

April 2007

VISION STATEMENT:

Healthy Adams County seeks to create a higher quality of life throughout our community by improving physical, mental, and social well-being.

MISSION STATEMENT:

Healthy Adams County is a collaborative partnership of community members dedicated to continuing assessment, development and promotion of efforts toward improving physical, mental and social well-being.

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Community health summit

Whether it's people living at or near poverty, an aging population, childhood obesity, tobacco cessation, or diversity, the people of Adams County are faced with a variety of increasing health challenges.

To explore and create open dialogue on these and other issues Healthy Adams County, Gettysburg Hospital

Community Health Improvement and Gettysburg College are co-sponsoring a first-ever community health summit on Tuesday, June 19, 2007.

The day-long free event will feature breakout sessions on several key health initiatives currently impacting Adams County. Representatives from

area agencies will help lead the discussions.

The event will begin with a keynote address from Kevin Mosser, M.D., president of Gettysburg Hospital. Mosser will discuss the changes in health care, how they affect Adams County in light of the county's growth and changing

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Physical Fitness Task Force proves to be "Active"

The Physical Fitness Task Force (PFTF) of HAC has been 'active' in accomplishments that address the mission of "improving the health

status, fitness and quality of life of Adams Countians through increased physical activity. The committee, of usually 10 to 12 diverse community members, meets the second Friday of the month from 11:45 to 1:00 pm in the Rec Park

Community building. Since the task force's inception in 2002, the meeting agenda has focused on three action plan areas: programming, educational efforts, and advocacy.

Over the last five years, accomplishments in the area of advocacy included the formation of The Bicycling/Pedestrian Sub-Committee. Committee members have been involved in focus groups for planning active community environments (ACE) at the local, county, and state levels including representation on the

Green Ribbon Commission for Adams County. Through advocacy, progress has been made in the development of the North Gettysburg Trail;



working towards obtainment of 501c3 status and grant awards for the feasibility of a Grand History trail to come to Gettysburg; the support for several municipalities to develop their own fitness trails; and provided advocacy

through media outreach to find community resources to revive the Biser fitness trail through the Gettysburg Boro Rec park.

In the area of programming, the PFTF had been the coordinator of three years of "Shape UP PA", a five-month adult oriented program to promote physical activity and good nutrition through competition and team efforts. Nearly 3,000 participants participated in this program with numerous reports of success noted. In

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A message from the executive director

National "Cover the Uninsured Week" is scheduled for April 23-27 and is sponsored by the Robert Wood Johnson Foundation. It is an opportunity to highlight the crisis our country is facing. There are approximately 46 million people, or 15 percent of our population, in the United States that are uninsured and between 15 and 20 million who are underinsured.

In 2004 in Adams County there were 6,583 residents who were uninsured. The majority of those uninsured fell between the ages of 18 and 44 and the majority of those uninsured lived within the 17325 zip code. This number does not include the many individuals who are underinsured, meaning they may receive health insurance from their job but are not able to afford the deductibles or co-pays that are required through the insurance. Also, there are those who cannot afford to help pay for that insurance in the first place and cannot qualify for medical assistance because they do not meet the income guidelines. In 2006 there were 6,155 individuals enrolled in a medical assistance plan and 1,600 children enrolled in the CHIP program which offers health insurance to children in Pennsylvania who do not qualify for medical assistance.

Healthy Adams County has been working on developing a solution to offer health care to the individuals in the county that do not have health insurance and also provide another medical home to individuals who are on medical assistance. The assessment by Drexel University that was completed in the summer of 2006 on the uninsured and underinsured in our county outlined the need for such solutions. The Health Center Subcommittee of our Access Committee has been developing a plan to open a federally qualified community health center in Adams County in order to better address the needs of the uninsured and underinsured.

Through research done through the Drexel Study we realized that creating a stand-alone federally qualified health center would be impossible for several reasons. Our best option was to partner with an existing center that would be in a position to apply to open up a satellite center in our county. We have moved one step closer after researching the options available in our area and have decided to enter into a partnership with Family First Health in York County that would ultimately determine the feasibility of expanding their services into Adams County. Family First Health is a federally qualified health center (FQHC) that has been established in this area for decades.

Hopefully through this process we will be able to improve access to health care for individuals in our county who lack insurance and also address the needs of the underinsured and individuals who are on medical assistance.

Kathy Gaskin

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demographics, and the plans of WellSpan Health to adapt to the changes.

A buffet lunch will be provided to attendees. During the lunch the third annual Healthy Adams County Apple Awards, recognizing outstanding volunteer effort and leadership, will be presented.

The event is aimed at health and human service professionals, community leaders as well as anyone interested in learning more and discussing these important issues. More information on the event will be released soon. For more information on the event, call Healthy Adams County at (717) 337-4137.

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2006, the PFTF coordinated PANA's Keystone Active Zone's "Passport to Good Health" program that focused on increased activity for youth in kindergarten through seventh grade. Working with community partners and a monetary grant from PANA and the community, over 9,000 students from every school in Adams County participated. Success was noted in a passport return of 68 percent at one month and 3 percent at four months.

The task force continues to spread fitness awareness by promoting various fitness venues. Such opportunities have included: partnering with wellness programs and special events; coordinate and conduct an annual community fitness poker walk and annual 12-week walking parties (30 to 40 participants weekly); coordination of a children's fitness challenge at the May Health and Safety Day for Kids event; and increased coordination with the local newspaper to promote efforts that increase physical activity through programs, environmental access opportunities, or education.

If you are interested in becoming a member of the PFTF, please contact co-chairs, Holly Cookerly, RN, at 337-4264, ext 3 or Melissa Waller, PT, at 337-4206.

3rd Annual Healthy Adams County Apple Awards Nominations

The Healthy Adams County Apple Awards were established in 2005 to recognize and honor outstanding volunteer leadership among the 600 volunteers who serve 30-some task forces to improve the health in our community.

Each year, three awards are given in the following categories:

Adams Apple (Leadership) - recognizes an individual who has taken on a leadership role and whose efforts have resulted in significant contributions to the effectiveness of the taskforce/committee in achieving its goals.

Golden Apple (Unsung Hero) - recognizes an individual who has made a significant contribution to the work of

the task force / committee but whose efforts have not been formally recognized.

Green Apple (New Member) - recognizes a new member of the task force who has taken on a significant role in the work of the task force.

The Apple Awards are a unique way for any task force member to honor a deserving volunteer on their task force or any other task force or committee. Past recipients have included Laura Reyka, RN, Adams County Breast Cancer Coalition and Adams Coalition to Prevent Teen Pregnancy; Shawn Wagner, Domestic Violence Task Force; Teresa Brereton, Youth Providers Resource Network; Johnnie Lansford,

Oral Health & Children's Health Task Force; Louise Mains, Domestic Violence Task Force; and Amelia Contreras, Latino Services Task Force.

Nomination forms will be distributed in the near future. Nominations should be completed and returned to Jennifer Williams, administrative assistant, Healthy Adams County, by May 11, 2007. For more information, contact Healthy Adams County at 717-337-4137 or e-mail jwilliams5@wellspan.org.

Award recipients will be honored at this year's first annual Community Health Summit on Tuesday, June 19, 2007.

Cribs for Kids program new to Adams County

Cribs for Kids is a new program in the process of being implemented as another valuable resource in Adams County through Safe Kids Adams County, an affiliate of Healthy Adams County. The program provides education on safe infant sleeping and Graco Pack-N-Play cribs to at risk families unable to purchase a crib on their own. The main goal of the program is to reduce infant deaths due to SIDS and/or co-sleeping or bed sharing. The way this goal is being met is through partnering with home visiting agencies in Adams County. These home-visiting agencies will identify families at risk, provide safe infant sleeping information and a voucher to receive a crib.

Cribs for Kids began as an initiative of SIDS of Pennsylvania. In 1994 the American Academy of Pediatrics began its Back To Sleep campaign where parents were instructed to place their babies to sleep on their backs rather than on their stomachs. Even with a 50 percent reduction in the rate of SIDS deaths with the implementation of this campaign, SIDS remained the number one cause of infant deaths after the age of one month.

Research into these findings showed that low-income minority populations were far less likely to place their babies to sleep on their backs than the general population. It was found that more than 50 percent of these deaths were caused

by bed sharing and the perceived lack of funds to purchase a crib. Hence the idea to provide education and cribs to these low-income, high risk, minority populations and Cribs for Kids was born.

In order to assure that each Cribs for Kids' campaign is conducted in accordance with their policies some of the guidelines are as follows:

- 1.) The infant must be under one year of age.
- 2.) A letter of request for a crib must be generated by a home visiting agency.
- 3.) Only new, safety approved cribs or Pack-N-Plays will be given to participants.
- 4.) Educational materials with ways to reduce the risk of SIDS and accidental suffocation are to be given along with the cribs, these educational materials are supplied by Cribs for Kids.

These guidelines must be used, but each campaign is able to tailor their program to best fit the needs of their community. Please contact Cynthia Romero at (866) 829-1154, ext. 402 or Heather Smith at 337-0110 for more information about Cribs for Kids or how you or your agency can be a part of the program.

Upcoming Events and Observances

April

Spring Walking Parties

April 11 – June 27

Wednesday Evenings: 6 – 7 p.m.

Various Locations

Physical Fitness Task Force

Call Holly at 717-337-4264, ext. 5185.

Stalking Adams County: The Community Responds

April 26, 3:30 – 5 p.m.

Ag Center, Gettysburg

Domestic Violence Task Force

Call 717-334-0589.

Seed Planting Ceremony @ CAC

April 27, 2 p.m.

Children's Advocacy Center

Domestic Violence Task Force

Plant seeds to highlight the landscaping of a center so instrumental in the healing process for child victims of abuse and their families.

Call 717-334-0589.

Bike Derby (tentative)

April 29, 1 – 6 p.m.

Gettysburg Recreation Park

Safe Kids Coalition Adams County

Call Cynthia at 866-829-1154.

May

Smoking Cessation Support Group

First Thursday of each month, starting May

3, 6:30 – 7:30 p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

Call Jen at 717-338-3259.

Health & Safety Day for Kids

May 6, 1 – 4 p.m.

AllStar Events Complex

Call Will at 717-337-4272, #2.

Freedom from Smoking

Tuesdays, May 8 – June 26

6:30 – 8 p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

Call Jen at 717-338-3259.

Sexuality: What We've Learned from the Nike Generation

May 9, 8 a.m. – 3 p.m.

Gettysburg Hotel

Adams Coalition to Prevent Teen Pregnancy

Including information regarding internet safety, contraception, healthy relationships, etc.

Call Laura at 717-339-2018.

Third Annual Conference:

"Responding to AIDS in 2007"

May 11, 8 a.m. – 4 p.m.

Gettysburg Hospital

AIDS Service Providers Network

Call Debbie at 717-845-9683, ext. 205.

June

Community Health Summit

June 19, 9 a.m. – 3:30 p.m.

Gettysburg College

Sponsored in-part by HAC

Call Jen at 717-337-4137.