



Healthy Kansans 2010...encourage change...improve the health of all Kansans.

Throughout 2005, a group of Kansans representing multiple disciplines and organizations came together to identify and adopt health priorities that will improve the health of all Kansans. Healthy Kansans 2010 builds on a comprehensive, nationwide health promotion and disease prevention agenda, Healthy People 2010. Healthy People 2010 is designed to achieve two overarching goals:

- (1) Increase quality and years of healthy life. This goal is to help people of all ages increase life expectancy *and* improve their quality of life.
- (2) Eliminate health disparities. This goal is to eliminate health disparities among different segments of the population by specifically targeting the segments that need to improve the most.

These goals are supported by specific objectives in multiple health focus areas. A review of Kansas trends, needs, and strengths in these focus areas provided a foundation for the Healthy Kansans process.

The Healthy Kansans 2010 process resulted in a set of recommendations for change. If implemented, they will markedly improve the health of all Kansans. Progress is measured by the 10 Leading Health Indicators, a snapshot of health in the first decade of the 21st century.

How were the recommendations identified? Participants involved in the Healthy Kansans 2010 identified three cross-cutting issues impacting multiple Leading Health Indicators:

- **Reducing and Eliminating Health and Disease Disparities:** This cross-cutting issue builds on one of the two national Healthy People goals. In order to improve the health of *all* Kansans, it is necessary to reduce and eliminate health and disease disparities among segments of the population that need to improve the most. Health disparities stem from many factors, including race/ethnicity, age, gender, geography (rural/urban), social and economic status, and disability status.
- **System Interventions to Address Social Determinants of Health:** “Social determinants” – issues such as income, education, and social supports – impact the health of Kansans. Recommendations that address social determinants are essential for improving the health of Kansas’ population.
- **Early Disease Prevention, Risk Identification and Intervention for Women, Children and Adolescents:** Preventing each potential health problem at the earliest possible point in life is crucial to improving the health of all Kansans.

Healthy Kansans 2010 Health Focus Areas

- Maternal Infant Child Health
- Oral Health
- Hearing
- HIV & STD
- Family Planning
- Arthritis
- Childhood & Adult Immunization
- Disability
- Environmental Health
- Nutrition and Physical Activity
- Respiratory Health
- Occupational Health
- Vision
- Heart Disease and Stroke
- Diabetes
- Mental Health
- Substance Abuse
- Injury and Violence
- Cancer
- Tobacco
- Chronic Kidney Disease
- Public Health Infrastructure
- Access to Care

10 Leading Health Indicators

- Physical Activity
- Overweight and Obesity
- Tobacco Use
- Substance Abuse
- Responsible Sexual Behavior
- Mental Health
- Injury and Violence
- Environmental Quality
- Immunization
- Access to Health Care



The next two pages present a few of over 200 specific steps for change that have been identified through the Healthy Kansans 2010 process. The issues listed here are among those that the participants selected for immediate action. We encourage you to visit our website at <http://www.healthykansans2010.org> to view other recommendations and action steps identified by participants that will impact the 10 Leading Health Indicators and improve the health of Kansans. By working together, we can make Kansas a healthier state.

Tobacco: Support a comprehensive tobacco use prevention and control program to reduce exposure to tobacco.

Why is this important?

Twenty percent of adult Kansans smoke (compared to a Healthy People 2010 objective of 16%) contributing to 3,800 deaths annually and \$180.4 million in total Medicaid expenditures. One in eight pregnant Kansas women smoke, resulting in poor birth outcomes.

What can I do?

- If you are a smoker, contact the Kansas Tobacco Quitline at 1-866-KAN-STOP
- If you are a health provider, refer patients to the Kansas Tobacco Quitline
- Support tobacco-free policies and ordinances in your community

What can my organization or my community do?

- Adopt tobacco-free policies and ordinances
- Hold meetings and events in tobacco-free facilities and on tobacco-free grounds
- Provide smoking cessation opportunities for employees.
- Encourage businesses to fully comply with youth tobacco access laws

What can our state do?

- Increase funding to the Comprehensive Tobacco Program best-practices level (\$19.2 – \$54.9 million) recommended by the Centers for Disease Control
- Pass a no-compromise, statewide clean indoor air law

Disparities Data: Routinely collect and report data on *all* segments of the population (race/ethnicity, gender, rural/urban, economic status, disability status) to identify where improvements are most needed.

Why is this important?

Kansas' population is becoming increasingly diverse (e.g., the racial/ethnic minority population has more than doubled since 1980). Without targeted interventions, those with the "worst" health will continue to experience poor and declining health outcomes.

What can I do?

- Participate in valid surveys conducted by state agencies and reputable organizations
- Fill out forms (e.g., hospital admission, birth certificate, Medicare) consistently, completely, and correctly
- Make sure providers are correctly recording your race and ethnicity

What can my organization or my community do?

- Invest in improving your data collection and reporting capacity. Capture all indicators needed to describe the disparate needs of the population you are serving and use standardized data definitions
- Encourage collaboration between data resources
- Participate in state-local partnerships

What can our state do?

- Ensure data collected for all state programs use, at a minimum, federal race/ethnicity collection standards
- Provide data training to communities
- Create a system to monitor multiple health outcomes over the lifespan of Kansans



Cultural Competency: Promote culturally competent health practices among health providers and organizations.

Why is this important?

Culturally competent health providers and organizations are necessary to minimize medical errors and ensure all segments of the population have appropriate health care and prevention services.

What is cultural competency?

An ability to understand and relate to others within the context of culture in a trustworthy manner

What can I do?

- Clearly communicate your needs and your culture to your health provider
- If you are bilingual, consider becoming trained as a medical interpreter
- If you are a health provider, educator, law enforcement official, etc., attend cultural competency training

What can my organization or my community do?

- Conduct an assessment of your organizations' cultural competency
- Based on your assessment results, implement steps to improve cultural competency

What can our state do?

- Organize, develop, and maintain a statewide cultural competency clearinghouse and resource center
- Promote strategies that improve linguistic accountability and competency, such as expanding and decentralizing health care interpreter programs

Overweight and Obesity: Adopt and implement the five national overweight/obesity prevention goals:

1. Increase fruit and vegetable consumption
2. Increase physical activity
3. Decrease "screen" time (TV, leisure computer, video games)
4. Increase breastfeeding
5. Balance caloric intake with expenditure

Why is this important?

Kansas obesity rates have steadily increased over the last decade for adolescents and adults. Obesity contributes to a number of health problems, including diabetes and heart disease. If the current trend continues, by 2020 one out of four healthcare dollars will pay for obesity-related treatments.

What can I do?

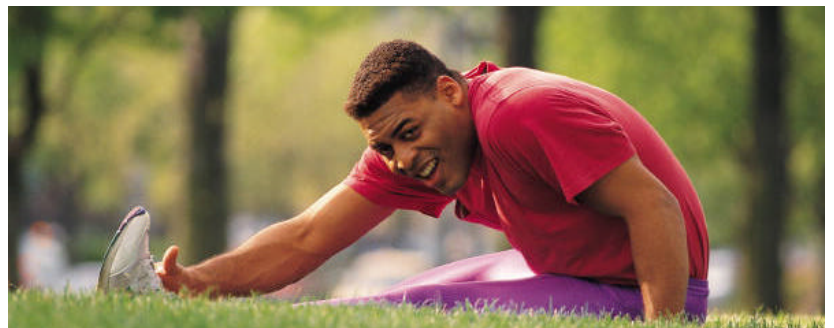
- Adopt the national overweight/obesity goals for you and your family, and – if you are a health provider – encourage your patients to adopt this healthy lifestyle.

What can my organization or my community do?

- Adopt policies that support and encourage the national obesity goals among your employees and community members, such as provide breastfeeding-friendly workplaces and hospitals
- Create a "built" community environment that promotes physical activity and non-automobile transportation

What can our state do?

- Develop a comprehensive statewide plan for adopting and implementing the national overweight/obesity goals
- Improve statewide data tracking of overweight/obesity



Access: Assure access to quality health care (including oral health and mental health) and preventive services for all.

What can I do?

- Seek informational resources about health service options in your community and talk with your health provider about when it's appropriate to access care, particularly emergency services

What can my organization or my community do?

- Implement care coordination/case management models proven effective in other communities
- If you are a health or social services organization, expand use of lay health workers or community volunteers to augment services

What can our state do?

- Encourage, develop, and support health career pathways for all ages
- Create incentives and remove barriers to provider coverage to previously uninsured individuals and improve quality of care

Who Is Working on It?

Approximately 40 people representing a broad spectrum of Kansas organizations engaged in the decision-making process where they considered research, sorted information, and defined key cross-cutting or health-themed issues. Another 150 community representatives, experts, and others with a passion for population health participated in one or more of six groups that investigated these issues in depth. Based on all these discussions, crucial action steps were identified, prioritized, and recommended.

To realize these goals, *all* Kansans – individuals, health professionals, communities, businesses, state and local organizations – must partner together in implementing community-wide changes for improving the health of Kansans.

What Happens Next?

During 2006, the following activities are taking place:

- Increase awareness of the Healthy Kansans 2010 process and what individuals, organizations, communities, and state leaders can do to improve the health of Kansans
- Encourage action on the recommendations for change
- Implement a process to monitor improvements in the health of Kansans, specifically, improvements in the 10 Leading Health Indicators



Where Can I Find More Information?

How Can I Become More Involved?

Visit our website at <http://www.healthykansans2010.org> or contact

Office of Health Promotion
Kansas Department of Health and Environment
1000 SW Jackson, Suite 230
Topeka, KS 66612-1274
(785)291-3742
info@healthykansans2010.org

