

Montgomery County Healthy and Sustainable Communities Workshop
June 26, 2008
Universities at Shady Grove, Rockville, MD

Goal and Indicators Break Out Session: Draft Notes

Draft Goal: Healthy People: Creating an environment that promotes physical social, and mental health and health equity

Draft Indicators: Park Land Acreage Per 1000 People, Percent of Housing within ¼ mile of a Park or School

Participants: Lynn Coleman, Gene Giddens, Adrian Hagerty, Cheryl Lynn Jenkins, Ansu John, P. Louise Meyer, Karen Mitchell, Bill Miche, Katherine Nelson, Stephanie Oberle, Kathy Reilly, Leanna Riser, Tina Schneider, Garry Young, Jennifer Zaranis.

Content Expert: Sharon Zalewski, Director of the Primary Care Coalition of Montgomery County

Facilitator: Adam Luecking, Results Leadership Group

Documenter: Tyrone A. Stewart

Draft Goal: Healthy People: Creating an environment that promotes physical social, and mental health and health equity

Re-Draft of Goal: Healthy People: Creating an environment that promotes physical, social, and mental health and health equity.

Major Theme of the Discussion of Goal:

1. Change the description of the goal to be more about the health characteristics of people and not about proximity to parks. That is helpful information but not an important indicator of health.

Draft Indicators: Park Land Acreage Per 1000 People, Percent of Housing within ¼ mile of a Park or School

Major Theme of Indicators Discussion:

1. Focus on Physical, Social and Mental aspects of resident health
2. Health experts would need to be part of this discussion

Beginning Ideas for Potential Indicators:

Physical

- % of obesity in schools
- % of park utilization
- % with asthma
- degree of physical activity

Social

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- Mental
 - % with stress
 - Depression rate

Prioritized Factors and Action Strategies: Focused on a hypothetical obesity indicator

Prioritized Factors of the Obesity Indicator and Potential Strategies:

Factor #1: Sedentary lifestyle

Potential Strategies/Actions:

- Change attitudes and access to physical activity in Montgomery County Children
- Provide active exercise programs in County facilities
- Re-introduce people to nature or self-directed activities
- Create facilities that accommodate all ages and abilities

Factor #2: Poor nutrition

Potential Strategies/Actions:

- Provide low-cost or no-cost dietary solutions to youth and families
- Education and counseling will help change behavior
- Provide programs to model healthy food purchases on a budget
- Exercise promotes a desire for nutritious foods

Factor #3: Community attitudes and/or behavior (Culture)

Potential Strategies/Actions:

- Meet community beliefs “where they are” and create collaborative strategies for healthy change.
- Promote healthy, livable and walk-able mixed use communities
- Telecommuting to reduce stress
- Creating programs that encourage physical activity
- Access to healthy, nutritious food.

Other Factors related to the Obesity Indicator:

- Sleep deprivation: Lack of sleep causes poor dietary choices; lethargy
- Too busy/stressed: Stress causes poor dietary choices
- Car dependency: Long commutes influenced by the affordability of housing and associated stress causes poor dietary choices.
- Prevalence and convenience of fast food causes poor dietary choices
- Technology dependency: Use of technology decreases physical activity (e.g. video games replaces play)
- Cuts in Nature Center funding, and other programs leads to lack of local opportunities for physical activity
- Our Contemporary “Culture of Shock” (or Trauma) causes stress impacting dietary choices

Key partners and their role to play

Partners	Roles
<ul style="list-style-type: none">• Recreation Department/Gyms• Health professionals/Public health• Transportation• County government• MCPS School system• Churches/ Civic Groups/Residents• “the Media”• Private Sector• Planning Department	<ul style="list-style-type: none">• Healthy Activities; Socialization• Education; care• Less stressful travel• Coordination• Education; healthy lunches• Connection to Citizens• Outreach; education• Grants• Healthy neighborhoods

Comments Related to Healthy People from the Content Expert:

Health centers should be more than ‘just a building’:

- They should be family-centric, including programming for all family members.
- They should be cultural competent and aware of the cultural values of residents
- They should provide multi-lingual health services
- They should be viewed and valued as community resources by all residents

Developing a framework for health planning:

- Studying examples from Care Oregon, Vermont Blueprint for Health, Bolton Primary Care Trust (UK).
- Plans to Create “Geo-Maps” according to health issue to visually map areas of need. Data to come from Parks and Planning & Census Data.

Health status of Children in Montgomery County:

Negatives:

- Hispanic and African-American kids at high risk in Montgomery County
- Montgomery County is high in childhood obesity.
- Montgomery County has the lowest level of planned physical activity for children

Positives:

- Recent satisfaction survey reported high-satisfaction rate with health care (overall)
- Collaboration with park and recreation made community center outreach to Hispanic community a success.