



# SEATTLE FOUNDATION

the heart & science of philanthropy

## HEALTH & WELLNESS

### VISION

*All Greater Seattle residents are healthy and able to fully participate in, and contribute to, their communities.*

Healthy communities are strong communities. Residents with access to quality, affordable and culturally appropriate health services, and live in neighborhoods and homes free from toxins and dangerous conditions are more likely to lead longer, healthier and more productive lives.

However, it is widely recognized that race, income and place greatly impact health outcomes. Better overall health for our communities requires examining root causes, such as social conditions and institutional systems that contribute to disparate health outcomes. We also know that inequities in health underlie disparities in economic opportunity, education, income and other factors influencing a person's ability to achieve his or her full potential.

Access to quality health services is of growing concern as the nation again considers significant healthcare reform legislation that may affect many families' ability to obtain necessary services. Threats at the federal level mean we need to work to maintain what we have. We also have an opportunity to continue to innovate and encourage projects at the state level that are person-centered and benefit vulnerable low-income individuals. Our priorities for impact focus on ensuring access to services for all, as well as addressing the structural factors

that contribute to disparate health outcomes. It goes without saying that good health starts long before one needs care. For that reason, we also elevate prevention and early intervention services to promote good health.



### Working Toward a Healthy Community

Seattle Foundation established the Healthy Community Framework to delineate the essential elements of a thriving community, and focus

philanthropy where it can have the greatest impact. Built on eight elements, the framework acknowledges the complex and interwoven nature of the challenges and assets in our community and allows philanthropists to consider more strategic investments in the causes they care about most.

■ For each element, we provide a vision for change, high-level context and analysis, recommended priorities, and proven actionable approaches to effective giving informed by research, data, community insight and technical expertise. These are designed to stimulate thinking and generate new approaches to making Greater Seattle a stronger, more vibrant community for all.

# 3 Priorities for Impact

**1** Increase access to healthcare, including primary medical, dental care and specialty services with an emphasis on underserved populations.

## APPROACHES

- Invest in “health home,” which offers a home base for healthcare where a primary doctor provides culturally appropriate, consistent care, and coordinates with other professionals to meet all of an individual’s health needs
- Invest in a strong and viable health and behavioral healthcare safety net system
- Expand access to comprehensive and coordinated care for those who remain un- or under-insured

**2** Ensure access to quality health services for marginalized populations.

## APPROACHES

- Support promising models, programs and practices that improve the quality of healthcare delivery
- Promote interventions to improve doctor-patient communication to reduce disparities in the quality of care received
- Improve access, efficiency and quality within and across systems of care, especially those that emphasize prevention and early identification of health concerns

**3** Encourage healthy living, prevention and management chronic diseases

## APPROACHES

- Improve pathways to prevention and care that increase availability of integrated and effective systems of healthcare and service delivery; increase care coordination; increase assisted patient navigation; and increase proper utilization of care by patients
- Support civic engagement in health promotion, disease prevention, health equity, policy and advocacy, and insurance enrollment/retention
- Healthy neighborhoods happen in places that promote good indoor air quality, healthy food choices, physical activity options and prevention-focused health clinics
- Advance new models or expand promising practices for chronic disease prevention and management