CDC’s Healthy Communities Goal Action Plan

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CDC’s Vision for the 21st Century

“Healthy People in a Healthy World—Through Prevention”

Collaborating to create the expertise, information, and tools that people and communities need to protect their health – through health promotion, prevention of disease, injury and disability, and preparedness for new threats.

SAFER • HEALTHIER • PEOPLE™
Overarching Goals

- **Healthy People in Every Stage of Life**
  - All people, and especially those at greater risk of health disparities, will achieve their optimal lifespan with the best possible quality of health in every stage of life.

- **People Prepared for Emerging Health Threats**
  - People in all communities will be protected from infectious, occupational, environmental, and terrorist threats.

- **Healthy People in a Healthy World**
  - People around the world will live safer, healthier, and longer lives through health promotion, health protection, and health diplomacy.

- **Healthy People in Healthy Places**
  - The places where people live, work, learn, and play will protect and promote their health and safety, especially those people at greater risk of health disparities.
In Spring, 2005 internal workgroup convened to round out the CDC Goals Framework– adding to the existing lifestages and preparedness goals.

Missing element was discovered to be the effect of “place” on health.

Seven “places” were determined to encompass most of the arenas in which people live their lives.
CDC’s Seven Healthy Places Goals

- **Healthy Communities** - Increase the number of communities that protect & promote health and safety & prevent illness and injury in all their members.

- **Healthy Homes** - Protect & promote health through safe & healthy home environments.

- **Healthy Schools** - Increase the number of schools that protect & promote the health, safety & development of all students, & protect & promote the health & safety of all staff.

- **Healthy Travel, Transportation, & Recreation** - Ensure that environments enhance health & prevent illness & injury during travel, transportation, & recreation.
CDC’s Seven Healthy Places Goals

- **Healthy Workplaces** - Promote & protect the health & safety of people who work by preventing workplace-related fatalities, illnesses, injuries, & personal health risks.

- **Healthy Healthcare Settings** - Increase the number of healthcare settings that provide safe, effective, & satisfying patient care.

- **Healthy Institutions** - Increase the number of institutions that provide safe, healthy, & equitable environments for their residents, clients or inmates.
Objective 1 - Promote safe and high-quality air, water, food, and waste disposal; and safety from toxic, infectious, and other hazards, in communities.

Objective 2 - Support the design and development of built environments that promote physical and mental health by encouraging healthy behaviors, quality of life, and social connectedness.

Objective 3 - Support a robust, sustainable capacity to provide access to and ensure receipt of essential public health, health promotion, health education, and medical services.
Objective 4 - Understand and reduce the negative health consequences of climate change.

Objectives 5 - Prevent injuries and violence and their consequences in communities.

Objective 6 - Improve the social determinants of health among communities with excess burden and risk.
External Influences

CDC’s National Health Interview Survey in 2002 found the following barriers to community participation among PWD’s:

- 43.1% mentioned problems with building design, such as stairs, bathrooms, etc.
- 31.7% mentioned problems with transportation, and
- 31.2% mentioned problems with sidewalks and curbs

In another study of persons with spinal cord injuries:

- 78% reported building & community design made their lives difficult,
- 8.1% reported daily difficulties, and
- 22.1% reported difficulties at least weekly
External Influences

**IOM’s Future of Public Health in the 21st Century**

- A community - a group of people who share some or all of the following: geographic boundaries; sense of membership; culture and language; common norms, interests, or values; & common health risks/conditions.

- Members of communities experience a shared reality of living or working in the same environment & are in a position to influence or be influenced by social, economic, & physical risk factors in the environment.

- A healthy community is a place where people provide leadership in assessing their own resources and needs, where public health and social infrastructure and policies support health, and essential public health services, including quality health care, are available.
External Influences

National Council on Disabilities (NCD) Reports

Main impetus for NCD interest in Livable Communities is threefold:

- the prospect of a growing population of people with disabilities (PWD’S)
- the desire that PWD’s have to live in their own homes and communities & maintain self-determination, dignity, and independence as long as possible
- the pressures these factors will exert on communities that strive to become livable for people of all ages and abilities
A **Livable Community** is defined as one that achieves the following:

- Provides affordable, appropriate, accessible housing
- Ensures accessible, affordable, reliable, safe transportation
- Adjusts the built environment for inclusiveness & accessibility
- Provides work, volunteer, and education opportunities
- Ensures access to key health and support services
- Encourages participation in civic, cultural, social, & recreational activities
External Influences

IOM’s *Future of Disability in America*

- Disability is not destiny for either individuals or the communities in which they live. Rather, disability is shaped by personal and collective choices. Positive choices made today not only can prevent the onset of many potentially disabling conditions but also can mitigate their effects and help create more supportive physical and social environments to promote a future of increased independence & integration for people with disabilities.

- In addition to the removal of barriers, interest is growing in strategies of universal and accessible design. The goal for these strategies is to create—from the outset—physical environments and products that are easily used and accessible to as wide a range of potential users as practicable.
Sampling of Draft Action Plan Recommendations

- Expand public health data collection, monitoring and analysis to include spatial and social factors in order to identify challenges and opportunities for interventions, such as identifying higher-risk locations and vulnerable populations at greatest risk for specific health threats.

- Develop, pilot, and disseminate innovative tools, technologies, and best practices, for:
  - Geographic Information Systems (GIS) and satellite imagery analysis.
  - Health Impact Assessment.
  - Models for predicting health effects in various environmental and socioeconomic situations.
Sampling of Draft Healthy Communities Goal Action Plan Recommendations

- Conducting targeted research to identify modifiable risk and protective factors, such as:
  - Assessing how characteristics of the physical environment in communities influences behavior and risk for violence and injury

- CDC should identify and leverage partnerships to ensure the continued development and full implementation of performance measurement standards for health systems, including:
  - Develop a Community Health Index that can be used to summarize and profile population health across communities and to track changes in community health over time
Current Activities

- Expert Panel on the Use of GIS and Other Spatial Analysis Tools and Techniques by CDC to Support Healthy Communities

- Collection and Analysis of Community Environments Assessment Tools to Consider Possibilities of an Integrated Tool or Toolbox
  - Walkability/Bikeability Assessment Tools
  - Accessibility Assessment Tools
  - Injury Risk Assessment Tools
Current Activities

- Expert Panel on the Social Determinants of Health
  - Socio-Economic Status
  - Educational Attainment
  - Disability Status

- Creation of a Prototype Healthy Communities Index

- Development of a Comprehensive Transportation and Health Initiative
Resources

- IOM’s The Future of the Public's Health in the 21st Century -
  www.nap.edu/catalog.php?record_id=10548

- NCD’s Issues in Creating Livable Communities for People with Disabilities -

- NCD’s Creating Livable Communities –

- NCD’s Livable Communities for Adults with Disabilities -

- A Community Planning Guide Using Healthy People 2010 -
  www.healthypeople.gov/Publications/HealthyCommunities2001/healthycom01hk.pdf
Questions???