<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Topic</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-8:30 am</td>
<td>Sign In&lt;br&gt;Do Warm-Up Activity: <em>Defining the Most Important Qualities of a Healthy Community</em></td>
<td>Sherry Ellem, Washington County Creating Healthy Communities Coordinator&lt;br&gt;Anne Goon, Marietta/Belpre Health Commissioner</td>
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<tr>
<td>8:30-8:50 am</td>
<td>Today’s Why, Who, What, How&lt;br&gt;Purpose of today’s session&lt;br&gt;Brief introduction to Community Health Assessment process&lt;br&gt;Instructions on how we’ll do today’s session</td>
<td>Anne Goon</td>
</tr>
<tr>
<td>8:50-9:10 am</td>
<td>World Café Question #1: <em>What challenges and barriers do you experience that make you less healthy than you’d like?</em></td>
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<tr>
<td>9:10-9:30 am</td>
<td>World Café Question #2: <em>What’s available here in Washington County that helps you live a healthy life?</em></td>
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<tr>
<td>9:30-9:50 am</td>
<td>World Café Question #3: <em>What else could help you live a more healthy life?</em></td>
<td></td>
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<tr>
<td>9:50-10:00 am</td>
<td>Wrap Up and Next Steps</td>
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limited choices

- Convenient healthy food choices, quick healthy food options (only fast food)
- Evening meetings, kids activities, so healthy family dinners become quick "in the car" meals
- Food deserts, Dart, Newport, New Hat, Lawrence
- Dollar Stores, low economic area predators
- Lack of Health Edu. in public schools
- Unhealthy food is cheaper
- Eye/dental health care is a luxury
- Health disparity for specialist care, 2 hr. drive
- Only 1 hospital in town, limited insurance choices accepted
- Long waits for appointments, customers have no leverage because there is no competition
Question 1

Social barriers

Homelessness

Too many fast food restaurants

Accessible food preferences

Juggling work and school

Vending machines have unhealthy food options

Stress

Cheaper to buy unhealthy food

Faster unhealthy food

Cheaper to buy

Vaping in schools

Access to healthcare

Risky habits/behaviors at school

Access to specialists (Dentists, Dermatologists)

Access to health care

Surgeons
My Kids

Dining out

No Plan

Time

Prevention

Peer pressures

Job Obligations

Motion

Drug use

Alcohol

Money

Education
Healthy Food Choices at Fast Food Restaurants

Healthy/organic foods more expensive.

Lack of transportation to grocery, activities, healthcare.

Safe walkways/bike paths

Family obligations

Access - Rural vs. Urban

HABITS
Learned and Acquired

- Motivation
- Values
- Priorities

Lack of awareness of healthy activities
- Classes in the community (e.g., yoga)

How do you find the activities in your community?
1. Limited diversity
   - lack of resources
   - easier to choose cheap unhealthy foods, than healthy expensive foods
   - lack of knowledge within the community
   - cost of items within our community
   - transportation limits
   - increased use of nicotine (Juuls)
   - addiction within the community
   - lack of understanding/judgment in schools
   - lack of motivation
More expensive to eat healthy.

Expose families + student to choose better options in food, walking, biking etc.
Question 1

Healthcare price

Bike/Ped Access

Transit Options

Long work hours

Fresh Food Options

Healthcare Access

Language/Understanding or Knowing options... Need a One Stop Shop

Communications - who to talk to...

Stigmas for Recovery & Rehab Community

Hours of Availability - Limited
Question 2 M+B

Affordable continued education
(WSAC)
(WSAC)

Tractor Pulls, Fishing, River Hunting (keeps youth interactive)

Horseman association

Partnerships, Networking

Relationships

Farmers Markets

Trail System

Behavioral Health Levy

Outreach programs

Meetings (NA, AA)

Al Anon

TAP
Question 2

Multi Use Trails - M B (?)
BCMH
Health Dep'ts. M B
School teaching healthy food options
Alt. meds / Medical Marijuana
OSU extension office - promoting
Veggie growing + Buying
Go Packs - M + B

Health Care Providers w/ Reminders
Passing - Mental Health Levy
Technology - monitor + promote healthy lifestyles
Question 2

- HPAC
- Laundry Project
- Boys & Girls Club
- Co-Packs
- REACH
- Girls Club
- BB2C
- Marietta Main Street
- Crossroads Program
- M.O.V. REBOUND for Kids Program
- Crossroads Program
- M.
- Restoration Response
- M.
- H.B.

AmeriCorps
Senior Corps
Bike Paths

Fitness Facilities
Recovery Facilities
Community Action
Music in the City
Marietta Health Dept.
Gospel Mission
The Right Path Program
2. **M:** the variety of hospitals

   **M:** the different trails

   **M:** the amount of certifications? college courses

   **B:** senior citizen facilities

   **M:** variety of nursing homes

   **B:** public parks along with the private workout facilities

   **M:** Tabby's Closet

   **B:** BAM

   **Mi:** food pantries

   **Mi:** boys & girls club

   **M:** the different theatres

   **Mi:** go packs

   **M:** high school mentoring

   **Mi:** Rightpath

   **Mi:** county health department

   **M:** the laundry project

   **Mi:** education talent search

   **Mi:** head start

   **Mi:** Family & Children 1st

   **Mi:** Building bridges to careers

   **B:** greenhouse

   **M:** neighborhood/community garden

   **Mi:** educational partners

   behavioral health board

   job shadows

   religious organizations

   free breakfast

   aquatic center

   YMCA

   Betsy mills

   grocery stores
Farmer's Market

Health Dept.
Community Action
Caring Connection
Food Pantries
Area Agency on Aging
other Community-based Organizations

Hiking/Walking Trails
Self-mgmt education
falls, chronic disease, pain, diabetes
Fitness - gyms, clubs
Recreational sports
Senior Centers
Mentoring program BB2C
(on-site and schools)

Washington County Teen Institute
Behavioral Health Board
Health care

Habitat for Humanity
Community Info. Meetings
(MainstWest)
- Reduced & Free Lunch Programs
- Bike & Walking Trails
- Churches
- Go Packs (M)
- Organized Sporting Events
- Senior Center
- 2 Colleges
- Several Food Pantries
- 2 Health Deps.
- Farmer's Market
- Rivers for Outdoor Activities
- Boys & Girls Club
- Betsey Mills Club
- Family & Children First
- Broughton's Trail & Assoc. Facilities
- "Adult" Playground (Front Street)
- Availability of Rentals
- Comm. Action & O.S.U. Healthy Cooking Glasses
- Community Garden

Pack & Go Store @ MMS

Summer Programs Offered By "Right Path" Program

Public Libraries For Resources

Emergency Housing

H.V.D. Assisted Elderly Housing

Elderly Transp. Options

Meals On Wheels Program

R.S.V.P. Program
3. education with healthy living
   - Better technology for schools
   - Transportation to NSCC
   - More job opportunities
   - Better support systems
   - More public playgrounds
   - Motivation
   - Better transportation opportunities
   - Better food opportunities
- Finances
- Education
- More health education
- Access/availability
- Program Promotion
- Public Transportation
  - for grocery shopping/social activities/any needs
- Affordable/safe/clean housing
- Free public access to physical fitness
- Healthy checkouts at grocery stores
- Dental care/vision - who accept medicaid
Question 3

A- Collaboration between departments in city, key stakeholders, and community members

A- Hours of Availability to access resources/programs/services. Open when public can come in and take advantage.

M- Health promotion + educational activities in schools - making good choices, etc.

M - modes of available transportation

M/B - Lack of safe, not walkable pathways to parks, roads (improvements)

M - Lack of basic services to meet needs
  ex: laundry, grocery stores, thrift stores (Dollar Generals)

A - Lack of Volunteers to assist resource facilities

A - Healthy Restaurant Choices

A - Creating awareness of available programs and services to assist vulnerable populations.
Question #3 - What else...

- More awareness of community activity
- Availability of resources outside Marietta + Belpre
- More diversity of curriculum in K-12 - focus on life skills
- More resources like Go Packs
- Motivation to change to positive health (self control)
- Better paying jobs + livable wages
- Fostering independence + self-reliance
- More affordable healthy foods
- SNAP acceptance at Farmers' Markets
- More time to make healthy choices
#3 Affordable health care for real

Not just on paper.

Review policies related to Medicaid eligibility and transition to self-sufficiency.

Specialized medical care for children (e.g. cancer)

Specialized behavioral health services for children locally

Better options for health care

EDUCATION
Q3

- Time
- Mental Health Needs
- Basic Needs
- Open conversations
- Adult Support
- Transportation
- Distraction—Safer roads
- Community Support
- Private Chef
- Peer Support
- Family Support
- To Be Heard
- Healthier Food Options

Specialized medical care for children (e.g., cancer)
WARM-UP ACTIVITY:
Qualities of a Healthy Community

Before we start, please write the 3 most important qualities of a healthy community on small post-it notes (1 per note).
Use blue notes if you live in Marietta, pink notes if you live in Belpre, and green notes if you live elsewhere in Washington County.

Put your small post-it notes on the large sheets that are most similar to your responses. If your response isn’t similar to anything already posted, then put it on a sheet labeled as “Other Important Qualities”.
Washington County
Creating Healthy Communities Coalition
Thursday, November 21, 2019
8:30-10:00 am
Buckeye Hills Regional Council, 1400 Pike Street, Marietta
Anne Goon
Health Commissioner

Vision: Making the Healthy Choice the Easy Choice

Mission: Preventing and reducing chronic disease in Washington County through cross-sector collaboration to improve access to and affordability of healthy food, increase opportunities for physical activity, and assure tobacco-free living where we live, work and play.

Sherry Ellem
CHC Coordinator
Community Health Assessment

- A method to help communities prioritize public health issues, identify resources for addressing them, and take action.
MAPP Overview


- A method to help communities prioritize public health issues, identify resources for addressing them, and take action.
MAPP Overview

Community Themes & Strengths Assessment

Organize for Success
Partnership Development
Visioning
Four MAPP Assessments
Identify Strategic Issues
Formulate Goals and Strategies
Evaluate Plan
Action

Forces of Change Assessment

WHY
HOW
Knowledge and Skills Needed to Assess Community Themes & Strengths

WHO? YOU!
Residents, Local Partners, Health Educators, Public Health Nurses

WHY? YOU ARE KNOWLEDGEABLE about Community Assets, Resident Issues, Local Quality of Life.
Community Café Conversations

**WHAT?** A way for many people to share their knowledge through small group conversations of questions that matter!

**WHY?** Together we have the wisdom and creativity to confront even the most difficult challenges.
Community Café Guidelines

1. Each table should have 4-5 people, flip chart paper, and markers. Strive to sit with folks you don’t know, and change to a different table for each question.

2. Contribute your thinking (and encourage others to do the same).

3. Speak with your mind... and ❤!
4. Listen to understand.
5. Listen together for patterns, insights, & deeper connections. If something pertains to just Marietta or just Belpre, write (M) or (B) next to it.
6. Link and connect ideas.
7. Focus on what matters.
Community Café Guidelines

8. Play, draw, doodle as you record your conversations.
9. Have fun!
Question #1

What challenges and barriers do you experience that make you less healthy than you’d like?
Question #2

What’s available here in Washington County that helps you live a healthy life?
What else do you need to live a more healthy life?
Next Steps

Next Steps

Ohio University’s Healthcare Access Report to be done by 11/30/19.

Next Steps

Ohio University’s Healthcare Access Report to be done by 11/30/19.


Planned for 1st qtr. 2020.
Next Steps

Ohio University’s Healthcare Access Report to be done by 11/30/19.


Planned for 1st qtr. 2020.
Thank You!
Contact Information:

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