



# Pitt Partners for Health

Quarterly update

## Note:

This newsletter of this quarter will be used to explain and update the partnership on several changes

1. New PPH Structure
2. Ongoing projects
3. Chair responsibilities
4. Project lead responsibilities



### Structure for PPH

Initiatives based on the Community Health Needs Assessment (CHNA)

Work completed through projects instead of teams

#### INITIATIVES

#### CHAIRS

#### PROJECT LEAD

#### PRIORITY PROJECTS (based on SWOT Analysis)

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

*Interim Chairs*  
Ron Gaskins / Mary Hall

**Healthy Lifestyles**  
(Health Priority Category: Chronic Disease)

*Interim Chairs*  
Mary Gaskins  
Brittany Kinder / Nikki Hyatt

**Mental Health**  
(Health Priority Category: Mental Health)

*Interim Chair*  
Kahla Hall

- ◆ 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 paper-work
- ◆ 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

#### Mission Statement

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



## EVIDENCE-BASED INTERVENTIONS

<i>EBI</i>	<i>Baseline 2019</i>	<i>Goal 2020-2022</i>
Coordinated Approach to Child Health	10 sites	20 sites
Cooking Matters at the Store	9 tours/sites 88 served	18 tours/sites 176 served
WalkWise, NC	12 sites /walk groups 242 participants	15 sites/walk groups 387 participants
Kids in Parks (KIP) TRACK Trails (opened 2 new trails)	233 individuals registered on website	349 registered
KIP TRACK Rx	39 individuals registered on website / 6 participating practices	60 registered / 8 practices
Healthy Food Pantry	1 site	4 sites
Walk with a Doc	12 walks	de-adopting

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

**Walk with a Doc:** walking program that places doctors where the people are for an active Q&A.

**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 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 individuals and families.



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Healthy People  
Healthy Carolinas

# EBI Related Duties

## Healthy Lifestyles

*Co Chairs: Nikki Hyatt and Mary Tayloe Gaskins*



The section below lists the current and expected duties related to the EBI's we currently implement. These may be updated by the initiative chair or project lead

### KIDS IN PARKS

- ⇒ Review data and determine plan of action to increase participation

### KIP TRACK RX

- ⇒ Meet with participating offices to determine needs to increase participation in program
- ⇒ Develop marketing plan for program expansion

### MARKETING

- ⇒ Work with Tiera on website / social media maintenance

### WALKWISE NC

- ⇒ Market program
- ⇒ Train Walk Leaders
- ⇒ Collect registration/surveys and input into Google form

### CATCH

- ⇒ Promote program to new partners
- ⇒ Edit and update the evaluation form
- ⇒ Collect evaluations 2/year
- ⇒ Schedule trainings

### LIFESTYLE MEDICINE

- ⇒ Work with Stefanie Cabaniss on..
- \* Introduction and education of LM
- \* Identification of LM EBI's
- \* Original Fast Food Campaign for physician offices and providers

### HEALTHY FOOD PANTRY

- ⇒ Work with Pastor Coles to determine activities, recipes, and demonstrations
- ⇒ Disseminate and collect surveys

### CMATS

- ⇒ Register people for training
- ⇒ Manage schedule for tours
- ⇒ Present program to interested groups



### COMMUNITY CAFE

An enjoyable easy to use method for having thoughtful and productive discussions around issues that impact our lives, communities, and families.

Tentative Dates: October or November

<https://thecommunitycafe.org/>



Healthy People  
Healthy Carolinas

# Opportunities



## Access to Care...

*Interim Co Chairs: Mary Hall and Ron Gaskins*

- Assists with establishing connectivity for Pitt County residents to health agencies and resources through innovative interventions and collaboration with community partners .
  - ⇒ Next steps: Review the CHNA focus group and survey responses to fine tune project ideas and measures
  - ⇒ Next interest meeting: October 22nd @3PM

## ...Mental Health

*Interim Chair: Kahla Hall*

- This is our newest initiative, therefore immediate goals will be to gather information, partner with existing agencies, and recruit mental health professionals
  - ⇒ Next steps: Meet on Wednesday, October 30th from 1:30 – 3:00 at Eastern AHEC

