



Healthy Cabarrus
Partnerships for Life



Health Cabarrus: The Impact of Partnerships



Our Mission

“United through partnerships, we commit our time, talents, and financial resources to create a healthy community and a hopeful future for all.”

Healthy Cabarrus: Community Collaborative



- Governed by a six-member Executive Board.
- Comprised of more than 25 community partners meeting on a regular basis.
- Financially supported by the Cabarrus County Government and Carolinas Healthcare System.
- Coordinates the Community Needs Assessment and convenes local partners (subject matter experts) to develop Action Plans in response to the results.
- Completes annual State of the County Health Report.



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REACH Project

Racial and Ethnic Approaches to Community Health

Program Funder: US Department of Health and Human
Services, CDC

Years of Funding: Oct. 2014- Sept. 2018





Community Gardens

Community Gardens

Application: Provided the coordinator with information about the organization's history, needs, and existing resources.

Environmental Assessment: Determined the garden location, soil conditions, and identified potential challenges for the garden. Photographs were taken of these identified areas.

Training: All participating sites are required to attend a garden training by the NC Cooperative Extension. Sites also received individualized support from the community garden consultant.

Sustainability Plan: Outlined the governing structure of the garden, committee member contact information, goals and action steps for sustaining the garden.



School Gardens

School Gardens

Application: Interested schools are asked to complete an application indicating their interest and readiness in implementing or revitalizing a school garden.

Training: Selected schools will participate in an introductory training during staff development days on the basics of a school garden—what to plant, how, when, etc. They will also learn about curriculum options as well as other ways to integrate the garden in school instruction.

Garden Supplies: All supplies required to establish new or revive existing gardens will be provided including seeds, soil, tools and lumber. Quantities will be determined based on the school's application and a survey of the school grounds and needs.

Garden Support: Both the REACH Program Coordinator and School Garden Trainer will be available to assist schools throughout the process of garden planning, development and maintenance.



Food Pantry



Food Pantry Enhancements

Data Collection: Staff collected surveys from food pantry clients and conducted focus groups with pantry volunteers to identify gaps and supported strategies.

Environmental changes: A complete cleaning and re-painting of the food pantry space. The addition of a refrigerator to increase the shelf life of produce. New shelving units to hold an increased amount of food items.

Techniques to influence choices: Healthier foods were placed at eye level and at the front of the food pantry. Items on shelves were organized by like types with healthier options highlighted when applicable (low sodium, no sugar added, etc.). Displayed posters, recipe cards, point of decision prompts (“shelf talkers”), and product labeling on shelves.

Training: Incorporated a volunteer nutrition training supplemented by a volunteer nutrition handbook to provide volunteers the tools needed to encourage healthy choices when assisting clients.



Food Pantry





Healthy Corner Store

Corner Stores

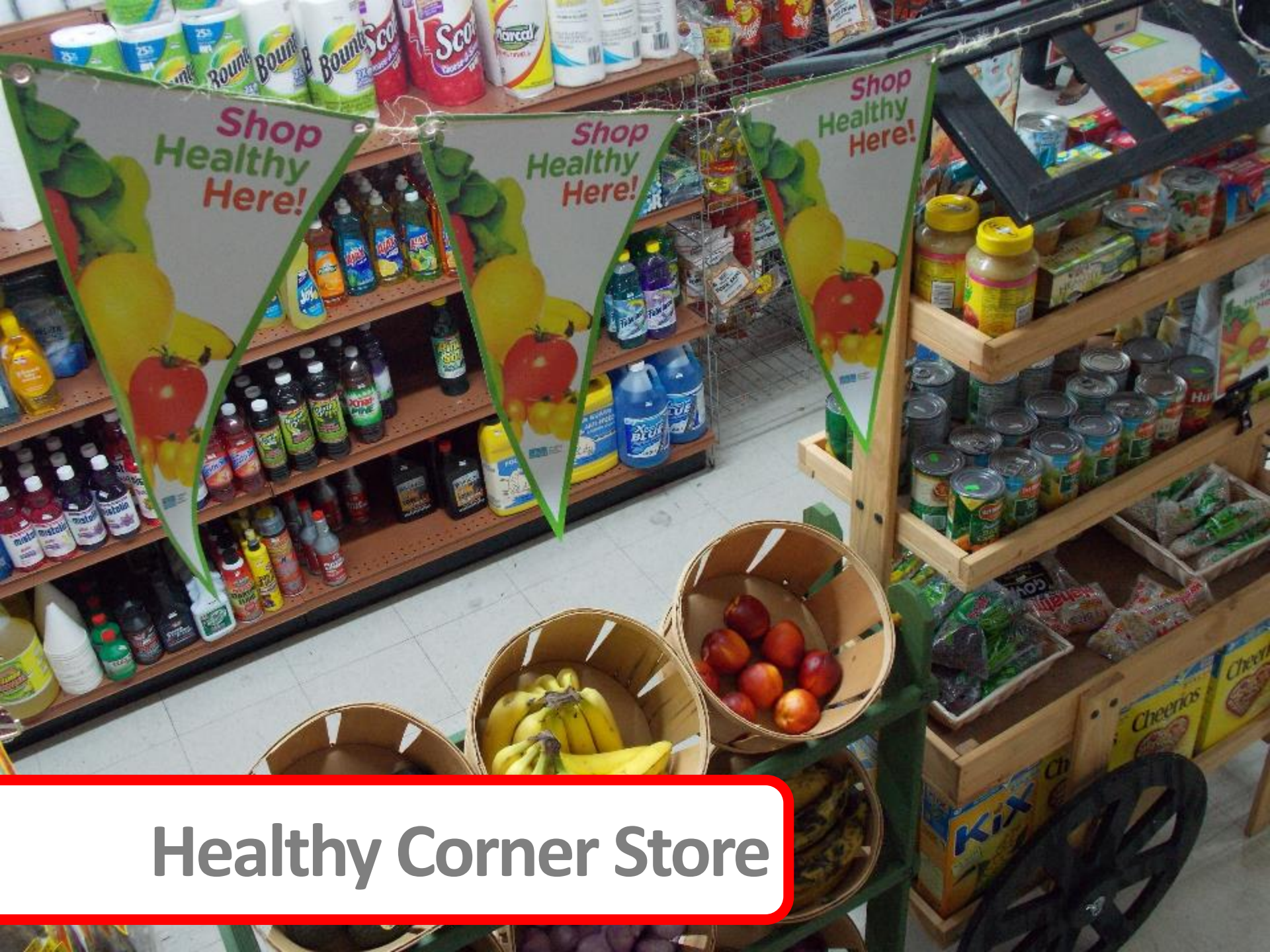
Eligibility Requirements: SNAP/EBT approved stores were eligible to participate and those located in food deserts were given selection priority.

Recruitment: Staff visit eligible stores and share information about the purpose of the project, past successes, and benefits of participating. The “Nominate your Neighborhood Store” campaign was launched in year two of REACH to encourage community members to participate in store recruitment. Owners interested in participating were asked to sign a participation agreement.

Data Collection: A store owner interview, environmental assessment and customer surveys are administered before and after the intervention to measure the project’s impact. Data collected before the intervention is used to tailor the initiative to the needs and strengths of each store.

Corner Stores

Intervention: Merchandising consultant provides product placement training. Store changes are designed to improve both the store's aesthetic appeal and the visibility of healthy items. Following the training, the program coordinator worked with the store owner to identify healthy items with the best potential to meet customers' needs and yield a financial profit.



Healthy Corner Store



Safe Routes to School

Safe Routes to School

Site Identification: Select school sites, host individual meetings with principals and consultants. Year 1 schools, collected BMI for all students from school nurses

Data Collection: Observe arrival and dismissal at all school sites, collect student travel tally data (car riders, bus riders, walkers, bikers). Send home 2-page parent survey about active transportation and safety. Submit data collected from parent surveys and student travel tallies from National Center for SRTS. Meet with Leadership Team, PTO, security officers, and/or other advocacy groups per school and request staff complete action priority survey.

Action Plan Development: Safe Routes to School consultant utilize all qualitative and quantitative data to draft action plans that are presented to groups identified above. Final action plans address the **5E's**: Engineering, Education, Evaluation, Encouragement, Enforcement




Recreation Area Hours:
School Days: 4:00-Sunset
Non School Days: Sunrise-Sunset

- All activities must be under appropriate supervision.
- Properly use play equipment to ensure safety.
- Use of tobacco in any form is prohibited.
- Use of alcoholic beverages and controlled drugs is prohibited.
- Please clean up after your pet.
- Please keep area clean.

To reserve the recreation area call
704-938-1131

**NO PETS
ON SCHOOL
PROPERTY**

1. This Playground
Should Be Used With
Adult Supervision.
2. This Equipment Is
Designed For Use By
Children Ages 5 to 12.

Open Use Policy

Open Use Policy

Identify Benefits of Open Use Policy: Many Kannapolis City schools are located in underserved areas near or in neighborhoods where few parks or open play spaces exist. By extending use of the school outdoor recreation facilities to the public at no cost, the city increases access to physical activity opportunities in locations familiar and located in residential areas as proposed by the Kannapolis City 10 year Parks and Recreation Master Plan.

Intervention: The Kannapolis City School Board of Education partnered with CHA staff to develop and implement an Open Use Policy for existing recreational facilities. The policy permits public use of all Kannapolis City School's outdoor facilities including tracks, fields, and playgrounds.

Expanded impact: Mailers with information about on-site school routes were distributed in a 1-mile radius of each KCS elementary school in July 2017. Neighborhood routes were created for five elementary schools and added to the City of Kannapolis existing Loop the Loop routes.



PA for Latino Community

PA for Latino Community

Program Plan: Participating parks and recreation departments would hire a part-time Community Outreach Coordinator as well as necessary group exercise instructors.

Data Collection: Staff collected qualitative data from Key Informants of the Latino community to assist with identifying appropriate programming for partner parks and recreation sites. Participant surveys were collected in an effort to capture feedback on new implemented programming.

Trainings and Events : Staff assisted in coordinating several Zumba Fest events as well as a cultural competency speaker for parks and recreation staff.

Communication Efforts: This initiative also highlighted the need for more Spanish promotion of program efforts. CHA created a Spanish Facebook page that promotes local community events include physical activity opportunities to better engage the Latino community in local programming.



Exercise is Medicine

Exercise is Medicine

Physical Activity Assessment : Consists of a 2 item questionnaire called the Physical Activity Vital Sign (PAVS) that is administered at every patient visit along with other vital signs such as weight and blood pressure.

Physical Activity Prescription: Primary care providers use PAVS responses to determine whether or not the patient is meeting the U.S. National Physical Activity Guidelines. If not, the provider writes an individualized PA prescription. Providers are trained to prescribe appropriate PA doses based on the patient's health status and current PA level. Walking prescriptions are encouraged as an easy and inexpensive way for patients to reach their exercise goals.

Physical Activity Referral: Patients are referred to a healthcare or community-based resource where they can “fill their exercise prescription.” The healthcare team is trained in identifying existing free or low-cost facilities where patients can safely increase their PA levels.

Exercise is Medicine

Cabarrus County EIM Referral Network

Our EIM initiative includes the establishment of a referral network to assist providers and allied health professionals in identifying safe, affordable and inclusive PA resources where they can refer their patients or clients. Facilities interested in joining the network can complete an application after reviewing the requirements.





Community Referrals



Network of Care

Site Goals:

- Improve clinical and community linkages, inter-agency communication, collaboration, and referrals.
- Engage in communication and social marketing efforts to promote the use of the site.
- Train key healthcare, social service, community, and faith based agencies on how to use the site and identify services for residents in need.
- Engage in continuous quality improvement to ensure the accuracy of information represented on the site.
- Improve the knowledge of existing resources in the county and ability to access information about needed services among Cabarrus County residents.



CABARRUS HEALTH ALLIANCE

Public Health Assessment and Wellness



Change Language

Large Print

[En Español](#)

Disaster Preparedness

Message Boards

Community Calendar

Social Networking

REAL TIME GPS BUS TRACKING



SEE WHERE YOUR BUS IS RIGHT NOW!



CONNECT Cabarrus

Your Community. Your Resources.

Popular Topics

LEARNING CENTER



Depression

Substance Use

PTSD

Grief / Grieving

Stress

COMMUNITY ANNOUNCEMENTS

- [Advance Directive Workshops](#)
- [Cooking Classes - Autumn Appetite](#)
- [Free Living Healthy Workshop](#)
- [Reflections Grief Recovery Class](#)

County Health Rankings

Mobilizing Action Toward Community Health



MOBILE APP

LOOKING FOR SPECIAL NEEDS RESOURCES?



Find resources for chronic medical, physical, developmental, emotional or behavioral conditions at the Resource CAFE (Connections and Access for Families through Education).

PHYSICAL ACTIVITY

