



## Team 5 – Health & Wellness

Team Goal: Carroll County is the leading county in NH in supporting its citizens in pursuing and achieving balanced health.

### What we've learned

Carroll County is ranked 8<sup>th</sup> out of the 10 NH counties in the Robert Wood Johnson Health Rankings largely due to the high rate of uninsured adults (20%) and high death rate due to motor vehicle accidents. Some social/economic factors such as our higher percentage of children in poverty (15%) also contribute to our low rank. The key questions that emerged are, “**How can people meet their health care needs if they don't have insurance?**” and “**What actionable areas can a community group focus on that would impact this?**”

### Progress/Accomplishments - What the team is working on and why

**Video Project** - Produced video for northern part of the county with help from Valley Vision that shows the health service locations that people can get to using the new Carroll County Transit system and explains how to use NH Health Access. The video addresses how people without insurance or transportation can still access existing services. The original idea was to offer a physical tour. The group opted to produce a video because it could reach far more people by using Community Access TV and sharing copies of the video with various providers.

**Health Campaign** – Outlined goals for a health campaign focused on simple, concrete actions. The team made the decision to start with promoting walking because it is an activity for all ages. They have begun to gather information about possible approaches, existing walking efforts and walking locations through the town's recreation departments. The emerging health campaign came from the idea that the least expensive option for people is to stay as healthy as they can. And, there are free and low-cost choices within people's control. “**What can we do to help people to make simple, concrete healthy changes?**”

### What's Next:

- Distribute northern video pending the start of the Carroll County Transit Fixed Route Service. Then, work with Wolfeboro Community TV to make a southern video.
- Decide on an approach for the health campaign with input from other community entities and work with others to implement.

### How you can help

- Help distribute the health videos.
- Let the team know what is already happening in your town (school, recreation, senior center, etc.) to promote walking.
- Help the team to research and decide on an approach to promote walking.
- Serve as a connector between your town, the groups you belong to and this team.

### Stepping along into health . . .

