

Health and Wellness Team Notes – March 3, 2010

Homework

- What are the levers in the community that can impact change (3 or 4 at most)? That could move the needle on the group's measures?
- What incentives are getting us to where we are now or run counter to where we want to go? What incentives do we need to get to the community goal?
- What are the roadblocks or barriers standing in our way?

Health and wellness team working goal statement:

Carroll County leads NH in supporting its citizens to pursue and achieve balanced health.

Pairing it with the other teams' working goal statements shows the interconnectedness of the teams and lays out the vision for getting to the community aspiration of *working together to make Carroll County a place where all generations can live, work and thrive.*

- Team 1 : Childhood readiness and success.
In Carroll County, all children are ready for Kindergarten and achieve at or above grade level success by the end of third grade.
- Team 2: Aligning Education to Careers
Working together throughout Carroll County to educate world-class citizens so that our young people and communities thrive.
- Team 3: Individual and Family Economic Stability
Carroll County becomes one of the top three counties in NH by supporting the achievement of individual and family economic security.
- Team 4: Balancing Economic Development and Environmental Stewardship
Community members steward both a vibrant economy and our human and natural resources so that all generations thrive.

Group discussed the measures they would need that would answer the question of whether we are having any impact on improving health in Carroll County.

The measures need to identify what has changed (skills gained, attitude changed, behavior changes, circumstances improved)

The group learned about A3 Action Planning. Each team will build rolling action plans with 90 day timelines that let the community check their work along the way, to track whether the steps we are taking getting us where we want to go.

Once we understand where we want to go and what the roadblocks are to getting there, the better able we are to ask for what we need.

Measures were selected but not locked in stone. The group wants to compare Carroll County to NH now and in the future on the following measures:

1. Accessibility
 - Age 0-18 – we think we’re pretty good
 - Ages 18+ - we think more issues here
 - # doctors
 - Transportation
 - Health insurance

2. Substance Abuse
 - Parental attitude (driver)
 - Teen use (measure)
 - Involuntary admissions for treatment

Discussion: a team member’s experience is that parents as a whole seem to have much stronger agreement around their children not using tobacco than around alcohol use.

3. “Obesity” (use clinical definition)
 - Childhood measure & adult measure or whole population
 - Doctors - % screening or addressing with their patients (lever)
 - Compare BMI now to future

Questions/tasks:

- Did the NH bill pass requiring this information to be collected at the school level?
- Get the “Let’s Move” link to national level work. What measures or levers are they using?

4. Mental Health
 - Co-pay is a barrier
 - Self defined days of poor mental health (discussion that this is a pretty accurate measure at the population level)

Additional Discussion:

Question raised – how much are the health issues connected to addictive behaviors?
Should the frame be obesity or fitness?

Next meeting: Wednesday, April 7, 6:00-7:30pm

Meeting Focus

- Identify top 4 levers
- Does that change our measures?