

Improving Health in North Carolina



North Carolina Institute of Medicine

Legislative Health Policy Fellows Program

Dr. Laura Gerald, President, Kate B. Reynolds Charitable Trust
January 22, 2018

In the beginning...

The Kate B. Reynolds Charitable Trust
was established in 1947.



**Improving the quality of life for
financially-disadvantaged residents in
Forsyth County**



**and the quality of health and
well-being across the state**

Our work today

To achieve Mrs. Reynolds' vision today, we work with communities to ensure residents have equitable access to:



**quality
healthcare**



**economic
opportunities**



**educational
attainment**





**Economically-
disadvantaged urban
communities**



**We invest in
today and
tomorrow**



**Under-resourced
rural communities
around the state**

Where you're born shouldn't give you five more years of life

Urban Wake County:

81 years



Rural Beaufort County:

76 years

Life expectancy



Rural and impoverished areas have poorer health outcomes



The 10 counties with the worst health outcomes in NC are all under-resourced Tier 1 communities



One of the earliest indicators of a child's future health and well-being is whether they live in poverty

**We use a place-based approach
to create systemic change**



**We start by
listening**



We believe in communities



We engage unlikely partners



Everyone needs a seat at the table if we are going to truly improve health.

We apply an equity lens to all of our work

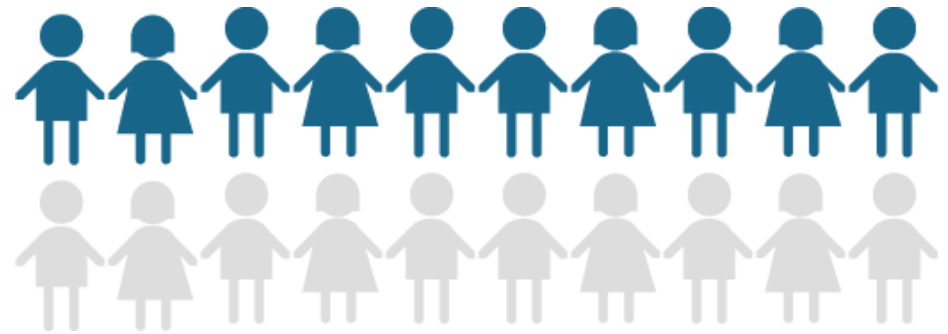
We work to foster equity in health and early childhood education, in order to help every child and family—and ultimately our entire state—succeed.



Local Impact in Forsyth County



Engaging our
community in
new ways to
help children
learn



gre^{At}
EXPECTATIONS

Preparing Forsyth County's Youngest
Children for a *Lifetime of Success*

Nurse-Family Partnership

Empowering first-time
moms and improving
the lives of moms and
babies

9,085 

visits to 271 mothers
since 2012

Forsyth Connects

Providing home visits
for every new mother
and child in Forsyth
County



Health Improvement in North Carolina



Issue Areas



**Diabetes
Prevention**



**Access to
Primary Care**



Behavioral Health



**Community-Centered
Prevention**



**healthy
placesNC**



**Supporting community-wide health
improvement in rural North Carolina**



We began with a BIG IDEA

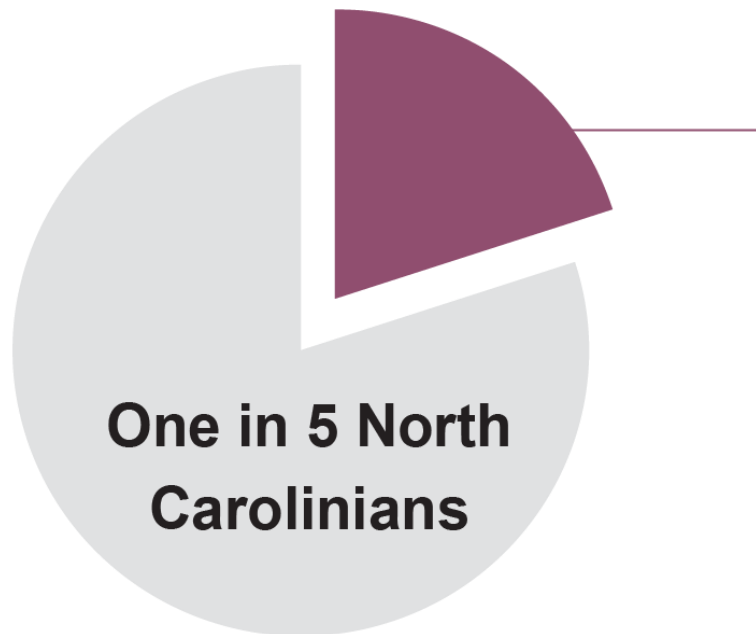
Improve the health
of the entire state by
investing in those
communities with the
greatest need

We need to fix this



People living in rural North Carolina communities have poorer health outcomes than those living in urban areas.

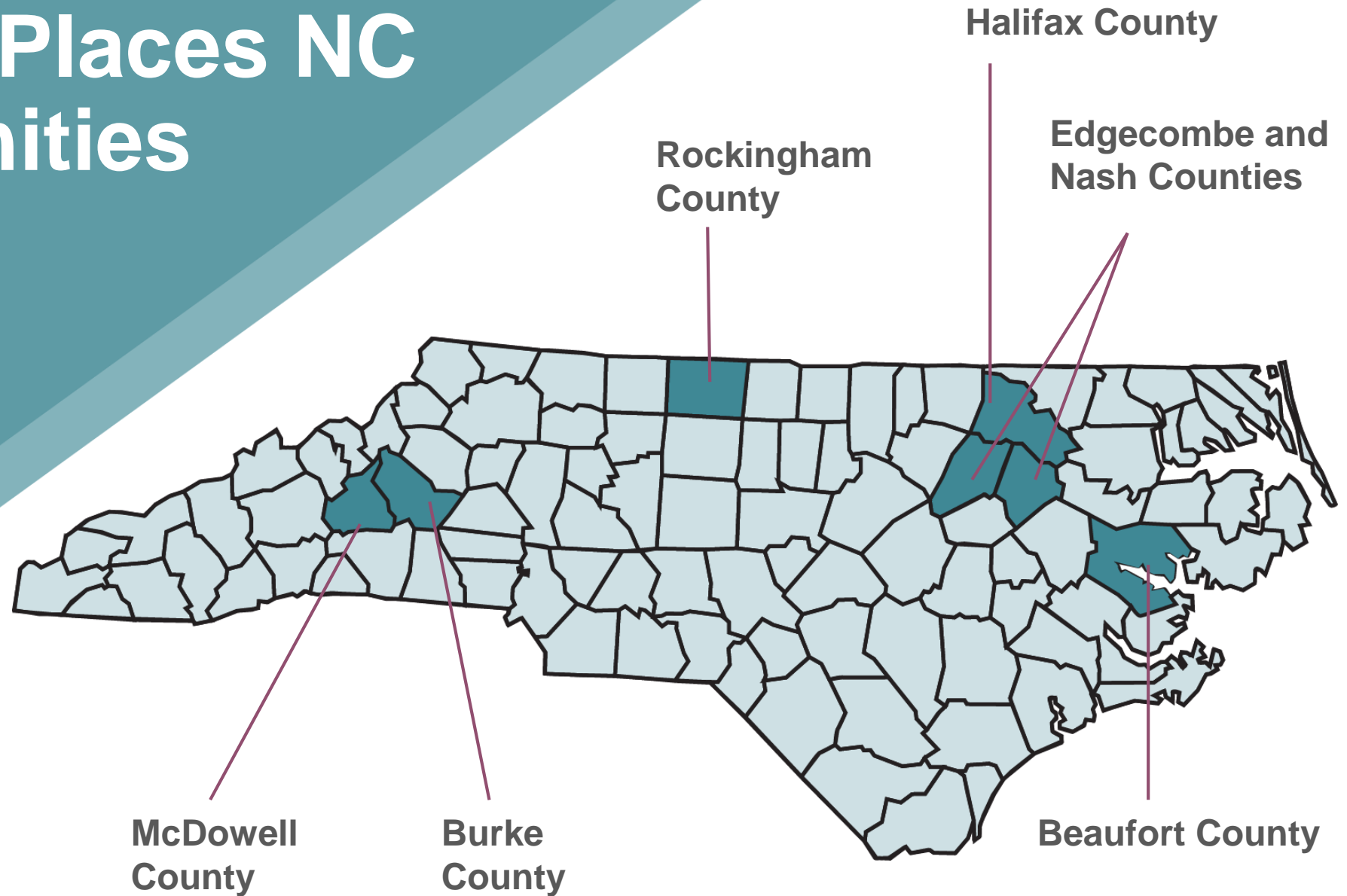
Our rural population



**2.2 million
people**

live in
60
rural counties

Healthy Places NC communities



Our approach



Acknowledge
the social determinants
of health



Build
on community
assets



Encourage
cross-sector
partnerships



Invest
in the leadership
of rural residents



Grow
local and
regional capacity

**Health is
more than
health care**



School System



Business Sector



**Community
College**



**Faith-based
Communities**

Communities in Action: Community- Centered Prevention





Communities in Action: Community- Centered Prevention

To build KaBOOM! playgrounds, hundreds of residents, many of whom have never met, come together and work in new and different ways.

Communities in Action: Community- Centered Prevention

14

new playgrounds
in 7 counties

2,800

community
members
participated



12,353

children in rural NC now have
access to a nearby playground

Communities in Action: Behavioral Health





Communities in Action: Behavioral Health

Healthy Places NC funded Rockingham County Student Health Centers to screen students for behavioral health issues and connect them with services.

This work aims to improve school attendance and graduation rates for low-income students.

Communities in Action: Behavioral Health



4 schools

gained access to behavioral
health services

**1,636
students**

served in 2016

**85%
increase**

in number of students
who use physical and
mental health services at
Student Health Centers

100%

of students who visited health
centers were screened for
behavioral health issues

Partnering with communities to tackle tough problems and find solutions



Eliminate
food deserts



Improve
the built
environments



Provide
quality physical and
mental health care



Enhance
transportation to
health visits



Create
more places for
children to be active

We believe

that working long-term with communities, building the capacity of new leaders, deepening relationships, and improving the policies that impact all North Carolinians will result in a healthier state.





Let's work together

to achieve the Trust's vision of healthy, vibrant communities where everyone thrives.

Thank you

