



Derby Health
collaborative

2015 Year End Report

Healthy communities don't happen by accident. A healthy community has leaders in organizations of all types who are committed to solve today's and tomorrow's critical health issues. These leaders make needed changes in policies, systems and environments to make the community an inviting place in which to live, work, learn, worship, and play.

The Derby Recreation Commission (DHC) took steps in 2010 to create The Derby Health Collaborative. Community partners aim to work together to improve the health and well-being of residents residing in Derby and the USD 260 area. The Derby Health Collaborative acts as a unifying force in its efforts to improve the health of the Derby community through initiatives that lead to individual well-being and a healthy community culture.



Membership

DHC is composed of community organizations, policy makers, school leaders, businesses, health providers and community residents working together to be powerful advocates for legislation, organizational and environmental change.

The Derby Health Collaborative offers free membership to organizations and individuals who have a passion for improving community health. DHC recognized 22 new members resulting in a 53 total memberships.

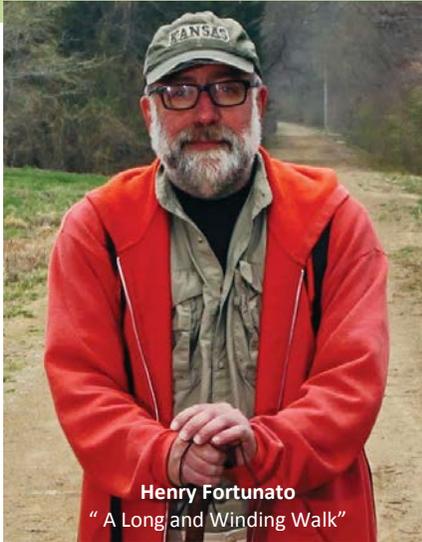
The Above and Beyond Awards were introduced in 2015 recognizing members for significant contributions to the Collaborative. Michael Yeung, Mandy Rey and Kathy Sikes received recognition for their service.



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Communicating Health Messages

In 2015, the Derby Health Collaborative used the following methods to communicate and advocate for a healthier community.

- **Website**-Health messaging continues to be housed on the Derby Recreation Commission's website making information available to the entire community.
- **Social Media**-*Be Healthy Derby* and *Derby Walks* have just over 160 Facebook followers.

- **HealthLink Newsletter**- The community health newsletter is sent electronically to 2000 addresses resulting in an average of a 33.2% open rate.
- **In Sickness & In Health**-Eight educational wellness programs were offered with 48 people attending.
- **Position Papers**- Six info- graphics are in draft form and will be finalized by April, 2016.



With the rising cost of health care, it's more important than ever that the Derby community and organizations make the most of the available resources to prevent chronic diseases.

Derby Health Collaborative

Vision

To create a community culture that values health above all else.

Mission

To improve the health and well-being of the citizens residing in the USD 260 community.

Goals

1. Educate and engage community members where they live, work, worship, play, and learn.
2. Analyze local health issues to influence effective action.
3. Shape policies, systems and sustainable environments that promote health and quality of life.
4. Create sustainable, community-based improvements that address the root causes of chronic disease and promote self management of disease.
5. Learn from other's efforts to be prepared so future health challenges are met.

Community Health Assessment and Planning

A community health assessment provides the foundation for improving and promoting the health of community residents. In order to guide the Derby Health Collaborative future efforts, a community health assessment was designed and implemented in the last quarter of 2015 to identify and describe factors that affect the health of the Derby community, and factors that determine the availability of resources within the community to adequately address health concerns.

The assessment was intended to illustrate the health status of the community and identify factors in the community that contribute to health challenges. Throughout the assessment process, members of the Collaborative worked together to obtaining 491 respondents.

A community healthy improvement plan will be developed and completed by July 2016. The community health assessment and planning process assures that local resources are directed toward activities and interventions that address critical and timely health issues within the Derby community.

Promoting Healthy Eating

Healthy eating is a vital part of maintaining a healthy lifestyle for kids, teens and adults. The Derby Health Collaborative's Community Garden, for the first time, sold out all garden plots during the 2015 growing season. Derby Lowes donated an 8x10 shed and a walkway to the garden.

Cooking Matters at the Store is a guided grocery store tour teaching skills for buying health foods on a budget. Four sessions were offered at Wal-Mart resulting in 39 adults (and 36 children) attending and earning \$10 food gift cards.

Derby Health Collaborative Roster

American Family Insurance-
Jean Garinger Agency
Amerigroup
Arthur J Gallagher & Co
Brackeen Chiropractic
City of Derby
Butler Community College
Derby Chamber of Commerce
Derby Public Library
Derby Recreation Commission
Derby Public Schools
Derby Senior Center
Dopps Chiropractic
Derby Community Foundation
Derby Family MedCenters
Gage Chiropractic
GraceMed
Health ICT
James McCluer
Jennifer Carr Optometry
Kansas Academy of Family Physicians
Kathy Sikes
Komen/SE KS Cancer Partnership
Mandy Rey
Maureen Clark
Mulvane Family MedCenter
Oaklawn Community Center
Oxford Senior Living
Parents As Teachers
Riordan Clinic
Sedgwick County
Sunflower Health Plan
The Little Clinic
Wichita State University
Woodlawn United Methodist Church



Chronic Disease Programming

During 2015, the Collaborative introduced chronic disease programming. Two sessions of Living Well With IT, the Stanford University Chronic Disease Self-management program was offered. Although these sessions did not have enough participants to warrant holding the sessions, residents became more aware that the Collaborative's desire is to educate, inspire and motivate residents to improve their health.

In addition, three members of the Collaborative became certified to teach the Stanford University's Diabetes Self-Management Class. These classes will be offered in 2016.

The Community Wellness Coordinator serves on Tobacco Free Wichita's leadership team. The prevalence of current cigarette smoking among adults has declined from 42% in 1965 to 18% in 2012. However, more than 42 million Americans still smoke. Tobacco has killed more than 20 million people prematurely since the first Surgeon General's report in 1964. The Collaborative promotes the Kansas Tobacco Quit Line to help residents of Derby make quit attempts to improve their health.

Speakers Bureau Service

The Derby Health Collaborative Speakers Bureau continues to be a free service offered to the community. Many Collaborative members have agreed to speak to organizations and groups on a variety of health issues.

Corporate Wellness Support

The Derby Health Collaborative continues to participate with the WorkWell Kansas initiative. Support for local businesses to establish worksite wellness programs is of top priority. Letters were sent to local business to request that they partner with the Collaborative. In addition, a quarterly newsletter was introduced to support these businesses.

The Derby Recreation Commission received the 2015 Working Well Award from the Health and Wellness Coalition of Wichita and a Foundation Recognition Award from WorkWell Kansas.

The Collaborative assisted the Derby Public Schools in the development of a comprehensive employee wellness program that is expected to be launched in 2016.

Each month the Collaborative provides wellness tips to area churches to use in their monthly newsletters or other communication avenues.

Grants & Awards

Derby Wal-Mart donated \$600 in gift cards for participants of the Cooking Matters at the Store program.



Fidelity Bank provided \$1,500 in support of the Let's Move Derby Schools program. The funds will be used to distribute calendar cards and provide prizes for the winners.

