

HEALTHY BLAIR COUNTY COALITION

2012 - 2015 Community Health Needs Assessment Report

June 2015

What is the Healthy Blair County Coalition?

The Healthy Blair County Coalition (HBCC) is a partnership of individuals and organizations working to promote the social, economic, emotional, and physical well-being of area residents.

In 2007, the Blair County Human Services Office and the United Way invited other community leaders to join and support an effort to conduct a county-wide needs assessment. Beginning in 2012, all hospitals were required by the Patient Protection and Affordable Care Act to conduct a community health needs assessment and to develop an intervention plan to meet those community health needs. Members of the Steering Committee viewed this as an opportunity to assess and impact all aspects of a “healthy Blair County”. Nason Hospital, Tyrone Regional Health Network, and UPMC Altoona are significant supporters and participants in the Coalition.

“Our community is small enough that the opportunity is available to work collectively to improve resources through shared efforts.”

Our Goals:

- Administer a community health needs assessment (CHNA) and engage community members in meeting identified needs. Our CHNA process and report is posted on our website.
- Develop and monitor the progress of programs, activities, and outcomes.
- Collaborate with other organizations addressing similar issues.
- Develop and maintain an online community data dashboard to provide key statistics at a glance.



In This Issue

- History of the HBCC
- Budget
- Our Data and Identified Needs
- Strategies and Accomplishments
- How to Get Involved

Let's Move Blair County

What Needs Were Identified in the 2012 Community Health Needs Assessment?

- Obesity, Physical Inactivity, and Diabetes
- Abuse of Alcohol and Other Drugs
- Mental Health Needs of Children and Adolescents
- Smoking and Tobacco Use
- Poverty

How We Are Addressing the Needs

Strategy: Healthy Lifestyle

Accomplishments:

- The **Healthy Lifestyle Community Work Group** adopted the national **Let's Move** Initiative and held a launch event in five communities. Over 380 participants and 85 volunteers participated in educational and physical activities promoting the overall message of eating healthy, getting active, and having fun.
- A **Let's Move Blair County Facebook** page has been sharing tips for healthy eating and getting active, including posting events and activities. Visit us at facebook.com/letsmoveblaircounty.
- With the support of the Blair County Board of Commissioners, Blair County became a national **Let's Move Cities, Towns, and Counties** site.
- In collaboration with the Blair County Chamber of Commerce, a Workplace Wellness Committee hosted three **Wake Up to Wellness Events**.
- The Blair County **Let's Move Child Care Committee** hosted a Lunch and Learn event attended by 24 participants.
- A **Fuel Up to Play 60** training program was held for local school districts with 27 participants.
- HBCC participated in the eight-week **Everybody Walk Across PA** project and 20 teams from Blair County walked a total of 8,277 miles.

Strategy: Alcohol and Other Drug Abuse

Accomplishments:

- Under the leadership of the Blair County Drug and Alcohol Partnerships, a \$100,793 grant was secured. This grant formed partnerships with two medical clinics (Altoona Family Physicians Residency Program and Partnering for Health Services) for training and implementation of the evidenced-based **SBIRT** (Screening, Brief Intervention, and Referral to Treatment). This process screens patients for substance abuse as part of routine health care.

Blair County Data

According to the County Health Rankings Report, we rank **48 out of 67 counties!**

33.4% adults who are obese



31% - 33% students who are overweight or obese



Adults that smoke every day or most days



30.3% students feeling sad or depressed most days



Death rate for drug poisoning

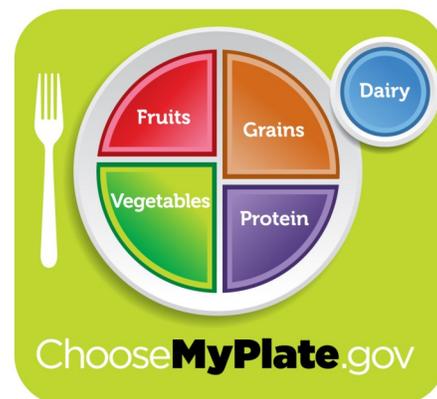


Heart disease is the major cause of death
133.8 per 100,000



38.4% of students receive free or reduced lunch.

Blair County has the 5th most active mental health crisis center for volume of cases in PA.



We utilize resources from MyPlate.gov.



Other HBCC Accomplishments

HBCC collaborated with the PA Office of Rural Health to purchase and implement the Healthy Communities Institute CHNA System. A data dashboard is located on the HBCC website for use by our community.

The Healthy Blair County Coalition is a partner with the Pennsylvania Health Improvement Partnership Program.

Our Marketing Work Group developed a plan to increase the visibility of HBCC and Let's Move Blair County.

HBCC participated in a variety of health fairs to share resources and promote overall healthy living.

HBCC supported the efforts of the Blair County Planning Commission to increase opportunities for physical activity by creating three walking routes through a project called WalkWorks.

Strategy: Mental Health Needs of Children and Adolescents

Accomplishments:

- The **Mental Health Work Group** gathered data to better understand the services available to identify, intervene, and provide treatment to children and adolescents within the county. Part of their mission is to explore unmet needs and work toward establishing or enhancing programs and strategies to more effectively serve children and families.

Strategy: Poverty

Accomplishments:

- In cooperation with other community partners, our **Bridges Network** sponsored and/or assisted with five poverty simulations in Blair, Bedford, and Cambria Counties with more than 500 participants and volunteers.
- Members of the work group have worked with and/or expanded programs that provide resources to low-income students at the elementary, secondary, and higher education levels.
- Members assisted in developing a Fuel Bank Program to more efficiently provide financial assistance to low-income individuals and families.
- Work group members provided access to Bridges Out of Poverty training for interested community organizations.



Poverty Simulation



Strategy: Tobacco-Free Community

Accomplishments:

- The **Tobacco-Free Work Group** developed and distributed a webinar to provide information and resources for businesses and organizations on how to become 100% tobacco-free workplaces.
- In collaboration with career services personnel and guidance counselors, a roundtable meeting was held. The purpose was to educate students on issues related to seeking employment in companies that are currently or will be tobacco-free workplaces.
- In collaboration with the Blair Drug and Alcohol Partnerships, local hospitals, businesses, and other organizations, six smoking cessation classes were conducted and as a result, 48% of participants that completed the class quit smoking.

How Can You Get Involved?

- **Join the HBCC Coalition**
- **Serve on Work Groups**
- **Complete the Community Health Needs Assessment Surveys**
- **Advertise and Support HBCC Activities and Surveys**
- **Collaborate with HBCC Programs such as Let's Move Blair County**
- **Provide Funding**
- **Eat Healthy and Be Active**

FY 2014 - 2015 Budget

Revenue:
\$61,135

**In-Kind
Contributions:**
\$31,880

**Grants Secured by
Partners:**
\$100,793

Contact Us

Healthy Blair County Coalition
5414 Sixth Avenue
Altoona, PA 16602

(814) 944-0884 ext.305

info@healthyblaircountycoalition.org

Visit us on the web at www.healthyblaircountycoalition.org