

Funding your Health Department

Collaborating to build a healthier
community

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Town of Acton

CHNA 15

Community Health Network Area

Collaborating to build healthier communities



Attend Meetings to Understand Needs of Organization



Build Your Network



Emerging Needs in Your Community



What's
the
plan?



TIME FOR ACTION

Funds Needed





Healthy Acton Collaborators

Comprised of Health Dept, Commission on Disability, COA, Domestic Violence Services Network, Police, Recreation, First Connections, Housing Authority, Farmers Market, Food Pantry, Veterans Agent, Nursing Service, Pastors, Pharmacists, Community Services Coordinator....

Collaborate with Existing Groups for no cost/low cost events



Develop programming

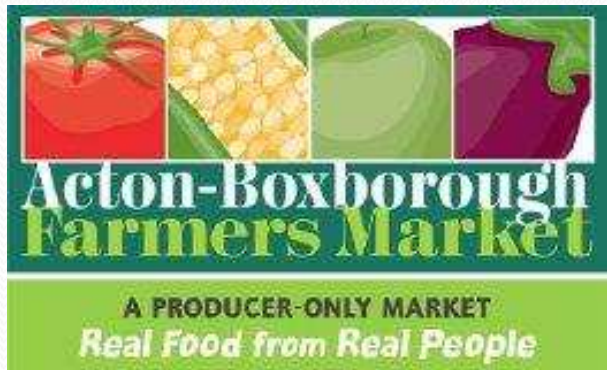




ACHIEVEMENTS



Healthy Cooking



Tick Boxes Installed on Kiosks - Conservation



Wear light colored clothes. Tuck pants into socks. Put repellent on skin. Stay in the middle of the trail. Avoid tall grass. Bring a tick kit with tweezers. Do tick checks during your hike. Learn to remove ticks properly. Dry clothes on high heat 15 mins.

WIN EVERY ROUND OR THINGS REALLY BITE!
Prevention is the key to avoiding tickborne disease.

Image credits: Dytimus images by iStockphoto | Only Mosquito Gets Ready to Drink | Mosquitoes by U.S. Fish & Wildlife Service Southeast Region | Hiking in blue socks by Ockman 43

Transportation





Physical Activity

- Conservation Trail Walks
- Fall Prevention Exercises
- Wellness and You – Saturday filled with group exercises and health information

Substance Abuse Coalition





Starting
Again...2018

Updating Needs of
our Residents

HEY ACTON, IT'S TIME FOR A CHECKUP!

Acton H.O.P.E. / Healthy Communities Townwide Survey

The Town of Acton has received a planning grant funded through the Northwest Suburban Health Alliance/CHNA. 15 DoN funds from Lahey Clinic to help determine what citizens consider most important in making Acton a healthier community. The grant is the product of collaboration between the Town's Health, Planning, and Recreation departments. The H.O.P.E. (Health Outreach Planning Essentials) planning process is being conducted by a Steering Committee comprising of citizens and Town staff. **This survey is an important community assessment tool — H.O.P.E.'s Steering Committee wants to hear from you!**

Please let us know what you think are the most important health issues facing our community by completing the survey below. We ask that you e-mail this survey to sball@acton-ma.gov; bring the completed survey to the Acton Health Department, 472 Main Street, or place in one of the yellow drop boxes located throughout town. Alternately, you can complete this survey online at www.acton-ma.gov. For more information on this project, please contact Sheryl Ball at sball@acton-ma.gov. Thank you!
H.O.P.E. SURVEY

1.	Physical Wellness Examples: Community support for physical wellness; walking trails, winter fitness, bike trails, swimming pool, fitness facilities, town programs Comments:	High Priority <input type="checkbox"/>	Moderate Interest <input type="checkbox"/>	Not Interested <input type="checkbox"/>
2.	Food and Nutrition Examples: accessibility and affordability of food choices that provide for your nutritional or food-tradition needs (from, e.g., grocery stores, restaurants, local farms, farmers markets); school lunch offerings, senior center lunch offerings, Comments:	High Priority <input type="checkbox"/>	Moderate Interest <input type="checkbox"/>	Not Interested <input type="checkbox"/>
3.	Transportation Examples: unmet transportation needs; possible provision of public transportation around town; sidewalk issues; rail trails; bike lanes, commuter rail Comments:	High Priority <input type="checkbox"/>	Moderate Interest <input type="checkbox"/>	Not Interested <input type="checkbox"/>
4.	Public Health Information and Education Examples: CPR/First Aid courses; availability of healthcare; nutrition information; emergency planning/strategies, medical conditions such as, chronic health, fall prevention, sunscreen, presentations on health topics. Comments:	High Priority <input type="checkbox"/>	Moderate Interest <input type="checkbox"/>	Not Interested <input type="checkbox"/>
5.	Community Connections/Communication Examples: creation of a community center, town activities; ways for people to meet one another/gather; town's communication of information to citizens; creation of a community center Comments:	High Priority <input type="checkbox"/>	Moderate Interest <input type="checkbox"/>	Not Interested <input type="checkbox"/>
6.	Environmental Awareness Examples: concerns about indoor air quality; outdoor air quality; water quality; other toxins and hazards; land use, community education Comments:	High Priority <input type="checkbox"/>	Moderate Interest <input type="checkbox"/>	Not Interested <input type="checkbox"/>
7.	Mental Health and Wellness Examples: accessibility of support, caregiver support, new parents, crisis intervention, substance abuse, domestic violence Comments:	High Priority <input type="checkbox"/>	Moderate Interest <input type="checkbox"/>	Not Interested <input type="checkbox"/>
8.	Safety and Security Examples: how safe you feel in Acton; walking, biking, driving, living at your home Comments:	High Priority <input type="checkbox"/>	Moderate Interest <input type="checkbox"/>	Not Interested <input type="checkbox"/>
9.	Diversity Examples: cultural, racial, gender, age issues, lifestyle, religion, disability Comments:	High Priority <input type="checkbox"/>	Moderate Interest <input type="checkbox"/>	Not Interested <input type="checkbox"/>
10.	Other _____ ? Comments:	High Priority <input type="checkbox"/>	Moderate Interest <input type="checkbox"/>	Not Interested <input type="checkbox"/>

Collaboration with existing groups
is KEY...

