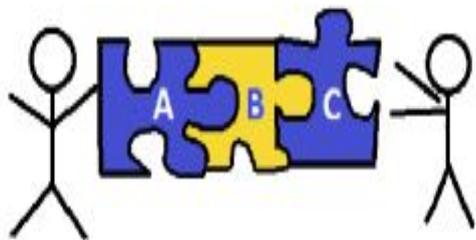


# The Lexington Healthy Communities Project

## The Lexington Healthy Communities Project

*Help us with our ABC's:  
Assessing and Building Community Together!*



Town of Lexington, Office  
of Community  
Development Health  
Division

Gerard Cody, Health Division  
Director

Megan Baldwin, Healthy  
Communities Coordinator

Emily Hall, Healthy Communities  
Assistant Coordinator

# Healthy Communities Grant

## CHNA 15 Funded

- Supported by Community Health Network Area 15 (CHNA 15) funds from Lahey Clinic

## Goals of Program

- Thoughtful engagement of the community in setting goals for health programs

## Scope of Healthy Communities

- Broad definition of health, community, and influencing factors
- Strong emphasis on Process, engage entire community

# Lexington Healthy Communities Project Overview

- **Collect Data on Health Issues**
  - Survey, Focus Groups, Community Art Project
- **Narrow Down Priorities**
  - A Community Health Issue Prioritization Questionnaire
- **Develop Strategic Plan**
  - Work with community to develop plan to address priority health concerns

# Lexington Healthy Communities Project Survey “Our Survey”

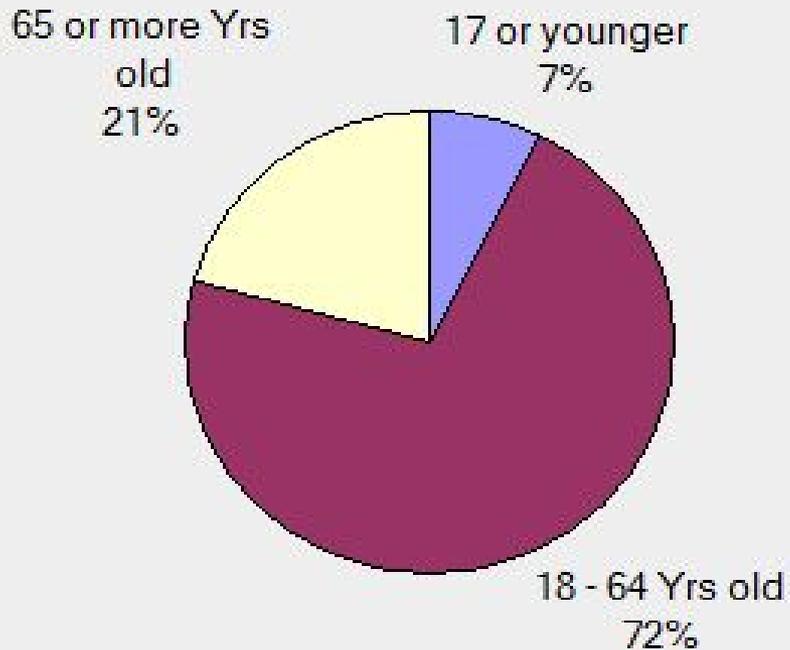
- Survey Questions
  - Demographic Questions
  - What do you like about Lexington that Contributes to your Health? What would you change?
- Distribution
  - Survey Monkey, Survey Kiosk at Senior Center, Tabling
  - Translated into Mandarin
  - Advertised local list serves, newspaper, website
- 303 Respondents, 7 in Mandarin

# Our Survey: Community Role

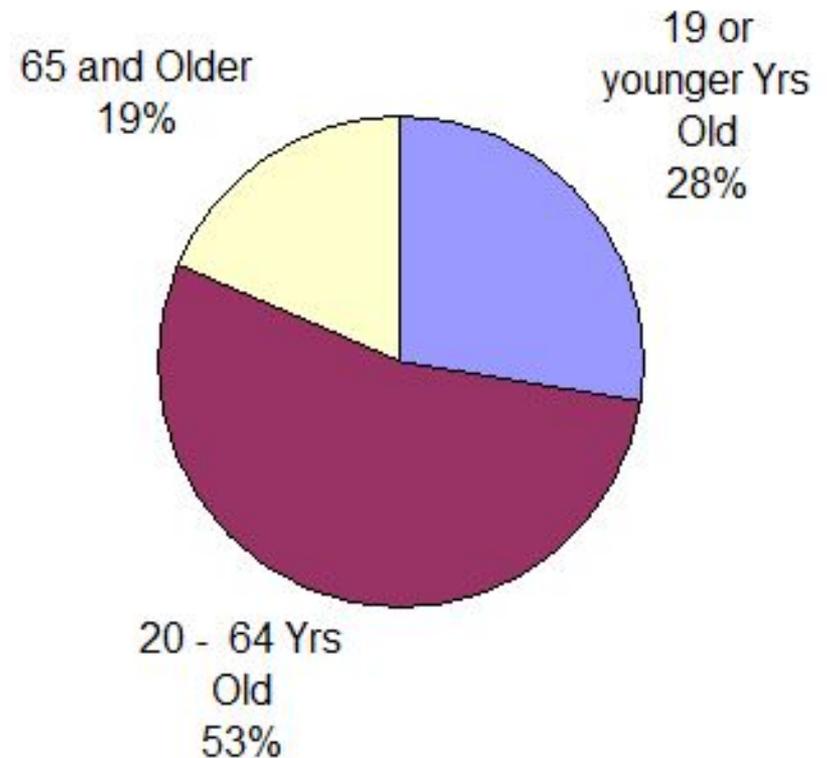


# Age Distribution Comparison

Our Survey

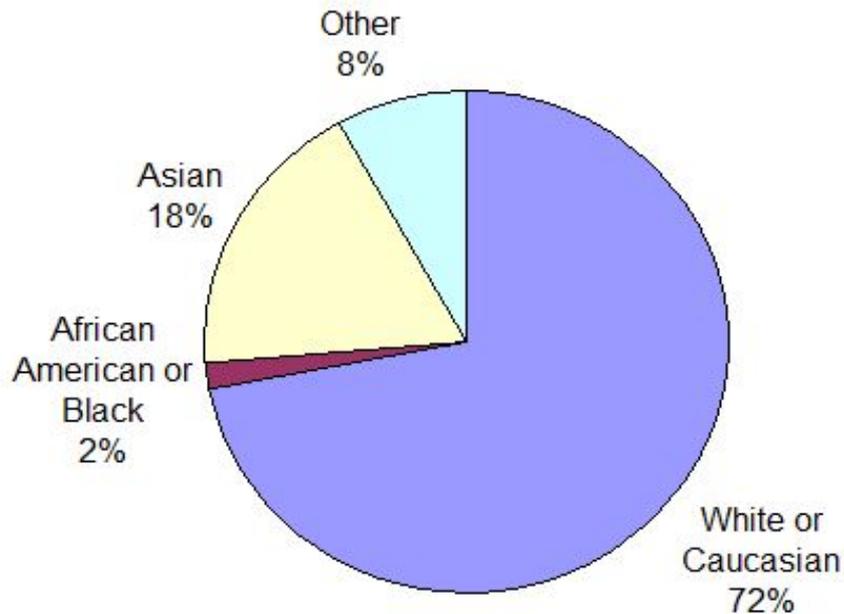


CHNA 15 Report

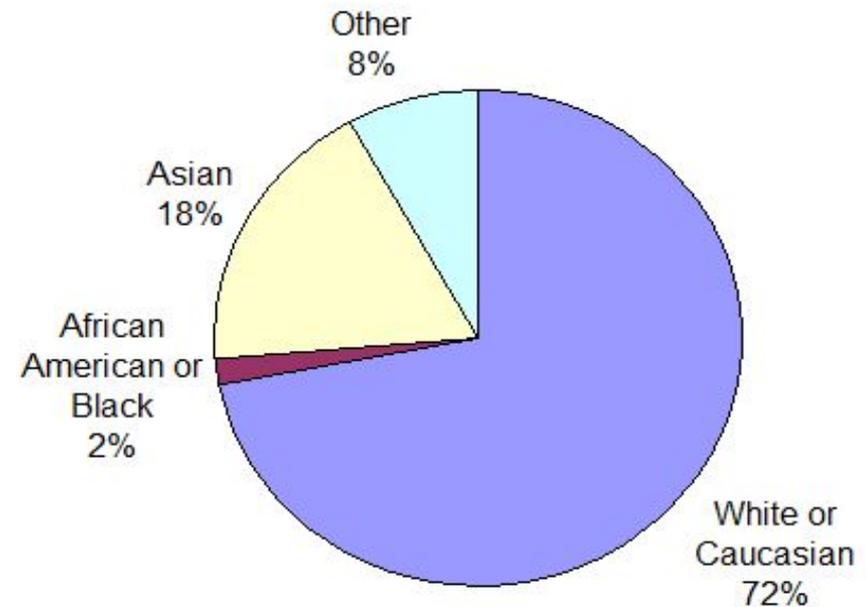


# Race Distribution Comparison

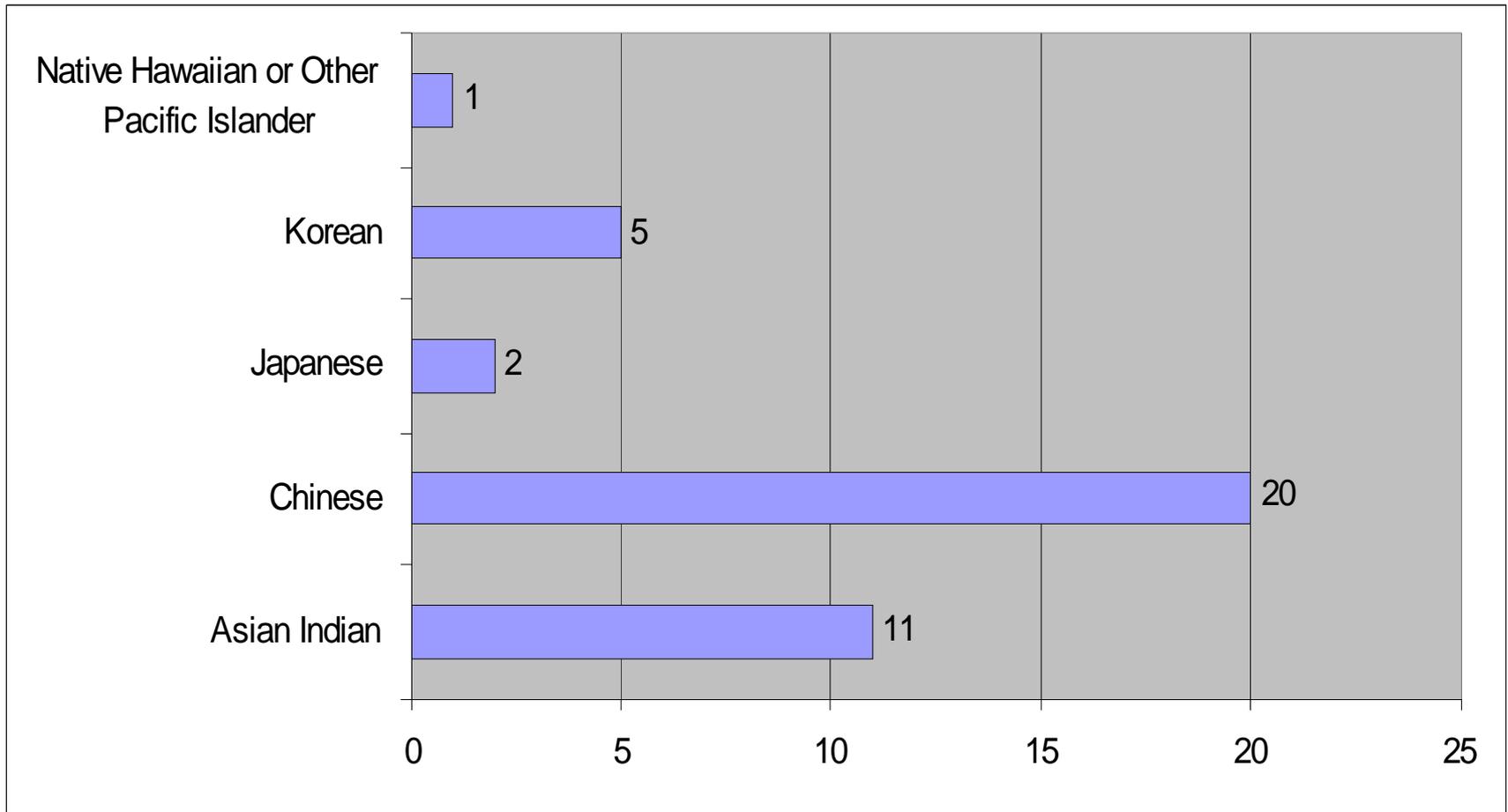
Our Survey



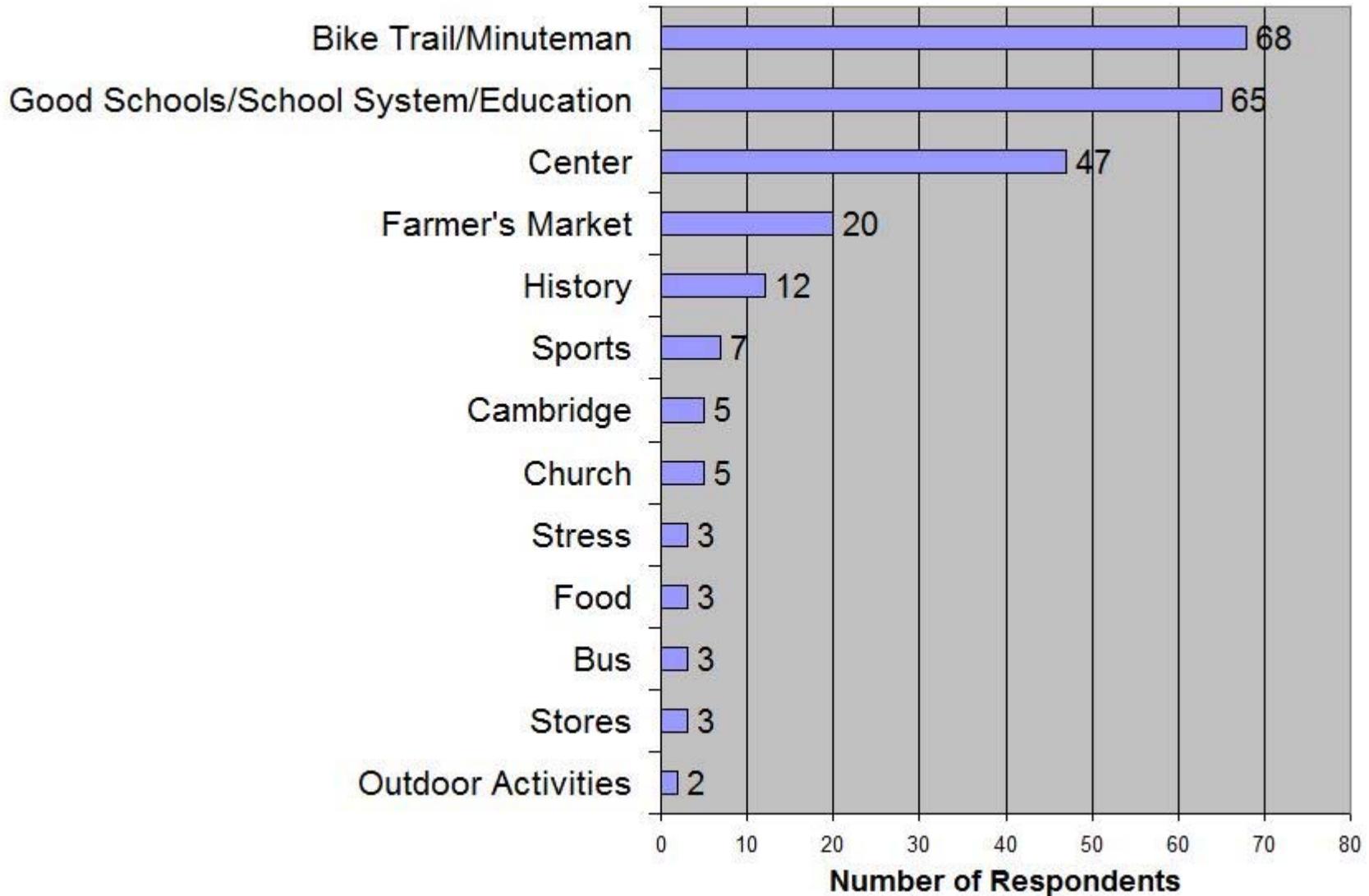
CHNA 15 Report



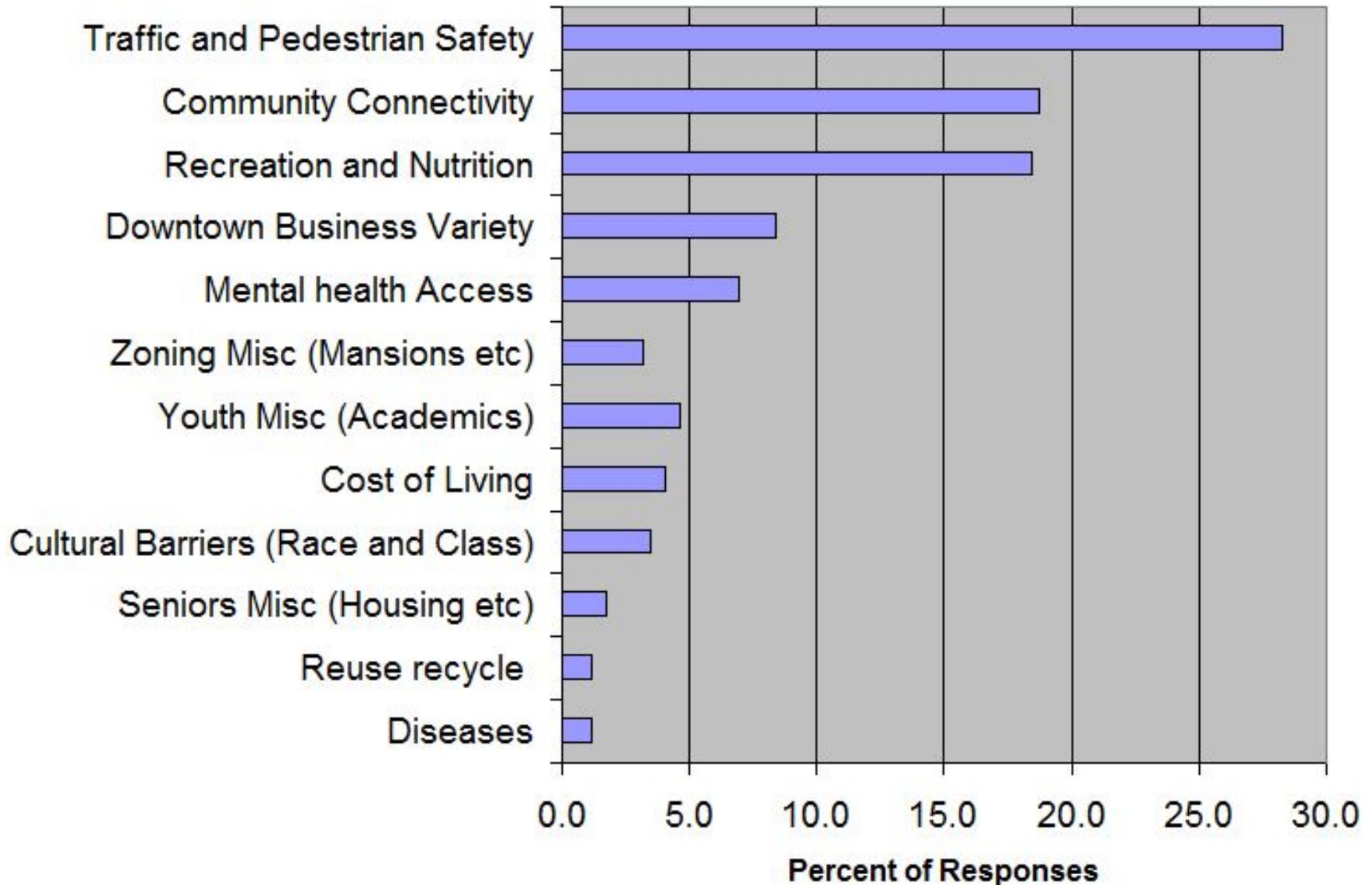
# Our Survey: 'Other' Races Indicated (total people)



# Our Survey: What do you like about Lexington?



# Our Survey: What would you change?



# Focus Groups

- Four Focus Groups
  - Cary Hall, Katahdin Woods, Avalon Apts, Senior Center
  - 27 Participants Total
  - Participants: Police Dept, Human Services, PTA, Residents, Public Housing, Nursing Mothers, Nurses, Life Coaches, MRC, Seniors, Youth
- Questions
  - What do you like that contributes to your health and quality of life, what would you improve?

# Prioritization Questionnaire

- Goal: Narrow; Down Priority Topic Area
- Rating according to 10 criteria
- Issues:
  - Public Safety
  - Community Connectivity
  - Recreation/Nutrition
  - Downtown Business Diversity
  - Mental Health

# Prioritization Results

Reviewer Number	Agency	#1: Public Safety: Need to improve safety of public when crossing streets, on sidewalks, and on bike path.	#2: Community Connectivity: Need to improve communication and cooperation between neighbors, community groups, government bodies, various age and cultural groups.	#3: Downtown: Encourage greater diversity in businesses and services in downtown.	#4: Recreation and Nutrition: Need to expand on existing options for recreation and healthy eating in the community.	#5: Mental Health: Need for more affordable and accessible mental health services.
1	Resident	47	39	34	33	41
2	Lexington Family & Youth	30	29	28	32	48
3	Town Manager's Office	46	42	35	37	37
4	Police Dept	29	47	21	26	26
5	Health Dept	25	24	21	26	41
6	Human Services	43	10	0	0	37
7	School Health Services	32	33	19	30	48
8	Resident	31	31	33	40	33
9	Health Dept	40	43	26	36	43
10	Lexington PTA	24	43	36	33	30
<b>Totals</b>		347	341	253	293	384
		<b>2</b>	<b>3</b>	<b>5</b>	<b>4</b>	<b>1</b>

# Interviews with Local Experts

- Conducted interviews to gathered project and partnership ideas from community organizations already involved in our priority areas (mental health, public safety, recreation and nutrition, community connectivity)
- Bicycle Advisory Committee
- Lexington Planning Board
- Youth and Family Services
- Lexington Sidewalk Committee
- Local mental health practitioners
- Kids Cooking Green
- Lexington SEPAC/SEPTA
- LexFarm
- Lexington Tree Committee
- HelpAroundTown.com

# Implementation Planning

- Healthy Communities Project Planning Meetings July-August 2013
  - CHNA Meeting: July 24<sup>th</sup>
  - General Implementation Meeting: July 24<sup>th</sup>
  - Subcommittee Meetings (priority areas): August 5<sup>th</sup>
- Grant Requirements
  - Proposal to qualify for second round of funding, due end of August 2013
  - October 2013-December 2014
  - \$ 25,000 maximum grant
  - Follow Healthy Communities concepts
    - Engage a variety of businesses, residents, non-profits
    - Strengthen civic engagement and infrastructure

# Planned Project Activities

**November 2013- January 2015**

## **Mental Health**

- League of Women's Voters Wellness Meeting First Friday panel (March 2014)
- Holistic Community Health Fair in partnership with the Flu Clinic (Jan 2014)
- Summit for Successful Living focusing on educating Asian parents on supporting the mental health needs of their children (June 2014)

## **Community Connectivity**

- Promotion of Lexington HC events through the local media

# Planned Project Activities

## Recreation and Nutrition

- Bike/walk to Lexington Community Farm events (May and Oct 2014)
- Nutritional Education at Lexington Community Farm (Oct 2014)

## Transportation and Safety

- Bike safety education programs (May and Oct 2014)
- Bike/Walk/Bus Week (May 2014)