

October 2009

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.healthyadamscounty.org



Improving health literacy remains vital in Adams County

The National Assessment of Adult Literacy has determined that there are 11 million adults in the United States who are non-literate in English, 30 million adults who have below basic literacy skills and 63 million adults who have basic literacy skills. In addition, their study indicates that only 12 percent of adults have proficient health literacy. They also found that adults aged 65 and over and adults who receive Medicare and Medicaid or who do not have health insurance had the lowest average health literacy scores among all respondents.

Healthy literacy is the degree to which individuals have the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions. National studies as well as research findings for residents of Adams County tell us that strong efforts at the local level are essential to making sure all people can understand their individual health care plan.

Below average health literacy results in a person's failure to correctly fill out forms and accurately share their medical history, the ability to understand diagnosis and treatment plans and the inability to pursue available health care options.

The Adams County Health Literacy Task Force formed earlier this year to address the needs highlighted in the Healthy Adams County's Community Health Assessment completed in 2008. It has combined forces with the York County Health Literacy Task Force to develop recommendations for both communities which will help recognize cultural barriers, promote the use of plain language or relating medical issues in a way that patients will understand, while still conveying the depth of an issue and raise public awareness about the importance of health literacy.

Focusing on decreasing the language barrier-

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Family First Health Center creating medical home for many

Since opening its doors on March 9, an influx of area residents have begun calling the Family First Health-Gettysburg Center their medical home.

Located in the Peebles Plaza on Route 30, the center welcomes new patients and is available to everyone in the community. Most insurance is accepted, including Medicare, Medicaid (Unison, Gateway and AmeriHealth Mercy) and CHIP. In addition, Family First Health offers a reduced fee program for those lacking health insurance. The reduced fee is based upon an individual's income and family size. A bilingual staff enables us to communicate well with patients experiencing a language barrier.

The Center is open Monday through Wednesday, 8 a.m.-8 p.m. and Thursday and Friday, 8 a.m.-5 p.m.

The Gettysburg area has a large Latino population. There are many instances where the needs of the local Latino population have previously not been met due to both language and cultural barriers. Family First Health has welcomed numerous patients to its center because bilingual employees work at the front desk and in the clinical area.

During the first six-months, 780 individuals received medical care at the Family First Health Gettysburg Center - representing a total

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Fall 2009 Director's Report

As we enter the fall months uneasily with no state budget and many social service agencies in jeopardy, it is hard to plan for the immediate future. Hopefully things will turn around quickly, but for the meantime I am encouraged by the show of support that I have seen from our community and how people have stepped up in this time of crisis to help. Though Healthy Adams County has not been affected directly, many of our task forces and committees benefit from staff members who serve those agencies affected.

I would like to take this time to thank all of them and others who helped bring about another successful year. Here are some of the highlights for the previous fiscal year:

Healthy Adams County, along with WellSpan Community Health Improvement and the Harrisburg Area Community College-Gettysburg, planned and implemented the third annual Adams County Health Summit on June 15.

The Access Committee continued to work with Family First Health to make a satellite community health center in Adams County a reality. Family First Health opened its doors on March 9. In addition the Access Committee worked with Healthy York Network to bring a caseworker to further introduce the program to Adams County. The caseworker is now working out of the Family First Health center.

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

Three new groups were added under the Healthy Adams County umbrella. We welcomed the addition of the Adams County Local Foods Network, the Adams County Food Policy Council and the Health Literacy Task Force.

The Healthy Adams County board of directors said farewell to its president of many years, Steve Niebler. Steve was instrumental in establishing Healthy Adams County as a community health partnership that fits and works well in this county. Thank you Steve for your time, efforts and dedication to the organization!

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

Kathy Gaskin
Executive Director

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between doctor and patient, encouraging patient participation in their health care through increased educational opportunities and working with health care providers to evaluate and assess their patients for health literacy are some examples of the work that will be woven into the recommendations.

The first step taken by both groups was to roll out the recommendations to both communities through a series of health literacy events held in late August. Tanya Pagan Raggio-Ashley, M.D., M.P.H., director of the Office of Minority Health Disparities and Chief Medical Officer, United States Department of Health and Human Services, was the keynote presenter at events that took place in both Adams and York counties.

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of nearly 1,600 medical visits. A statistical breakdown from March 1 through July 31, 2009 tells the story of the center's patient's insurance status: 39 percent of patients have been self-pay/uninsured; 36 percent medical assistance; 15 percent medicare patients, and nine percent with private insurance.

Provider staffing at the Family First Health Gettysburg Center is comprised of Robert Mauss, D.O., James Sioma, M.D., and Carolyn DeLoe, CRNP. Support staff includes LPN's, medical assistants and a medical record staff. The center also houses a patient eligibility representative who assists patients applying for programs such as Medical Assistance, CHIP or Healthy York Network.

Family First Health's Gettysburg Center faces several challenges going forward. As the economy continues to struggle, more people without insurance are seeking care. In recent weeks several of the Adams County human service organizations have either scaled-back services or have shut down due to a lack of funds. These closures leave more people at risk and require Family First Health to step up efforts to reach those who are in need of medical attention but may not know that they are welcome. Several outreach initiatives are in process but word of mouth remains the center's best advertisement.

For more information or to schedule an appointment, please contact the center at (717) 337-9400 or visit www.familyfirsthealth.org.

Introducing the Adams County Food Policy Council

In Adams County we currently have a food system that is significantly affecting the public health, economy and quality of life of Adams County citizens. Twenty percent of our population is food insecure and 30 percent is suffering from obesity and other food-related diseases. At the same time, our county thrives on agriculture.

The Adams County Food Policy Council formed in May 2009 with the aim of partnering with community, business, agriculture and government representatives to develop food policy and action, while promoting the integration of the individual, community, economy and environment for health and sustainability.

The Food Policy Council envisions all residents of Adams County having access to a safe, nutritious, affordable and adequate food supply within a sustainable system which promotes the local economy.

To make this vision a reality, our goals are:

- 1) Increase access to nutritious and affordable food;
- 2) Strengthen local economy by supporting and promoting local farmers and businesses;
- 3) Improve health by addressing food-related issues that affect diseases such as obesity and type 2 Diabetes;
- 4) Provide information about food system issues in Adams County;
- 5) Foster partnerships to promote education, food assessment and action; and
- 6) Influence policy to ensure that food production, distribution and consumption are beneficial to the health of our community.

Interested in becoming involved? Contact us at adamsfoodpolicy@gmail.com or visit our website at www.adamsfoodpolicy.webs.com.

Healthy Adams County welcomes new board members

Healthy Adams County would like to welcome new board members Jorge Perez-Rico, Student Support Specialist/Parent Coordinator with LIU #12 Migrant and ESL Program, and co-chair of the Latino Services Task Force, Johnnie Shindlecker, school nurse with Adams County Head Start and co-chair of the Children's Health Task Force, and Megan Shreve, executive director of South Central Community Action Programs, Inc.

Thanks also go out to Linda Moulder, director of Hempfield Behavioral Health, for accepting the officer position of president of the Healthy Adams County Board of Directors. Linda has been a member of the board since May 2006.



2009 HAC Apple Awards were presented at the Third Annual Adams Health Summit at Harrisburg Area Community College, Gettysburg Campus. Winners included Jennifer Hobbs, left, Adams Apple Leadership Award; Wanda Wagaman, center, Golden Apple Unsung Hero Award; Kathy Gaskin, right, executive director of Healthy Adams County, accepted the Green Apple New Member Award for Yeimi Gagliardi, who was absent.

Upcoming Events

October

Let's Talk – Day Long training with Wanda Filer, M.D.

October 8, 8:30 a.m. – 4 p.m.
Gettysburg Hotel

Adams Coalition to Prevent Teen Pregnancy

\$50 per person
Educational training for educators, parents and all adults who work with youth.
Call Laura at 717-339-2018.

Annual Breast Cancer Dinner

October 20, 5:30 p.m. – doors open
Gettysburg Hotel
Adams County Breast Cancer Coalition
\$10 per person
To register call (800) 840-5905.

Sixth Annual Lights on Afterschool!!

October 22, 6 p.m. – 8 p.m.
Lincoln Elementary School
Youth Providers Resource Network
Free evening of family fun in support of afterschool programs.
Call Emily at 717-338-0300, ext. 26.

Girls Go Pink

October 22, 7 p.m. – 8:30 p.m.
WellSpan Adams Health Center
Adams County Breast Cancer Coalition
\$1.50 per person (proceeds benefit Gettysburg Hospital's free mammogram program)
Interactive program offering many health tips for seventh grade girls and older and a significant female adult.
Call Laura at 717-338-2018.

Women of Color: Celebrate Good Health

October 30, 5:30 p.m.
Gettysburg Hotel
Adams County Breast Cancer Coalition
\$5 per person
Learn the latest information about emergency medicine and preventive health care.
A healthy meal will be provided.
To register call (800) 840-5905.

November

Great American Smoke Out

November 19, All Day
Tobacco Prevention Task Force
Task force members will present a proclamation at the County Commissioners meeting at 9 a.m. followed by community events planned by youth in Adams County to celebrate tobacco-free communities.
Call Jennifer at 717-338-3259.