

Healthy Living Wenatchee Valley Coalition  
2015 - 2020 Strategic Planning Guide  
*Triple Aim/ACH Goals/HLWV Goals, Strategies and Activities*

***HLWV Coalition Mission***

We are a coalition working together collectively to empower Wenatchee Valley residents to embrace healthy living.

***HLWV Vision***

We envision a community where residents have ready access to systems that support:

- Liferful Living
- A Healthy Environment
- Holistic Nutrition
- Community-Clinical Linkages

We do this by removing barriers, building networks, connecting people to resources, and through community education, aligning our efforts with IHI Triple Aim and North Central ACH goals.

***Institute for Healthcare Improvement (IHI) Triple Aim / NCACH Goals***

1. Improve the experience of care – provide care that is effective, safe, and reliable- to every patient, every time.
2. Improve the health of a population, reaching out to communities and organizations, focusing on prevention and wellness, managing chronic conditions, and so forth.
3. Decrease per capita costs.

## Lifeful Living

The coalition uses the term “lifeful living” to describe the life-sustaining and life-enhancing elements that support the health of the individual and the community, including:

- relationships with family, friends and neighbors
- socialization
- music, literature and the arts
- physical activity
- parks and recreation activities
- education and knowledge
- civic participation.

IHI/ACH Goals	HLWV Goal(s)	Strategies	Potential Activities
<p>Improve the health of a population.</p>			<p>Increase physical activity in the workplace through regular and fun exercise contests.</p> <p>Conduct physical activity assessments/ provide counseling/ refer patients to allied health care or fitness professionals.</p> <p>Work site wellness</p> <p>Develop “take the stairs” campaigns</p> <p>Get to know patients and provide info on what’s going on in the community related to their interests.</p> <p>Have a client appreciation packet that gives coupons to local businesses.</p> <p>Sponsor “x” amount of clients in local fun runs or other events, classes at Pybus, etc.</p> <p>Identify school-age programs that introduce physical activity (e.g., classroom-based movement activities) that can be incorporated into a routine classroom.</p> <p>Possibly connect community members to each other who may be interested in common social groups in town.</p> <p>Sponsor group activities/outings.</p> <p>Engage neighborhoods in mapping safe walking and biking routes to build relationships and increase exercise.</p>

			<p>Develop policies and implement shared use of physical activity facilities agreements</p> <p>Offer low/no cost physical activity programs</p> <p>Promote walk safe routes to schools Active event-International walk to school day OCT 8. Sponsor safe walk to school events and materials.</p> <p>Support educational walking or biking tours led by a regional expert to local points of interest.</p> <p>Gather and share stories of tried and true health practices that fall outside of "health care."</p> <p>Recommend "at home" remedies for staying on top of health and have a "testimony wall".</p> <p>Disease awareness campaign to highlight common diseases, causes and prevention techniques.</p> <p>Promote reading and reading resource sharing for all ages (e.g., little libraries). Use libraries to distribute health information to targeted neighborhoods.</p>
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## Healthy Environment

The coalition recognizes a healthy environment as one with the systems and services to support:

- clean air
- clean water
- fertile soils
- responsible stewardship of built, agricultural and natural lands
- positive and safe living and working environments.

IHI / ACH Goals	HLWV Goals	Strategies	Activities
<p>Improve the health of a population.</p>			<p>Have plants around the office (Hypoallergenic).</p> <p>Have “free seeds”.</p> <p>Encourage bike, walking, carpool groups to more than just work.</p> <p>Be a tobacco free clinic (all property) Tobacco/Alcohol free facilities</p> <p>Pair patients and outdoor navigators, e.g., introduce birding to those feeling disconnected and depressed</p> <p>Create a partnership w/ Arlberg, etc. for bike rentals</p> <p>Create an opportunity to schedule appointments around ability to carpool.</p> <p>Update and promote existing bike rodeo kits and expand and promote the program (rules of the road safety, bike and helmet inspection, road competency test) across the 4 county region.</p> <p>Provide healthy home audits to identify problems that need to be addressed to enhance patient response to treatment.</p> <p>Connect clients to “non-traditional” methods of treatment (sun exposure, laughter, walking groups, etc.)</p> <p>Provide home safety inspections for senior residents to identify safety concerns and offer recruited volunteer “handy men” services” when needed.</p> <p>Promote healthy neighborhoods that collaborate around stewardship</p>

			issues from gardening and planning for fire to irrigation and flood control.
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## Holistic Nutrition

In support of holistic nutrition for community members, the coalition focuses on:

- access to fresh and nutritious foods and beverages
- informed food and beverage selection and preparation
- education on balanced nutrition.

IHI / ACH Goals	HLWV Goals	Strategies	Activities
<p>Improve the health of a population.</p>			<p>Provide culturally appropriate foods for elderly in assisted living centers.</p> <p>Promote healthy hospital food and beverage environment, including healthier cafeteria and vending machines, and promote fountain drinks and water.</p> <p>Promote new mothers to breastfeeding.</p> <p>Provide lemon water, tea, healthy snacks at apts.</p> <p>Partner with alternative residential living facilities (e.g, Bruce Hotel, Parkside residents) on economical, healthful eating options.</p> <p>Promote breastfeeding</p> <p>Partner with food donors who support school backpack programs on nutritious donations.</p> <p>Work with schools to provide fresh, local and healthy snacks for all on their campuses.</p> <p>Promote fountain drinks and water in schools and work sites.</p> <p>Expand more community gardens at schools and alternative living sites.</p> <p>Partner with local nutritionists for education.</p> <p>Have a list of cooking classes.</p> <p>Educate on what foods/drinks cause disease(s).</p> <p>Partner with Master Gardeners and retail sellers on garden development and support.</p>

			<p>Partner with large food retailers (e.g., Costco) on healthy food promotions and samplings.</p> <p>Promote healthy retailers/ corner stores/certify.</p> <p>Work sites healthy meeting/vending machines</p> <p>Provide infused water at schools/work instead of sugared drink options</p>
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## Community – Clinical Linkages

The coalition supports the development and maintenance of:

- a region-wide community health asset inventory
- linkages (systems, processes, data sharing, etc.) that support communications between community members, clinical providers, community organizations, and public health agencies.

IHI / ACH Goals	HLWV Goals	Strategies	Activities
<p>Improve the health of the population.</p> <p>Improve the experience of care.</p> <p>Decrease per capita costs.</p> <p><b>AHRQ Goals</b></p> <p>Goals of clinical-community linkages include:</p> <ul style="list-style-type: none"> <li>• Coordinating health care delivery, public health, and community-based activities to promote healthy behavior.</li> <li>• Forming partnerships and relationships among clinical, community, and public health organizations to fill gaps in needed services.</li> <li>• Promoting patient, family, and community involvement in strategic planning and improvement activities.</li> </ul>	<p>All community members and clinicians have access to existing and effective community support services.</p> <p>Community health asset gaps are identified for targeted future development.</p>	<p>Identify and create an inventory of regional community health assets (individual assets, organizational assets, alternative/complimentary assets) and asset gaps.</p> <p>Partner with an existing asset inventory management system (e.g., WIN 211) that meets (or has the potential to meet) IHI, ACH and 1422 deliverables.</p> <p>If no partner or existing inventory site is available, develop a new electronic delivery system for asset management.</p> <p>Inform community and clinicians of available assets and access information; make the asset information accessible to all.</p> <p>Inform responsible organizations and NCACH about identified asset gaps.</p>	<p>Through the asset management system and data:</p> <ul style="list-style-type: none"> <li>• Assess community members for unmet needs (e.g., service gaps, access barriers, transportation, etc.).</li> <li>• Connect patients with support groups or identified community experts with experience relating to their condition.</li> <li>• Promote outreach programs, chronic disease prevention and MCH health improvement.</li> <li>• Promote early detection self-assessments (e.g., pre-diabetes and diabetes, hypertension, heart disease) and referrals for high-risk community members.</li> <li>• Connect community members with short and long-term volunteer opportunities in their areas of expertise and/or interest.</li> </ul>

1. Agency for Healthcare Research and Quality. Clinical-Community Linkages. Retrieved on 6/10/15 at: <http://www.ahrq.gov/professionals/prevention-chronic-care/improve/community/index.html>