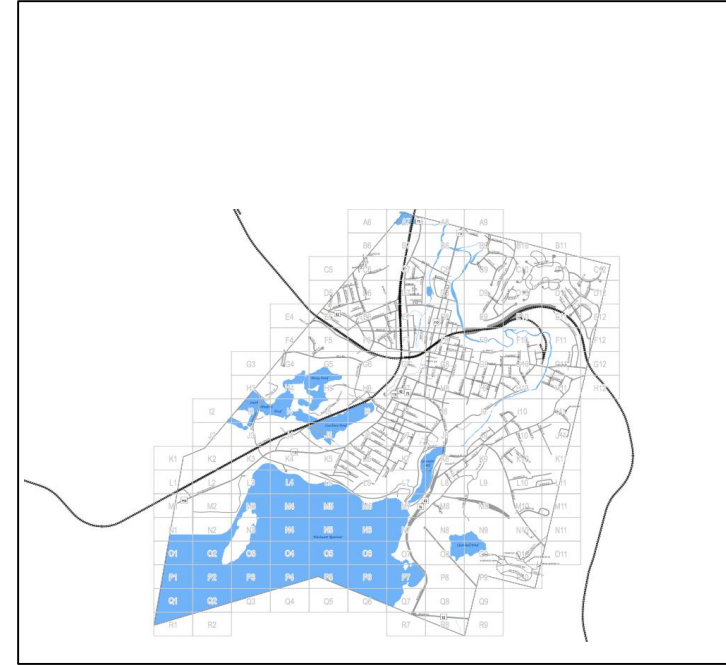
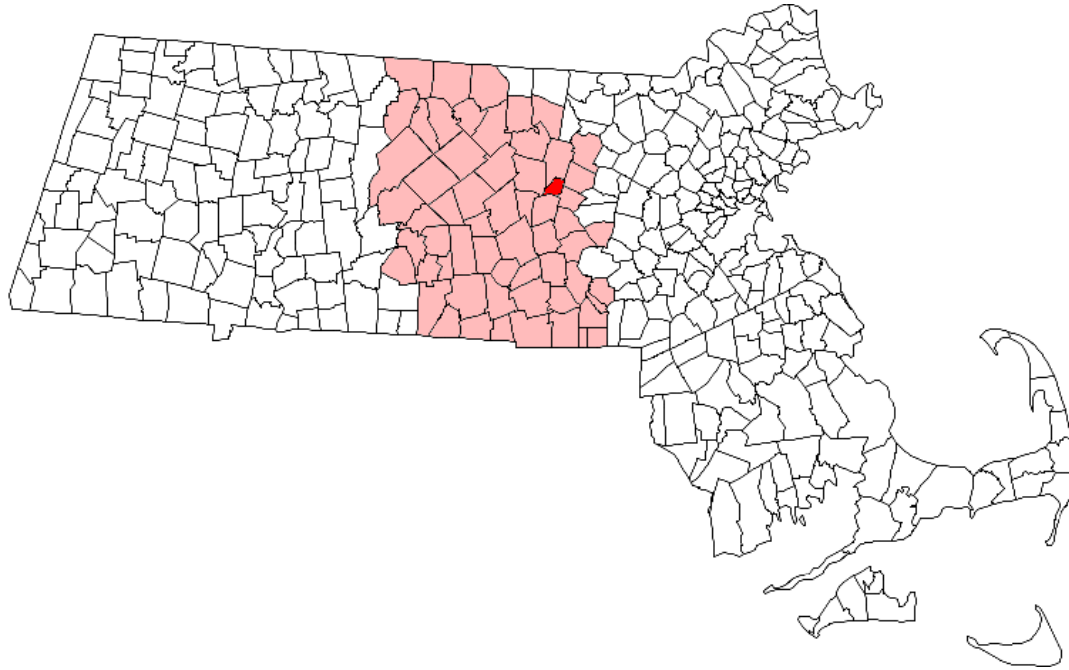


Promoting Healthy Eating and Active Living with our Aging Population

Alex Baier, Desmond Bennett, Craig Norton, Rohit Maudgal



Clinton, MA



Clinton, MA - Overall Demographics

- Population: 13,788 (2017)
- Race and Ethnicity
 - White: 89.5%
 - Hispanic or Latino: 14.9%
 - Black: 2.1%
 - Asian: 1.7%
 - Others: 4.5%
- Language
 - Speak another language at home and speak English less than “very well”: 5.0%
 - Speak Spanish at home: 3.1%
 - Speak other Indo-European languages at home: 0.3%
 - Speak Asian/Pacific Islander languages at home: 1.5%

Clinton, MA - Elderly Demographics

- 13% over 65 years old
 - 6% male
 - 7% female
- Poverty
 - 14.1% aged >65 are below poverty line
- Veteran status
 - 8.2%
 - 74% Vietnam or earlier

Exploring the Interprofessional Teams

Health Alliance Clinton Hospital

Community Health and Volunteer Services Faculty (Rosa Fernandez-Penaloza)

Community Stakeholders, medical providers, public health departments

Growing Places Gardening Project (Ayn Yeagle and Deborah Benes, PhD)

Works with the public, service providers, and other community-based organizations to investigate health areas of need and ease of independent living



Exploring the Interprofessional Teams

Clinton Hospital provides charity care to qualifying individuals

Collaborates with community health stakeholders for program implementation

Strengths: Identifying and advocating for increased access, providing primary healthcare to elderly population

Limitations: transportation accessibility to centers for elderly dependents, lack of sufficient communication to elderly population

Plan: work with Community Health Services to identify areas of access need and pitch these issues to community stakeholders



Population Health Advocacy

Clinton Senior Center

WHEAT Community Cupboard

- Serves multiple communities with the goal of providing emergency assistance and programs promoting self-sufficiency for those experiencing economic/personal challenges

Aunt Bertha/CommunityHELP

- Search engine to find free/reduced cost medical care, food, etc.
- Physicians can refer patients to local resources and track compliance



Population Health Advocacy

Community Health Network of North Central Massachusetts (CHNA9)

- Identify, address and improve health needs of members in the community
- Community Health Improvement Plan (CHIP):

| Priority Area | Based on |
|--|---|
| Healthy Eating and Active Living | high rates of diabetes/heart disease/obesity |
| Healthy and Safe Relationships | high rates of domestic violence and child abuse/neglect |
| Mental and Behavioral Health and Substance Abuse | high rates of smoking, alcohol, and opioid abuse and an ongoing shortage of beds/services for mental and behavioral health |
| Transportation and Access | data showing transportation as a major barrier to accessing health care, jobs, social services, and healthy foods |
| Racial Justice | Racial tensions at the national and local levels, immigration policy and enforcement concerns, and data showing inequitable access to career and education opportunities. |

Population Health Advocacy

Track record:

- Successes- pop-up farmers' market
- Challenges- transportation and awareness/advertising

What are the consequences of success/failure?

- Success will lead to improved community health and cohesion

Community Recommendations

- Greater role for healthcare providers as educators about available local resources
 - Outreach to less mobile segments of population
- Transportation, transportation, transportation...
 - Current
 - Worcester Regional Transit Authority bus
 - M-F, 8:30-2:30. Local (Clinton)
 - No weekend trips
 - Rely on ambulances

Community Recommendations

- Transportation, transportation, transportation...
 - Proposed
 - 1) Community collaboration to provide public transportation
 - Ride sharing system between caregivers
 - 2) Taxi-bus model
 - 3) Free parking for seniors (>65) at all UMass Hospitals/Care Centers
 - Clinton: currently free
 - UMass Memorial: currently hourly charge
- Survey immobile population

Acknowledgements

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