

# Where Health and Community Development Meet

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Reinventing Our Communities

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# Collaboration, Data, Connections

- **Healthy Homes Block by Block**
  - Innovating in community-based engagement to create a relational network to address health and social disparities for the most vulnerable children and families
- **100 Million Healthier Lives**
  - Creating a global movement to advance health, well-being, and equity, with the collective goal of 100 million people living healthier lives by 2020

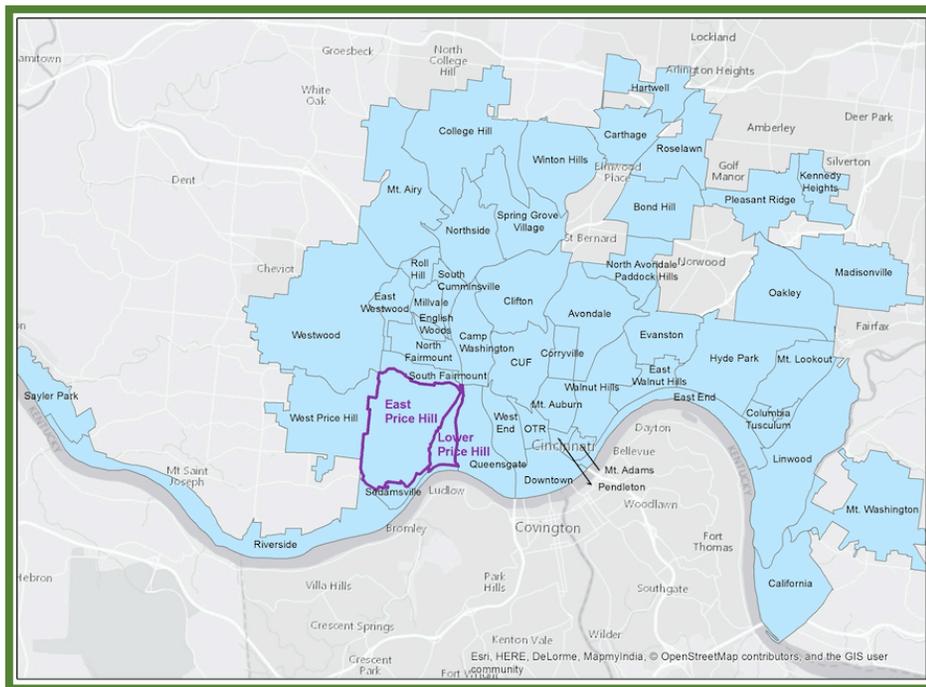


# Block by Block

Fortifying our community: one heart, one home, one neighbor at a time



# Price Hill Neighborhood



- On west side of Cincinnati, OH
- ~3,100 households with children and adolescents <18 years of age
- Total Population
  - High minority population (42% non-White)
  - Sizeable undocumented population
  - High poverty rate (52% households < poverty line)
  - High unemployment rate (8-15% unemployment)
  - High adult illiteracy rate (10-25% adult illiteracy)

# Price Hill Neighborhood



- Pediatric Population
  - High rates of preterm birth, infant mortality, medical and psychiatric hospitalization
  - Mothers less likely to receive full prenatal care
  - Children more likely to arrive at kindergarten not ready to learn
  - Nearly half of youth do not graduate from high school with their class
- Poor social & economic conditions
- Difficult access to & experience with the healthcare system
- Sustainable solutions to burden of health disparities in this community requires addressing social determinants of health

# Block by Block Program

## GLOBAL AIM

Children of Cincinnati thrive and are the healthiest in the nation

## VISION

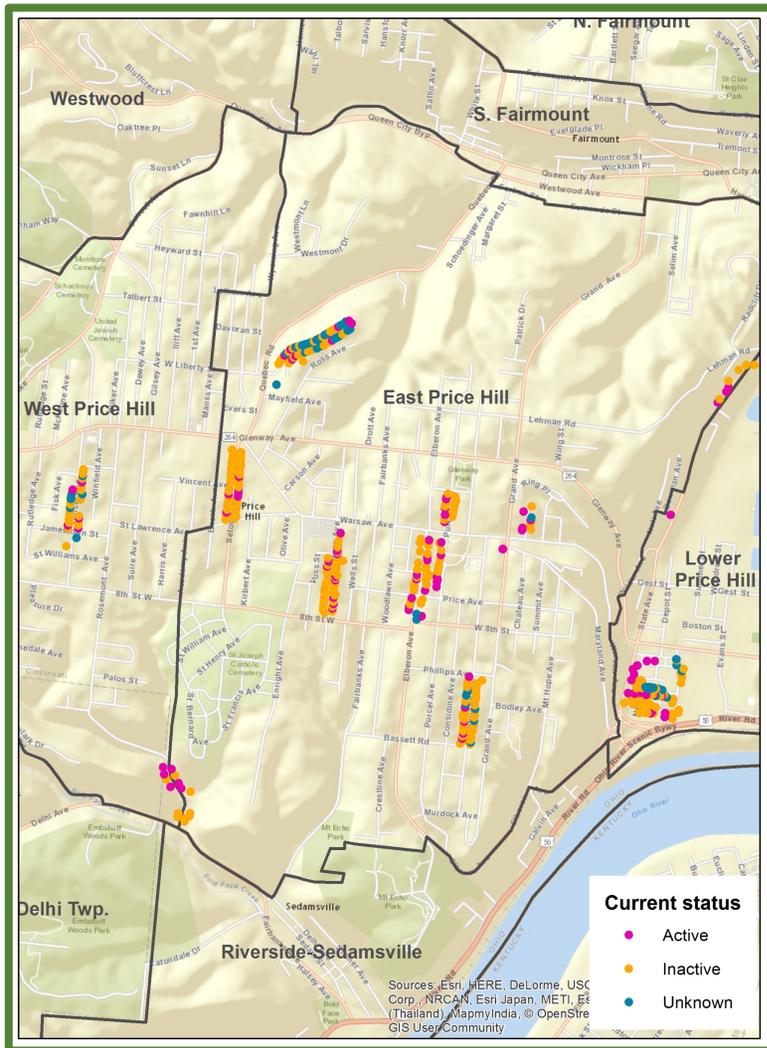
Price Hill is the best place in Cincinnati to start and raise a family

## MISSION

Empower families to realize the dreams they have for themselves and their children



# Creating a Relational Network

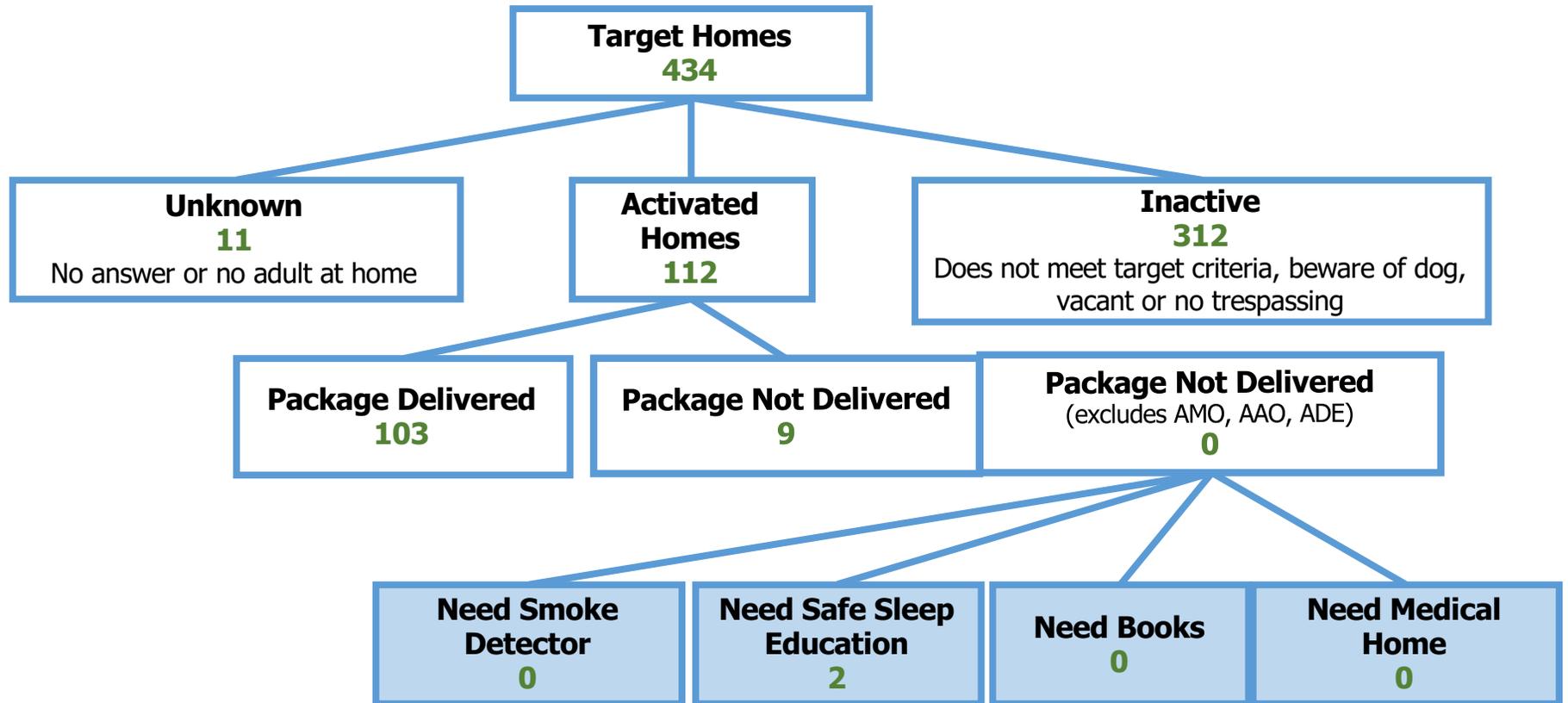


"Block by Block has helped me become well connected to my community and helped me find my purpose. I feel empowered by the rich sense of family and community."

- Block Captain



# Engaging Families in Price Hill



Updated: 08.11.16

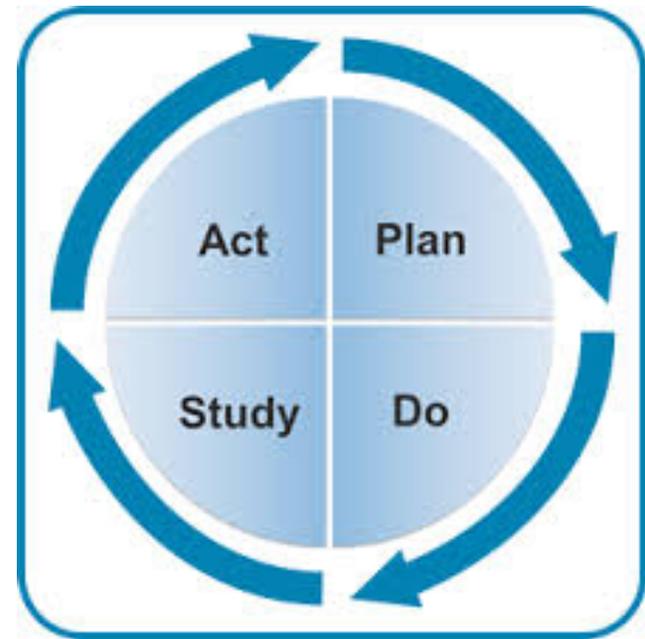
# Fierce Superhero Block Captains



- Recruits, trains, and employs a team of Block Captains
- Informal but trusted leaders who live in the neighborhood
- Systematically identify all households with young children and pregnant women on designated blocks
- Initiate and develop relationships with these households
- Ensure households have package of goods and services
- Identify needs and strengths of those living on their blocks

# Continual Improvement

- Package Delivery
- Family Self-Sufficiency
- Reading Matters
- Connecting Pregnant Women
- Engagement & Spread
- Professional Development
- Community Research Capacity Building





# 100 Million Healthier Lives

To fundamentally transform how the world thinks and acts to improve health, well-being and equity to get to breakthrough result



# 100 Million Healthier Lives



**Who:** An unprecedented collaboration of change agents pursuing an unprecedented result:

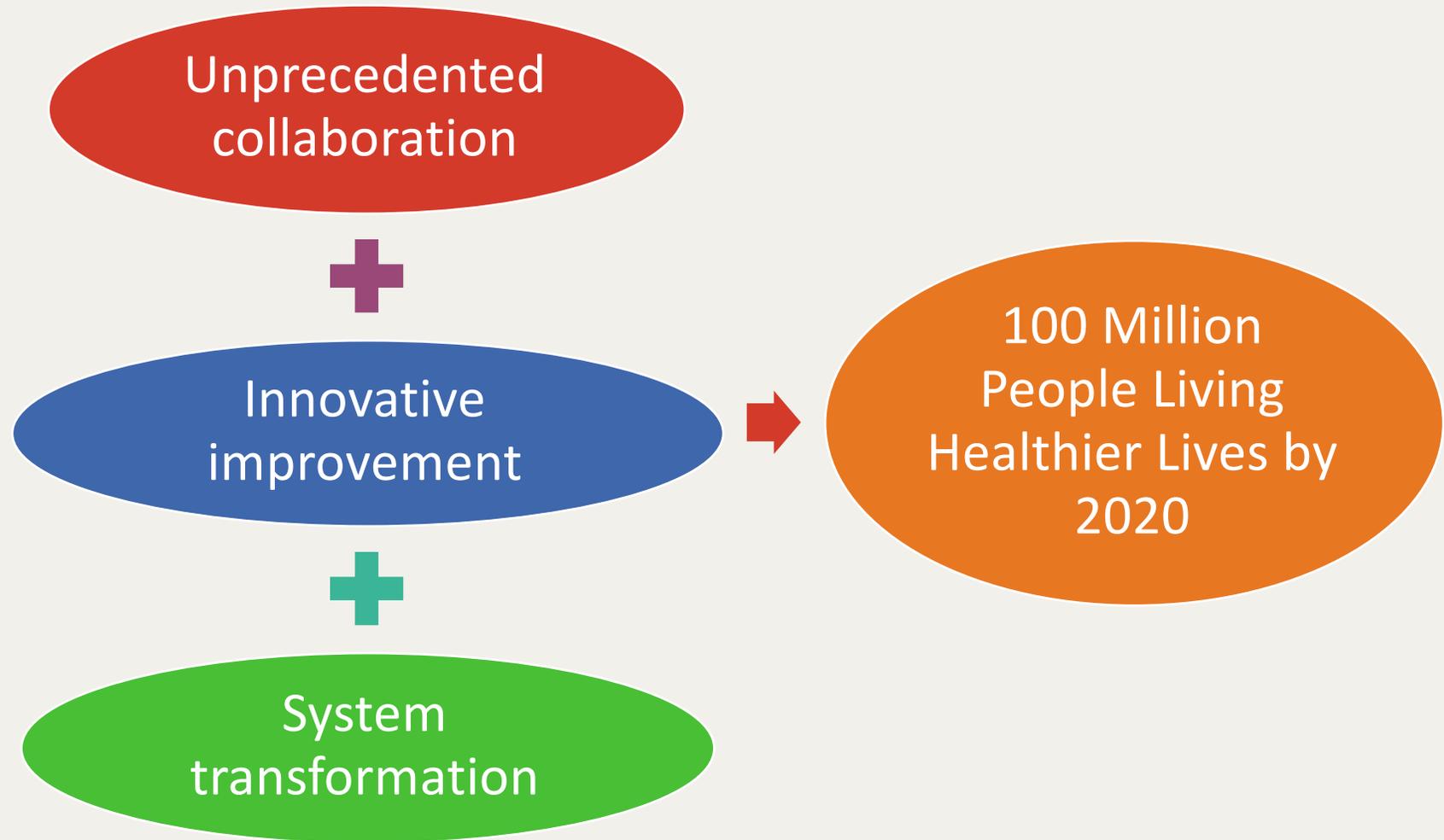
*100 million people living healthier lives by 2020*

**Vision:** To fundamentally transform the way we think and act to improve health, wellbeing and equity

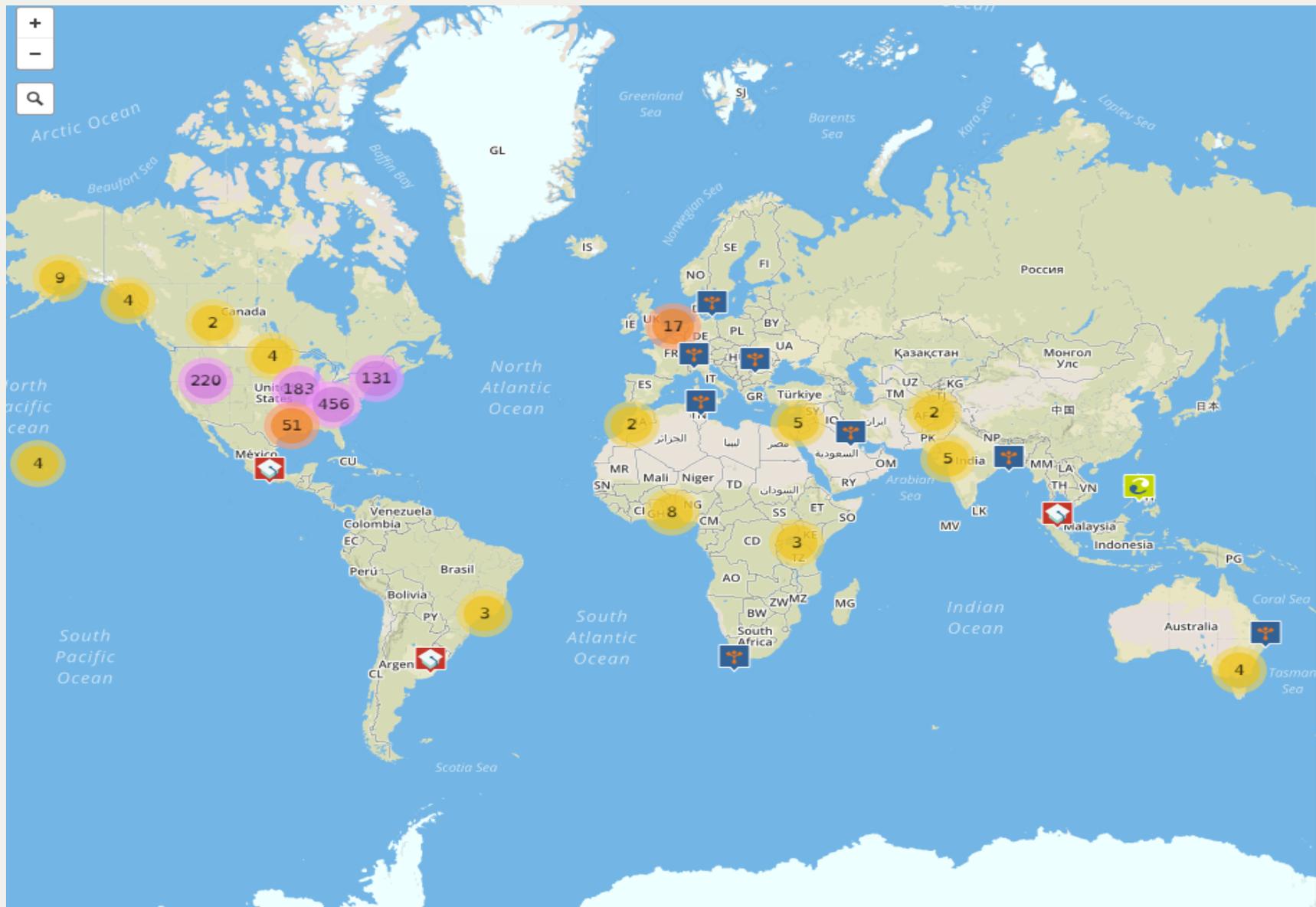
**Equity** is the price of admission.

[www.100mlives.org](http://www.100mlives.org)

# Theory of Change



A growing movement: >830 members in 15+ countries worldwide – will you join us?



# 100 million healthier lives by 2020



**Core Principles,  
Practices**

**Movement  
Priorities  
Equity**

**Ways of Being  
and Doing**

**Collaborative Action,  
Spread & Scale of  
Bright Spots**

**Growing and Unleashing Capacity of  
People, Places and Systems**

**Broad-based, Joyful, Thriving Movement**

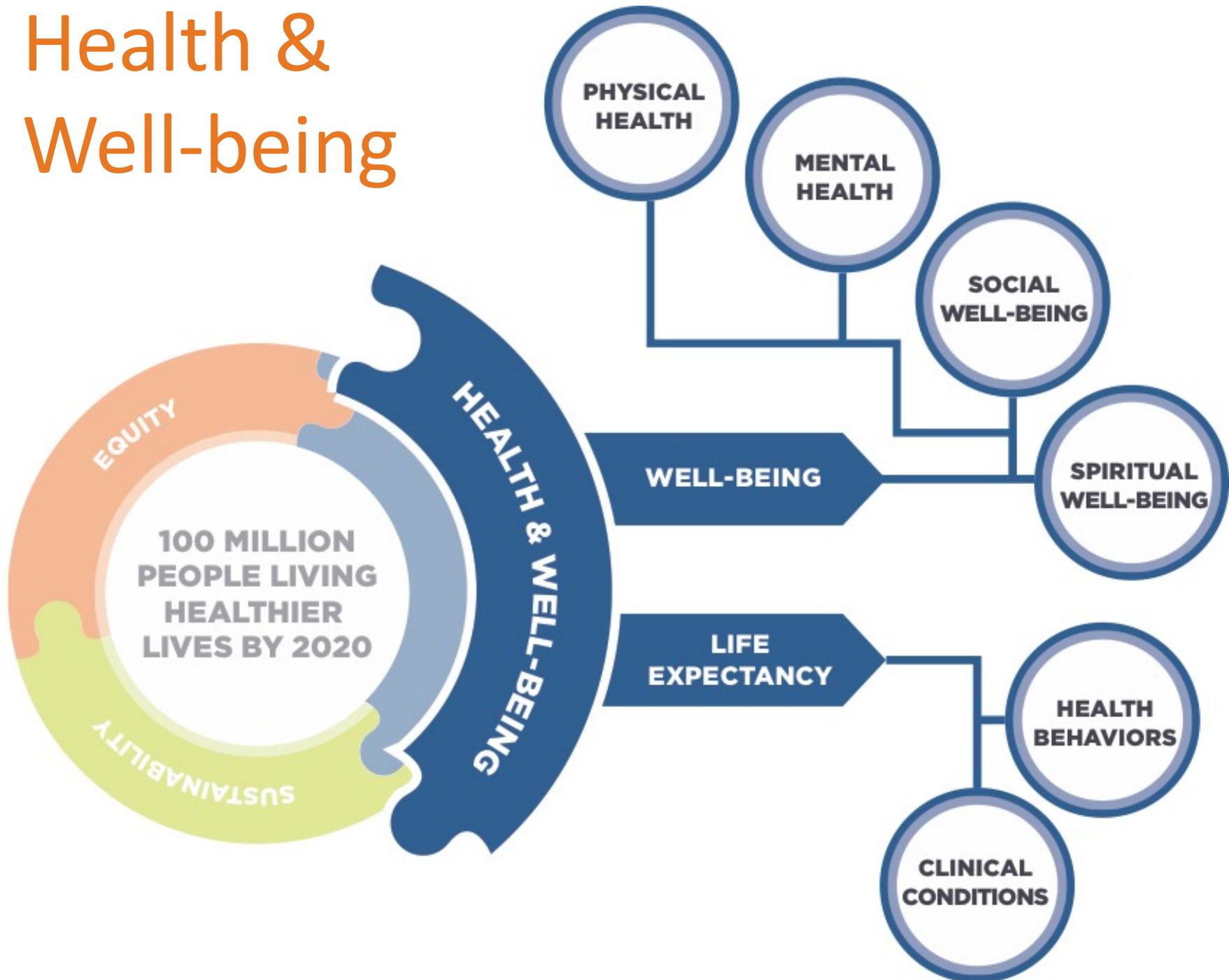
**Connecting Infrastructure and Resources**

**System  
Transformation**

# Overall Conceptual Framework



# Health & Well-being



# Whose Lives Are Getting Better Because We Are Here?



<http://www.100mlives.org/measure/#framework>



Length of Life  
Well-being  
WALYs

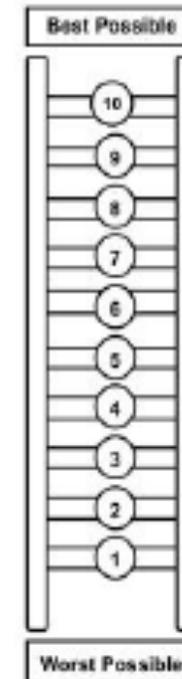
Leading Indicators

[www.100mlives.org/measure](http://www.100mlives.org/measure)

Well-being x Life Expectancy =  
Well-being Adjusted Life Years (WALYs)

## Adult Well-Being Assessment

For the first three questions please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.



1. Indicate where on the ladder you feel you personally stand right now.

1    2    3    4    5    6    7    8    9    10

2. On which step do you think you will stand about five years from now?

1    2    3    4    5    6    7    8    9    10

3. Now imagine the top of the ladder represents the best possible financial situation for you, and the bottom of the ladder represents the worst possible financial situation for you. Please indicate where on the ladder you stand right now.

1    2    3    4    5    6    7    8    9    10

4. In general, how would you rate your physical health?

Excellent            Very Good            Good            Fair            Poor

5. In general, how would you rate your mental health, including your mood and your ability to think?

Excellent            Very Good            Good            Fair            Poor

6. How often do you get the social and emotional support you need?

Always            Usually            Sometimes            Rarely            Never

7. How strongly do you agree with this statement? "I lead a purposeful and meaningful life."

Strongly Agree    Agree    Slightly Agree    Neither Agree nor Disagree    Slightly Disagree    Disagree    Strongly Disagree



## Adult Well-Being Assessment

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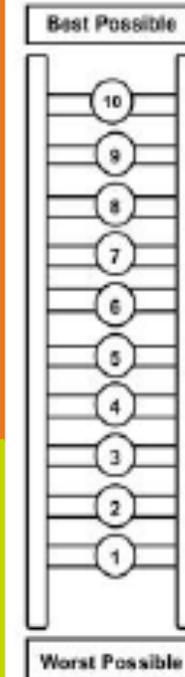
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1 2 3 4 5 6 7 8 9 10



Overall  
well-being

Social  
well-being

Physical  
health

Mental  
health

Social  
well-being

Spiritual  
well-being

4. In general, how would you rate your physical health?

Excellent      Very Good      Good      Fair      Poor

5. In general, how would you rate your mental health, including your mood and your ability to think?

Excellent      Very Good      Good      Fair      Poor

6. How often do you get the social and emotional support you need?

Always      Usually      Sometimes      Rarely      Never

7. How strongly do you agree with this statement? "I lead a purposeful and meaningful life."

Strongly Agree      Agree      Slightly Agree      Neither Agree nor Disagree      Slightly Disagree      Disagree      Strongly Disagree



8. What is your age? \_\_\_\_\_ years

9. What is your gender?      Male                  Female                  Transgender                  Other

10. Are you of Hispanic, Latino/a, or Spanish origin?      Yes                  No

a. If YES, are you? (select all that apply)

Mexican, Mexican American, Chicano/a      Puerto Rican      Cuban      Another Hispanic, Latino/a, or Spanish Origin

11. Which one or more of the following would you say is your race? (select all that apply)

White	Black or African American	American Indian or Alaska Native	Asian: <ul style="list-style-type: none"><li>• Asian Indian</li><li>• Chinese</li><li>• Filipino</li><li>• Japanese</li><li>• Korean</li><li>• Vietnamese</li><li>• Other Asian</li></ul>	Pacific Islander: <ul style="list-style-type: none"><li>• Native Hawaiian</li><li>• Guamanian or Chamorro</li><li>• Samoan</li><li>• Other Pacific Islander</li></ul>	Other
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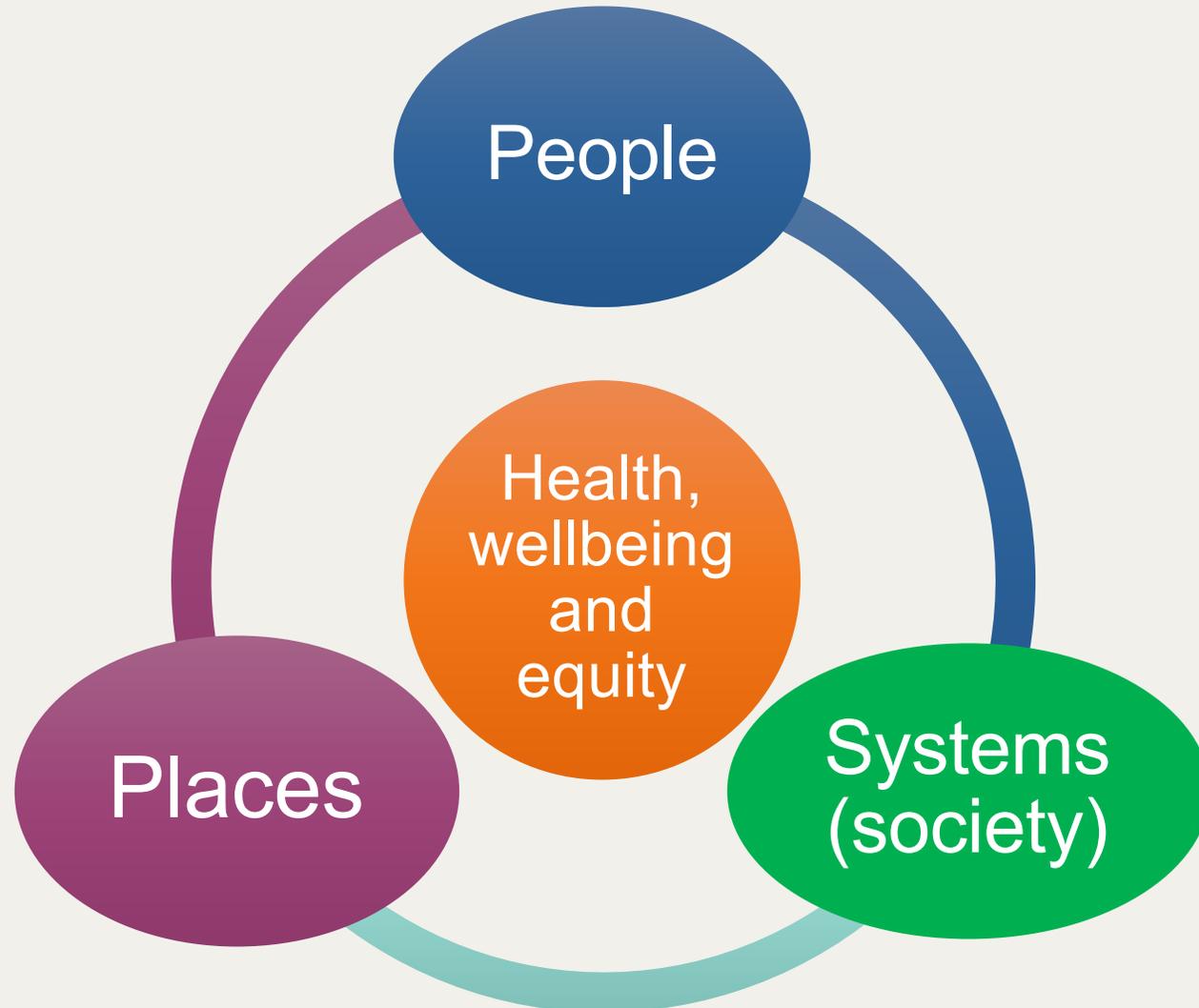
12. What is the highest grade or year of school you completed?

Never attended school or only attended kindergarten	Grades 1-8 (Elementary-middle school)	Grades 9-11 (Some high school)	Grade 12 or GED (High school graduate)	College 1 year to 3 years (Some college or technical school)	College 4 years or more (College graduate)
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13. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in the National Guard or Reserves?      Yes                  No

14. What is the ZIP code where you live? \_\_\_\_\_

# People, Places, Systems



# Creating a community of solutions :



- The capacity of leaders at every level is unlocked to improve their own health and the health and wellbeing of the community
- People with lived experience are part of driving change (co-production)
- Leaders across sectors coordinate assets across a community to address the priority needs of the community
- Leaders across levels and sectors use data and stories to drive short and long-term improvement
- Leaders across the community work together strategically to create systems and policies to sustain long term change

# Measure What Matters Platform

[www.100mlives.org/measure](http://www.100mlives.org/measure)



Community Report

Home / Community Report

Portland, OR

Map Satellite

Organizations 3 View all organizations

Measures 4 View all measures

Years Active 7 View all projects

Population Growth (50%)

Measure Complete streets policies Export

Community Equity

Relative Wage Disparity

01:31



## 100 Million Healthier Lives Metrics that Matter Wizard

from IP3 PRO 1 week ago ALL AUDIENCES

This is a preview of the 100 Million Healthier Lives Metrics that Matter Wizard and Measures Dashboard

# Thank you!

[Carley.Riley@cchmc.org](mailto:Carley.Riley@cchmc.org)

“

NEVER DOUBT THAT A SMALL GROUP  
OF THOUGHTFUL COMMITTED CITIZENS

**CAN CHANGE  
THE WORLD;**

INDEED, IT IS THE ONLY THING THAT EVER HAS.

”

- Margaret Mead (1901-1978)

# Additional Slides

# Measuring Healthier Lives



Well-being x Life Expectancy =  
Well-being Adjusted Life Years (WALYs)

# Shared Priorities “The What’s”



1. Close equity gaps (price of admission)
2. Help veterans to thrive
3. Address and improve social determinants across the continuum
4. Improve wellbeing of indigenous communities
5. Help all kids have a great start to life
6. Make mental health everybody’s job and take a prevention approach
7. Engage people in their own health (nutrition, exercise, sleep, stress, food security)
8. Improve employee health and wellbeing
9. Create wellbeing in the elder years and end of life

# Shared Priorities “The Hows”



1. Shift culture and mindset
2. Develop the health workforce
3. Elevate peer to peer approaches
4. Build improvement capability at the community level
5. Use chronic diseases and risk factors to build the health continuum
6. Improve high quality primary health care access for all
7. Integrate data across siloes
8. Create new financing strategies
9. Transform health care to be great at health and great at care