

Mecklenburg Livable Communities

Health Think Tank: Meeting 1

Developing the Partnership Alliance (DPA) and Tone Setting

1. What type of atmosphere do you want during our time together?
 - a. Informal
 - b. Stimulating
 - c. Engaging
 - d. Productive
 - e. Positive
 - f. Focused
 - g. Collaborative
 - h. Creative
2. What can you count on from each other, what commitments can you offer each other?
 - a. Respect
 - b. Present in the moment
 - c. Open mind
 - d. Honesty
3. How do you want to be when things get difficult?
 - a. Diligent
 - b. Sensitive to all points of view
 - c. Respectful
 - d. Willing to work towards consensus
4. What does success look like?
 - a. Elected leaders make decisions based on the health of the community vs. other motivations
 - b. Decline in the 30 percent childhood overweight/obesity rate
 - c. Define “culture of health and wellness” and create an action plan to move towards it; that action plan should include very specific measurable targets
 - d. Greater public awareness and participation in health and wellness programs
 - e. Seeing people participating in a healthy lifestyle—exercising and eating healthy foods
 - f. Solutions that are coordinated and collaborative—not duplicating efforts
 - g. Incorporating physical and emotional health
 - h. Decline in preventable hospital readmissions and behavioral health admissions
 - i. Reducing stigma around getting medical help—either physical or behavioral
 - j. Looking at mental health as part of overall health and wellness issues
 - k. Focusing on preventative health instead of reactive health
 - l. When the business community and large employers are as engaged and active in this discussion as non-profits
 - m. Making the healthy choice the easy choice
 - n. More collaborative partnerships

Represented Partners and Their Current Initiatives Report-Out

Cardinal Innovations

Offer trainings in the community around mental health; train peer-support specialists for addressing mental health issues within the medical care community; focused on suicide prevention and diverting individuals with mental health issues from incarceration

Carolina Thread Trail

Support and facilitate communities to put trails throughout Central Piedmont area; developing programming for raising awareness of trails; hosts volunteer programs to maintain trails

Catawba Lands Conservancy

Catawba Lands Conservancy's mission is to protect land and connect lives to nature. CLC helps to create a culture of health and wellness by preserving natural lands that create a healthy environment to live; opens much of its lands for public recreation such as hiking, biking, walking and other activities

Central Piedmont Community College

Many programs are involved with grants (i.e. Blue Cross Blue Shield and the early childhood education programs, early childhood dental hygiene programs, and culinary program); have service-learning programs with social service organizations; involved with Trail of History; Allied Health Partnership that is looking to provide care throughout the County—not just in medical offices

Centralina Council of Governments

- Evidence-based Health Programs: offered to the community at no cost through volunteers
 - Living Healthy Class: for anyone with any chronic condition; goal is to help with self-management
 - Living Healthy with Diabetes Class
 - Living Healthy Class is also offered in Spanish
 - “A Matter of Balance” Program: goal of reducing the risk of falls
- Volunteer Transportation Services Program: offers transportation options for older adults, residents with disability, and veterans
- Seniors Health Insurance Information Program: Medicare counseling
- Care-Transition Initiatives: assist with transitioning clients from various levels of care back into the community/every-day life

Charlotte Mecklenburg Food Policy Council

- Community Food Assessment: partnered with J.C. Smith University and UNC Charlotte to assess County residents' relationships with food

- Food Corp: part of AmeriCorps; for 1 year members are charged with promoting healthy food education in schools
- Cafeteria Man movie screening
- Green Teacher Network partnership

Community Care Partners of Greater Mecklenburg

Care management for patients; work to get patients to a permanent medical care home; focus to help patients know how to self-manage; addressing childhood obesity through educational classes; virtual health coaching

Green Teacher Network

Non-profit, strategic partner of Charlotte Mecklenburg Schools and Mecklenburg County Health Department; school gardens and outdoor education; support school gardens and curriculums around teaching with those gardens; up to 185 participating schools

Mecklenburg County Department of Social Services

Have a wellness team that works with Cigna to offer programs to DSS employees—provides educational experiences for staff around nutrition, sleep apnea, Alzheimer’s, etc.

Mecklenburg County Health Department

- Conduct community health assessment every 4 years: have community action plans to address focus areas
- Offer clinical services for preventative care
- Interested in policy level changes in the community, emphasis on tobacco, physical activity, and healthy eating (i.e. tobacco-free parks and public buildings)
- Perform a lot of data collection
- Host health literacy workshops that teach skills to create readable documents

Mecklenburg County Park and Recreation

- Installing outdoor fitness in at-risk areas in the County
- Goal to have park/outdoor recreational space within 6 blocks of every resident in the County
- Have a very big focus on awareness for what Park and Rec can offer
- \$81 million in savings due to preventative health benefits that are facilitated by Park and Recreation services

Carolinas Healthcare System

- Community health initiatives: focused on outreach for addressing pre-diabetes and diabetes risk factors
- Training for mental health services
- Reducing childhood obesity (5-2-1-0 Program)

Chamber of Commerce’s Healthy Charlotte

- Goal is to raise awareness of health-related programs to make Charlotte one of the healthiest cities in the country
- Can leverage the Chamber's 3000+ members who employ more than 300,000+ employees

Get Covered Meck

Partnership that aims to educate residents about Affordable Care Act and set residents up to enroll

AARP

- Living Longer, Living Smarter Workshops: help residents to deal with the challenges of long-term care
- Days/Weeks of Action: Walkable Charlotte week
- Run with AARP: recruiting runners who 50 years old and older to change perception of aging
- Livability Index online
- Preparing the city for the aging demographics that are increasing in the area (Age-Friendly Network)

Charlotte Area Health Education Center

Mission to provide education for healthcare professionals; Geriatric Education Coalition; Trainings around Autism; Youth Violence Prevention Conference

Mecklenburg County Criminal Justice Services

Reduce jail population locally; working to reduce disproportional racial incarceration rates; working to divert residents with mental health issues into more appropriate care (vs. incarceration)

NC Farm to School Strategic Plan

NC Farm Bureau "Ag in the Classroom" Program

Care Ring

Have a home visitation program for low-income moms; have physicians reach-out program for residents with limited healthcare access; have a low-cost clinic in Charlotte

Gaps & Root Cause Discussion

What gaps exist?

- Lack of access to preventative care
- Lack of education and misinformation around healthy foods
- Lack of transportation to access services
- Kids not maintaining active lifestyles
- Prevalence of food deserts

- Recognition of issues around substance abuse
- Addressing the needs of immigrant communities
- Transportation access
- Lack of access to primary healthcare, including behavioral health
- Lack of access to dental care
- Immigrant, refugee, undocumented, and homeless populations lack access
- Education around healthy lifestyles

Why do these gaps exist?

- Lack of services for mental health issues
- The working poor don't qualify for a great deal of healthcare assistance
- The complicated nature of the healthcare system
- The healthy choice is not always the easy choice due to work and school environments
- There are many instances of siloed work
- Healthcare system doesn't award preventative care
- Media misinforms
- Making health and wellness an attractive cultural change
- Transience of at-risk population
- Residents in extreme poverty do not consider health and wellness in the same way as the rest of the population, they have many other concerns

Ideas for New Collaborative Initiatives

Initiative: Concentrate on promoting healthier workforces

Initiative: Connect Mecklenburg County Park and Recreation trails to schools and neighborhoods

Initiative: Collaboratively support farmers' markets and community gardens

Initiative: Create community mobilization around policy change (educating on what community mobilization looks like; how does it happen?)

Initiative: Development of navigation system for healthcare services

Initiative: Develop marketing strategies to include private and public healthcare systems

Initiative: Transportation initiative

Initiative: Brochures/pamphlets at Mecklenburg County Department of Social Services or low-cost locations like clinic to provide information about existing services

Initiative: Immigration and refugee support

Initiative: Media campaigns to promote healthy habits

Initiative: Embed resources in school curriculum to prevent workforce violence and domestic violence

Initiative: Greater coordination among organizations focusing on aging community

Initiative: Greater coordination among organizations focusing on food and nutrition

Ideas for Expanding Current Initiatives

Current Initiative: Goal to have a park or open space within 6 blocks of every County resident

Current Initiative Owner: Mecklenburg County Park and Recreation

Potential Collaborative Partners: Community and school gardens, Charlotte-Mecklenburg Food Policy Council, YMCA

Current Initiative: Nutrition and food education collaboration

Current Initiative Owner: Mecklenburg County Health Department

Potential Collaborative Partners: Charlotte-Mecklenburg Food Policy Council, Mecklenburg County Department of Social Services, Mecklenburg County Park and Recreation, Active Charlotte, Green Teacher Network, Sustain Charlotte

Current Initiative: Park Outdoor Fit Zones

Current Initiative Owner: Mecklenburg County Park and Recreation

Potential Collaborative Partners: Mecklenburg County Health Department, AARP, Mecklenburg County Department of Social Services, Carolinas Healthcare System, Southminster, Centralina Council of Governments, Green Teacher Network

Current Initiative: Community Food Assessment

Current Initiative Owner: Food Policy Council

Potential Collaborative Partners: Central Piedmont Community College, Mecklenburg County Health Department, Center for Prevention Services

Current Initiative: Health Policy Promotion, Healthy Literacy, and Health Communication

Current Initiative Owner: Mecklenburg County Health Department

Potential Collaborative Partners: Charlotte-Mecklenburg Food Policy Council, Mecklenburg County Department of Social Services, Central Piedmont Community College, Center for Prevention Services

Current Initiative: Food Desert Minimization, Additional EBT Registers at Food Markets

Current Initiative Owner: Mecklenburg County Department of Social Services

Potential Collaborative Partners: Charlotte-Mecklenburg Food Policy Council, Mecklenburg County Health Department

Current Initiative: Encouraging Use of Nature Trails & Awareness of Events
Current Initiative Owner: Carolina Thread Trail
Potential Collaborative Partners: Mecklenburg County Health Department

Current Initiative: Diversion of Mental Health within Jail
Current Initiative Owner: Carinal Innovations
Potential Collaborative Partners: Criminal Justice Services

Current Initiative: Recreation Services for Seniors
Current Initiative Owner: AARP
Potential Collaborative Partners: Carolina Thread Trail

Current Initiative: Programming for Health and Fitness
Current Initiative Owner: Active Charlotte
Potential Collaborative Partners: Carolina Thread Trail

Current Initiative: Central Piedmont Community College: Health Technologies
Current Initiative Owner: Central Piedmont Community College
Potential Collaborative Partners: Charlotte-Mecklenburg Food Policy Council, Charlotte Mecklenburg Schools

Current Initiative: Programs to Address Childhood Obesity
Current Initiative Owner: Community Care Partners of Greater Mecklenburg
Potential Collaborative Partners: Charlotte Mecklenburg Schools, Green Teacher Network, Charlotte-Mecklenburg Food Policy Council

Current Initiative: Safe Kids Charlotte Injury Prevention
Current Initiative Owner: Safe Kids Charlotte
Potential Collaborative Partners: Mecklenburg County Community Support Services