Livable Roanoke Valley Update: Our State of Health

FRIDAY, MARCH 30, 2018
Who are we now?

- A partnership of over 50 cross-sector organizations and 160 individuals committed to improving the health of our community through a shared mission and vision.

- Steering Committee leads our five Action Teams:
  - Coordination of Care
  - Mental Health and Substance Use
  - Oral Health
  - Primary Care
  - Wellness

*Since October 2012, volunteers have provided over 3800 hours of service valued at $86,081.*
Our mission is to mobilize community resources to improve access to care, coordination of services, and promote a culture of wellness.

Our vision is a community where all are empowered to achieve and sustain optimal health.
What Influences Health?

Robert Wood Johnson Foundation

- Social & Economic (40%)
- Health Behaviors (30%)
- Clinical Care (20%)
- Physical Environment (10%)
Health Factor Ranking 2018
Health Factor Rankings for Communities Served by Carilion Clinic

Out of 133 counties in Virginia—1 being the best, 133 being the worst
The localities are organized by lowest to highest 2015 health factor rankings

Localities showing a significantly worse ranking
Localities showing a significantly improved ranking

<table>
<thead>
<tr>
<th>Localities</th>
<th>2015 Health Factors</th>
<th>2016 Health Factors</th>
<th>2017 Health Factors</th>
<th>2018 Health Factors</th>
<th>2017-2018 Percent Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roanoke City</td>
<td>123</td>
<td>121</td>
<td>115</td>
<td>112</td>
<td>-2.6%</td>
</tr>
<tr>
<td>Craig</td>
<td>62</td>
<td>73</td>
<td>50</td>
<td>58</td>
<td>16.0%</td>
</tr>
<tr>
<td>Franklin</td>
<td>49</td>
<td>59</td>
<td>69</td>
<td>65</td>
<td>-5.8%</td>
</tr>
<tr>
<td>Salem City</td>
<td>17</td>
<td>15</td>
<td>15</td>
<td>16</td>
<td>6.7%</td>
</tr>
<tr>
<td>Botetourt</td>
<td>14</td>
<td>14</td>
<td>13</td>
<td>14</td>
<td>7.7%</td>
</tr>
<tr>
<td>Roanoke</td>
<td>12</td>
<td>13</td>
<td>12</td>
<td>12</td>
<td>0.0%</td>
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</tbody>
</table>
What Are the Top Needs?
Carilion Community Health Assessment

- **Access to Care**
  Medical, Dental, Mental Health

- **Prevention and Wellness**
  Health Literacy, Disease Prevention, Healthy Behaviors

- **Substance Use/Mental Health**
  Access, Treatment Options

- **Coordination of Care**
  Knowledge of & Access to Community Services, Health Services Navigation
Pathways HUB

- Taking Aim, Improving Health pilot to create a community-based care coordination system
- Based on the AHRQ Pathways Community HUB
- Partners:

Funded by:
“Building a relationship is the key. Some of my clients are my neighbors and friends.”

Kenny Hurt
Community Health Worker
Make Change Happen:
Fresh Foods RX

**Goal:**
Increase fruit & vegetable consumption
Increase access to fresh foods

**Target:**
Adults 18 yrs & older
BMI ≥ 25
Diabetics

**Where:**
Primary Care Practices

**How:**
Weekly health education classes
Weekly prescriptions for mobile market visits
Monthly check-ins with providers

**Partners:**
Carilion Clinic, New Horizons Healthcare, LEAP for Local Food, Virginia Cooperative Extension, YMCA
Clinical Indicators: Individual

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2017</th>
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<tbody>
<tr>
<td>Decreased BMI</td>
<td>45%</td>
<td>66%</td>
</tr>
<tr>
<td>Decreased Hemoglobin A1C</td>
<td>70%</td>
<td>62%</td>
</tr>
<tr>
<td>Decreased weight</td>
<td>61%</td>
<td>69%</td>
</tr>
<tr>
<td>Decreased systolic blood pressure</td>
<td>52%</td>
<td>52%</td>
</tr>
<tr>
<td>Decreased diastolic blood pressure</td>
<td>52%</td>
<td>48%</td>
</tr>
<tr>
<td>Achieved self-directed goals</td>
<td>90%</td>
<td>76%</td>
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</tbody>
</table>

**Note:** Decreased program duration from 16 weeks to 12 weeks, impacting our ability to see change in clinical indicators.
Dental Quest Foundation: Grassroots Engagement Initiative

Call to Action:
Improve the public perception of oral health to overall health.
Oral health is increasingly included in health dialogue and public policy.

The mouth IS a part of the body!
Healthy Roanoke Valley

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