



Community Health Needs and Bridges to Opportunity

The Greater Cumberland Committee
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Nancy Forlifer
Western Maryland Health System



Community Health Needs Assessment

The Affordable Care Act mandated...

Community Health Needs Assessment

by Non-Profit Hospitals

in conjunction with public health entities every 3 years

(Section 9007)

Reportable to IRS and Health Services Cost Review Commission



Vision

Healthier together in Allegany County.

Mission

Healthy lifestyles through collaborative partnerships, evidence-based practices and personal commitments.

www.alleganyhealthplanningcoalition.com

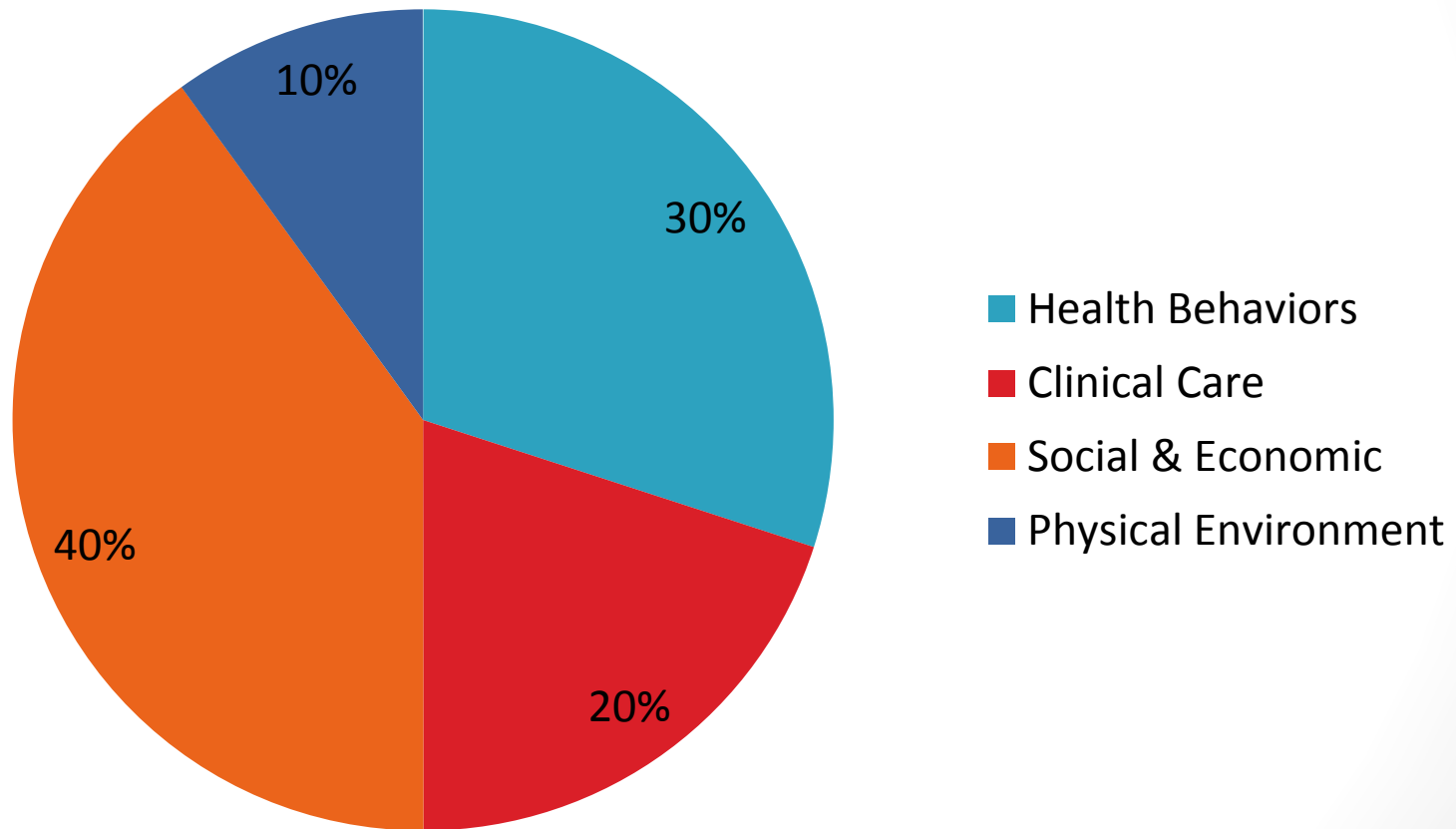




National Prevention Strategy

- **Vision:**
 - Moving the nation from a focus on sickness and disease to one based on prevention and wellness.**
- **Strongest Predictors of health & well-being**
 - **fall outside of the healthcare setting**
 - **social, economic and environmental factors all influence health.**

Factors Influencing Health



Social Determinants are the roots of our health.



What makes the difference?

- Education
- Jobs
- Sufficient Income
- Social support
- Community Safety



Demographics of our Community

- **Poverty**
- **Less Educated**
 - **Fewer college graduates**
 - **Illiteracy**
- **Family and Social Support**
 - **Elderly Population**
 - **Single Parents and Responsible Grandparents**
- **Community Safety**



Health Behaviors

- Tobacco Use
- Substance Use
- Physical Inactivity
- Diet



Priority Needs

Access & Socio Economics

- Children In Poverty
- Primary Care Access
- Dental Access-Adults
- Health Literacy
- Homelessness

Healthy Lifestyles & Wellbeing

- Smoking
- Physical Inactivity
- Healthy Weight
- Domestic Violence
- Fall Related Injury & Death

Disease Management

- Behavioral Health
- Diabetes
- Heart Disease
- Hypertension
- Asthma



Local Health Action Plan

- Access to appropriate care
- Early childhood development
- Increase access to healthy choices (availability and affordability)
- Violence intervention and prevention
- Disease management focusing on multiple chronic conditions and coordination with PCP and across continuum
- Increase availability of behavioral health services

Improved Community Health

- Reduction in preventable hospital stays
- Reduced number of uninsured
- Improved diabetic monitoring and reduced diabetes related ED visits
- Increased access to mental health services and social supports
- Reduced the rate of ED visits for dental care



Challenges

- Children in Poverty
- Access to Food
- Affordable, Quality Housing
- Violent Crime
 - Domestic Violence
 - Drugs
- Impact of Physical Inactivity



Education, Income & Health

In Allegany County, Maryland, if 5% more people attended some college and 5% more had an income higher than twice the federal poverty level we could expect to save 26 lives, prevent 406 cases of diabetes, and eliminate \$2.9 Million in diabetes costs every year.



Poor health and Lower Income Impacts Business

- High Turnover
- Unscheduled tardiness and absenteeism
- Non-related work issues
- Productivity



Partnerships for Community Health

Education & Engagement

- Cancer Prevention Forum
- Smart Moves- Youth Wellness for Families
- Chronic Disease Self Management Programs
- Community Gardens

Environment and Policy Changes

- Red, Yellow, Green- Point of Decision in Cafeteria
- Healthy Vending Project at YMCA
- Promotion of Bike and Pedestrian Routes





Bridges to Opportunity

Key Concepts:

- **Involves all kinds of people working together.**
- **Looks at choices people make and barriers to getting ahead in our community.**
- **Builds resources to help people get ahead.**
- **Creates a community where everyone can live well.**



Workgroups

- Getting Ahead/Engagement of All
- Mentoring
- Resource Building
- Policy
- Youth Engagement

Bridges to Opportunity

Outcomes:

With action by individuals and organizations in the community, *Bridges to Opportunity* will help:

- Move individuals from poverty to self-sufficiency
- Reduce social costs related to crime, poor health, and welfare
- Strengthen educational attainment and job skills
- Enhance economic development and revitalize neighborhoods

Getting Ahead versus Getting By

Thank you!

Nancy Forlifer

WMHS Community Health & Wellness

240-964-8422

nforlifer@wmhs.com