

Executive Summary

MAPP2Health Overview

Many factors influence a community's health including individual health behaviors and genes/biology, social, economic, and environmental conditions, and healthcare—both access to care and service delivery by private, nonprofit, and governmental agencies. Assessing our own community's health is critical for understanding our community's strengths and opportunities for improvement so that a healthy, connected, vibrant, and overall well community results.

The Centers for Disease Control and Prevention (CDC) and the National Association of City and County Health Officials (NACCHO) developed the *Mobilizing for Action through Planning and Partnerships* (MAPP) strategic framework to engage community stakeholders, key organizations, and citizens to come together to review health indicators and determine community health priorities for focus and improvement. Agencies serving communities within Virginia's Planning District 10 (PD10), also referred to as the Thomas Jefferson Health District (TJHD), have utilized the MAPP framework since 2008 to review health outcomes and align resources. In September 2015, a third round of the MAPP process launched to assess progress on the priority areas identified within the 2012 MAPP2Health Report and to identify whether new priority areas were needed.

Community Health Assessment (CHA) Councils convened within each PD10 locality—Albemarle/Charlottesville (combined), Fluvanna, Greene, Lou-



isa, and Nelson—and included representatives from local governments, schools, community agencies, colleges, nonprofits, and healthcare organizations. The MAPP2Health Leadership Council (the Leadership Council) included a variety of public and

private agencies serving the entire PD10, representatives from each locality CHA Council, community members, and the four coalitions working to address priority areas identified in the 2012 MAPP2Health Report. Overall, 105 community partners and 10 community coalitions participated in the MAPP process from September 2015–December 2016 to review and discuss collected quantitative and qualitative data, recommend other data that should be collected, and develop a Community Health Improvement Plan for inclusion in the 2016 MAPP2Health Report (Figure 1).

Key Findings

The current MAPP2Health Report was developed as a call to action for PD10 organizations and residents to work collaboratively to leverage existing resources, access new resources, and strategically implement interventions that will improve community health outcomes across the selected community health priorities. Collectively, the 105 community partners and 10 community coalitions that came together to assess the community's health through the MAPP process completed four assessments—the Local Public Health System Assessment (LPHSA), the Forces of Change Assessment (FOCA), the Com-

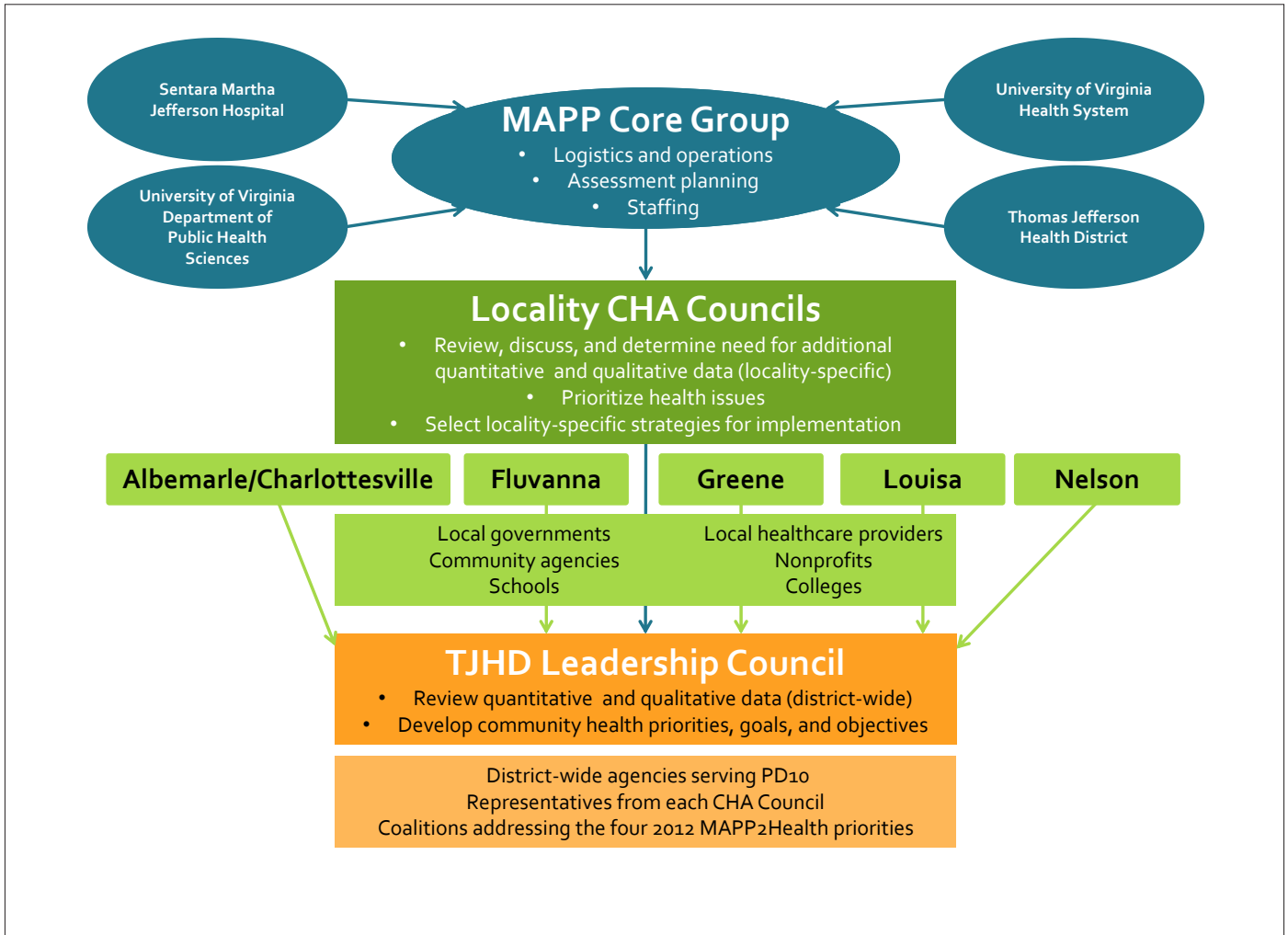


Figure 1 | MAPP2Health Structure, TJHD, 2015–2016. Source: Thomas Jefferson Health District, 2016.

community Health Assessment (CHA), and the Community Themes and Strengths Assessment (CTSA). To complete the CHA, councils reviewed approximately 140 indicators comparing local data to state and national standards and benchmarks. Council members at all levels of the MAPP process provided input and feedback on the development of the CTSA which ultimately reached 2,885 residents.

After extensive review of these qualitative and quantitative data and with recommendations from the CHA Councils, the Leadership Council identified four district-wide community health priorities and goals:

- **Promote Healthy Eating and Active Living**

Goal: Increase access to healthy foods and recreation through education, advocacy, and evidence-based programming.

- **Address Mental Health and Substance Use**

Goal: Improve capacity to provide culturally and linguistically appropriate mental health and substance abuse prevention and treatment services.

- **Improve Health Disparities and Access to Care**

Goal: Increase health equity and narrow the gap for health conditions through outreach and education to health care providers and community members.

- **Foster a Healthy and Connected Community**

Goal: Increase well-being across the lifespan by supporting education, prevention, advocacy, and evidence-based programming.

While the selected community health priority areas and goals are district-wide, strategies for community implementation were selected by each locality CHA Council, with recognition that each CHA Council was best positioned to select effective strategies for its specific locality. Strategy development at the locality level was critical to remain true to the community's strengths and opportunities for improvement and leveraged locality-specific knowledge about existing resources, services, organizations, and collaborations in addition to any other forces that could positively or negatively impact success.

Next Steps

As the population in TJHD grows, new challenges arise in achieving and maintaining health and well-being. In many cases, organizations and partnerships within PD10 have already made substantial improvements in community health through new programs, campaigns, laws, and community coalition work. Despite the many successes, promoting healthy

eating and active living, addressing mental health and substance use, improving health disparities and access to care, and fostering a healthy and connected community continue to affect the quality of health and the quality of life in our community. It is in these areas that the community is called to turn its focus to collaboratively brainstorm new approaches and strategies to make measureable gains in improving health.

Progress cannot be made without the support of the entire community. Council members at all levels of the process encourage community members to get involved in any way they can—from volunteering to serve on a community coalition to making a small change toward healthier eating and more active living. Between 2017 and 2019, partner agencies and community coalitions will continue to work toward these community goals and objectives with support from community partners and the agencies engaged in the MAPP process. The Leadership and CHA Councils will meet to review data, evaluate progress, and discuss any potential changes needed in strategic approaches.

This report and other downloadable content are available online at www.tjhd.org.