Engaging People, Ideas and Resources to Develop and Implement Community Health Strategies

Tanner Health System and 160 Local, State and National Partners, 24 Task Forces, 550 volunteers

COMMUNITY CHALLENGE

Tanner Health System is a non-profit hospital health system located in west Georgia, a predominately rural area. Population of Carroll, Haralson and Heard Counties: 151,141

<table>
<thead>
<tr>
<th>Factor</th>
<th>Carroll County</th>
<th>Haralson County</th>
<th>Heard County</th>
<th>Georgia</th>
<th>Top Performers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult smoking</td>
<td>18%</td>
<td>17%</td>
<td>18%</td>
<td>18%</td>
<td>14%</td>
</tr>
<tr>
<td>Adult obesity</td>
<td>32%</td>
<td>27%</td>
<td>30%</td>
<td>30%</td>
<td>26%</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>28%</td>
<td>26%</td>
<td>25%</td>
<td>23%</td>
<td>19%</td>
</tr>
<tr>
<td>Access to exercise opportunities</td>
<td>62%</td>
<td>67%</td>
<td>27%</td>
<td>75%</td>
<td>91%</td>
</tr>
</tbody>
</table>

ACTION PLAN

Community Collaboration

Aging Services  Business & Industry  Civic Groups  W.I.C.  Clinics / Physicians  Parks & Rec  Head Start  County Gov’t  University  Non-Profit Agencies  City Councils  Schools

Targeted Leadership Competencies

- Transformation
  - Achievement Orientation
  - Community Orientation
  - Innovative Thinking
  - Strategic Orientation
- Execution
  - Change Leadership
  - Collaboration
  - Project Management
- People
  - Relationship Building
  - Talent Development
  - Team Leadership

Community-Clinical Linkages (CCL) Intervention Programs: (evidence-based)

- Chronic Disease Self-Management (CDSMP)
- Diabetes Self-Management (DSMP)
- Kids N Fitness
- Diabetes Prevention Program (DPP)
- FreshStart
- Cooking Matters

OUTCOME MEASURES/PRELIMINARY RESULTS

- Physical Activity
  - Trained 48 teachers from 16 schools in Power Up for 30, helping more than 9,500 students add 30 additional minutes of physical activity into their school day
  - Safe Routes to School resolution passed empowering kids to walk/ride to school; 700% increase in the number of students who walk and bike to school daily
  - Bikeshare program launched in partnership with the Carrollton Greenbelt, with over 4,000 active users

- Nutrition
  - Developed a Farm and Food Resource Guide
  - Farmers’ Markets provided double SNAP
  - Launched 70 new Community Gardens
  - 300 low-income families learn how to shop for and prepare healthy meals at home through the Cooking Matters program
  - Launched Food Care App
  - Eat A Rainbow play for elementary school children, reaching 6,500 students

- Chronic Disease
  - Trained 2 master trainers and over 60 lay leaders in CDSMP and DSMP programs, one master trainer and 49 lifestyle coaches in DPP; 6 FreshStart leaders, and 19 program facilitators of Kids N Fitness
  - Over 50 clinicians referring to GHLW CCL evidence-based programming
  - DPP participants averages 5.7% of their body weight, reducing their risk of developing diabetes by 53%

- Live Tobacco Free
  - Don’t be a Bonehead microsite developed for teens
  - No Smoking Pledge= 491 youth signed
  - ‘Meet Ciggy Havasmoke’ play reached more than 1,000 local middle school students
  - Fresh Start Tobacco Cessation Classes, reaching over 700 individuals
  - Smoke-free policies in over 25 local organizations, impacting over 60,000 individuals

AWARDS AND RECOGNITION

Over $5.5 million in federal and private grants for Community Health (2012-2017)