

# BUILDING A CULTURE OF HEALTH: A NURSING CALL TO ACTION

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*Co-Director*

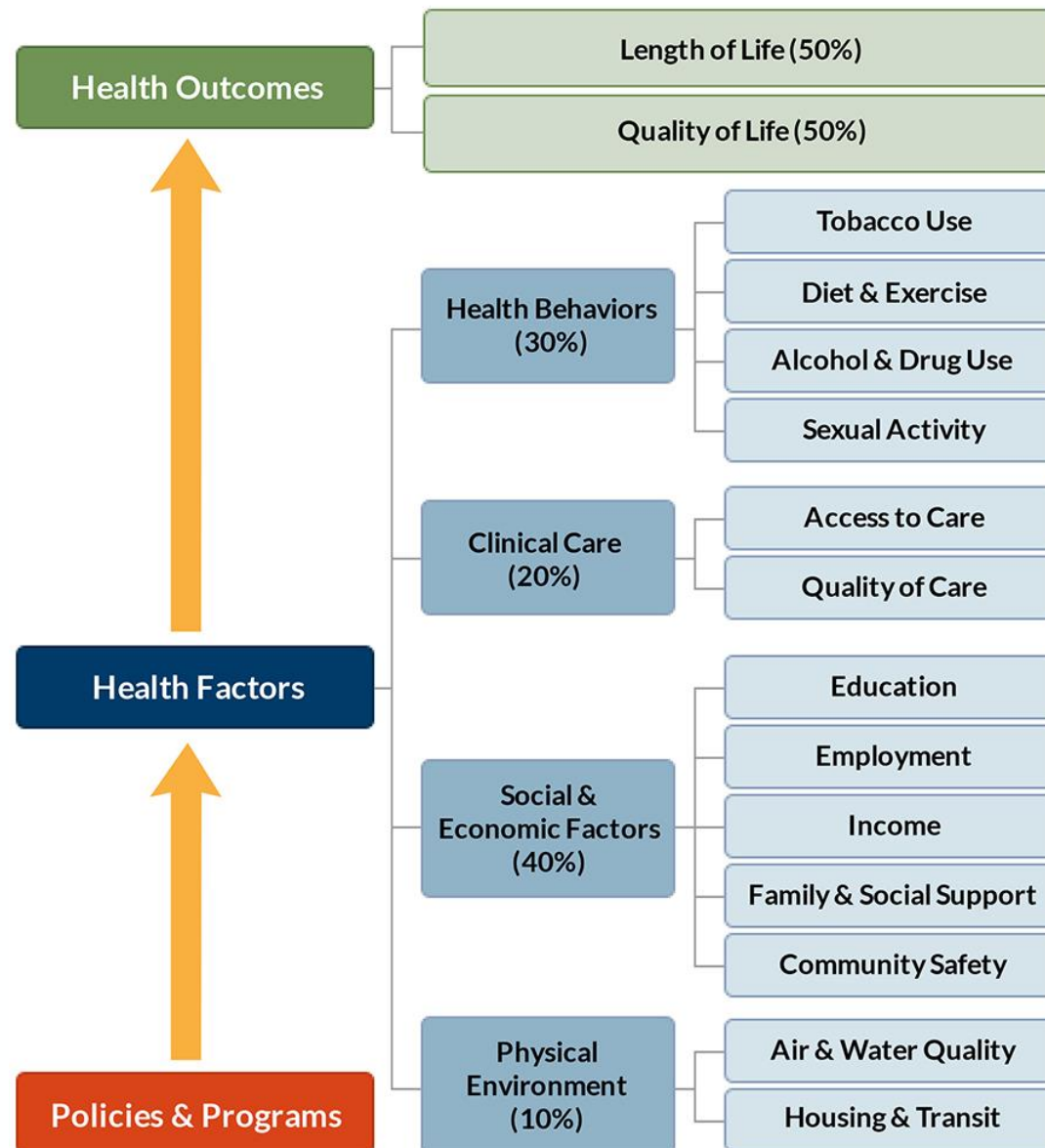
*County Health Rankings & Roadmaps*

*December 7, 2015*

# County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program



County Health Rankings model © 2014 UWPHI

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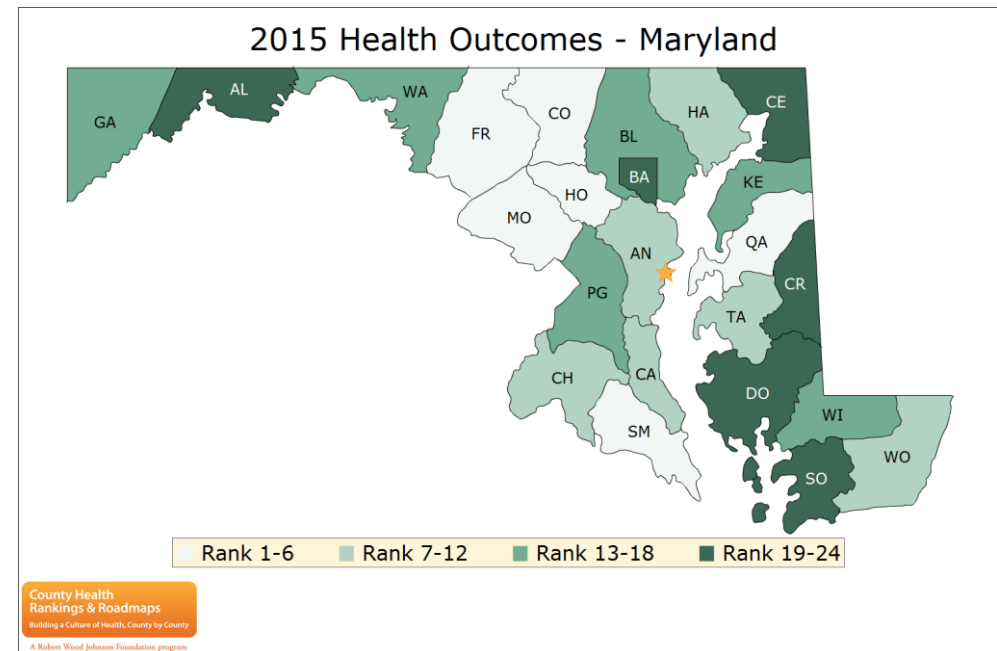
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## WHO IS THE POPULATION?

### HealthCare



### Community Health



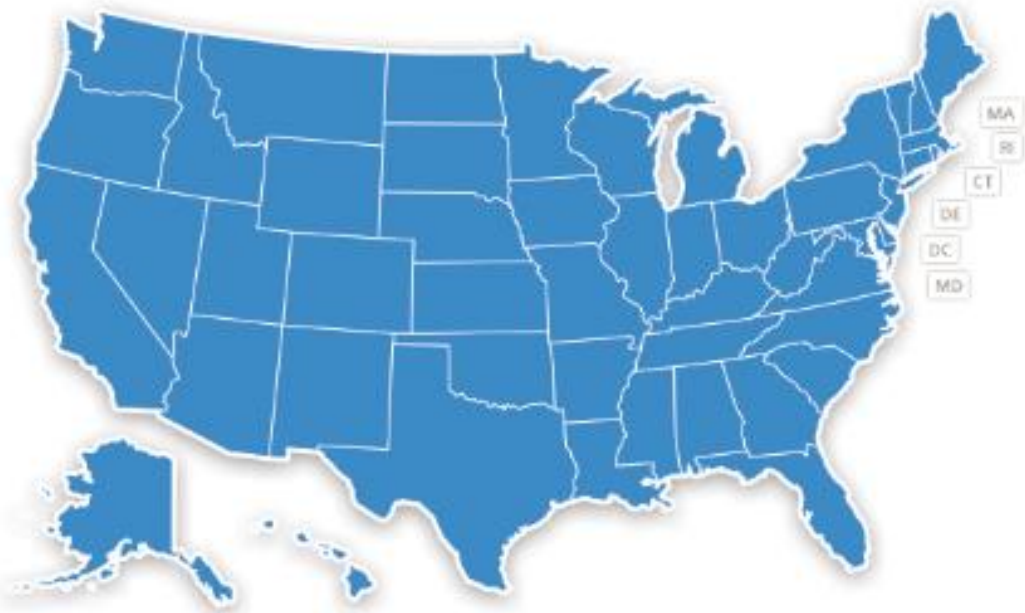
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## HOW HEALTHY IS YOUR COMMUNITY?



See what affects health

▾  ▾

### HOW CAN ROADMAPS TO HEALTH HELP YOU?



GET STEP-BY-STEP GUIDANCE FROM THE ACTION CENTER

### RWJF CULTURE OF HEALTH PRIZE



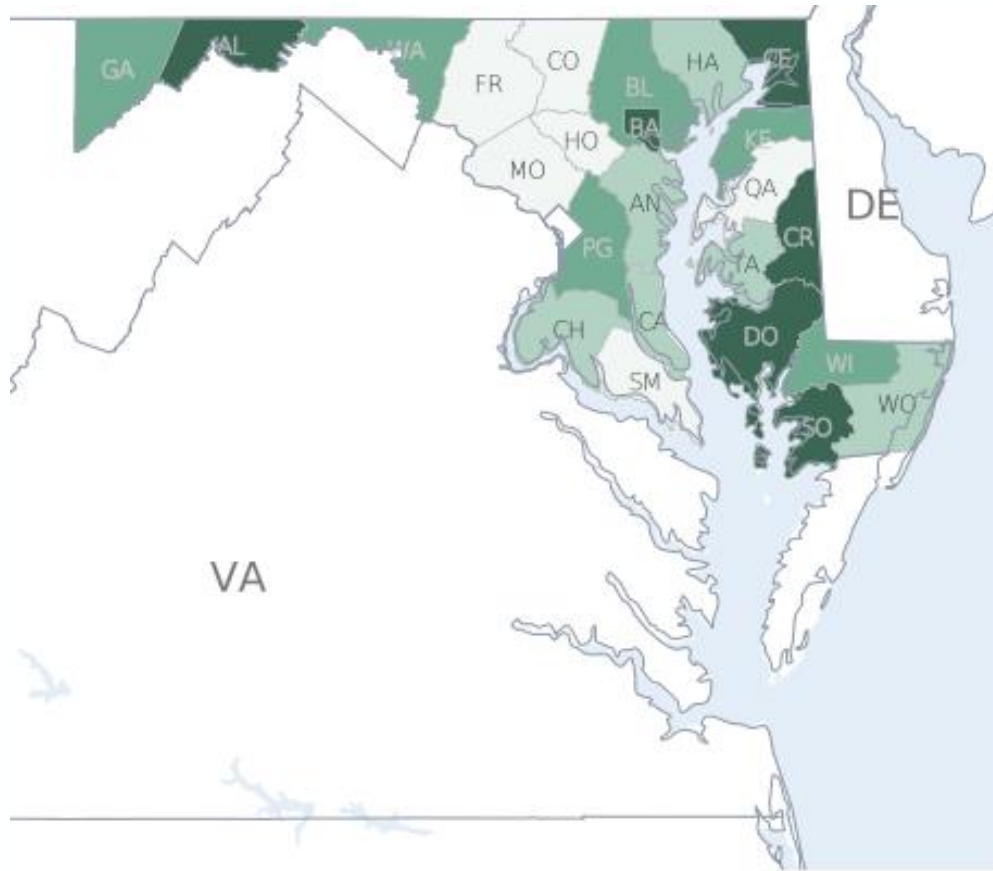
LEARN MORE

[www.countyhealthrankings.org](http://www.countyhealthrankings.org)

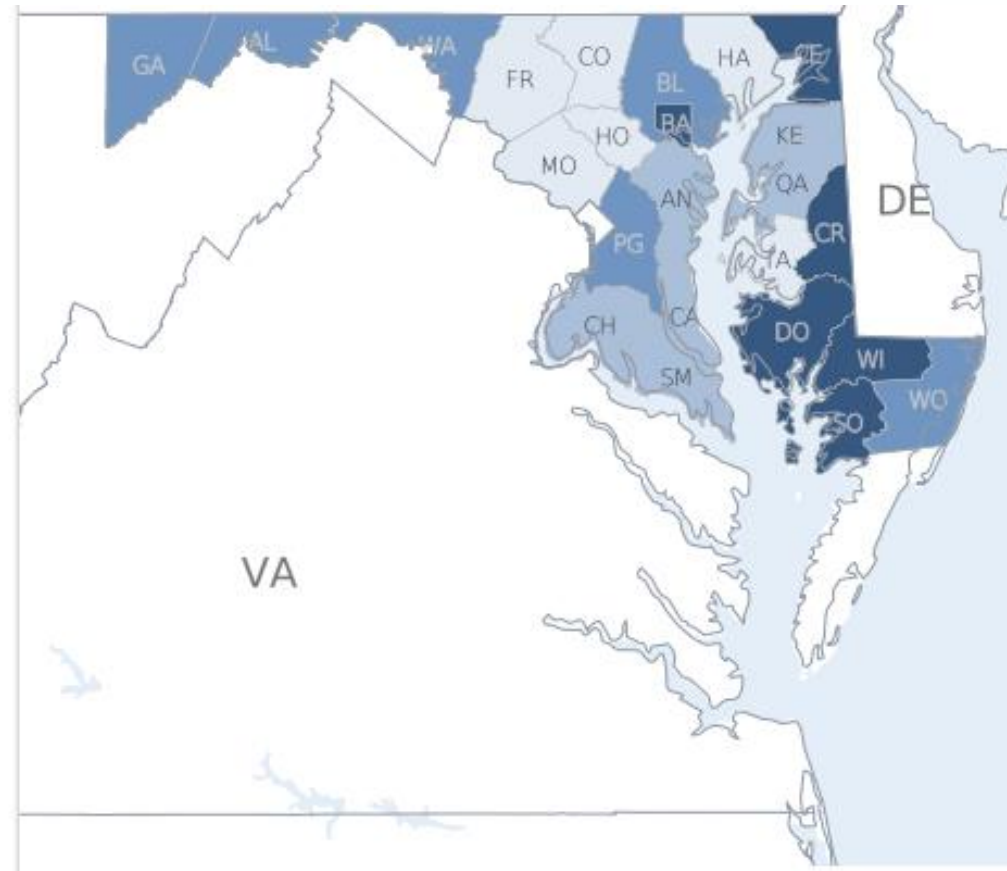
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RANK 1-6 7-12 13-18 19-24 NOT RANKED (NR)



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MARYLAND 2015

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Overview **Rankings** Measures Downloads Compare Counties

Select a county Print Help

Back To Map

Select a Ranking:

HEALTH OUTCOMES  
**OVERALL RANK**

## Montgomery (MO)

County Snapshot | [Additional Measures](#)

Areas to Explore  ON  OFF

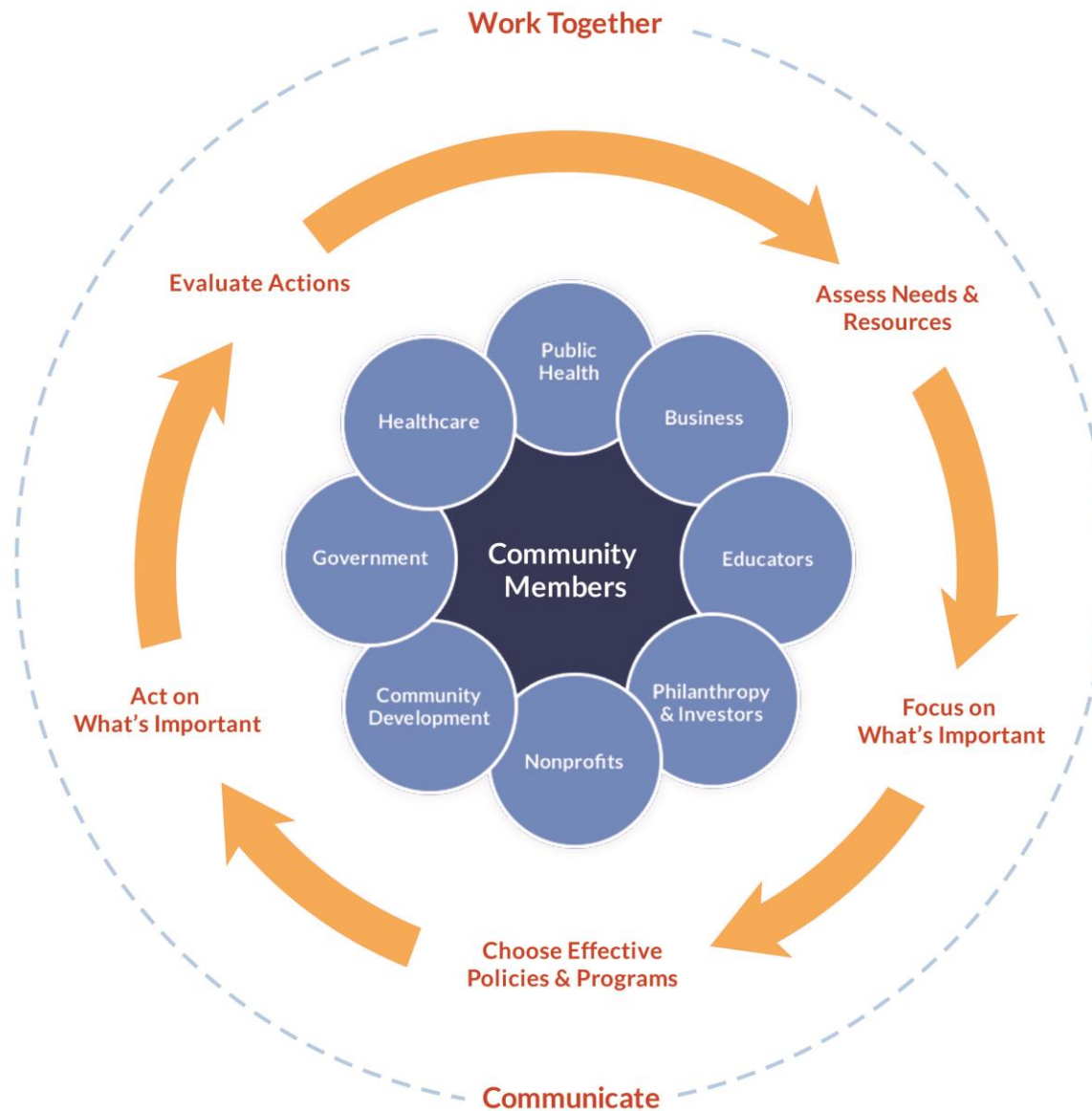
Rank	County
1	<a href="#">Montgomery (MO)</a>
2	<a href="#">Howard (HO)</a>
3	<a href="#">Frederick (FR)</a>
4	<a href="#">Carroll (CO)</a>
5	<a href="#">St. Mary's (SM)</a>
6	<a href="#">Queen Anne's (QA)</a>
7	<a href="#">Talbot (TA)</a>
8	<a href="#">Anne Arundel (AN)</a>
9	<a href="#">Calvert (CA)</a>
10	<a href="#">Harford (HA)</a>
11	<a href="#">Worcester (WO)</a>
12	<a href="#">Charles (CH)</a>
13	<a href="#">Washington (WA)</a>
14	<a href="#">Baltimore (BL)</a>
15	<a href="#">Garrett (GA)</a>
16	<a href="#">Prince George's (PG)</a>
17	<a href="#">Wicomico (WI)</a>

	Montgomery County	Trend	Error Margin	Top U.S. Performers*	Maryland	Rank (of 24)
<b>Health Outcomes</b>						
<b>Length of Life</b>						
Premature death	3,525		3,391-3,659	5,200	6,459	1
<b>Quality of Life</b>						
Poor or fair health	9%		8-10%	10%	13%	2
Poor physical health days	2.5		2.3-2.7	2.5	3.0	
Poor mental health days	2.6		2.4-2.8	2.3	3.2	
Low birthweight	7.9%		7.7-8.1%	5.9%	9.0%	
<b>Health Factors</b>						
<b>Health Behaviors</b>						
Adult smoking	8%		7-9%	14%	15%	1
Adult obesity	19%		18-20%	25%	28%	
Food environment index	9.2			8.4	8.2	
Physical inactivity	17%		16-18%	20%	23%	
Access to exercise opportunities	100%			0%	0%	

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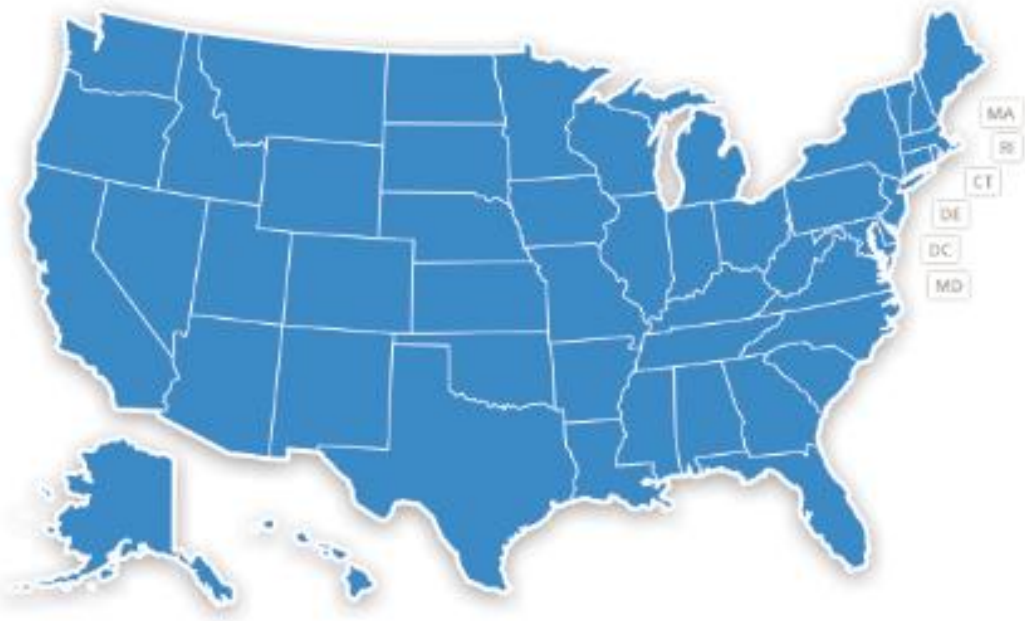
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Ready to take action, but not sure what to do next?

[GET HELP](#)

- ### Action Steps
- [Work Together](#)
  - [Assess Needs & Resources](#)
  - [Focus On What's Important](#)
  - [Choose Effective Policies & Programs](#)
  - [Act on What's Important](#)
  - [Evaluate Actions](#)
  - [Communicate](#)

## Action Center

Each step on the Action Cycle is a critical piece of making communities healthier. There is a guide for each step that describes key activities within each step and provides suggested tools, resources, and additional reading. You can start at Assess or enter the cycle at any step. Work Together and Communicate sit inside because they are needed throughout the Cycle.

At the core of the Action Cycle are people from all walks of life because we know we can make our communities healthier if we all get involved.

Select an Action Step or community member to learn more.



[www.countyhealthrankings.org/roadmaps/action-center](http://www.countyhealthrankings.org/roadmaps/action-center)

# **RWJF CULTURE OF HEALTH PRIZE: BEACONS OF PROGRESS**



**[www.rwjf.org/prize](http://www.rwjf.org/prize)**

# 1. DEFINING HEALTH IN THE BROADEST POSSIBLE TERMS.



## 2. COMMITTING TO SUSTAINABLE SYSTEMS CHANGES AND POLICY-ORIENTED LONG-TERM SOLUTIONS.



### 3. CULTIVATING A SHARED AND DEEPLY-HELD BELIEF IN THE IMPORTANCE OF EQUAL OPPORTUNITY FOR HEALTH.



# 4. HARNESSING THE COLLECTIVE POWER OF LEADERS, PARTNERS, AND COMMUNITY MEMBERS.



# 5. SECURING AND MAKING THE MOST OF AVAILABLE RESOURCES.



## 6. MEASURING AND SHARING PROGRESS & RESULTS.





## OPPORTUNITIES IN NURSING PRACTICE

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- ▶ Consider the multiple determinants of health in all clinical interactions
- ▶ Join efforts to assess and improve the community's health such as hospital-based community health needs assessments or public health-based community health assessments and improvement plans
- ▶ Serve on community boards that are taking action to improve health
- ▶ Bring nursing's perspective on population health to institutional strategy discussions

## OPPORTUNITIES IN NURSING EDUCATION

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- ▶ Incorporate the multiple determinants of health and population health focus throughout curriculum
  - All Clinical Focus Areas, Leadership, Quality, Theory, Research
- ▶ Clinical opportunities focused on populations
  - Aggregate groups in clinical sites; geographic populations in community sites
- ▶ Service learning/leadership opportunities
  - Participation in assessments, board leadership, internships with policy makers

## ACKNOWLEDGEMENTS

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# THANK YOU!

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