



MAPP: PROMOTE HEALTHY EATING AND ACTIVE LIVING

In Planning District 10, the goal of this priority area is to increase access to healthy foods and recreation through education, advocacy, and evidence-based programming. Virginia's *Plan for Well-Being* notes that "following a healthy diet and living actively have long-term health benefits. Maintaining a healthy weight is associated with improved quality of life and reduced risk of cardiovascular disease, diabetes, dementia, cancer, liver disease, and arthritis."¹

Initiatives and Highlights

Move2Health Coalition

The coalition has completed their strategic plan and is working on website updates. Visit <http://www.move2healthcentralva.org> for more information or contact Jackie Martin at JGMARTI1@sentara.com.

Staffing for Healthy Eating & Active Living

The health department has applied for funding for a part-time Obesity Prevention Coordinator to support workplace and school wellness policies (approval pending) and has just welcomed a full-time CDC Public Health Associate for two years to support communications and obesity prevention efforts.

Obesity Mapping Project

UVA THRIV has completed an obesity mapping project of the district using UVA outpatient clinic data. There are separate obesity maps for adults and children. Data is from 203,044 visits from 117,001 unique individuals (57% female, 43% male).

CATCH (Fun Active Activities for Kids)

Over 5,500 kids have been exposed to CATCH. CATCH is currently in all Charlottesville elementary school CLASS Programs, the Crozet YMCA, and multiple Boys & Girls Club locations. CATCH facilitator and train-the-trainer training were held in September and October 2017. Please contact Duke Biber, CATCH Coordinator, for more info at duke.biber@gmail.com or 317-441-7440.

"Fresh Farmacy" Fruit and Veggie Prescriptions

This program coordinated by the Local Food Hub is a partnership with three area health clinics—the Charlottesville Free Clinic, Sentara's Starr Hill Health Center, and the Westhaven Nursing Clinic—that "prescribes" patients a biweekly supply of fresh fruits and vegetables. In 2016, 75% of patients lowered their blood pressure and/or reduced body weight. As of summer 2017, the University of Virginia Health System's employee wellness program, BeWell, has also enrolled select employees in the program.

¹Virginia's Plan for Well-Being. (2016). Retrieved November 27, 2016 from <http://virginiawellbeing.com/>.



MAPP: ADDRESS MENTAL HEALTH AND SUBSTANCE ABUSE

In Planning District 10, the goal of this priority area is to improve capacity to provide culturally and linguistically appropriate mental health and substance abuse prevention and treatment services. Virginia's *Plan for Well-being* describes the importance of addressing mental health and substance use and how these areas link to other health outcomes: "Untreated mental health disorders and substance misuse and abuse have serious impacts on physical health and are associated with the prevalence, progression, and outcome of some of today's most pressing chronic diseases, including diabetes, heart disease, and cancer."¹

Initiatives and Highlights

Community Mental Health and Wellness Coalition

The coalition has completed a 2017-2019 Strategic Plan. To join, contact Coalition Director Rebecca Kendall at Rebecca.Kendall@regionten.org.

Help Happens Here Campaign

The coalition also launched a stigma reduction and awareness campaign which includes a resource and referral website, an information and referral phone line staffed by member agencies during regular business hours, and a public information campaign. For more information, visit <http://helphappenshere.org> or call the information line at 434-227-0641.

Grant to Increase Access to Services

The Blue Ridge Medical Center in Nelson has received a \$175,700 grant for substance abuse and mental health services as part of a national strategy to fight the opioid epidemic.

Annual SPARC Walk

The walk, organized to help shine light on suicide prevention, was held on October 21, 2017 in Louisa. The event raised \$11,398.

NARCAN and REVIVE Training for Opioid Overdoses

The health department now provides free Narcan and Region Ten Prevention can offer REVIVE training.

Medication & Drug Disposal Options

The Greene, Louisa, and Fluvanna Sheriff's Departments provide drug drop boxes. In April 2017, Sentara Martha Jefferson and the Albemarle County Police Department held an unwanted medication and sharps drop-off event and collected over 1,675 pounds of medications and sharps. The health department also distributed a number of one-time use drug disposal kits to community partners and community members.

¹ Virginia's Plan for Well-Being. (2016). Retrieved November 27, 2016 from <http://virginiawellbeing.com/>.



MAPP: REDUCE HEALTH DISPARITIES AND IMPROVE ACCESS TO CARE

In Planning District 10, the goal of this priority area is to increase health equity and narrow the gap for health conditions through outreach and education to healthcare providers and community members. Virginia's *Plan for Well-being* states: "There are striking differences in health within and between communities in Virginia. Uncovering the root causes of health inequities in Virginia's neighborhoods and working together to improve the conditions needed for people to be healthy will improve well-being for all Virginians."¹

Initiatives and Highlights

Health disparities and health equity: no movement toward a coalition at this time. Sentara Martha Jefferson Hospital and UVA Health System working on a plan to include maximum community involvement.

UVA Health System Office of Community Relations is shifting from sponsoring one-time events to **one year investments in programming directly linked to one or more of the identified MAPP2Health community health priorities** starting on November 1, 2017. Applications for FY18 grants are due **November 30, 2017** with a call for FY19 applications in January 2018. For more information, visit <https://uvahealth.com/about/community-relations-outreach/grant-program>.

Cultural humility training: Sentara Martha Jefferson Hospital, the African American Teaching Fellows, and The Women's Initiative conducted a community cultural humility/implicit bias training for approximately 150 community members. The second session occurred December 4th at the Jefferson School African-American Heritage Center in Charlottesville. Stay tuned for further sessions.

Insurance Counseling: JABA offers free unbiased one-on-one counseling year-round that guides older and disabled adults through complicated health insurance questions. Statistics show that **87% of people on Medicare have the wrong Part D plan** for them. Last year, JABA **helped 1460 people** find the right plan and **saved them, on average, \$670 on their prescription cost**. Call or email JABA to schedule an appointment: 434-817-5248.

¹Virginia's Plan for Well-Being. (2016). Retrieved November 27, 2016 from <http://viriniawellbeing.com/>.



MAPP: FOSTER A HEALTHY AND CONNECTED COMMUNITY

In Planning District 10, the goal of this priority area is to increase well-being across the lifespan by supporting education, prevention, advocacy, and evidence-based programming. Virginia's *Plan for Well-Being* states that "improving environmental and social conditions at the neighborhood level provides a greater opportunity for all Virginians to be healthy. Communities can improve health by considering implications to health when developing policies and systems related to education, employment, housing, transportation, land use, economic development, and public safety."¹

Initiatives and Highlights

CASPER is an assessment technique/survey method designed by the CDC to provide household-based information about a community quickly and at low-cost. A CASPER will be conducted by the health department and the Charlottesville Area Alliance in spring 2018 with questions around **healthy aging** and **health disparities**.

A *High Impact Coalitions* training was held in August 2017. 65 attendees representing 67 coalitions overall with 45 coalitions, workgroups, and other groups from our district, specifically, were represented.

Charlottesville Area Alliance (CAA) is an umbrella organization created to boost awareness of senior issues that has been formally endorsed by both the Albemarle County Board of Supervisors and Charlottesville City Council. For more information or to join, visit <http://www.charlottesvilleareaalliance.org> or contact CAA Chair Peter Thompson at peter@seniorcenter.org. Member Marta Keane of JABA noted, "So much of our advocacy is trying to better help planning commissions, cities and counties think about seniors when they're thinking about their policies," adding the Alliance seeks to build partnerships to put the issue center-forward.² CAA will use the World Health Organizations eight life elements of an age-friendly community to evaluate progress within our communities.

¹ Virginia's Plan for Well-Being. (2016). Retrieved November 27, 2016 from <http://viriniawellbeing.com/>.

² "Albemarle, Charlottesville celebrate area aging alliance." Retrieved October 22, 2017 from <http://www.cvilletomorrow.org/news/article/26570-charlottesville-area-alliance/>.