

Public Health Partners with Neighborhoods to Create Healthier Communities

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Chronic Disease Prevention



Chronic Disease Prevention

- ▶ As of 2012, urban areas (defined as densely developed residential, commercial and other nonresidential areas) now account for 80.7% of the U.S. population. (United States Census Bureau) –
- ▶ In 2011, 36% of adolescents and 38% adults claim they ate fruit less than once per day. (Centers for Disease Control and Prevention)
- ▶ As of 2012, about 50% of US adult population has one or more chronic health conditions. (Centers for Disease Control and Prevention)

Local Efforts

- ▶ The Walkable Neighborhood Project
- ▶ Community Gardens
- ▶ Community Health Advocate Program

The Walkable Neighborhood Project

- ▶ Does the urban environment around you encourage or discourage walkability?
- ▶ Why is this important?
- ▶ How were assessments used?



The Walkable Neighborhood Project



- 500 volunteers
- 2,225 street segments
- 11 neighborhoods

- 16 neighborhood and community events
- 893 suggestions from residents
- 95 High School students document walkability

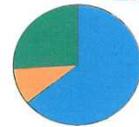


The Walkable Neighborhood Project

WELLER NEIGHBORHOOD

Percentages reflect number of streets with these items.

LAND USE



- Residential: 55.4%
- Non-Residential: 8.6%
- Mixed Use: 36%



Recreational
Facilities: 13.5%



Transit Stops:
11.8%

STREET CHARACTERISTICS



Speed Limit Posted: 44.3%

QUALITY OF THE ENVIRONMENT



Vacant or Abandoned
Buildings: 23.1%



Commercial Buildings next
to Sidewalks: 19.7%



Tree Shade Present: 36.2%

PLACES TO WALK



Sidewalks Present: 82%
Continuous Sidewalks on One Side
of the Street: 38.8%
Major Misalignments or Cracks: 19.2%

PLACES TO BIKE



Designated Bike Route or Share the
Road Signs: 11.4%
On Street, Paved and Marked
Shoulders: 14.5%

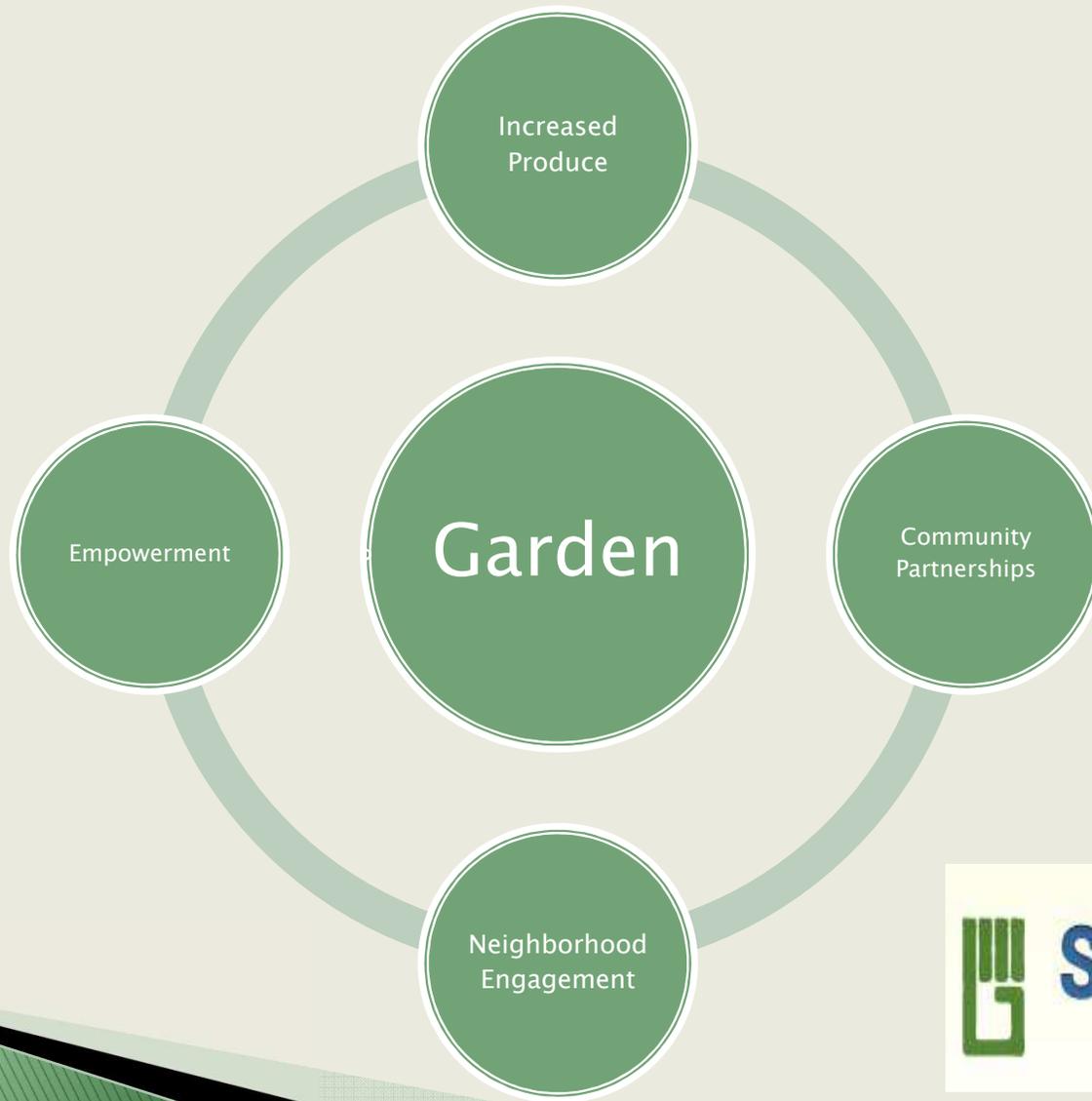
The Walkable Neighborhood Project



Interested in more
information?

swmocounts.org

Community Gardens



Community Gardens



3 Local Schools, Garden Classes:

- Delaware Elementary
- Boyd Elementary
- Pipkin Middle School

Community Garden Classes:

- Grant Beach Community Garden

Possible Future Garden Sites:

- Weller Neighborhood
- West Central Neighborhood
- Meador Neighborhood



Community Gardens

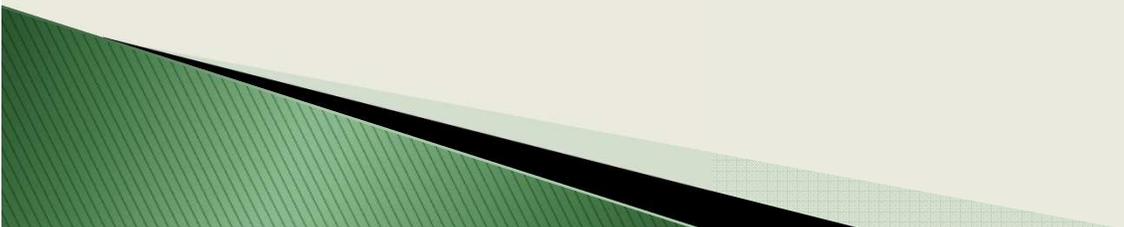


In 14 weeks:

- Over 1,000 residents served
- Over 25,000 pounds of fresh produce distributed
- 28 new volunteers



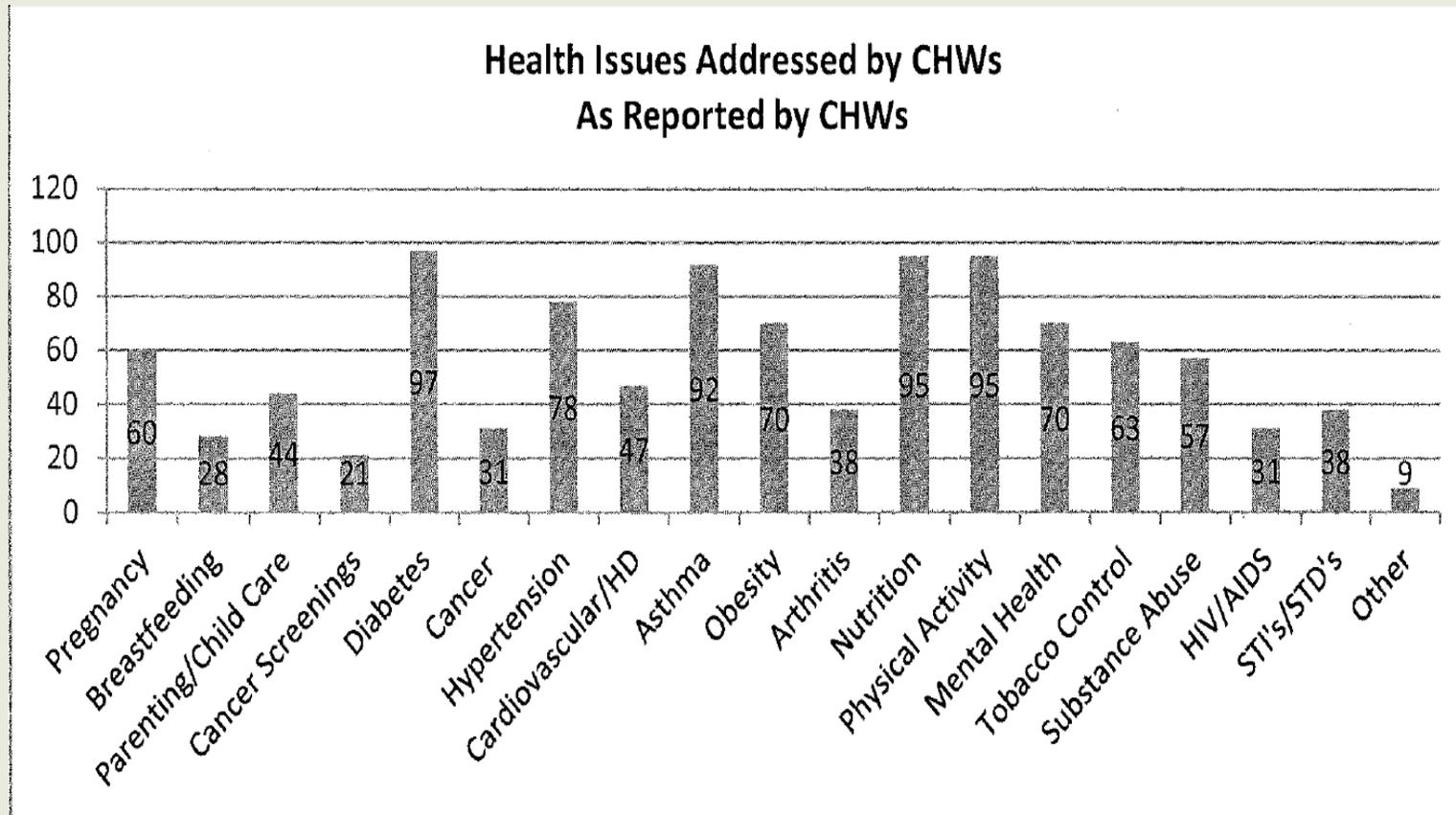
Community Health Advocate

- ▶ Who are they?
 - ▶ What do they do?
 - ▶ Where do they go?
 - ▶ Why do they matter?
- 

Community Health Advocate

- ▶ Trusted members
- ▶ Liaisons
- ▶ Relationship building
- ▶ Break down barriers
- ▶ Reduce social health determinants
- ▶ Blood pressure screenings
- ▶ Increase access to healthcare

Community Health Advocate



* Taken from the Missouri Community Health Workers Final Research Report, July 2014, Missouri Department of Health Senior Services & Bureau of Cancer & Chronic Disease Control

Community Health Advocate

- ▶ Weller Neighborhood Initial Blood Pressure Results
 - Results, initial 8 weeks of screening
 - 223 blood pressures (~8% of neighborhood population)
 - 29% were elevated
 - 29% with an elevated reading had not seen a doctor in the previous 12 months.
 - Follow-up Screening with the Health Department
 - 5 individuals, 26% elevated and no doctor, have been screened with 4 being referred.

How does it relate again?

- ▶ The Walkable Neighborhood Project
- ▶ Community Gardens
- ▶ Community Health Advocate Program

“For he who has health has hope; and he who has hope, has everything.”

– Owen Arthur



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