Health in All Policies: Incorporating Health Considerations in Local Government Decision-making

City of Trenton, New Jersey
Departments and Divisions Training Workshop
April 13, 2016

Agenda

• Welcome and Introductions
• Learning Objectives and Background
• What is Health in All Policies?
  – Why we need Health in All Policies (HiAP)
  – Social determinants of health
  – What is a Healthy Community
  – Finding opportunities for change
  – Embedding health in government practices
  – Understanding problems, identifying potential solutions and choosing what to work on
• Moving forward: Trenton 250
  – Health and Food Systems Element
Who is in the room?

- Department of Administration
- Finance Department
- Fire Department
- Health & Human Services
- Housing & Economic Development
- Inspections Department
- Law Department
- Municipal Court
- Police Department
- Public Works Department

Learning Objectives

- Continue the conversations started at the recently completed one-on-one and small group meetings with Department and Division heads
- Consider the social determinants of health and how policy decisions can impact health outcomes
- Explore in more detail what it means to incorporate a Health in All Policies (HiAP) approach in local government decision-making
- Identify opportunities to incorporate HiAP approaches in the work you do
- Hear about the recommendations found in the proposed Trenton 250 Health and Food Systems Element
BACKGROUND

Plan4Health

- APA received three-year commitment from the CDC.
- $4.5 million sub-granted to 35 local coalitions.
- Plan4Health is part of a larger, national coalition: Partnering4Health.

97 coalitions across the country

www.plan4health.us
Overview

Shared Vision
• Promote health equity
• Reduce disparities in implementation, access and outcomes

Plan4Health’s Vision
Full integration of planning and public health where people live, work, and play.

Plan4Health Grantees
Trenton Healthy Communities Initiative

- Health and Food Systems Element (HFSE) for the Trenton250 Masterplan
- HiAP training for Trenton City decision makers and Departments
- Statewide knowledge transfer
  - Model Health and Food Systems Element
  - HiAP training for local decision makers in integrating planning and public health

Trenton’s Plan4Health Coalition

- Initiative supported by:
  - Rutgers University: Bloustein School Planning for Health Communities Initiative
  - American Planning Assoc. - New Jersey Chapter
  - New Jersey Public Health Association
  - City of Trenton
    - Department of Housing and Economic Development & Division of Planning
    - Department of Health and Human Services
  - Trenton Health Team

Rutgers

American Planning Association
New Jersey Chapter
Making Great Communities Happen
HEALTH IN ALL POLICIES: PART 1

Acknowledgement

Much of the material presented in the Health in All Policies Part 1 and Part 2 sections of this training was adapted from *Health in All Policies: A Guide for State and Local Government*, prepared by Public Health Institute and the American Public Health Association.

The guide can be accessed online at: http://www.phi.org/resources/?resource=hiapguide
The Problem

Many daily policy decisions made outside of the health sector have significant health implications that go unrecognized because health is just not on the radar screens of decision makers.
Health in All Policies (HiAP)

A collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas.
Health in All Policies

- Considers the intentional or unintentional impact of non-health policies on individual and/or population health
- Non-health sectors can include Education, Housing, Transportation, Economic Development, and others...

Why do we need HiAP?

“A Social Mess is a set of interrelated problems …resistant to analysis and, more importantly, to resolution…[It is characterized by] uncertainty and risk, complexity, systems interacting with other systems, competing points of view and values, different people knowing different parts of the problem (and possible solutions), and intra-and inter-organizational politics.”

—Robert Horn, Strategy Kinetics
Health Determinants & Equity

“GET MORE EXERCISE...”
“EAT MORE FRUITS AND VEGETABLES…”


Photo Credit: VIOREL FLORESCU/STAFF PHOTOGRAPHER, NorthJersey.com
What is a Healthy Community?

- **Meets basic needs for all**
  - Safe, sustainable, accessible, and affordable **transportation options**
  - Affordable, accessible and **nutritious foods**, and safe **drinkable water**
  - Affordable, high quality, socially integrated, and location-efficient **housing**
  - Affordable, accessible and high quality **health care**
  - Complete and livable communities including **quality schools**, **parks and recreational facilities**, **child care**, **libraries**, **financial services** and other daily needs
  - Access to affordable and safe **opportunities for physical activity**
  - **Able to adapt** to changing environments, resilient, and **prepared for emergencies**
  - Opportunities for engagement with **arts, music and culture**

What is a Healthy Community?

- **Quality and sustainable environment**
  - Clean air, soil and water, and environments free of excessive noise
  - Tobacco- and smoke-free public places & spaces
  - Green and open spaces, including healthy tree canopy and agricultural lands
  - Minimized toxics, greenhouse gas emissions, and waste
  - Affordable and sustainable energy use
  - Aesthetically pleasing
What is a Healthy Community?

- Adequate levels of economic and social development
  - Living wage, safe/healthy job opportunities for all, and a thriving economy
  - Support for healthy development of children and adolescents
  - Opportunities for high quality and accessible education

- Health and social equity

- Social relationships that are supportive and respectful
  - Robust social and civic engagement
  - Socially cohesive and supportive relationships, families, homes and neighborhoods
  - Safe communities, free of crime and violence.


Health in All Policies

- Tries to ensure that all decision-makers are informed about the health, equity and sustainability consequences of various policy options during policy development and implementation

- Seeks to identify the ways in which decisions in multiple sectors affect health, and how better health can support achievement of goals from multiple sectors
Ultimately, a HiAP approach seeks to institutionalize considerations of health, equity and sustainability as a standard part of decision-making processes across a broad array of sectors and departments.
Finding Opportunities for Change?

- Are there any existing or newly forming inter-departmental initiatives that have potential health implications?
- What single-department initiatives would benefit from partnership with additional departments or outside partners?
- Is your department, or is another department, going through a strategic planning process?
- Is there a new or ongoing process where health metrics or data could be added?
- What partners have you worked with successfully in the past?
- Is there a particular health issue of significant concern to community groups? Are they asking for something to be done about it?
WHAT DID YOU COME UP WITH?

HEALTH IN ALL POLICIES:
PART 2
Embedding Health into Gov’t Practices

**Improving one project or program at a time**

- **Analyze plan for new apartment complex and suggest ways to make project healthier**

**Changing policies**

- **Change current building code to require healthy design in all new construction**

**Changing systems**

- **Incorporating a health lens in the process of changing the building code**

---

**Embedding Health into Gov’t Practices**

**FORMAL**

- Executive Order
- Legislative Action
- Formalized Partnerships with outside agencies
- Inter-departmental memorandum of understanding

**INFORMAL**

- Supporting a common goal
- Responding to an emergent need (e.g. disaster recovery)
- Creating regulatory changes
Embedding Health into Gov’t Practices

<table>
<thead>
<tr>
<th></th>
<th>Broad Policy Focus (Sustainability or chronic disease)</th>
<th>Narrow Policy Focus (e.g., Safe Routes to School)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Advantages</strong></td>
<td>• Provides opportunity for creativity</td>
<td>• Easier to understand and focus on solutions</td>
</tr>
<tr>
<td></td>
<td>• Can be flexible</td>
<td></td>
</tr>
<tr>
<td><strong>Disadvantages</strong></td>
<td>• Can be difficult to implement</td>
<td>• May limit the parameters of discussion</td>
</tr>
<tr>
<td></td>
<td>• May result in scattered efforts</td>
<td>• May also limit participation</td>
</tr>
<tr>
<td></td>
<td>• Can feel overwhelming</td>
<td></td>
</tr>
</tbody>
</table>

Trenton’s Priority Health Issues

1. Alcohol or Substance Abuse
2. Access to Healthcare and Health Literacy
3. Chronic Disease
4. Community Violence
5. Overweight and Obesity
Understanding the Problem(s)

Looking for Solutions

- Co-benefits and win-wins
  - Does the proposed solution solve multiple problems at once, provide benefits to multiple partners, or help government achieve multiple policy goals?

- Effectiveness
  - Is there evidence the proposed solution is effective?

- Magnitude of health benefits
  - What is the likely impact of the proposed solution on the illness/injury, health risk, or behavior of interest and what is the likely magnitude of that impact?
Looking for Solutions

• Equity
  – Will the proposed solution reduce inequities or change the distribution of burdens and benefits? What will be the impact of proposed solution on population subgroups, vulnerable or under-resourced groups and particular neighborhoods?

• Specificity
  – Is the proposed solution specific enough to allow implementation?

• Political will
  – Is the proposed solution acceptable to or desired by the involved agencies, policy leaders, and the general public?

• Collaboration
  – Does the proposed solution require or facilitate collaboration across agencies?

Looking for Solutions

• Cost
  – What will it cost to implement the proposed solution?

• Jurisdiction
  – Who has authority to take action? Does the solution require action by a higher level of government or can action be taken at the local level?

• Feasibility
  – Is it possible to implement the proposed solution? Are there resources, support from decision-makers, etc?

• Systems change
  – Will the proposed solution lead to the institutionalization of Health in All Policies efforts or embed health into decision-making?
Choosing What to Work On

• Things to consider:
  – Alignment with existing mission
  – Executive leadership direction
  – State mandates and requirements
  – Potential impact and general appeal
  – Available resources (e.g., funding, staff capacity, other?)

• Striking a balance between big goals and the need for early wins

BRAINSTORMING ACTIVITY 2
Your Assignment (20 min)

- Pick a health challenge/problem
- Define the root causes of the problem/challenge
- Using a HiAP lens, brainstorm solutions and pick one (or a combination) to work on
  - What kind of impact might the solution(s) have?
  - What departments might need to be involved?
  - What resources are available or needed?
  - What kind of timeframe is needed?
  - How feasible are they to implement?
WHAT DID YOU COME UP WITH?

Moving Forward

Trenton 250 and the Health and Food Systems Element
Health in All Policies

Ultimately, a HiAP approach seeks to institutionalize considerations of health, equity and sustainability as a standard part of decision-making processes across a broad array of sectors and departments.
The Vision

TRENTON FIRST: A Premier Economic and Cultural Center built on Arts, Industry, and Education

Eight Guiding Principles
1. Foster Social Opportunity and a Vibrant Economy through Education
2. Establish a Preeminent Arts and Culture Destination
3. Build a Safe City
4. Advance Good Governance
5. Promote Civic Unity and Pride
6. Cultivate a Healthy City
7. Reinforce High-Quality Neighborhoods and a 24/7 Downtown Trenton
8. Capitalize on Location and Urban Form to Support a Multi-modal Transportation Network

Master Plan Framework – 5 Pillars of Sustainability
Trenton250 Vision Principle:

Cultivate a Healthy City

Trenton will be a clean city where there is access to natural resources, fresh foods, and high quality healthcare facilities.

Overview of HFSE

• Hybrid approach
  – Health-related vision and goals
  – Health-informed mandatory elements
  – Voluntary, stand-alone health element

• Incorporates health data and priorities
• Focuses on addressing the social and environmental determinants of health
• Includes Action Plan with: Policy, Project, Program, Partnership and Advocacy recommendations with responsibilities, timelines, milestones and potential implementation resources
HFSE Outline

- **Introduction**
  - Background
  - Purpose
  - Legal Authority

- **Trenton Today**
  - Current Health Status of Trenton Population
  - Social and Environmental Determinants of Health in Trenton

- **Trenton’s Health Vision**

- **Nexus Between Health and Other Trenton 250 Master Plan Elements**
  - Economic Development & Education
  - Land Use & Housing
  - Circulation
  - Environment

---

**HFSE Outline**

Increase access to healthy foods and Nutrition

- Expand access to healthy food outlets
- Expand access to locally grown fresh food
- Work with the Trenton Public School System to promote good nutrition and healthy eating
- Increase access to healthy food through government policies and programs
Increase physical activity among Trenton residents

• Make it easier and safer to walk and bike in the City
• Improve access to parks, recreational facilities and natural areas
• Promote physical activity through school-based initiatives
• Support physical activity and healthy lifestyle choices through government plans, policies and programs

Improve access to healthcare and health literacy

• Expand primary care provider capacity
• Expand Youth Access to Primary Healthcare
• Expand/integrate mental, behavioral and substance abuse services in primary care settings
• Improve transit accessibility to healthcare facilities
• Promote non-traditional settings for health care services
• Promote health literacy
HFSE Outline

Promote healthy housing conditions

- Adopt healthy and green building guidelines for new housing and rehabilitation of existing housing
- Improve the condition of Trenton’s existing housing stock to promote the health of Trenton residents
- Improve the conditions of vacant and abandoned properties that are health hazards to neighboring homes and residents.

HFSE Implementation

- HFSE integrates with Trenton250 One Plan portal
- Strong partnership with Trenton Health Team and THT collaborators
- *Health in All Policies* approach to City government decision-making
CLOSING THOUGHTS:

One thing I learned…

One thing I am going to do differently in my work…

HEALTH IN ALL POLICIES RESOURCES

Association of State and Territorial Health Officials (ASTHO)
National Association of County & City Health Officials (NACCHO)
The Public Health Institute (CA)

Slide courtesy of Health Impact Project
CONTACT US

Jennifer Senick, Ph.D.,
Executive Director,
Rutgers Center for Green Building
Facilitator, Planning Healthy Communities Initiative
jsenick@rci.rutgers.edu

Jon Carnegie, AICP/PP
Executive Director
Alan M. Voorhees Transportation Center
Rutgers University
Facilitator, Planning Healthy Communities Initiative
carnegie@ejb.rutgers.edu
848-932-2840