



The Healthy Kansans HK 2020 Framework

Working together, working smarter to routinely connect state and local partners across disciplines and sectors to enhance implementation of innovative systems and strategies and improve individual and community well-being in Kansas by 2020.

Following the successful Healthy Kansas 2010 effort, the Healthy Kansas 2020 (HK 2020) process (see KHIP process section) engaged a group of stakeholders from across Kansas between August and November 2012 to produce the themes and priorities for the 2020 framework. Like all states, Kansas is experiencing a significantly changing landscape in health and health care and is benefiting from growing evidence about what is effective and efficient, which is even more necessary at a time when competition grows for increasingly scarcer resources.

The HK 2020 Steering Committee identified three cross-cutting themes -- Healthy Living, Healthy Communities and Access to Services. Healthy Living is focused on equipping Kansans to take an active role in improving their own health and supporting their families and friends in making healthy choices. Healthy Communities speaks

to community members and their institutions working together to positively impact the natural as well as human-formed conditions that influence health and/or risk for injury. The Access to Services theme addresses Kansans' access to information and health and social services that can help them achieve better if not the best health outcomes possible.

Many factors impact morbidity and mortality. However, among the greatest opportunities for improving health outcomes is through the implementation of targeted strategies to address modifiable behaviors that are risk factors for many diseases – particularly with respect to physical activity, food choices and tobacco use. Thus, three of the five priority strategies for Healthy Living (HL) are to promote physical activity, healthy eating and tobacco use prevention and control. Another HL priority relates to equipping and incentivizing Kansans to participate in culturally appropriate health and wellness programs and health care. The final HL strategic priority focuses on improving supports for the social and emotional development of children and families, which are critical elements of health and wellness.

The Healthy Communities (HC) priority strategies build upon the HL priorities recognizing that environmental context impacts individual lifestyle choices and behaviors. Thus, the three HC priorities relate to norms, policies and environmental changes that support safe and healthy lifestyles. The first strategy relates to promoting access to healthy foods and supporting policies that promote healthy food choices. The second strategy more broadly supports policies and focuses on making the default choice the healthy choice; that is, choices requiring less effort are more likely to be the healthier choices. The third strategy relates to community design and environments that positively impact health and support healthy behaviors.

The social determinants of health are addressed in the first strategy in the Access to Health (AH) cross-cutting theme which is to improve access to services that address the root causes of poor health. The second AH strategy addresses technology and the opportunity to support population health improvement through effective and efficient use of health information technology. And, finally the third strategy concerns another important underlying issue in health –promoting integrated health care, including integrated behavioral health, social services and medical care.

HEALTHY KANSANS 2020 FRAMEWORK		
 <p>Working together, working smarter to routinely connect state and local partners across disciplines and sectors to enhance implementation of innovative systems and strategies, and improve individual and community well-being in Kansas by 2020.</p>		
Cross-cutting Themes and Priority Strategies		
Healthy Living	Healthy Communities	Access to Services
<ul style="list-style-type: none"> ∞ Promote physical activity ∞ Promote healthy eating ∞ Equip and incentivize Kansans to participate in culturally competent health and wellness programs and access appropriate health care ∞ Promote tobacco use prevention and control ∞ Improve supports for the social and emotional development of children and families 	<ul style="list-style-type: none"> ∞ Promote access to healthy foods and support policies that promote healthy food choices ∞ Support policies that make the default choice the healthy choice ∞ Promote environments and community design that impact health and support healthy behaviors 	<ul style="list-style-type: none"> ∞ Improve access to services that address the root causes to poor health ∞ Effective and efficient use of health information technology (HIT) for population health improvement ∞ Promote integrated health care delivery, including integrated behavioral health, social services and medical care
<p>Kansans equipped to take an active role in improving their health and supporting their families and friends in making healthy choices.</p>	<p>Kansans working together to impact the natural as well as human-formed conditions that influence health and/or risk for injury.</p>	<p>Kansans ready access to information and health and social services to achieve the best health outcomes.</p>