# OKLAHOMA HEALTH IMPROVEMENT PLAN · SUMMARY

## KEY HEALTH INDICATORS

Oklahoma ranks 48th in national state health rankings. A few key health indicators follow:

- Since 1992, our infant mortality rate is consistently higher than the national average.
- We lead the nation for deaths due to heart disease.
- Oklahoma has the largest rise in obesity rates between 1995 to 2010 and is projected to have the highest obesity rate in the country by 2018.
- Oklahoma's prevalence for smoking is 23.7 percent.

| Key Health Indicators | OK | U.S. |
|---|---|---|
| Heart Disease Deaths (per 100k) | 242.1 | 190.9 |
| Cancer Deaths (per 100k) | 198.3 | 178.4 |
| Cerebrovascular Deaths (per 100k) | 53.8 | 42.2 |
| Chronic Lower Resp. Deaths (per 100k) | 61.3 | 43.3 |
| Diabetes Deaths(per 100k) | 29.4 | 22.5 |
| Infant Mortality (per 1k) | 8.6 | 6.8 |
| Total Mortality (per 100k) | 933.0 | 760.2 |
| Fruit & Vegetable Consumption | 14.6% | 23.4% |
| No Physical Activity | 31.4% | 23.8% |
| Current Smoking | 23.7% | 20.6% |
| Obesity | 32.0% | 26.9% |
| Immunizations < 3 years | 70.2% | 69.9% |
| Limited Activity Days (average) | 5.2 | 4.3 |
| Poor Mental Health Days (average) | 4.2 | 3.5 |
| Poor Physical Health Days (average) | 4.3 | 3.6 |
| Teen Fertility Rate (per 1k) | 30.4 | 22.1 |
| First Trimester Prenatal Care | 76.3% | 83.2% |
| Low Birth Weight Infants | 8.2% | 8.2% |
| Uninsured Adults | 19.8% | 14.3% |
| Poverty | 15.7% | 13.2% |

If Oklahoma 'matched' the national average in health status indicators, 5,320 lives would be saved each year.

## PASSAGE OF SJR-41

In 2008, the Oklahoma Legislature required through SJR-41 that the State Board of Health develop a comprehensive health improvement plan for the "general improvement of the physical, social and mental well being of all people in Oklahoma through a high-functioning public health system."

## OHIP TEAM ESTABLISHED

The Board of Health convened the Oklahoma Health Improvement Planning team. Members included:

- health leaders
- business
- tribes
- non-profits
- private citizens
- state legislators
- labor
- academia
- state & local governments
- professional organizations

Team Mission: Working together to lead a process to improve and sustain the physical, social, and mental well being of all people in Oklahoma.

## LISTENING SESSIONS

The team organized a statewide effort to learn what Oklahomans believe are their most crucial health needs. A diverse group of community stakeholders provided feedback on flagship and infrastructure issues.

### SESSION THEMES

School Health
Access to Health Services
Workforce
Prevention
Tobacco Use Prevention
Poverty
Educational Achievement

## FLAGSHIP GOALS

### TOBACCO USE PREVENTION

OHIP goals align with the cessation, prevention and protection measures outlined in the Oklahoma State Plan for Tobacco Use Prevention and Cessation (State Plan). These goals include:

- Prevent initiation of tobacco use by youth and young adults.
- Increase the percentage of Oklahoma adults and youth who successfully quit tobacco use.
- Protect all Oklahomans from secondhand smoke.
- Fully implement the recommendations from the State Plan.

Key state and local policy changes will be essential to counter tobacco industry influences and social norms.

To download PDF of the Oklahoma State Plan for Tobacco Use Prevention and Cessation, visit <www.ok.gov/health/documents/StatePlan.pdf>.

### OBESITY REDUCTION

Policy and environmental changes that make healthy choices in nutrition and physical activity available will be most effective in combating obesity. Goals include:

- Implement strategies and public policies in the Get Fit Eat Smart Oklahoma Physical Activity and Nutrition Plan.
- Implement evidence-based programs that address obesity issues.
- Integrate and coordinate nutrition and obesity programs across the state.
- Propose public policy changes needed to improve Oklahoma's health and fitness.

To download PDF of the Get Fit Eat Smart Oklahoma Physical Activity and Nutrition Plan, visit <www.ok.gov/strongandhea lthy>.

### CHILDREN'S HEALTH

Improve perinatal health outcomes:

- Increase the number of women receiving preconception care.
- Improve identification and early treatment of maternal infections.
- Increase the number of women receiving prenatal care.

Improve infant health outcomes:

- Reduce sleep-related deaths.
- Reduce unintended pregnancies.

Develop a comprehensive child health plan to improve health outcomes for children age 1 to 18 years including the following areas of concern: access to care, primary health care, dental health, mental health, injury reduction, child abuse and neglect, self esteem improvement, parent education programs. The plan will also incorporate the following:

- Build state and community infrastructure.
- Develop supporting policy.
- Address health inequities.
- Promote youth development opportunities.
- Provide education and skill building for youth and families.
- Provide services for youth and families.
- Collect and monitor data with assurances and measured effectiveness.

## INFRASTRUCTURE GOALS

### PUBLIC HEALTH FINANCE

Analyze and evaluate the current public health finance system.

Conduct a comprehensive review of resource allocation.

Identify and/or develop benchmarks, such as public health accreditation standards, to measure improvement.

### WORKFORCE DEVELOPMENT

Current and long-term needs of Oklahoma's public health and health services workforce were assessed. Goals include:

- Ensure the distribution of health care resources and practitioners to meet the health needs of both urban and rural populations.
- Increase primary and preventive health services.
- Reduce bottlenecks and faculty shortages.
- Develop better, more accurate data on the status of our health and public health care workforce.
- Increase number of health care professionals who practice in rural areas.
- Bridge public and private health care systems.

### ACCESS TO CARE

Adopt strategies identified in Oklahoma's State Coverage Initiative:

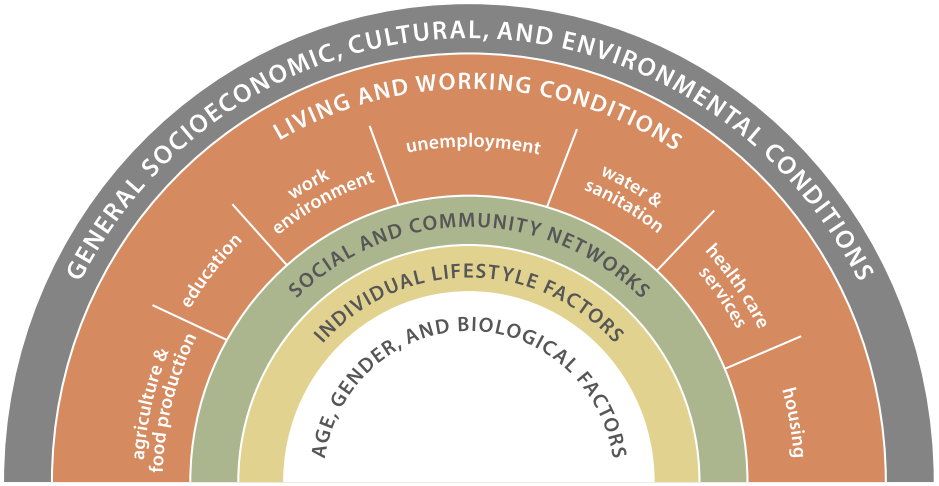
- Expand Insure Oklahoma and Sooner Care.
- Create affordable commercial health plans.
- Generate revenue through a dedicated insurance fee.
- Encourage Oklahomans to obtain insurance coverage.
- Pursue complementary initiatives.

For more information on Oklahoma's State Coverage Initiative, visit <www.statecoverage.org/node/1847>.

### HEALTH SYSTEMS EFFECTIVENESS

This work group was formed to strengthen private/public partnerships and identify best practices to improve Oklahoma's health outcomes. Goals include:

- Identify gaps in our current health systems operations.
- Define methodologies and processes to reduce duplication of efforts.
- Utilize the Health Information Technology (HIT) and Health Information Exchange (HIE) Systems in accomplishing health systems effectiveness.
- Identify key and responsible parties to champion these efforts and encourage replication throughout the state.




Adapted from the Dahlgren-Whitehead Model[37]

## SOCIETAL & POLICY INTEGRATION

### SOCIAL DETERMINANTS OF HEALTH & HEALTH EQUITY

Address the foundational causes of health status:

- individuals with low income
- low education attainment levels
- high rates of uninsured
- racial and ethnic disparities
- inadequate access to transportation
- unavailable or substandard housing

### POLICIES & LEGISLATION

Develop and initiate appropriate policies and legislation to maximize opportunities for all Oklahomans to lead healthy lives.

## FUTURE ACTIONS

### PLAN OUTCOMES

The OHIP is a 'living' plan. The OHIP team will develop a scorecard to measure goals and objectives in the plan, continuously seek feedback from communities about current efforts, and identify new initiatives.

### FLAGSHIP WORK GROUP ACTIONS

Present periodic progress reports in regard to tobacco, obesity, and children's health goals.

Develop a comprehensive plan to cover children ages 1-18.

Monitor strategies to reduce infant mortality.

### INFRASTRUCTURE WORK GROUP ACTIONS

Assess findings of the State Coverage Initiative.

Provide recommendations for public health care financing.

Recognize public/private partnerships that further health improvements.

Identify strategies to strengthen the health care workforce.

## GET INVOLVED

Every Oklahoman has a stake and role in improving our state's health outcomes. No single individual, organization, or governmental agency can do it alone. We must work together to assure the health and maximize the opportunity for all Oklahomans to lead long, healthy lives – both for this generation and generations to come.

### STEPS EVERYONE CAN TAKE

Take the stairs instead of the elevator.

Park further away to add extra steps.

Choose healthier snacks.

Add more fruits & vegetables to your diet.

"Eat Better, Move More, Be Tobacco Free"

For the complete OHIP, including a full list of partners, visit <www.ok.gov/health> and click the "Oklahoma Health Improvement Plan" link.