

## Health Policy Implementation for Promoting Healthy Islands

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Received : January 10, 2025

Accepted : March 23, 2025

Published : March 31, 2025

Citation: Arifin, M. A. & Salahuddin, N.S. (2025). Health Policy Implementation for Promoting Healthy Islands. Journal of Health Literacy and Qualitative Research, 5(1), 5-9.

**ABSTRACT:** The health of island communities is critical, yet often challenged by unique geographic and socio-economic factors. Effective health policy implementation plays a crucial role in promoting and maintaining healthy islands. This literature review examines the frameworks, challenges, and successful strategies for implementing health policies in island settings, drawing on case studies from various regions. The review highlights the importance of tailored policies that consider local contexts, community involvement, and intersectoral collaboration.

**Keywords:** Health Policy; Promoting; Healthy Islands.



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## INTRODUCTION

Island communities face distinct health challenges due to their geographic isolation, limited resources, and vulnerability to environmental changes. These challenges necessitate the development and implementation of specific health policies aimed at promoting public health, ensuring access to healthcare services, and addressing unique health determinants. This review explores the current state of health policy implementation in island settings, identifies barriers, and discusses successful strategies that have been employed to create healthier island communities.

### The Importance of Tailored Health Policies for Islands

Island communities are often characterized by small populations, remote locations, and limited access to health services. These factors can exacerbate health disparities and make the implementation of mainland health policies less effective. Tailoring health policies to address the specific needs of island populations is crucial. For instance, policies must consider the unique epidemiological profiles of islands, which may include higher rates of certain communicable diseases and non-communicable diseases (NCDs) due to lifestyle factors (de Freitas & Martin, 2015; Hunsmann, 2012; Makkar et al., 2016).

### Case Studies of Health Policy Implementation in Island Settings

**Pacific Island Nations** the Pacific Island nations, such as Fiji, Samoa, and Tonga, provide examples of how health policies can be adapted to local contexts. In these regions, the implementation of policies targeting NCDs, such as diabetes and cardiovascular diseases, has been crucial due to the high prevalence of these conditions. Initiatives like the Pacific NCD Roadmap have been successful by integrating traditional practices with modern healthcare strategies (De Weger et al., 2022; Freund & Springmann, 2021; Nguyen et al., 2023).

**Caribbean Islands** the Caribbean islands have faced challenges related to infectious diseases, such as Zika and dengue fever. The implementation of health policies in these islands has focused on enhancing vector control, improving public health infrastructure, and strengthening disease surveillance systems. The Caribbean Public Health Agency (CARPHA) has played a vital role in coordinating regional efforts, illustrating the importance of intersectoral collaboration in policy implementation (Blackwell & Colmenar, 1974; Hamzeh et al., 2023; Yuda, 2019).

**Seychelles** The Seychelles has successfully implemented health policies that focus on universal health coverage and addressing social determinants of health. The country's Health Strategic Plan emphasizes the need for equitable access to healthcare and the promotion of healthy lifestyles. This case demonstrates the effectiveness of policies that integrate health promotion with broader social policies (Baggott, 2012; Chrisman & Hampton, 2022; González-Pier et al., 2023).

### **Challenges in Health Policy Implementation for Islands**

While there have been successes, implementing health policies in island settings is not without challenges. These include:

**Resource Limitations:** Islands often have limited healthcare infrastructure, financial resources, and human capital. This can hinder the full implementation of health policies and the sustainability of health programs (Gavens et al., 2019; Lavis, 2006; Mason et al., 2023).

**Geographic Isolation:** The physical isolation of many islands makes access to healthcare services difficult, which can impede the delivery of healthcare interventions and the implementation of health policies (González Núñez, 2013; Keirns, 2023; Lo & Hu, 2023).

**Cultural and Social Factors:** Health policies must consider the cultural and social contexts of island communities. Policies that do not align with local beliefs and practices may face resistance and fail to achieve their intended outcomes (Corburn et al., 2014; Greaves & Ritz, 2022).

### **Strategies for Successful Health Policy Implementation**

**Community Engagement and Participation** Involving local communities in the design and implementation of health policies is essential. This ensures that policies are culturally appropriate and responsive to the specific needs of the population. For example, community health workers have been instrumental in the success of health initiatives in several island nations (Marzouk et al., 2023; Quigley, 2014; Weintraub & McKee, 2019).

**Intersectoral Collaboration** Health policy implementation in island settings often requires collaboration across sectors, including education, environment, and finance. Integrating health policies with other sectors can lead to more comprehensive and sustainable outcomes. The Healthy Islands framework in the Pacific is an example of such an approach (Schrecker, 2017; Skarda et al., 2022).

**Capacity Building and Training** Strengthening the capacity of healthcare workers and policymakers through training and education is crucial for the successful implementation of health policies. Capacity-building initiatives that focus on developing local expertise can help overcome some of the resource limitations faced by island communities (Darmanto et al., 2020; Drewnowski et al., 2020; Madu & Osborne, 2023).

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