



# Suffolk Partnership

for a Healthy Community

**SUFFOLK: WE ARE ON THE MOVE!**

Obici Healthcare Foundation Diabetesity Forum  
March 11, 2011

by

**Karen Brower, Vice President**

# Suffolk Partnership for a Healthy Community

- ▶ **Founded in 1998.**
- ▶ **A 501(c)(3) organization.**
- ▶ **Board of Directors consists of Suffolk citizens representing organizations and corporation that share the Partnership's mission and vision.**



# Suffolk Partnership for a Healthy Community

## Mission

To coordinate the resources of our community in a collaborative effort to improve mental, physical socioeconomic, and spiritual health of all citizens

## Vision

A healthy community where all people will be inspired and enabled to make healthy lifestyle choices to use preventative health care and to access resources to live in a safe and wholesome environment.

## Values

The Partnership, as a mission driven organization, values:

Collaboration

Communication

Innovation

Each individual's assets (time, talent, treasures)

Self-accountability and integrity

**M. Caroline Martin, RN,  
MHA, President  
Retired Nurse and  
Healthcare Executive  
Karen S. Brower, RD, MPH,  
Vice-President  
Dietitian, PHD  
Sherry Hunt, Secretary  
Chief of Staff, City of Suffolk  
Col. J. B. Matthews –  
Treasurer  
Retired Salvation Army  
Officer  
Virginia Savage, Past  
President  
Director, Sentara Obici  
W. Ross Boone, Retired  
Educator  
Barbara Chapman, RN,  
Retired Nurse  
Trenten Bishop, Co-Owner,  
PTWorks/Fit Works  
Kay Cherry, RN, MPH,  
Assistant Professor, EVMS  
Rose Cooper, Licensed  
Ordained Minister**

**Rexford Cotton, Director, VA  
Cooperative Extension,  
Lakita Frazier, Director,  
Suffolk Parks & Rec Dept.  
Thomas Bennett, Chief,  
Suffolk Police Dept.  
Leonard Horton, Director,  
Suffolk DSS  
Katie Humphrey, RN,  
Coordinator, The Children's  
Center  
Clarissa McAdoo, Executive  
Director  
SRHA  
Anita Morris, Western  
Tidewater Community  
Services Board District  
Douglas Naismith, DBA,  
Retired Educator  
Mark Outlaw, Chief, Suffolk  
Fire Dept.  
Tom Powell, Creative  
Director, The Addison Group  
Amanda Powell, Manager,  
Wal-Mart  
Bobby Ralph, Former Mayor,  
City of Suffolk**

**Gloria Seitz, Corporate  
Communication, Sentara  
Healthcare  
John Skirven, CEO, Senior  
Services, SVA  
Gin Staylor, MS, Retired  
Educator  
Judy K. Stewart, PhD,  
President, Taylor Education  
Consulting, Inc.  
Phyllis Stoneburner, RN,  
MBA, Vice President, Patient  
Care Services, Sentara Obici  
Hospital  
Janice F. White, Supervisor,  
Suffolk Public Schools  
Nancy Welch, MD, Acting  
Director, Western Tidewater  
Health District  
Deran Whitney,  
Superintendent, Suffolk  
Public Schools**

# Suffolk Partnership for a Healthy Community

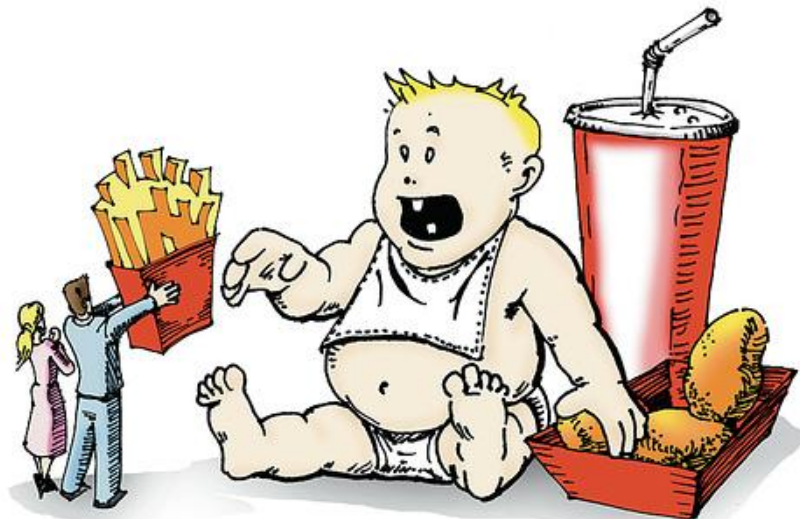
## A Record of Accomplishments

- ❖ Community Assessment (1999)
- ❖ Poly Pharmacy Program to Support Elderly
- ❖ Healthy Eating Task Force
- ❖ Western Tidewater Free Clinic (June 2007)
- ❖ Online Resource Directory
- ❖ MAPP Study
- ❖ Community Gardens
- ❖ Suffolk on the Move



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- ▶ In 2002 area pediatricians identified a need to reduce childhood obesity.
- ▶ The Healthy Eating and Fitness Task Force is created.
- ▶ Next four years—collaboration with community stakeholders in activities to educate Suffolk residents on healthy lifestyle choices.





# Suffolk Partnership for a Healthy Community

- ▶ September 2006—a community forum to solicit ideas on how Suffolk could support a more healthful lifestyle.
- ▶ 2007—OHF gave a grant to work jointly with the Health Department to investigate “Community-wide perception of barriers and potential solutions to making healthful lifestyle and choice”



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- ▶ Conducted interviews with 15 area businesses to understand active living opportunities available to their employees.
- ▶ Conducted 26 focus groups—middle school, working and stay-at-home parents, disabled and senior citizens
- ▶ Findings of this investigation resulted in the “Suffolk on the Move” action plan.





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## “Suffolk on the Move”

Is an initiative to:

- ❖ Create a greater awareness of a broader definition of “Active Living”
- ❖ Include all activity that requires additional movement.
- ❖ Educate community members regarding personal and community health benefits of an “active” lifestyle.



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## “Suffolk on the Move”

- ▶ Held a kickoff event on June 26th in partnership with City of Suffolk and Parks & Rec.
- ▶ Hosted a 1 Mile Family fun walk and run and a 5k walk and run event.
- ▶ Attracted 570 participants including families and people with all levels of readiness.



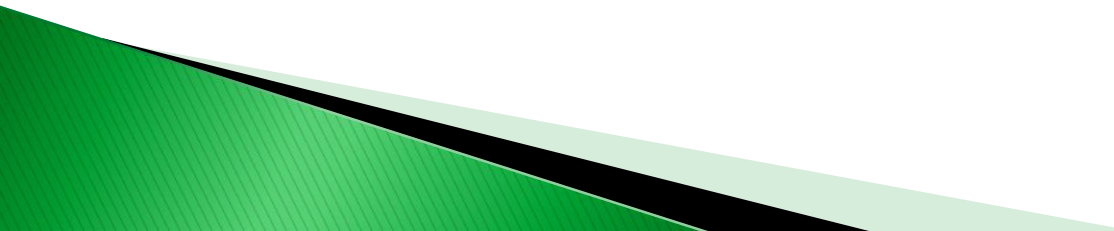
**Sponsored by: TownBank, Sysco  
Hilton Garden Inn, Amici's, Harris Teeter,  
PTWorks, Subway, Wal-Mart and  
many more businesses!!**

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- ▶ Hosted Wii Bowling Championship and yoga classes for seniors and people with disability.
  - ▶ Conducting smoking cessation classes.
  - ▶ Hosting Bike fun & Safety Day on April 30<sup>th</sup>.
  - ▶ Family Bike race in mid-May.
  - ▶ Second annual Family fun Walk & Run on June 11<sup>th</sup>.
  - ▶ Family fun Walk and Run at Peanut Fest in Oct.
  - ▶ Healthy Living art competition.
  - ▶ And many more activities throughout the year...
- 

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## “Suffolk on the Move”

- ▶ Active living is a theme woven in all programs promoted by the Partnership.
- ▶ Our community and learning gardens engages and educates Suffolk residents on the benefits of healthy eating and active living.
- ▶ With the help of a grant from the VA Foundation for Healthy Youth, we are launching a multi-media/social networking campaign to combat youth obesity.
- ▶ Preparing to launch a multi-year Positive lifestyle Commitment Program (PLCP).



# Suffolk Partnership for a Healthy Community

## “Suffolk on the Move”

### Community Goals

- ▶ Host additional run and walk events to promote physical fitness
  - Partnering with city agencies, civic organizations, schools and churches
- ▶ Promote accessible pathways, walking trails and safe bike paths information on our website.
- ▶ Working with various stakeholders to create hiking, biking, blue-water, multi-purpose recreation trails to make the best use of Suffolk's natural resources– vast rural/urban land, Nansemond River etc...
- ▶ Create an online resource of local facilities and activities that provide opportunity for increased physical activity.



# Suffolk Partnership for a Healthy Community

## “Suffolk on the Move”

### Community Goals

- Continue to initiate and support community-based activities
  - Focus on increasing physical activity through established evidenced based programs.
- Continue to promote intergenerational activities
  - Bring grandparents, parents and children together... outdoors.



# Suffolk Partnership for a Healthy Community

## Ways to help:

- ▶ Make a tax deductible financial contribution.
- ▶ Make an in-kind contribution.
- ▶ Sponsor one of our events.
- ▶ Join us as a Friend of the Partnership.
- ▶ Spread the word and ask you family, friends and neighbors to join us too.

Join us to help make Suffolk one of the healthiest communities to live in the nation!!



# Suffolk Partnership for a Healthy Community



Questions/Comments??

Contact us @

Suffolk Partnership for a Healthy Community

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[www.suffolkpartnership.org](http://www.suffolkpartnership.org)