



**IUPUI**  
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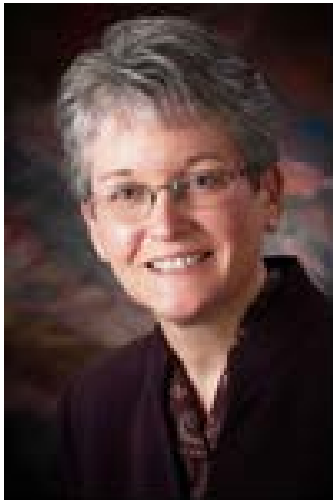
# INSIGHTS & INNOVATIONS

## CULTURE OF HEALTH

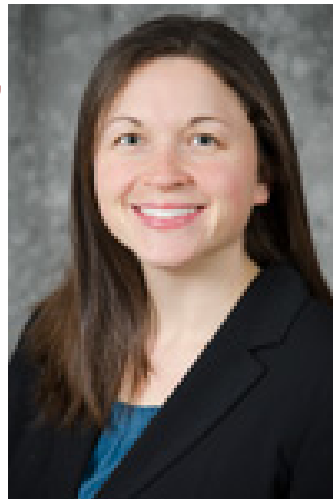


## Action Area 3: Creating Healthier, More Equitable Communities

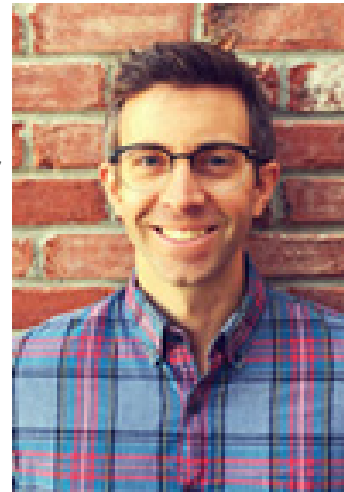
*Part II of II*



**Vicki Johnson-Poynter, MSN, RN, NE-BC, CSSBB**  
**Schneck Medical Center**  
Retired Vice President Nursing Services and Chief Nursing Officer



**Tonja Couch**  
**Jackson County United Way**  
Executive Director



**Nate Otte, OD**  
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**Optometrist**  
**IU Pediatric Department**  
Optometrist and Adjunct Faculty Clinician



**Lin Montgomery**  
**, MLD**  
**Jackson County Health Department**  
Public Health Educator-Coordinator

# Learning Objectives

Participants will be able to identify policies and governance practices to support equitable communities.

*Part II of II*

## CEU Information

*The Indiana Society of Public Health Educators (InSOPHE) has approved this session for 1.0 CEUs. If you are a member of InSOPHE and wish to receive credit for this webinar, please email Tiffany King at [president.elect@insophe.org](mailto:president.elect@insophe.org) to receive the CEU evaluation.*

***CEUs can only be issued from the live webinar.***

# CME Learner Information

## Learning Objectives

At the conclusion of this program, participants should be able to:

- Develop and implement policies and governance to support equitable communities.

## Accreditation Statement

Indiana University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

## Designation Statement

Indiana University School of Medicine designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Faculty Disclosure Statement

In accordance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Commercial Support, educational programs sponsored by Indiana University School of Medicine (IUSM) must demonstrate balance, independence, objectivity, and scientific rigor. All faculty, authors, editors, and planning committee members participating in an IUSM-sponsored activity are required to disclose any **relevant financial interest or other relationship** with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services that are discussed in an educational activity.



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# CME Learner Information - *Continued*

## Disclosure Summary

The following planning committee and those in a position to control the content of this activity have disclosed no relevant financial relationships:

JoBeth McCarthy-Jean, MPH  
Vicki Johnson-Poynter, MSN, RN, NE-BC, CSSBB  
Tonja Couch  
Lin Montgomery, MLD  
Nate Otte, OD

CME credit will be awarded and certificates emailed within 3 weeks. The course evaluation will be sent immediately following the activity. For questions and concerns, please contact IU School of Medicine, Division of Continuing Medical Education at 317-274-0104 or [cme@iu.edu](mailto:cme@iu.edu)

**Please note: CME credit will not be awarded for viewing the recording of this live activity.**



**SCHOOL OF MEDICINE**

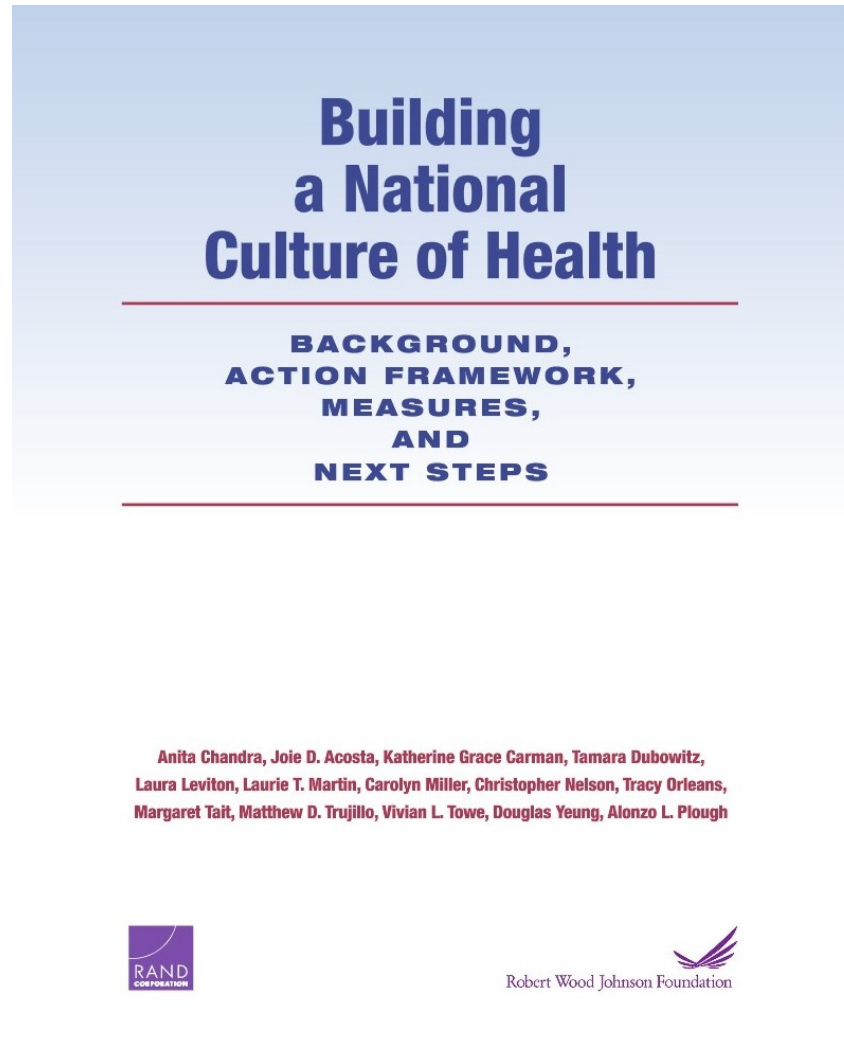
INDIANA UNIVERSITY



# Building a Culture of Health in Indiana

**Action Area 3: Creating Healthier, More Equitable  
Communities (Part II of II)**

# Evidence Base for Building a Culture of Health

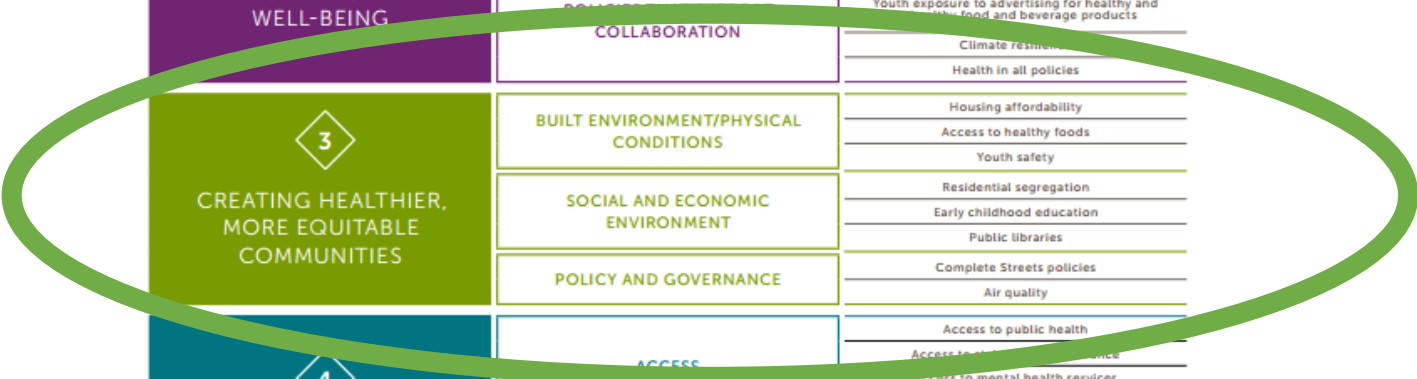


Source: Chandra, A., Acosta, J., Carman, K., Dubowitz, T., Leviton, L., Martin, L., Miller, C., Nelson, C., Orleans, T., Tait, M., Vivian, T., Douglas, T., Plough, A. (2016). Building a National Culture of Health: Background, Action Framework, Measures, and Next Steps. Retrieved from the RAND Corporation on June 10, 2016

[http://www.rand.org/content/dam/rand/pubs/research\\_reports/RR1100/RR1199/RAND\\_RR1199.pdf](http://www.rand.org/content/dam/rand/pubs/research_reports/RR1100/RR1199/RAND_RR1199.pdf)

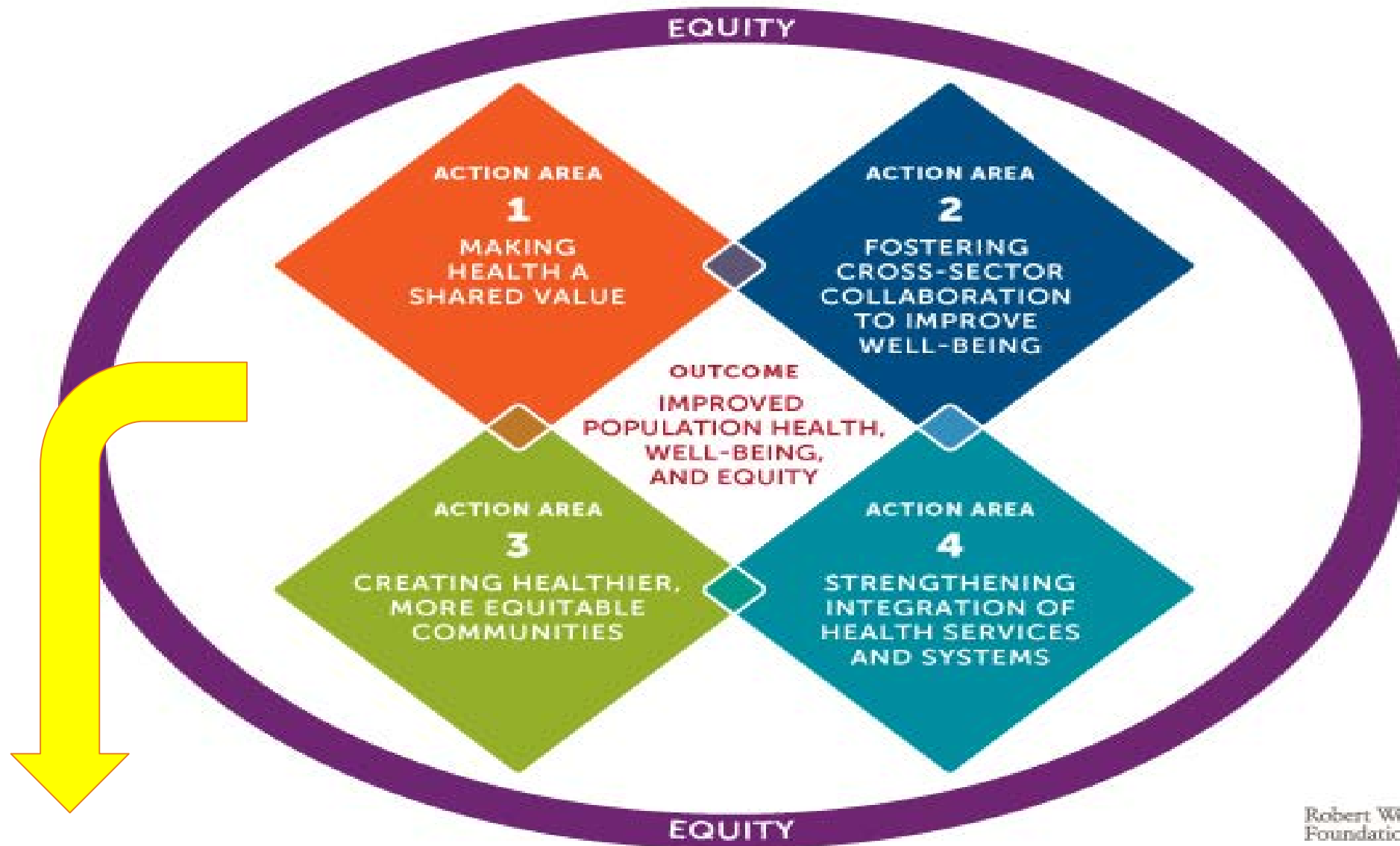
# CULTURE OF HEALTH ACTION FRAMEWORK

| ACTION AREAS                                                           | DRIVERS                                          | MEASURES                                                                                                                                                               |
|------------------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>MAKING HEALTH A SHARED VALUE                               | MINDSET AND EXPECTATIONS                         | Value on health interdependence<br>Value on well-being<br>Public discussion on health promotion and well-being                                                         |
|                                                                        | SENSE OF COMMUNITY                               | Sense of community<br>Social support                                                                                                                                   |
|                                                                        | CIVIC ENGAGEMENT                                 | Voter turnout<br>Volunteer engagement                                                                                                                                  |
| <b>2</b><br>FOSTERING CROSS-SECTOR COLLABORATION TO IMPROVE WELL-BEING | ENUMERATION AND QUALITY OF PARTNERSHIPS          | Local health department collaboration<br>Opportunities to improve health for youth at schools<br>Business support for workplace health promotion and Culture of Health |
|                                                                        | INVESTMENT IN CROSS-SECTOR COLLABORATION         | U.S. corporate giving<br>Federal allocations for health investments related to nutrition and indoor and outdoor physical activity                                      |
|                                                                        | COMMUNITY COLLABORATION                          | Community relations and policing<br>Youth exposure to advertising for healthy and unhealthy food and beverage products                                                 |
|                                                                        | ENVIRONMENTAL COLLABORATION                      | Climate resiliency<br>Health in all policies                                                                                                                           |
| <b>3</b><br>CREATING HEALTHIER, MORE EQUITABLE COMMUNITIES             | BUILT ENVIRONMENT/PHYSICAL CONDITIONS            | Housing affordability<br>Access to healthy foods<br>Youth safety                                                                                                       |
|                                                                        | SOCIAL AND ECONOMIC ENVIRONMENT                  | Residential segregation<br>Early childhood education<br>Public libraries                                                                                               |
|                                                                        | POLICY AND GOVERNANCE                            | Complete Streets policies<br>Air quality                                                                                                                               |
| <b>4</b><br>STRENGTHENING INTEGRATION OF HEALTH SERVICES AND SYSTEMS   | ACCESS                                           | Access to public health<br>Access to behavioral health services<br>Access to mental health services<br>Dental visit in past year                                       |
|                                                                        | CONSUMER EXPERIENCE AND QUALITY                  | Consumer experience<br>Population covered by an Accountable Care Organization                                                                                          |
|                                                                        | BALANCE AND INTEGRATION                          | Electronic medical record linkages<br>Hospital partnerships<br>Practice laws for nurse practitioners<br>Social spending relative to health expenditure                 |
| OUTCOME                                                                | OUTCOME AREAS                                    | MEASURES                                                                                                                                                               |
| IMPROVED POPULATION HEALTH, WELL-BEING, AND EQUITY                     | ENHANCED INDIVIDUAL AND COMMUNITY WELL-BEING     | Well-being rating<br>Caregiving burden                                                                                                                                 |
|                                                                        | MANAGED CHRONIC DISEASE AND REDUCED TOXIC STRESS | Adverse child experiences<br>Disability associated with chronic conditions                                                                                             |
|                                                                        | REDUCED HEALTH CARE COSTS                        | Family health care cost<br>Potentially preventable hospitalization rates<br>Annual end-of-life care expenditures                                                       |

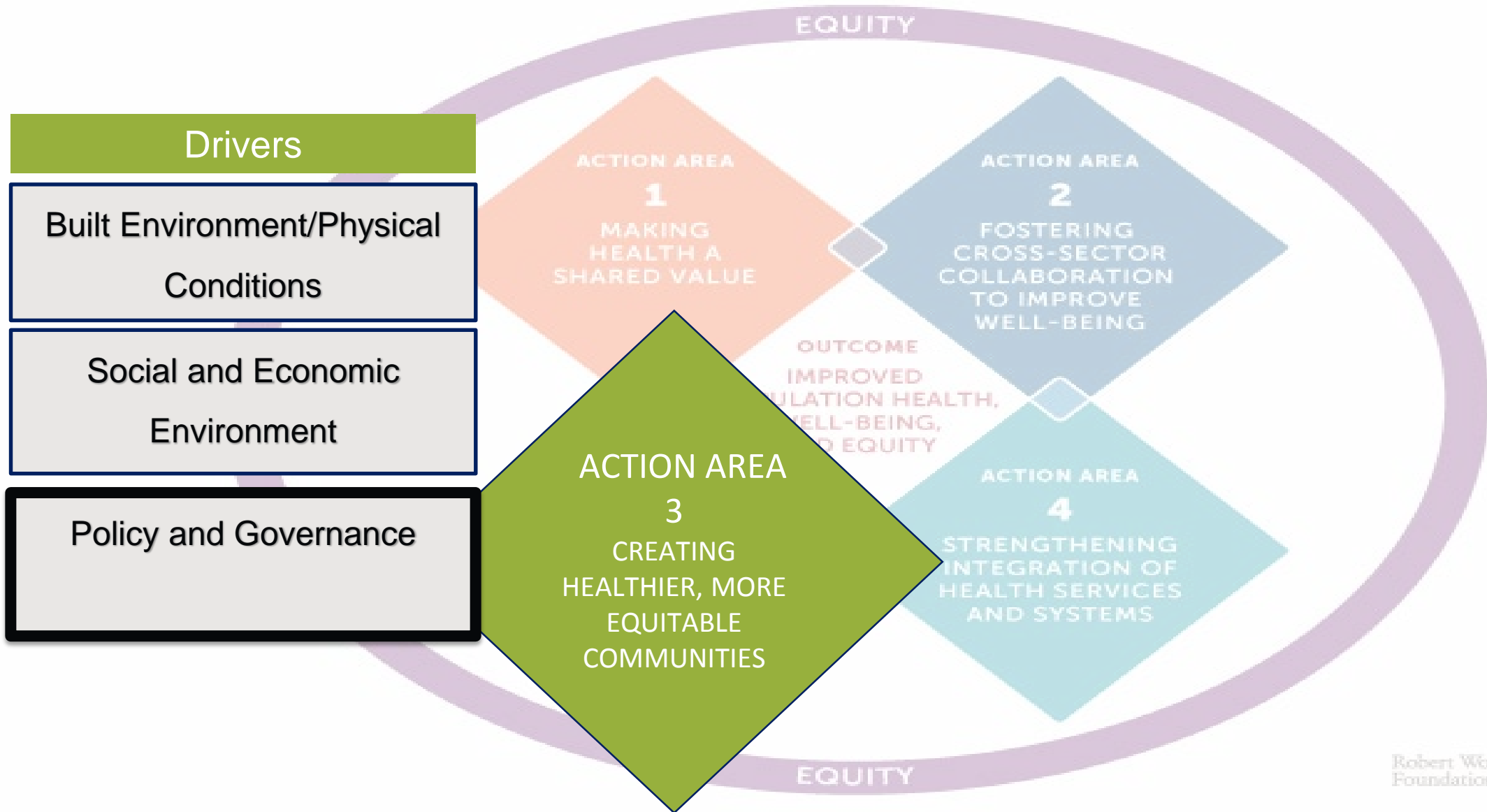




# CULTURE OF HEALTH ACTION FRAMEWORK



# CULTURE OF HEALTH ACTION FRAMEWORK



# Creating Healthy and Equitable Communities through Policy

## Types of Policies

- **Laws and regulations:** these are policies passed by elected officials or government agencies that influence behavior (constitutions, charters, statutes, codes, ordinances, resolutions, orders, agency regulations, and proclamations)
- **Guidance documents:** created by governmental bodies that interpret laws and regulations.
- **Organizational policies:** these are formal policies adopted by businesses, organizations, and government entities.

Sources: Public Health Law Center

<http://publichealthlawcenter.org/sites/default/files/resources/Drafting%20Effective%20Policies.pdf>

# Creating Healthy and Equitable Communities through Governance

## Examples of Governance

- Councils that assure health in all policies
- Governing bodies that align resources to support evidence based policies
- Governance that is accountable to higher standards through transparent data collection and sharing of outcomes

Brain, D. (2005). From good neighborhoods to sustainable cities: Social science and the social agenda of the new urbanism. *International Regional Science Review*, 28(2), 217-238.

Coaffee, J., & Healey, P. (2003). "My voice: My place": Tracking transformations in urban governance. *Urban Studies*, 40(10), 1979-1999.

Taylor, M. (2000). Communities in the lead: Power, organisational capacity and social capital. *Urban Studies*, 37(5/6), 1019.

# Resources

| Title                                                             | Description                                               | Link                                                                                                                                                                                                                |
|-------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Robert Wood Johnson's Culture of Health                           | Building a culture of health                              | <a href="https://www.cultureofhealth.org/">https://www.cultureofhealth.org/</a>                                                                                                                                     |
| Local Public Health Governance Performance Assessment Instrument  | Assess governance capacity based on 10 essential services | <a href="https://www.cdc.gov/nphpsp/documents/governance/07_110300-gov-booklet.pdf">https://www.cdc.gov/nphpsp/documents/governance/07_110300-gov-booklet.pdf</a>                                                   |
| Public Health Law Center                                          | Drafting Effective Policies                               | <a href="http://publichealthlawcenter.org/sites/default/files/resources/Drafting%20Effective%20Policies.pdf">http://publichealthlawcenter.org/sites/default/files/resources/Drafting%20Effective%20Policies.pdf</a> |
| Indiana Indicators                                                | Indiana community data                                    | <a href="http://indianaindicators.org/">http://indianaindicators.org/</a>                                                                                                                                           |
| Collective Impact Forum                                           | A structured way to create and sustain social change.     | <a href="https://collectiveimpactforum.org/what-collective-impact">https://collectiveimpactforum.org/what-collective-impact</a>                                                                                     |
| Centers for Disease Control and Prevention – Public Health Policy | Policy resources to support health                        | <a href="http://www.cdc.gov/stltpublichealth/policy/">http://www.cdc.gov/stltpublichealth/policy/</a>                                                                                                               |

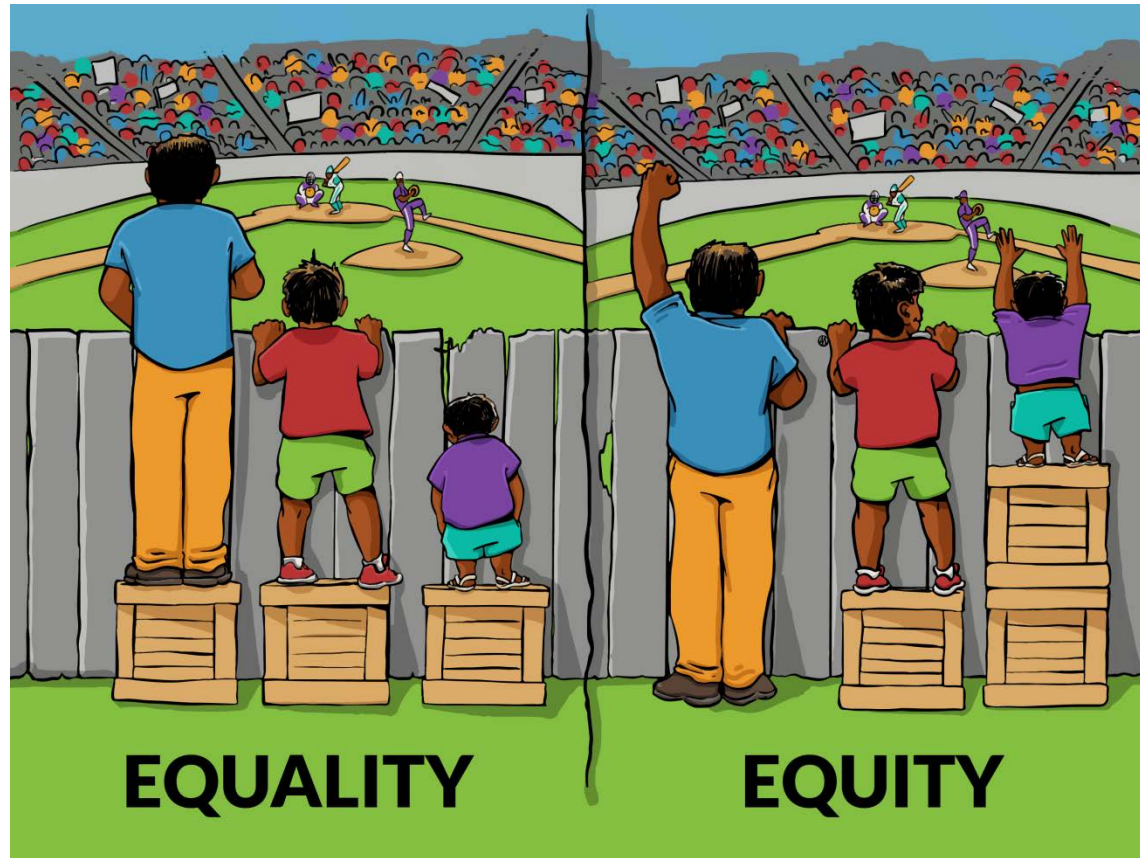
# Creating Healthier and More Equitable Communities

Part 2

# Focus Areas

- 1. Extent to which health-promoting physical, social, and economic environmental conditions are in place and equitably distributed
- 2. Creating a healthy environment with an emphasis on collaboration between residents and government/corporate institutions

# Equity is Essential



Everyone deserves to live the healthiest life possible



# Determining Equity



# Creating Healthier, More Equitable Communities: Measures by Driver

| Driver                                    | Measure                                                                                                              | What It Means to the Action Area/<br>Culture of Health Overall                                                                                                                                                                                                                       |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Built environment and physical conditions | Housing affordability (percentage of families spending 50 percent or more of monthly income on rent or mortgage)     | Offers an indicator of housing challenges because affordability can shape health, from individual exposure to toxins to the safety of the neighborhood/community.                                                                                                                    |
| Built environment and physical conditions | Access to healthy foods (percentage of U.S. population with limited access to healthy foods)                         | Offers an indicator of community health as well as equity. Low-income and racial/ethnic minority populations disproportionately live in food deserts with very limited access to full-service grocery stores and an abundance of convenience stores that do not stock healthy foods. |
| Built environment and physical conditions | Youth safety (percentage of middle and high school students reporting feeling safe in their communities and schools) | Provides an indicator of perceived safety. Feeling unsafe influences trust in others, motivation to go to school, and motivation to be active outside. Perceived safety in schools also affects truancy, attendance, and performance.                                                |
| Social and economic environment           | Public libraries (number of library outlets per 100,000 people, nationally and by state)                             | Provides an indicator of a well-being asset, as libraries represent investment in communities, facilitate access to services, and are a linchpin to literacy—a critical factor in health.                                                                                            |

# Drivers in the Action Area of Creating Healthier, More Equitable Communities

1. The built environment and physical living conditions
2. The social and economic environment
3. Policy and Governance

# Factors Influencing the Built Environment and Physical Conditions

| Level                             | Factors                                                                                                                                                                                                                      |
|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Individual                        | <ul style="list-style-type: none"><li>• Preference for healthy options or location</li><li>• Attitudes toward the physical environment (e.g., pride in place, use of services)</li></ul>                                     |
| Organization/community            | <ul style="list-style-type: none"><li>• Investment in community design and planning</li><li>• Advocacy for policies that support healthier options</li><li>• Availability of options for employees or constituents</li></ul> |
| Decision environment/<br>policies | <ul style="list-style-type: none"><li>• Incentive programs for more “health-promoting” developments or practices</li><li>• Regulations or guidelines for environments that are health-promoting</li></ul>                    |

# “Built” Environment

- Physical space in Jackson County
  - Physical activity
  - Sidewalks, bicycle lanes- Complete Streets policy
  - Recreational facilities
  - Healthy food available in two communities
  - Street lighting
  - Local parks, green spaces
  - Gardening—community plots
  - Skate Park, ball fields, playgrounds



# Physical space



# Organizations promoting health



# Government promoting health



## SEYMOUR ROUTE

1. Start at Community and Stadium and head west on Stadium
2. Left (southwest) on Vehslage Rd
3. Right (west) on Newford Rd/E County Rd 525
4. Continue on Newford Rd (slight right)
5. Right (north) on N County Rd 400 E
6. Right (east) on E County Rd 800 N
7. Right (south) on N County Rd 700 E
8. Left (east) on Reddington St/E Reddington St
9. Right (south) on N County Rd 760 E
10. Left (east) on W 10th St
11. Right (south) on Elm St
12. Right (west) on W 2nd St
13. Right (north) on Community Dr
14. End at Stadium





# Explore Jackson County



## HORSEBACK RIDING

- Horseshoe National Forest**
- 210 miles of trails for personal horse use in the Horseshoe National Forest.
  - Nicks Ridge is an 8.5 mile long multiple use trail.
  - Hickory Ridge Trail is a multiple use trail and is 6.7 miles long.
  - Wolfcreek, which is a horse-friendly designated trail and is 3.5 miles.
  - No horses permitted.

**Jackson Washington State Forest/Stevens Hollow State Recreation Area**

• 2,130 total miles of horse trails are available in two separate areas. Horse trails begin at the market entrance to Skyline Drive. Area 1 is located off Hwy 200 east of the Jackson Washington State Forest office.

• No horses permitted.

## HORSE CAMPS

**Hickory Ridge Horse Camp**

• 20 primitive sites with both water and sewer for horses.

**Horseshoe National Forest** 812-275-2967

• No horses permitted.

**Michener Trail Horse Camp**

• Located on Michener Trail for 70 sites. Offers month, bi-monthly and nightly accommodations.

• Located north of Jackson.

• Contact Michener Trail Ride, Inc. 1344 Haines Creek Road, Norman, Indiana 47364. (812) 814-6444. [www.michenertrails.com](http://www.michenertrails.com)

• No horses permitted.

**Horseshoe Horse Camp**

• 24 electric and sewer sites, as well as 15 primitive sites, and 22 tent sites.

• Campground for horse owners, horses, and a picnic shelter.

• Contact Jess and Mary Mack at 4753 N. CR 1200 W, Norman, Indiana 47304 (812) 995-4008 or email [deborah@hshorsecamp.com](mailto:deborah@hshorsecamp.com)

• No horses permitted.



## CAMPING

**Black Stone Lake**

• Seasonal camping is open to the public. Primitive sites are available as well as sites with electric and water hookups. There are several acres of a lake and 16 miles into Black Stone Lake, 1301 N. County Road 875 W, Macks, IN 47262-7333.



**Horseshoe National Forest**

• Primitive camping is allowed as long as equipment and/or vehicles do not block designated trails, so road right-of-way. Camping is not allowed outside designated picnic areas.

• A 14-day camping limitation within a 21-day period is in effect. At least one person must occupy a camping area during the first night after camping equipment has been set up. All camping equipment must be fully removed for more than 24 hours. Groups larger than 15 people require a permit.

**Jackson Washington State Forest**

• Primitive camping is available for a national fee. Campers must register Jackson Washington State Forest Campground has 40 trailers and seasonal drinking water. A picnic table and grill is at each of the 14 campsites and wheelchair accessible sites are available. Firewood is available and a Vaux Trail Campground is available for access and other trails groups. Backcountry camping is available to Washington County along the Knobstone Trail.

**Stevens Hollow State Recreation Area**

• Offers 90 "electric" campsites, 55 "full hook-up" campsites and numerous cabins are available for rental. All sites are equipped with picnic tables, grills, and access to a modern restroom. All 90 "electric" sites have electrical pedestals available at each site. All full hook-up sites offer sewer, water and electric available at each site.

*Camping rates will vary by each location. For property fee rates information, visit [www.in.gov/dnr](http://www.in.gov/dnr) or call 812-646-6474.*

## BIKING TRAILS

- Jackson Washington State Forest / Stevens Hollow State Recreation Area**
- Offers 11.2 miles of mountain bike trails in two locations. Hikers and riders may use unimproved. Only use unimproved for the use permitted. Special use should be taken to avoid disturbing on down slopes and wheel spinning on up slopes. Maximum speed is 15 mph.
  - Trails are located within one mile of each other. Stevens Hollow trail begins at the rear side of the non-electric campground and makes a loop behind the lake, 3.47 miles long.
  - Jackson Washington Trail is located at the northern entrance to Skyline Drive, sharing the trail with horse riders. The trail is broken into three colored loops. Trail distance for these loops is 8.5 miles. Loops are difficult and will take many hours to complete.

**Horseshoe National Forest**

- Nicks Ridge is an 8.5 mile long multiple use trail and offers scenic views from a ridge top trail. 5000'Ascent, level to moderate with lots of short climbs.
- Hickory Ridge Trail is a 6.7 mile long multiple use trail. This trail features a variety of long and short loops with scenic and wide trails. 5000' Ascent level is easy to 4000'.

**Mountaintop National Wildlife Refuge**

Bicycling is only permitted on roads within the Refuge and is not allowed on designated hiking trails.

**ANNUAL BIKING EVENTS**

• Annual Trail Ride held in July. The ride which runs the county's two central horse and allows riders to see the hills, farms and country churches. Riders can choose 50, 62 or 80 mile routes. The event is sponsored by the Horsemen's Exchange Club. For information, call 812-758-4155.

• Given by Clerk, September, sponsored by Club Inc.

**Jackson County Bicycle Club**, 812-524-7412

## GOLFING

**Hickory Hills Golf Club**

This golf course is located in the gorgeous rolling hills of Jackson County near Brownstown. The course features nine holes with 3,147 yards for men and 2,847 for women. Par for both is 35. The facility includes a clubhouse and pro shop. 1509 S. State Road 131, Brownstown, IN 47223. 812-359-4526.

**Seymour Country Club**

Seymour Hills golf course was established in 1921 and features a pro shop and restaurant. The course features nine holes with 2,745 yards for men and 2,596 for women with par 35 for men and 34 for women. Also known as a pro shop and restaurant. 1400 Shields Ave, Seymour, IN 47274. 812-522-5467. [www.seymourcc.com](http://www.seymourcc.com)

**Shadeswood**

Communally located near I-47 and US 51, Shadeswood features 18 holes with a par of 72 and parlage of 6,700. Facilities include a clubhouse, practice, walk-in shop, pro shop, and driving range. 117 N. Sandy Creek Dr, Seymour, IN 47274. 812-412-4144. [www.shadeswoodga.com](http://www.shadeswoodga.com)



## HIKING

Jackson Washington State Forest/Stevens Hollow State Recreation Area offer 11 trails ranging from easy to rugged and from 1 mile to more than 50 miles. The longest trail, located in Washington County, is the Knobstone Trail. Most trails are located near the Jackson Washington office and a campground area, Skyline Drive, and Stevens Hollow campground.

Hikers are advised to wear proper clothing or other height checking while on trails during heavy snow.

Horseshoe National Forest features five trails, varying from 3 miles to about 47 miles and includes trails in the Charles Deane Wilderness.

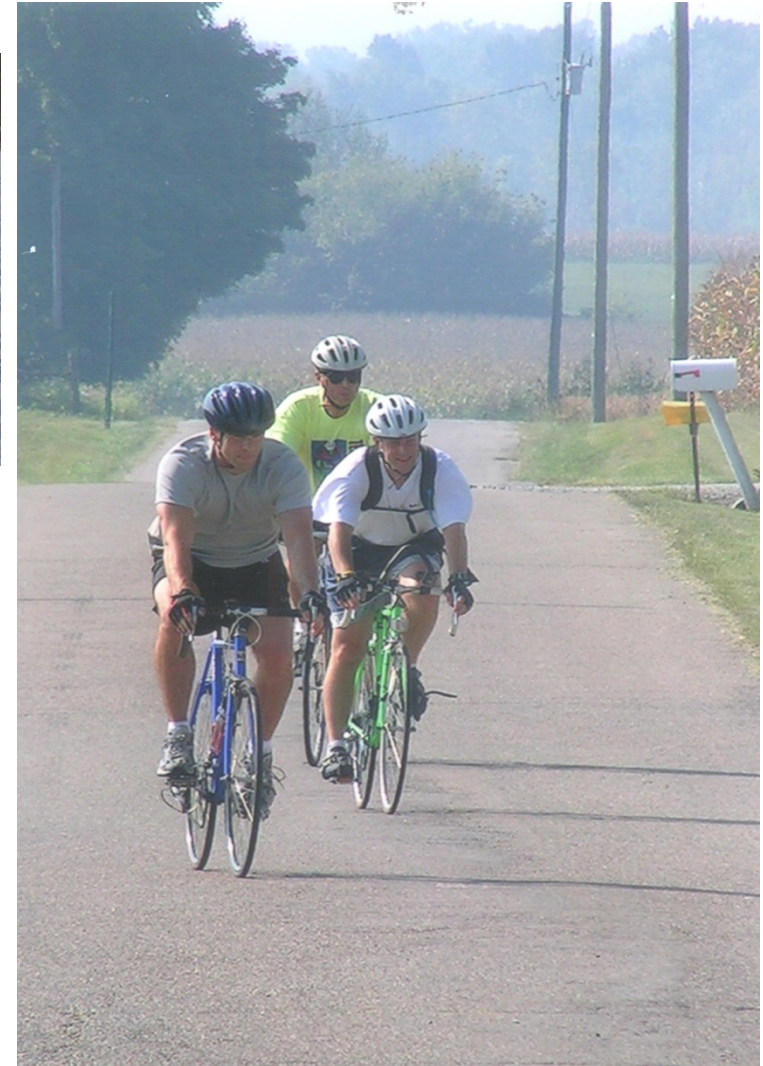
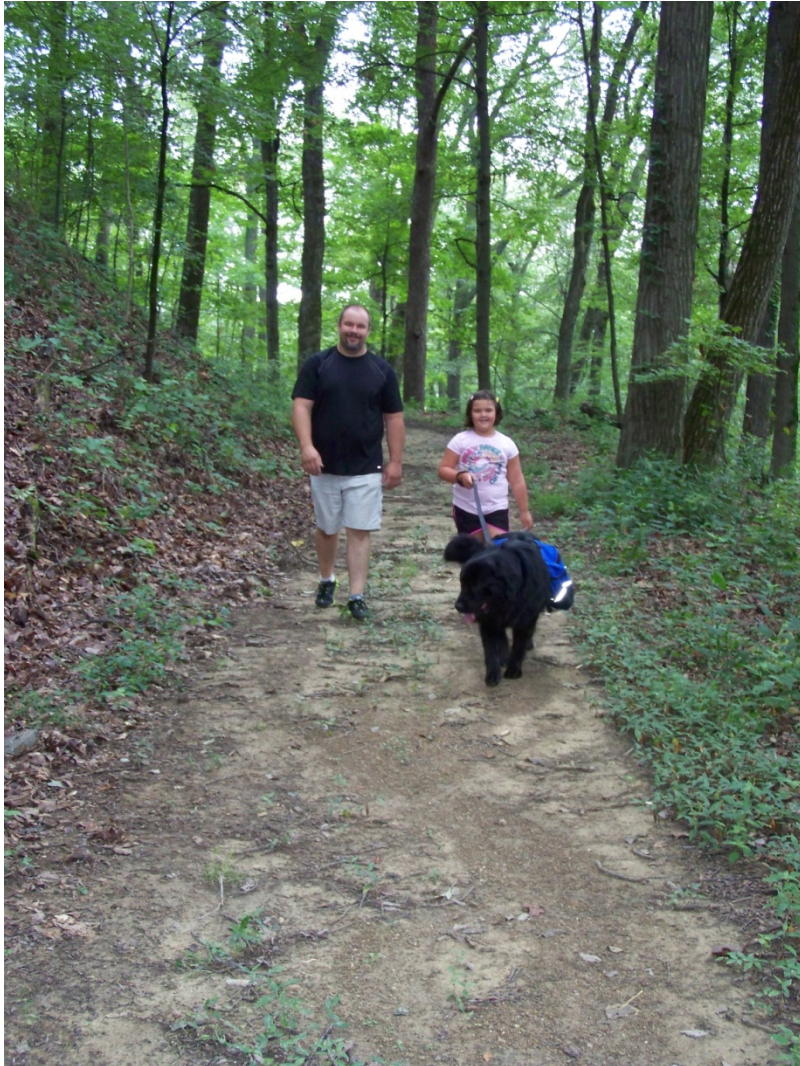
Mountaintop National Wildlife Refuge features 7 trails and a number of abandoned farm roads. Most trails are on the Charles Deane Trail by the Vaux County is accessible in winter.



# Factors Influencing the Social and Economic Environment

| Level                             | Factors                                                                                                                                                                                                                     |
|-----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Individual                        | <ul style="list-style-type: none"><li>• Participation in social and health-promoting activities, employment training programs, or economic development programs</li></ul>                                                   |
| Organization/community            | <ul style="list-style-type: none"><li>• Supportive wellness policies</li><li>• Availability of social options that promote health/avoid health risk</li></ul>                                                               |
| Decision environment/<br>policies | <ul style="list-style-type: none"><li>• Policies that reduce health risk behaviors (e.g., anti-smoking legislation)</li><li>• Job training, other employment policies</li><li>• Earned income tax credit policies</li></ul> |

# Individual health choices



# Social Aspects of Health



JC Public Library



Seymour Housing Auth.



# LIVE UNITED



Community Diner of Seymour

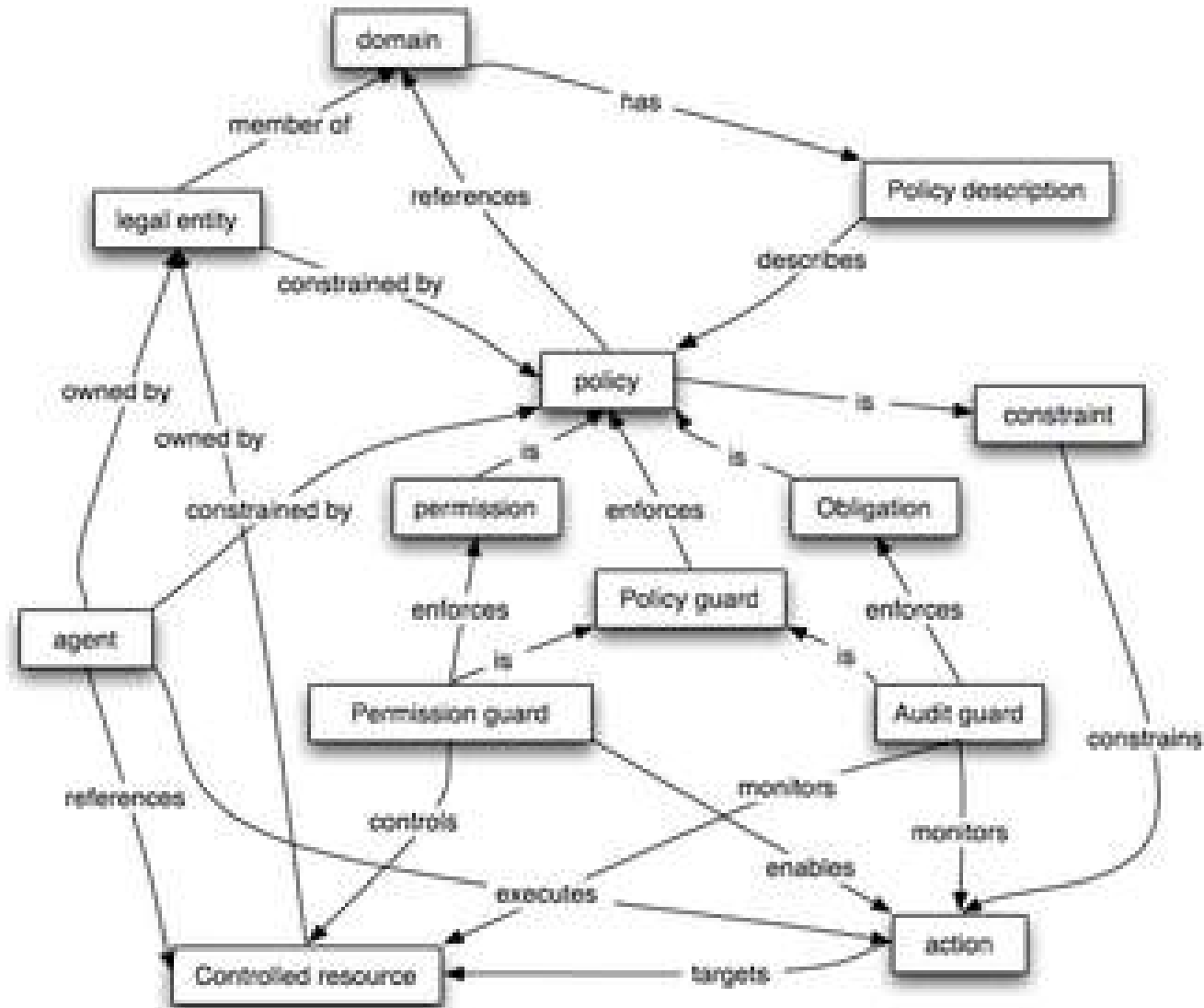
# Supportive Environment

- Wellness policies
- Public health risk behaviors:
  - Anti-smoking—JCHD programs and treatments
  - Drug abuse and treatment— Addiction therapist at SMC; Todd’s Place transitional housing program; testing; Centerstone addiction services; private facilities;
  - Alcohol abuse— AA;NA; Road to Recovery; hosted by local churches & centers
  - Drug Court established
  - Low cost immunizations and vaccines

# Factors Influencing Policy and Governance

| Level                             | Factors                                                                                                                                                                                     |
|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Individual                        | <ul style="list-style-type: none"><li>• Endorsement of health-promoting policies, investment choices for community health and well-being</li></ul>                                          |
| Organization/community            | <ul style="list-style-type: none"><li>• Organizational participation in health-promoting policy development</li></ul>                                                                       |
| Decision environment/<br>policies | <ul style="list-style-type: none"><li>• Inclusive governance policies for citizen voices about health</li><li>• Creation of community councils to review health policy trade-offs</li></ul> |

# Policy



# Analyze the data to design policies & programs





# Policies, Programs and Practices

- NAS and state pilot
- HIV/HCV testing; ID physician to work as medical director at JCHD
- Tobacco Cessation
- Diabetes
- Fresh fruits and vegetables– Farmers Market; community gardens; label reading classes; library programs; Purdue extension office– community education
- Health fairs-- annually
- Naloxone provided for police officers as first responders for overdose victims
- Heart programs– cardiac rehab; calcium scoring at SMC; Red Dress campaign; Women’s service line at SMC;
- Vaccinations—back to school campaign; flu programs; whooping cough; shingle shots;
- ZIKA virus
- Ebola Assessment site at SMC

- Housing – Inspections and Healthy Home programs
- Job Opportunities– health career promotions; internships for nurses; BSN rates
- Mental health and wellness – Support groups

# Access to Healthcare

- IHC
- NP co-horts
- Physician access
- Industry access
- Health coaches
- Minute clinics
- Urgent cares
- Emergency Room care

# Screening, Brief Intervention, and Referral to Treatment

Points of Access

Alcohol, Drugs and Tobacco

| <b>SBIRT Adult Pre-Screening Questions</b> |                                                                                                                                                         |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Not Applicable                             | <input type="radio"/> Age < 18 <input checked="" type="radio"/> Unable to Screen                                                                        |
| Pt. declines screening                     | <input checked="" type="radio"/> Yes <input type="radio"/> No                                                                                           |
| Comment                                    |                                                                                                                                                         |
| MEN: Times had 5+drinks in past 12 mo.     | How many times in the PAST 12 MONTHS have you had 5 or more drinks in a day?<br>*If answer >0, complete AUDIT                                           |
| WOMEN:Times had 4+drinks in past 12 mo.    | How many times in the PAST 12 MONTHS have you had 4 or more drinks in a day?<br>*If answer >0, complete AUDIT                                           |
| Times used illegal drug in past 12 mo.     | How many times in the PAST 12 MONTHS have you used an illegal drug or used a prescription drug for nonmedical reasons?<br>*If answer >0, complete AUDIT |
| Resources given                            | <input type="radio"/> Yes <input type="radio"/> No                                                                                                      |

### SBIRT Alcohol Screening (AUDIT)

|                                |                                                                                                                                                                                                                                                                                                                          |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| How often do you drink alcohol | <input type="radio"/> Never <input type="radio"/> Monthly or less <input type="radio"/> Two to four times/month<br><input type="radio"/> Two or three times/week <input checked="" type="radio"/> Four or more times/week                                                                                                |
| Number of Drinks of Alcohol    | <input type="radio"/> Zero to two <input type="radio"/> Three or four <input type="radio"/> Five or six <input checked="" type="radio"/> Seven to nine <input type="radio"/> Ten or more<br>How many drinks containing alcohol do you have on a typical day when you are drinking?                                       |
| How often do you drink 5/more  | <input checked="" type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly <input type="radio"/> Weekly<br><input type="radio"/> Daily or almost daily<br>How often do you have five or more drinks on one occasion?                                                                   |
| Able to stop drinking?         | <input type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly<br><input type="radio"/> Weekly <input type="radio"/> Daily or almost daily<br>How often during the last year have you found that you were not able to stop drinking once you had started?                             |
| Failed to do what is expected? | <input type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly <input type="radio"/> Weekly<br><input type="radio"/> Daily or almost daily<br>How often during the last year have you failed to do what was normally expected of you because of drinking?                             |
| Need a drink first thing       | <input type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly <input type="radio"/> Weekly<br><input type="radio"/> Daily or almost daily<br>How often during the last year have you needed a drink first thing in the morning to get yourself going after a heavy drinking session? |
| Feel guilty after drinking     | <input type="radio"/> Never <input type="radio"/> Less than monthly <input type="radio"/> Monthly<br><input type="radio"/> Weekly <input type="radio"/> Daily or almost daily<br>How often during the last year have you had a feeling of guilt or remorse after drinking?                                               |

|                                             |                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Unable to remember last night</p>        | <p> <input type="radio"/> Never                      <input type="radio"/> Less than monthly    <input type="radio"/> Monthly                      <input type="radio"/> Weekly<br/> <input type="radio"/> Daily or almost daily<br/> How often during the last year have you been unable to remember what happened the night before because of your drinking? </p> |
| <p>Injured because of drinking</p>          | <p> <input type="radio"/> No                              <input type="radio"/> Yes, but not in past year    <input type="radio"/> Yes, within the last year<br/> Have you or someone else been injured because of your drinking? </p>                                                                                                                              |
| <p>Anyone concerned about your drinking</p> | <p> <input type="radio"/> No                              <input type="radio"/> Yes, but not in last year    <input type="radio"/> Yes, within the last year<br/> Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down? </p>                                                                    |
| <p>AUDIT Score (20 or &gt; Referral)</p>    | <p> 7<br/> 0-7=Education<br/> 8-15=Brief Intervention<br/> 16-19=Brief Treatment<br/> 20+=Referral to Treatment </p>                                                                                                                                                                                                                                                |

**SBIRT Drug Abuse Screening (DAST-10)**

|                                            |                                                                                                                                      |
|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Used drugs for non-medical reasons         | <input type="radio"/> Yes <input type="radio"/> No<br>Have you used drugs other than those required for medical reasons?             |
| Do you abuse more than one drug at a time? | <input type="radio"/> Yes <input type="radio"/> No                                                                                   |
| Unable to stop when you want to            | <input type="radio"/> Yes <input type="radio"/> No<br>Are you unable to stop using drugs when you want to?                           |
| Have you had blackouts or flashbacks       | <input type="radio"/> Yes <input type="radio"/> No<br>Have you ever had blackouts or flashbacks as a result of drug use?             |
| Do you ever feel bad or guilty             | <input type="radio"/> Yes <input type="radio"/> No<br>Do you ever feel bad or guilty as a result of drug use?                        |
| Does your spouse (or parents) complain     | <input type="radio"/> Yes <input type="radio"/> No<br>Does your spouse (or parents) ever complain about your involvement with drugs? |
| Have you neglected your family             | <input type="radio"/> Yes <input type="radio"/> No<br>Have you neglected your family because of your drug use?                       |
| Have you engaged in illegal activity       | <input type="radio"/> Yes <input type="radio"/> No<br>Have you engaged in illegal activities in order to obtain drugs?               |



|                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Have you had withdrawal symptoms         | <input type="radio"/> Yes <input type="radio"/> No<br>Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Medical problems as a result of drug use | <input type="radio"/> Yes <input type="radio"/> No<br>Have you had medical problems as a result of your dur use (e.g. memory loss, hepatitis, convulsions, bleeding)?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| DAST-10 Score(6 or>referral)             | <p>Score:0<br/>         Degree of Problems Related to Drug Abuse: No problems reported<br/>         Suggested Action: Encouragement and Education</p> <p>Score:1-2<br/>         Degree of Problems Related to Drug Abuse: Low Level (Risky Behavior)<br/>         Suggested Action: Brief intervention;feedback and advice</p> <p>Score:3-5<br/>         Degree of Problems Related to Drug Abuse: Moderate level (Harmful Behavior)<br/>         Suggested Action: Brief treatment;feedback and counseling;possible referral for specialized assessment.</p> <p>Score: 6-10<br/>         Degree of Proglems Related to Drug Abuse: Substantial level<br/>         Suggested Action: Referral for treatment</p> |

# External Policies, Practices and Programs

- Tonja Couch
- Dr. Nathan Otte



Hometown  
Collaboration  
Initiative

# Report to the Community 2016 Focus

# What is the identity of Seymour?

*"If you don't know where you are going - you might end up someplace else."*

*-Yogi Berra*



# What is the plan for the opportunities over the next 5-10 years?

Seymour is at a pivotal moment in the future development of our city.

We have **momentum** building with long-term investments and commitments from industry, community organizations, and community leaders, bringing the potential for growth and change.



# How do we get organizations to communicate and collaborate towards common goals?

Vision 2025 will provide a platform for the community to collaborate on big ideas and initiatives with a common purpose to improve the **quality of place** for current and future residents of Seymour.



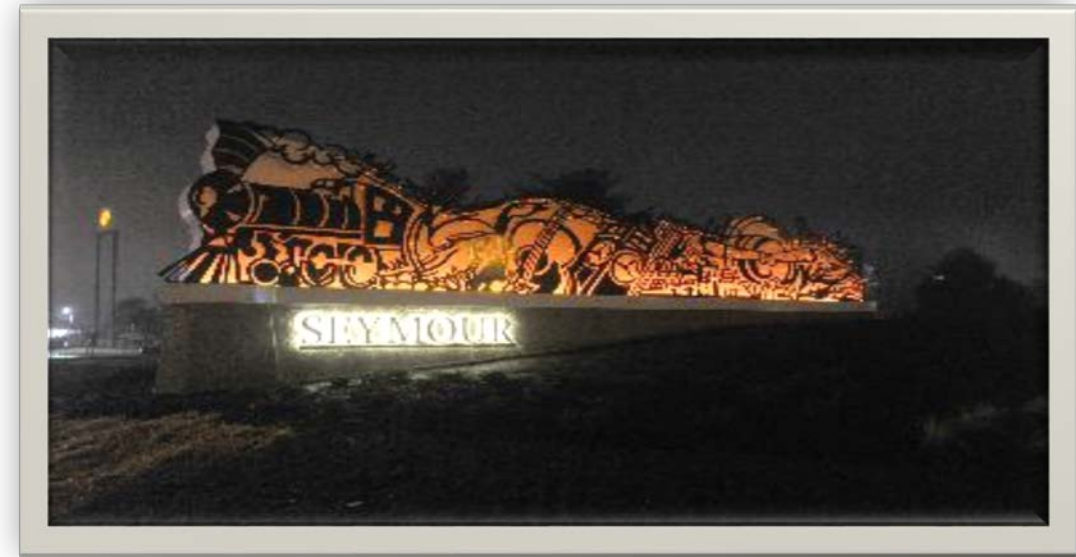
# How do we make Seymour a desirable place to both work and live?

It is the mission of Vision 2025 that, in the year 2025, Seymour is a place where people are proud to live. We will do this through creating **collaborative** partnerships to implement initiatives which will improve the quality of place for current residents and attract those who may consider moving here.



# What can we provide?

Vision 2025 will provide the **strategic** framework necessary in this document to make decisions on community issues and new opportunities as they arise to achieve our vision of Seymour's future.





# Vision Statement...

In the year 2025, Seymour is a community that embraces its **small town** values and looks forward to the future. We are a **vibrant** and **innovative** community where neighbors, generations, and cultures connect.

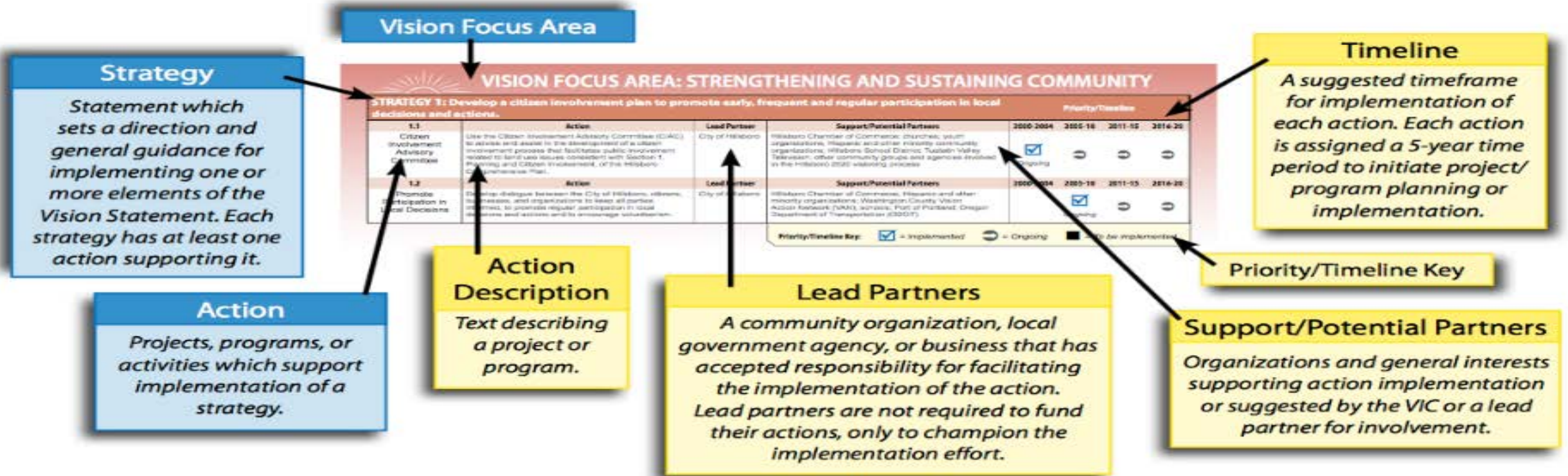


# Areas of Focus



# How is Vision 2025 different?

## Key elements of the Action Plan matrix:



# Enhancing Culture and Appearance

| Strategy 1: Create a brand for Seymour                      |                                                                      |              |                                                                                      | Priority/Timeline  |         |         |
|-------------------------------------------------------------|----------------------------------------------------------------------|--------------|--------------------------------------------------------------------------------------|--------------------|---------|---------|
| 1.1                                                         | Action                                                               | Lead Partner | Potential Partners                                                                   | 2015-18            | 2019-22 | 2023-25 |
| Brand Task Force                                            | create a diverse task force to generate potential brands for Seymour | TBA          | City of Seymour, Seymour Chamber, SICA, Jackson County Visitor Center, JCIDC, Others | X                  | X       | X       |
| Strategy 4: Increase local arts and live music              |                                                                      |              |                                                                                      | Priority/ Timeline |         |         |
| 4.1                                                         | Action                                                               | Lead Partner | Potential Partners                                                                   | 2015-18            | 2019-22 | 2023-25 |
| Make Seymour a destination for original artists & festivals | Forming a committee to explore feasible opportunities                | TBA          | Shawn Busby, Shawn Malone, SICA, Visitor Center, Improv, Main Street                 | PLAN FOR 2017      |         |         |

# Expanding Economic Opportunity and Education

| Strategy 1: Early Childhood Learning                         |                                                                                                              |              |                    | Priority/Timeline |         |         |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------|--------------------|-------------------|---------|---------|
| 1.1                                                          | Action                                                                                                       | Lead Partner | Potential Partners | 2015-18           | 2019-22 | 2023-25 |
| Pre-Kindergarten Expansion                                   | Expand pre-K opportunities to all children.                                                                  | JCEC         |                    |                   |         |         |
| 1.2                                                          | Action                                                                                                       | Lead Partner | Potential Partners | 2015-18           | 2019-22 | 2023-25 |
| Transporation                                                | Find a sustainable transporation strategy to transport children to pre-k and other educational opportunities | JCEC         |                    |                   |         |         |
| Strategy 3: Post Secondary Education / Workforce Development |                                                                                                              |              |                    | Priority/Timeline |         |         |
| 3.2                                                          | Action                                                                                                       | Lead Partner | Potential Partners | 2015-18           | 2019-22 | 2023-25 |
| Daycare for 2nd Shift                                        | Develop a 2nd daycare provider for industrial employees                                                      |              |                    |                   |         |         |

Share your opinion with this subcommittee by voting after the meeting!  
Where do we need to focus to support for expanding economic opportunity and education.

# Revitalizing Downtown

| Strategy 1: Revitalize downtown to become a gathering place.   |                                                                                                                       |                             |                                                                         | Priority/Timeline |         |         |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------|-------------------------------------------------------------------------|-------------------|---------|---------|
| 1.1                                                            | Action                                                                                                                | Lead Partner                | Support/Potential Partners                                              | 2015-18           | 2019-22 | 2023-25 |
| Identify Downtown Economic Development Director (Deputy Mayor) | Identify an individual whose main purpose is to work towards revitalizing downtown and attracting quality businesses. | A true collaborative effort | JCIDC, Seymour Chamber of Commerce, Seymour MainStreet, City of Seymour | X                 |         |         |
| 1.5                                                            | Action                                                                                                                | Lead Partner                | Potential Partners                                                      | 2015-18           | 2019-22 | 2023-25 |
| Inventory current assets                                       | Create building inventory to know what businesses we have, where they are located and who owns them.                  | Seymour Main Street         | Seymour Chamber of Commerce, Board of Realtors                          | X                 |         |         |

# Strengthening and Sustaining Community Resources & Communication

| Strategy 1: Increase Community-wide Communication                             |                                                                                                                                                                                                                                                                                                                           |                               |                                                                                                                | Priority/Timeline  |         |         |
|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------|---------|---------|
| 1.1                                                                           | Action                                                                                                                                                                                                                                                                                                                    | Lead Partner                  | Potential Partners                                                                                             | 2015-18            | 2019-22 | 2023-25 |
| Digital Community Calendar                                                    | Government, Schools, Nonprofits, Civic Organizations, and Places of Worship have knowledge and utilize one central location to post community-wide events and programming; create table tents to promote calendar's usage (both viewing and submitting); submit activities to Town Planner (Mark Chester-townplanner.com) | Chamber &/or Visitors Center  | City of Seymour                                                                                                | X                  | x       | x       |
| Strategy 2: Create & Promote Family-Friendly Events that integrate diversity. |                                                                                                                                                                                                                                                                                                                           |                               |                                                                                                                | Priority/ Timeline |         |         |
| 2.1                                                                           | Action                                                                                                                                                                                                                                                                                                                    | Lead Partner                  | Potential Partners                                                                                             | 2015-18            | 2019-22 | 2023-25 |
| Free Monthly Family Fun Events                                                | Organizations work together to host monthly events for all families.                                                                                                                                                                                                                                                      | City of Seymour: Park and Rec | JCP Library, SICA, Wildlife Refuge, Starve Hollow, The Tribune, Seymour Schools, Boys & Girls Club, Girls Inc. | X                  | x       | x       |

# Promoting Health...

## Strategy 1: Expanding organizations to become community centers that will offer affordable and accessible options for families to participate in leisure, exercise, recreation and competitive activities.

### Priority/Timeline

| 1.3                                                    | Action                                                                                                                               | Lead Partner              | Support/Potential Partners                                                                                       | 2015-18 | 2019-22 | 2023-25 |
|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------|------------------------------------------------------------------------------------------------------------------|---------|---------|---------|
| Create a community fitness facility feasibility group. | Identify key organizations, create a needs inventory for general facility plan, identify funding, and promote idea within community. | Seymour Community Schools | City of Seymour: Parks & Rec Dept., Girls Inc., Boys & Girls Club, Schneck, IN Healthy Weight Initiative modules | x       |         |         |

## Strategy 2: Utilization of a robust trail system encourages activities such as walking, jogging and cycling while also providing safe routes to school and making eco-friendly transportation a reality.

### Priority/Timeline

| 2.2                    | Action                                                       | Lead Partner                      | Support/Potential Partners                                                                                        | 2015-18 | 2019-22 | 2023-25 |
|------------------------|--------------------------------------------------------------|-----------------------------------|-------------------------------------------------------------------------------------------------------------------|---------|---------|---------|
| Fundraising for trails | In order to apply for grants, we must secure matching funds. | City of Seymour: Trails Committee | Christopher Burke and Assoc., Local fitness facilities and coaches, local nutritionists, HR from local factories. | 2016    | x       |         |

## Strategy 3: Increase local food systems.

### Priority/Timeline

| 3.2                     | Action                                                                                                                                                                                                                  | Lead Partner                            | Support/Potential Partners                                                                        | 2015-18 | 2019-22 | 2023-25 |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------------------------------------------|---------|---------|---------|
| Overhaul Farmers Market | Provide structure and promotion for farmer's market to increase local vendors, increase access to local foods, increase community utilization of market and have positive impact on local economy and downtown presence | Newly created Farmer's Market committee | Seymour Chamber Agribusiness committee, Purdue Extension, Seymour Chamber Environmental Committee | 2015-16 |         |         |





Hometown  
Collaboration  
Initiative

Community-Wide

Collaborative

Action Oriented

Flexible and Evolving

**Where do you fit?**



Source: theconversation.com



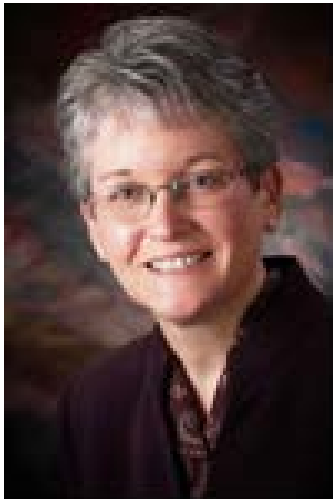
Source: seattlechildrens.org



Source: theasianparent.com

# Questions, Comments?

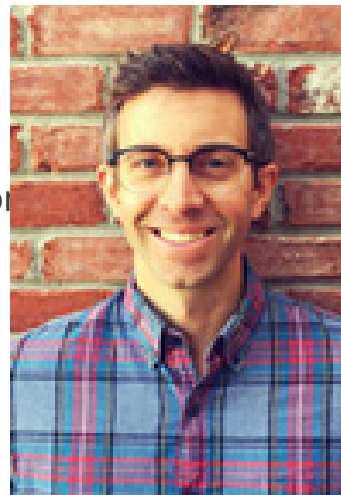
## Presenters:



**Vicki Johnson-Poynter, MSN, RN, NE-BC, CSSBB**  
**Schneck Medical Center**  
Retired Vice President Nursing Services and Chief Nursing Officer



**Tonja Couch**  
**Jackson County United Way**  
Executive Director



**Nate Otte, OD**  
**Dr. Nate Optometrist**  
**IU Pediatric Department**  
Optometrist and Adjunct Faculty Clinician



**Lin Montgomery, MLD**  
**Jackson County Health Department**  
Public Health Educator-Cordinator



# REGISTER TODAY



## 2016 INDIANA PUBLIC HEALTH CONFERENCE

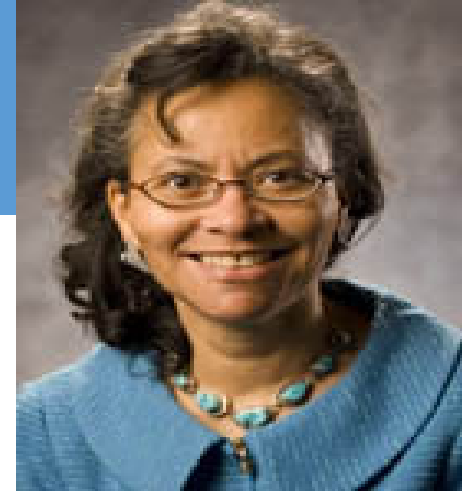
*The Future of Public Health: The Integration of Policy, Practice and Research*

**Sept 14** Pre-Conference Proposal Writing Academy

**Sept 15** Conference

IUPUI Campus Center  
Indianapolis, IN

<http://pbhealth.iupui.edu/events/indiana-public-health-conference>



**Camara Phyllis Jones, MD, MPH, PhD**, American Public Health Association's Executive Board President



**Kerry Ann McCreary, MA, PhD**, Robert Wood Johnson Foundation

# CERTIFICATE *of* COMPLETION

THIS ACKNOWLEDGES THAT

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HAS SUCCESSFULLY COMPLETED THE

CULTURE OF HEALTH FRAMEWORK  
ACTION AREA 3: CREATING HEALTHIER, MORE  
EQUITABLE COMMUNITIES, PART II OF II

AUGUST 25  
2016

*Joan Duwve MD, MPH*

x

*Joan Duwve, M.D. MPH*  
*Associate Dean for Public Health*  
*Practice*



**RICHARD M. FAIRBANKS  
SCHOOL OF PUBLIC HEALTH**

INDIANA UNIVERSITY  
Indianapolis

# Thank you!

## Evaluation:



**For more information about INsights &  
INnovations, please contact:**

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