

## For NVRH Fiscal Year October 2016 – September 2017

### Community Need: Mental Health/Substance Abuse

**Measurable long term outcomes (population level accountability):**

1. % Adult Excessive/Binge Drinking
2. % Youth Binge Drinking
3. % of adults who smoke cigarettes
4. % of youth (grades 9 -12) who smoked cigarettes last 30 days
5. % of students who have misused a stimulant or prescription pain reliever
6. % of students who have misused a stimulant or prescription pain reliever in the last 30 days
7. % of person 12 and older who need and do not receive alcohol treatment
8. % Youth (grades 9 -12) who used marijuana in last 30 days

Action Item/Specific Tactic	Outputs Performance Level Accountability	Results	Comments
1. DART 2.0 Facilitate Drug Free Community Grant by hiring a consultant to review evaluation section	DFC grant submitted and granted		Grant application postponed until at least 2018
2. DART 2.0 Advocacy	# of meetings # of NVRH attending	Monthly meetings attended by CEO, CHT Lead.	
3. Support Youth Mental Health First Aid Training	#of classes # of participants	2 classes; 43 participants	In partnership with VT Department of Health
4. Expand ATOD Coalition Outreach	# of hours spent on outreach		ATOD Coalition disbanded and replaced by Regional Prevention Coalition
5. Prescription Drug Drop Box Disposal	Purchase of Drop Box	Facilitated additional drop boxes at Lyndon Police Department and Gauthiers Pharmacy in St J	

6. Dr. Bob's House, Kingdom Recovery Center.	In-kind donation	\$7972.24 for FY17	Direct cost for heat and water only. Does not reflect plant operations time for routine maintenance.
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## Community Need: Obesity

### Measureable long term outcomes (population level accountability):

1. % of adults with hypertension. % of children with hypertension. % of adults who are obese. % of children age 2 – 5 (in WIC) who are obese. % of adolescents ages 12 – 19 who are obese. % of adults meeting the physical activity guidelines. % of adolescents meeting physical activity guidelines. % of children ages 2 – 5 with no more than 2 hours of television, videos, or video games. % of children ages 2 – 5 with no more than 2 hours of computer use. % of adolescents with no more than 2 hours of screen time.
2. % of children with hypertension. % of children age 2 – 5 (in WIC) who are obese. % of adolescents ages 12 – 19 who are obese. % of adolescents meeting physical activity guidelines. % of children ages 2 – 5 with no more than 2 hours of television, videos, or video games. % of children ages 2 – 5 with no more than 2 hours of computer use. % of adolescents with no more than 2 hours of screen time.
3. % of adults who are obese. % of children age 2 – 5 (in WIC) who are obese. % of adolescents ages 12 – 19 who are obese.
4. Vermonter at risk of diabetes who complete the Diabetes Prevention Program.

Action Item/Specific Tactic	Outputs Performance Level Accountability	Results	Comments
1. Community Health Fund programs	# of grants \$amounts	5 grants; \$15,000	Find list at nvrh.org
2. Participate in the NEK Food Security Task Force - NEK food system plan	Creation of Task Force; NVRH representation on the Task Force	NEK Food Cycle Coalition created in summer 2017. NEK Food Summit held at NVRH in March 2017 (64 people attended, including 3 area legislators)	WASTED! movie shown at Catamount followed by a panel discussion. USDA grant letter of intent submitted for planning grant for local food waste reduction project.
3. Provide nutrition consult services to local food banks	# staff hours		No requests.
4. Diabetes Prevention Program, Diabetes Support Group	# of classes # of participants	6 support groups; 89 total attendees	Support group every other month. Group diabetes classes not done.
5. LVRT – trail head amenities	# of brochures distributed	5000 brochures	
6. Bike Safety Fair	# of helmets distributed # of NVRH volunteers	100 + helmets; 6 NVRH staff volunteered	Supported bike safety in St J and Sheffield
7. Expand social marketing campaign to counter marketing of sugar sweetened beverages.	# of products distributed	500 + water bottles and t-shirts	Over 400 water bottles and t-shirts distributed at the Caledonia County Fair; 75 water bottles to Millers Run

			School, additional water bottles distributed by Community Connections
8. Advocate at the state level for public policy initiatives to reduce and prevent obesity.	# of outreach encounters with legislators	Signed American Heart Association pledge to support healthy kids meals	

## Community Need: Poverty

**Measureable long term outcomes (population level accountability):**

1. % of adolescents who used contraception at most recent intercourse. % condom use among sexually active adolescent females. % condom use among sexually active males.
2. % Severe Housing Problems e.g. overcrowding, high costs, lack of kitchen or plumbing
3. % Below Poverty Level

Action Item/Specific Tactic	Outputs Performance Level Accountability	Results	Comments
1. A Team: NVRH will be a convener for area organizations to lead the discussion and work to break the cycle of poverty.	# of organizations at the table	CAHC meetings: 12 organizations attend on a monthly basis; additional invited.	Caledonia & s. Essex Accountable Health Community is using the Collective Impact Model to reduce poverty and the health effects of poverty.
2. Revitalize St J Riverfront	# of NVRH staff at meetings	3 NVRH staff at meetings	Northern Borders Grant received by Town of St J to revitalize trailhead and connection to downtown. Clean up and green up projects completed.
3. Community Health Fund programs	# of grants \$ of grants	5 grants, \$15,000	
4. Expand “Family SASH” program	# of families in program	41 patient encounters in 6 months	Embedded CHW in St J School (see Promise Community)

5. LSC Center for Rural Entrepreneurship Summer Camps	\$ amount of sponsorship	\$1000 donation to support a camper	
6. Support and expand “Reducing the Risk” program	# of outreach encounters # of schools participation	NA in 2017	
7. Bridges Out of Poverty training	# of trainings # of participants # of organizations	3 trainings; 51 participants	
8. Promise Community Coalition	# of nutrition consults		Coalition going in a difference direction; has not requested consults. NVRH providing full time CHW staff in the school as part of Promise.
9. Supply laundry for warming shelter	Lbs of laundry	3442 pounds of laundry Oct 2016 – April 2017	Warming Shelter only open in the winter
10. Reach Out and Read	# of books	NA for 2017	Program reactivated August 2016.
11. * Veggie Van Go	# of families served	Over 2800 attended over 12 months.	These are not unique people, many people came many or most months. Averaged about 200 families served per month.

\*not part of original Implementation Plan.