

Pitt Partners for Health

Quarterly update

This year has been busy. We completed the CHNA, selected new priority areas, updated our structure, and elected new officers.

We (PPH) would like to thank all of our members, partners, and friends for their attendance, participation, and consistency in 2019. We look forward to working with you in 2020!!



Mission Statement
To improve the population
health of Pitt County
through coalition building
and partnership.

One last time...here's the structure

Structure for PPH

Initiatives based on the Community Health Needs Assessment (CHNA)

INITIATIVES



PROJECT LEAD



PRIORITY PROJECTS

(based on SWOT Analysis)

Access to Care

(Health Priority Category: Access to Care/Social Determinants of Health)

Chair
Theresa Blount
Vice-Chair
Cheryl Hallock

Healthy Lifestyles

(Health Priority Category: Chronic Disease)

> **Chairs** Mary Gaskins Nikki Hyatt

Mental Health

(Health Priority Category: Mental Health)

> Chairs Maudia Ahmad Karen Koch Keith Letchworth

- Coordinate with Project Leads (plans, goals)
- Create and submit 90-day plan to PPH Coordinator
- ♦ Budget oversight
- Lead quarterly meetings
- Does not work on projects unless desired
- Reports work to PPH as needed

- Carries out the work of the projects
- First line relationship builders within each project
- Able to work on projects which may align with their position or agency
- Able to work on multiple projects and/or initiative areas over the span of the CHNA cycle
- Brings ideas to the table based on interest, alignment, etc.
- Does not need to lead meetings or be concerned with paperwork
- Allows engagement of greater segment of PPH membership
- Reports to Chair of Initiative

Access to Care

- ◆ NCCARE 360
- Community Paramedic (better understand status/needs)
- Transportation (investigate options to take services to the community) and support wayfinding efforts to practices.
- Technology (increase engagement/visibility)
- Increase awareness/knowledge for patients (link to Vidant initiatives)
- Present to daycare/other groups to increase awareness

Healthy Lifestyles

- Continue work on Evidence-Based Interventions currently implemented through Healthy People Healthy Carolinas
- Community Conversations
- Support Diabetes Prevention Project
- Strengthen partnership with Food and Farm Council
- Lifestyle Medicine

Mental Health

- ♦ Liaisons to MH Agencies and Services
- ◆ Invite MH Representative to Steering Committee
- PPH members to work on partners' projects





EBI Information

EVIDENCE-BASED INTERVENTIONS

WalkWise NC: An 8-week walking program designed to promote 150 minutes of walking each week, fosters community support and policy creation.

Cooking Matters at the Store (CMATS): Guided grocery store tour that teaches low-income adults how to get the most nutrition for their food dollars.

KIP TRACK/TRACK Rx: Partnership between KIP and local pediatricians to help kids and families learn how spending time in nature improves their overall health.

Coordinated Approach to Child Health (CATCH): Combines nutrition education with physical activity to reduce the prevalence of childhood obesity.

Healthy Food Pantry: Combines food bank hunger relief efforts with food pantry healthy initiatives to provide nutrition information and healthy eating opportunities for low income families individuals and families.

WE ALSO SUPPORT...

Diabetes Prevention Program (DPP): a year-long, evidence-based intervention program developed by the Centers for Disease Control and Prevention (CDC) to reduce the risk of developing type 2 diabetes.

Arthritis Foundation Education Program (AFEP): is a low-impact recreational exercise program that incorporates a brief educational component.

Know It Control It: is a program designed to help people self-monitor their blood pressure and make healthy lifestyle changes to control high blood pressure. (Blood Pressure stations now

installed at Haddocks UAFWB and Emmanuel Church in Winterville)



Initiative Updates

The section below lists the current initiative teams and related events. Please Contact the associated chairs for more information as needed.



ACCESS TO CARE

- The Access to Care team met on November 14th.
- Multidisciplinary group with energy and transformative ideas for change
- Currently brainstorming project ideas and how to move forward.
- The team will meet monthly until projects are established

CONTACT:

Theresa Blount- Chair Email:tpblount@vidanthealth.com

Cheryl Hallock- Vice-*Chair* cheryl.hallock@accesseast.org

Brandie Garner- secretary bgarner@mideastcom.org

HEALTHY LIFESTYLES

Goal: to promote healthy lifestyles focused on the prevention and care of chronic diseases affecting Pitt County residents.

- Have broken up into teams to support 5 EBI's which include
 - -Kids in Parks TRACK
 - Trails (and Rx)
 - -WalkWise NC
 - -Healthy Food Pantry
 - -Cooking Matters at the Store
 - -CATCH
- Still in need of project leads
- In process of planning Cooking Matters Training. Contact Mary Gaskins if interested

CONTACT:

Chairs: Nikki Hyatt Nikki.hyatt@vidanthealth.com

Mary T. Gaskins mgaskins@vidanthealth.com

BEHAVORIAL HEALTH

Mental Health Initiative Work Group: Meets 2nd Wednesday of the month, 3:00-4:30, Eastern AHEC

- Priority Area #1: Mental Health First Aid, Provide MHFA training to targeted groups, Identify funding to send a PPH representative to be trained as an instructor
- Priority Area #2: Identify other training needs in the community
- Ongoing Activity: Identify current mental health initiatives in the community
- Ongoing Focus: Ensure diverse perspectives on the Mental Health Initiative work group

CONTACT:

Chairs:
Keith Leitchworth
Keith.Letchworth@trilliumnc.org

Maudia Ahmad Maudia. Ahmad @accesseast.org

Karen Koch KOCHK@ecu.edu



Community Announcements & Events

Please send your updates to Tiera Beale via email at tiera.beale@vidanthealth.com



- Spots are still available at the *FREE Splash Around with Asthma* event on 1/25/2020!
 -Please share with your students and their families. For questions/application call the Asthma Team at 252-847-6834
- Needs Assessment: Help Pitt County become a trauma informed community. Take about 15 minutes to complete the assessment here: https://duke.qualtrics.com/jfe/form/ SV 5t3o7PIpD3mjZpH
- Training: An Introduction to Trauma-Informed Practices January 27 at Eastern AHEC from 9am to 4pm. Sponsored by BRACE (Building Resilience and Courage to Excel) of Pitt County. Training provided by Center for Child and Family Health of Duke University
- Night to Shine is an unforgettable prom night experience for people with special needs aged 14 and older. This event, sponsored by the Tim Tebow Foundation, will be hosted by Covenant Church on Friday, February 7th from 6-9pm. To donate, volunteer or attend, please visit www.covenant.cc/prom for sign up.

PPH would like to send a heartfelt "see you later" to our coordinator Stefanie Cabaniss. She will continue to work with us in another role but we will miss her leadership, direction, and smile at each meeting.

