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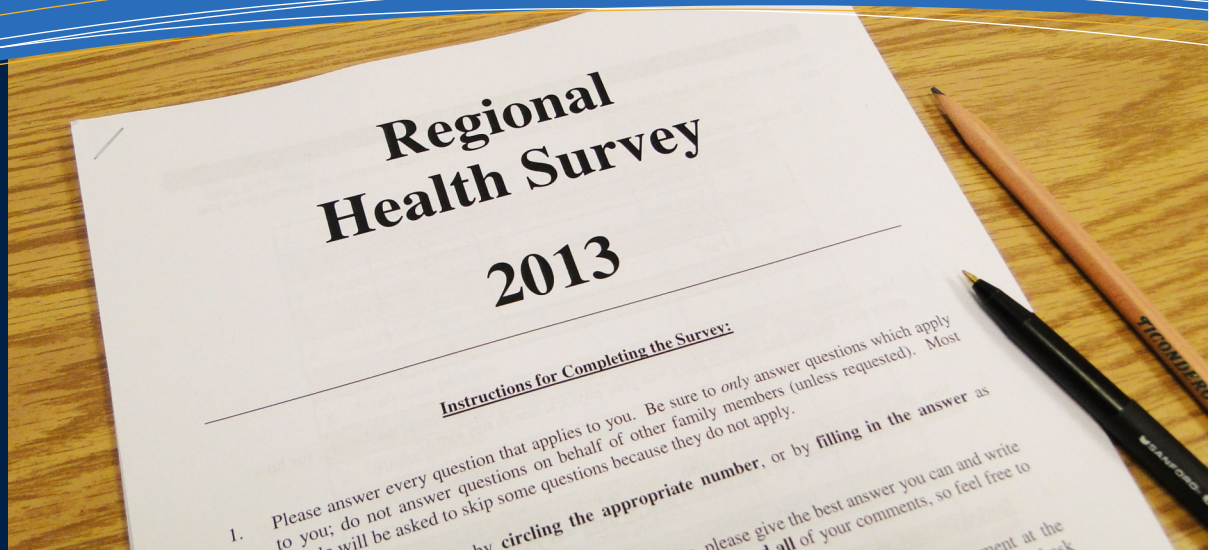
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## 2013 Regional Healthcare Partnership 17 Health Assessment

The Center for Community Health Development (CCHD) is currently preparing to conduct the fourth local health assessment across a nine-county region beginning in February 2013. Like the 2002, 2006, and 2010 health assessments, the purpose of the assessment is to gather both individual and community information that can provide a “snapshot” of the health status of the local community and document community issues that may need to be addressed to improve the health of the local population. Assessment data can help local health care and related service providers, community organizations, policy makers, and residents in making informed decisions related to improving access and minimizing barriers to care, creating efficiencies in the way care is delivered, and participating in the development of local health care improvement strategies.

Previous assessments were focused on the Brazos Valley region that includes Brazos, Burleson, Grimes, Leon, Madison, Robertson, and Washington counties. This assessment, however, will expand its geographic scope to include Walker and Montgomery Counties as well as the seven Brazos Valley counties.

CCHD has increased the geographic boundaries of the assessment to align with the Regional Healthcare Partnership 17 (RHP 17), which was organized in March 2012 to develop a regional healthcare delivery system transformation plan under the State of Texas’ 1115 Medicaid Transformation Waiver. The focus on RHP 17 region has prompted a new name for the regional assessment, now referred to as the 2013 RHP 17 Health Assessment.

As in previous years, the 2013 assessment process will include a household survey, community discussion groups, and an analysis of existing data that will provide context and comparison for the data gathered through the survey and the discussion groups. CCHD has been working with a Data Committee comprised of regional health and social services representatives as well as with CCHD affiliated faculty to develop the household survey that will be finalized by January 2013. ETC Institute, a market research firm, has been contracted by CCHD to recruit residents from the nine-county region to take the household survey. The recruitment process will consist of contacting residents via phone – both land lines and cell

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phones – to request participation in the survey which will be mailed to the participant along with a stamped envelope for the return of the survey. Survey recruitment will begin in February and continue through early April with all surveys returned by the end of May.

CCHD is once again partnering with its community advisory board, the Brazos Valley Health Partnership, to facilitate community discussion groups across the region. The discussion groups are designed to capture the various perspectives of community members that are more difficult to obtain in a survey format. CCHD will meet with various audiences including health care and human service providers, community leaders, and the general public. CCHD anticipates holding more than 80 discussion groups over the nine-county region, beginning in February.

Over the years, community stakeholders have responded to the assessment findings by maximizing or leveraging existing community resources and creating partnerships to develop new strategies to either directly or indirectly improve health. For example, four counties have developed health resource centers supported by local governments, local organizations, health care and social services organizations, and community members. Each resource center provides a location for regional health and human services providers to expand care to the rural communities in response to a 2002 assessment finding that rural communities made up over 40% of the regional population but less than 10% of regional services were provided in the rural communities. The most common reason for providers not offering care in rural communities was due to the expense of supporting multiple operations throughout the region. Other community responses to assessment findings have resulted in a volunteer-based transportation system being implemented across the region; the introduction of mental health counseling via telehealth; and the expansion of the federally qualified health clinics into the rural communities.

The findings from the assessment will be released at an RHP 17 Health Summit to be held on September 12, 2013. For more information on the 2013 RHP 17 Health Assessment or to be included in assessment email updates, please contact Angie Alaniz at (979) 458-1594 or at [Alaniz@tamu.edu](mailto:Alaniz@tamu.edu).

## Dynamic Classrooms Get Kids Up and Moving



It has been an exciting semester for the Dynamic Classrooms to Prevent Childhood Obesity project (also known as the standing desk project), led by CCHD affiliated

faculty member and Principal Investigator, Dr. Mark Benden. With help from his outstanding team of graduate research assistants, the project has accomplished many things since funding began in 2009. This semester, three elementary schools were introduced to the stand-biased desk intervention and each school was incredibly welcoming, enthusiastic, and supportive of the updated desks. Even more exciting, child participants exhibited curiosity with the study and even found it fun!

With a current recruitment size of over 370 children evenly spread across participating schools, our team was impressively able to consent roughly 86% of all possible participants to at least one of the three (physical, behavioral, and/or academic) parts of the study. Data for caloric expenditure and measurements of in-class behavior are currently being entered and organized for rough analysis. While we are now entering a break in the standing desk project as the semester comes to a close, our team is more encouraged than ever that we have had a great start to this two-year project. While not meriting a “standing” ovation yet, we are determined to take our best “stand” against child obesity nonetheless.



*Model of standing desks implemented in Elementary Schools throughout the community*



## CCHD Co-hosts Showings of the Weight of the Nation Documentary



The Center for Community Health Development (CCHD) is collaborating with the Brazos Valley Health Partnership and the Burleson, Grimes, Leon, and Madison County Health Resource Commissions to co-host community showings of the film documentary, Weight of the Nation (WON). WON is a multi-part media campaign designed to increase awareness about the obesity problem in the United States. WON showings will be held throughout the Brazos Valley during October, November, and January. Participants attending the community showings will view a one-hour segment of the documentary and participate in a facilitated discussion, focused on exploring local solutions to the obesity problem in the Brazos Valley. The WON

documentary is designed to encourage community members to take action to combat obesity in their personal lives and within their communities. In addition, CCHD is working with 27 other CDC-funded Prevention Research Centers to conduct a national evaluation to measure the impact of the WON media campaigns. The evaluation consists of pre- and post-surveys for the community showings and a six-week follow-up survey. If you would like more information about WON, please visit <http://theweightofthenation.hbo.com/films>.

## CCHD Congratulates Jessica Funke



Jessica Funke has been a member of the CCHD family since September 2011. During her time here, she had the opportunity to gain experience in various aspects of public health by working with the Evaluation of the Minority Youth Tobacco Program and Evaluation of a Medication and Treatment Adherence Curriculum in Recently Released HIV Positive Ex-Offenders from the Texas Department of Criminal Justice System. Jessica will be graduating from the School of Rural Public Health in May 2013 with a Masters in Public Health in the Department of Health Promotion and Community Health Science following her completion of a practicum this spring. While she is sad to leave, she knows the professional and personal experiences that CCHD has given her will continue to influence her future career aspirations.

## CCHD Welcomes New Graduate Assistant



Abigail Moser grew up in Sour Lake which is a small town in southeast Texas just west of Beaumont. She received her Bachelor's degree in Psychology with a minor in Sociology from Texas A&M University. She is a first year graduate student pursuing a Masters of Public Health in the Environmental Occupational Health program. Her interest in public health stems from the experiences she had while interning with two local nonprofit organizations. Throughout her undergraduate time, she was mainly involved in Maggies, a women's service leadership organization, and she often spent time working in a cognition lab in the psychology department. Please join us in welcoming Abigail!

## CCHD Staff Volunteer at Voices for Children

On November 29<sup>th</sup>, CCHD staff volunteered at Voices for Children (VFC) of the Brazos Valley, a non-profit organization in downtown Bryan that is dedicated to the safety and needs of abused and neglected children in our community. Each year, Voices for Children collects gifts for foster children in the Brazos Valley and invites volunteers to their office to partake in a holiday celebration while wrapping the presents. Everyone at CCHD enjoyed spending quality time with fellow staff, getting in the holiday spirit and most importantly, giving back to the community we call our own.



Toys ready to be wrapped at VFC  
(Photo credit to VFC)



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Happy Holidays  
from CCHD!

