



Health Strategy

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Student United Way Retreat
October 2008



1. How does U.S. life expectancy compare to other countries?

- A. #1
- B. in the top 5
- C. in the top 10
- D. 20th place
- E. 29th place

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ANSWER: E. 29th place.

- At 77.9 years, we are tied with South Korea and Denmark for 29th – 31st place, despite being the second wealthiest country on the planet (measured by per capita GDP).

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2. How much does the U.S. spend per person on health care compared to the average of the other industrialized countries?

- A. Three quarters (75%) of the average
- B. The same
- C. One and a half times (150%) as much
- D. Two and a half times as much
- E. Four times as much

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ANSWER: D. Two and a half times

- We spent \$6,102 per person on medical care in 2004 – 15.3% of our GDP, \$2 trillion a year, more than twice per person what the average industrialized country spends.


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3. What is the greatest difference in life expectancy observed between U.S. counties?

- A. 4 years
- B. 7 years
- C. 15 years
- D. 22 years
- E. 33 years

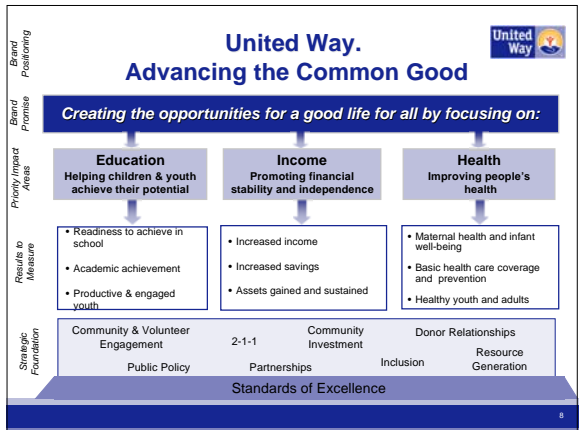
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ANSWER: C. 15 years.

- Our zip code is a strong indicator of our health.
- Health expert Sir Michael Marmot noted that on a subway ride from southeast Washington, D.C. (an impoverished African American neighborhood) to Montgomery County, Maryland (an affluent white suburb), life expectancy of the surrounding communities rises about a year and a half for every mile traveled—amounting to a 20-year gap.

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Improving the health of children and adults



Intended results:

- Babies are born at low risk for preventable health problems
- Children and youth receive timely, regular preventative health care
- Youth and adults are healthy and avoid risky behaviors

10-year goal:

- Increase by 1/3 the number of youth and adults who are healthy and avoid risky behaviors
 - Youth: violence, tobacco, drugs, alcohol or drive drunk, safe sex, weight
 - Adults: overall health, tobacco, alcohol abuse, blood pressure, weight

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Healthcare coverage



- United Way California Capital Region

Outreach and enrolment of eligible participants in public health programs through partnerships with schools, family resource centers, health fairs, clinics, laundry mats, little league sporting events, etc.



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Healthcare access




- United Way of Lane County

100% Access connects people who have no or inadequate health insurance with existing programs and services and then develops new resources to fill in the gaps.




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Risky behaviors



- United Way of Santa Cruz County

Together for Youth is a community-wide effort to create a positive, diverse, and healthy environment for youth to increase skills and confidence, and reduce risky behaviors.



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Health Ideas



- **Day Camp** -- Assist or run a week-long day camp with games and exercise. Check with the YMCA, an adult daycare or senior center.
- **Sports Camp** – Partner with a local sports team and host a fitness clinic or sports camp for kids. Serve as coaches, mentors, sources of encouragement and role models for the kids.
- **Disaster preparedness** - conduct a community mapping to determine needs for the disabled, elderly and non-English speakers
- **Group Activities to support the disabled** – serve as guides to shop at the mall, have a bowling or ice cream outing, take a group out for dinner

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More Health Ideas...



- **Welcome Baby Baskets** – organize a shower for new moms in need with diapers, washcloths, blankets, parenting tips, board books, and Born Learning materials.
- **Healthy Lunches** – make nutritious meals to assist a shelter, the homeless, and others
- **Blood Drives** – organize a blood drive and celebrate the number who participate, the amount of blood donated and the impact it will have in your community
- **Family Fitness Fair** – invite families and the community to learn more about healthy choices, exercise and nutritious recipes.
- **Familywise Prescription Drug Discount Card** – distribute these cards that provide significant discounts for prescription drugs at participating pharmacies.

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Questions/Discussion/Ideas

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