# Chatham Health Alliance

**Daisy Womble**
Alliance Chair
Community Member

**Tammy Needham**
Alliance Vice Chair
Chief Nursing Officer,
Chatham Hospital

**Sarah Weller Pegna**
Alliance Coordinator

CHATHAM
HEALTH ALLIANCE
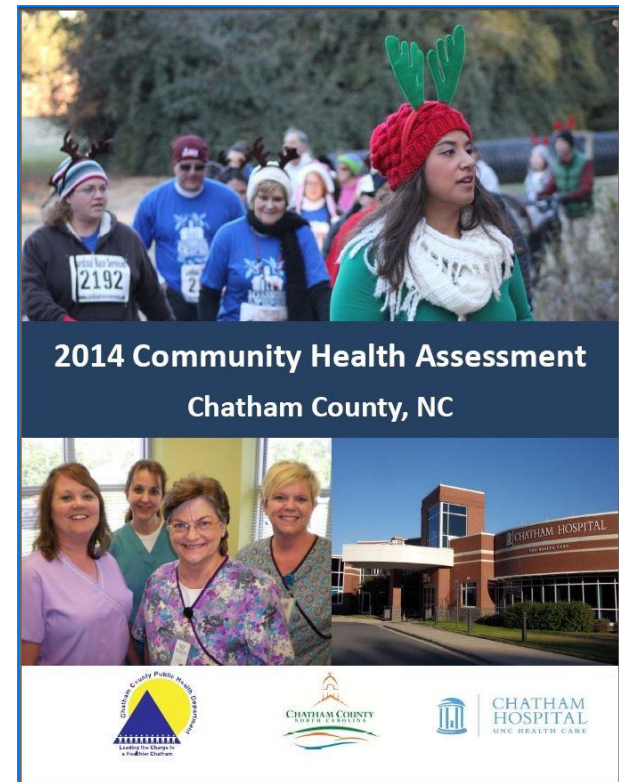BUILDING COMMUNITY THROUGH COLLABORATION

# Chatham Health Alliance

- **Alliance History**
- **Our Work**
- **Questions**

# The Chatham Health Alliance: History

- **Established in March 2015**
- **Focus on the three health priorities identified in the 2014 Community Health Assessment**
  - Obesity
  - Access to Mental Health Services
  - Access to Healthcare



2014 Community Health Assessment
Chatham County, NC

# Chatham Health Alliance: Health Priorities

## Health Priorities

### Obesity

▶ Encourage healthy lifestyles through changes in the built environment (community design)
▶ Promote physical activity
▶ Promote healthy eating

### Access to Mental Health Services

▶ Work collectively to prevent substance abuse
▶ Promote mental health treatment services
▶ Promote substance abuse treatment and counseling services

### Access to Healthcare

▶ Promote, provide, and assist in coordination of healthcare services
▶ Examine gaps in healthcare services
▶ Promote and increase enrollment in the health insurance marketplace

CHATHAM HEALTH ALLIANCE
BUILDING COMMUNITY THROUGH COLLABORATION

# Chatham Health Alliance: Our Strength is Partnership

- **The Alliance's strength lies in our partnerships**
  - Maintain contact with 140+ individuals on listserv
  - 70+ organizations and businesses represented
  - Representing:

healthcare

human resources

youth programs

economic development

education

nonprofit law enforcement

sports and recreation public health

business Agriculture

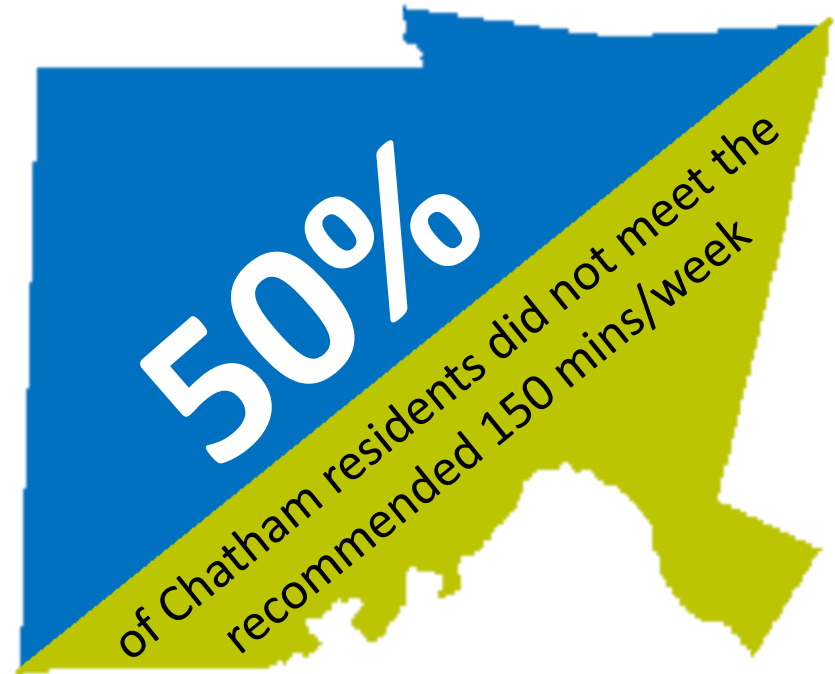government

# Chatham Health Alliance:
# A thriving Chatham

- **Goal 1:** Demonstrate sound fiscal stewardship and economic support to ensure we can meet the important service needs of our residents.

- **Goal 2:** Ensure effective, efficient government that is responsive to the needs and input of residents.

- **Goal 3:** Be proactive in protecting natural resources and promoting responsible growth and land use, while recognizing the differing needs and factors across the county.

- **Goal 4:** Support Pre-K through 12 and the community college in providing a quality education for all students.

# Chatham Health Alliance: Exercise is Medicine

- **Connects individuals with physical activity resources**

- **Piloted at Piedmont Health Services**

- **17+ participating community based physical activity resources**

- **Average physical activity increased from 37.5 min/wk. to 61.8 mins/wk.**

**50%** of Chatham residents did not meet the recommended 150 mins/week

**CHATHAM HEALTH ALLIANCE**
BUILDING COMMUNITY THROUGH COLLABORATION

# Chatham Health Alliance: Planning & Public Health

"Across the U.S., local governments are beginning to include goals and objectives that promote public health into their comprehensive plans. These long-term plans impact how people make choices of where to live and how to get around, their ability to access healthy foods and opportunities for physical activity, and affect broader issues of social equity, clean air and water, and more."
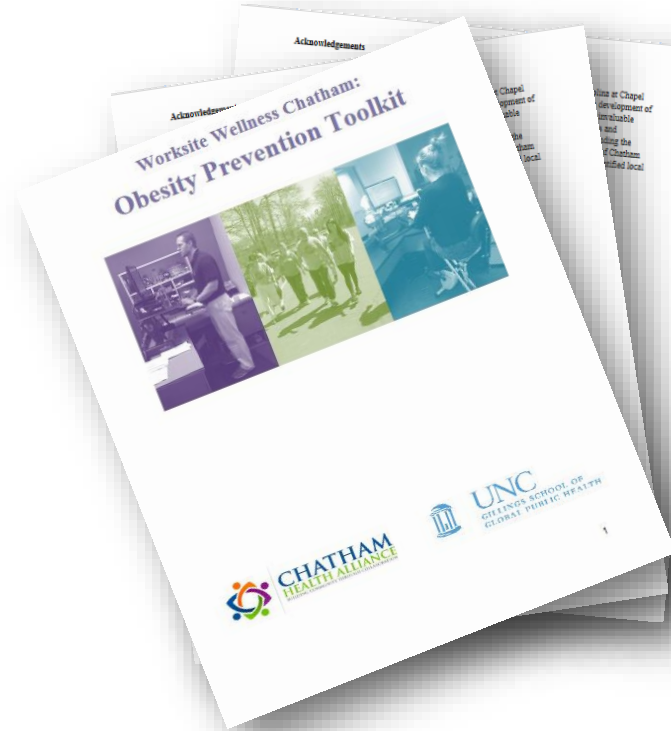
*– American Planning Association*

# Chatham Health Alliance: Worksite Wellness Chatham

## Worksite Wellness Chatham Toolkit includes:

- A brief summary of the current evidence supporting worksite wellness

- An introduction to several free, ready-to-use programs

- Recommended policy and environmental changes that impact worker health

- A review of related local resources

# Chatham Health Alliance: Mental Health Services

- **Convene mental health stakeholders to improve coordination of services**
- **Assess and develop resources to address opioid overdose**

# Chatham Health Alliance: Community Engagement

- **We aim to ensure that the Alliance meets the needs of all Chatham's resident**
  - Community conversations
  - Improved access to local level data
  - Alliance website- *Coming soon!*

# Chatham Health Alliance: Awards and Recognition

# Please join us!

Tuesday June 6th, 10am-12pm- Pittsboro, Ag Auditorium

Tuesday August 1st, 10am-12pm- Siler City, Western Council on Aging

Tuesday October 3rd, 10am-12pm- Pittsboro, Ag Auditorium

Tuesday December 5th, 10am-12pm- Siler City, Western Council on Aging

Email Sarah Weller Pegna (sarah.weller@chathamnc.org) with questions and/or to add your name to our email list.

CHATHAM
HEALTH ALLIANCE
BUILDING COMMUNITY THROUGH COLLABORATION