

healthy tomorrows

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Dayton Community • Wright State University • Sinclair Community College

It's Your Government: Being an Effective Educator on Health Policy Issues

by Kay R. Parent, Program Director,
Health Promotion/Disease Prevention, Center for Healthy Communities

With so many issues and priorities competing for the attention of law and policy makers, it is important to know how

to effectively make our voices heard in advocating for health, education, and human services issues. As citizens, we each have the right to communicate with our elected representatives and make our views known.



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The Center for Healthy Communities is a community-academic partnership committed to improving the health and well-being of the community and enhancing health professions education.

Our partners include: the Dayton community; Boonshoft School of Medicine, School of Professional Psychology, Department of Social Work, College of Liberal Arts, and College of Nursing and Health at Wright State University; Sinclair Community College Division of Allied Health Technologies, and Division of Extended Learning and Human Services; Dayton Public Schools; Dayton Metropolitan Housing Authority; Montgomery County; Kettering Medical Center Network; Premier Health Partners; the Combined Health District of Montgomery County; many community and regional health, human services and faith-based organizations, and local and state governments.

In addition to the direct and in-kind support provided by our academic partners, the Center is funded through the Area Health Education Centers (AHEC), Montgomery County Children Services Board, Ohio Department of Health, Ohio Department of Mental Health, Planned Parenthood of the Greater Miami Valley, and the United States Department of Health and Human Services.

This spring, **Kay Parent**, Health Promotion/Disease Prevention Program Director, had the opportunity to attend the **Health Education Advocacy Summit** in Washington, D.C. This summit educates health and human services leaders about advocating for public health issues at all levels of government: federal, state, and local communities. At this year's summit, the focus was on issues related to Centers for Disease Control funding for Coordinated School Health Program, REACH 2010 and Minority Health, and support for the reauthorization of the *No Child Left Behind* Act to include health education.

Attendees spent a day and a half clarifying the issues and preparing to visit lawmakers on Capitol Hill. On the second day, attendees hit the bricks and visited their representatives to talk with them about the identified issues. Kay made seven visits on that Monday and came away from the Summit with the following take-home lessons in advocacy.

Be prepared and do your homework

- Learn as much as you can about your representative and senator. Know what committees they sit on. Know their voting record on health issues and what bills they have sponsored.
- Know about the issues you are supporting. Be able to describe

each program in one or two sentences. Give examples of how they have been successful, especially in your state. Know in advance exactly what you will say—memorize and practice it.

Make a specific request

- Ask for support of a specific bill, or a specific level of funding.
- Use real examples and be prepared to answer questions.
- If the discussion gets off track, bring it back to your issue.
- Bring the issue down to the local community and state level—most local and state decisions are impacted by federal legislation.

Be helpful and courteous

- Offer to do additional research if asked a question you can't answer.
- Tell them what your opponents will say about the issue, and how those objections can be addressed. (Remember, if there is no opposition, there are still funding priorities. Give them reasons why your issue should have priority.)
- Provide brief written information and refer to it during your discussion.

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Center for Healthy Communities Fourteenth Annual Meeting A Showcase for Health Collaboration

by Carla Clasen, MPH, RN, Co-Director, Center for Healthy Communities

The Center for Healthy Communities held its fourteenth Annual Meeting on June 21, 2006 at the Dayton Cultural and RTA Transit Center, with 75 guests attending. The meeting was a chance to inform the community about some of the work the Center is doing as well as showcase a few of the many wonderful collaborations among Dayton area health and human service providers working to improve the health of our community.

Center Director Kate Cauley welcomed attendees, with special recognition to Mayor Rhine McLin, County Commissioners Debbie Lieberman and Charles Curran, Montgomery County Clerk of Courts Dan Foley, and Karen Levin of the Levin Foundation. The Center's academic partners were represented by Marcia Muller, Vice President for University Advancement and President of the WSU Foundation, and Gloria Goldman, Chair of the Nursing Department at Sinclair Community College. Also recognized were Margaret Metcalf, a longtime community supporter of the Center, and Evadene Harris, one of the original Community Health Advocates to work at the Center.



Carla Clasen, Co-director of the Center, presented the annual CHC Health Promotion Awards. These awards recognize collaborations between two or more groups that have contributed to improving the health of Montgomery County citizens. This year the Cancer Prevention Institute and the Life Enrichment Center received the award in the established collaboration (over 2 years) category for "Healthfest." In the new collaboration (less than 2 years) category, Community Action Partnership and many partners received an award for "Feeding the Children." For more information about the awards, see page 3.

Guests at the annual meeting had an opportunity to learn about several other successful collaborations through a display of posters. This year for the first time, the Center for Healthy Communities solicited abstracts for posters that detailed work that organizations have done in partnership with others. After the formal program and before lunch was served, meeting attendees viewed the posters and talked with the presenters. See sidebar for a list of posters presented.



The Center held its annual meeting at the Dayton Cultural and RTA Transit Center at 40 S. Edwin Moses Boulevard, which many annual meeting attendees were seeing for the first time. The Cultural and RTA Center opened in November 2005 and is a renovation of the historic Zion Baptist Church. The Cultural Center is available to the public for community, cultural and artistic uses.

Poster Presentations at the Center for Healthy Communities Annual Meeting June 21, 2006

An Asthma Intervention in Dayton Public Schools

*William Tindall, Dept. of Family
Medicine, WSU; Shalini Forbis,
Children's Medical Center; Judy Febr,
Linda McDole, Dayton Public Schools*

CARE House Child Advocacy Center

*Teresa Wiles, Libby Nicholson,
Maurice Lee, CARE House Child
Advocacy Center*

Consequences of Policy Change: Ohio Grandparent Affidavit

*Dionne Simmons, Center for Healthy
Communities*

Greater Dayton Area Health Ministries Coordinators Collaboration

*Chris VanDenburgh, Kettering
Medical Center Network; Sharon
Becker, Good Samaritan Hospital;
Amy Carter, Greene Memorial
Hospital; Rhonda Johnson, Episcopal
Retirement Homes, Inc.*

Safe Sleep for Your Baby

*Jan DeVeny, Montgomery County
Health District*

Smokefree Kettering: Seeking to Pass a Clean Indoor Air Ordinance

*Patricia R. Hale, Community
Coordinator, Smokefree Kettering*

Take Off Teens

*Kay Parent, Carla Clasen, Center for
Healthy Communities; Carol Gill,
Ohio Department of Health*

Transformation of Safety Net Medical Services in Dayton, Ohio

*Sharon Sherlock, Amy Jomantas,
Misty Congill, Reach Out of
Montgomery County*

10th Annual Health Promotion Awards

New Collaboration Category

Community Action Partnership (CAP) and other partners received the new collaboration Health Promotion Award for “Feeding the Children.” CAP is an advocate and service provider for low income families. Poor nutrition takes a toll on childhood development and compromises adult health, and people living in poverty are even more at risk of inadequate nutrition. Recognizing this, CAP joined with others listed below to address the issue of poor nutrition through offering a series of sessions for families that would help adults and children better understand the need for healthy eating and teach mothers how to prepare economical and nutritious meals for their families.

Contributing to this program were the Ohio Commission on Minority Health who provided funding, Ms. Tabitha Blue who was the cooking instructor and who originally proposed the idea, Sinclair Community College who provided nutrition education, dietary oversight, and service learning volunteers, College Hill Community Church who provided the facility in which the sessions were held, Dayton Urban Ministry and St. Vincent Supportive Housing who identified and recruited participants, the Ohio State University Extension Office which provided technical assistance, and the Foodbank, which supplied incentives in the form of groceries. Approximately 202 volunteer hours were donated to the project.

The program enrolled 24 families representing 57 adults and children, exceeding its goal of 10 families. Seven families (target was 5) completed 3 of the 4 sessions, and completed surveys that indicated a change in knowledge and/or behavior regarding nutrition.



Carla Clasen, CHC, with Deb Ferguson and Tim Donnellan, Community Action Partnership

Established Collaboration Category

The **Cancer Prevention Institute** and the **Life Enrichment Center** received the established collaboration Health Promotion award for “Healthfest.” The mission of the Cancer Prevention Institute (CPI) is to build a healthier community through research, screening and education. The Life Enrichment Center (LEC) is a faith-based, non-profit organization developed to provide families in need with necessary social services and serve a mainly Appalachian population. CPI and the LEC have collaborated since 2003 to offer “Healthfest,” a large health fair offered in April and September each year. Healthfest includes cancer screenings by CPI, additional health screenings by Good Samaritan Hospital and additional services such as healthy cooking and exercise classes, osteoporosis screening and other screenings. Partners providing these services include Wellness on Wheels, OSU Extension Services and many other organizations.



Cindy Bruggeman, Cancer Prevention Institute, and Diane Mebling, Life Enrichment Center

In addition to the Healthfest events, CPI and LEC staff have collaborated to provide educational programs with speakers on a number of health related topics. Programs have been offered on a regular basis in an effort to reach new participants at the LEC as well as reinforce the healthy lifestyle message to those who continue to seek services provided by the LEC. CPI has expanded its cancer screenings to provide mammograms and PSA blood tests three times each year for three days each time, for a total of nine cancer screening days throughout the year.



For the past ten years, the Center for Healthy Communities has recognized the collaborative work of health and human services organizations that promote better health in Montgomery County. If you would like to nominate a collaboration for 2007, please visit the Center’s web site for a nomination form at www.med.wright.edu/chc/events/healthpromotion.htm. Organizations may self-nominate. Collaborations that have not been recognized can submit a nomination each year.

CHC Strategic Plan: Strategic Initiative II

by Carla Clasen, MPH, RN, Co-Director, Center for Healthy Communities

"Our progress as a nation can be no swifter than our progress in education. The human mind is our fundamental resource." – John F. Kennedy (1917-1963)

The "academic" part of the Center for Healthy Communities' community-academic partnership dictates the education of health professions students and providers as a core value and strategy. The "community" side of the partnership ensures that educating students and providers in and for the benefit of the community is a strong focus. The schools of nursing, medicine, professional psychology, and social work at Wright State University and of allied health at Sinclair Community College were instrumental in the conception of and planning for the Center for Healthy Communities. Faculty from all these schools, plus the Kettering College of Medical Arts and additional schools at Wright State, continue to be involved with the Center as Faculty Affiliates (see <http://www.med.wright.edu/chc/abtus/faculty.htm>).

Health care delivery systems are in a state of change. The challenge of caring for the health uninsured, meeting HIPAA standards for privacy, and the increase in managed care mean that new and existing health professionals need to operate in an often challenging environment. The CHC has tried to find innovative ways to engage students and providers in educational experiences that will help to prepare them to function as competent and caring professionals in their communities.

Service learning is a teaching methodology that gives equal emphasis to learning and community service. Unlike volunteer work, in which the primary beneficiaries are the community members being served, and practica, in which the primary beneficiary is the student who is learning, service learning seeks to benefit both. The CHC has been very active in bringing service learning into health professions education. Through support from the Corporation for National and Community Service, a

multiprofessional faculty team developed the Service Learning Protocol for Health Professions Schools. After piloting the protocol for developing and conducting high quality service learning experiences

Strategic Initiative II: Educate students and providers to improve health care service delivery

with faculty in the health professions schools locally, we presented faculty development workshops and offered mini-grants to encourage faculty in Ohio and the five surrounding states to incorporate service learning into their courses. Evaluation indicates that as a result of participation in service learning, students are more knowledgeable about conditions within their communities and are more likely to report a willingness to continue with community service as professionals.

The Center for Healthy Communities has also promoted a multiprofessional practice model as a way to improve the quality of health care. The Multiprofessional Orientation Course, developed in 1997 and offered yearly since, involves students from many health care disciplines and incorporates service learning. Students work together in teams with a community partner to perform a needed service for the partner. Students learn about each others' disciplines in the process and differences and similarities with their own discipline's philosophy. Another multiprofessional course that CHC staff are involved in teaching is Ethics in an Interprofessional Context, for medical, psychology, and seminary students.

In addition to educating health professions students, throughout its existence the CHC has offered seminars and events that contribute to the continuing education of practicing providers. For the last two years, we have offered quarterly seminars on a



variety of topics including safety net medical, mental health, and social services for children and adults, electronic medical records, crisis care, and social security. Education of health professionals will remain part of the strategic plan for the Center for Healthy Communities. In the next issue of Healthy Tomorrows, we'll talk about our third strategic initiative: Support and encourage community advocacy and programs that empower community members to become active participants in improving their own health and the health of the community.

The Service Learning Protocol for Health Professions Schools

- ◆ Expand health professions clinical training sites through ongoing relationships between faculty and community partners to ensure appropriate education of students and continuous service in response to community-identified needs;
- ◆ Develop the service learning experience utilizing service learning objectives;
- ◆ Develop an orientation component to health professions clinical training, which focuses on the population being served and the community in which the service is provided;
- ◆ Develop a reflection component to health professions clinical training in which students have the opportunity to integrate the service and learning aspects of the experience;
- ◆ Evaluate all aspects of service learning projects including all stakeholders; and
- ◆ Promote actively the ethic of service as an integral part of professional practice.

Women's Health Month 2006 Grantees Announced

The Center for Healthy Communities, acting as AHEC Region IV, recently awarded **Women's Health Month 2006** grants to six organizations and institutions serving Montgomery, Greene and Clark counties. The grants will be used to provide educational programming that addresses women's health issues identified by the Ohio Department of

Health, the source of Women's Health Month funding. The grantees will offer their programming during September, Women's Health Month. Congratulations to the following grantees:

- **Antioch College** will present a program entitled "Understanding Body Image and Its Impact on Women's Health" on Thursday afternoon, September 28, 2006 at Antioch College, Yellow Springs, Ohio. Coordinated by the Antioch College Counseling and Wellness Center, the workshop will feature four events: two presentations from speakers with expertise in body image issues, a viewing of the documentary *Killing Us Softly 3*, and a student designed activity presented by Antioch College's body image advocacy group. For more information, contact Ann Hembree, LSW (937) 769-1127 or Linda Sattem, PhD, (937) 769-1129.
- **Combined Health District of Montgomery County** will present a half-day seminar entitled "The Young Woman Within: Taking Time to Care," scheduled for Saturday, September 23, 2006 at the Dayton Urban League in Dayton, Ohio. The program will include speakers with expertise in cardiovascular and diabetes, motivational demonstrations in exercise and nutrition that attendees can participate directly in, and health-related exhibits and materials. For more information, contact Kimberley Freeman, (937) 496-6959.
- **Greene County Combined Health District (GCCHD)** will present a workshop on Tuesday, September 12, 2006 (tentative) entitled "HIV/AIDS: Be Empowered, Know the Facts." The workshop is tentatively planned to take place at the Norman E. Ward Center, Central State University, Wilberforce, Ohio (tentative). The target audience includes African-American female students at Central State University and Wilberforce University. The program will feature two speakers who will present factual information about HIV/AIDS and STDs, an open discussion period, and keynote speaker Brenda Stone Browder, a Central University graduate and author who will address African American women's issues related to sexuality, relationships and HIV/AIDS. For more information, contact Sara Pappa, (937) 374-5600.
- **Reach Out of Montgomery County**, partnering with **Wright State University College of Nursing and Health and Boonshoft School of Medicine**, will present "Mirror Image: Healthy Habits and Adolescent Body Image," a series of educational sessions in two Dayton charter high schools (New Choices Community and Life Skills Academy) on September 18, 20 and 22. The program will feature Ask-A-Doctor and Ask-A-Nurse sessions and an educational presentation on overweight, including education on nutrition and exercise. For more information, contact Mariann Lovell, (937) 258-2000.
- **Wesley Community Center and DKJ Gym** are partnering to present "Healthy Alternatives: Exercise for Women," an exercise and nutrition workshop, on September 9, 2006. The program will include individual health assessments, nutrition education, and a physical fitness workout led by a certified trainer. Participants will receive an exercise manual to guide them in their own fitness programs. For more information or to register, contact Shallon Coleman, (937) 263-3556, ext. 19.
- **Womanline of Dayton, Inc.** will present a training program, "Healing Hearts: Women and Sexual Abuse," in September 2006, exact date and location to be determined. In addition to professional workshops, the event will feature a noontime presentation by a speaker with expertise in the field of sexual abuse of women. Womanline is partnering with Artemis Center and CARE House in coordinating the event. For more information, contact Womanline of Dayton, Inc., (937) 223-3446.



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For more information or to make suggestions, please call Kate Cauley, Ph.D., Center Director, at (937) 775-1114. Contributions to the Center may be made through the Wright State University Foundation. All contributions are tax deductible.

What's New on the CHC Web Site?

The **Walk!Downtown** web site is up! Print 8 different walking routes for downtown Dayton, and enjoy the benefits of walking. You can also record your progress with our new walking logs. Find these and more at <http://med.wright.edu/chc/walks.htm>.

See past issues of **healthy tomorrows** on the Web at www.med.wright.edu/chc/pub.htm





About and in the Community

Walk! Downtown Dayton

A crowd of over 250 people joined together at Courthouse Square to kick-off **Walk! Downtown Dayton** on June 28, 2006. The Walk! Downtown Dayton program is the collaborative effort of the Center for Healthy Communities,

the Downtown Dayton Partnership, Montgomery County, the Miami Valley Regional Planning Commission, and the Healthy Dayton Coalition. Targeted primarily at downtown business employees, Walk! Downtown Dayton encourages people to walk in the downtown business district to increase personal fitness and to explore the concept of a walkable community. Scenic, historic and commercial sites around the core district are featured on the program's easy-to-use walking maps, available for downloading on the CHC Web site at www.med.wright.edu/chc/walks.htm.



Dayton's Courthouse Square



Even dragons can benefit from walking!

At the June kickoff event, participants registered for the program and learned about ways to get fit downtown. The first 100 received a free goodie bag, and all were entered into a door prize drawing. Dr. Kate Cauley from the Center for Healthy Communities awarded the prizes and introduced the celebrities who had volunteered to lead each of the 8 walking trails. Among these were Mayor Rhine McLin, County Commissioner Charles Curran, Natasha Williams from Channel 7 and Mary McCarty from Dayton Daily News. Before setting off, there was a warm-up by a local YMCA fitness instructor with even some of the local wildlife joining in. They then followed their local celebrity guide along a scenic downtown walking route. The first to return was the Peace Walk group lead by Dayton Mayor Rhine L. McLin. The event was a success and raised awareness of the health benefits of walking.

Walk! Downtown Dayton continues through the good weather months with a weekly walking day on Wednesdays, originating from Courthouse Square. During the noon hour, walkers can visit the Walk Wednesdays! table and turn in logged miles and register for a weekly drawing of prizes.



Kickoff walkers gathering in downtown Dayton



Peace Walk walkers, Dayton Mayor Rhine L. McLin leading

The Walk! Downtown program continues to develop. For maps and program updates, please check the CHC Web site, <http://www.med.wright.edu/chc/walks.htm>. To learn more about the program, please contact Kay Parent at 937-775-1113.

An Apple a Day

Health News from the Center for Healthy Communities Health Promotion Program



Walking Aids Healthy Weight Maintenance

Excerpted from "Winning at Losing," in News in Health, the National Health Institute e-newsletter

Getting your weight under control can help you avoid many health problems. While there are many ways to successfully lose weight, most people regain it over time. Ongoing research is now giving us insights into how to keep that weight off. Dr. Rena Wing of Brown Medical School and The Miriam Hospital spoke at NIH recently

about the latest research in weight control. She explained how the National Weight Control Registry (NWCR), an effort funded in part by NIH, is helping researchers find out not only how people lose weight but how they can maintain their weight loss.

The NWCR is a different kind of study. Rather than randomly putting people into groups and testing different methods, the researchers set up a registry that anyone can join if they've lost at least 30 pounds and kept it off at least a year. Those who enroll fill out questionnaires about how they lost weight, how they're trying to keep it off and other aspects of their health. There are now over 6,000 people in the study. They've lost an average of about 70 pounds and have maintained their weight loss for an average of 5.7 years.

Wing said that the methods people in the registry used to lose weight varied. They included cutting down on certain foods, eating less overall, liquid diets and many others. In contrast, there isn't a whole lot of difference in how they maintain their weight. People who successfully control their weight, Wing explained, tend to eat a low-fat diet, watch their total calories and do a lot of physical activity.

Keeping Weight Off

The National Weight Control Registry continues to give us clues about how to keep weight off:

- * Keep eating fewer calories.
- * Exercise regularly. Over 90% of those who've kept their weight off use physical activity as part of their weight control program.
- * Eat a healthy breakfast.
- * Weigh yourself daily. Plan for how to get back on track if your weight begins to creep up.
- * Watch the fast food. People in the registry eat fast food less than once a week, and eat out no more than 3 times a week.
- * Don't be a couch potato. Almost 2 of every 3 people in the registry watch less than 10 hours of TV per week—much less than average. Try to exercise instead of eating while you watch.
- * Stay consistent. Those who "go off their diet" on weekends, vacations or holidays have a harder time keeping weight off.

For more information about the NWCR study, go to: <http://www.nwcr.ws/>

Interested in walking or biking more as part of your daily routine? Want to be less reliant on your car? It's easier if you live in a **walkable community**. For more information about walkable communities in the Dayton area, please visit the Miami Valley Regional Planning Commission web site at www.mvrpc.org/walkable/ to read about its 2004-2005 Walkable Community Program and www.mvrpc.org/sgi/ to read about its Sustainable Growth Initiative. For information about walking and biking, visit www.pedbikeinfo.org.

Being an Effective Educator, continued from page 1

- Leave materials with the legislative assistant and get his/her business card.
- Thank them for their time and interest.

Follow up your visit

- Send a thank-you email.
- Send additional supportive information immediately following your visit.
- Offer to be a resource in the future.

Visitors will probably not meet with their legislator but rather with his or her legislative assistant (LA). LAs are designated to specific areas such as health or education. They do all of the research and homework on specific bills and issues and are qualified to speak

with you about them. They need to be knowledgeable about issues and will welcome your assistance with specific details.

Remember, when contacting your legislator, it is more effective to make a phone call or send an email. In light of past bioterrorist events, posted mail to your legislators is highly scrutinized; it may take weeks or months to reach their office.

Advocating for important health issues and educating our legislators is an important part of our work as health educators. We need to understand how budget and public policies affect the health of the communities we serve. We all need to practice communicating information about our issues as clearly and effectively as possible—so that it is brief, comprehensive, compelling, and tied to the interests of our local community.

Coming and Going

by *Kate Cauley, Ph.D., Director, Center for Healthy Communities*

Not long after the Center for Healthy Communities said hello to **Victoria Raquepaw**, who was hired in November 2005 as Administrative Specialist, Victoria said goodbye to the Center in May 2006 after her husband was reassigned to San Antonio, Texas. Victoria and family have now settled in New Braunfels, a beautiful area close to San Antonio. We are sorry that Victoria's time with us was so brief, and we wish her and her family all the best.

Catanya Elliott Stager joined CHC in May, filling the position vacancy left by Victoria. Catanya is a 2004 graduate of Bowling Green University and brings administrative and clerical experience as well as imagination and enthusiasm to the Administrative Specialist position. Catanya is also a new bride, having wed Jeremiah Stagers on July 8, 2006.

Ilene Thomas joined the Center for Healthy Communities in March 2006 as a Kinship Navigator. Ilene has had many years of



experience in health care settings, coming to the Center from Miami Valley Hospital. As a grandmother herself, Ilene brings caring and commitment to working with grandparents and other relatives caring for their grandchildren.

Joyce Hudgens joined the Center as a part-time student worker. Joyce is a student at Sinclair Community College, studying medical information management. We are very glad to have Joyce's assistance in our Kettering Center office.

And one more addition to our extended family: **Charles Simmons IV (Charley)** was born on July 9, 2006 to Dionne Simmons, Director of the Kinship Navigator program, and her husband Chuck. Charley and mother are doing well. Dionne is currently on maternity leave but will return in October. Congratulations, Dionne and Chuck!

Charter funding: The W.K. Kellogg Foundation, Community Mutual Insurance Company, Ohio Board of Regents Action Fund, Ohio Department of Health and the Dayton Foundation.