

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.

424 S. Washington Street
Gettysburg, PA 17325

Office: 717-337-4137

Fax: 717-337-3817

www.healthyladamscounty.org



ADAMS
COUNTY

August 2008

Second Annual Adams County Health Summit a Success!

Nearly 100 people participated in the second annual Adams County Health Summit on Tuesday, June 17 at Gettysburg College. Health and human service professionals and members of the community attended the daylong event that covered several health-related issues people of the area are facing.

Sponsored by Healthy Adams County, WellSpan's Community Health Improvement and Gettysburg College, the summit provided a forum for information and dialogue on issues that included mental health care services, end of life issues, the community health center planned for Gettysburg, and health care education and diversity.

Health Summit, continued on page 3



Healthy Adams County's Apple Award winners Kathy Gaskin, executive director of Healthy Adams County, second from right, presented Healthy Adams County's Apple Awards at the Adams County Health Summit. Connie Woodruff of the American Cancer Society, left, received the Golden Apple Unsung Hero Award for her work with the Tobacco Prevention Task Force; Tom Jolin received the Adams Apple Award for his work with the Physical Fitness Task Force; Audrey Hess of Women, Infant and Children (WIC) received the Green Apple Award for her work with the Breastfeeding Task Force. Congratulations to each of you!

Health Assessment yields key findings for Adams County

Healthy Adams County recently worked with Holleran Consulting of Lancaster, PA to conduct a detailed assessment of the health needs of Adams County residents. The assessment tool was developed by selecting various core sections and modules from a tool of the Center for Disease Control and by adding individualized questions specific to the Adams County area. Data collection from 608 surveys took place between April 7 and May 9, 2008.

The gender breakdown for the sample was 64 percent female and 36 percent male (Adams County population statistics: 50.6 percent female; 49.4 percent male). All respondents to the survey were at least 18 years of age. Although the ages varied, the largest proportion was 65 years or older (27.9 percent). The racial group with the largest representation was white (91.2 percent), which is consistent with the Adams County census information. The

Assessment, continued on page 2

Director's Report

As fiscal year 2008 has drawn to a close, it is time to reflect on the events and activities that highlight Healthy Adams County and the work that its numerous volunteers were able to achieve:

The organization, along with Community Health Improvement, WellSpan Health and Gettysburg College's Center for Public Service planned and held the second Annual Adams County Health Summit on June 17.

HAC's Access Committee continued to develop its partnership with Family First Health to bring a satellite community health center to Adams County. Family First was awarded a PA Department of Health grant to open the center at the current site of the Wine and Spirits Store in the Gettysburg Peebles Plaza. The health center is on track to open its doors in early 2009.

The Access Committee is also working with Healthy York Network to bring a similar model to Adams County. Healthy York Network is a collaboration of private and public partners working to improve access to healthcare services for those in our region who are uninsured and underinsured. They provide the uninsured and underinsured who qualify with access to primary medical care, specialist care and testing within participating hospitals and physicians offices.

Healthy Adams County partnered with the Healthy York County Coalition to conduct a Community Needs Assessment. Each county utilized a community group to help define the focus areas for the assessment and to help determine the consultant to be used to conduct the assessment. Both counties agreed to a contract with Holleran, a research firm based in Lancaster, PA. The assessment is comprised of a survey, focus groups and a secondary data profile. Results from the assessment will be used for strategic planning for the organization and shared with the hospital and other agencies that would benefit from the information.

Healthy Adams County's Public Relations and Membership Committee completed the organization's first ever annual report!

The Housing Task Force received the affordable housing study, completed by South Central Assembly for Effective Governance and reorganized their goals to tackle the recommendations made in the study. One of their goals was achieved by the reestablishment of the Act 137 committee by the County Commissioners.

The Latino Services Task Force held a very successful and well attended panel discussion on the key issues impacting Latino residents of Adams County.

Healthy Adams County ended its contract with the state in managing the Tobacco Prevention Grant. The contracts were regionalized last year and Family Health Council is now managing the contract for the South Central District. Gettysburg Hospital will now be contracting with them to continue tobacco prevention and cessation programs. A big thank you go out to Wes Frisbie and Jennifer Hobbs for their work managing the grant and chairing the Tobacco Prevention Task Force. The task force will continue to operate under Healthy Adams County.

Unfortunately I cannot list all of the organization's accomplishments here, but they will be highlighted in the upcoming WellSpan Community Benefit Report. I do want to take the opportunity to thank all task force volunteers and their leaders for a job well done this past year!

Kathy Gaskin
Executive Director

Tobacco Prevention and Cessation Programs to Continue for Adams County Residents

Since 2002, Gettysburg Hospital has been providing tobacco prevention, cessation and control programs through a grant from the Pennsylvania Department of Health and Healthy Adams County. The Pennsylvania Department of Health reorganized the Comprehensive Tobacco Control grant to condense contracts and regionalize efforts. Family Health Council of Central Pennsylvania was appointed as Primary Contractor for the grant funding effective October 1, 2007. A competitive grant proposal process was initiated this past January to distribute funds to continue programming in the South Central Districts of Pennsylvania beginning April 1, 2008 through June 30, 2009.

Fortunately, Gettysburg Hospital was awarded grant funding to continue tobacco prevention education initiatives, tobacco cessation counseling classes and clean indoor air initiatives for Adams County on April 1, 2008. Jennifer Hobbs, tobacco cessation education counselor, will continue to coordinate and facilitate these efforts for the community. The continuation of funding will allow Gettysburg Hospital to reach hundreds of Adams County residents and workers in an effort to eliminate tobacco related health disparities in the prevention of initiation of tobacco use among young people, promotion of quitting among adults and young people, and the elimination of nonsmokers' exposure to tobacco smoke pollution initiatives.

For more information on tobacco cessation programs available in Adams County please contact Jennifer Hobbs at (717) 338-3259.

Assessment, continued from page 1

largest proportion of respondents reported an income level of \$50,000 - \$74,999 (21.0 percent).

Based on the height and weight statistics reported, Body Mass Index (BMI) was calculated for each respondent. Respondents were categorized as either "neither overweight nor obese," "overweight" or "obese." Slightly more than one third of respondents (34.5 percent) fell into the "overweight" category, with an additional 29.9 percent being "obese."

The survey showed us areas of strength and opportunity for the county. Areas of strength that were listed as healthier or better than the nation and Pennsylvania included the number of respondents who reported poor mental

health days; respondents who report receiving a routine check-up within the past year; the number of people who report smoking no days; people who report drinking in the past 30 days; respondents who report falling in the past three months; people tested for HIV in the past year; people who always receive emotional support when needed; and people who are very satisfied with life in general.

Areas of opportunity included the number of respondents who reported exercising in the past 30 days; respondents who reported having gestational diabetes; respondents who reported checking their blood sugar daily; and number of people who reported having

their teeth cleaned by a dental professional five or more years ago.

On August 6 Holleran will conduct three focus groups in Adams County with key informants, behavioral health professionals and members of the Latino population. Once those are completed, Healthy Adams County will receive a final report and this fall we will develop a presentation for the community on the county's complete health assessment. The results of the assessment will heavily influence the organization's strategic plan for the next three years. Copies of the health assessment will be available upon request from Healthy Adams County.



Area students use talents to support Adams County

Rachel Black, a student at Bermudian Springs High School presented a new Adams County social services manual to Kathy Gaskin. The social services manual, which details services available throughout Adams County, was compiled and designed by Rachel and a fellow student, Michelle Contreras, for their senior year project. The project took more than two years to complete and includes an English and Spanish version. Copies of the directory are available upon request by calling the Healthy Adams County office. Thank you Rachel and Michelle for your hard work!

Health Summit, continued from page 1

"This year's summit again successfully created an opportunity to encourage individuals to take the next step and decide to become actively involved in a task force or committee to address some of the health needs in our county," said Kathy Gaskin, executive director of Healthy Adams County.

The free event began with a keynote address by Gary Zimberg, M.D., executive director of WellSpan Behavioral Health. Dr. Zimberg discussed trends in mental health care from a national, state and local perspective.



The address was followed by the choice of workshop sessions on several health initiatives currently impacting Adams County.

Workshop speakers included Jenny Englerth of Family First Health. Jenny previewed the future community health center opening in Gettysburg in early 2009.

"Like last year's event, the evaluations from the summit participants provided us with information about what people gained from the event and what they would like to see provided in the future," Gaskin said. "We'll use the information we gained from the various workshop discussions to enhance our planning for future events."

Upcoming Taskforce Events

August

12th Annual Educational & Inspirational Longaberger Fundraiser Luncheon

August 29, 11:30 a.m. – 1:30 p.m.

Gettysburg Hospital

Adams County Breast Cancer Coalition

Call Laura at 717-339-2018.

September

Freedom from Smoking

Tuesdays, September 2 – October 14

6:30 – 8 p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

Eight-session clinic designed to help people quit smoking.

To register call 800-840-5905.

For questions call Jen at 717-338-3259.

Hoffman Homes Health and Wellness Fair

Hoffman Homes for Youth, a local residential treatment facility that provides comprehensive psychiatric care, treatment, and education to emotionally and behaviorally troubled children and their families, is making plans for their 2008 Health and Wellness Fair. The third annual fair, which takes place during Hoffman Homes' staff recognition week, will be held on Thursday, October 2.

The staff at Hoffman Homes and community participants will have the opportunity to browse exhibits and also participate in a yoga demonstration, cooking class, and poker walk. Many door prizes will also be awarded to those participating in these events. If interested in learning more about either being an exhibitor on this day or for details regarding the event, please contact Lori Garman, director of human resources, at (717) 359-7148, ext. 2200.

424 S. Washington Street
Gettysburg, PA 17325

