Intentionally Designing Health and Well-Being in Virginia: How Virginia is working toward becoming the Healthiest State in the Nation

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Goal:
Describe the leadership necessary to advance the public’s health now and in the coming decades
Objectives

- Review factors that affect health and well-being
- Describe Virginia’s health status
- Outline an Approach to Population Health Improvement with a focus on necessary leadership
- Identify the Virginia State Health Improvement Plan Framework (Virginia Plan for Well-Being)
- Discuss opportunities for intentional and aligned improvements in health and well-being

Relative Contribution of Factors that Affect Health

The Case for Actionable Data
County Health Rankings

Health Outcomes
- Length of Life (50%)
- Quality of Life (50%)

Health Behaviors (30%)
- Tobacco Use
- Diet & Exercise
- Alcohol & Drug Use
- Sexual Activity

Clinical Care (20%)
- Access to Care
- Quality of Care

Social & Economic Factors (40%)
- Education
- Employment
- Income
- Family & Social Support
- Community Safety

Physical Environment (10%)
- Air & Water Quality
- Housing & Transit

2017 RWJF County Health Rankings: Health Risk Factors

[Map showing county health rankings]
2017 RWJF County Health Rankings: Health Outcomes

A composite measure comprised of 13 indices that reflect a broad array of social determinants of health

- Air Quality
- Population Density
- Population Churning
- Walkability
- Affordability
- Education
- Food Access
- Material Deprivation
- Employment
- Income Inequality
- Job Participation
- Segregation
- Access to Health Care

https://www.vdh.virginia.gov/omhhe/hoi/
Virginia Youth Well-Being Index

Index & Indicators
- Youth Well-Being Index
- Education Index
- Crime Indicator
- Family Stability Indicator
- Housing Indicator
- Population Density Indicator
- Poverty Indicator
- Pre-K Enrollment Indicator
- Primary Care Access Indicator
- Psychiatric Access Indicator

Opportunity Level
- Very High
- High
- Average
- Low
- Very Low

Local Health District
- All
- Alexandria
- Allegheny
- Albemarle
- Central Shenandoah
- Chesterfield
- Colonial
- Cockeysville
- Cumberland Plateau
- Davidson
- Eastern Shore
- Fairfax
- Hampton
- Henrico
- Loudoun
- Louisa
- Norfolk
- New River
- Norfolk
Monotonicity of HOI

Life Expectancy at Birth

Disability Free Life Expectancy
Monotonicity of HOI

Infant Mortality

Low Birth Weight

Virginia
Norfolk City Health District
Townsend Material Deprivation Index *
Overlaid with Percent Low Birth Weight

* Material deprivation entails the lack of goods, services, resources, amenities and physical environment which are customary, or at least widely approved in the society under consideration.
Creating the Conditions for Intentional and Aligned Focus on Health and Well-Being
Patients With Undiagnosed Hypertension: *Hiding in Plain Sight*

JAMA November 19, 2014 Volume 312, No 19

Key Components for Success*

Cross-Sector Collaboration Drives Population Health Improvement

Shared Measurement and Joint Accountability

Five Prerequisites:
- Shared Understanding
- Goal Alignment
- Leadership Support
- External Stakeholder Engagement
- Clear Decision-making process among policymakers

*Hargunani, D. RWJF Issue Brief Jan 12, 2017*
10 Essential Public Health Services

THE DIMENSIONS OF META-LEADERSHIP

The Person

Lead Up

Lead Across

The Situation

Lead Beyond

Lead Down
Summary and Thank You
References

Virginia’s Plan for Well-Being
  • http://virginiawellbeing.com/

Virginia Health Opportunity Index
  • https://www.vdh.virginia.gov/omhhe/hoi/

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References (continued)

Meta-Leadership: A Primer

Self-Healing Communities:
  • https://www.rwjf.org/content/dam/farm/reports/reports/2016/rwjf430225

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  • "Public Health 3.0: Time for an Upgrade." AJPH, 106(4), pp. 621-622