



Annual Report Summary 2009

Healthier Arlington Co-Chairs:
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Launched in January 2009, the Partnerships for a Healthier Arlington was formed to improve the health of the Arlington community by focusing on three community-identified strategic issues: strengthening access to care, preventing communicable disease and preventing chronic disease.

We make a living by what we do, but we make a life by what we give.
Winston Churchill

By combining the diverse talents of more than 80 volunteers, both individuals and organizations, Healthier Arlington was able to lay the groundwork for community health improvement. The following highlights are a sample of team efforts by goal. The complete list may be found on the Healthier Arlington website.

Increase access to mental health and substance abuse services:

- Created a partnership among the substance abuse treatment system, the mental health treatment system, the criminal justice system, and the public health division.
- Began to identify outcome measures that would support continued funding for a Jail Diversion grant managed by the Behavioral Health Division/Department of Human Services.
- Administered the Global Assessment of Individual Needs (GAIN) tool to determine the feasibility of measuring a jail diversion program impact (partnership with Georgetown University public health nursing students and Arlington County Detention Facility case managers).

Increase access to information and services to reduce high risk, underage drinking:

- Created a partnership among Arlington Public Schools, Arlington Police Department, the Community Services Bureau, the Partnership for Children, Youth and Families, County leadership, Courts, Art Institute, Fairfax Drug Free Schools, and Arlington Arts Institute.
- Began to develop components of the Arlington model of prevention through focus group data collection and examination of the Fairfax County Suspension Program.
- Developed media campaign to discourage underage drinking (partnership with Arlington Arts Institute).

Increase access to a medical home:

- Secured funding to provide access to coordinated primary care services and behavioral care services at the Behavioral Health Division's site for those with mental illness (Alexandria Neighborhood Health Services, Inc (ANHSI) and the Behavioral Health Division/DHS).
- Developed a grant proposal (Arlington Free Clinic lead) to provide beds, a Registered Nurse and Social Worker for homeless individuals in need of medical respite.
- Obtained and began analysis of Behavioral Risk Factor Surveillance System Data (BRFSS) file from Virginia Department of Health.

Reduce the incidence of sexually transmitted infection:

- Surveyed family life education teachers regarding their concerns about teaching STI information in the schools and offered expertise on STI education.
- Recruited several adolescents to join the group and provide input as team members.
- Raised awareness of STIs in youth when the Health Director, school pediatrician and a member of the Partnership for Children, Youth and Families participated in “15 minutes with the Superintendent” cable broadcast.
- Participated in a facilitated strategic planning session to focus future prevention efforts. The session resulted in the formation of three subgroups on youth and families, universal testing and social marketing

Increase the number of individuals who receive seasonal influenza vaccine annually:

- Surveyed providers involved in flu prevention outreach and vaccination about number of vaccinations delivered yearly.
- Provided a flu clinic to taxi drivers at Reagan National Airport for the second year.
- Organized an educational presentation at the Arlington Civic Federation
- Acted as clearinghouse for organizations/corporations asking for flu vaccination
- Developed a successful grant to attend the University of North Carolina Management Academy (partners: Virginia Hospital Center, Inova Health Source and the Arlington Public Health Division). The team is creating a business plan to increase flu vaccination to underserved communities in Arlington.

Reduce the prevalence of overweight and obesity in youth:

- Conducted a literature review of best practices in obesity prevention; surveyed local and regional organizations and created an inventory of programs on childhood obesity prevention (partners: George Mason and Walden University students)
- Planned an obesity prevention partner meeting for spring 2010, featuring speakers from the Institute of Medicine’s Food and Nutrition Board.
- Shared community action plans for obesity prevention and identified obesity prevention efforts (partners: Fairfax and Alexandria Health Departments).
- Developed proposals for obesity prevention submitted to the Virginia Department of Health and ACHIEVE! (Partners: Arlington County Parks, Recreation and Cultural Resources and DHS, Public Health Division).

Reduce tobacco use in youth and adults:

- Conduct a literature review of best practices in tobacco prevention; interview local and regional organizations and created an inventory of programs in tobacco prevention (partners: George Mason and Walden Universities)

Common areas of focus among all teams include prevention, partnerships, and data collection and management. In the year to come we look forward to developing milestones to measure our progress, increasing our community partnerships and continuing our emphasis on prevention. We look forward to an exciting second year.

Come join us! Healthier Arlington is open to all interested community members. We welcome new participants! Visit our website: www.arlingtonva.us/mapp.