

## HLM Collaborative Meeting **HIGHLIGHTS**

July 22, 2015, 1:30 PM- 4:00 PM

DePelchin Children's Center

### MEETING ATTENDEES

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Albert Cheng, HCPHES	Kristi Rangel, Houston ISD
Aleatha Johnson, HCPHES	Kwadwo Badu, St. Luke's
Ann Smith Barnes, Legacy Health Services, <i>HLM Chair</i>	LaPorcha Carter, Children at Risk
Anna Brewster, MD Anderson Cancer Center	Laura Boudreaux, Physicians at Sugar Creek
Anne McGuire, Physicians at Sugar Creek	Lharissa Jacobs, YMCA of Greater Houston
Arnold Carrasco, Memorial Hermann	Linda Civallo, MD Anderson Cancer Center
Ashleigh Johnson, Rice University Baker Institute	Linda Forays, HCPHES
Ayanna Woolfork, HCPHES	Lisa Mayes, Harris County Healthcare Alliance
Beverly Reed, Collaborative for Children	Manjula Cherukuri, Houston Area Community
Brian Pendleton, Be Covered Texas	*Services, Inc.
Cathy Phan, HOPE Clinic	Maggy Solis, MD Anderson Family YMCA
Chelsea Lindemann, HCPHES	Mary Beth Meier, Children at Risk
Chelsea St. Louis, Houston-Galveston Area Council	Matthew Connor, Office of Senator John Cornyn
Chris Browne, EHRA, <i>HLM Executive Committee</i>	Megan Hoag, Texas Hunger Initiative
Clare Frankel, Bel Inizio	Michelle Caruso, Houston Department of Health
Cristina Cave, Neighborhood Centers Inc.	*and Human Services
Dalton McInnis, HCPHES	Nohemi Castillo, HCPHES
David Arlen, Texas Health and Human Services	Oscar Perez, Houston Area Community Services,
David Michael, Spring Branch Community Health Center	*Inc.
Elizabeth LoCaste, Memorial Herman Community	Pam Thomas
*Benefit Corp	Patricia Cummings, HCPHES
Ellen Schwaller, HCPHES	Peggy Boice, Office of County Judge Ed Emmett
Elyse Heob, Shape Up Houston	Rae-Ann Mitchell, Christ Clinic Katy
Erin Rudd, Children at Risk	Randall Ellis, Avenue CDC
Erin Broussard, Northwest Assistance Ministries	Rocaille Roberts, HCPHES
Frances Nguyen, Children at Risk	Rosalind Bello, MD Anderson Cancer Center
Gwen Sims, HCPHES	Samantha Talli, HCPHES
Hannah Fred, Office of U.S. Senator Ted Cruz	Sandy Alvarez, San Jose Clinic
Hoda Sana, HCPHES	Shalon Jones, HCPHES
J. Hoxi Jones, Texas Health and Human Services	Shawn McClain, Gateway to Care
Jay Guerrero, Office of Senator John Cornyn	Shereda Pannell, Raine's Umbrella
Jennifer Hadayia, HCPHES	Tamara Bourda, CHI St. Luke's Health
Jennifer Williams, Texas Southern University	Thatiane Moreira, Houston Food Bank
Kara Hill, Christ Clinic Katy	Theresa Strong, Bel Inizio
Karen Tso, HOPE Clinic	Tim Schauer, Cornerstone Government Affairs
Katie Chennisi, HCPHES	Will Miller, Office of U.S. Senator Ted Cruz
Kelly Porter, Houston-Galveston Area Council	
Kimberly Sorensen, Texas Parks and Wildlife	
*Department	

## MEETING HIGHLIGHTS

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### Welcome

*Dr. Ann Smith Barnes, HLM Executive Committee Chair*

Dr. Smith Barnes welcomed members to the July 2015 Collaborative Meeting, and acknowledged those representing elected officials. Dr. Barnes provided a brief overview of the meeting agenda, pointing out that our focus on the healthcare sector is due in part to the fact that Houston houses the largest medical center in the world and it's important to think about how that huge entity can impact the work we do.

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“The issue of healthy living is very near and dear to my heart. I find every opportunity I can to get involved in efforts like this one and be able to support individuals, especially children and families.”

– Dr. Ann Smith Barnes

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Meeting Attendees



Tim Schauer & Meeting Attendees

### Legislative and Policy Update

*Tim Schauer, Cornerstone Government Affairs*

Mr. Schauer provided an update on the successes and challenges of the 84<sup>th</sup> Texas Legislative Session. He noted that the session was different in that we had to figure out how to make new partners and establish new relationships given newly elected members and new appointments to various committees. He informed attendees that very little passed, but some bills were introduced. Of the 7,000 bills filed and only about 3,500 got hearings and only about 800 passed. HLM will work on engaging Susan Combs to talk about how to communicate with a more conservative legislature about childhood obesity.

Mr. Schauer did report that we did win by killing something – a bill that would eliminate Fitnessgram data from being collected in schools.

Mr. Schauer closed by reflecting on what we could do differently next time around, stating that we need to follow up with more tenacity and keep pushing. He stated that we need to keep working

collaboratively, developing supporters/relationships, and increasing awareness. He encouraged us to not get frustrated when the legislature doesn't do things, because we can do a lot locally, such as get connected with our School Health Advisory Councils (SHACs) and implement "SHACTivism" in order to make changes.

### Meeting Spotlight: HLM & the Healthcare Sector

*Moderator: Lisa Mayes, Harris County Healthcare Alliance*

Ms. Mayes explained that HLM is a multi-sector collaborative and each time we try to highlight a different sector in order to work to advance HLMs policy priorities. Ms. Mayes introduced each speaker who will provide a brief presentation on their respective initiatives.

- A. **Katie Miller**, *Prevention Institute*. Ms. Miller spoke about their Community-Centered Health Home (CCHH) model, defining it as a conceptual model for healthcare providers to move upstream and systematically engage in community prevention work. The Prevention Institute released a report in 2011 which describes the model in detail (available on their website). This work is about making linkages between high quality medical services and the community environment. This vision stems from the innovative work of physicians like Dr. Jack Geiger and Dr. Bob Sanders, thinking beyond simply integrating health care and community services, but truly aligning the health care institution with community efforts. The CCHH not only acknowledges that factors outside the health care system affect patient health outcomes, but also actively participates in improving them.

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"Our perspective is that if so much of the determinants of health are occurring at the community level, then we need to think about a new concept: CCHH."

– Katie Miller

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- B. **Kara Hill**, *Christ Clinic Katy*. Ms. Hill provided some history about Christ Clinic Katy, which operated as a ministry until 2015 when they became their own 501(c)3. They service the underinsured and uninsured and offer primary care, labs, pharmacy, patient education and walk-in clinic for those without an established medical home. As part of their patient education initiatives they offer the Walk with a Doc program every 2<sup>nd</sup> Saturday of the month. During these days, the physician spends some time talking to the patients and then they go on a 30 minute walk. The program started in April and they get participation from 30-40 patients a month. They have also partnered with local charities, like Cloaked by Faith through which walking shoes are provided.

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"Because we are closely connected to the local churches we utilize them in a productive way, like having them plant gardens and distribute the food to our patients."

– Kara Hill

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- C. **Thatianne Moreira**, *Houston Food Bank*. Ms. Moreira provided some background on the Diabetes Self-Management Program, informing attendees that the Houston Food Bank was one of 3 national food banks selected by Feeding America to participate in this study. The study will take place from 2015 to 2017 and the Houston Food Bank is charged with recruiting 370 participants through health care partners and screening them for diabetes. Additionally, they will be distributing bi-weekly boxes containing diabetes-appropriate food, and will provide diabetes education as well.

D. **Dr. Ann Smith Barnes.** *Texas Medical Center, Health Policy Institute.* Dr. Smith Barnes described the O2 Challenge established by the Health Policy Institute of the Texas Medical Center (TMC). They invited the 57 institutions that make up the TMC to engage in overweight/obesity reduction strategies in their institutions and all 57 have committed to participate. Each of those institutions were given 3 options and could pick at least one strategy to begin in January 2016:

- Convening at least 25 -50 employees to participate in a weight loss diet program (some of which include a physical activity component)
- Using traffic light designations for labeling food in cafeterias
- Improving vending machine options in their institution

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“When we saw the rates of obesity in the TMC staff were higher than the Texas rates it was decided that we need to take care of our house first.”  
– Dr. Ann Smith Barnes

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Kara Hill & Meeting Attendees



Thatianne Moreira & Meeting Attendees

## Roundtable Discussions: Opportunities for Action

Ms. Hayes instructed the audience that they would be moving to one of three round tables in order to further discuss opportunities for action around the work being done at (1) Prevention Institute, (2) Christ Clinic Katy, and (3) Houston Food Bank. Each group was asked to consider what specific questions they had after hearing the presentations; work already being done in these areas, and ideas around policies that could be adopted more widely across the county. The feedback obtained through these roundtable discussions was the following:

### 1. **Prevention Institute:**

#### Specific questions about this initiative:

- How do we collaborate to have more sophisticated public health messages?
- How do we better collaborate versus working in silos to get to end users?





#### In what ways are your agencies already involved in changing the conditions where patients live?

- Avenue CDC works with community development and housing to link these outlooks to the community
- Bel Inizio is working with New Hope Housing to supply people with food, water, fitness within transitional housing opportunities
- Houston Food Bank is operating a fresh fruit and vegetable trailer

#### How could your agencies become involved in local policy change?

- Incorporate policy change on a community level, getting their involvement (linking them to healthcare)
- Suggest UT Physicians Teen Clinic to be involved in High Schools be implementing nutrition and fitness through education in daily encounters
- Texas Parks and Wildlife could work with doctors for activity prescriptions like what is done in Austin
- Behavioral Health providers need to collaborate to bring this component to HLM

#### How could we engage more clinics to become involved in local policy change?

- Through other collaborations
- Coalition building with other agencies and smaller groups
- Learning resources such as Affordable Housing Opportunities and Healthcare
- Sub-committees to divide work
- Develop consortium for funding all of these said things

## 2. **Christ Clinic Katy:**

#### Specific questions about this initiative:

- How does Christ Clinic Katy market their health initiatives?
- How do they ensure patients are fed and learn how to feed themselves?

#### In what ways are your agencies already involved in changing the conditions where patients live?

- East Aldine is working to change their built environment
- Physicians at Sugar Creek are providing patient food vouchers for clinic café to ensure they are getting the appropriate nutrition while there receiving care
- HCPHES works through their WIC clinics, food stamp distribution, and community gardens to give people leverage to health food options
- Houston Food Bank is operating a fresh fruit and vegetable trailer

#### How could your agencies become involved in local policy change?

- Create alliance and leverage power of healthcare systems
- Give community groups voices to leverage power and policy change

## 3. **Houston Food Bank:**

#### In what ways are your agencies already involved in changing the conditions where patients live?

- Gateway to Care connects with community resources

- HOPE Clinic connects to resources in School Districts

#### How could your agencies become involved in local policy change?

- Screening for diabetes
- Recruiting into clinical trials
- Bi-weekly food box distributions
- Diabetes Education

#### How could we engage more clinics to become involved in local policy change?

- Spread name of HLM
- Advertisement
- Needs Assessment
- Sub-committees in order to cover different issues



Roundtable Discussion Groups

## HLM Partners in Action

### ***Built Environment Next Steps:***

- **Chris Browne**, Department Manager, Land Planning, EHRA & HLM Executive Committee Co-Chair

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“Our bayou trails system will become world renowned and we want to get our neighborhoods to connect to these bayou systems.”

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– Chris Browne

Mr. Browne provided an overview of the topic from the last HLM meeting and we discussed components of the built environment that would get folks out walking and biking in the community. Mr. Browne mentioned being very excited that a Texas Parks and Wildlife bill passed with which to restore funding through the sporting goods tax; funding which can be used towards sidewalks, parks, etc. He also mentioned having had a meeting with city leaders about Tax Increment Reinvestment Zones (TIRZ) and how they

are trying to figure out how to tailor improvements that need to be made and make funding available for these improvements.

- *Dr. Patricia Cummings*, Program Manager, Built Environment & Health Impact Assessment Unit, Harris County Public Health & Environmental Services (HCPHES)

Dr. Cummings provided a brief description of the new Built Environment Unit. This unit uses Health Impact Assessments (HIA) as a tool, and epidemiology methods to make sure they are gauging health

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“We wanted to take a step back so that health is a consideration in all planning processes.”

– Dr. Patricia Cummings

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impacts of the community. They are engaging a broad range of stakeholders and HLM has helped them make these connections within their target communities. They are leveraging opportunities and working to educate and inform decision makers around built environment decisions. Dr. Cummings provided an overview of the six Health Impact Assessments that have been done in Texas and the ones they are working on in East Aldine – working

on safe access to areas for physical activity/recreation, and the city of Pasadena – working on ordinances specific to the built environment.

### ***HLM-Pasadena and the Harris County BUILD Partnership:***

- *Katie Chennisi*, Public Health Analyst, Harris County Public Health & Environmental Services (HCPHES)
- Ms. Chennisi discussed how at the last HLM meeting we provided an overview of the BUILD Health Challenge grant and how we were waiting to hear about the funding decision. She informed attendees that we were awarded the grant, in partnership with Houston Food Bank and MD Anderson Cancer Center, and proceeded to show a video developed by the City of Pasadena which describes some of the ways the funding will be used to support the new food system in north Pasadena. To access the video, [click here](#).

### ***Near Northside Updates:***

- *Randall Ellis*, Coordinator, GO Health, Avenue CDC

Mr. Ellis described the nature of his work in community housing and community engagement, connecting people in the community to form stronger communities. He described one of the projects completed in 2014 in partnership with HLM, a Spark Park with walking trail at Ketelsen Elementary. He mentioned that community groups went out and surveyed/assessed the community to see what the needs were as it relates to health and through assessment findings they discovered that they needed a safe space to play. He also mentioned that through their GO Health initiative they are connecting folks in Near Northside/Northside on health issues and invited attendees to contact him should they want more information about this initiative.

## **HLM & Member Updates**

### ***Rocaille Roberts, HLM Director***

Ms. Roberts provided an update on the evolution of HLM, informing attendees that we have submitted a grant to the Houston Endowment for implementation to be covered for the next 3 years and a decision will be made in September to be announced at the next collaborative meeting. She also mentioned that the BUILD Health Challenge grant has helped to bolster our work in Pasadena. On a final note, Ms. Roberts introduced Gwen Sims and her staff with the Nutrition and Chronic Disease Division, who will help lead the HLM initiative

going forward. She mentioned that Ms. Sims will serve and help to support the Executive Committee in this role.

## Community Updates

- Texas Parks and Wildlife will be hosting a grant writing and public speaking meeting on August 18<sup>th</sup> at 9:00 AM at Sheldon Lake State Park, located at 14200 Garret Rd., Houston, TX 77044
- Shape Up Houston will be hosting a Mayoral Candidate Forum on Health on September 17<sup>th</sup> from 7:00 AM – 9:00 AM at the BioScience Research Collaborative, First Floor Auditorium, located at 6500 Main St, Houston, TX 77030. All were invited to submit questions they'd like to be asked to the candidates.

## Closing & Adjourn

*Dr. Ann Smith Barnes, HLM Executive Committee Chair*

Dr. Barnes closed the meeting by continuing a thread of a story she started a few meetings ago, as part of a challenge where she asked the group what they have been doing to make their environments easier for people to be healthy. Dr. Barnes had been bringing in fruit to work as a way to compete with the candy bowl across the hall and after seeing how the initiative grew and a conversation with her CEO, it has now become institutionalized and an expense that the organization has taken up.

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"I encourage you to think of a small thing you can do to begin to help the people around you make healthy choices. Do that small thing and you'll be surprised at how it grows."

– Dr. Ann Smith Barnes

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As a final thought, Dr. Barnes encouraged us all to live healthy lives, encourage others to live healthy lives, learn about HLM and stay tuned for information about our next collaborative meeting (October, 2015).