



January 29, 2018 | Pittsylvania County Meeting Notes

Meeting Location: Pittsylvania County Community Center

Purpose Exploring a Pittsylvania County Action Team to the Health Collaborative

Attendees:
Stephanie, Crystal, Cassidy, Cheryl, Sierra, Kendall, Amanda, Amanda, Kenya, Alexis, Lisette, LeAnne, Lisa, William, Mary Lee, Kata, Charlene, Katie, Gretchen, Kirsten, Lillian, Alani, Lou, Ann, Tim, Annie, Elyse

Agenda Topics

Agenda Topic: Welcome

Announcements and Introductions

- Health Collaborative website – www.thehealthcollab.com

Objectives

- Align and/ or modify regional population health goals within Pittsylvania County
- Build greater capacity, understanding and more leadership to support initiatives that positively influence the long-term health of Pittsylvania County residents
- Identify and build onto existing efforts within the region that specifically address the unique needs of Pittsylvania County residents

Agenda Topic: Overview of Data

Top 5 Health Issues

- As voted on in the 2016 Danville – Pittsylvania County Community Health Survey and Focus Groups
 - Overweight/ Obesity
 - Poverty
 - Substance Abuse
 - Mental Health
 - Cancer
- Startling facts

- Life Expectancy Pittsylvania County 76.97 years; Healthy Life Expectancy 62.98 years
- 2015 Child food insecurity rate of 18.5% (2,350)
- Annual Food budget shortfall \$4,372,000
- Other Data Sources
 - [2016 - 2017 Danville, Pittsylvania County Community Health Assessment](#)
 - [Health Equity Report](#)

Agenda Topic: Assets of the Community

What is Currently Happening – Asset brainstorming activity

- [Community Health Worker Project](#)
- Gretna Walking Trail near industrial park – eventually connect to walking track at Gretna Middle School
- Chatham parks → Silas Moore, Frances H. Hurt Park
- Walking Trail → working to finish
- Placemaking projects of Chatham First
- Library offering exercise programs at Gretna and Brosville branches.
- Virginia Cooperative Extension, Healthy Food Retail Project
- 2 Farmers’ markets
- Out of the Darkness Walk
- Piedmont sustainable living group
- School nutrition and partnerships with Pittsylvania County Parks and Recreation

Agenda Topic: History and Values of The Health Collaborative

Timeline

- The Health Collaborative operating 3 years on a regional level
- The early years June 2015 – May 2016



Community Involvement



Health Collaborative Values

- **Health Impact** → Will the strategy influence a greater number of people over a longer period in order to create a healthier population? Can we demonstrate this impact and show our success over time?
- **Health Equity** → Is the strategy likely to directly serve individuals most in need? Does it create opportunities for neighborhood and community residents to design, lead and implement initiatives to improve their own health and the health of their neighbors?
- **Feasibility** → Is the strategy likely to happen based on current capacity, available resources and political will? Do we have leadership in place to sustain this effort, and/ or can we engage and support new leaders?

Why the shift? How is this connected?

- In the fall of 2017 the Health Collaborative took 20 members to Birmingham, Alabama to visit with the health action partnerships of Jefferson and Walker counties.
 - Although united under the Bold Goals and connected through the United Way of Central Alabama, the two Health Action Partnerships utilized strategies that fit their own communities.
- This structure started a conversation among Health Collaborative members as a way to take a deeper dive into the counties and formulate strategies that would be more specific to their community.

- Further engagement in the counties and spark the momentum that we have seen in the City with the work completed thus far
- Question: Why Birmingham?
 - Although larger, demographically it looked like the Dan River Region
 - Birmingham urban, surrounded by more rural areas
 - Walker County, rural – reminded members of the counties
- During the site visit debrief conversation focused on the opportunity to create county chapters that are a part of The Health Collaborative, but can develop local strategies

Supporting Documents

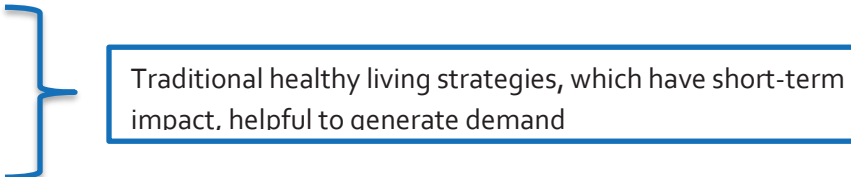
- [Health for All Action Plan](#)
- [2017 Momentum for Change](#) (Annual Report)
- [Our Approach](#)

Agenda Topic: Policy, System and Environment Change & Social Determinants of Health

Policy, System and Environment Change (PSE)

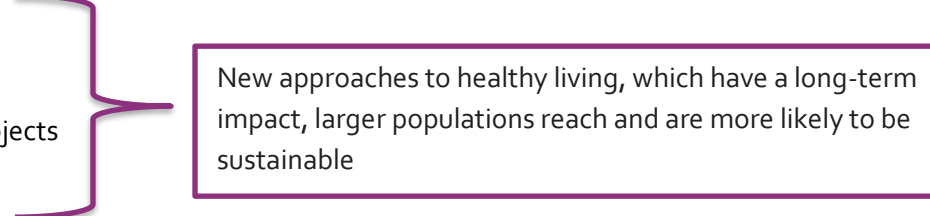
- 5P's Community Action Model
 - Preparation

- Promotion
- Programs



Traditional healthy living strategies, which have short-term impact, helpful to generate demand

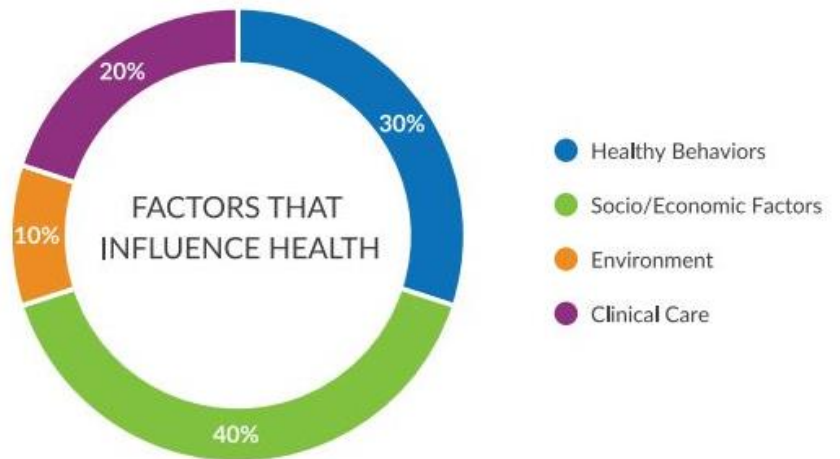
- Policy
- Physical Projects



New approaches to healthy living, which have a long-term impact, larger populations reach and are more likely to be sustainable

Factors and Influence Health

- Historically, health programs have focused on individual behavior, assuming if you teach people what will make them healthy, they will find a way to do it. However, being healthy is determined by much more than our individual choices.
 - As seen in factors that influence health chart, fifty percent of our health outcomes are affected by factors other than our behavior and clinical care. This fifty percent is made up of social- economic and environmental factors, which comprise the social determinants of health.



Social Determinants of Health



- Social Determinants of Health are the conditions in the environments in which people are born, live, learn, work, play, pray, and age that affect a wide range of health and quality of life outcomes and risks
- Five main determinant (condition) areas that are part of the social determinants of health framework are (1) economic stability, (2) education, (3) neighborhood and built environment, (4) health and healthcare, (5) social and community context

What is a Healthy Community

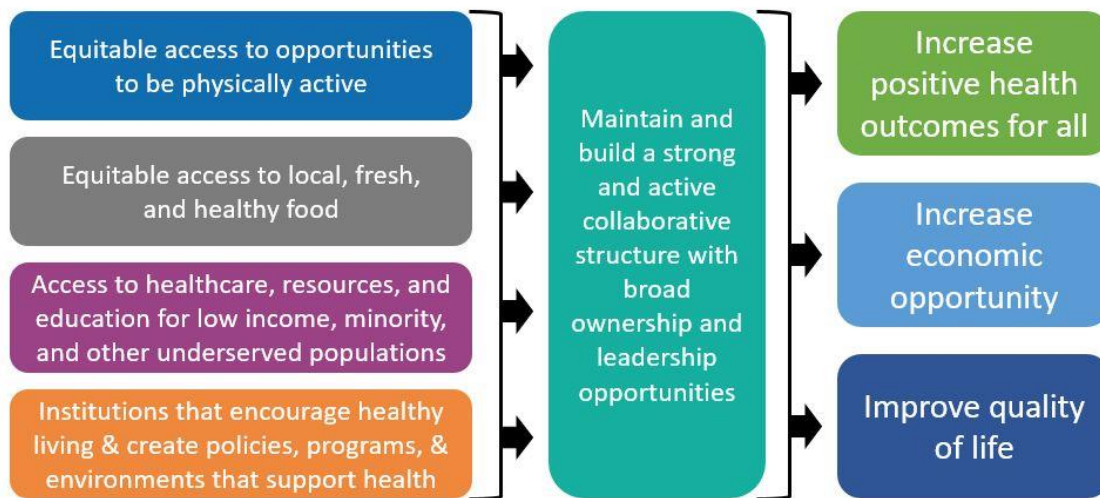
- Meets basic needs of all
- Quality and sustainability of environment

- Adequate levels of economic and social development
- Health and social equity
- Social relationships that are supportive and respectful

What is a Healthy Pittsylvania County?

- Safe, sustainable, accessible, and affordable transportation options
- Affordable, accessible, and nutritious foods, and safe drinkable water
- Affordable, high quality, socially integrated, and location-efficient housing
- Affordable, accessible, and high-quality health care
- Complete and livable communities including quality schools, parks and recreational facilities, child care, libraries, financial services and other daily needs
- Access to affordable and safe opportunities for physical activity
- Able to adapt to changing environments, resilient, and prepared for emergencies
- Opportunities for engagement with arts, music, and culture

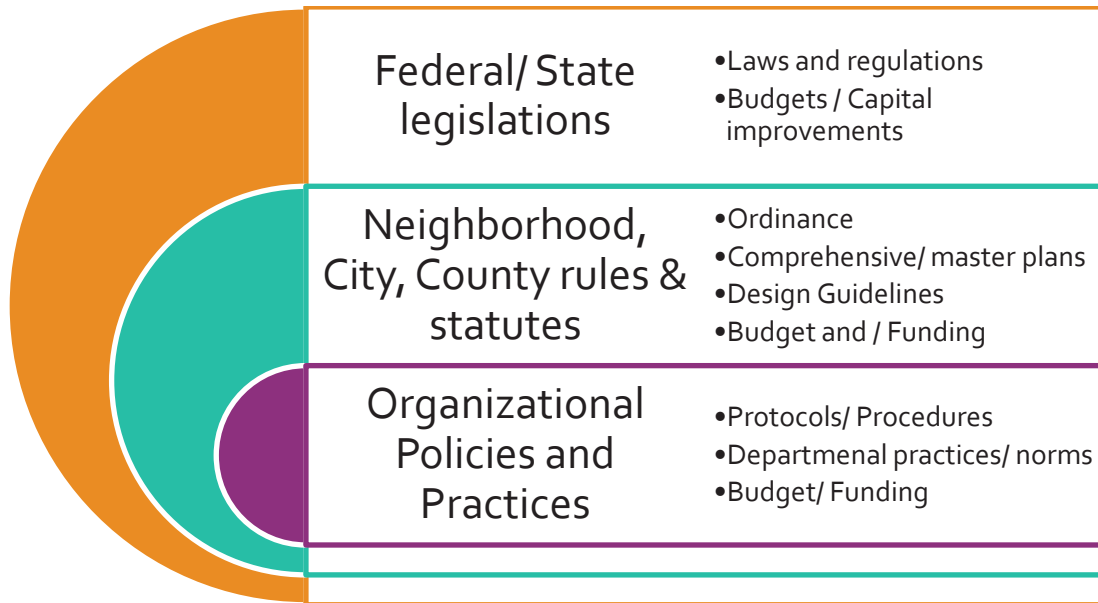
What is a Healthy Dan River Region



Policy and Environmental Strategies

- Important at all scales
 - Multiple levels of influence and opportunities to make policy change in communities
 - When you think about policy and environmental strategies at various scales, you see who the decision-making body is at each level
 - Can help identify where you can influence and lead change

- Can help identify key stakeholder groups to include in your taskforce / efforts



- Like policy strategies, environmental strategies are also important at all scales

Neighborhood / Community	City/ County	Federal/ State
Pocket Parks	Sidewalks	Transportation System
Community Gardens	Playgrounds/ Facilities	State/ Federal Parks
Bike Racks / Greenery	Public Transportation	Trains
Public Art	Trails, Green Spaces	

Agenda Topic: Potential Strategies Brainstorming Activity

Directions

- In small groups, choose 2-3 goal areas to review together. Read through the goal and strategies and briefly discuss.
 - After a brief conversation, consider how your group sees the work moving forward in Pittsylvania County. Please complete at least 2 different goal areas.
 - Determine one note-taker to take legible notes to turn in at the end of the discussion

Report-Outs

- Group 1
 - Active Living → Recognition of places and sites. Information on how to find to increase access to physical activity opportunities. Link Chatham and Gretna walking trails. Also walking trail at new Pet Center to provide activity spaces for volunteers and dogs.
- Group 2
 - Further healthy eating strategies, creating a healthy food center / food hub, healthy retail, partnering with local stores, and healthy vending policies.
- Group 3
 - The role of human resources in creating healthy spaces in county government
 - Healthy vending
 - Increasing the understanding around insurance benefits/ removing barriers/ health literacy
 - Ways to provide incentives
- Group 4
 - Information stored in one place about opportunities
 - What are the barriers to accessing information and how do we remove them?
- Group 5
 - Access to care → mapping the provider network, finding the gap
 - Identifying the community champions

Agenda Topic: General Thoughts and Feedback

Thoughts and Comments

- Vote to move forward
 - Adhoc planning team → Katie, Amy, Sierra, Cassidy, Kirsten
-