Life events play an important role in your health.

In healthy communities:
- Clean and safe environments support healthy lifestyles
- Risks to moms and babies are identified before pregnancy
- Family planning starts before pregnancy and continues after birth
- Breastfeeding and immunizations improve outcomes across the life span
- Healthy weight promotes safer pregnancies
- Developmental delays are detected and treated early
- Rates of on-time graduation are high, increasing job prospects
- Good parental leave policies strengthen families
- Youths have supportive adult relationships and mentors
- Neighborhoods support active lifestyles and healthy eating
- Financial planning for retirement is strong and seniors live active lives

In disparate and vulnerable communities:
- Unplanned pregnancies disrupt school and work plans
- 51% of births in Hawaii are unplanned
- Tobacco and alcohol sales often target low income areas
- Substance use leads to avoidable birth defects and behavioral problems
- Unsafe sleep environments are linked to infant deaths
- Poverty, hunger, abuse, and neglect may lead to risky behaviors later in life
- Teenage pregnancy rates are higher in poorer areas
- Rates of on-time graduation are lower, decreasing job prospects
- Good parental leave policies are less likely to be implemented
- Community support networks are weaker
- Financial planning for retirement is weak and seniors face more challenges

90% of a child’s brain capacity is developed by age 5 and is influenced by nutrition, stress, and the environment.
**Hawaiian Department of Health Strategy Map: 2015 - 2018**

**Make Health Hawaii's Shared Value**

### A: Invest in Healthy Babies and Families
1. Reduce substance use and exposure for pregnant mothers
2. Decrease unintended pregnancies
3. Support parents and extended ohana after childbirth
4. Promote developmental screenings and services in early childhood
5. Enhance maternal bonding and improve obesity prevention through breastfeeding
6. Address conditions contributing to child deaths and maternal mortality
7. Plan for a system of care for children that addresses physical and emotional health

### B: Take Health to Where People Live, Work, Learn, and Play
1. Invest in telehealth to improve health access
2. Prevent and contain epidemics and disease outbreaks
3. Improve connections between primary care and behavioral health
4. Improve life trajectories for vulnerable persons
5. Partner with communities to identify and meet their needs
6. Create communities where the healthy choice is the easy choice
7. Improve home, school, and workplace safety

### C: Create a Culture of Health Throughout Hawaii
1. Invest in better mental health
2. Enforce public health and environmental regulations
3. Make health and environmental data more accessible
4. Improve and protect Hawaii's water, land, and air
5. Partner with communities to identify and meet their needs
6. Enhance public health communication to influence, educate, and motivate
7. Enhance laboratory and scientific services

### D: Address the Social Determinants of Health
- Use Evidence-Based Practices and Make Data-Driven Decisions
- Improve Core Business Services and Customer Satisfaction

Strategic plan, resources, and citations available at [http://health.hawaii.gov/opppd/](http://health.hawaii.gov/opppd/)