



Partnering with Your Public Library for a Healthier Kansas

How the Library and Public Health
Can Work Together



Breakout Session

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Essential Public Health Services

National Public Health Performance Standards

3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships and act to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
8. Assure competent public and personal health care workforce.



Essential Public Library Services

- Inform, educate and empower people.
- Partner with community stakeholders to identify and reach underserved populations.
- Develop strategic initiatives that support individuals and communities.



Partnering to Improve Health Literacy

Nothing – not age, income, employment status, educational level, and racial or ethnic group – affects health status more the literacy skills.

Partnership for Clear Health Communication
at the National Patient Safety Foundation
Ask Me 3 campaign

www.npsf.org/askme3



How the library can help improve your community's health literacy.

- Free access to information
- Free Internet
- Computer Classes
- Adult Literacy Classes
- Early Childhood Literacy Programs
- Consumer Health Resources



Small Steps

- Sign up for a library card.
- Introduce yourself.
- Familiarize yourself with the library's programming schedule.
- Know your library's basic policies and procedures.



Collaboration is Easy

- Meeting Space
- Displays
- Collections
- Programming
- Community Outreach



Meeting Space

- Small Steps
 - Schedule your next meeting at the library.
- Collaborate
 - Conduct a wellness screening at the library.



Displays

- Small Steps

- Community Information Board

- Ask to post Public Health information

- Collaborate

- Themed Displays

- Google “National Health Observances” for ideas from www.healthfinder.gov



Collections

- Small Steps

- Refer your clients to the library for consumer health information.

- Collaborate

- Work with your librarian to develop the consumer health collection.



Programming

- Get Started

- Children's Storytime Guest Reader
- Book Discussion - suggest a selection that generates discussion on health literacy or health issues.



Programming (Cont.)

- Collaborate
 - Be a presenter.
 - Facilitate a community issues forum at the library.
 - Contribute prizes to Summer Reading Club – toothbrushes, hand sanitizer, etc.
 - Invite librarian to talk about early childhood literacy with parents.



Programming Ideas

- Adult Programming

- Workshop Topics

- Nutrition, Diabetes, Geriatric Wellness, Cholesterol, Personal Hygiene, Hypertension.

- Children's Programming

- Participate in health themed storytimes on nutrition, personal hygiene, exercise.



Community Outreach

- Form a community coalition with vested members of the community to improve health literacy.
- Have a clear sense of what you hope to accomplish, i.e. reducing childhood obesity, addressing underage drinking, reaching out to a new service population.



Stakeholders in Public Health

- Library
- Schools
- Social Service Agencies
- Community Centers/YMCA
- Literacy Tutors (GED, ESL)
- Nonprofits
- Faith Based Agencies
- Area businesses



Conclusion

Collaborating with your local public library can result in a Healthier Kansas. Small steps toward improving health literacy can result in big changes!



Resources to Generate Ideas

- *Prevention for a Healthier America: Investments in Disease Prevention Yield Significant Savings, Stronger Communities.* Report released by Trust for America's Health. Complete report located at www.healthyamericans.org.



Resources cont.

- CDC's Guide to Community Preventive Services
www.thecommunityguide.org
- National Association of Counties Healthy Counties Database of Community Programs www.naco.org
- YMCA of the USA's Pioneering Healthier Communities
www.ymca.net/activateamerica



Suggested Titles for Bookgroup

- *Chasing Daylight: How My Forthcoming Death Transformed My Life* by Eugene O'Kelly. After being diagnosed with a fatal brain tumor, O'Kelly must learn to live life in the moment.
- *Without a Net: Middle Class and Homeless (With Kids) in America* by Michelle Kennedy (2005) With three kids in tow, Kennedy finds procuring employment and affordable housing challenging.
- *How Doctors Think* by Jerome E. Groopman. Groopman explores the ways doctors make their diagnoses and offers tips for communicating effectively with yours.
- *An American Plague: the True and Terrifying Story of the Yellow Fever Epidemic of 1793* by Jim Murphy. Murphy brilliantly weaves facts, period newspapers and art reproduction with solid research into fascinating stories of this terrifying crisis.



Bookgroup Titles Continued..

- *Beautiful Boy: a Father's Journey Through His Son's Addiction* by David Sheff. As a journalist, Sheff is well educated in describing the horrors of addiction, for his son and those who love him.
- *Cancer Vixen: a True Story* by Marisa Acocella Marchetto (2006) Told in pictures, this is the story of how Marchetto's friends and family helped her cope with a frightening diagnosis.
- *Three Quarters, Two Dimes and a Nickel: a Memoir of Becoming Whole* by Steve Fiffer (1999) At seventeen, Fiffer suffered an paralyzing wrestling injury. He walks again, despite the diagnosis that he never would.
- *Born on a Blue Day: Inside the Extraordinary Mind of an Autistic Savant: a Memoir* by Daniel Tammet. Despite his synesthesia and autism, Tammet enjoys great success both personally and professionally.



Bookgroup Titles Continued.

- *The Tortilla Curtain* by Boyle T. Coraghessan (1995) When a wealthy southern Californian hits and illegal immigrant with his car an unfortunate series of events is set in motion.
- *The Speed of Dark* by Elizabeth Moon (2003) Lou Arrendale has found a perfect work/personal life balance, despite his autism. When the company he works for offers an experimental surgery that will “fix” him, Lou has a tough decision to make.
- *My Sisters Keeper* by Jodi Picoult (2005) Anna sues her parents for medical emancipation in order to stop increasingly invasive surgeries.
- *Critical Conditions* by Stephen Walsh White (1998) The sister of a critically ill child, who insurance policy won't cover the experimental treatment offering her only hope, is suspected of murdering the head of the insurance company.
- *Frameshift* by Robert J. Sawyer (1997) Pierre Tardivel, a French Canadian geneticist, who works on identifying junk DNA for the Human Genome Project gets caught up in illegal activities involving insurance companies.