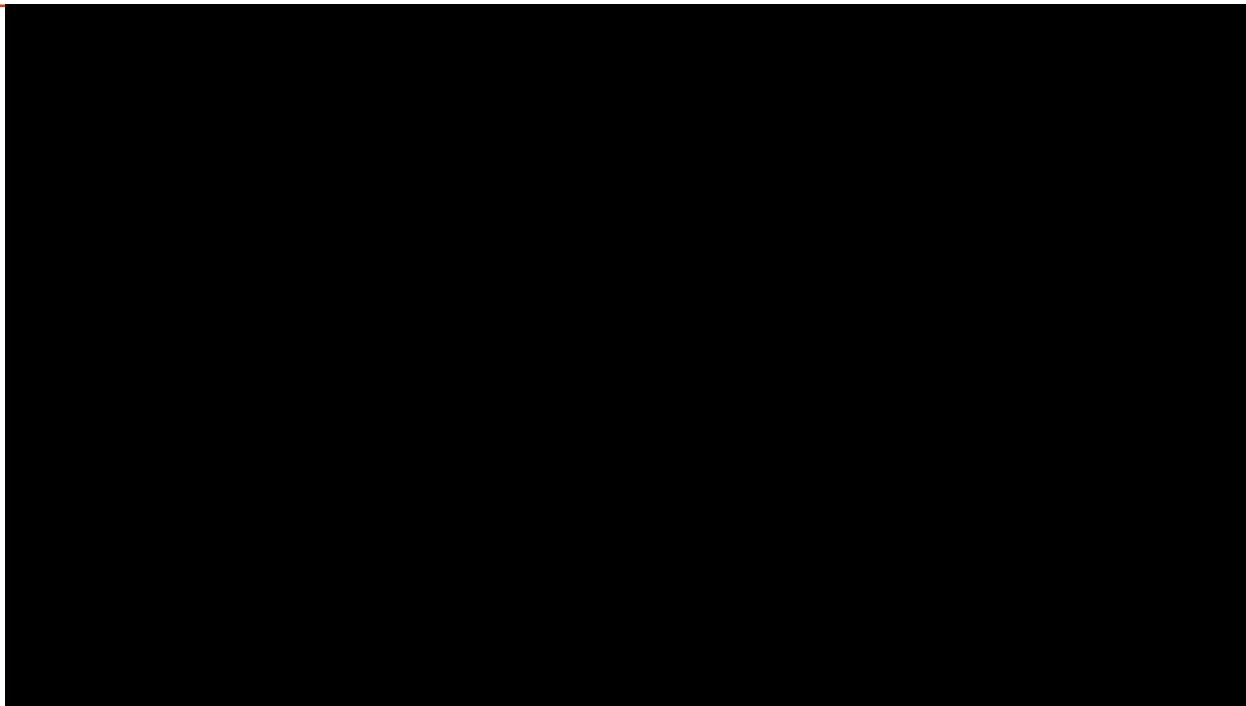


YOUR ROLE AS COMMUNITY HEALTH STRATEGIST



Allen County, KS 2017

RWJF CULTURE OF HEALTH PRIZE 2018





Kansas City, MO 2015

QUESTIONS?

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- Sign up for our newsletter
CountyHealthRankings.org/subscribe



THANK YOU!

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