

# Shifting Upstream to Improve Student Health and Wellbeing

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County Health Rankings & Roadmaps
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## County Health Rankings & Roadmaps

Building a Culture of Health, County by County



# LEARNING OUTCOMES

- Discuss community conditions and factors (the social determinants of health) that influence health and well-being
- Demonstrate how to use the County Health Rankings tool to explore local data
- Identify three evidence-based education-related strategies for improving health
- Name three potential partners (outside of the educational setting/sector) with which to explore collaboration

# HEALTH BY DESIGN

Health by Design works at the intersection of the built environment and public health, collaborating across sectors and disciplines to ensure Indiana communities have neighborhoods, public spaces and transportation infrastructure that promote active living for all.



## WE WILL ACHIEVE OUR GOALS BY:



Advocating for policy change



Building community capacity



Convening diverse partners



Educating on best practices



Facilitating dialogue



Promoting smart design



Providing technical assistance

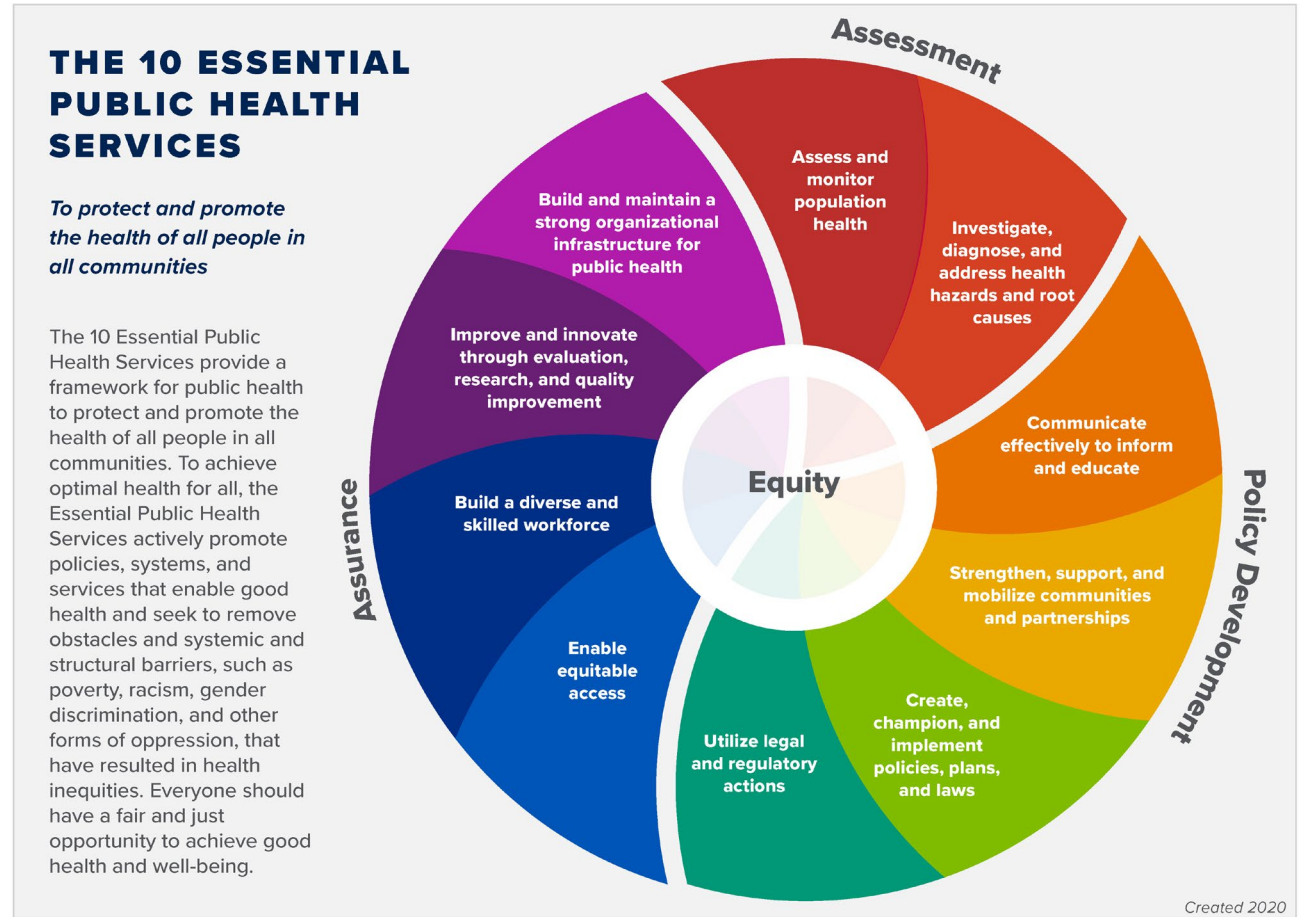
# INDIANA PUBLIC HEALTH ASSOCIATION



IPHA builds capacity among public health professionals and partners to achieve health equity and well-being for all across the state of Indiana.

Strengthening public health through

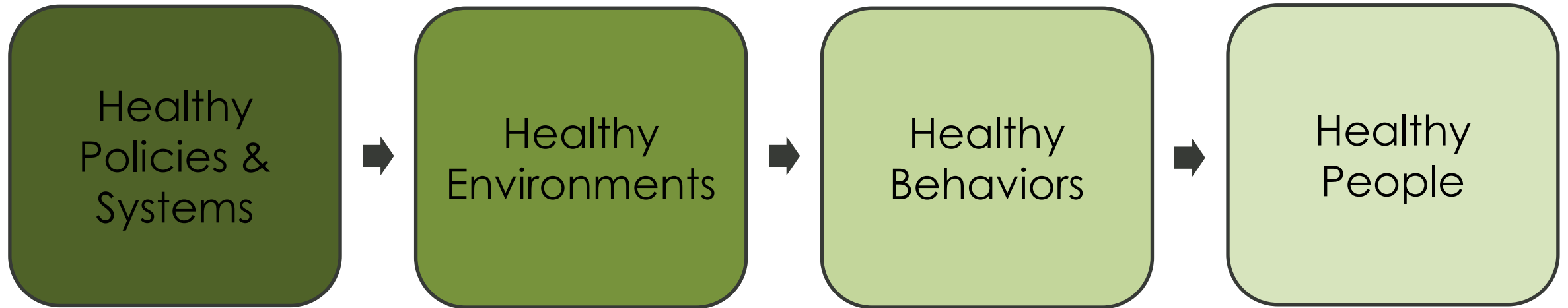
- Partnerships
- Policy/Funding
- Practice
- Prevention
- Professional Development



# ELEMENTS OF A HEALTHY COMMUNITY



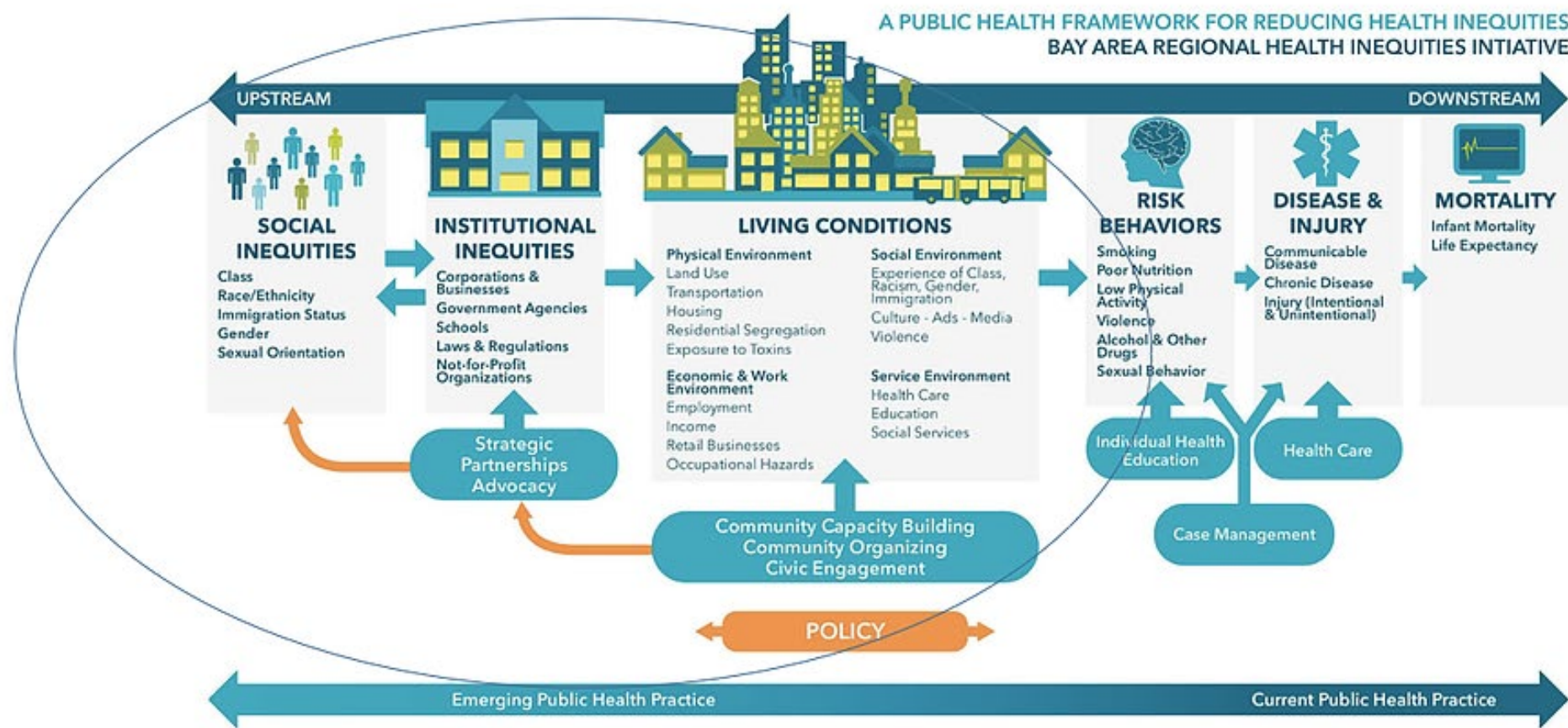
# CREATE CONDITIONS FOR HEALTH



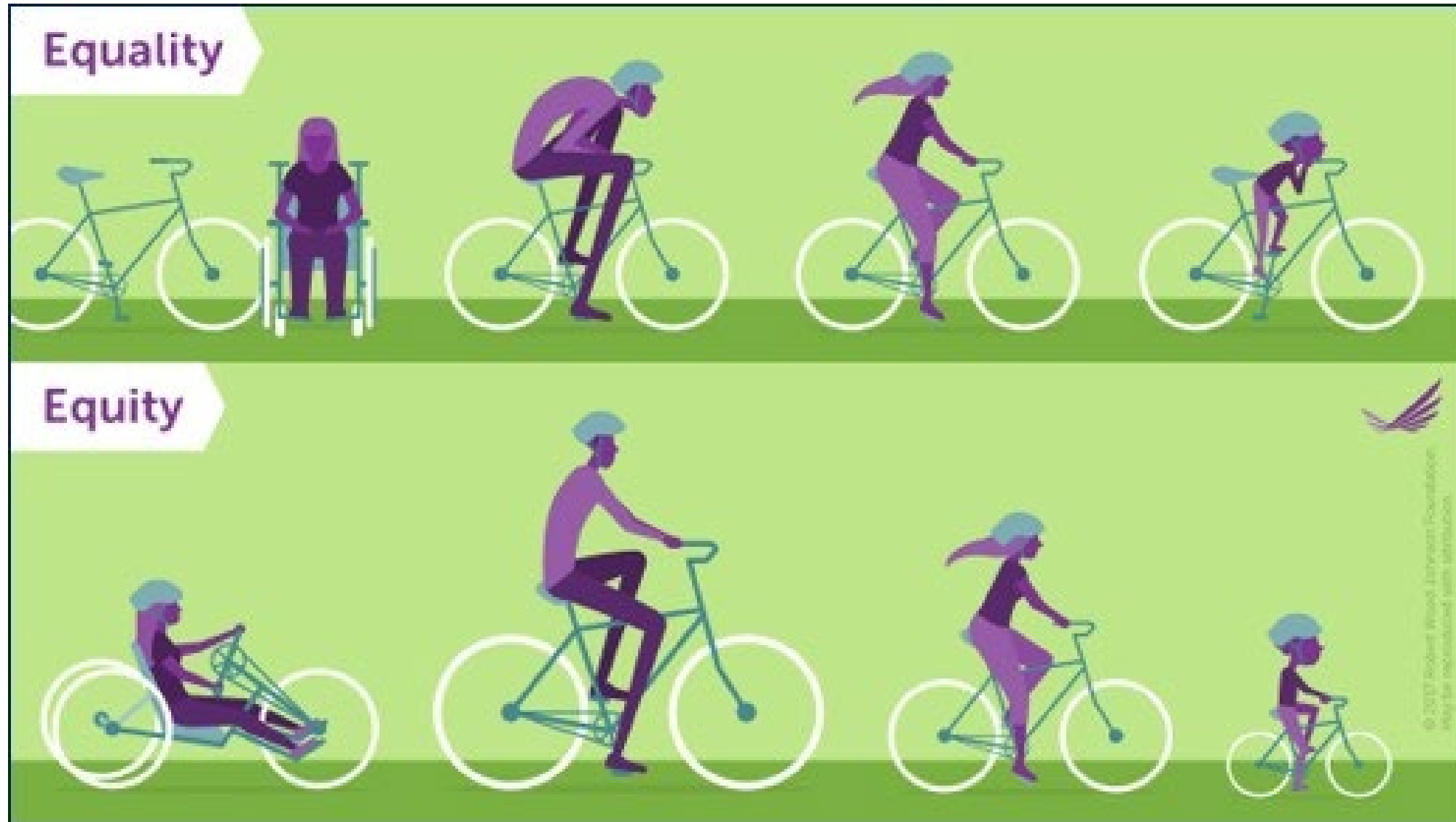
We must move UPSTREAM!



# SHIFTING UPSTREAM



# EQUITY-BASED





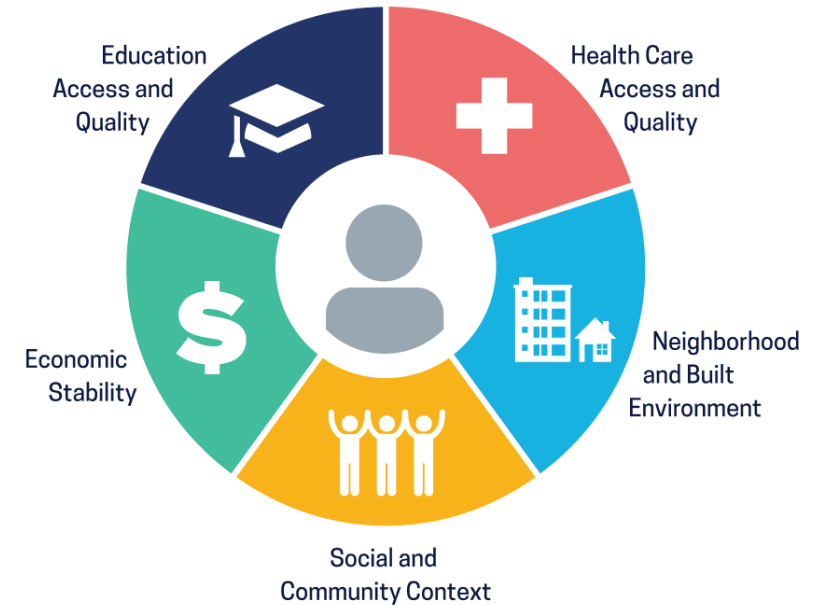
# SOCIAL DETERMINANTS OF HEALTH



“The [social] determinants of health are the *conditions* in which people are born, grow, live, work, and age, including the health system”

(WHO, 2016)

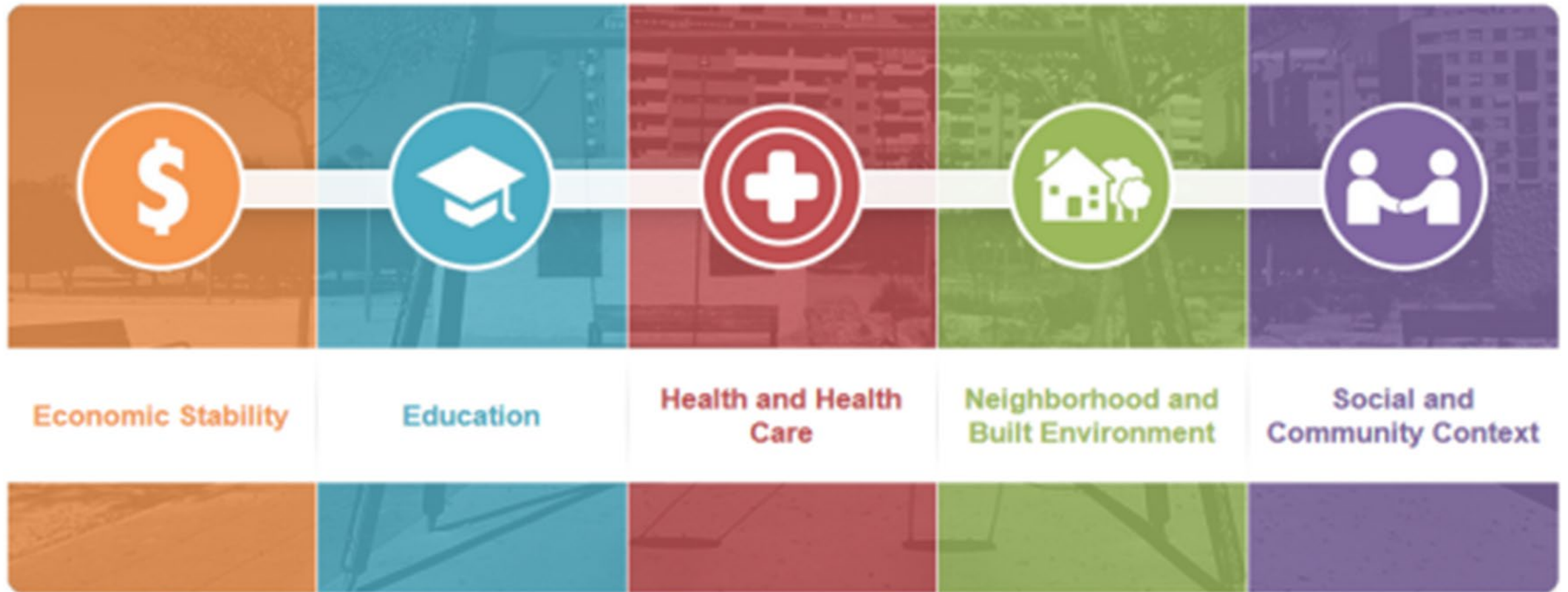
## Social Determinants of Health



Social Determinants of Health  
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 Healthy People 2030

# SDOH FOCUS AREAS



# SDOH FOCUS AREAS & FACTORS

ECONOMIC STABILITY	EDUCATION	HEALTH & HEALTH CARE	NEIGHBORHOOD & BUILT ENVIRONMENT	SOCIAL & COMMUNITY CONTEXT
<ul style="list-style-type: none"> <li>• Employment</li> <li>• Food Security</li> <li>• Housing Stability</li> <li>• Addressing Poverty</li> <li>• Transportation Options</li> </ul>	<ul style="list-style-type: none"> <li>• Early Childhood Education and Development</li> <li>• High School Graduation</li> <li>• Enrollment in Higher education</li> <li>• Language and Literacy</li> </ul>	<ul style="list-style-type: none"> <li>• Access to Health Care</li> <li>• Access to Primary Care</li> <li>• Health Literacy</li> <li>• Public Health Support</li> </ul>	<ul style="list-style-type: none"> <li>• Access to Healthy Foods</li> <li>• Crime and Violence Prevention</li> <li>• Environmental Conditions</li> <li>• Quality of Housing</li> <li>• Transportation Options</li> </ul>	<ul style="list-style-type: none"> <li>• Civic Participation</li> <li>• Addressing Discrimination</li> <li>• Incarceration</li> <li>• Social Cohesion</li> </ul>

# DISCUSSION

- In what ways do community conditions impact school-based activities and outcomes?
- What initiatives do you know of that are addressing the focus areas and factors of the social determinants of health in partnership with schools?

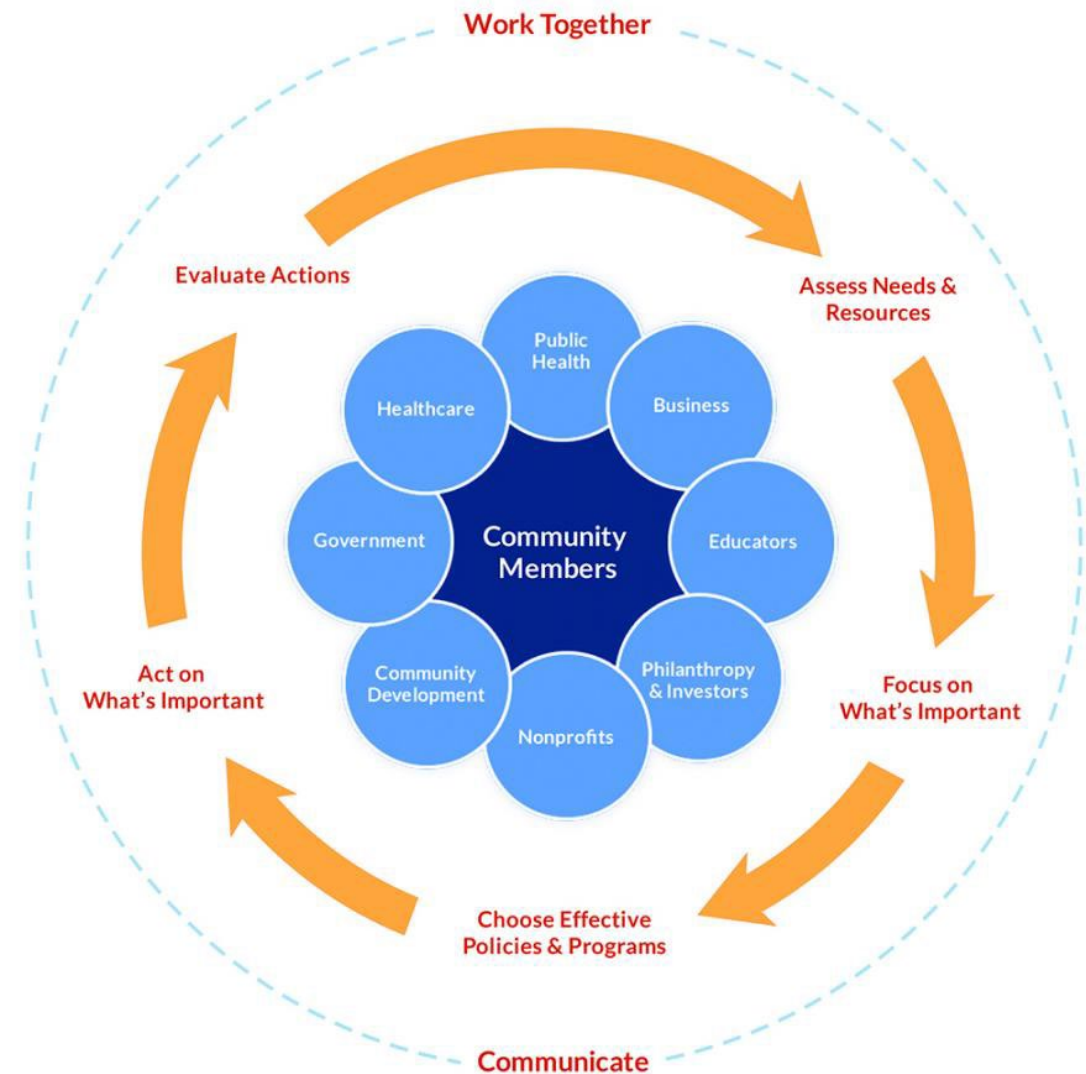
# Types of Actions/Strategies



# TAKE ACTION



- What Works for Health
  - Policy & Systems Change
- Cross-Sector Collaboration
- Data, Analytics & Tools
- Public Engagement



# DISCUSSION

- Consider community-based organizations with which you might potentially partner to address community conditions.



# CHR&R

County Health Rankings & Roadmaps is a program of the University of Wisconsin Population Health Institute. This webinar is co-produced with Healthy Places by Design and is the result of the contributions of many in Wisconsin and across the nation, including the Robert Wood Johnson Foundation.

**County Health  
Rankings & Roadmaps**

Building a Culture of Health, County by County



**University of Wisconsin  
Population Health Institute**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

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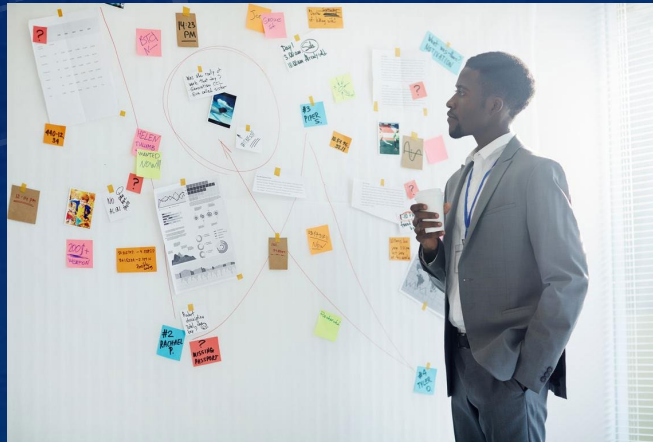
# Growing community power to improve health equity



Data



Guidance



Evidence



Stories



## County Health Rankings & Roadmaps

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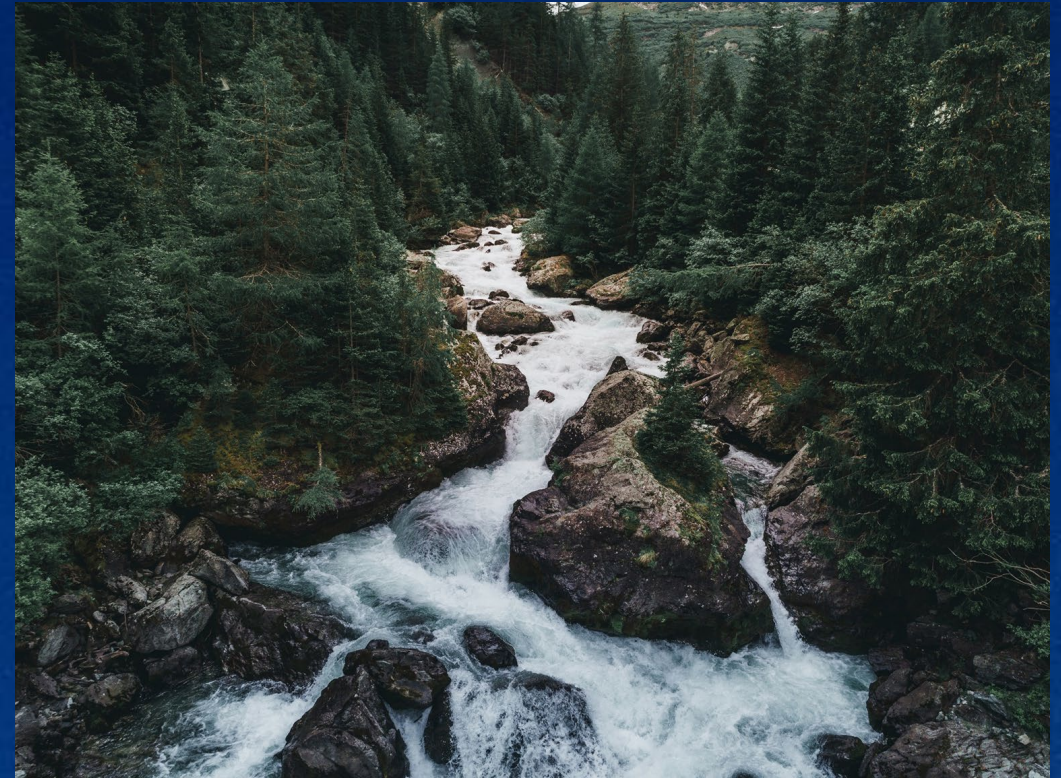


Photo credit: Vonderhaar, Jordan. (2022). Getty Images. Robb Elementary School, Uvalde, Texas.  
<https://www.npr.org/2022/05/25/1101175912/uvalde-texas-shooting-victims-4th-grade-classroom>



# Shifting upstream

## FOCUSING ON THE WHY



**01**

School Health is community health

**02**

County Health Rankings Data

**03**

Evidence-rated strategies that work & examples



# Shifting upstream

School health is community health





## County Health Rankings & Roadmaps

Building a Culture of Health, County by County

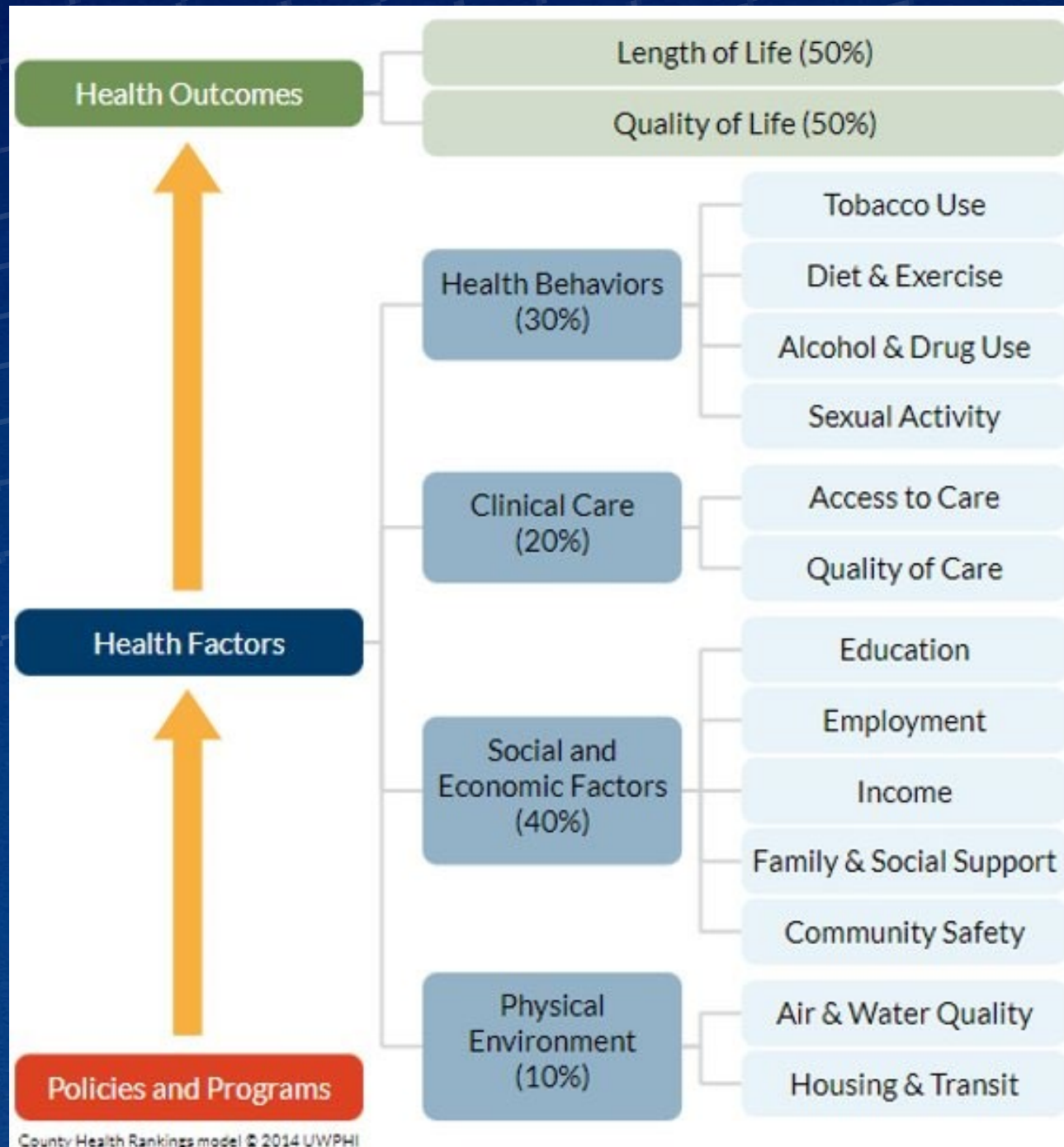
Community health is school health





# Shifting upstream

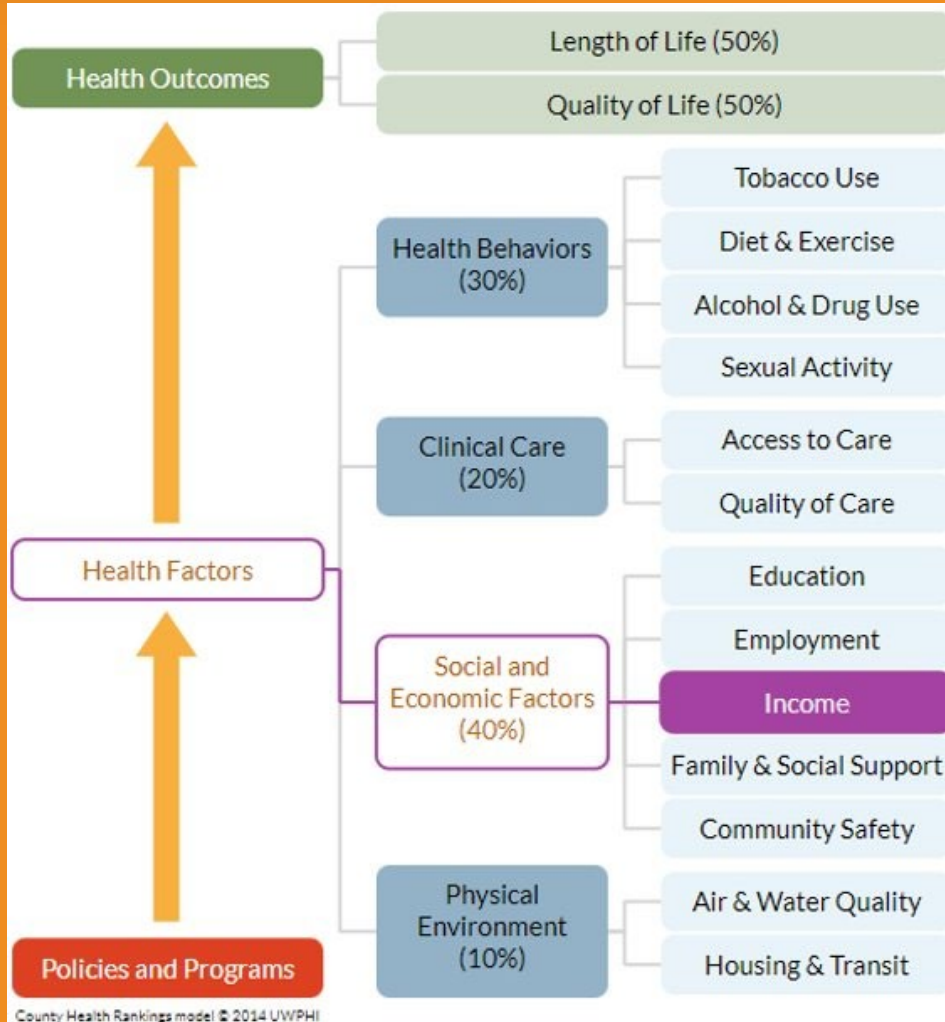
## County Health Rankings Data





## County Health Rankings & Roadmaps

Building a Culture of Health, County by County



# Economic security is the key to healthy families

## Income Measures

Our Rankings show how healthy a community is as well as indicators for future health. This provides a starting point for action on improving health for all. Dig deeper into the measures below to learn more about our approaches to measuring health.

### Children in poverty

Percentage of people under age 18 in poverty.

[Learn more >](#)

### Income inequality

Ratio of household income at the 80th percentile to income at the 20th percentile. [Learn more >](#)

### Median household income\*

The income where half of households in a county earn more and half of households earn less.

[Learn more >](#)

### Children eligible for free or reduced price lunch\*

Percentage of children enrolled in public schools that are eligible for free or reduced price lunch.

[Learn more >](#)

\* Additional Measure (not included in ranks)

# Where Do I Start?

## ECONOMIC SECURITY IS KEY

**01**

Living Wage

**02**

Childcare Cost Burden

**03**

Disconnected Youth





# 1. Living wage

- Hourly wage needed to cover basic household expenses
- Living Wage Calculator, MIT

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- Hourly wage needed to cover basic household expenses
- Living Wage Calculator, MIT



Housing

# 1. Living wage

- Hourly wage needed to cover basic household expenses
- Living Wage Calculator, MIT



Food  
Housing



# 1. Living wage

- Hourly wage needed to cover basic household expenses
- Living Wage Calculator, MIT



Medical  
Food  
Housing

# 1. Living wage

- Hourly wage needed to cover basic household expenses
- Living Wage Calculator, MIT



Taxes  
Medical  
Food  
Housing



# 1. Living wage

- Hourly wage needed to cover basic household expenses
- Living Wage Calculator, MIT



Transportation

Taxes

Medical

Food

Housing

# 1. Living wage

- Hourly wage needed to cover basic household expenses
- Living Wage Calculator, MIT



Childcare

Transportation

Taxes

Medical

Food

Housing

# Increase wages

- Set wages above federal and state levels





## 2. Childcare cost burden

- The percentage of a household's income required to cover childcare expenses



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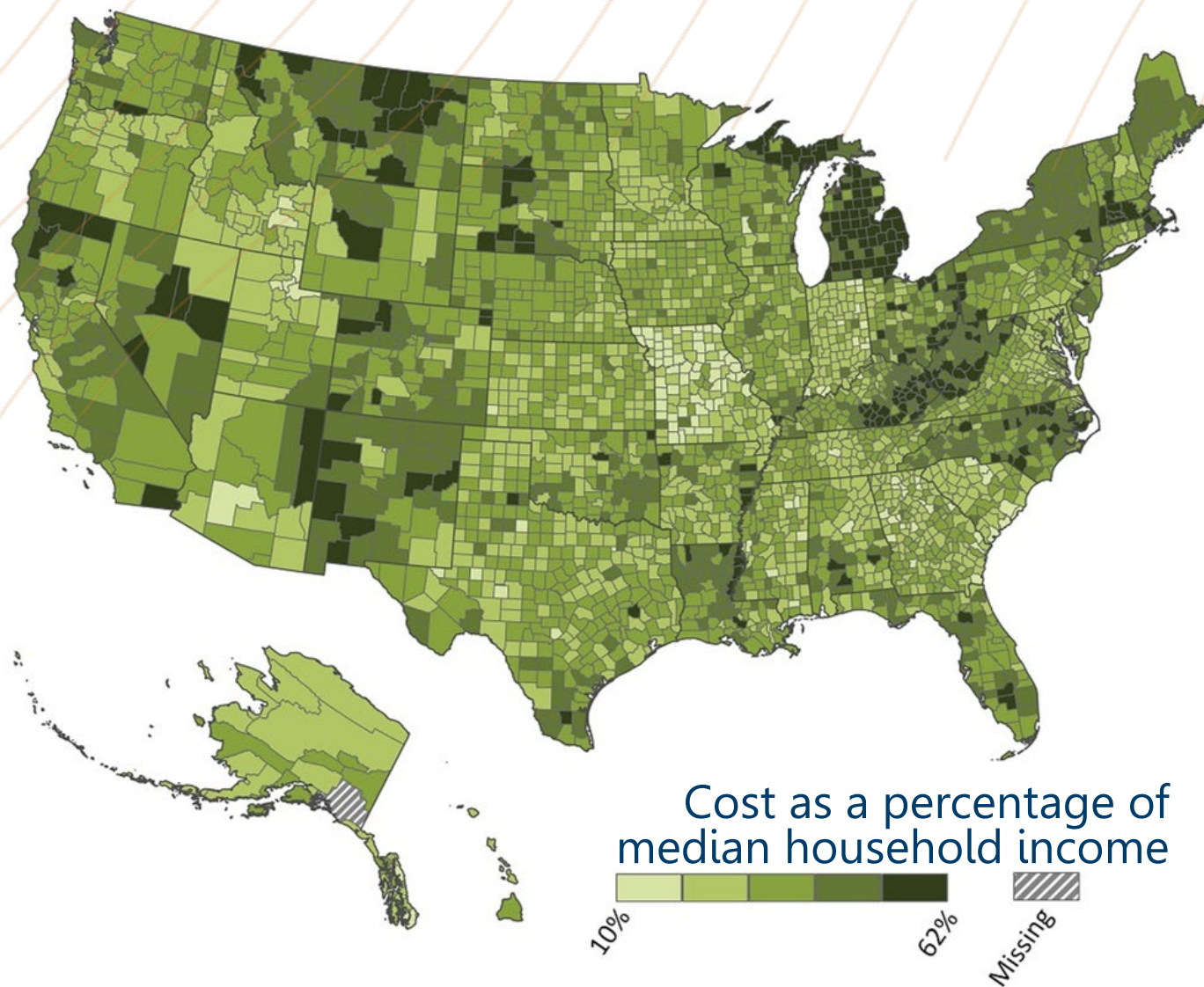
# 25%

of income  
consumed by  
childcare expenses



## Childcare cost burden among U.S. counties, 2021

There are no counties where childcare for a household with two children is at or below the 7% benchmark



# Affordable childcare

- Set wages above federal and state levels





### 3. Disconnected youth

- Percentage of teens and young adults ages 16-19 who are neither working nor in school.



# Engaging youth

- Youth internships
- Summer employment



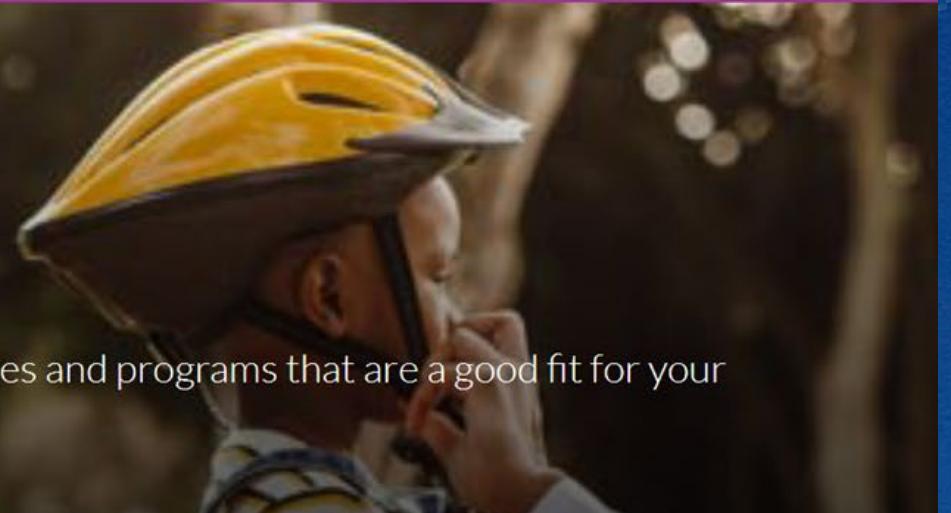


# Shifting upstream

## Evidence based strategies

### What Works for Health

Evidence matters. Our What Works for Health tool will help you find policies and programs that are a good fit for your community's priorities.



# Discussion

**What are the barriers to taking action on upstream strategies?**

**What makes you nervous about taking such action?**



A street scene featuring a yellow building with a 'Blueboard' sign, a white car, and a red brick building. A large, semi-transparent text box is overlaid in the center of the image.

# INTENTION

# HEALTH EQUITY SUMMIT



**JUNE 23-24 | VIRTUAL**

**HEALTH**

**EQUITY**

**SUMMIT**

Join Health by Design, IPHA, and the Health  
Equity Action Team for:

## **HEALTH EQUITY IN ACTION**

Register for this virtual, two-day event and learn  
or continue your work in addressing structural  
and institutional health inequities.

Sponsorship opportunities and scholarships are  
available!

**HEALTH *by*  
DESIGN**

**IPHA**

**This Thursday & Friday, June 23 & 24**

**9 a.m. – 1 p.m. EDT**

Virtual

[www.healthbydesignonline.org](http://www.healthbydesignonline.org)

# Thank You!

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