



# News from the Foundation for Healthy Communities

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Among those taking part in the Foundation's engagement forum were, from left, Tammy Levesque from the Lakes Region Partnership for Public Health, facilitator Margaret Franckhauser, APRN, and Dr. Trinidad Tellez from the NH Office of Minority Health and Refugee Affairs.

## Foundation's Statewide Engagement Forum Buoyed by Bluford Keynote

A dynamic opening keynote address from John W. Bluford III set the tone for the Foundation for Healthy Communities' recent forum dedicated to "Improving Health Outcomes Through Effective Engagement of Individuals and Communities."

Bluford, who is president and CEO of Truman Medical Centers in Kansas City, outlined the extraordinary progress his institution has made by engaging its various constituencies, ranging from patients and staff to local businesses and the community at large.

Among the initiatives:

- \* Inclusion of a Walgreen's Pharmacy and U.S. Bank branch on the hospital proper for patient and employee convenience.
- \* Partnership with the NFL's Kansas City Chiefs on the annual 'Touchdown Family Fest' to promote healthier lifestyles.
- \* Arrangements with the nearby Sheraton Kansas City Hotel to house the TMC Center for Sleep Health Performance.
- \* Development of a 35,000-foot grocery store in a so-called 'urban food desert' to positively impact the



John W. Bluford III

## CALENDAR

### SAVE THE DATE

**March 27**  
**NH CCC Annual**  
**Conference:**  
**Stepping Up to**  
**Reduce Cancer Risk**  
**Where We Live,**  
**Learn, Work, and**  
**Play**

Grappone Conference  
Center, Concord, NH  
8 am-4 pm

incidences of diabetes, hypertension, congestive heart failure and obesity within its service community.

Bluford's philosophy - which he calls "thinking outside-of-the-bed" - set an energetic tone for the panelists who followed, as presenters shared engagement stories and strategies from communities throughout New Hampshire.

To read more, [click here...](#)

## HEAL 'ED'ies Award Applications Now Available for NH Schools

The 2014 Healthy Eating Active Living (HEAL) school "ED"ies award application is now available. The winning school will receive a \$500 prize to support its work promoting healthy eating and active living for students and staff and recognition at the [NH Excellence Awards \(The "ED"ies\)](#) 20th Annual Gala Awards Dinner on June 7, 2014.

The HEAL "ED"ies recognizes an outstanding school in New Hampshire that is creating a healthier environment that supports healthy eating and physical activity and is achieving positive results for students and staff. Applications are due January 31, 2014.

Schools from throughout the state - from kindergarten through 12th grade - are eligible for the HEAL "ED"ies Award. Last year's award winner was Reeds Ferry School in Merrimack.



Among those taking part in the communications workshops were, from left, Susie Warren from Huggins Hospital, Rebecca Sky from the Health & Equity Partnership, Molly Lockwood from Monadnock Community Hospital, Kathy Wieliczko from Speare Memorial Hospital, and Kim Daley from Upper Connecticut Valley Hospital.

## Health & Equity Partnership Hosts Communications Workshops

Representatives from all of New Hampshire's 13 Critical Access Hospitals recently participated in workshops hosted by the NH Health & Equity Partnership on effective communication with deaf and hard-of-hearing patients as well as those with limited English language proficiency.

Effective communication between providers and patients is a necessity for meaningful access to quality health care. Hospitals in New Hampshire seek

knowledge to best provide that access to every patient every time because each patient's needs are unique.

In one session, staff members from the US DHHS Office of Civil Rights outlined the need for compliance with Federal law, while a second session - utilizing facilitators trained by Harvard Pilgrim Healthcare Foundation's Culture InSight Program - was devoted to understanding beneficial staff training on "Culture, Diversity & Patient Centered Care." Cheshire Medical Center staff also presented their policies and procedures for ensuring good communication between providers and patients.

A third program included demonstrations of assistive listening technologies and an overview of an organizational assessment tool, and more sharing of promising practices between hospitals, according to NH H&EP director Rebecca Sky.

## Foundation Distributing 2014 Version of Advance Care Planning Guide

The new, updated version of the Advance Care Planning Guide is now available from the Foundation for Healthy Communities. Among the key changes to the 2014 edition:

- The new definition of life-sustaining treatment (approved in State law) related to medically administered hydration and nutrition is updated throughout the ACP Guide.
- New language from State law has been added regarding the use out-of-state advance directives documents.
- Other updates to simplify language since the last update of the ACP Guide in 2010.

Foundation Executive Director Shawn LaFrance credited the members of the Healthcare Decisions Coalition for their work in updating the guide, which can be viewed on the FHC website. To view the new version of the guide, [click here...](#)



Bernie Cameron, marketplace assistance program coordinator with the

Foundation for Healthy Communities, recently helped consumers seek insurance through the Affordable Care Act during an enrollment program at Catholic Medical Center.

## Foundation's Marketplace Assisters Aiding With Healthcare Enrollment

The Foundation for Healthy Communities was one of six agencies chosen by the NH Health Plan to help consumers navigate through the many health insurance options available under the Affordable Care Act through the Marketplace Assistance Program.

Six part-time marketplace assisters have already been hired and two more will be brought on board before the end of the year, according to Bernie Cameron, who serves as the marketplace assister program coordinator.

The new hirees include Ann Walls, Dan Walsh, Daniel Maradiaga, Yoly Rivero-Lara, Eva Villas-Boas and Paul Dion.

The Foundation's assisters will be visiting hospitals and health clinics to help people with enrollment, and will also partner with other assisters throughout the state. Most recently, they have been joining forces with the New Hampshire State Employees Association with sign-ups at local community colleges.

## NH CCC Publishes Emerging Issues Brief on Over-Diagnosis in Cancer Care

The New Hampshire Comprehensive Cancer Collaboration, in partnership with Dartmouth-Hitchcock Norris Cotton Cancer Center, has published an 'Emerging Issues Brief' authored by Tracy Onega, PhD, Associate Professor of Community & Family Medicine, Norris Cotton Cancer Center, and Anna N. A. Tosteson, ScD, James J. Carroll Professor of Oncology, Norris Cotton Cancer Center.

This report followed a September conference in Hanover, NH called "Preventing Over-Diagnosis: Winding back the harms of too much medicine." The conference was attended by 320 researchers from 30 countries.



Concern about over-diagnosis has grown as the use of medical imaging and other technological advances in medicine have improved the ability of healthcare providers to identify potential abnormalities. Another aspect of over-diagnosis is "medicalizing" the range of normal experience by broadening disease definitions.

[Click here](#) to read the brief...

## Nicholas Coates Named HEAL NH's Active Living Coordinator

Longtime community health activist Nicholas "Nik" Coates, has joined HEAL NH as the organization's first active living coordinator.

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		<p>Prior to joining HEAL, Nik served as principal planner and PATH program coordinator with the Central New Hampshire Regional Planning Commission, where he helped employers develop incentives to encourage employees to carpool, bicycle, walk, and use public transportation to get to work. He also led the Commute Green New Hampshire initiative, the statewide collaboration to improve access to active transportation options.</p>
	<p>Nicholas Coates</p>	<p>"Over the past few years, more and more communities have asked HEAL to help with planning and implementing healthy eating and active living strategies and policies," said HEAL Director Terry Johnson, "and while we are already assisting many communities, we needed to grow to meet the demand. We are really excited to have someone with Nik's expertise on board."</p>

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