*Improving Community Health through Planning and Partnership*

Fluvanna Community Health Assessment Council

Fluvanna County Department of Social Services

November 3, 2016

Minutes

**Attendees:**

Bryan Moeller *(Region Ten)*

Mozell Booker *(BOS)*  
Kirby Baughn *(FCDSS)*

Norm Holland *(SARA)*

Lynanne Gornto *(TPC)*

Jillian Regan *(TJHD)*

Putnam Ivey *(TJHD)*

Jackie Martin *(SMJH)*

**Obesity**

* Discussed CATCH, a program for reducing overweight and obesity in children, is coming to Fluvanna
* Discussed healthy eating-program that sends a backpack home with healthy food for kids
* Lack of recreational facilities in Fluvanna
* Lack of transportation🡪 makes it hard for kids to get to recreation
* Need recreation facilities closer to the communities
* Would need one for each of the many different communities within Fluvanna
* Think this is something that they can work on in the next 3 years
* Discussed churches as a way to do this
  + However, not everyone goes to church, so might be better for it to be in a neutral place instead
  + Community centers would be neutral place
* Parks and Rec would be a needed partner for this, they are aware of what recreation facilities currently exist, which are already being planned, etc.
* Potential strategy: include cooking classes
* Comment: have extension program person, but she doesn’t do a whole lot of education on cooking
* Need to use resources that exist in Fluvanna
* Suggestion going through the schools, offering free food and cooking class on how they can cook the food at home
* Example in Charlottesville = SMJH’s Starr Hill Health Center

**Mental Health & Substance Use**

* Connecting local groups with organizations that can provide the space as well as those orgs that can provide the program
* Is one addiction recovery group at a church, United Methodist
* Are two groups at Palmyra United Methodist—focus more on treatment support than prevention
* But there is a need for more
* Barrier: lack of awareness in Fluvanna that there is a drug problem in the community
* A way to get people involved would be to have someone/group taking on the drug problem as a project and present to BOS
* Is a need for more psychiatrists
* Ex: Fluvanna Region 10 only has 1 pscyh NP who comes out once or twice a week
* Problem is funding for salaries to hire more people
* Also is need for public awareness, using stigma reduction to make drug problems less shameful, so people will seek help
* The MHWC is working on a public awareness campaign

**Health Disparities and Access to Care**

* SMJH wants to be part of building this coalition
* Is a need to serve underserved communities—Kent’s Store, Palmyra, etc.
* Have Central VA Community Health Center
  + But transportation to get people there is a problem
* Patients with Medicaid can get access to transport – Logistic Care is name of company that will provide it
* Only downside is that need to schedule transport at least 7 days in advance
* Southeast Trans = another transport company in Fluvanna
* Might need to do an awareness campaign around what transportation is available

**Age & Family Friendly Continuum**

* Lack of affordable child care
* Lack of independent living facilities—trying to turn a couple of the closed school buildings into independent living facilities
* Have a grant for some funding to get started on this
* Working around family’s schedule
* Want to get more of the faith based community involved
* Have young ministers who know they need to go outside of the church to serve the community
* Barrier: not a lot of the ministers actually live in Fluvanna
* Also the churches may actually be doing a lot, but is not a coalition of churches, so no one knows what other is doing
* Example: church in Charlottesville has their own healthy living curriculum, the CHW program did a CHW training here
* Idea: having churches with enough interested in promoting healthy living
* American Heart Association initiative “Empowered to Serve”
* Idea: incorporating parenting info into a handout given to parents when child reaches school age and goes to school
* Idea: having an all-churches, all faith, black and white churches, have a community get together
* At this could have healthy living, health educational stuff at that