

# Health in Arizona Policy Initiative (HAPI)

## Leveraging Resources: From Silos to Synergy of Systems

Arizona Department of Health Services  
Division of Public Health Services

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Presenter:

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Bureau of Health Systems Development



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# Objectives of Presentation:

- **Increased understanding of Health in Arizona Policy Initiative - (HAPI Program)**
- **Increased knowledge of Policy, Systems, and Environmental (PSE) Change**
- **Increased knowledge of Leveraging Resources**
- **Identify one strategy that could be to utilized by your organization to better leverage resources and/or work with the Health in Arizona Policy Initiative program within your community**

# Mission Bureau of Health Systems Development

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To optimize the health of Arizona residents by developing and strengthening systems services to expand access to primary care and other services with emphasis on the health needs of underserved people and areas.

# Institute of Medicine Quote

“It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change.”

-Smedly and Syme (2000)

# Moving Upstream - Story

“While walking along the banks of a river, a passerby notices that someone in the water is drowning. After pulling the person ashore, the rescuer notices another person in the river in need of help. Before long...”

# Importance of PSE Change

- Health problems are influenced by societal policies and environments that in some way either sustain behaviors or fail to foster healthier choices
- Where you live affects how you live
- Major health problems will not be solved solely by individual actions and choices
- By moving upstream to address causes and improving environments where we live, work, learn, play, and receive health care, we can prevent many people from becoming chronically ill

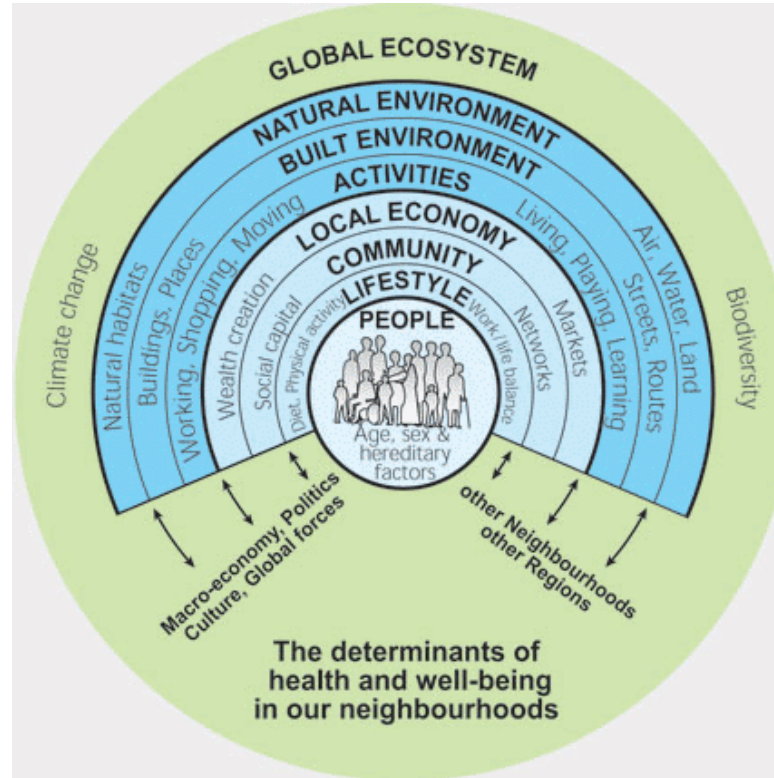
# Health in Arizona Policy Initiative (HAPI)

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- Health in Arizona Policy Initiative (HAPI) utilizes evidence-based approaches to address population health needs including the:
  - Health in All Policy Framework
  - Health Impact Pyramid
  - National Prevention Strategy

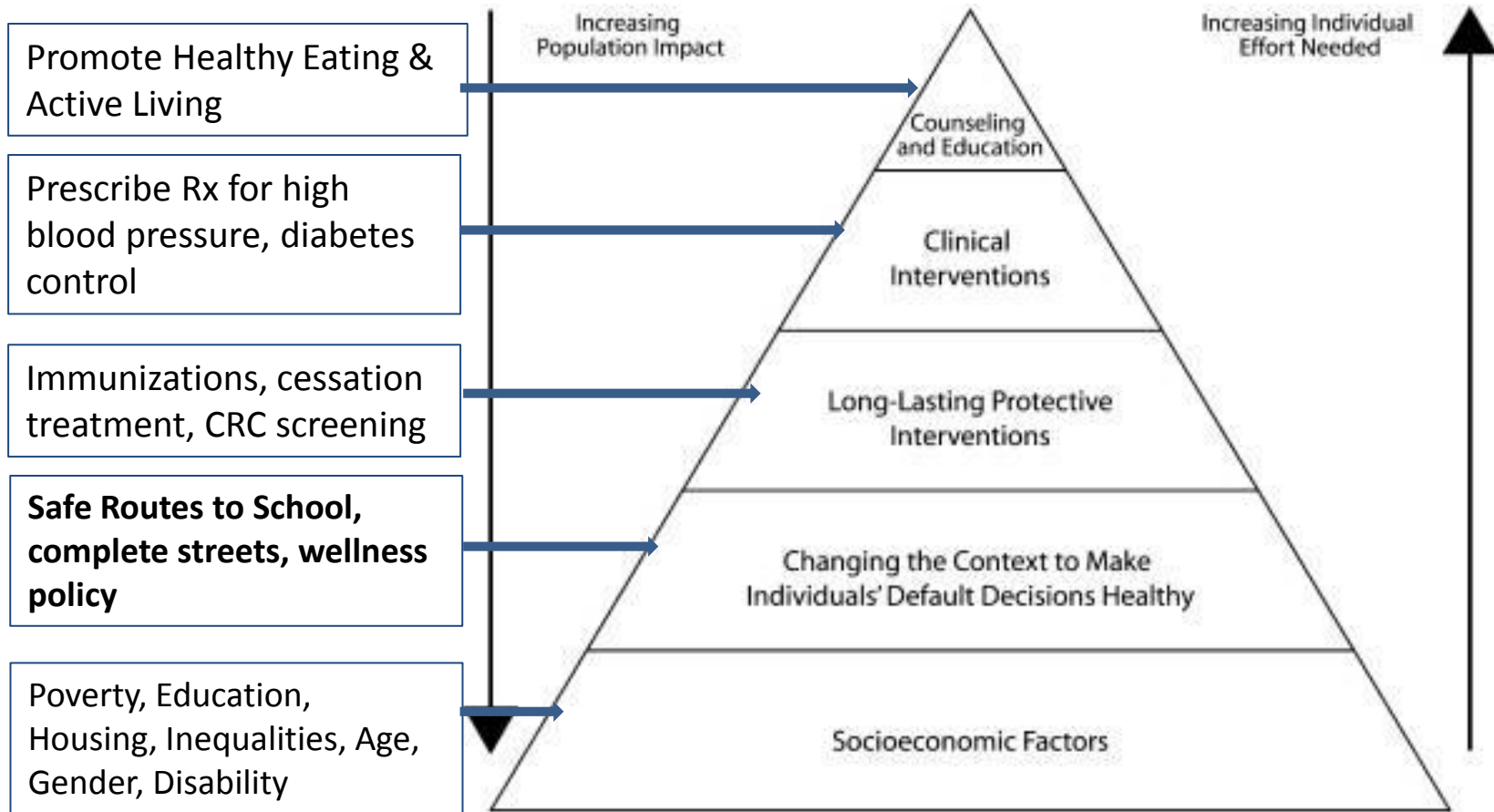
## SYSTEMS-BASED APPROACHES

# Health in All Policies





# The Health Impact Pyramid



Frieden, Thomas R. "A Framework for Public Health Action: The Health Impact Pyramid." *Am J Public Health*. 2010 April; 100(4): 590–595.

# National Prevention Strategy



# HAPI –Scope of Work

## Evidence Based Strategies

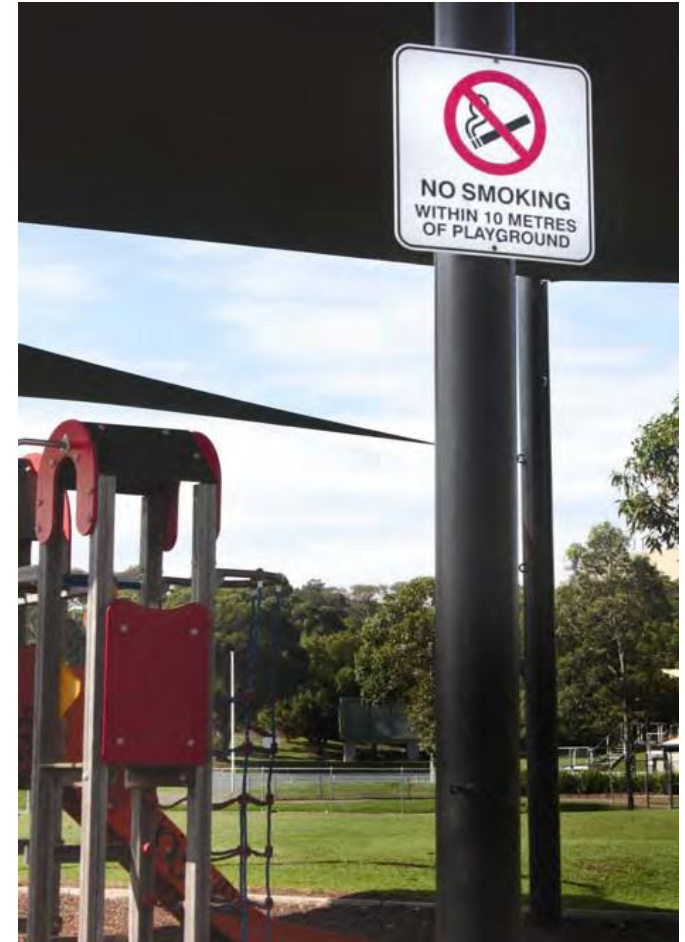
- Procurement Policy
- Worksite Wellness
- School Health
- Healthy Communities
- Clinical Care
- Children and Youth with Special Health Care Needs

# Policy, Systems and Environmental (PSE) Change

## What is **policy** change?

**Policy** interventions may be a law, ordinance, resolution, mandate, regulation, or rule (both formal and informal).

- Example: Organizational policies that provide time off during work hours for physical activity.



Minnesota Statewide Health Improvement Program

<http://www.health.state.mn.us/ommb/committees/ommbadvcomm/policypres0110.pdf> By: Brooke Ahlquist, MA, MPH



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# Big “P” Policy vs. Little “P” Policy

## Big “P” Policies

- Formal laws
- Rules
- Regulations enacted by elected officials

## Little “P” Policies

- Organizational guidelines
- Internal agency decisions or memoranda
- Social norms guiding behavior

# Policy, Systems and Environmental (PSE) Change

## What is **SYSTEMS** change?

**Systems** interventions are changes that impact all elements of an organization, institution, or system.

- Types of systems include: school, clinics, transportation, parks and recreation, etc.



Minnesota Statewide Health Improvement Program

<http://www.health.state.mn.us/omh/committees/ommhadvcomm/policypres0110.pdf>

By: Brooke Ahlquist, MA, MPH



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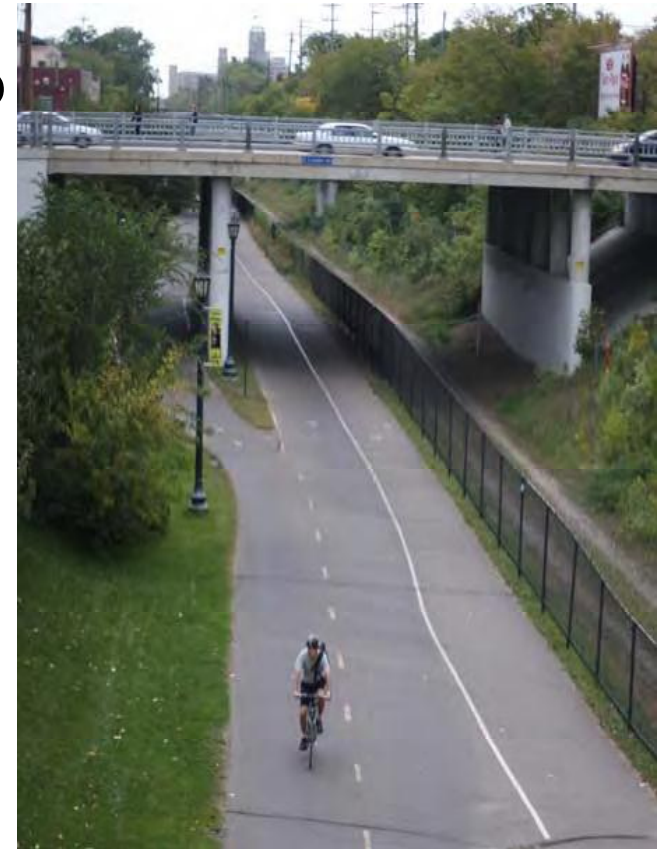


# Policy, Systems and Environmental (PSE) Change

What is **ENVIRONMENTAL** change?

**Environmental** interventions involve physical or material changes to the economic, social, or physical environment.

- Example: Incorporating sidewalks, paths, and recreation areas into community design.



Minnesota Statewide Health Improvement Program

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# PSE Activities Within Strategies

<p><b>PROCUREMENT POLICY</b></p>	<p><b>2.14 K-12 Healthy vending in schools</b></p>
<p>WORKSITE WELLNESS-Healthy Vending in Schools and Worksites</p>	<p>3.01 Promote healthy eating &amp; active living in collaboration with worksites</p>
<p>SCHOOL HEALTH - SHI/SHACs, Joint Use Agreements, Chronic Disease Self-Management (CDSMP), Promotion of Healthy Foods/Beverages Policies</p>	<p>2.11 Local Wellness Policies</p>
<p>HEALTHY COMMUNITIES - HIA's, Walking Paths, Complete Streets, Community Gardens, Chronic Disease Self-Management (CDSMP)</p>	<p>1.11 Assess current active living and healthy eating policies – sidewalks, bike lanes, greenways, recreation facilities</p>
<p>CLINICAL CARE -Breast Feeding Policies, CDSMP, Integration of Promotoras Model</p>	<p>4.01 Promote healthy eating/active living with community organizations</p>
<p>CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS – SHI Family Support Group, Web-based Resource</p>	<p>Incorporate inclusiveness – Is this an AzNN requirement?</p>



# Silo Approach



# From Silos to Synergy of Systems

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## Breaking Out of the Silo Approach

- Cause of Organizational Silos - Mix of mindset, culture, and process factors
- Cure: Utilize Systems Thinking Approach
  - Individual Beliefs and Mental Models
  - Organizational Structure and Practices

**Break Out of the Silo Mentality**  
*ASSOCIATIONS NOW*, December 2009, Feature  
By: Jeffrey Cufaude



# From Silos to Synergy of Systems



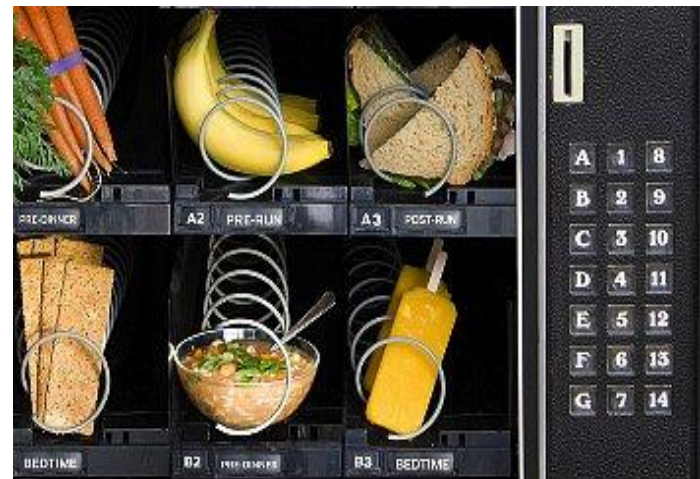
Interdisciplinary Evidence-based Practice: Moving from Silos to Synergy NIHPA Author Manuscripts. Nov-Dec 2010; 58(6)309



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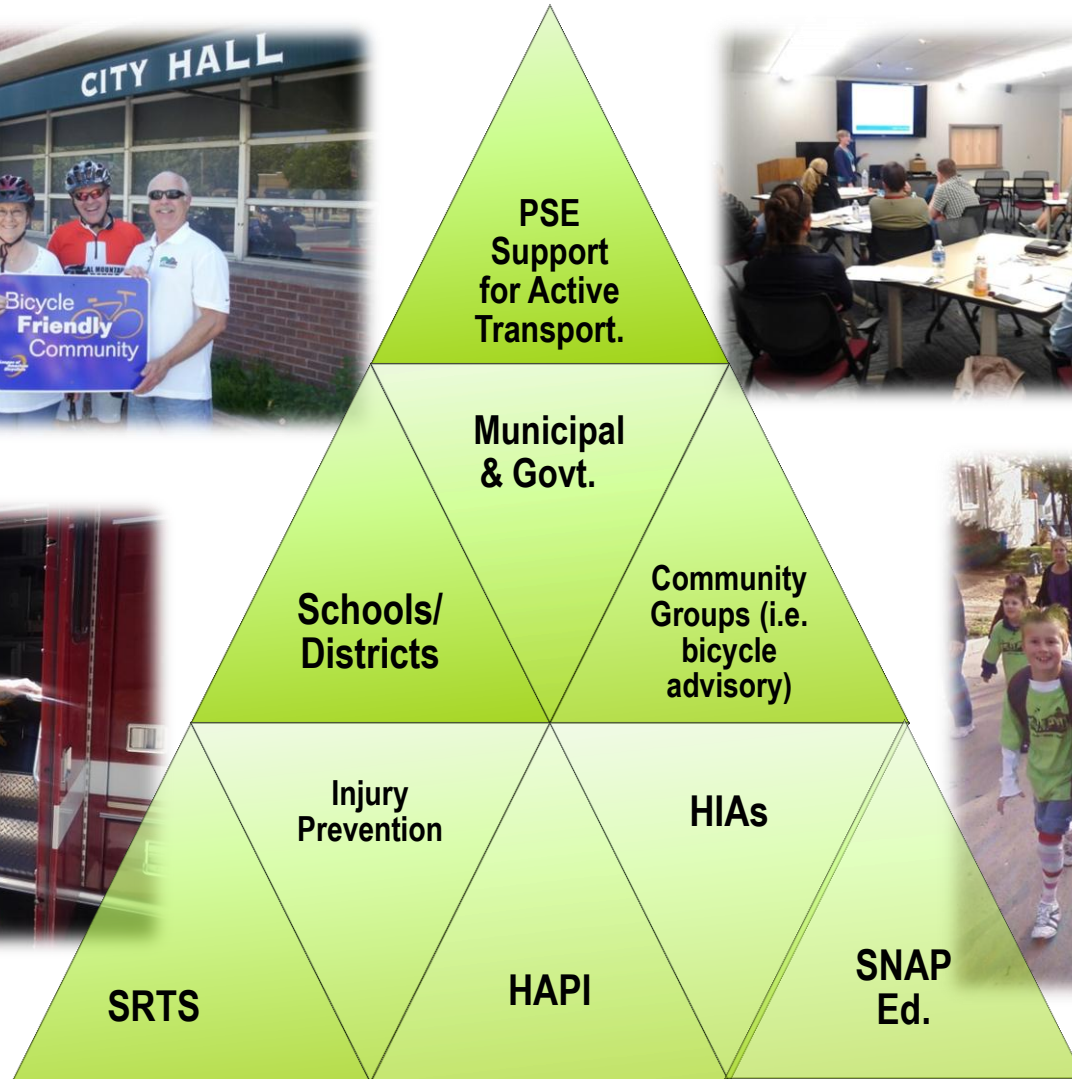
## Yavapai - YCCHS Community Health Education

- Team of 14 Health Educators
- 13 Health Education Program Grants
- Team members are cross-trained and funded under multiple grants
- HAPI objectives are built on existing CHE and YCCHS relationships





# HAPI Community Design—Promoting Active Transportation



## YUMA - LEVERAGING RESOURCES:

### Building Relationships for Healthy Communities:

❖ As a result of the groups actions and efforts the Arizona Nutrition Network (AZNN) partners sought funding and have recently been awarded a community reinvestment award to aid as seed money to start up future community garden projects.



Crossroads Mission Garden

# Themes of Success

Successful Policy, System and Environmental *change occurs where*

- ❖ *strong collaborations exist*
- ❖ *the leadership of strong champions exist*
- ❖ *the community is ready for change*

# Health in Arizona Policy Initiatives (HAPI) Policy Managers

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Making the Healthy Choice



The Easy Choice



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# Thank You

For more information, please visit: [www.azdhs.gov/hsd](http://www.azdhs.gov/hsd)

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