

# Indian Health Service

## Health Promotion/Disease Prevention



### PREVENTIVE TASK FORCE STRATEGIC PLAN 2006 - 2011



# MISSION



**Working together for wellness with American Indian and Alaska Native communities**

## **Executive Summary**

The Indian Health Service, Director, established the Preventive Task Force to develop a strategic approach to promote health and prevent chronic diseases and conditions affecting American Indian and Alaska Natives population. To reverse the trend of chronic diseases and conditions, the plan targets modifiable behavioral risk factor, multiple effective community and clinical approaches and strategies to reach individuals, families, and community members at different levels and settings. To effectively reduce the disease burden among American Indian and Alaska Native population, the plan reflects multiple strategies that include support for community driven prevention efforts, building community capacity, fostering environmental policies that are supportive of healthier behaviors, and collaborating with federal and non-federal partners to build on community assets and strengths.

The Preventive Task Force met on May 24-25, 2006 in Rockville, Maryland to finalize the Strategic Plan that laid out the steps to move health promotion and chronic disease prevention initiative forward to create healthier American Indian and Alaska Native (AI/AN) communities. This will be accomplished by developing, coordinating, implementing, and disseminating effective health promotion and chronic disease prevention programs through collaboration with key stakeholders and by building on individual, family, and community strengths and assets. The plan was developed by the Area Health Promotion/Disease Prevention Coordinators and representatives from various disciplines that included medical provider, injury prevention, behavioral health, nutrition etc. The plan reflects the integration of the Behavioral Health and Chronic Care Model Initiatives to enhance positive health outcomes.

To monitor the progress of the prevention initiative, the Director's HP/DP Process Benchmarks are integrated into the strategic plan. The process benchmarks were identified and prioritized by the Area HP/DP Coordinators in October 2005 to advance and expand the health promotion and chronic disease prevention efforts. The plan is integrated into the IHS Strategic Plan focusing on three major goals that includes:



- Build and Sustain Healthy Communities
- Provide Accessible, Quality Health Care
- Foster Collaboration and Innovation across the Indian Health Network

Many of the chronic diseases and conditions among American Indian and Alaska Native can be prevented through behavioral, environmental, and social approaches. The strategic goals and objectives focus on building supportive infrastructure for prevention; implementing effective clinical and community-based practices; combining assets and resources to enhance community capacity; providing competitive grants that addresses modifiable behavioral risk factors, creating incentives and accountability for prevention; adopting policies that are supportive of healthy behaviors in the workplace and communities; expanding partners and coalitions; developing a prevention business plan; increasing access to prevention toolkits; and building community assessment and surveillance capability to document changes at various levels.

### Strategic Goals

- **Develop structural focus for health promotion and disease prevention.**
- **Develop an operational plan and support models for community assessment.**
- **Expand Wellness policies to support healthier behaviors in the workplace and community.**
- **Expand and maintain community capacity building for HP/DP.**
- **Create incentives and accountability for prevention.**
- **Expand coalitions and partners to support HP/DP.**





## BUILD HEALTHY COMMUNITIES



**Outcome Vision: To sustain focus on primary and secondary prevention to reduce or delay the onset of chronic diseases/conditions and promote health in American Indian/Alaska Native population.**

- Provide support for a comprehensive chronic disease prevention and control through multi-factorial and multi-disciplinary approaches to improve the health of our community.

- Funding support for health promotion and chronic disease prevention to improve the health, safety, and quality of life for community members.

### Strategic Goals

#### Goal 1: Develop structural focus for health promotion and disease prevention

##### Objectives to achieve goal

1. Develop and establish a National Health Promotion/Disease Prevention Council Charter to ensure committee permanency.
2. Recruit 2 Tribal members to serve on the Prevention Task Force.
3. Prevention Task Force to participate in the National Combined Council and Chief Medical Officer meeting agenda.
4. Develop and implement HP/DP performance standards for federal employees.
5. HQ directives to disciplines requiring representation on PTF.
6. HQ to establish Health Promotion/Disease Prevention as part of standards of care across disciplines.

#### Goal 2: Develop an operational plan and support models for community assessment



**Outcome Vision: A comprehensive health promotion and disease prevention business plan that includes marketing; community assessment and surveillance; operational plan; staffing; partnership; and evaluation to increase visibility on prevention at the national, area, and local levels.**

### **Objectives to achieve goal**

1. Develop a marketing plan to increase the awareness of the National Health Promotion/Disease Prevention Initiative in I/T/U.
2. Develop a HP/DP business plan integrating Area Plans and internal/external marketing plan by the end of 2<sup>nd</sup> Quarter of fiscal year 2008.
3. Marketing effort focusing on education, community, systems, hospitals, and clinics
4. Use the Directors Executive Council (DEC) document to develop a position paper and meet with target groups to present.
5. Increase the number of communities with local wellness plan and community health assessments
6. Continue to support the Area HP/DP plans and report on progress including the inventory of current HP/DP efforts in the I/T/U communities.
7. Provide direct support to local initiatives.

### **Goal 3: Expand Wellness policies to support healthier behaviors in the workplace and community.**



**Outcome Vision: Promote and adopt school and environmental policies that are supportive of healthy behaviors in the worksite, school, and communities.**

### **Objectives to achieve goal**

1. Develop and expand Area Wellness Policy (exercise) in the workplace.
2. Expand the tobacco-free policy in the workplace and community buildings.
3. Encourage schools in developing and implementing policies that are supportive of healthier behaviors.

### ***ACHIEVE PARITY IN ACCESS IN 2010***



**Outcome Vision: Enhance community capacity by providing tools; technical assistance and training opportunities; and resources to create and sustain changes in local communities for individuals, families, and community members.**

- **Working with communities to engage them to identify and address local issues.**
- **Build collective capacities to support local successes.**

**Goal 4: Expand and maintain community capacity building for HP/DP.**

**Objectives to achieve goal**

1. Share resources, best/promising practices, and training with I/T/U.
2. Support web-based prevention information that includes best practices, resources, community assessment, and training.
3. Expand community champions to publications – local papers, web, etc.
4. Promote Healthy Native Communities Fellowship Program in the I/T/U.
5. Conduct HP/DP training needs assessment.

***PROVIDE COMPASSIONATE QUALITY HEALTH CARE***

**Outcome Vision: Build capacity for data collection and analysis; surveillance, and tracking system to support I/T/U in developing wellness plans to address local priorities.**

- **Use epidemiological data to prioritize local health issues.**

**Objectives to achieve goal**

**Goal 5: Create incentives and accountability for prevention.**

1. Develop a wellness audit at the National level that is usable at I/T/U.
2. Partner with EPI Center for data collection and analysis.
3. Assist with developing RPMS generated Patient Wellness Handout for patient distribution at time of patient registration.
4. Support Injury Prevention primary seat belt restraint law on the reservation
5. Define clinical and community-based measurements and indicators that comprise prevention in RPMS and various packages.
6. Develop Area HP/DP awards and recognition plan.

***EMBRACE INOVATION***

**Outcome Vision: Create and expand Federal, corporate, foundation, and academic partners to support healthier behaviors.**

**Goal 6: Expand coalitions and partners to support HP/DP.**

**Objectives to achieve goal**

1. Collaborate with Behavioral and Mental Health programs.
2. Survey other agencies and corporations to assess how much of their budget is put into

prevention.

3. Develop two new partners each year.
4. Collaborate with University of New Mexico – Prevention Research Center to modify and expand obesity prevention project in the school and community.
5. Collaborate with Mothers Against Drunk Driving (MADD) to address underage drinking.
6. Support a regional youth summit and leadership training to encourage youth to take participatory role in addressing issues in their community and schools.