



Columbus City Hospital Shares Space to Promote Health

Summary

Mount Carmel's Community Health Resource Center (CHRC) developed a shared use agreement to bring a variety of health, educational and support resources to the local community. The center utilized available space to provide health and wellness services to the community, with a focus on low-income areas of Columbus, OH. By moving healthcare information and education beyond the traditional hospital setting, communities can work towards preventing and managing chronic medical conditions and encouraging healthy lifestyle habits.

Challenge

Findings from the 2014 County Health Rankings and Roadmaps show that within Franklin County, 30% of adults are obese and 26% are physically inactive.¹ The Franklinton neighborhood, which is located

around Mount Carmel West Hospital, is economically disadvantaged, with greater health disparities than other Columbus neighborhoods. Fifty-seven percent of individuals living in Franklinton do not meet the recommended physical activity guidelines and 83% percent consume less than 5 servings of fruits and vegetables per day.² These risk factors contribute to the health status of the population, therefore leading to chronic disease. People living within this neighborhood have a greater need for health services and opportunities to engage in healthy lifestyles.

Solution

A shared use agreement is a formal agreement between two separate entities, often a school district and a city or county, setting forth the terms and conditions for the shared use

of public property so that no single party is fully liable for the costs and responsibilities. Thinking outside the box, Katie Stone, Columbus Public Health's Creating Healthy Communities (CHC) Coordinator, explored what shared use would look like in the hospital setting.

In the fall of 2013, CHC, partnered with the CHRC to explore potential opportunities through policy development and external shared use agreements with local service providers. As a result, a shared use agreement, along with supplemental community forms, were created for use of the CHRC. This shared use agreement supports the creation of an accessible and diverse set of health and wellness opportunities for the community.

The various services and programs were advertised to the community through multiple strategies, such as partnership and relationship building with local community agencies and information sharing at community meetings and events.

¹ County Health Rankings and Roadmaps, 2014

² Franklin County Health Risk Assessment, 2005

Results

Since November 2013, the CHRC has approved over 50 partner groups to utilize the facility, hosted over 600 activities, and had over 6,000 visitors. Relationships built with local community organizations provide opportunities for health and wellness, physical activity and cooking classes to improve health and reduce chronic disease of Columbus residents.

"It is inspiring to see the enthusiasm from community members actively participating in the activities!"

*- Ami Peacock,
Mount Carmel*

There are currently over 20 potential programs, free of charge, for community members to access. These programs include diabetes education and support groups, perinatal service, tai chi classes, cooking demonstrations, stress management and meditation/mindfulness classes, cancer services, and programs with a focus on reducing infant mortality. Programs that are in most need within the surrounding community are offered based on the community assessment conducted by the CHRC Program Manager.

Sustaining Success

Because the Mount Carmel CHRC has developed a formal shared use agreement, access to the space is available for a stated time period, free

of charge to community residents. The CHRC continues to expand upon services provided to the community such as cooking and activity classes, and is managed by the Mount Carmel CHRC Manager, Ami Peacock, MSW, LISW-S, to ensure that services are sustainable.

Shared use agreements continue to be used to increase opportunities for physical activity and healthy eating. In 2015, the Creating Healthy Communities team at Columbus Public Health will focus on shared use efforts within Columbus City Schools. By creating shared use agreements between schools and community based organizations, and enhancing school wellness policies, students and their families will have increased access to physical activity opportunities. The passing of House Bill 290, Ohio's Shared Use bill, helps efforts by clarifying liability protection for schools that want to open their doors to communities after school hours.

Your Involvement is Key

Join the Ohio Shared Use Action Team to stay current on what's happening with shared use around Ohio and what new information and resources are available to enhance your work in shared use.

If you are interested in chronic disease prevention strategies within your community, join the Chronic Disease Prevention Advisory Board at Columbus Public Health. The committee meets to share ideas and action plans that can improve health within our community.



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