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
"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

Target Homes 434

Unknown 11
No answer or no adult at home

Activated Homes 112

Package Delivered 103

Package Not Delivered 9

Inactive 312
Does not meet target criteria, beware of dog, vacant or no trespassing

Package Not Delivered (excludes AMO, AAO, ADE)

Need Smoke Detector 0

Need Safe Sleep Education 2

Need Books 0

Need Medical Home 0

Updated: 08.11.16

Target Homes

434

Unknown

11
No answer or no adult at home

Activated Homes

112

Package Delivered

103

Package Not Delivered

9

Inactive

312
Does not meet target criteria, beware of dog, vacant or no trespassing

Package Not Delivered (excludes AMO, AAO, ADE)

Need Smoke Detector

0

Need Safe Sleep Education

2

Need Books

0

Need Medical Home

0

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

Unprecedented collaboration

Innovative improvement

System transformation

100 Million People Living Healthier Lives by 2020
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

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

100 MILLION PEOPLE LIVING HEALTHIER LIVES BY 2020

EQUITY

SUSTAINABILITY
Health & Well-being

- Physical Health
- Mental Health
- Social Well-being
- Spiritual Well-being
- Health Behaviors
- Clinical Conditions
- Life Expectancy

100 Million People Living Healthier Lives by 2020
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

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
**Overall well-being**

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

**Social well-being**

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

**Physical health**

4. In general, how would you rate your physical health?
   
   Excellent  Very Good  Good  Fair  Poor

**Mental health**

5. In general, how would you rate your mental health, including your mood and your ability to think?
   
   Excellent  Very Good  Good  Fair  Poor

**Social well-being**

6. How often do you get the social and emotional support you need?
   
   Always  Usually  Sometimes  Rarely  Never

**Spiritual well-being**

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:
    • Asian Indian • Chinese • Filipino • Japanese • Korean • Vietnamese • Other Asian
    Pacific Islander:
    • Native Hawaiian • Guamanian or Chamorro • Samoan • Other Pacific Islander
    Other

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)

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

Health, wellbeing and equity

People

Places

Systems (society)
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
Thank you!

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“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
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