



Blueprints for a Healthy Community



...Leading, Learning, Communicating...

Vol. 1 No. 1

Massachusetts Partnership for Healthy Communities

Winter 2006

A Program of The Medical Foundation

Welcome to the first issue of "Blueprints for a Healthy Community"!



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The Massachusetts Partnership for Healthy Communities (MPHC), a program of The Medical Foundation is producing this publication to help support communities with information helpful to building healthier communities.

The Healthy Communities movement has been alive and well in the Commonwealth for almost 20 years now. From its beginning with Judith Kurland's Healthy Boston initiative to today, Healthy Community efforts have grown throughout the state. Early on, both the Massachusetts Dept. of Public Health (DPH) and Tom Wolff, director of Community Partners of Berkshire Area Health Education Center (AHEC) trained and launched many of the Healthy Community efforts. Long term funding and direction has come substantially from the DPH's Bureau of Substance Abuse Services and the DPH Office of Healthy Communities. During the "lean" funding days since 2001, these funds have sustained six Regional Centers for Healthy Communities (successors of the Prevention Centers) and the Mass Partnership for Healthy Communities. The passion for community centered, community involved health improvement kept many coalitions and community efforts alive as well. This newsletter intends to tell their stories.

In addition to sharing the stories of success, this newsletter is being introduced to help strengthen connections between Healthy Community efforts and introduce new tools and resources for community work. Each issue will have three sections:

- **Celebrating Successes**
- **Networking**
- **Community Building Tools and Resources**

Celebrating Successes will usually feature one or two communities in greater depth, telling their story, sharing their experiences and highlighting their successes. In this issue we list a selection of the communities which have graduated from or are currently in the Mass Forum.

Networking will always have information on how to contact the people doing community building work. In this issue we are listing all the communities which have received MPHC Planning or Implementation Grants. Similarly, every article in the newsletter will include contact information related to the article. Do not hesitate to connect with your colleagues! We all profit from "cross fertilization."

Community Building Tools and Resources will focus on information communities can use. This might be websites, or books/articles, or a new community building tool or technique. In this issue, we share the thoughts, ideas, and insights of Leland Kaiser, PhD, a health care futurist.

This quarterly newsletter is intended to be a useful tool for you so your input is essential! Send in your suggestions, needs, and ideas to: Peter Lee, Phone: 617-279-2269 or Email: Plee@tmfnet.org



For more information go to www.tmfnet.org/partnership

Save the Date!!!

First Healthy Communities Statewide Conference

Wednesday, June 20, 2007

Hoagland-Pincus Conference Center
Shrewsbury, MA

A HEALTHY COMMUNITY IS A GARDEN TO GROW PEOPLE IN



MASS FORUM Graduate Communities:

Below is a selection of the geographic communities that have graduated from the first three sessions of MassForum. Contact information and focus areas are included for follow-up/additional information. These are not all of the communities which have graduated; in future issues we will include some of the non-geographic communities.

YEAR I 2003 - 2004

- **CHNA 15** - (Acton, Bedford, Boxborough, Burlington, Carlisle, Concord, Lexington, Lincoln, Littleton, Wilmington, Winchester and Woburn) Contact: Jan Hanson, 508-222-8174, jhanson800@aol.com & Cynthia Taft Bayerl, 617-624-6140, cynthia.bayerl@state.ma.us - Priority area: Community Capacity Building for health improvement on health issues (including alcohol abuse and drug use) informed through community assessment processes.
- **REVERE** - Contact: Kitty Bowman, 781-485-6132, rbowman@partners.org - Priority area: Prevention of alcohol and drug use among youth.
- **MIDDLEBORO** - Contact: Loren Decker, 508-947-8002, loren@jairus.org - Priority area: a healthy community - a community committed to maximizing its resources in order to empower youth to reach their full potential free of alcohol and drugs.

YEAR II 2004 - 2005

- **WALTHAM** - Contact: Marina Bartley, 781-314-3367, mpbartley@city.waltham.ma.us - Priority area: Improving the quality of life for people who live and work in Waltham.
- **SOMERVILLE** Contact: Tammy Freitas da Rocha, 617.625.6600 ext. 4319, TRocha@ci.somerville.ma.us - Priority area: Prevention of alcohol and drug use among youth.
- **FALL RIVER** - Contact: David Weed, (508) 235-7211, drweed@cox.net - Priority area: Safety and substance abuse, environment and recreation, health education, adult education, job training, and employment, community planning and housing.
- **SPRINGFIELD** - I. Contact: Shannon Melluzzo, (413) 735-2104, shannon.melluzzo@heart.org - Priority area: Heart Healthy Living; - II. Contact: Scott Hubbard, 413-562-4131 x107, Scott.hubbard@massmail.state.ma.us - Priority area: Community health improvement.

YEAR III 2005 - 2006

- **SAUGUS** - Contact: Sharon McCabe, 781-231-4120, smccabe@saugus-ma.gov - Priority area: Healthy youth

- and prevention of alcohol and drug use among youth.
- **MEDFORD** - Contact: Gisela Rots, 978-618-4533, gamrots@glfhc.org - Priority area: Healthy youth and prevention of alcohol and drug use among youth.
- **QUABOAG HILLS** - Contact: Christa Drew Gonnello, qhc@quaboaghills.com - Priority area: Medical care access for all residents of a very rural area of MA.
- **BOSTON URBAN ASTHMA COALITION** - Contact: Neal-Dra Osgood, 617-279-2273 nosgood@tmfnet.org - Priority area: Asthma control and prevention.

Become a part of the winning teams of Healthy Communities efforts!

MASSFORUM V will be held at Hoagland Pincus Conference Center on the 3rd Wednesday of each month (except Dec. when no session is held and February when it is the 2nd Wed.) from September 2007-June 2008.

Teams of 6-8 people from a community are required. Scholarships are available.

Applications will be out by May and will be due back by end of June.

See www.tmfnet.org/partnership/ for more info on the current session for guidance.

Contact Peter Lee @ 617-279-2269 or plee@tmfnet.org for more information and to be sure you get a flyer if you are interested. Visits from the Mass Partnership with the community that is interested is encouraged prior to submitting an application to discuss expectations and benefits.

Thank you for the work you do in your community.
Continued great success in 2007!



Networking



Planning and Implementation Grants - 2006

Below is a list of the communities, contact information and the project focus for the 2006 Planning and Implementation Grants made by the Mass Partnership. These grants are made available to help communities better organize their planning for health improvement or implement new strategies based on existing plans. The funds for these grants come from Lahey Clinic Medical Center through their Determination of

Need (DON) program. The 2007 cycle of these grants will commence in May. The announcement of the new cycle of grants will be made through the Regional Centers for Healthy Communities, this newsletter, the Mass Partnership website, the CHNA listservs and electronic mailing to contacts on the MPHIC mailing list. Do not hesitate to contact the MPHIC for additional information.

TOWN	ORGANIZATION	CONTACT PERSON	PHONE	E-MAIL
BOSTON / DORCHESTER	Dorchester Collaborative Focus area: Develop a planning process to include a membership drive, conduct a community assessment and facilitate a strategic planning process.	NeKeshia Reed	617-423-4337	nreed@tmfnet.org
CLINTON	WHEAT Community Services Focus area: Develop a comprehensive community health improvement plan through engaging a wide range of people in the community, vision, focus groups, surveys etc.	Jodi Breidel	978-365-6349	jbreidel@wheatcommunity.net
EVERETT	Joint Committee For Children's Health Care Focus area: Develop a strategic plan for the Everett Community Health Improvement Partnership.	Jacqueline Coogan	617-394-5020	jmincoogan@aol.com
FALL RIVER	Healthy City Fall River Focus area: Develop and support a community leadership forum.	David Weed	508-235-7211	drweed@cox.net
FITCHBURG-GARDNER	Twin Cities Comm. Dev. Corp Focus area: Develop a health improvement plan dealing with older housing and lead paint through outreach to all sectors of the community.	Marc Dohan	78-342-9561	mdohan@twincitiescdc.com
GREAT BARRINGTON	Alliance for Healthier Great Barrington Focus area: Develop a health improvement plan dealing with physical activity and healthy eating through outreach to all sectors of the community.	Deborah Phillips	413-446-3205	dphillips@chpberkshires.org
MILTON	Town of Milton Focus area: Develop a comprehensive plan to improve the health of the residents of Milton by assuring wide involvement of all sectors of Milton.	Victoria McCarthy	617-898-4813	vmccarthy@mpdmilton.org
READING	Reading Public Schools Focus area: Conduct a needs assessment, build local capacity, identify priority needs, and develop a comprehensive plan to implement various proven strategies.	Gary Nihan	781-942-9136	gmnihan@verizon.net
SOUTHBRIDGE	Southbridge Com. Connections Focus area: Develop a Community Action Plan for community health improvement.	Lynne Simonds	508-765-6670	lsimonds@harringtonhospital.org
WALTHAM	Healthy Waltham Focus area: Strengthen relationships and inclusion of all sectors of the diverse community, create and implement a newsletter, support 2 schools "Safe Routes to Schools Programs, and work with immigrant women in the women's Health Network.	Judy Fallows	781-314-3031	jfallows@city.waltham.ma.us
WEYMOUTH	Town of Weymouth Focus area: Develop a comprehensive Wellness Plan to improve the health of the community.	Valerie Sullivan	781-340-5008	vsullivan@weymouth.ma.us
WINCHESTER	Winchester Board of Health Focus area: Develop a comprehensive strategic health improvement plan.	Jennifer Murphy	781-721-7121	jenmurphy@winchester.us
WORCESTER	Common Pathways Focus area: Continue to develop and strengthen the Common Pathways Community Coalition.	Clara Savage	508-438-0515	csavage@luk.org

Healthy Communities Principles

- Broad definition of health.
- Broad definition of community.
- Shared vision and values.
- Quality of life for everyone.
- Diverse resident participation, widespread community ownership.
- Invests in youth leadership and development.
- Focus on "systems change."
- Capacity building using local assets and resources.
- Benchmark and measure process and outcomes.

Leadership and Healthy Communities: Making the Community the Center of Health Care

-Leland R. Kaiser, PhD

(Excerpts from a talk prepared for hospital administrators in 1994...still relevant today.)

“Problems generated by a paradigm cannot be solved within that paradigm. We are moving into a quantum paradigm, a new way of viewing the universe as a relationship universe. We were taught about separation, that a church, a school, a hospital, a police department, a small business were different organizations; that there were boundaries between them. We realize that’s not true. They are part of something called community, and each affects the other.”

“When I work with the people in criminal justice, they say, ‘Lee, there’s a huge mountain of crime we have to reduce in our society.’ And I say, ‘That’s true.’ And then I work with the people in education, and they say, ‘Lee, there’s a huge mountain of ignorance we must remove in our society,’ and I say, ‘Right on; that’s it.’ Then I work with people in medical care, and they say, ‘Lee, there is a huge amount of disease we must remove in our society,’ and I say, ‘You’re right.’ Those people don’t realize that it’s all the same mountain. Take a shovelful out for one person and you take a shovelful out for everybody. We should pass out the shovels. We should take down the mountain. For, you cannot separate criminal justice from health or health from education or education from welfare or transportation from housing, from economic development. We live in a unified world; everything affects everything. Nothing stands in isolation. Nothing is by itself. Change one thing, you change everything.”

“You cannot be healthy in an unhealthy environment. Health, unlike medical care (the ability to “cure” a medical problem) is what happens when everything else works. What we’re beginning to understand is that we have to work together, we have to build bridges. We have to take the boundaries down and view the community as integrated.”

“Important understanding: You can’t do health. You can do medical care, but you can’t do health. Health is what happens when everything else works.”

“What we’re beginning to understand is that we have to work together, we have to build bridges. We have to take the boundaries down between the different sectors of the community. It is impossible to separate the physical well-being and the spiritual well-being of a person; they are totally intertwined.”

“Our primary strategy must be prevention. And that means focusing on children, and getting into families; it means working with the church and the school; it means giving the child a good education, having the appropriate role models, trying to provide the piano for the little Mozart that might come along. That IS health care.”



For more information on Leland Kaiser, PhD, go to www.kaiser.net or www.estespark.org.

Healthy Community Websites of Interest

1. <http://www.mass.gov/dph/ohc/ohc.htm> Massachusetts Department of Health Office of Healthy Communities.
2. www.ctb.ku.edu Community Toolbox offers practical guidelines to organizations focused on improving their communities.
3. www.civicpartnerships.org Center for Civic Partnerships is a support organization that strengthens individuals, organizations, and communities by facilitating learning, leadership development, and networking.
4. www.walkboston.org/documents/ToolKitManual.pdf Walk Boston’s tips on starting a walking program.



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The Massachusetts Partnership for Healthy Communities is a program of The Medical Foundation and funded through the Massachusetts Department of Public Health.