2016 was a noteworthy year in the life of Healthy Communities

• As new co-chairs of the Healthy Communities Council for 2016–2017, we identified a “Big Idea” for our two-year term: Moving the needle on mental health and substance abuse. Look to page 10 for more information about the new Mental Health and Substance Abuse team and to understand the goals the team is striving for.

• Work was completed on the Plan4Health grant, which reminded us all of how important it is to design a community that encourages active living. More information on the accomplishments under this grant can be found on pages 6 and 7.

• Our community celebrated the introduction of Columbike, a Columbus Park Foundation bike share program that is sponsored by Cummins Inc. and Columbus Regional Health. This is another example of designing health into our communities.

• Just shy of its 20th birthday, the Volunteers in Medicine Clinic transitioned to the newly designed VIMCare Clinic to expand access to health care more broadly. A celebration of Volunteers in Medicine and an introduction to VIMCare can be found on page 12.

• New Council members were welcomed this year, including Mayor Jim Lienhoop, Chief Jon Rohde, Sheriff Matt Myers, The Right Reverend Larry Rowe, Dr. Jim Roberts, and Dr. Amy Hale. All will help us design a healthier community in each of their circles of influence.
A recent study that appeared in the November 2016 issue of Health Affairs confirmed that communities with multi-sector partnerships working on population health activities, as Healthy Communities and our many community partners have been doing for more than 20 years, have seen a statistically significant decrease in preventable deaths. While there is much work left to do, this study underscores the importance of designing health into our communities. We thank you for your support and assistance!

We are always open to input from our community and we welcome volunteers interested in supporting our initiatives. Contact healthycommunities@crh.org or call (812) 376-5452 with your input or to find out when our various teams meet. You can also visit www.crh.org/healthycommunities.

Mary K. Ferdon  
Co-Chair, Healthy Communities Council  
City of Columbus

Dr. Brian Niedbalski  
Co-Chair, Healthy Communities Council  
Doctors’ Park Family Medicine
The Healthy Communities Breastfeeding Coalition continued to support breastfeeding mothers and babies in 2016. The free, semi-monthly Nurse n’ Chat sessions, staffed by a certified Lactation Consultant, assisted nearly 40 mothers and was utilized over a hundred times. One hundred percent of participants surveyed would recommend Nurse n’ Chat to a friend.

Other supports include:

- Providing breast milk storage magnets in English or Spanish to all nursing mothers at Columbus Regional Hospital;
- Loaning hospital-grade pumps to 15 mothers with medical need to ensure a healthy milk supply;
- Providing a continuing medical education session on postpartum depression and breastfeeding;
- Providing a comfortable and private place to nurse at the Bartholomew County 4-H Fair and Ethnic Expo;
- Celebrating families who meet the goal of breastfeeding for at least one year by giving “Eat Local” shirts to the babies who, along with mom, achieved this important milestone.

Plans are underway to increase the frequency of Nurse n’ Chat sessions in 2017 to meet the need for regular, predictable support and guidance to new mothers.

“When my daughter was around three weeks old, I was in great pain and ready to give up. Desperate, I attended a meeting where the consultants helped correct her latch and gave me the confidence to continue . . . I tell all my pregnant friends about Nurse n’ Chat. Keep up the good work! You do make a difference.” —Nurse n’ Chat participant

2016 Coalition

Nancy Acosta
Harriet Armstrong
Ashwini Bhise
Tracey Blake
Natasha Brockhaus
Lyndsay Cassidy
Amparo Caudell
Katie Clingenpeel
Amanda Dornfeld, MD
Jerusha Fulk
Ashley Grammer
Carrie Jines
Whitney King
Monica Luehrmann
Melissa McComb
Mary-Jane McGarvey
Mandy Oyerbides
Jenna Ogilvie-Honeas
Kristen Quinn
Amanda Raisor
Melissa Rittenhouse
Jean Robbins
Annette Rosswurm
Matthew Rust
Kelly Slatery
Abigail Snyder
Lisa Teague
Jessie Thomas
Veronica Turner
Audrey Tyree
Whitney Ulm
Amanda Virostko, Staff
Amber Whitted
Rhonda Wilkerson
Caring Parents

The Caring Parents program, housed and staffed at Family Service, provides crying education to the family of every mother who gives birth at Columbus Regional Hospital as well as to numerous community and school-based audiences.

In 2016, more than 4,000 people learned how to handle a crying infant.

As a result, there were no incidents of Shaken Infant Syndrome/Abusive Head Trauma in these families. Family Service makes home visits if a family is missed in the CRH Birthing Center, to ensure that everyone has this important information.

In addition to the educational information, new mothers are given a DVD that covers the key points (the Period of Purple Crying) which they are encouraged to share with anyone who cares for the new baby. A book, *ABC—All Babies Cry*, which was locally written and produced, is also given for mom to read to an older child or to the baby as he/she grows. A hand-made purple hat goes home with baby as another reminder of the Period of Purple Crying.

While educating first time parents, a new dad shared, “I really appreciate you doing this. [Giving us this information about crying babies]. I was abused as a child. This helps.”

In 2016, more than 100 community volunteers created 880 purple hats for this purpose.
The Healthy Lifestyles Action Team was busy designing a healthier community in 2016. Much of the team’s work is focused on making changes to the environment to make it easier to move naturally throughout the day and to eat more nutritious food. Many of our accomplishments are notable for 2016.

On food

- The evidence-based Diabetes Prevention Program was launched to help those at risk of developing diabetes make lifestyle changes that will ward off this chronic, debilitating illness.
- We partnered with Purdue Extension to update the local food study and bring consultant Ken Meter back for the 2016 Local Food Summit.
- With the assistance of the Bartholomew Consolidated School Foundation we used Mill Race Marathon proceeds to fund school gardens at Columbus New Tech and Hauser.
- Working with the Bartholomew County Hunger Coalition, thousands of food assistance brochures have been distributed regionally and are available in both English and Spanish. The Coalition is developing a toolkit for hot meal site coordinators to help with menu planning, food safety, nutrition education, coordination and use of local foods.
- The Downtown Farmer’s Market now accepts SNAP benefits (formerly known as Food Stamps.) With funding from the Mill Race Marathon, we implemented the double bucks program, enabling SNAP beneficiaries to obtain two dollars worth of produce for every one dollar spent in SNAP benefits. For 2016, this amounted to $1,800 in extra produce for these families.
On bikes

• Working with the Columbus Park Foundation and Cummins Inc., Columbus Regional Health was a sponsor of the newly launched bike share program, Columbike. We helped promote the program at the hospital and throughout the community.

• Seventeen events were organized for Bike Month during the month of May, including the 10th anniversary of Bike to Work with the Mayor Day. Approximately 70 riders participated leaving from 5 different locations in the community.

• We were invited to be a member of the Long-Range Transportation Plan Steering Committee and look forward to bringing health to the discussion related to the transportation goals of the next 20 years.

• With help from the Bicycle Co-op, we offered Valet Bike Parking at the Columbus Farmers Market and Ethnic Expo, serving a total of 511 bikes.

• We donated three bike racks and three bikes to Brighter Days.

• We maintained our Bike Friendly Community status of Bronze after completing the renewal application.

• The Bike Co-op’s earn-a-bike program, has seen a dramatic increase with more than 100 earn-a-bikes completed (compared to 80 in 2015 and 60 in 2014).

On foot

• 16 walking focused events happened during WALKtober, including the first Walk to School event at Southside Elementary. Several students asked, “Why can’t it be walk to school day every day?”

• We organized Day in a Wheelchair, with help from City Council members Elaine Wagner and Laurie Booher, and logistical support from Access-Ability. City leaders spent part of the day in a wheelchair, gaining an understanding of mobility issues in the community.

• An estimated 1,000 kids participated in this year’s Mill Race Kids Fun Run.

On the horizon

• Plan4Health allowed us to create the Go Healthy, Columbus website, blog and newsletter. All are great resources for information related to a more active lifestyle. www.gohealthycolumbus.org

• Traffic Engineer and consultant Mark Fenton facilitated design projects for Westenedge and Taylor Roads, helping neighbors see the health impact of street design. These workshops shifted the conversation and will result in street designs that encourage slower car traffic and more walking and biking.
Tobacco Control

- We received $2,000 from the Substance Abuse Council to conduct marketing research utilizing youth in the community and to provide youth-based advertising in the local high school newspapers.

- 200 people attended the Community Baby Shower, including three who signed up for cessation classes. Two others registered for the Quitline.

- Sak Packs (Smoker’s Aid Kits), which are provided to Columbus Regional Hospital in-patients who are smokers to help them cope while they are in the hospital, were assembled by six volunteers on the United Way Day of Caring in September.

- The Stand Down Event help on September 15th served twenty local veterans in need. Eight were smokers and four were interested in quitting.

- We developed a door hanger for Columbus Regional Hospital’s Birthing Center to distribute. The door hanger promotes a smoke-free home while the reverse side contains education on second- and third-hand smoke. This is sent home with new parents.
After nearly 17 years working out of the Thrive Alliance offices (formerly Area Agency on Aging), the Community Medication Assistance Program (CMAP) merged with the Volunteers in Medicine Medication Assistance Program when the VIMCare Clinic opened in September 2016. Grateful appreciation goes to staff members Darby Cox and Sharon Fulkerson for taking such great care of our CMAP clients prior to the move.

Now our community members needing assistance with prescription medications are ably served by Cheri Wildridge and Sarah Warfield in the VIMCare office inside Columbus Regional Hospital. Except for the change in location and the new staff faces, the program remains unchanged from the previous 17 years.

Our partners—Love Chapel, Clifty Township, Columbus Township, Flatrock Township, German Township, Harrison Township, Sandcreek Township and Kroger Pharmacy—are still working together to ensure that community members receive the help they need to fill medically necessary prescriptions.
Mental Health and Substance Abuse

Mental Health and Substance Abuse rose to the top of the list of unmet needs in our 2015 Community Health Needs Assessment survey. For this reason, the Healthy Communities Council decided to provide a home and support to a community group that had been meeting on these issues for a couple of years.

The Mental Health and Substance Abuse Team officially came under the Healthy Communities umbrella in late 2015 and received funding from the Columbus Regional Hospital Foundation in early 2016 to support a part-time staff member.

The team’s goals are focused on:
- Changing the conversation about mental illness and addiction in order to decrease the stigma that so often keeps people from seeking help.
- With a county suicide rate that surpasses state and national averages, a goal of zero suicide has been adopted. To that end, the team is working with various provider offices to routinely screen for depression and suicide risk.
- A need for additional treatment resources, especially for addiction treatment, has also been identified as a very high priority and will be a key focus in 2017 when we host an April 19th community forum at The Commons with Sam Quinones, author of Dreamland, and Dr. Kendall Stewart, psychiatrist. The presentation that evening will address the opioid epidemic that has touched most of the United States.

2016 Coalition

Nicole Allen
Shirley Arney, Co-chair
Roger Brinkman
Debbie Earle
Mary Ferdon
Sherman Franz, MD, Co-chair
Jenny Harrison
Judge Steve Heimann
Annette Kleinhenz
Rich Lamborn, Ph.D.
Lorraine Low
Kevin McCracken
Jeff McQueary
Julie Miller
Elizabeth Morris
Ray Morris, Co-chair
Melissa Newland
Angie Nielson, NP
Liz Patton
Larry Perkinson, Co-chair
David Rau, MD
Mike Richardson
Chief Jon Rohde
Tina Snider
Teasa Thompson
Nichole Vreeland, Staff
Sue Woosley
Judge Jim Worton
Jennifer Wright Berryman

Suicide Related Calls to Dispatch

- Suicide
- Threat with Harm
- Threat
Proyecto Salud

• A successful Bienvenido program (a mental health prevention program) was completed in March, with a very diverse group. Two participants became very faithful volunteers and were very helpful during the transition from VIM to VIMCare.

• Our volunteers collaborated with Columbus Regional Health in the transition from VIM to VIMCare to make it an easy and smooth transition and patients were aware of the new clinic.

• Petra Shepard, a long-time volunteer for Proyecto Salud, has been hired as a promotora, also called a community health worker. She is dedicated to helping this population and we appreciate her commitment and energy.

• We supplemented the work of the Healthy Lifestyles Team by participating in various health fairs and promoting healthy lifestyles to the Spanish speaking population.

• We reached more than 600 clients with health education on obesity, hypertension, and also provided interpretation services.

• We completed nearly 350 blood pressure, body mass index, foot, and glucose screenings.

“I thought I had a hard time adjusting to Columbus, missing my family and home but hearing what others went through coming to this country, I will not complain because I have a place to live and my husband has a good job.”

“My dad and grandma died from diabetes, this is the first time someone told me that it can be prevented and is not too late to make changes for my family.”

“Thank you for teaching about anxiety and depression and the opportunity to talk about what we are feeling and our needs.”
2016 saw the transformation of Volunteers in Medicine into a new Columbus Regional Hospital clinic, the VIMCare Clinic. Volunteers in Medicine opened in 1996 as our community’s solution to a critical lack of access to primary healthcare for uninsured Bartholomew County residents. Twenty years later, many patients are able to enroll in HIP 2.0, Indiana’s Medicaid expansion product, which renders them ineligible for free care. This next-generation clinic, therefore, has been designed to provide access to HIP 2.0 patients as well as to the uninsured.

The Volunteers in Medicine vision statement, pictured above, has been carried forth into VIMCare.

“We welcome those in need — to come without fear, and we invite those who serve, to come without pride, so that their meeting may bring healing and hope to both.”

We are very grateful to the many volunteers who continued to serve Volunteers in Medicine patients until the clinic closed, and to Dr. Charlie Rau who was the clinic’s only medical director for the entire twenty years. His role, as well, was as a volunteer.

Dr. Rau and Dr. Sherman Franz were recognized at the 2016 Reverse Raffle as founders of Volunteers in Medicine. Jacqueline Franz was recognized for her key role in raising funds for the endowment fund at Columbus Regional Health Foundation that has helped sustain VIM and that will continue providing access at VIMCare Clinic.
### 2016 VIM Volunteers

**Physician Volunteers**
- Robert Forste, MD
- Sherman Franz, MD
- Degaulle Haile, MD
- Jim Johnson, MD
- William Jones, MD
- James Kozarek, MD
- Ann Miller, MD
- Brian Niedbalski, MD
- Steven Pletcher, MD
- David Rau, MD
- Charles Rau, MD
- Dennis Stone, MD
- Fred Tolin, MD
- Alan Watanabe, MD
- Charles Weddle, MD

**Nurse Practitioners**
- Pat Conard
- Jennifer Grant
- Brenda Korte
- Shirley Sanders

**Dental Assessments**
- Carl Bell
- John Sawin

**Pharmacists**
- Jeff Blasdel
- Lyle Leitholt

**Nurse Volunteers**
- Linda Chui
- Gail McCormick
- Dolores Rettig
- Judy Rhude

**Community Volunteers**
- Nancy Acosta
- Norma Adams
- Aguilar Viridiana
- Ingrid Askerberg
- Jan Buchanan
- Connie Buterbaugh
- Sylvia Chavez
- Anthony Cox
- Andrea Davis
- Jan Davis
- Dan Davis
- Susan Dewan
- Donna Emmert
- Gene Foldenauer
- Virginia Hammond
- Carolyn Hart
- Bart Jones
- Dot Kirkling
- Gretchen Laemmer
- Lynn McCracken
- Bob McCracken
- Bob Middendorf
- Jasmin Millon
- Kathy Paul
- Denise Rau
- Paula Rhodes
- Bob Rhude
- Petra Shepard
- Judy Shepherd
- Frank Souza
- Graciela Spencer
- Allen Talley
- Patty Unrue
- Lety Vazquez
- Karen ViayRada
- Warren Ward

**Student Volunteers**
- Tanushree Bhatawadekar
- Chase Binder
- Chloe Binder
- Dulce Hernandez
- Shreya Hurli
- Tejas Kandharkar
- Ujwala Pamidmukkala

**VIM Staff**
- Susan Binder
- Kayla Buzzard
- Amparo Caudell
- Linda Chui, RN
- Kim Cox, RN
- Melinda Farmer
- Mary Ferdon
- Kelley Gillaspy
- Jessica Goens
- Lucina Kessler, APRN
- Tina Latta, APRN
- Lyle Leitholt
- Diana Middendorf, RN
- Charles Rau, MD
- David Rau, MD
- Paula Rothrock, RN
- Lorena Seitz, RN
- Cheri Wildridge, RN

**Mental Health**
- David Harpenau

**VIM Board**
- Joyce Briggs
- Kathy Brock
- Jan Buchanan
- Rebecca Burton
- Jodi Englestadt
- Mary Hoskins
- Laura Hurt
- Tim Jarnagin
- Paige Langenderfer
- Greg Long
- David McKinney
- Elizabeth Morris
- Melissa Newland
- Robert Orben
- Charles Rau, MD
- Tom Sonderman, MD
## 2016 Healthy Communities Scorecard

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Desired Trend</th>
<th>Most Recent Local</th>
<th>2016 Indiana</th>
<th>2016 U.S.</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Access to Health Care for All</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unable to see physician in past year due to cost or lack of insurance</td>
<td>lower is better</td>
<td>11.4%</td>
<td>18.2%</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Unable to fill a prescription in past year due to cost</td>
<td>lower is better</td>
<td>9.8%</td>
<td>15.8%</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Have a regular physician or clinic for medical care</td>
<td>higher is better</td>
<td>88.0%</td>
<td>82.6%</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Promote Healthy Lifestyles</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult smoking rates</td>
<td>lower is better</td>
<td>16.8%</td>
<td>21.9%</td>
<td>14.9%</td>
<td>2</td>
</tr>
<tr>
<td>Teen smoking rates</td>
<td>lower is better</td>
<td>9.1%</td>
<td>16.2%</td>
<td>17.2%</td>
<td>3</td>
</tr>
<tr>
<td>Smokeless tobacco rate</td>
<td>lower is better</td>
<td>7.1%</td>
<td>4.9%</td>
<td>4.0%</td>
<td>1</td>
</tr>
<tr>
<td>Healthy weight rate</td>
<td>higher is better</td>
<td>29.0%</td>
<td>34.0%</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Suicide rate per 100,000 people</td>
<td>lower is better</td>
<td>7%</td>
<td>14.0%</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Overdose calls to 911</td>
<td>lower is better</td>
<td>154</td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td><strong>Promote Healthy Relationships</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Traumatic Health Injury (previously Shaken Baby Syndrome) incidence</td>
<td>lower is better</td>
<td>0.0%</td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Breastfeeding initiation</td>
<td>higher is better</td>
<td>88.0%</td>
<td>81.0%</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

Average Score = 2.3

Data from 2015 PRC Community Health Needs Assessment of the Columbus Regional Health Service Area and the 2015 Indiana Youth Tobacco Survey.

### 2016 Sources of Support
- Columbus Regional Health: 31%
- Columbus Regional Health Foundation: 50%
- State: 8%
- National: 6%
- Local: 5%

### 2015 Community Health Needs Assessment Priorities
1. Mental Health
2. Substance Abuse
3. Diabetes
4. Physical Activity / Nutrition / Obesity
5. Tobacco
Healthy Communities Initiative

2016 Healthy Communities

Council Members

Mary Ferdon, Co-Chair
City of Columbus

Brian Niedbalski, MD, Co-Chair
Doctors’ Park Family Medicine

Julie Abedian
Columbus Regional Health

David Barker
SIHO

Jim Bickel
Columbus Regional Health

Leah Boas
Mill Race Center

Steve Champion, MD
Columbus Regional Health

Steven Combs, PhD
Ivy Tech

Gary Felsten, PhD
IUPUC

John Foster
White River Broadcasting

Jacqueline Franz
Community Volunteer

Sherman Franz, MD
Community Volunteer

Cindy Frey
Columbus Area Chamber of Commerce

Richard Gold
Brainstorm Print

Amy Hale, MD
VIMCare Clinic

Jennifer Hartwell, MD
Columbus Pediatrics

Judge Steve Heimann
Bartholomew County Circuit Court

Laura Hurt
Our Hospice of South Central Indiana

Mark Jones
Columbus Parks and Recreation

Mayor Jim Lienhoop
City of Columbus

Karen Lienhoop
Bartholomew County Commissioner

Elizabeth Morris
Columbus Regional Health

Ann Morrow, APRN
Columbus Regional Health

Sheriff Matt Myers
Bartholomew County

Kathy Oren
Community Education Coalition

Larry Perkinson
Bartholomew Consolidated Schools

Shawn Price
Flat Rock-Hawcreek Schools

David Rau, MD
Rau Family Medicine

Jim Roberts, PhD
Bartholomew Consolidated Schools

Chief Jon Rohde
Columbus Police Department

Marc Rothbart
inSPIRE

Larry Rowe
Ecumenical Assembly

John Sawin, DDS
Community Volunteer

Dexter Shurney, MD
Cummins Inc. & LiveWell

Robert Siegmann
Centerstone

Tom Sonderman, MD
Columbus Regional Health

Tracy Souza
Heritage Fund

Rich Stenner
Multi-County Health Network

Mark Stewart
United Way of Bartholomew County

Peggy Voelz
Community Volunteer

Ben Wagner
kidscommons

2016 Healthy Communities

Vision

Bartholomew County will be a healthy community where each member is valued and shares in the responsibility of making a difference.

Mission

Healthy Communities will achieve radical improvement in the long-term quality of life in Bartholomew County through local action. We will accomplish this by collaborating with a diverse network of partners to develop and respond to data-driven community priorities.

2016 Healthy Communities

Staff

Amparo Caudell
Darby Cox, RN
Sharon Fulkerson, RN
Laura Garrett
Tara Hagan
Molly Marshall
Elizabeth Morris
Lynn Ramburg
Kelli Thompson, RN
Amanda Virostko
Nichole Vreeland
Stephanie Womack

Photos by Don Nissen, Columbus Area Visitors Center
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Photo by Dan Nissen, Columbus Area Visitors Center