

LNH ACTION ASSIGNMENT

HEALTH

November 15, 2007

Dartmouth Hitchcock Medical Center, Lebanon, NH

Please complete the following assignment before the program day:

Action:

1. Visit a health center near you! ***Please see the ATTACHED MAP for centers in your area.*** These 11 Community Health Centers serve the populations in NH that usually have barriers to obtaining health care. Learn what they do and who they serve.

You will be assigned to the center that provides services in your area. One person from your group will coordinate the groups visit with:

Lori Real of Bi-State Primary Care Association - (228-2830)

2. ***“Public Health is what we, as a society, do collectively to ensure the conditions in which people can be healthy.” Institute of Medicine***

What are the conditions in your town that protect and promote health? What risk factors are around you that make health more difficult? With your action assignment, you will develop some answers to these questions.

You will be doing a **“windshield survey”**. This informal research method involves making observations while driving around—literally looking through the windshield of your car. Of course, it is hard to take notes while driving so please enlist a partner to drive so you are free to look and write.

Begin by choosing an area of your town that is at least 10 square blocks. In true New England fashion, most towns are not laid out as square blocks so this is just to give you an idea of the size of area to survey. Now, have your partner drive you around and through the area, going up one street and down the next. Basically, you want to observe everywhere in your chosen area that is accessible by car. As you ride, make notes of the health promoting factors you see as well as the conditions which could threaten the health of people in your town. For many people the chart that is enclosed will make your note-taking easier but you can use whatever format works for you.

Here are a few examples to get you started:

Health protecting and promoting factors: sidewalks, play grounds and parks; water treatment plant; fruits advertised for sale on the supermarket marquis; library. You can think broadly about health as long as you can support why you think something you note contributes to conditions in which people can be healthy.

Health risk factors: cigarette and beer ads, especially close to schools; lack of safe space to ride a bike; supersize fries on sale on a fast food marquis; excessive trash in a park; abandoned buildings. Again, think broadly about threats to health and why you note them as threats.

Leadership New Hampshire “Health” Action Assignment

Plan to spend about an hour driving around. When you finish your survey, summarize your findings so you will be able to present them easily:

- ◆ What are your main findings?
- ◆ What surprised you?
- ◆ Overall, do the conditions in your town help ensure that people can be healthy?
- ◆ Are there any findings that call you to take on a leadership role for the health of your town?

Health promoting, health protecting factors	Health risk, health challenging factors

Readings:

1. Go the Department of Health and Human Services to read: “Working Together to Assure a Healthy Public” - a comprehensive document that provides information on the health status of the residents of New Hampshire. (copy the following link into your web browser)
<http://www.dhhs.nh.gov/DHHS/DPHS/LIBRARY/Data-Statistical+Report/healthypublic.htm>
2. The Future of the Public’s Health: Vision, Values, And Strategies, by Lawrence O. Gostin, Jo Ivey Boufford and Rose Marie Martinez (PROVIDED)
3. 16 Cents of Every Dollar – March, 2007, New Hampshire Center for Public Policy Studies. (PROVIDED)
4. Who are the Uninsured in New Hampshire? – November, 2004, New Hampshire Center for Public Policy Studies. (PROVIDED)
5. State Level Options for Reducing Private Sector Health Care Costs – October 2005, New Hampshire Center for Public Policy Studies. (PROVIDED)