

# *Fiscal Year 2012 in Review*

July 2011-June 2012



# LAKES REGION PARTNERSHIP FOR PUBLIC HEALTH

67 Water St, Suite 105, Laconia, NH 03246

(603) 528-2145

[www.lrp-ph.org](http://www.lrp-ph.org)



*Lakes Region Partnership for Public Health, Inc. was formed in 2005 to address the unmet public health needs in the region. The mission of the organization is to improve the health and well being of the Lakes Region through inter-organizational and public health improvement activities.*

## ServiceLink

**ServiceLink Resource Center of Belknap County** provides **FREE** information referrals and assistance to connect older adults, adults with disabilities, their families and caregivers with resources in their communities.

*People 65 years of age and older are expected to increase upwards of 19% of the population by 2030 (AoA).*

### ServiceLink provides citizens with:

- Reliable local information and services, opportunities and long-term care options.
- Help to ensure a successful connection to services.
- Medicare counseling.
- Support for family caregivers.

Call Toll-free 1 (866) 634-9412 or (603) 528-6945

### 2012 in Review:

- CONTACTS: Responded to 5316 inquires. Top 3 inquiries: Medicare counseling, caregiver support and assistance in transition from hospital to community.
- ASSISTIVE TECHNOLOGY: 138 loans and demonstrations were provided to individuals who are hearing and visually impaired and their caregivers.
- CARE TRANSITIONS: Over 300 patients admitted to Lakes Region General Hospital received support from ServiceLink to transition from hospital to home. This resulted in over 200 referrals to home and community based resources.

## Public Health Emergency Preparedness

**Public Health Emergency Preparedness** coordinates public health emergency preparedness and response activities ranging from ice storms to bioterrorism in the following communities: Alton, Belmont, Center Harbor, Gilford, Gilmanton, Laconia, Meredith, Moultonborough and Sandwich.

*Ongoing collaboration to enhance preparedness and response capabilities is essential to the safety and well-being of the public.*

In partnership with town officials, health officers, firefighters, police, emergency medical technicians, school systems and others, have successfully developed, tested and evaluated the Lakes Region's Emergency Preparedness and Response Plan. At the core of the Region's plan is a system to deliver medicine and medical care for each of the 9 communities.

### In addition, we continue to identify and address the needs of community members through:

- Providing information regarding individual, family and business preparedness.
- Building a robust and well-trained volunteer base: Lakes Region Emergency Response Team (LR-CERT) and Lakes Region Medical Reserve Corps (LR-MRC).
- Acquiring equipment and supplies that may be needed in a large-scale public health emergency.

### 2012 in Review:

- Coordinated region-wide workshops and exercises to improve capacity.
- Lakes Region Community Emergency Response Team (LR-CERT)* - 38 volunteer members
  - Purchased safety equipment such as reflective rain gear along with traffic and communication equipment thanks to funding from Bank of NH.
  - Activated at least 1 time per month during the last year providing emergency response for traffic control, rehab, wires down, sheltering and search and rescue.
  - Provided support to towns within the region for planned events such as: Timberman Triathlon, Sandwich Fair and Meredith Road Race.
  - Conducted 2, 9-week community emergency response classes to educate citizens to prepare for emergencies.
- Lakes Region Medical Reserve Corps (LR-MRC)* - 25 volunteer members
  - 9 members provided staffing at 6 school based clinics in Laconia, November 2011.
  - Recruitment underway for a select group to participate as "Health Mentors" to the Bhutanese Refugees in Laconia.
  - Provided staffing at the Regional Shelter In conjunction with LR-CERT.

## Immunizations

**Immunizations:** School based immunizations providing **FREE** on-site seasonal flu vaccinations.

### 2012 in Review:

- School-based immunization clinics were held at all 5 Laconia Schools. 377 students were vaccinated for seasonal flu.
- Secured funding to conduct region-wide school based seasonal flu clinics during the fall of 2012.

## Partners in Prevention

**Partners in Prevention** (PIP) Regional Network provides support to communities working to reduce the impact of substance abuse on individuals and families in the Lakes Region and Mount Washington Valley.

*Substance abuse costs our nation more than \$484 billion per year (NIDA).*

**Partners in Prevention ensures coordinated and comprehensive services through:**

- The development and implementation of a regional plan with the input of regional stakeholders.
- Technical assistance and programmatic support to organizations working to reduce substance abuse.
- Implementation of a regional social marketing campaign.

**We envision:**

- Healthy communities where community members work together to prevent substance abuse for people of all ages.
- Communities that do not view underage drinking and substance use as a “rite of passage.”
- A region that encourages having fun without excessive alcohol use and substance use.

**2012 in Review:**

- STRATEGIC PLANNING:** 300+ community stakeholders engaged in developing a 3-year comprehensive plan addressing substance abuse prevention across the lifespan.
- GOALS:** To reduce underage alcohol consumption, prescription drug and marijuana use through coalition building, enhancing parental engagement, mentoring, enhancing educational curriculum, building youth leadership, social marketing and media outreach, prenatal substance use screening, permanent prescription drug drop boxes, and increasing community engagement through assessment and outreach.
- COMMUNITY COALITIONS:** Assisted in the development of Our Town in Alton, Stand Up 4 a Drug Free Laconia. Provided technical assistance and support to the Greater Carroll County Prevention Coalition and Gilford Drug and Alcohol Task Force.

## Healthy Eating Active Living

**Healthy Eating Active Living** (HEAL) provides support and technical assistance for communities to improve the health and quality of life for residents in the Lakes Region.

*The health consequences of obesity include: coronary heart disease, Type 2 diabetes and cancer (CDC).*

**Lakes Region HEAL:**

- Provides consultation to schools, city and town, health care providers, food outlets, worksites, on policies and practices related to healthy eating, active living.
- Works in partnership with others toward changing environments to promote physical activity and good nutrition.
- Increases public awareness of activities in the region promoting physical activity.
- Enhances ease of access to healthy food options.
- Provides community education on obesity and healthy living practices.

**2012 in Review:**

- GARDENS:** Worked with staff and children in planting and harvesting vegetable gardens in 8 child care centers. Trained staff to implement “Early Sprouts”, a seed to plate evidenced based nutrition curriculum. Partnered with Prescott Farms, Lakes Region Conservation Commission and students in planting and harvesting a vegetable garden at Laconia High School.
- MOVEMENT BREAKS:** Trained 2<sup>nd</sup> grade teachers at Laconia Elementary Schools to integrate movement into daily curriculum.
- WYATT PARK:** Provided support and technical assistance to the City of Laconia in accessing funding to increase healthy eating, active living in the Wyatt Park neighborhood.

## Other Initiatives

**Neighbor 2 Neighbor:** Building a stronger community by asking people to keep an eye out for their neighbors who may be in need of assistance.

**Public Health Alerts:** Information on urgent public health issues.

**Public Health Information:** Dissemination of important public health issues such as lead poisoning, mosquito borne illnesses and chronic diseases.

**Speaker’s Bureau:** **FREE** presentations and consultation on a variety of topics: Childhood Obesity (strategies for healthy living), Long Term Care Planning, Public Health Today, Community Development, Medicare, Stay-Leave-Connect...Personal Emergency Preparedness Planning, Continuity of Operations Planning for Business, Preventative Immunization for Children and Families, Healthy Aging, STEP: Student Tools for Emergency Planning (4<sup>th</sup> and 5<sup>th</sup> grade), Healthy Eating Active Living, Powerful Tools for Caregivers and Substance Abuse Prevention Strategies.

**Volunteer Opportunities:** Community Emergency Response Team (CERT), Medical Reserve Corps (MRC), Medicare Counseling and Student Placements.

# ***New for Fiscal Year 2012***

## ***Healthy Homes***

**Healthy Homes** coordinates strategic planning and implementation of activities designed to reduce the impact of environmental hazards in the home such as lead poisoning, respiratory disease and injury.

*A healthy home is designed, built, and maintained to support health.*

### **Lakes Region Healthy Homes:**

- Conducted an assessment and developed a strategic plan to address housing related health hazards.
- Convened stakeholders and in-home providers to coordinate referrals to address hazards.
- Promoted a coordinated, comprehensive, and holistic approach to achieve healthy housing.

## ***Immigrant Integration***

**Immigrant Integration** engages stakeholders from both the newcomer and receiving communities with an aim to promote health and full participation of New Americans in community life.

*“Immigrant integration is a two-way process in which newcomers and receiving communities work together to build secure, vibrant, and cohesive communities”-GCIR*

### **The work of the Initiative:**

- Identified and made accessible culturally and linguistically appropriate health and safety information in order to improve health services for new Americans.
- Began development of a trained volunteer force to increase healthcare access and promote self sufficiency among the newcomer community.
- Provided support to navigate medical systems, ensured successful connections to services, provided specialized information and referral and outreach to the refugee community.
- Supported newly-arriving individuals to successfully navigate the healthcare system.

## ***Laconia Health & Wellness Academy***

**Laconia Health & Wellness Academy:** Partnership with Laconia Schools to enhance the health and wellbeing of students, staff and our community by supporting policies and practices that promote healthy and safe environments, access to nutritious foods, physical activity, quality health care and the development of skills needed for life long success.

### **Vision:**

- Schools serve as leaders making the critical connection between learning and health.
- People have fewer risks of disease and are healthier throughout their lives.
- Partnerships are essential in ensuring the health of our community.
- Communities that embrace empathy and respect provide an environment which nurtures healthy people.

## ***Lakes Region Data Collaboration***

**Lakes Region Data Collaboration:** To create a comprehensive, coordinated data collection, analysis and report capacity in the Lakes Region.

- Developed partnership with 8 non-profit agencies to develop a regional health profile. Areas to be evaluated include access to care, obesity, prevention, social determinants of health, substance abuse and public safety.

## ***Sun Safety***

**Sun Safety:** There are rising rates of Melanoma in NH. Research shows a link between these rates and use of indoor tanning salons. The overarching goal of this project is to build grassroots, community systems that will bring about a sun safe environment and prevent/reduce skin cancer.

- Provided education in Melanoma and sun safety to students in Franklin, Laconia, Meredith and Winnisquam High Schools.
- Recruited youth leaders and high school staff to engage students in advocating for “Your Skin Is-In”, an evidenced based program to reduce tanning.

## ***Veteran-Directed Home Care Services***

**Veteran-Directed Home Care Services:** Developed partnership with the VA Medical Center in Manchester to establish a community based option for Veterans who desire to have more choice and control over the services they receive.

- 21 Veterans who might otherwise be in a nursing facility are being cared for in their homes and communities.