



# Healthy RC: Health Policy Inventory

## A Health in all Policies Approach



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### Abstract

Established in 2008, the City of Rancho Cucamonga's Healthy RC program has been active in establishing a culture of health throughout the City through community engagement, policy development, and implementation of programs. Healthy RC's vision is a community where all generations lead vibrant, healthy, happy lives. Health policy has substantial benefits in improving health outcomes across populations. Healthy RC is currently undergoing an evaluation to measure the outcomes and impact that its strategies have had on the community.

### Background

Effective health policies and sharing of public health resources can substantially improve public health. In fact, the ten great Public Health achievements of the 21<sup>st</sup> century were influenced by policy change, such as tobacco control, maternal and infant health, motor-vehicle safety, and occupational safety to name a few (Brownson, Seiler, & Eyler, 2010). Population health improvement interventions often take place at multiple levels such as upstream, midstream, and downstream.

Upstream approaches involve policy intervention that affect large population through regulation and increasing access.

Healthy RC has taken an upstream approach to address their community health priorities. As a part of the evaluation, Healthy RC is assessing its influence in the City wide approach of health in all policies. This involves evaluating the outcomes and impact that the Healthy RC influenced policies have had on the health of the community.

### Purpose / Goal

The purpose of this project is to assist in the development and implementation of a comprehensive evaluation plan of the Healthy RC initiative to measure the impact strategies have had on improving community health.

Goal- To develop an inventory/database of existing City policies that were developed around health

Objective 1- Develop indicators to capture the developmental strategies associated with each policy.

Objective 2- Identify which Healthy RC community health priority aligns with each of the City's health policies.

Objective 3- Identify the outcome of each identified health policy within the City.

### Methods / Project

Project Overview:

Healthy RC has partnered with the consulting firm Special Service for Groups (SSG) to evaluate Healthy RC initiatives and to establish an ongoing evaluation plan for the years to come. SSG's Research and Evaluation Unit has been an integral part of this evaluation and planning process. As a part of the Healthy RC evaluation process, a health policy inventory was created to identify all of the City policies that were developed around the health of the community.

Methods:

The health policy inventory was developed to track and organize the information obtained about each policy. In collaboration with the evaluation consultant group SSG, ten indicators were identified that would be used to assess each policy in the inventory.

From November of 2015 through February 2016, a number of key informant interviews were conducted with the Healthy RC core team members (representing the departments in the City), as well as other representatives across departments. These interviews helped to establish a list of qualifying policies that were developed around health within each department and to gather the necessary information for each identified indicator.

10 Indicators identified:

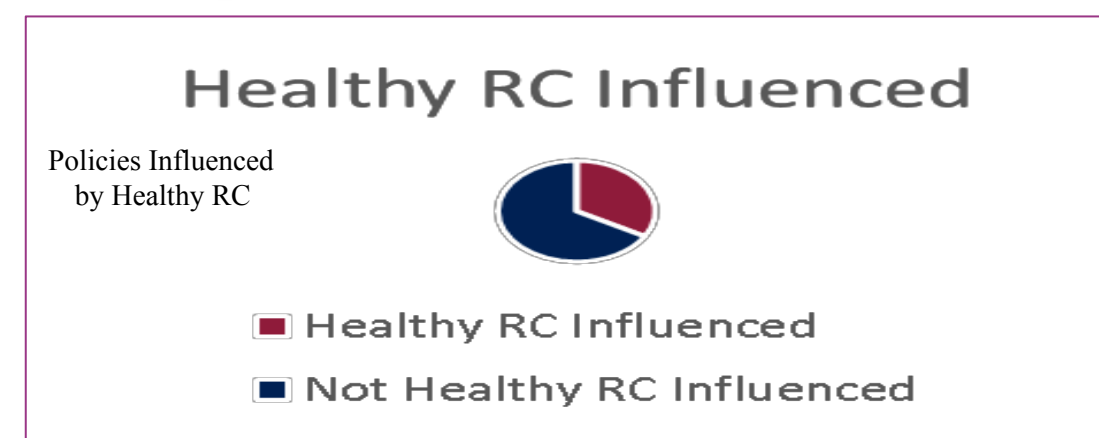
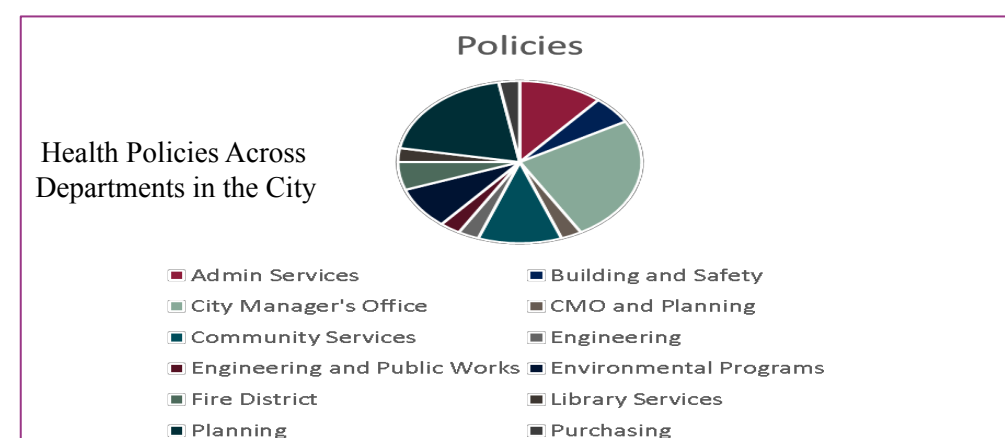
- Whether the policy was Healthy RC influenced or not
- The community health priority addressed/aligned with the policy
- Date the conversation began regarding the need of the policy
- Whom the conversation was initiated by: Community or Internal initiation
- Policy effective date
- Lead department involved in developing the policy
- Partner departments/ organizations involved in developing the policy
- The area of intended impact: community members or internal-City employees
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- The area of intended impact: community members or internal-City employees
- Impact/outcome of policy adoption
- Status
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- Status

Policies were qualified for the inventory solely based on the consideration of the impact on the community's health when the policy was developed.

### Results

- 36 health policies identified within the City
- 12 of the health policies were influenced by Healthy RC
  1. Complete Streets
  2. Community Gardens
  3. Farmers Markets
  4. Lactation Accommodation
  5. Healthy Nutrition and Beverage Standards
  6. Healthy RC Strategic Plan
  7. Healthy RC Evaluation Plan (in process)
  8. Health RC Communication Plan
  9. Circulatory Master Plan for Bicyclists and Pedestrians
  10. Economic Development Strategic Plan
  11. General Plan updates
  12. Development Code updates

Healthy RC: Safe Routes to School, Farmers Markets, Community Gardens



### Conclusion

Healthy RC has taken an upstream approach on improving the health of those who live, work, and play in the City of Rancho Cucamonga. Completion of this project has shown that the City has been active and successful in its approach in incorporating health in all policies. Healthy RC has made a significant impact on policy development within the City since its establishment in 2008. Over a quarter of the policies around health identified in this project have been influenced by Healthy RC initiatives.

### References

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### Lessons Learned

This health policy inventory project has been eye opening for me to see the impact policy has in improving health of populations. I was able to see how policy can be adopted and implemented across a wide range of disciplines all with a common goal of improving the community's health and preventing injury and sickness. I was also able to learn about the structure of local City government, and the processes involved in developing, adopting, and implementing policies.