



Creating Equitable Systems Change in Rural Community Settings

*Concepts and Examples for Advancing Equity for
Safe Physical Activity, Nutrition Security, and Social Connectedness*

Sept 15, 2021

Summary of Resources Shared during the Webinar

General:

- Rural Health Information Hub (RHIfhub) – the “one-stop-shop” for all things rural health
<https://www.ruralhealthinfo.org/>
- State rural health associations (covering 44 states) <https://www.ruralhealthweb.org/programs/state-rural-health-associations>
- National Organization of State Offices of Rural Health (NOSORH) (all 50 states) - <https://nosorh.org/>

Bright Spots:

<https://www.norc.org/Research/Projects/Pages/exploring-strategies-to-improve-health-and-equity-in-rural-communities.aspx>

<https://www.arc.gov/report/identifying-bright-spots-in-appalachian-health-statistical-analysis/>

<https://www.arc.gov/report/health-disparities-in-appalachia/>

<https://healthinappalachia.org/>

<https://www.arc.gov/report/identifying-bright-spots-in-appalachian-health-statistical-analysis-2/>

Field Guide - 12 COVID-19 Vaccination Strategies for Your Community

<https://www.cdc.gov/vaccines/covid-19/vaccinate-with-confidence/community.html>

Public Health Association Program

<https://www.cdc.gov/phap/>

<https://www.cdc.gov/phap/docs/PHAP-Host-Site-Benefits-508.pdf>

<https://www.cdc.gov/phap/docs/PHAP-associate-e-flyer.pdf>

Social Connectedness

Tyler was part of the co-authorship team for Socially Connected Communities report. See the case example of his Mat-Su project in Wasilla here - <https://healthyplacesbydesign.org/new-report-socially-connected-communities/>

Community Survey Link (shared by Tyler Heally)

https://unitedwaymatsu.org/wp-content/uploads/2021/07/Youth-360-Survey-Infographic_2020.png

ALProHealth Guidebook

<https://www.aces.edu/blog/topics/health/alprohealth-guidebook/>

Cooperative Extension – Search by State for key contacts

Contact your State SNAP-ED Program and Educators Contact

<https://snaped.fns.usda.gov/state-snap-ed-programs>

Speaker Bios

Philip Bors, MPH

As Technical Assistance Director at Healthy Places by Design, Phil Bors provides coaching, technical support, and consultation to local leaders, community partners, and state agencies across the country with a focus on health equity, community engagement, and systems change strategies. Phil also facilitates collaborative peer learning networks of local and state coordinators of health and equity initiatives. He provides consultation to organizations that fund, develop, implement, and evaluate community health interventions. Prior to his time with Healthy Places by Design, Phil was an evaluation coordinator for the North Carolina Department of Health and Human Services and received public health training at the UNC-Chapel Hill Gillings School of Global Public Health.

Dr. Diane Hall, PhD

Dr. Diane Hall is a senior scientist in CDC's Office of the Associate Director for Policy and Strategy (OADPS) and serves as CDC's rural health lead. In addition, she leads the office's work on translating science for policy use, policy research and analyses, and developing policy-relevant trainings. In her role as CDC's rural health lead, Diane has worked to develop key partnerships for CDC and has worked to build the capacity of CDC staff to address rurality in their work. Previously, Diane held several positions in CDC's Division of Violence Prevention. Diane earned her B.A. in Psychology from Hollins College and earned her MEd in psychological services and her PhD in school, community, and child clinical psychology from the University of Pennsylvania.

Tyler Healy

Tyler Healy is the director of Youth 360, a primary prevention effort in the Mat-Su Valley of Alaska designed to build social connections, decrease isolation and encourage healthy community norms around support for young people. Youth 360 is adapting the Icelandic Prevention Model to a semi-rural area of Alaska through youth programming, surveying and data collection, capacity building and more. Tyler enjoys a variety of outdoor activities in all seasons and spending time with his wife and two children.

Ruth Brock, MEd

Ruth W. Brock is an Extension Specialist with Alabama Extension at Auburn University. War Eagle! Ruth is the program manager for ALProHealth, Alabama's CDC High Obesity Program (HOP) grantee. ALProHealth works in 13 rural, Alabama counties to improve access to and affordability of healthy foods and places for physical activity. To accomplish this, Alabama Extension personnel facilitate development of local coalitions who complete needs assessments, develop action plans and implement sustainable policy, systems and environmental strategies.

Ruth has a passion for those living in rural communities and can relate to their everyday lives having grown up in Marion Junction, Alabama. Ruth holds a Masters of Education in Health Promotion and is pursuing a PhD in Adult Education. She has previously worked for the Alabama Department of Public Health.

Lori Phillips, MPH

Lori Phillips is the Director of the Division of Nutrition, Physical Activity, and Obesity Prevention at the SC Department of Health and Environmental Control. In this role, she and her team focus on convening key stakeholders, communicating data and best practices, and consulting with partners to improve systems that create environments to promote healthy eating and active living. She is a Master Certified Health Education Specialist with over 20 years of experience in community-based chronic disease prevention and education at local and state levels. Mrs. Phillips leads the SC BRIC State Planning Committee which provides oversight to the NACDD Building Resilient Inclusive Communities project in South Carolina. Mrs. Phillips received her Bachelor of Science degree from Clemson University in Health Science and her Master of Public Health degree in Health Policy and Administration from the University of North Carolina at Chapel Hill.