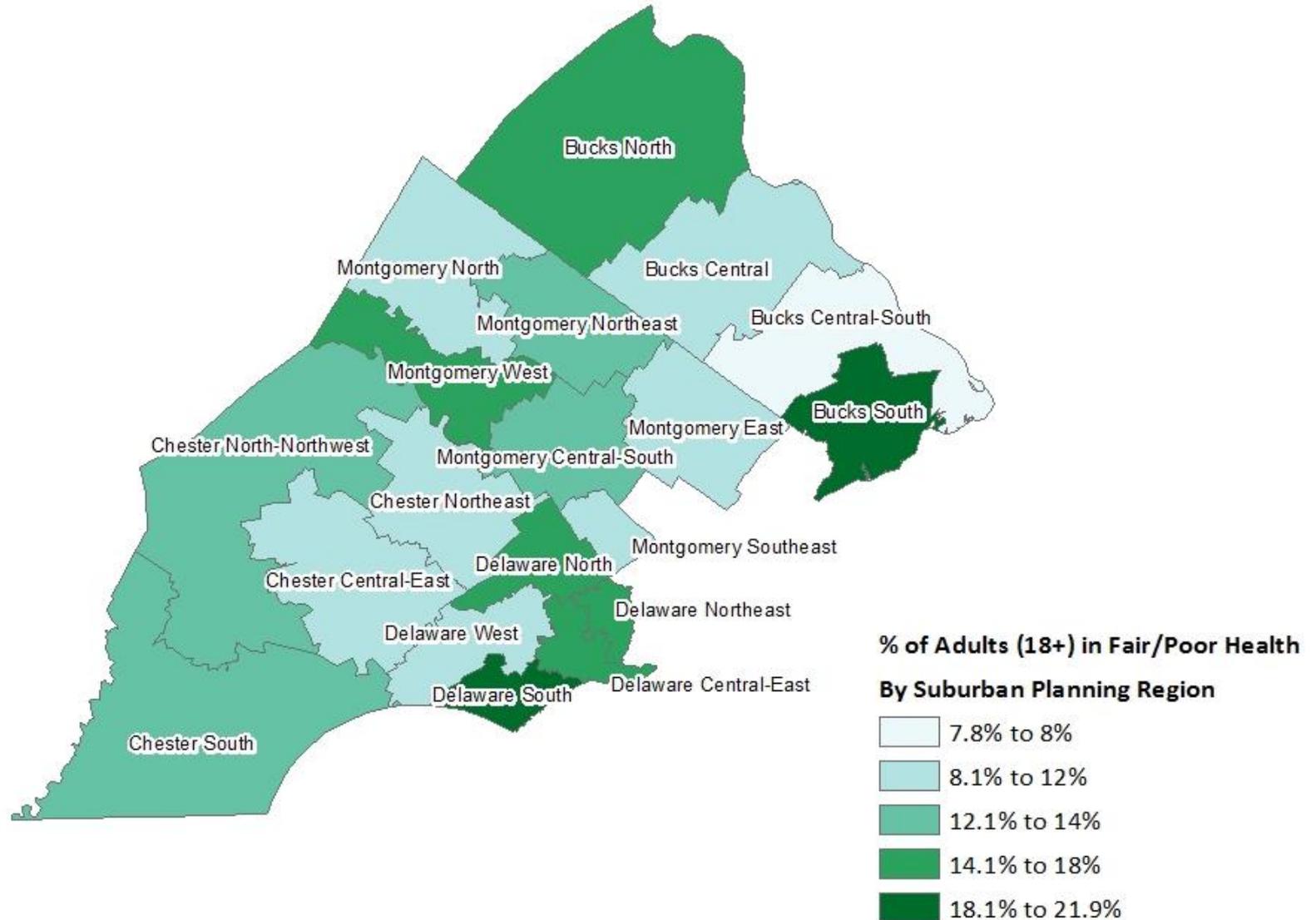
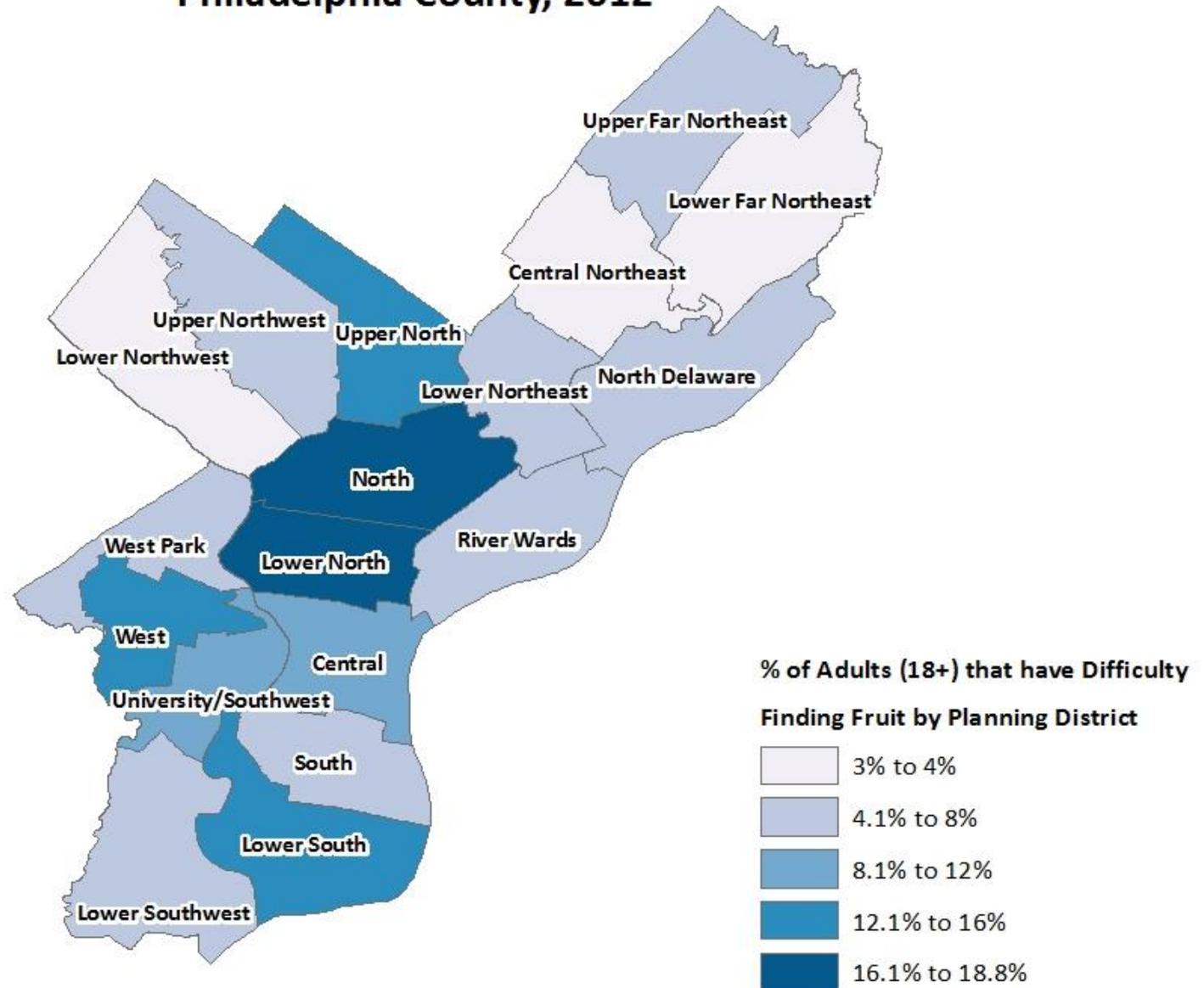


## Percentage of Adults (18+) in Fair/Poor Health by Suburban Planning Region, SEPA, 2012



# Percentage of Adults (18+) that have Difficulty Finding Fruits/Vegetables in their Neighborhood by Planning District, Philadelphia County, 2012



# Health Factors: Physical Activity



- In Montgomery County, there is variation among physical inactivity across the County.
- For example:
  - In **Southeast Montgomery County**, 7.7% of adults (18+) exercise less than once a week or not at all.
  - However, in **Northeast Montgomery County**, the percentage of adults (18+) who exercise less than once a week or not at all is nearly three times as high—20.0% of adults.

Note: Exercise is defined as lasting for at least 30 minutes at a time.  
Source: 2012 Southeastern Pennsylvania Household Health Survey.

# Health Factors: Smoking



- Variations of smoking rates vary significantly across Berks County.
- For example:
  - In **East Berks County**, 10.4% of adults currently smoke.
  - This percentage is doubled in **West Berks County** with 20.5% of adults who smoke.

# Summary



- Where we live matters to our health
- There are great disparities in health based on where we live
- Health is more than health care; many factors contribute to health
- We're all in this together; it takes all of us working together to improve the health of a community
- You can find data and practical help at [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

# Roadmap Resources: What Works for Health

- Provides examples of **evidence-informed policies, programs, and system changes**
- Strategies organized by **health factor**
- Includes **evidence ratings**
- Tutorial online

## What Works for Health

*What Works for Health* provides communities with information to help select and implement evidence-informed policies, programs, and system changes that will improve the variety of factors we know affect health.

WANT TO LEARN MORE? - View our 4 minute [What Works for Health Tutorial](#).

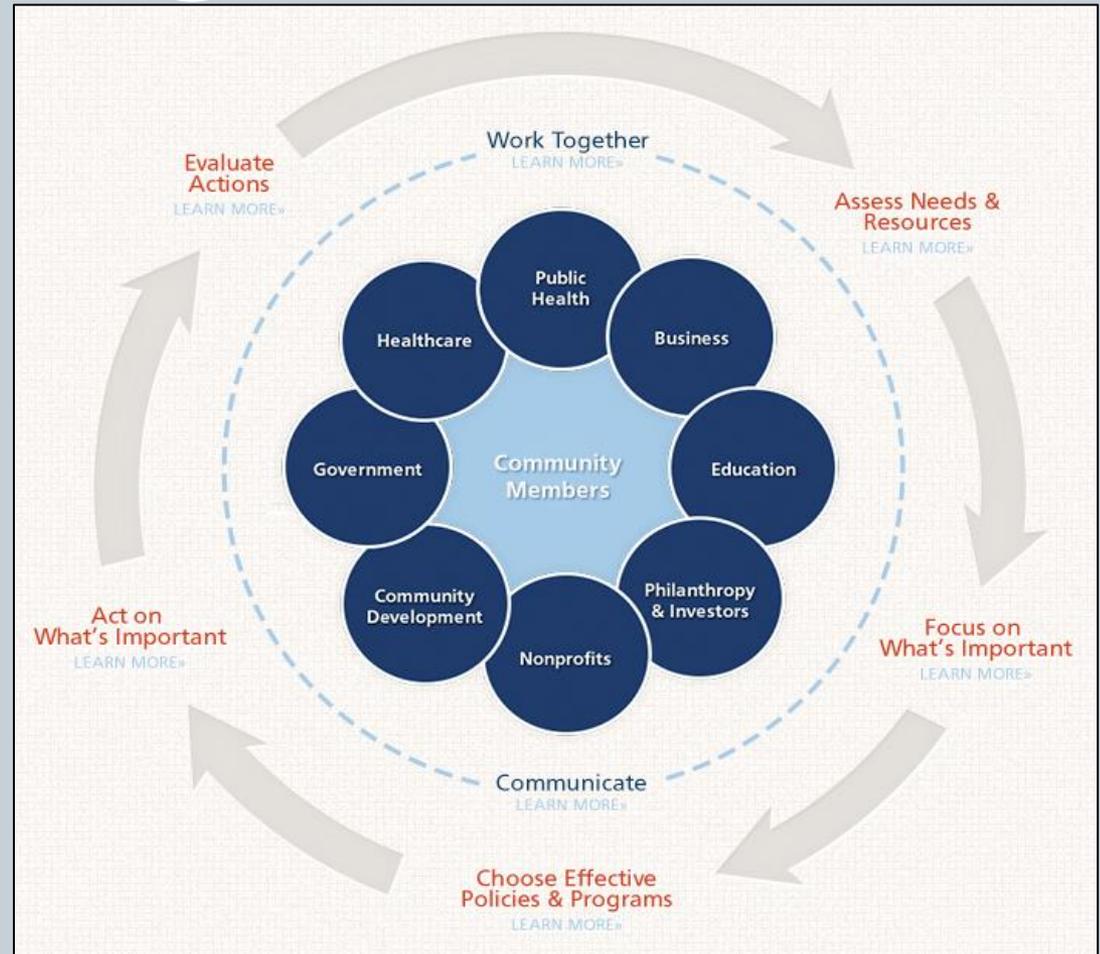
To learn more about strategies that could work in your community, select a health factor of interest (the light blue boxes on the far right) in the model below.



County Health Rankings model ©2012 UWPHI

# Roadmap Resources: Action Center

- Action step guides
  - Outer circle
  - Provides key activities, tools, resources, and additional reading
- Community member guides
  - Inner circle
  - Guide for different types of people to involve
  - Potential roles each plays in improve the health of communities



# Applying County Health Rankings and Roadmaps



- Break into groups of four to five.
- As a group, review the example of the *Roadmap* project or initiative provided and discuss the following:
  - Who were the key players?
  - What did they do?
  - How did they get funding?
  - What was the impact?
  - How were *County Health Rankings* utilized?
- Please use the next 15 minutes to discuss your example and prepare answers to these questions.

# *Applying County Health Rankings and Roadmaps*



- Consider:
  - Who were the key players?
  - What did they do?
  - How did they get funding?
  - What was the impact?
  - How were *County Health Rankings* utilized?

# *Applying County Health Rankings and Roadmaps*



- 1) The Power of Relationships: Rapid Response to a Youth Suicide Cluster
- 2) Building a Business Case for Better Health: Allen, County, OH
- 3) Connecting the Dots in Fulton County, GA: Working Together to Save Lives
- 4) Mason County, WA: Building a Roadmap to Better Health by Investing in Education

# Call to Action



- ***Roadmaps to Health Community Grants***
  - Support two-year state and local efforts that address social and economic factors that impact community health
  - Build on the *County Health Rankings* model
  - Two rounds of grants have been awarded to date
- **RWJF Culture of Health Prize**
  - Awarded annually to honor outstanding community efforts and partnerships that are helping people live healthier lives
  - Goal of raising awareness and inspiring locally-driven change
  - Call for applications will be released in June

# Call to Action



- Next steps
  - Follow-up survey: who is interested?
  - Convening additional meetings
    - ✦ Bring in representative from *CHR/Roadmaps*
- In the meantime...
  - Explore the *County Health Rankings* and *Roadmaps* online
  - Talk to your colleagues and partners about ideas for working at the county-level
  - Utilize the **CHDB** and the **SEPA Household Health Survey!**

# Questions?



**Thank you!**

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Visit our website at [www.CHDBdata.org](http://www.CHDBdata.org).