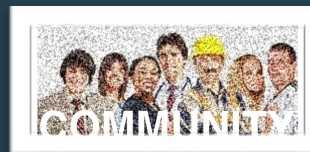


LONG BRANCH HEALTH ENTERPRISE ZONE

NEWSLETTER

OCTOBER 2013



Financial support provided by the Healthcare Initiative Foundation

LB-HEZ HEALTH AND WELLNESS

ASSET INVENTORY UPDATE

The primary goals of the asset inventory are to promote a more cohesive and coordinated health and wellness system for Takoma Park and Long Branch and provide a baseline measure of healthcare resources available in the community


We are currently identifying existing health assets (such as hospitals, clinics, nursing homes, etc.) from existing public data sources. CHEER is coordinating with InfoMontgomery so that this project builds on and adds value to both the LB HEZ and InfoMontgomery.

CHEER is creating maps of the health resources in zip codes 20912 and additional resources in a perimeter outside this zip code. This will include resources in portions of 20901, 20903, and 20910 (Montgomery County); all of 20783 (Langley Park / PG County) and portions of 20011, 20012, and 20037 (DC). We have extended the boundary for the maps to make them relevant and useful. We define the perimeter using distance as a measure of reasonable time to travel to a health asset. For example, a recreational center 5 miles away from Long Branch that is accessible by bus would be placed on the map

Currently, we are in the process of collecting the following data elements: name, affiliation, address, website, phone/fax, organization's primary aim, and additional information such as types of insurance accepted, physical resources available, languages spoken, if accepting new patients – and verify the organizations are still in business. CHEER will maintain a list of resources that have either moved or closed in order to keep the HEZ community up to date on changes.

We are interested in getting HEZ partners' input about what information is most important to you.

*Next HEZ Meeting
Thursday, November 21st, 2013
4:30pm - 6:30pm
Washington Adventist University
7600 Flower Avenue, Takoma Park, MD
The Columbia Room in Wilkinson Hall*



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DIABETES WELLNESS CIRCLES UPDATE

The HEZ Committee developing the Diabetes Wellness Circle has made significant progress. Initially the committee wanted to replicate the Diabetes Education Empowerment Program (DEEP) but licensing and training obstacles make it difficult to use that curriculum. Instead, after we have focused on two which seem to be both flexible enough to meet the needs of the community but have also been tested in an academic environment and shown to be successful.

The two curricula are:

1. Diabetes Self Management Education: An action guide to establishing a community-based DSME program from adults with Type 2 Diabetes. CDC has recognized that communities have different levels of needs and in response an action guide was created, rather than a formal curriculum. The guide provides information on the resources and key steps to establish a community-based diabetes self-management education program to improve glycemic control among adults with Type 2 Diabetes.

2. Road to Health Toolkit: This tool was designed by the National Diabetes Education Program. Initially, it was designed for African Americans and Latin Americans at risk for Type 2 Diabetes. However, it has been successfully replicated as a peer-to-peer management program in the community.

Presently, we are in the process of seeking out a Diabetes Wellness Educator to help us choose the best curriculum and write out a lesson plan for each week. The African American Health Program will be helping meet these needs as they relate to our first circle, which is expected to include African Americans and/or African immigrants in Takoma Park. We will be in need of other HEZ partners as we seek to serve the mostly Latin American population at Rolling Terrace and New Hampshire Estates neighborhoods.

We have also determined some eligibility criteria to participate in the Wellness Circle. In addition to having an uncontrolled A1C and living in the Takoma Park, Long Branch area they must have also completed a formal diabetes health education class. We have made this decision because CHEER believes it would allow the participants to focus on the barriers that have prevented them from successfully managing their diabetes independently.

In order to meet the needs of the community, we are asking the HEZ partners to fill out a brief survey online that will help us understand needs from the provider point of view. To access the survey please go to <http://www.surveymonkey.com/s/SV8C3GY>. We will also utilize community events, such as the upcoming Taste of Maple and community partners to conduct a mini needs assessment. We will use these opportunities to begin a sign-up sheet for parties interested in participating in the circle.