

The presentation will begin shortly.



Association for
**Community Health
Improvement™**

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The Importance of Community Development for Health

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*Director of Planning
Stamford Health System*

Agenda

- Introduction to the Vita Health and Wellness District
- Community Background, Demographics, and Health Disparities
- Timeline of Vita Development
- Creation of the Stamford Community Collaborative
- Key Milestones

Vita Health and Wellness District



Mission: to improve the health of the neighborhood and its residents



Location: one mile corridor on the West Side near downtown Stamford

Vita Vision and Goals

- **Vision**- The Vita Health and Wellness District will transform Stamford's West Side neighborhood into a thriving community focused on healthful living.
- **Goals**- Vita will achieve three vital goals:
 - Improving the health of a vulnerable population
 - Reducing wasteful spending on the inefficient delivery of medical services
 - Enhancing the neighborhood where Stamford Hospital is located

Vita Core Components

***Vita* means Life: What does it take to have a healthy community?**

- Health & Wellness in the Community
- Healthy Eating: Urban Agriculture and Nutrition
- Active Living: Parks and Connections
- Promoting Good Jobs and Local Businesses
- Hospital and Community Connections

Vita Health and Wellness District: Background, Demographics and Health Disparities

Background on the Vita District

- Vita District: Census Tracts 214 & 215

Neighborhood Challenges:

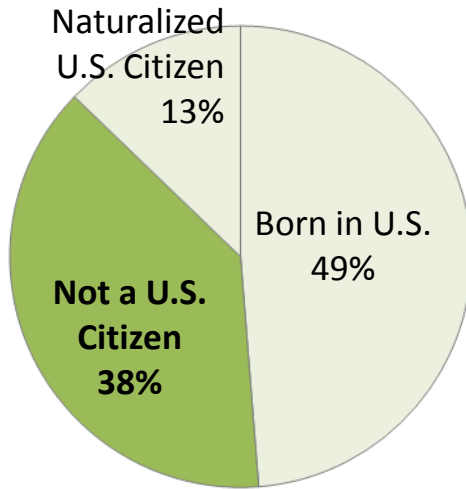
- Poorer, less healthy, younger population
- Neighborhood was in decline, less safe, deteriorated buildings

Neighborhood Assets:

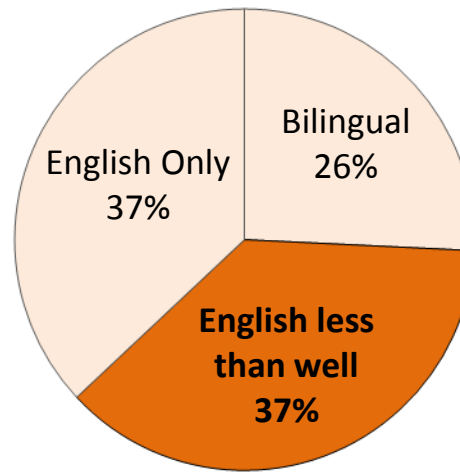
- Bordered by Greenwich & Downtown Stamford; walkable community
- Extensive network of public parks and sidewalks

Social-Economic Factors

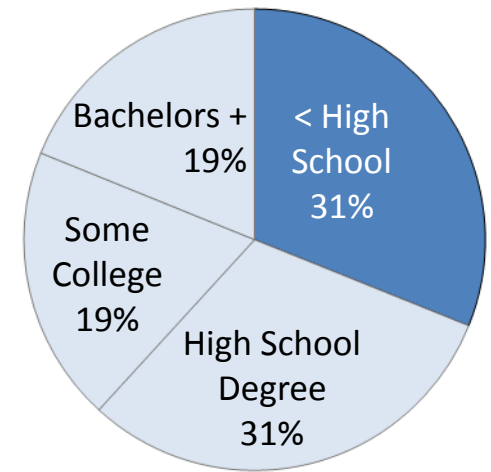
WEST SIDE NEIGHBORHOOD, STAMFORD



38%
Undocumented



37% Poor English Skills



31% < High School Degree

Median household income \$36,000 - \$45,000

20% living in poverty

Health Disparities in the Vita District

- Higher rates of Chronic Disease and Associated Risk Factors:
 - Asthma
 - Diabetes
 - Overweight / Obesity
 - Hypertension / High Blood Pressure
 - Cholesterol
- High rates of residents reporting no physical activity
- Higher percentage of population reporting fair / poor physical and mental health.

Health Disparities in the Vita District

- Lower reported rates of preventive screening (e.g. mammograms, PSA tests)
- Population reports lower access to specialty care services
 - including dental and behavioral health
- Higher utilization of Emergency Room services for management of Chronic Diseases

The Timeline of Vita Development

2002: Concurrent Strategic Planning Phases

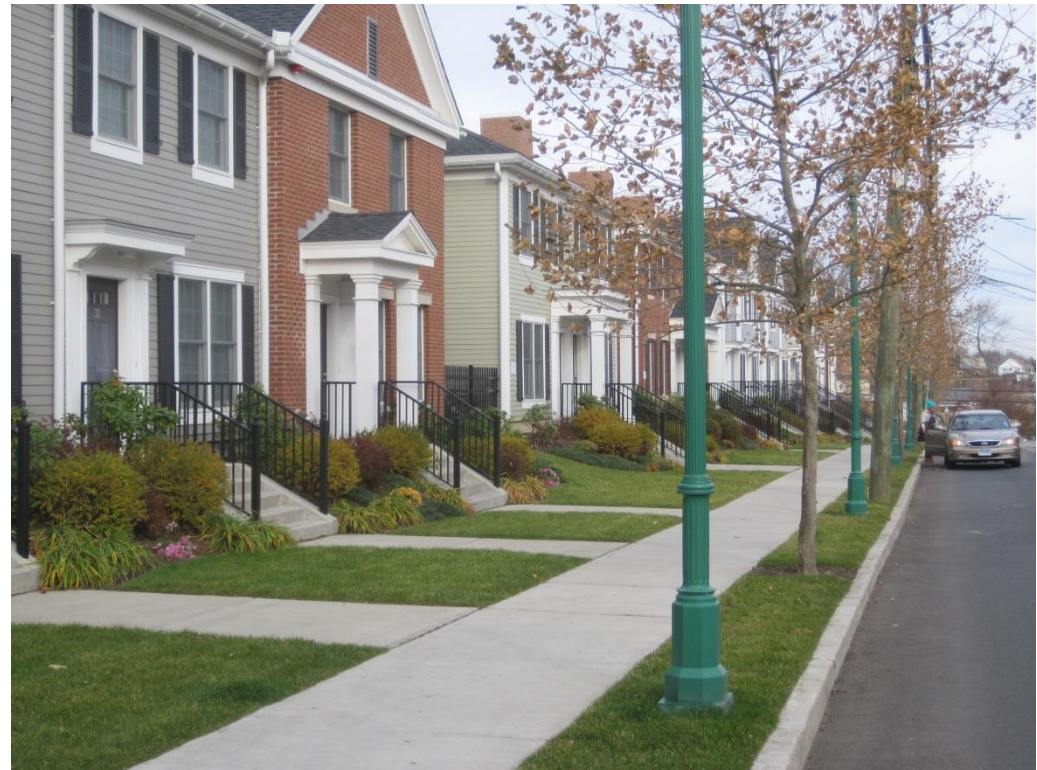
- Stamford Hospital:
 - Evaluating its 50+ year future outlook
 - Identified need for facility replacement and campus modernization
- Charter Oak Communities:
 - Evaluating the long range future outlook and viability of public housing
 - Identified need to replace dense, aging public housing stock with attractive mixed income communities

Neighborhood in Transition



Vidal Court public housing built in 1955; demolished 2013

Fairgate Hope VI mixed income,
built 2010



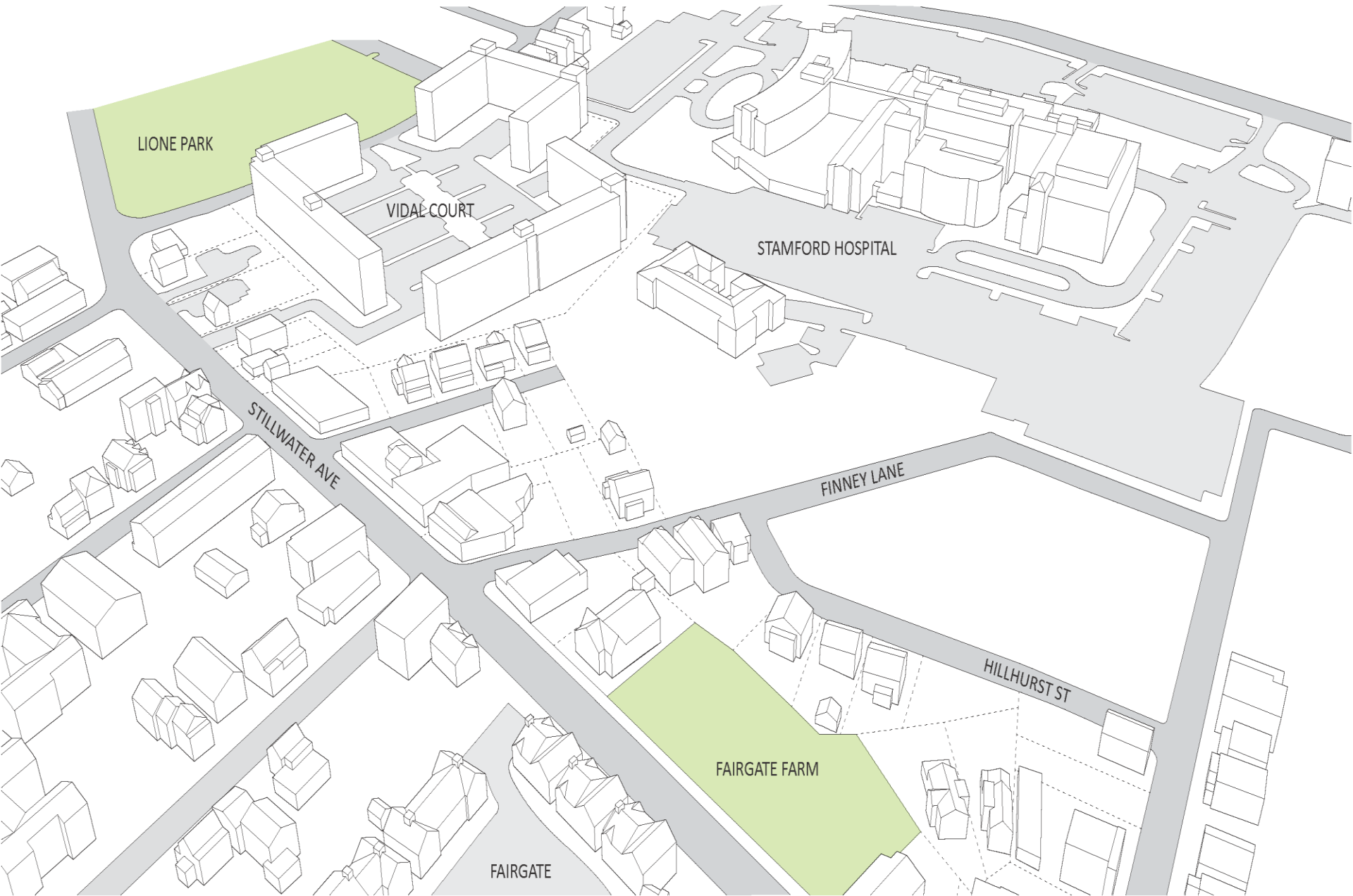
Hospital Expansion Plans



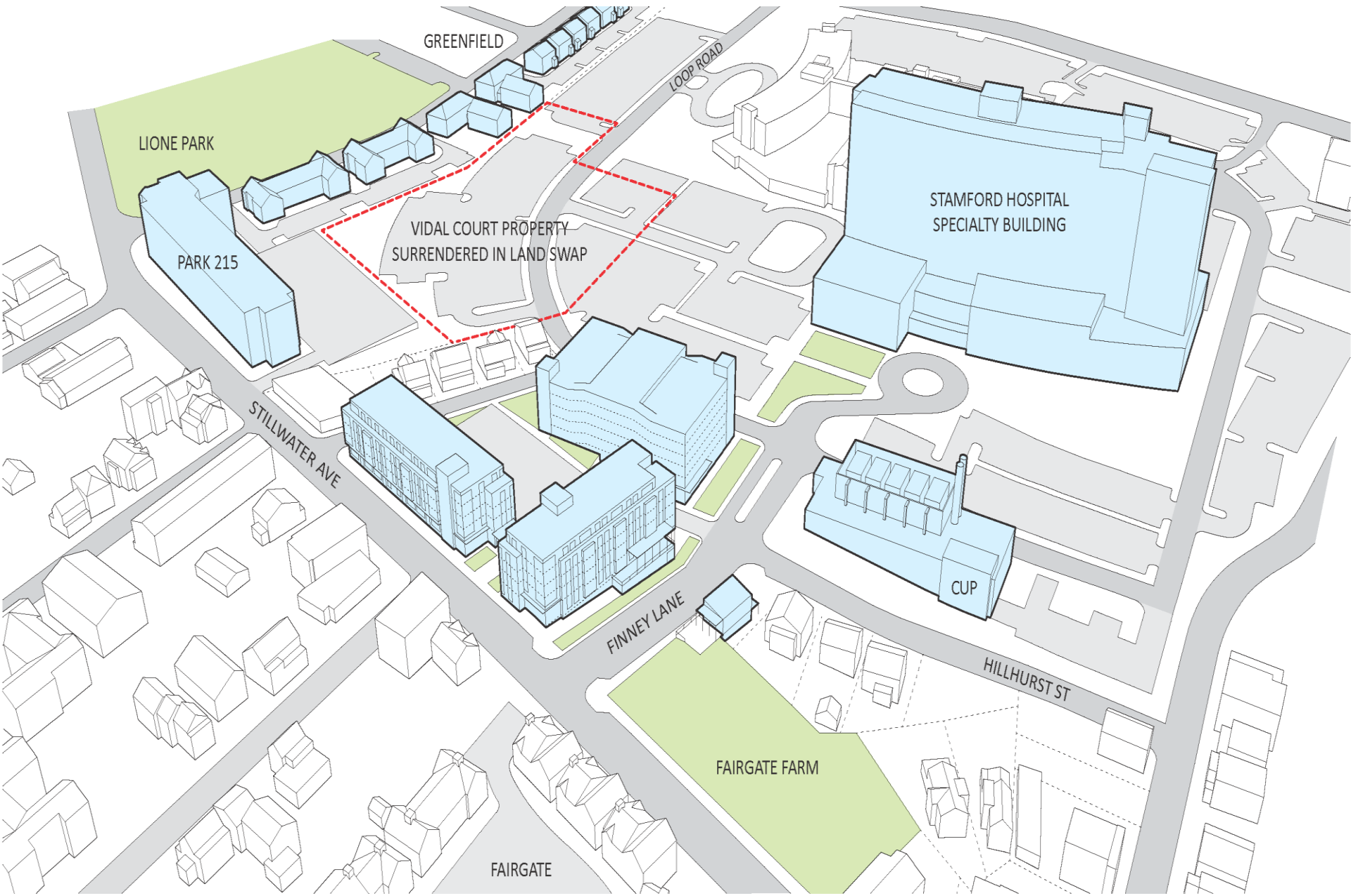
Stamford Hospital Replacement



EXISTING CONDITIONS



MASTER DEVELOPMENT PLAN





2008 – 2009: Gaining Buy-In

- 2008 / 2009: West Side Neighborhood Revitalization Zone (NRZ) formed
 - Serves as advocacy organization, providing guidance to proposed neighborhood changes.
- 2009: Commitments Gained for Strategic Plans of Hospital and Charter Oak Communities from numerous agencies and boards
- 2009: State Certificate of Need for Hospital Master Facility Plan filed



2010 – 2013: Physical Changes Underway

- 2010: Land Swap between Charter Oak and Stamford Hospital completed
- 2010 – 2013: Phased Construction begins on new replacement housing
- 2012: Fairgate Farm Opened on site of former blighted housing lots
- Spring 2013: Demolition of Vidal Court allows for construction to begin on Hospital Campus.

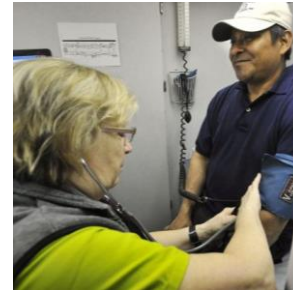
2010 – 2013: Planning for Vita

- 2010: Affordable Care Act Passed
 - Requirement of Community Health Needs Assessment and Action Plan
- 2011 – 2013: Two Concurrent Planning Activities
 - Stamford Hospital Community Health Needs Assessment & Action Plan
 - Development of the Vita Strategic Plan
- Both activities rooted in the importance of addressing the Social Determinants of Health

Vita Strategic Plan: Ideas from Community Engagement



Food >> Healthy Eating: Farmers market, produce store, bakery, more community gardens, cooking and nutrition classes



Access to Health Care: Outpatient services, urgent care center, rehab center, navigating system



Good Jobs and Local Businesses: Job training spaces, better retail services, better support for family businesses



Fitness >> Active Living: Walking loops, safer streets, affordable fitness, exercise rooms

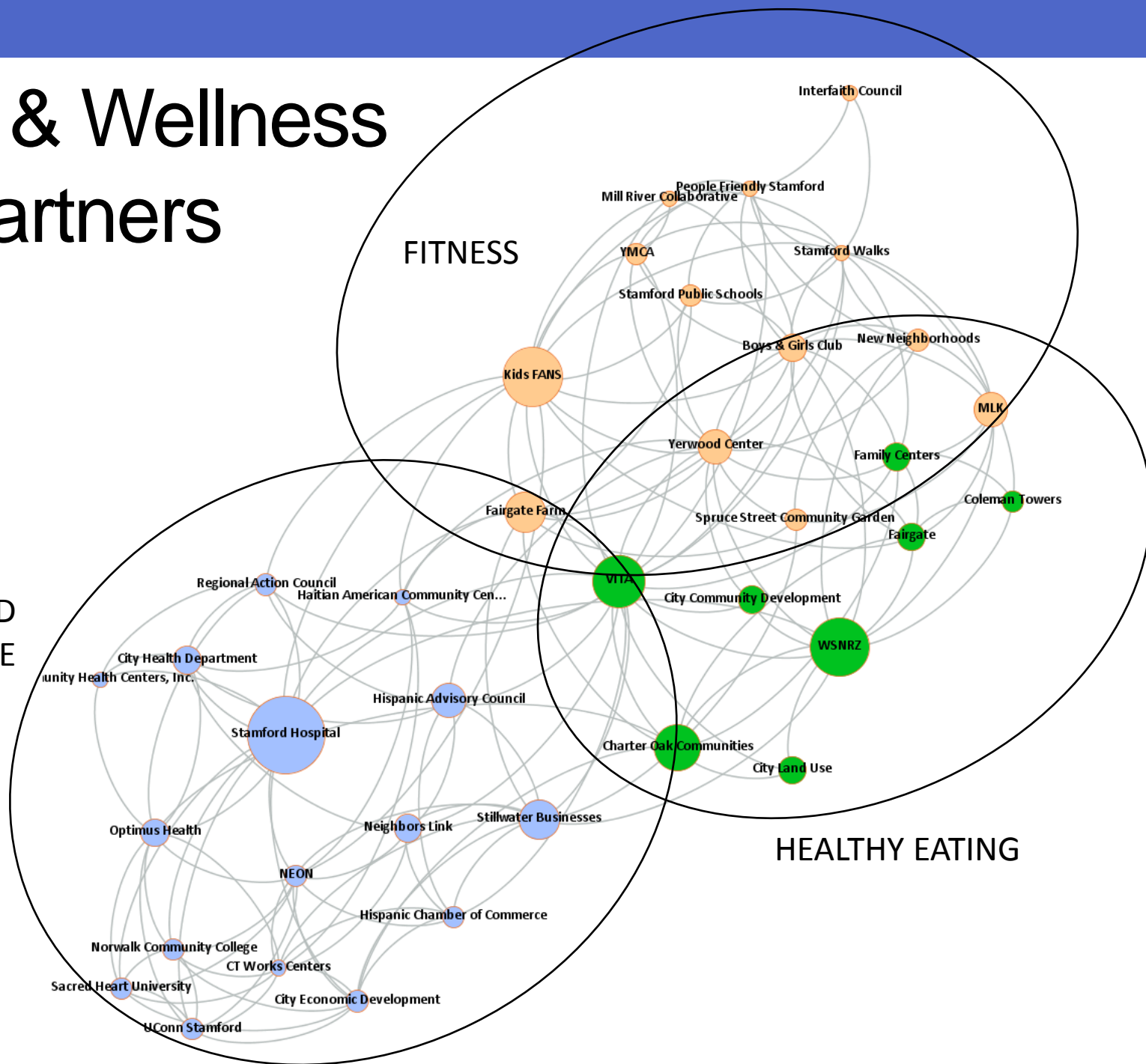
The Creation of the Stamford Community Collaborative

Health & Wellness Partners

HEALTH CARE AND
WORKFORCE

FITNESS

HEALTHY EATING



Community Collaborative

- Recognizes that the goals of the Vita Strategic Plan and CHNA Action Plan will best be accomplished in partnership with community-based service providers;
- Will establish specific metrics and employ evidence-based practices to implement new programs and services;
- Strengthens linkages between and among existing providers

Collective Impact Theory

- Collective Impact initiatives are long-term commitments by groups from different sectors, to solve complex multi-faceted social challenges.
- Stamford Hospital, Charter Oak Communities and strategic partners have formed a network with expertise in:
 - health care
 - workforce development
 - healthy eating
 - fitness / lifestyle
 - Environment
 - advocacy / support.

(Stanford Social Innovation Review 2011)

Stamford Community Collaborative



Stamford Hospital

Stamford Hospital Sarnet Health &
Fitness Institute



Charter Oak Communities



City of Stamford Department of
Health and Social Services



AmeriCares



Optimus Health Care



Franklin Street Community
Health Center



Family Centers



Communities 4 Action
Formerly Lower Fairfield County Regional Action Council

Communities 4 Action
Formerly Lower Fairfield Regional
Action Council



NeighborsLink Stamford



Domus



Norwalk Community College

Collective Impact Theory

- Work of the Collaborative is supported by:
 - a shared measurement system
 - mutually reinforcing activities
 - ongoing communication
 - A “backbone” organization providing administrative and project management support

(Stanford Social Innovation Review 2011)

Collaborative Workgroups

- **Access to Services:** Ensuring that all people have access to primary care, specialty care, behavioral health and dental care.
- **Care Coordination:** Optimizing the navigation of the healthcare system, including community-based organizations to address the physical, behavioral and social health needs of the community.
- **Healthy Lifestyle/Behaviors:** Engaging people in behaviors that improve their health and prevent chronic disease.

Ongoing Community Engagement

- Engagement with community residents is paramount to ensure:
 - Priorities of the community are clear
 - New programs and services to be developed and implemented are:
 - Relevant and will be utilized
 - Delivered in a culturally competent manner
- Partnering with Community Leaders to identify and meet residents where they are:
 - Churches
 - Schools
 - Community Centers
 - Advocacy organizations

Vita District: Key Milestones

Key Milestones



- Housing: Created 450 units of beautiful, healthy, affordable housing with on-site support services
- Business Development: WBDC: outreach; training; access to services/capital; sustainability; growth; job development; guided by EPA Building Blocks for equitable development

Key Milestones

- Access to Healthy Food: Established Fairgate Farm communal farm and nutrition education center supported by programs, volunteerism, counseling, cooking demos
- Obesity Prevention: Kids' Fitness & Nutrition Services (KidsFANS), a community-wide taskforce for the prevention of childhood obesity has served 1,300 children since 2008



Key Milestones

- Increased health care access and coordination in community settings:
 - New access points for FQHC's
 - Establishment of the AmeriCares Free Clinic
 - School based health centers



Key Milestones



- Quality of Life: Public-private investment in walk-able neighborhood; city investment in new parks and facilities; reductions in crime and nuisance conditions
- Hospital Replacement: New \$500M Planetree hospital under construction with improved connections to the community and partnerships with community based providers

Questions and Contact Information

- Website: <http://vitastamford.com/>
- Contact Information:

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Evaluation and Q & A

<https://www.surveymonkey.com/r/9-22-15>

Digital and Social Media Presence

With Hospitals in Pursuit of Excellence's Digital and Mobile editions you can:

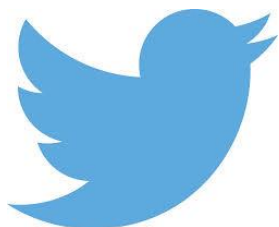
- Navigate easily throughout the issue via embedded search tools located within the top navigation bar
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- Keyword search of current and past guides quickly and easily
- Bookmark pages for future reference



Important topics covered in the digital and mobile editions include:

- Behavioral health
- Strategies for health care transformation
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