

HEALTHY BLAIR COUNTY COALITION



Our Guiding Principle



Public Health 3.0 Report



Three Health Priorities Selected for the Health Improvement Plan (HIP)

Obesity/Physical Inactivity/Diabetes

Substance Abuse

Tobacco Use

Public Health 3.0 Report



Priority One Strategies – Obesity/Physical Inactivity/Diabetes

- ◉ **Support efforts to increase residents' access to resources that promote active, healthy lifestyles**
- ◉ **Encourage the integration of health and wellness into every aspect of community life.**
- ◉ **Coordinate and collaborate with all other agencies currently working on this effort.**
- ◉ **Promote combined diet and physical activity programs aimed at preventing type-2 diabetes**

Let's Move Blair County Activities and Accomplishments



- Each of our three local hospitals as well as other community agencies provide classes/programs on healthier eating, physical activity, diabetes education, and stress reduction.
- A Let's Move Blair County Facebook page has been sharing tips for healthy eating and getting active, including posting events and activities. Visit us at facebook.com/healthyblaircountycoalition.
- Participate in the Everybody Walk Across Pennsylvania Project (In 2016, 30 teams from Blair County walked 15,728 miles and 18 teams walked 11,298 miles in 2017).
- HBCC supports the efforts of the Blair County Planning Commission to increase opportunities for physical activity by creating walking routes through a project called WalkWorks. HBCC is a member of their Comprehensive Planning Advisory Steering Committee.



Let's Move Blair County Activities and Accomplishments



- Let's Move Blair County Day was held at the Altoona Curve in April 2017 (4700 in attendance, 216 HBCC tickets, and 422 participated in the health fair).



- Sponsored a Faith-Based Wellness Networking Session on the role of the faith community in health & wellness.
- HBCC and our partners will be conducting a Healthy Resolutions Expo on November 10, 2017 to provide information and an opportunity for residents to sign a pledge to eat healthier, drinking more water, and increase their physical activity.

Chamber of Commerce Workplace Wellness Committee



In 2014, Tyrone Regional Health Network and the Northern Blair County Recreation Center started the Corporate Fitness Challenge. In 2016, the Corporate Wellness Challenge became a countywide event. The following are the results:

	2014	2015	2016	2017
Number of Businesses	10	14	25	38
Number of Employees	187	350	613	819
Total Pounds Lost	1100	2700	3750	5893



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Priority Two Strategies – Substance Abuse

- ⦿ **Improve the early identification of substance use disorders by the medical community and implement evidence-based interventions.**
- ⦿ **Develop a protocol for healthcare systems/providers to better understand the drug and alcohol system and available resources in Blair County.**

Alcohol and Other Drugs Work Group Accomplishments



The Blair Drug and alcohol Partnerships and their partners have continued to expand the work started through this HBCC subcommittee focusing on the physical health partnerships in our community. The following are some of the current projects:

- ◉ 24/7 day warm handoff from Emergency Departments for Substance Use Disorders.
- ◉ Implementation of a 5 year Substance Abuse Mental Health Service Administration (SAMHSA) grant through the Department of Drug and Alcohol Programs with Empower3 on Screening Brief Intervention and Referral to Treatment (SBIRT).
- ◉ Ongoing training of the Altoona Family Physician residency program on SBIRT and expansion to the clinical team of the Pregnancy Care Clinic in Altoona.



Alcohol and Other Drugs Work Group Accomplishments



- ◉ **Mobile Assessment services to UPMC inpatient hospital patients to be expanded to the other 2 hospitals this fall.**
- ◉ **Training to the Pregnancy Care Unit at Nason Hospital on identification and referral of pregnant substance abusing moms and moms to be.**
- ◉ **Partnership with Positive Recovery Solution (PRS) to provide community based Vivitrol (medicated assisted treatment (non-narcotic)).**
- ◉ **Partnership with a physical health doctor to support the prescription for NARCAN to BDAP to expand access to NARCAN in our community.**

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Priority Three Strategies – Tobacco Use

- ◉ Identify and support the implementation of policies and programs that promote a smoke free community (e.g. smoke-free workplaces, clean indoor ordinances, smoking cessation programs, etc.).
- ◉ Increase the number of businesses and organizations that are tobacco-free facilities.
- ◉ Collaborate with health care providers and other community organizations to increase referrals to the PA Quitline.

Tobacco-Free Work Group Activities and Accomplishments



- ◉ **Developed and distributed a video in order to provide resources and share ideas from local companies that are 100% tobacco free. The purpose was to encourage others to establish similar policies.**
- ◉ **Hosted a roundtable meeting with career services personnel and developed a second video to educate students and adults on the policies they will encounter when applying for jobs.**
- ◉ **In collaboration with the Lung Disease Center of Central Pennsylvania, smoking cessation classes are being conducted in local hospitals, businesses, and other organizations.**
- ◉ **HBCC and our partners will be conducting a Healthy Resolutions Expo on November 10, 2017 to provide information and an opportunity for residents to sign a pledge to quit tobacco use.**



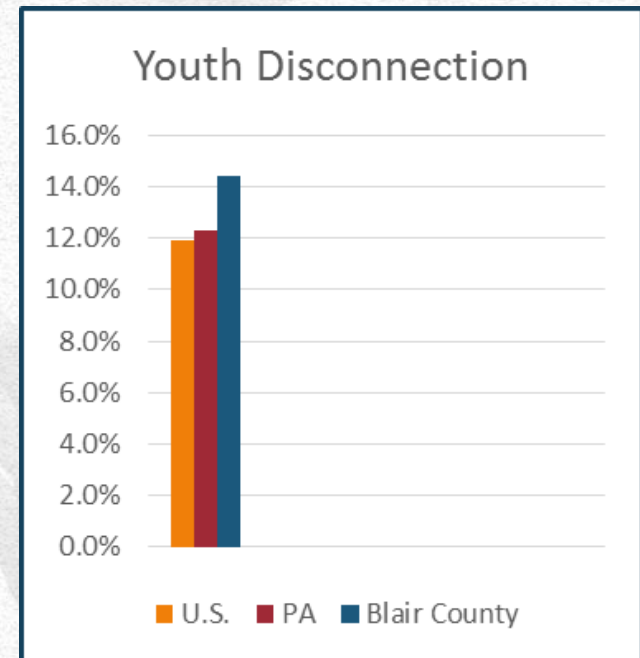
Rural Impact Community Challenge



The National Association of Counties (NACo) in partnership with the Robert Wood Johnson Foundation County Health Rankings & Roadmaps Programs has chosen 12 counties to receive community coaching on efforts to reduce childhood poverty. As a result of collaboration between the Blair County Board of Commissioners and the Healthy Blair County Coalition, Blair County was one of twelve counties selected from across the country.

Measure of America Report: U.S. 11.9%
PA 12.3%
Blair 14.4%

Youth disconnection data is based on the number of youth ages 16-24 that are not in school or in the workforce.



Blair County Rural Impact County Challenge Process



Creation of a Community Coaching Team

Major Focus Area: Youth Connectedness

Our strategies include:

- ⦿ **School Attendance and Academic Success (truancy)**
- ⦿ **Mentoring**
- ⦿ **School and Community Interventions**
- ⦿ **Workforce Development**
- ⦿ **Prosocial Activities and Community Engagement**

Blair County was featured on a NACo and Robert Wood Johnson Foundation Webinar.

A Call to Action Summit is being planned for October 27, 2017 (240 participants).

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Lessons Learned

- ❖ Time for Significant Changes to Occur
- ❖ Communications between HUB and Spokes is an ongoing Effort
- ❖ Collaboration with Partners is Essential (Collective Impact Model)

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