

2021 NORTH DAKOTA STRATEGIC PLAN FOR HEALTH

**BECOMING THE HEALTHIEST
STATE IN THE NATION**

March 2021

2021 NORTH DAKOTA STRATEGIC PLAN FOR HEALTH

North Dakota becomes the **healthiest state in the nation** by strengthening the state's public health infrastructure and becoming more responsive to and supportive of North Dakotans' overall health.

"Do better things, instead of just doing things better."



Process for Developing the Strategic Plan

- Engaged a team of state leaders and public health experts to form the Health Strategy Planning Group (HSPG)
- Engaged the consulting firm Health Management Associates to assist us
- Interviewed about a dozen national leaders in the fields of public health and health promotion
- Interviewed local leaders involved in health promotion and delivery as well as other important local stakeholders including legislators and representatives from the Departments of Human Services and Health
- Formed focus groups of local leaders to develop the specifics of the Plan based on the foundational concepts that were established

GUIDING PRINCIPLES

These **guiding principles** shaped the development of the Strategic Plan for Health goals and objectives:



Thriving

We **aim** for North Dakotans to live life to its fullest for as long as possible.



Collaboration

We **believe** that positive outcomes are best achieved when people, systems, and communities work together.



Wellness

We **uphold** health as being a broad definition of wellness, rather than the absence of disease.



People and Community

We **support** a multi-level perspective that focuses on individuals and the larger communities they call home.



Accountability

We **prioritize** informed interventions that are measurable and demonstrate progress toward goals.



Sustainability

We **recognize** that success requires sustained, long-term focus that is monitored and evaluated.

NORTH DAKOTA STRATEGIC PLAN GOALS

Using the guiding principles and research conducted, the HSPG identified three goals. The planning process included opportunity for input and feedback from North Dakota stakeholders who represented diverse sectors, demographics, and geographic regions across the state.



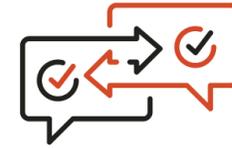
Goal 1

Support State and Local
Health-Conscious Policy and
Data-Driven Decision Making



Goal 2

Expand Statewide **Public**
Health Expertise and
Leadership Capacity



Goal 3

Enhance Cross-Sector
Collaboration and
Integration



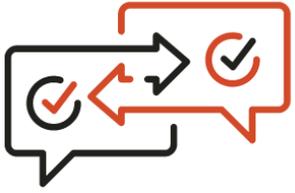
GOAL 1: Support State and Local Health-Conscious Policy and Decision-Making

- Being the healthiest state in the nation requires **understanding the health impacts of state and local policies across all sectors (has been called a “health in all policy” approach)**.
- This **population health approach** helps policy makers and program leaders identify how policies may affect community and individual health.
- A **comprehensive understanding of community needs** allows policy makers to better evaluate a policy’s impact on the health of people who live and work there.
- Informed policy decision-making **supports individuals to live life to the fullest for as long as possible** in thriving communities.



GOAL 2: Expand Statewide Public Health Expertise and Leadership Capacity

- Being the healthiest state in the nation means **supporting current health leaders and developing new health leaders** to ensure they have the knowledge, skills, and tools to guide the state toward this vision.
- North Dakota needs **more experienced and expert health leaders at every level and across all sectors**, including state and local government, in private industry, and in non-profit organizations to build thriving communities where individuals and families can live life to its fullest for as long as possible.
- **All North Dakotans have the ability to become leaders** in their own lives and communities to advocate, promote, and achieve positive health goals.



GOAL 3: Enhance Cross-Sector Collaboration and Integration

- All North Dakotans **deserve to be able to access health and social services in the most efficient and effective ways possible**. It is important to remove barriers and create incentives for collaboration across both public and private health and social service systems to better meet individual and family needs.
- North Dakota has systems and institutions that serve to promote the health and well-being of North Dakotans and their communities. This Plan will help **strengthen efficiencies and collaboration across systems and institutions** to align the work of Tribal units, government (state and local), universities, private entities, and others to achieve these common goals.

Next Steps: Calendar 2021

- Oversee and support the legislative budget process
 - Request \$3M to initiate the Strategic Plan for Health (see following slides)
- Expand and diversify stakeholder engagement
- Establish sustainable governance structure and management of the Plan
- Design system of oversight and evaluation, including metrics
- Execute communication strategy

North Dakota's Strategic Plan for Health - Potential 2021-23 Biennium Deliverables

- Analyze the estimated impact on community health and healthcare-related spending from legislation to use a **"Health-In-All Policy"** approach.
 - Could provide a conceptual framework for giving legislators actionable data and information as legislation is considered for the 68th Legislative Assembly and beyond.
- Determine the optimal methodology to address **childhood obesity** in North Dakota.
 - Implement a pilot program to demonstrate its efficacy.
 - Create a model that could be replicated and scaled across the state.
- Expand the nascent **school behavioral health program** to other target communities throughout the state.

North Dakota's Strategic Plan for Health - Potential 2021-23 Biennium Deliverables

- Partner with specific critical access hospitals to pilot expanded use of **community health workers** to improve population health and reduce health-related expenditures.
- Optimize the interaction and coordination of the **North Dakota Department of Health and local public health units** throughout the state.
- Develop effective metrics to measure the outcomes of state programs that address health issues.
 - Create a **dashboard** to monitor the progress of those programs.
- Identify best practices to address specific **social determinants of health** and develop metrics for each initiative.
 - Implement pilot programs to gauge the effectiveness of the initiatives in practice.

North Dakota's Strategic Plan for Health - Potential 2021-23 Biennium Deliverables

- Develop a **communications strategy** to engage North Dakotans in the quest to become the healthiest state in the nation through personal ownership of their health determinants.
- Partner with the North Dakota University System and various health care provider enterprises to expand and improve **virtual health care delivery**.
 - Include telemedicine and other forms of virtual care.
 - Focus on rural, Tribal, and other underserved communities.
- Identify and implement ways to **better coordinate consumer points of access** to services and supports provided by state agencies.
- Analyze **public health workforce, leadership, and resource needs** and develop a prioritized plan to respond to those needs.

North Dakota's Strategic Plan for Health - Potential 2021-23 Biennium Deliverables

- Enhance **collaboration with research universities** to:
 - Achieve economies of scale
 - Reduce duplication
 - Optimize population health programing
 - Inform and improve public health preparedness
- **Bring together, enhance, and scale existing health programs and resources,** with the goal of reducing duplication and improving health. Examples of initiatives that may be considered include:
 - Blue Zones
 - Game and Fish
 - Parks and Recreation
 - Other local efforts

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Questions?