

Livable Roanoke Valley Update: Our State of Health

FRIDAY, MARCH 30, 2018



HEALTHY

roanoke valley

MAKE CHANGE HAPPEN

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.



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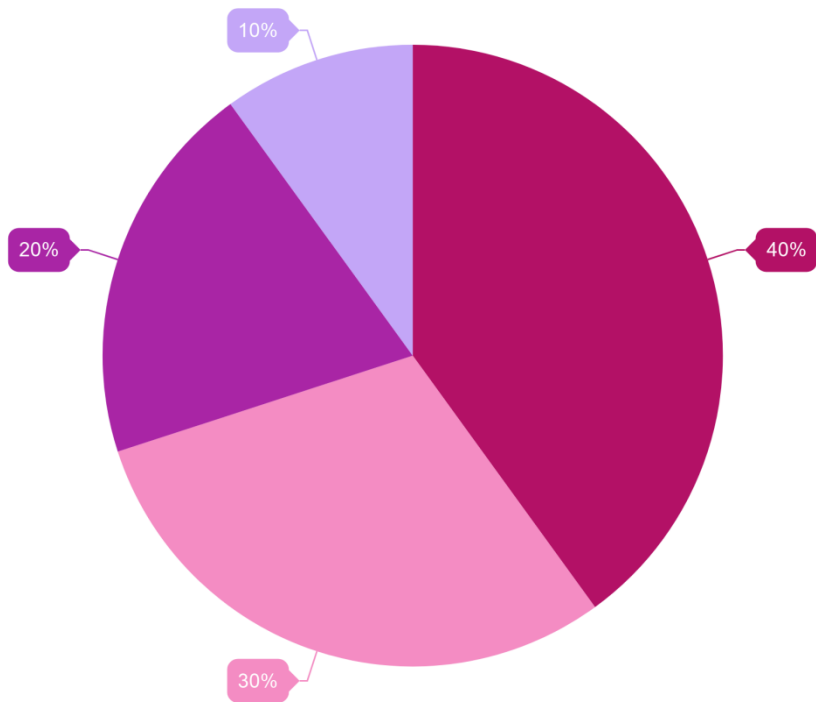
HRV Mission & Vision

- ▶ ***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.



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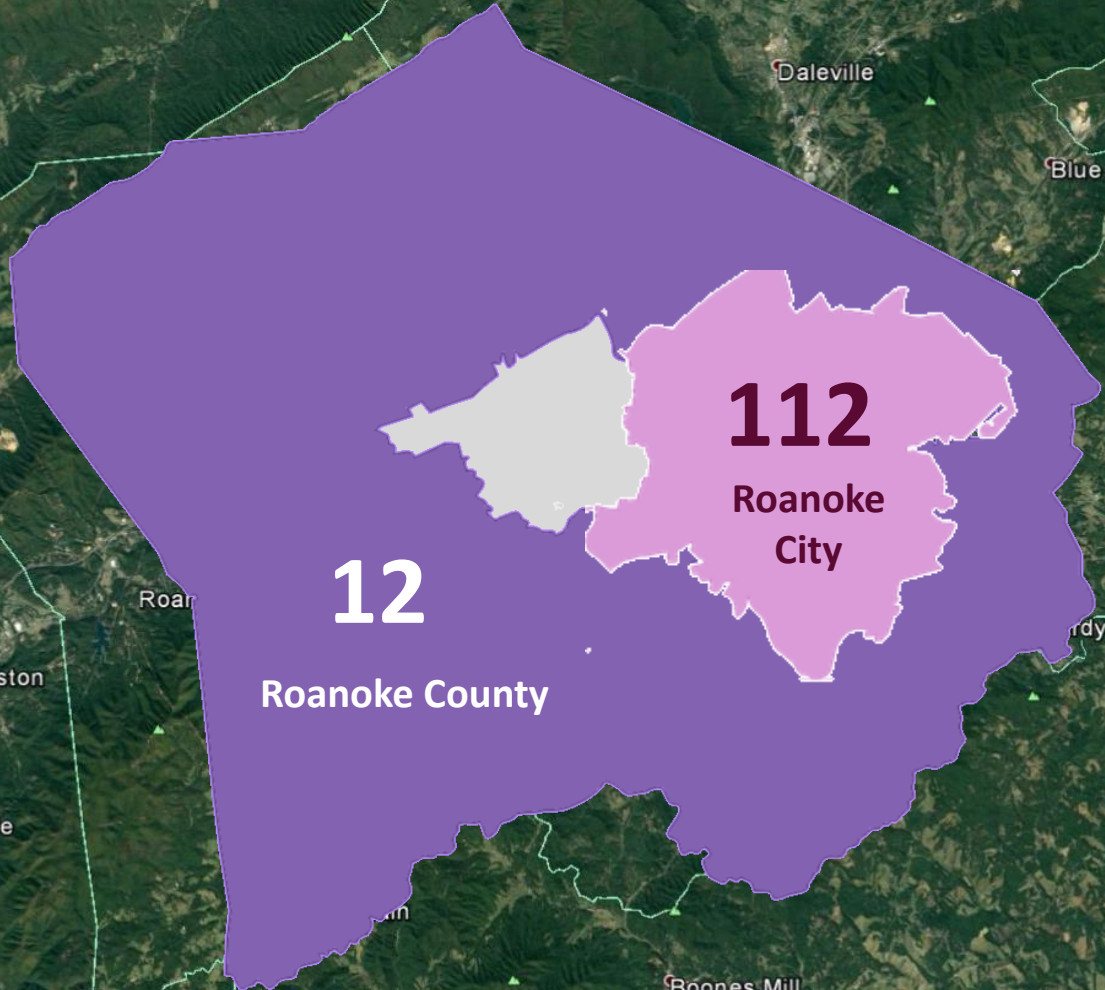
What Influences Health?



- Social & Economic (40%)
- Health Behaviors (30%)
- Clinical Care (20%)
- Physical Environment (10%)

Robert Wood Johnson Foundation

**Health
Factor
Ranking
2018**



Health Factor Rankings for Communities Served by Carilion Clinic

Localities	2015 Health Factors	2016 Health Factors	2017 Health Factors	2018 Health Factors	2017-2018 Percent Change
Roanoke City	123	121	115	112	-2.6%
Craig	62	73	50	58	16.0%
Franklin	49	59	69	65	-5.8%
Salem City	17	15	15	16	6.7%
Botetourt	14	14	13	14	7.7%
Roanoke	12	13	12	12	0.0%

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

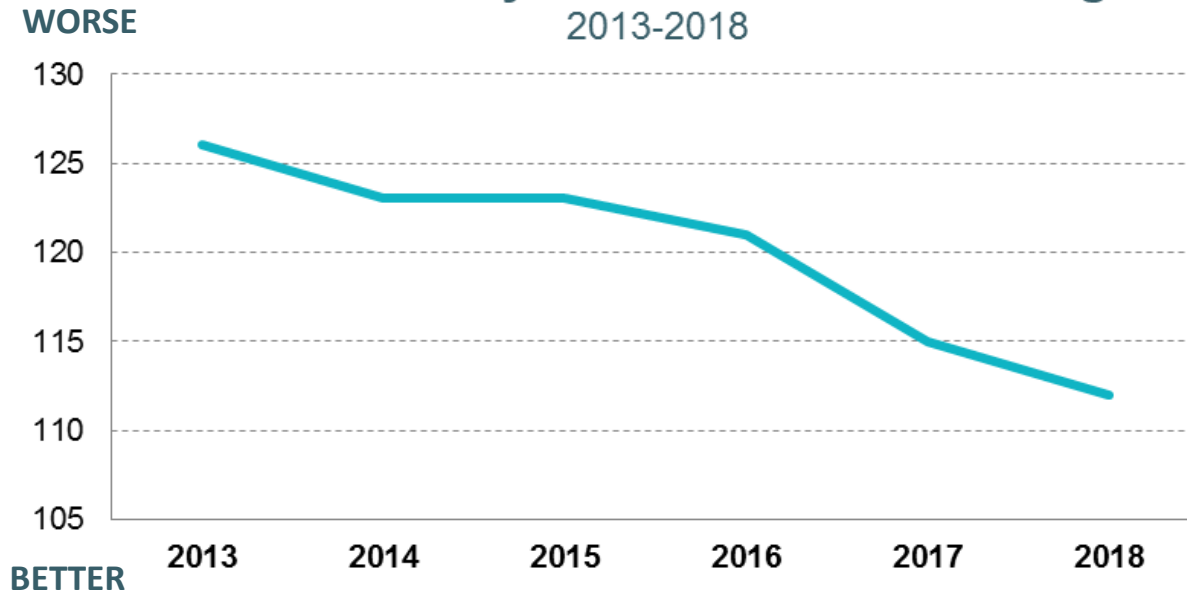
Localities showing a significantly improved ranking

Health Factor Ranking 2018

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Roanoke City Health Factors Ranking

2013-2018



What Are the Top Needs?

Carilion Community Health Assessment

▶ Access to Care

Medical, Dental, Mental Health

▶ Prevention and Wellness

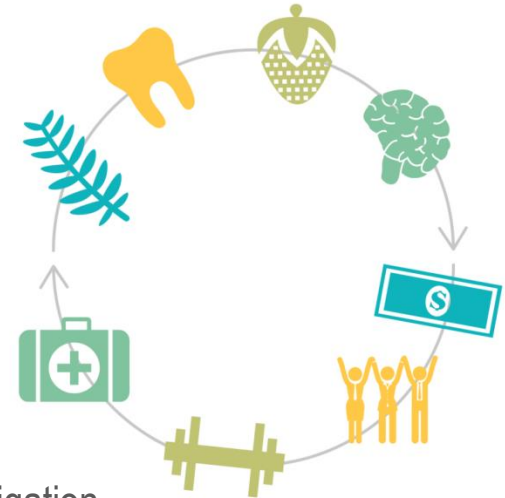
Health Literacy, Disease Prevention, Healthy Behaviors

▶ 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:



United Way
of Roanoke Valley

Funded by:



Pathways Community HUB

“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 \geq 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

	2016	2017
Decreased BMI	45%	66%
Decreased Hemoglobin A1C	70%	62%
Decreased weight	61%	69%
Decreased systolic blood pressure	52%	52%
Decreased diastolic blood pressure	52%	48%
Achieved self-directed goals	90%	76%

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!**





CARILION CLINIC

COMMUNITY HEALTH AND OUTREACH



**#ALLIN FOR
MENTAL HEALTH**



**HEALTH
SCREENINGS**



**BE A
QUITTER**



**INJURY
PREVENTION**



**HEALTHY
WALKS & TALKS**



**URBAN
FARM**



LET'S TALK



**WELLNESS
WORKSHOPS**



**WELL SAID
HEALTH EDUCATION**

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