



## Live Well Allegheny: Learning Collaborative Event January 10<sup>th</sup>, 2017

### Overview:

*Live Well Allegheny* convened community partners, municipalities, workplaces, schools, and restaurants that have committed to the *Live Well Allegheny* campaign at an in-person meeting on January 10<sup>th</sup>, 2017. The purpose of the meeting was to: 1) discuss Health in All Policies and how to apply it different organizations; 2) showcase other *Live Well Allegheny* partner initiatives; and 3) encourage participants to identify future action steps for their organizations. The *Live Well Allegheny Learning Collaborative* will continue to provide opportunity for Live Well participants to learn about evidence-based policies and programs, how to implement them, and explore ways to collaborate with one another.

### Meeting Outcomes:

- 76 participants, representing 47 community organizations
- 12 panelists shared health initiatives

### Session #1: *Setting the Stage*



The Allegheny County Health Department (ACHD) Director, Dr. Karen Hacker, gave opening remarks and set the stage for the program by providing information about the health status of our county. Then ACHD staff members delivered a presentation about Health in All Policies and how to implement the approach into community policies and programs that was put together with information provided from the National Association of City & County Health Officials. This presentation was delivered by Hannah E. Hardy, Program Manager for Chronic Disease Prevention

Program, Abby Wilson, Deputy Director of Public Policy and Community Relations, and Erica Bryson, Health in All Policies Coordinator. The presentation is available on the Live Well [website](#). Chris Edmonds shared his personal story to wellness as a former NFL player and the origins of the Athletic Trauma Unit ([#ATU](#)).

### Session #2: *How are we Living Well Today?*

In Session #2, attendees participated in one of two panels to hear more about three different health initiatives from *Live Well Allegheny* partners. The panelists were selected based on their established relationship with the *Live Well Allegheny* campaign and due to the collaborative nature of the projects. Please refer to the event program for a description of speakers and projects discussed. The session was divided into two tracks. The moderators and panelists for each track were:



TRACK 1

<b>Moderators</b> - Marie Fontelo and Daphne Parker, ACHD	
<b>Speaker(s):</b>	<b>Project Spotlight</b>
Josh Berman, Just Harvest Mary Kathryn Poole, Let's Move Pittsburgh	Healthy Corner Stores Initiative
Brian Sink, Red Lantern Bike Shop Jennifer Hoffman, Pittsburgh Mercy Mike Luxemburger, Pittsburgh Mercy	Smoking Cessation & Biking Initiative
Kristin Saunders, City of Pittsburgh	Complete Streets Policy

TRACK 2

<b>Moderators</b> - Maria Cruz and Lorraine Starsky, ACHD	
<b>Speaker(s):</b>	<b>Project Spotlight</b>
Paula Simmons & Andrea Iglar, South Fayette Township	Municipality Collaboration
Anne Marie Kuchera, Children's Hospital of Pittsburgh of UPMC Kristi Burry, fitUnited of United Way of Southwestern PA	Healthy-Out-of-School-Time (HOST)
Brittany Huffman, Tobacco Free Allegheny	Allegheny Quits for Life

The panelists introduced themselves, their organization, and the role they play in the health initiative. Moderators also encouraged panelists to discuss next steps and lessons learned such as target audience, effective communication strategies, and partnerships. Following the brief introductions, the moderators facilitated a Q&A session for audience members to ask specific questions to panelists. There were a few common themes identified from both tracks.

1. Learning ways to take the first step –  
Live Well Allegheny can provide support finding implementation strategies for specific health topics, identify potential partnerships, etc.
2. Don't reinvent the wheel – tap into the great work already happening in Allegheny County and limit duplicating efforts; opportunity to expand reach
3. Take advantage of local and federal funding opportunities (i.e. Let's Move Pittsburgh Champion Schools program, HOST Alliance for Healthier Generation)
4. Future goal is find new ways to communicate Live Well success stories / document effective strategies (i.e. website, hashtags, social media tools, LWA branding with logo)
5. Think outside the box for collaboration – work with different sectors
6. Current challenges: staff capacity, public knowledge of resources available, changing residents' behavior – can be addressed by collaborative efforts
7. Leverage existing interest in health into a catalyst for changes (i.e. find people or organizations that already champion health)
8. Share networks and connect Live Well participants with other participants

### Session #3: *Living Well into the Future*

#### ACTIVITY 1

For Session #3, participants were divided up into eight smaller groups and paired with one ACHD staff member as facilitator. The facilitators asked their group to think about the *Live Well Allegheny* experience to date and think about how can the *Live Well Allegheny* Learning Collaborative better support their organization's efforts to become the healthiest county. Every group received 8 slips of paper with potential and existing learning collaborative activities listed below. Then they were asked to prioritize them by most to least important and provide a short explanation of reasoning.

- Participating at in-person meetings
- Webinars available
- Learning from content experts
- Learning about funding opportunities
- Monthly newsletters with LWA updates
- Technical assistance for new projects
- Capacity building at a staff level
- Other:

#### Results from Activity 1: Learning Collaborative Priorities

- Participating at in-person meetings – open, meaningful dialogue/more engaging, build relationships, great convening opportunity, appreciate food served (quarterly or regional proposed)
- Webinars – valuable for learning library resource (provide after in-person), continued dialogue from in-person meetings, provide the technical assistance (i.e. how) online
- Other: More public exposure/knowledge of Live Well Allegheny
- Other: site visits – opportunity to showcase successes
- Learning from content experts (in-person, then posted online)
- Other: Facilitated networking opportunities, need guidance for building partnerships  
\*use Live Well as catalyst
- Technical assistance for new projects / Learning about funding opportunities (provide on website)
- Other: Email communication – reusable social media language, articles, talking points
- Other: Discussion board for contact lists, Live Well participant communication (Live Well members only)
- Capacity building at staff level (important for municipalities)
- Monthly newsletters with LWA updates – sometimes overwhelming with content (digest version?), use for spotlight successes, maybe hard copy



#### ACTIVITY 2

For the second activity, the small groups were handed a Pittsburgh Post-Gazette future news article from January 2030, entitled “Allegheny County is America’s Healthiest County!” The participants were asked to read the cover story and reflect on the work already being done to improve the health of residents. The groups then had an opportunity to create new headlines and tell a story of how those

sitting at the table added to the success of the overarching goal to become the healthiest county. The stories provide detail about community level outcomes and what specific collaborations looked like within the group.

#### Results from Activity 2: Future Cover Story Headlines

- **Healthy Addictions Rule!**
  - Involved advocacy
  - Health in All Policies (proactive)
  - Education/Champion positive behaviors
  - Treatment on demand – insurance companies pay for treatment
- **Prevention is Key**
  - Everyone has access to healthcare
  - All women get early screening for breast cancer
- **Pittsburgh Mercy & Let's Move Pittsburgh Meet the Wellness Needs of Every Family in Allegheny County thanks to Live Well Allegheny Learning Collaborative**
  - Partnered with families to quit smoking through evidence-based services and provide fruits/vegetables and exercise equipment
- **Next Generation Leads Pittsburgh into Healthy Future**
  - Reduced healthcare costs
  - Smoke-free campuses
  - Meets public demand of healthy choices
  - Incentivize healthy choices – biking, gym, community engagement
  - Employers promote active lifestyles through multimodal transit
- **Bridges Lives Well!**
  - Local organically grown food
  - Tobacco free
  - Complete health conscience menu (all healthy options – i.e. burgers = veggie, turkey)
- **2030 Allegheny County kids are first to reverse life expectancy trends**
  - Decrease smoking during pregnancy, increase breastfeeding
  - Cut obesity by half (physical activity > smart phones, video games; households are equipped to/can afford to cook healthy meals)
  - Improve air quality
  - Complete Streets – safe bike/walking routes
  - All restaurants offer healthy options
  - Eliminate food deserts
  - Health insurance & preventative care services used
- **Feed the Body and Mind of Students**
  - Remove junk food, improve physical activity
- **Universal Equity in Education**
- **Human Right to Clean Air, Water, Food, Healthcare, and Education**
- **Access to Physical Education and Activity**
  - Schools open to families as community centers



- Improved Food Systems leads to Healthiest County
- Allegheny County Ranked as #1 in Heart Health
  - Sustainable Pittsburgh, American Heart Association, Innovative Wellness Solutions, and YMCA partner with municipalities including South Fayette to tackle risk factors of heart disease
- Pittsburgh Mercy Eliminates Smoking
  - School-based programs, support classes, bike programs
- T2 Crossfit Impacts Community through Physical Activity and Eating
- GASP Improves Air Quality in Allegheny County
  - Electric school buses
- Jefferson Regional Foundation Increases Opportunity for Health Collaboration
- Braddock Borough Supports Community Health
  - Walking programs, smoke-free areas, connect city and municipality via biking, expand healthy food options
- Pittsburgh is Gold Standard for Healthy Living
  - Free education system including fitness and weight loss education, addiction prevention, cooking classes
  - Improved food system (locally sourced and seasonal) / public transit systems (HOV bike lanes and improved access)
  - Employee centric workplaces (incentive wellness programs, healthy meetings)
  - No ranch dressing in school (healthy food served)
  - 1 comprehensive resource center for all community services
  - Medical/dental care increased

## Evaluation

Live Well event participants were asked to complete an evaluation with opportunity to rank satisfaction as well as provide feedback through open-ended questions.

**Responses to *please rate your satisfaction for each aspect of the event (1 is very dissatisfied, 5 is very satisfied)*:**

	1	2	3	4	5
Overall				6	21
Program Length			1	5	21
Session Content			3	12	12
Knowledge of Speakers				9	18

**Responses to *please rate how much you agree with these statements (1 is strongly disagree and 5 is strongly agree):***

	1	2	3	4	5
I understand how to apply Health in All Policies	1	1	7	14	4
I learned about other LWA partner initiatives			3	11	13
I identified potential action steps for my organization			5	18	4
I plan on attending future collaborative events				9	18

**Responses to *what are two NEW tools you learned today that you plan on bringing back to your organization?***

- Cross-sector engagement
- Linking Live Well to HIV service organizations
- Data/resources available with LWA – grant opportunities
- LWA can write letters of support for health-related activities being introduced/requested in communities
- Many organizations promoting health – existing resources
- New partnerships for programming
- How to share/communicate messages – communication techniques
- Resource connections
  - Diabetes education
  - Nutritionist program
  - ATU workouts
  - Smoking cessation
- Citiparks \$5 fitness centers
- Live Well Allegheny events calendar
- Provide resource guide online
- Live Well Allegheny newsletter
- Importance of ranking needs and prioritization in next steps (planning process)
- #howdoyoulivewell branding

**Responses to *please provide any additional feedback:***

- Provide opportunity for structured networking
- Information tables are valuable
- Find more ways to showcase successful Live Well initiatives
- Activities sparked positive conversations and ideas moving forward
- Encourage more conversation
- Variety in the agenda was engaging