

PENN STATE REACH PROJECT 2023





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Posters
Digital Media



Jennifer L. Kraschnewski, MD, MPH

Professor of Medicine and Public Health Sciences, Penn State

I've had the honor to see our REACH team engaged in so many different activities – from working with community partners to support innovative farm-to-WIC programs to enhance healthy nutrition, to collaborating with our local leaders in designing new spaces for active living, to ensuring people can receive effective, evidence-based programming like the Diabetes Prevention Program, and supporting life-saving initiatives like COVID-19 testing and vaccination, this REACH Team has helped so many in our Central Pennsylvania communities!



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William Calo, PhD, JD, MPH

Assistant Professor of Public Health Sciences, Penn State

I want to promote the uptake of culturally-relevant interventions in community settings, with the aim of improving healthy eating, physical activity and diabetes prevention in central Pennsylvania. Working with local partners, I want to examine how these interventions work, for whom and under what circumstances.

I am a Latino health services researcher with the goal of designing and implementing culturally-relevant interventions to improve community health among diverse populations in central Pennsylvania. I have over 10 years of experience working with minority groups and community and healthcare organizations on several projects related to chronic disease prevention and health policy.



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Betsy Aumiller, MEd, DEd

Assistant Professor, Department of Public Health Sciences, Penn State

I am excited to be involved in the REACH initiative as the project evaluator! We have interesting projects underway to address improved physical activity, healthy nutrition and connections between communities and clinical care in Lebanon and Berks counties. We are eager to see the outcomes for these communities!



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Paula Henao, MD, MPH

Assistant Professor, Department of Medicine, Penn State

As a physician and proud REACH member, I work on education dissemination through several venues including lectures, radio programing in Spanish and Facebook live interviews. I work as the Chief Medical Officer of the organization Latino Connection to expand their medical mission and ensure accuracy of medical information. I work on REACH related research projects to advance our understanding of the impact of the REACH team in our surrounding community.

At a flu clinic a few years ago, we had several Spanish translators. Many patients reached out to me afterwards and were extremely grateful of feeling comfortable in that medical setting. I noticed at that time, that small efforts can have a very meaningful impact in the community.



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Andrea Murray, MPH

Penn State REACH Project Director

As the Project Director of REACH I create collaborative partnerships focused on improving health outcomes at a community level in Lebanon and Reading, Pennsylvania. By building a project infrastructure and workflow with the help of community members and community organizations, locally tailored practice- and evidence-based strategies related to nutrition, physical activity, and community-clinical linkages are tailored to reflect the needs of these specific communities.



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Laurie Crawford

Penn State REACH Project Manager

My background in Parks and Recreation gave me experience in working with green spaces, parks, outdoor recreation and physical activity. I have experience in nutrition through education in school, school gardens and community gardens.

I have enjoyed learning more about public health, vulnerable populations and developing strategies to improve these challenges. What I enjoy most is learning from my team members, they have enriched my life.

I enjoy watching the REACH supported projects come to life. The new parks in Lebanon, the Walk with a Doc in Berks and the Lebanon Bicycle Recycle have lasting impact and uplift our community. It is amazing to witness and be part of the process.



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Madeline Bermúdez

Community Health Worker, Penn State REACH Lebanon County

My biggest reward as a CCHW is having the opportunity to assist our communities with barriers in combating chronic disease by assisting them with health literacy, literacy, serving as an interpreter, giving community members accessibility to customized health programs, access to food resources, providing resources for whatever barriers they're facing and providing Covid-19 and Flu literacy and vaccines. There is nothing more gratifying then to see and hearing from a community member expressing their gratitude for the impact that the REACH Project made in their lives.



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Evelyn Marin, MPH

Project Coordinator, Penn State REACH

Before becoming a project coordinator, I worked as an intern with the REACH team for a year. During this time, I was completing my Master of Public Health. As an intern I assisted with food and nutrition programs and helped at COVID-19 and Flu vaccination and testing sites.

I have most enjoyed learning about community partnerships and how they contribute to program development and success to improve health outcomes among our priority populations. I also enjoy being able to serve these communities either through translating and assisting at COVID-19 vaccination sites or through other community events.

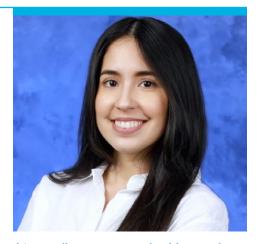


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Darilyn Rivera

Project Coordinator, Penn State REACH

I enjoy a lot creating surveys in REDCap and then analyzing the data. But what I enjoy most is when we go out to help our partners in vaccination events with the community. Being with the Hispanic/Latino population and helping them with translation makes them feel comfortable outside of their native country. Helping our communities nourishes me and makes me feel like an important piece in this society. Being in the vaccination events for the community helping with translation makes me feel valuable for our team, for our society. It also makes me reflect about the need for bilingual/multilingual professionals in the different areas.



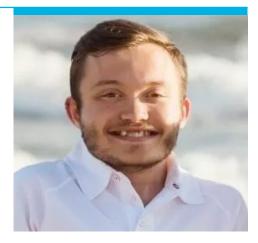
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Sunderland Baker

Research Project Coordinator, Penn State REACH

Last year, I was a community health intern with Penn State Health/Safe Kids Dauphin County emphasizing pediatric bicycle and pedestrian safety education among local police departments. I am beyond thrilled to be a part of the REACH team, as I can borrow from past experience and endeavor myself in initiatives that I am passionate about, such as corner store nutrition access, COVID-19 vaccination efforts and education, and geospatial data visualization/communication, all to better the holistic well-being of Hispanic/Latino families of Pennsylvania. I especially enjoy that we travel to the hearts of communities, such as YMCAs, community health clinics, and farmers' markets, to directly put forth health education and improve vaccination rates in these communities.



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Janelle Gomez

Project Coordinator, Penn State REACH

As a project coordinator for the REACH team, I enjoy being part of many different projects at once. Being bilingual, I really enjoy the ability to get involved in the community and bridge the gap between the languages. I love the opportunity to connect with people of all backgrounds and assist in their needs. With my Exercise Science background, I have passion and appreciation for implementing physical activity and promoting wellness to a community.

I assist with developing, designing, and coordinating our REDCap projects. In addition, I also engage with community members and coordinate projects with our partners.



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Lisa Weaver

Healthy Program Associate, Penn State REACH Berks County

I've been working in the community of Reading, PA for the past 6 years, predominately in the realm of social determinants of health.

During the height of the pandemic, our weekly farm stand was unable to operate indoors, so we pivoted and relocated outdoors in July 2020. We saw a drastic increase of customers each week, many of them expressing gratitude to our team for hosting the weekly farm stand, as it helps provide affordable healthy produce for their families—and in walking distance from their homes.



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Erika Mollo, MSCN

Project Coordinator

Before becoming a Project Coordinator for REACH, I worked for Americorps as a Nutrition Educator in Washington. As well as a Nutrition Educator for Feeding PA's Healthy Pantry Initiative. I enjoy being active in the community and learning about local food and health systems. Connecting these resources to community members that face social barriers, expanding and helping to create inclusive methods of bringing better nourishment and well being to those who need it.

I am passionate about holistic nutrition, health and sustainability practices. I am looking forward to developing and designing REDCap projects and providing accessible education in order to have equitable community outcomes.



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Tahj Morales

Project Coordinator

Due to the inequities amongst those living in my hometown, Reading, PA, I was driven to join the REACH project as a Project Coordinator, committing to advancing public health in minority communities. My role is predominantly through the Penn State Health St. Joseph's downtown campus in Reading, where I aim to apply scientific knowledge to solving practical problems. As a Project Coordinator, I have worked with community partners such as the Walk with a Doc program in Berks County and the Farmers' Market Nutrition Program, gaining a deeper understanding of barriers to food voucher utilization. I also had the privilege to work alongside the Berks County United Way, assessing the needs of those living in the Oakbrook Neighborhood related to REACH's strategies.



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administered by the Centers for Disease Control and Prevention (CDC) to reduce racial and ethnic health disparities. In 2018, Penn State College of Medicine was one of the recipients of the REACH awards to work with the communities of Lebanon and Berks counties.



SUCCESS STORIES

Diabetes Prevention Through an Equitable Lens

AT A GLANCE

DIABETES, a chronic medical condition characterized by high blood sugar levels, has become a global health concern in recent years. There are 96 million American adults who have prediabetes – that's 1 in 3 adults! Of those 96 million, more than 8 in 10 of them don't even know they have it. With the increasing number of individuals being diagnosed with diabetes, there is a growing need for effective prevention strategies. Diabetes prevention aims to reduce the risk of developing the disease by adopting healthy lifestyle habits and making informed choices. While diabetes prevention programs have proven to be effective in reducing the risk of developing the disease, they do have certain limitations.

Located in Fredericksburg, Pennsylvania, Bell and Evans is the oldest branded chicken company in the United States as well as one of the largest Hispanic and Latino employers in Lebanon County, PA. Working alongside Bell and Evans and Lebanon Family Health Services, the Penn State Racial and Ethnic Approaches to Community Health (REACH) team developed a program that provided the diabetes prevention program as well as fresh produce to fifty workers who screened at risk for prediabetes.

Public Health Challenge

populations face HISPANIC AND LATI several public health

challenges. This population faces higher rates of certain health conditions such as obesity, diabetes, cardiovascular diseases, and certain types of cancers. Although they face multiple health disparities, Hispanic and Latinos have limited access to healthcare.



Barriers including lack of insurance, language barriers, cultural differences, and immigration status concerns can lead to delayed or inadequate healthcare. Addressing these public health challenges requires a comprehensive

and culturally sensitive approach. It involves improving healthcare access, addressing socioeconomic disparities, increasing health education and literacy, and implementing culturally appropriate interventions. Although policymakers, healthcare providers, community organizations, and individuals must work together to promote equitable and inclusive healthcare for Hispanic and Latino populations, employees also have a significant role in the health of their employees as well. By taking an active role in the health of their employees, employers can create a more productive, supportive, and thriving workplace while fulfilling their legal and ethical responsibilities.

Program Description

WHEN PLANNING a prediabetes class, it's essential to consider

various factors to ensure the program is effective, engaging and meets the needs of the participants. The Diabetes Prevention Program (DPP) is a wellknown evidence-based lifestyle intervention program aimed at reducing the risk of type 2 diabetes in individuals who are at high risk for developing the condition. The program typically focuses on promoting healthy lifestyle changes, including dietary adjustments, increased physical activity, and weight loss. DPP programs can be offered in group sessions lasting 16 to 24 weeks, with frequent sessions during the initial phase and gradually tapering off as participants become more self-sufficient in managing their lifestyle changes. When providing a Diabetes Prevention Program









(DPP) class, there are several important considerations to ensure the program's effectiveness, participant engagement, and overall success. To implement a DPP program at Bell and Evans it was instrumental to assess the employee's readiness for change and their current level of knowledge about diabetes and healthy lifestyle habits. More importantly, it is important to tailor the program to meet the diverse needs, preferences, and cultural backgrounds of participants.

Taking into concertation shift work and an average of 45 minutes for commute time it was determined that providing an online DPP program to employees would best fit their lifestyles. The REACH program was able to connect Bell and Evans with Lebanon Family Health Services an organization in the City of Lebanon that has a long history of providing the DPP program to community members to introduce an online Diabetes Prevention Program called HALT (Health and Lifestyle Training). HALT is an online diabetes prevention program with 26 sessions that aims to teach individuals how to prevent or delay type 2 diabetes. Through this program, participants have access to sessions and lifestyle coaches through an application that is able to be downloaded through multiple platforms. HALT is also offered not only in English but in Spanish as well, which allows for more employees to be involved in the program.

Approach

IMPLEMENTING a successful health program involves careful planning, organization, and execution. After the assessment and needs analysis of the employees at Bell and Evans the partnering organizations set clear objectives for the DPP program. Defining clear and measurable objectives ensured that the group understood what we wanted to achieve in terms of health outcomes, behavior change, and knowledge acquisition. A comprehensive program plan was created that outlined the program's structure, components, timeline, and resources required. As resource allocation was discussed it was determined that providing an incentive to participants would be beneficial to foster patient engagement. The REACH project has been involved with other health-promoting programs such as STAMPEDE and VeggieRx that provide fresh fruits and vegetables as an incentive to the **programs.** Knowing that increasing fruit and vegetable intake and making the produce readily available to the employees

was beneficial to the objective of the DPP program as well as eliminating another step for the participants to obtain fresh locally grown produce. Partnering with Lansdale Farm located in Lebanon County a Community Supported Agriculture (CSA) box would be provided to participants of the HALT DPP program.

Partnering with the REACH project Bell and Evans assessed their employees using the National Diabetes Prevention Programs Prediabetes Risk Test. Flyers and table tents were created and placed throughout the company's lunch room and break areas. Bilingual staff then screened 160 employees for prediabetes. After screening it was determined that 54 employees were eligible and willing to start a DPP program.

Results

TER the initial screening day, 50 employees of Bell and Evans were enrolled in the HALT DPP program. Of those employees 42 were Hispanic and Latino and 8 were Non-Hispanic and Latino. The REACH program provided funding for 60 CSA boxes that were provided to the participants during the 11-week DPP HALT program. Providing equitable access to a DPP program is important for participants and employers. It is crucial to promote health equity, prevent diabetes, reduce healthcare costs, improve overall health, empower individuals, and achieve social and economic benefits. Working with Bell and Evans on this project has jumpstarted creating a healthier and more equitable workplace.

Find out if you're at risk of pre-diabetes with the CDC **Prediabetes Risk Test here:**

https://www.cdc.gov/prediabetes/pdf/ Prediabetes-Risk-Test-Final.pdf

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SUCCESS STORIES

An Internship of Helping Hands in Public Health

AT A GLANCE

THE PENN STATE REACH (Racial and Ethnic Approaches to Community Health) team leads projects that develop community sustainability and improve public health equity. It is known that better alignment between academic and public health practices and policies is critical in improving public health actions (Hamelin & Paradis, 2018). On the surface, the REACH intern program provided the REACH team with more "boots on the ground" and interns with hands-on experience and exposure to public health work. Below the surface, the intern program expanded and strengthened REACH's capabilities, developed interns' life skills, and contributed to building a strong public health workforce. It demonstrated how a brighter future can be achieved through the alignment of academic and public health practices.



the CDC published an article on the public health workforce shortage based on data collected from the Public Health Workforce Interests and Needs Survey (PH WINS), a nationally representative survey of individual state and local governmental public health agency workers. The survey highlighted challenges reporting that 51% of public health workers selected additional staff capacity as one of their needs in the workplace (Bork et al., 2022). With the public health

system facing immense pressure of the prolonged COVID-19 response, worsening national health, and increased stress and burnout, potential significant staff losses will further strain an overtasked workforce (Bork et al., 2022).



As the need for community health and public health workers increases, the opportunity to provide public health internship programs that offer mutually beneficial value to students and employers/organizations increases too. Internships provide

students with a **working knowledge** of the public health system and the context in which decisions and public health interventions are implemented. They are an opportunity for trainees to interact with knowledge-user partners and assess the gap between research and practice (Hamelin & Paradis, 2018). Internships and mentorships are perceived to be **important aspects of training and career development for researchers** (Hamelin & Paradis, 2018). The more opportunities presented to students to be engaged in public health, the higher the likelihood of their career interest in public health becomes.

Approach

IN SUMMER 2022 the REACH team worked alongside nine interns who came from diverse backgrounds and fields of interest. Most were master's in public health students, but some were high school students interested in public health. Because our REACH projects and partners are so diverse, interns were able to work with us on projects based on their interests, and



the REACH team was able to tailor each internship to provide rich, relevant experience and community engagement.







Results

INTERNS in the REACH intern program realized incredible accomplishments: they assisted with grant applications that resulted in grant awards, created newsletters, provided social media support, executed various data collections, created reports from data gathered and distributed them to REACH partners, drafted protocols for IRB submission, collaborated with stakeholders, developed surveys, molded interviews, composed curriculums through national education programs, assisted and lead community engagement and partner meetings, analyzed data, and provided translation and interpretation services.

The REACH team was grateful to work with a dynamic group of interns who expanded our work capacity and strengthened our programs. Through the academic experience, we were able to evaluate each of our programs for strengths and weaknesses, complete research, and provide great exposure to public health in a community setting for our interns. Based on the incredible success of the intern program, REACH will continue to offer internship opportunities for those whose passions are in community health. We encourage other organizations to provide internship opportunities to support their need for an expanded workforce and to share valuable, hands-on experience and mentorship with students.

For more information about internship opportunities through the REACH team please contact:

The Penn State College of Medicine REACH Team

Contact email: <u>REACH@pennstatehealth.psu.edu</u>

Facebook: facebook.com/ECPAREACH



References:

1 Bork, R. H., Robins, M., Schaffer, K., Leider, J. P., & Castrucci, B. C. (2022). Workplace Perceptions and Experiences Related to COVID-19 Response Efforts Among Public Health Workers — Public Health Workforce Interests and Needs Survey, United States, September 2021–January 2022. MMWR. Morbidity and Mortality Weekly Report, 71(29), 920–924.

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SUCCESS STORIES

Acting To Combat Hunger One Day At A Time In Lebanon, Pennsylvania

AT A GLANCE

FOOD INSECURITY IS A LACK OF ACCESS

to sufficient, nutritious, and safe foods that meet the needs for an active and healthy life (Department of Agriculture-Economic Research Service, 2022). Countless causes for food insecurity exist, including unemployment or low income, lack of access to healthcare, systemic racism, racial discrimination, poverty, and chronic health conditions (Feeding America, 2023b). In Pennsylvania, the number of people facing food insecurity was 1.54 million in 2021 (Pennsylvania Department of Agriculture, 2023). The most recent data from Feeding America reflects that 13,750 people in Lebanon County live with food insecurity (Feeding America, 2023a).

Public Health Challenge

LEBANON COUNTY CHRISTIAN MINISTRIES (LCCM), a faith-based organization that provides food, shelter,

clothing, and support for personal sustainability, has been working with the REACH program since 2022. REACH has helped LCCM enhance its vision to become more **expansive** and inclusive within its food programs: The Noon Meal Program that provides free hot food daily, a food pantry opens daily for walk-ins and appointments, and The Emergency Food Assistance Program that distributes food the first four Wednesdays of every month.

LCCM programs are **based on need rather than income.** Through interviews, LCCM determines clients' food needs and other services LCCM can help coordinate. Food distribution includes well-balanced and nutritional foods based on the household size. LCCM provides sweet treats for special occasions and toiletries such as toilet tissue, soap, toothpaste, toothbrushes, and shampoo are provided to their clients.

In 2022, LCCM chose to **shift its food pantry to a client choice model that allows clients to choose the products they receive.** With the help of LCCM's supportive staff and volunteers and the REACH team that collaborated in creative and versatile ways, LCCM has completed the shift to better support their clients and supply a healthier inventory of foods with economic and environmental benefits.





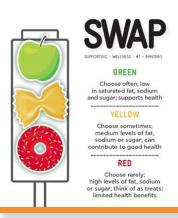
Approach

TOGETHER, the REACH team's program coordinator/nutritionist and

LCCM's nutrition program coordinator transitioned the pantry to client choice with a program plan. The plan included a pantry layout and model redesign based on the pantry size, storage space, and environmental resources that would be on display. The look of the pantry became that of a small grocery store with products arranged on shelves and in upright coolers from which clients can make choices. Hours of operation and quantities of food that could be chosen based on family size also changed. The partners used the **Supporting** Wellness at Pantries (SWAP) method to create the pantry's guide for food quality. LCCM used funding from the Central Pennsylvania Food Bank's Healthy Pantry Initiative grant for new shelving units, bushel baskets, and signage that enhances the look of abundance and grocery-store aesthetics.

Work with the choice pantry also impacted LCCM's other programs. Within the Noon Meal program, there is more meaningful interaction between staff, volunteers, and clients. The Noon Meal Coordinator is learning about clients who use the program and the foods they enjoy. To better serve the large Hispanic and Latino population of Lebanon County, LCCM will include **English and Spanish** signage in the pantry and staff bilingual volunteers. Soliciting feedback has helped staff better prepare nutritious and culturally relevant meals in a new layout, a

> restaurant style where volunteers visit tables to refill beverages and chat. They have also added a four-ingredient recipe wall where recipe cards are available to take.





Results

THE CLIENT **CHOICE FOOD PANTRY**

model is a critical part of a community's efforts to end hunger. A flexible structure allows the pantry to accept an array of products rather than the same limited items. LCCM has brought a sense of dignity and control to clients as they choose their own food and tailor the resources they receive to their own unique situation. At the same time, LCCM has **decreased waste** that occurs when people are given food they do not want, eliminated food items considered nonnutrient dense and processed, **reduced prep** work for

distribution, and saved money they can allocate to other needs. With a greater sense of dignity and understanding, LCCM continues to help people's overall sense of wellness and feeling of support by caring staff and volunteers.

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2023 / 2024

SUCCESS STORIES

Breastfeeding Is Welcome Here

AT A GLANCE

BREASTFEEDING IS THE BEST source of nutrition for most infants. New recommendations suggest that babies should exclusively breastfeed for the first six months of life and continue until two years of age. However, the average amount of birth-related leave U.S. employers give is 29 days. With over 74 million women (about twice the population of California) ages 16 and older working in the United States, women play a vital role in the workforce and in the financial support of their families. The Penn State REACH Team has partnered with the Pennsylvania Breastfeeding Coalition and the Lebanon Valley Chamber of Commerce to work closely with business owners in Lebanon County to learn more about how breastfeeding mothers are supported by business owners and what tools business owners need to support their breastfeeding employees and patrons.

Public Health Challenge

EQUITABLE ACCESS to express milk in a space that is readily available for pumping or feeding impacts the development of societal/community needs. Human milk provided by mothers is the optimal way to provide nutrients to infants. Beyond nutrients, it contains immune and stem cells, hormones, digestive enzymes, and macrophages that contribute to the development of the gastrointestinal tract, immune system, and brain of the infant (Bravi et al., 2021).



The US Dietary Guidelines for Americans released a 2020-2025 guide that recommends infants are exclusively breastfed for the first six months of life and continue to breastfeed while incorporating appropriate foods until 12 months or older (United States Department of Agriculture, 2020).

While breast-milk is essential to healthy growth in infants, breastfeeding is also beneficial to breastfeeding mothers. It can lead to decreased incidence of premenopausal breast cancer, ovarian cancer, retained gestational weight gain, type 2 diabetes, and metabolic syndrome (Stuebe, 2009). Breast milk saves health systems and taxpayers over \$1.6 million annually. According to Medela, breast milk reduces risks of four of the most common and costly childhood conditions in the first year of life. Reducing these costs benefits parents and their employers, as

Breastfeeding Coalition

those parents are often included in the category of highest per-care cost individuals for Medicaid and commercial insurance.





Success Stories: Year 5

At the same time, the act of breastfeeding is associated with **higher productivity and lower absenteeism** for breastfeeding employees. Employees of companies with lactation support programs have seen:

- **94.2%** retention rate (in comparison to the 59% national average).
- **Employees** whose companies provide breastfeeding support report improved morale, better satisfaction with their jobs, and higher productivity.
- According to Forbes Today, women with children are the fastest growing segment of the workforce.
- **55%** of women with children under the age of three are employed.
- Unfortunately, 43% of women leave the workforce within three months of childbirth.
- **72.2%** of shift-working mothers and **52.0%** non-shift workers stop breastfeeding when returning to work (Tsai, SY, 2022).

DATA ACQUISITION PROCESS FOR



Approach

THE PENNSYLVANIA BREASTFEEDING COALITION (PABC) is a non-profit established in 1992 to protect, promote,

and support breastfeeding as the cultural norm for infant feeding in the Commonwealth of Pennsylvania. With the PABC already working on a "Breastfeeding is Welcome Here" guide for employers, the REACH team partnered with the coalition to share the data collected in Lebanon County. The partnership, based on the desire to achieve one common

goal of providing a community where breastfeeding is welcomed through an effective policy and campaign, included several meetings with PARC and their

meetings with PABC and their partners the Pennsylvania
Department of Health and the

Breastfeeding

Welcome Here

First Food:
Community Collaboration
to Support Breastfeeding

www.pafirstfood.org

First Foods Program, a program of the Pennsylvania Chapter, American Academy of Pediatrics. The REACH team provided **translational services for the campaign** to expand its reach to the Hispanic/Latino community. From there, a pledge was drafted by the REACH team and approved by the PABC for **dissemination to Lebanon County employers.** The pledge provides recognition to organizations and employers that commit to supporting the breastfeeding support policy. Those who sign the pledge will receive an acknowledgment on the PABC website and a window cling that identifies them as a place where mothers can pump or breastfeed freely because of the organization's policies and breastfeeding supports.

Results

to this partnership, and the collaboration of additional representatives who have disseminated the guide, the PABC shared the "Breastfeeding is Welcome Here" with 25 attendees from across the state at an in-person Pennsylvania Breastfeeding Coalition meeting in April 2023. Moving forward, the guide will be housed on the PABC website as a direct source of the "Breastfeeding Is Welcome Here" campaign. The REACH team will continue to disseminate this guide to employers in Lebanon and Berks County and at Chamber of Commerce events. The team encourages employers and organizations to sign the pledge through in-person meetings to discuss the importance and value of this initiative. As coalitions across the state join to provide

supportive services for breastfeeding mothers, the REACH team and its partners are making a difference in the lives of breastfeeding mothers and their infants.



For more information about the Breastfeeding is Welcome Here Guide please contact:

Pennsylvania Breastfeeding Coalition

Email: <u>information@pabreastfeeding.org</u>
Website: <u>https://www.pabreastfeeding.org/</u>



THE PARTNERS Lebanon Family Health Services(LFHS)

- Lebanon Family Health Services
- Chestnut Street Community Center
- Area Agency on Aging

The program

FARMERS WARKET Nutrition Program (FMNP) is a program that provides

fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from Pennsylvania farmers' markets to WIC participants and eligible seniors. The benefits of this program here in Pennsylvania come with understanding the value of being able to provide fresh local produce to our community members while supporting our local agricultural economy.

REACH Team in Action

THE REACH TEAM surveyed 100 WIC participants through Lebanon Family Health Services. In our partnership with LFHS,

we've implemented a weekly "grab bag" program by building a partnership with a local farmer so participants could easily and conveniently redeem their vouchers. The grab bags offer a variety of FMNP-approved produce for \$4 and \$6 grab bags at the WIC Office at Lebanon Family Health Services. Each grab bag includes healthy recipes that included the produce sold at LFHS for participants.

The Impact

Published Manuscript in Sage Journals:

Implementing Locally Tailored Strategies to Promote Redemption of Farmers' Market Nutrition Program

Vouchers Among WIC Participants in Central Pennsylvania https://journals.sagepub.com/doi/full/10.1177/15248399221112453

From the journal "In conclusion, our work demonstrates the value of community—academic partnerships to identify and implement feasible strategies that are responsive to local needs and promote existing programs supporting greater access to affordable produce. Innovative approaches like the Farm-to-WIC initiative may present important opportunities to improve healthful nutrition for priority populations and support local farmers sell their produce. Our work shows the resilience and creativity of our community partners to implement chronic disease prevention strategies despite the many challenges posed by the pandemic as well as the need to nurture and sustain the infrastructure that is essential to advance public health " (Lavinghouze et al., 2014).







Mobile Kitchen

THE PARTNERS

The American Heart Association (AHA)

- The Community Health Council
- Wellspan Health
- The Lebanon Valley Tennis Association



The program

MOBILE KITCHEN

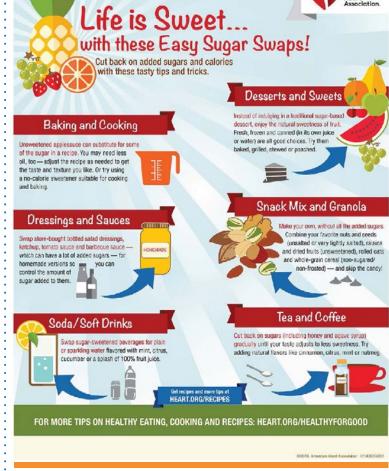
is a partnership to help educate the community on ways to improve your diet through smart swaps and healthy nutritional changes. Volunteers traveled to community events with demonstrations, tips and resources for improving nutrition.

REACH Team in Action

THE REACH TEAM attended community

events like Latino Health Fair, Farm to Table, First Fridays, SummerFest, LebVal Tennis Camp, Healthy Kids Day

providing cooking lessons in Spanish and English and bilingual recipes and resources. The REACH team designed and supported an evaluation process to ensure that the Mobile Kitchen was providing relevant programming and recipes.





12 EVENTS

with over 3,000 individuals participated in our mobile kitchen interventions. Community members were able to be engaged in the nutritional swaps at events the REACH team attended.









Veggie Rx

THE PARTNERS

Union Community Care

- Penn State Health
- Penn State Health St. Joseph
- BrothersFoodmax

The Program

A FUNCTIONAL approach to addressing chronic and diet-related illness, The Veggie Rx Program (fruit and vegetable prescription program) allows healthcare providers to prescribe an educational program that focuses on nutrition, healthy eating, and physical activity. These patients participate in classes designed and led by a dietician. They receive vouchers during their sessions that can be redeemed at participating Farmer's Markets and grocery stores to purchase fruits and vegetables.

REACH Team in Action

THE REACH PROJECT provides an evaluation of their Veggie

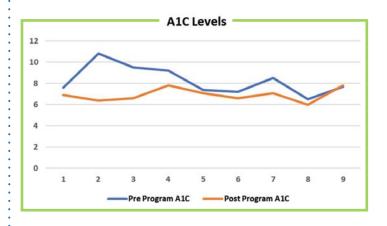
Rx program at UCC in Lancaster, Lebanon and Penn State St. Josephs in Berks County. Our partners identified, recruited, and



administered the Veggie Rx program to eligible and interested patients at their facility. The REACH team conducted the evaluation of the program with a pre/post program survey and pre/post class surveys during the Veggie Rx programs. We established relationships with vendors and completed a report to the partner to improve success in the program.

The Impact

A1C LEVELS, AND WEIGHT LOSS WENT DOWN



WHEN PARTICIPANTS receive the vouchers

class, they can redeem them at local grocery stores and farmer's markets. Brothers Supermax has been a partner for the program in Lebanon and Lancaster for the past two years, serving as a store close to the class sites, providing a large selection of cultural fresh vegetables and fruits, and accommodating hours for participants. Local farmers markets like Hornings Produce and Barrs Produce offer fresh and local options to redeem the vouchers. Sites are chosen based on their proximity to the class to assist with transportation challenges, sites that already accept Farmers Market Nutrition vouchers for layering of services, and sites with a large selection to meet the food interests of the participants.











Lebanon County Christian Ministries

THE PARTNERS

Lebanon County Christian Ministries (LCCM)

Central PA Food Bank

REACH Team in Action

THE REACH TEAM

- Prepared a training session with educational materials to help train staff and volunteers about the transition and what to expect.
- Created a monthly Excel sheet of the distributed foods taken by individual clients in order to get quantitative data showing how much of each category of SWAP-related food group items clients are taking the most of.
- LCCM staff and volunteers make the effort to have consistent interactions and meaningful encounters with the clients they serve within all programs they provide. It has made the transition more fruitful and triumphant. LCCM is open to feedback and making an effort to constantly improve. They've created recipe walls, a restaurant atmosphere for socialization in the Noon Meal Program, and so much more. Giving clients a better sense of dignity and control in making choices within these areas of their life.

The Impact

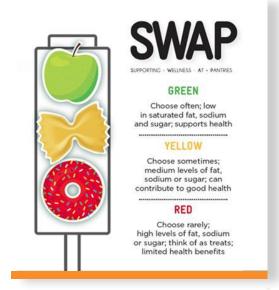
THE STYLE of the pantry changed to a small grocery store, with products arranged on shelves and in refrigerators/ freezers, from which clients can fill boxes or bags. Since the change, clients feel more autonomous over their food choices and less of LCCM has reduced food waste, eliminated many food items considered non-nutrient dense and processed, and saved money, allocating resources to other needs.

For 2023 LCCM has served within the last 6 months:

- Pantry: 1134
- Households TEFAP: 2823 HOUSEHOLDS

The Program

THE MAJOR approaches were redesigning the layout and model of the client-choice pantry based on the size of the pantry, storage space, and environmental resources that would be displayed Switch the food quantity size for each household that comes in.













THE PARTNERS

Penn State Health St. Joseph and Family First Health

to provide exercise including health relayed educational sessions

The Program

THE PURPOSE of this study is to assess the impact of participation in a community-based walking program. The evaluation helped better understand how physical activity through a discussion by a Physician would impact the perception of each participant and if it increased their physical activity levels.

REACH Team in Action

READING, PA Penn State Health St. Joseph Medical Center partnered with REACH to provide medical students the ability to have one on one interaction with the community through the Walk with the Doc Program. REACH provided bilingual services and program evaluation to understand the effectiveness and retention of the program.

LEBANON, PA REACH was able to continue the program with our Lebanon partner, Family First Health. Under the leadership of a doctor at FFH, the program was started in 2023. The REACH team provided bilingual advertising and materials and provided evaluation materials for the program.

The Impact

BASED ON the evaluation report created by the REACH team, the participants of the program really enjoyed returning and learning more about their health. 87.5% of the participants stated that they joined the program to maintain/improve health.

Love Hanging out with new & old friends,

Can't Wait till the Next one

"Love the communication and the time with the doctor and staff"

This is a very good program lets add skipping rope for health.

A very pleasant experience we share and get to know each other is the advantage of this exercise and we learn the talks













THE PARTNERS

The Lebanon Valley Bicycle Coaltion



The Program

THE LEBANON BICYCLE RECYCLE (LBR)

is a project with the Lebanon Valley Bicycle Coalition. LBR accepts donated bikes, repairs them with trained mechanics and gives them back to community members. The goal is to provide transportation, lifelong love of cycling, increase physical activity and reduce obesity in the County.





80%

of participants selected "PHYSICAL ACTIVITY/EXERCISE" as their reason for wanting a bike from the program.

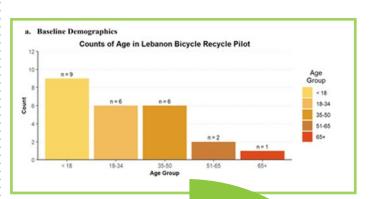
REACH Team in Action

THE REACH team supported this program with funding for the program and evaluation of its effectiveness on the community. The evaluation was executed in English and Spanish and shows an increase in physical activity and help them better access everyday destinations.

The Impact

IN 18 MONTHS,

500 bikes have been donated,300 repaired and given away and over3500 volunteer hours given.



85%

of respondents were still using their bikeat follow-up.

This change in commuting method allows people to reach the true minutes of physical activity a day.

LBR

activity, provide transportation and teach individuals to make activity a daily habit.

83%

said that receiving a bike increased their physical activity.



Trail Counters for Data Collection

THE PARTNERS

Berks Nature and the Lebanon Valley Rail Trail

to implement ways to connect safe and accessible places for physical activity.



The Program

THE TRAIL COUNTERS

were used to collect data on trail usage for

family centered activities and if trails and access to corridors can improve health outcomes with better access to trails. The trail counters track pedestrian and bicycle counts and collect data about the direction of travel in and out of the City.

REACH Team in Action

TRAIL COUNTERS were installed at over 15 locations across Berks an

Lebanon County. The REACH team helped install counters, track progress and support transportation meetings to advance the work of Berks Nature and the Lebanon Valley Rail Trail.

REACH helped promote Berks Nature trails through Facebook, Instagram, billboards, bus ads, digital screens, and rack cards.

The Impact

BASED ON the data collected, it has shown that the use of the trails is highest during the summer times vs the winter time. It also shows how during the weekends, vs weekdays, there is more use of the trails as shown in the graphs below. With this data, REACH was able to show the highest use of the counters to support any future connections to other trails. This data was used in grant applications by our partners.













The Program

WALK WORKS is an initiative between the Pennsylvania Department of Health and the Pennsylvania Downtown Center that supports the development and adoption of active transportation plans or related policies. Its mission is to increase access and opportunities for physical activities, such as walking, biking, wheeling, and using public transit. Under the leadership of the Community Health Council, Walk Works was affiliated in 2021.

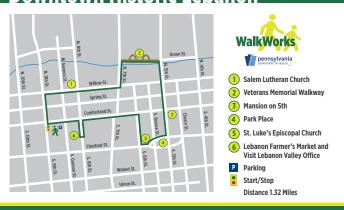
REACH Team in Action

THE REACH TEAM participated is assessments with Penn Dot in determining the Walk Works Trail in Lebanon. Participated in meetings to develop the route and hosted events to promote the route.

The Impact

the need for trails and pedestrian corridors through the Community Health Needs Assessment. With the Physical Activity Task Force, we continue to support programming along the Walk Works path and create opportunities to expand and link the corridor to other resources like parks, trails and everyday destinations.

Downtown Historic Lebanon Route



Steps to a Healthier You

pawalkworks.com

Downtown Historic Lebanon Route

- Salem Lutheran Church This Victorian Gothic style church was built in 1796. The red sandstone building to the north was built in 1898 to accommodate the growing congregation. Both the original church and the Chapel are on the Historic Register. The bell that hangs from the tower was cast in England and was rung to celebrate Independence from Great Britain.
- Veterans Memorial Walkway This lovely downtown path includes the Born Learning Trail and pollinator gardens. The Trail is a series of 10 interactive signs that offer fun, active learning activities for young orbiden and their families. The native plant pollinator gardens encourage birds and insects to the area to increase biodiversity and improve air, water and soil resources.
- Mansion on 5th This Victorian-Second Empire home, built in 1860, has a mansard roof, bay windows and gingerbread trim Purchased from the builder's heirs in 1923, it is still in use today and may be rented by members of
- Park Place The grassy median area you see in front of you is called Park Place. It was designed in the style of the famous Park Place in New York City. In the early 1900s, many prominent residents of the City had homes in the area. Park Place was later the location of the Good Samaritien Street Fair.
- St. Luke's Episcopal Church Built through the generosity of the Coleman family, this is another example of the Victorian Gothic Movement. It has all the elements of European Gothic facades including the Rose Window, deep splayed entrances, twin towers, the use of two colors – sandstone and limestone, both quarried in Lebanon. The interior carvings and the gargoyles were done by Italian masons. There are eight gargoyles on this building. Can you spot all of them?
- Lebanon Farmer's Market and Visit Lebanon Valley Office Originally, this site was home to the Lebanon County Jail until it was destroyed by fire in the 1870's. It will forever be connected with the legend of the Blue Eyed Six. The 30,000 square foot building that currently occupies the site was built in 1892 and restored in 2006. The red sandstone facade inscription and figures were restored using a patented system. Today, the Farmer's Market is open Thursdays, Fridays and Saturdays and is home to Visit Lebanon Valley, the local Visitors' Center.

Steps to a Healthier You

pawalkworks.com









Reading Recreation Commission

THE PARTNERS

Community City of Reading -Reading School District

The Program

READING Recreation Commission offers resources and programming There are 8 City Parks serving a population of 88,275 people in an area of 10 square miles.

A Partnership Benefiting the Community City of Reading - Reading School District

REACH Team in Action

IN THE SUMMER OF 2022, interns evaluated park resources and completed interviews to gather data around the use of park amenities. These reports were provided to Reading



The Impact

to this collaboration the REACH team was able to make improvements to pickleball courts, soccer fields, basketball courts, and the gym floor in rec centers at over 4 locations across Reading.











Diabetes Prevention Program

THE PARTNERS

LFHS (Lebanon Family Health Services)

- Bell and Evans
- Landisdale Farms

The Program

THE REACH TEAM, LFHS, and Bell and Evans held several meetings to discuss the best outcome for the employees that started implementing the HALT program that follows the National Prevent T2 Diabetes Prevention Program Curriculum developed by the CDC (Centers for Disease Control and Prevention).



Bell&Evans



REACH Team in Action

THE REACH TEAM was able to create bilingual services as well as provide translated materials for the event to take place. Countless meetings followed after to ensure this program was executed in full effect; having appropriate and sufficient staff available for assistance, ensuring all employees were informed of the program on how and when to enroll, providing a schedule with dates, times, and location of where screen and enrollment would take place.

The Impact

the help of Lebanon Family Health Services bilingual staff as well as a Penn State intern who spoke Portuguese, the REACH team was able to assist Bell and Evans through screening and enrollment process for an online Diabetes Prevention Program. The team was able to enroll 50 participants, 42 Spanish and 8 English.

50 Participants Enrolled

- 2 Spanish
- 8 English









Park Improvements In Lebanon

THE PARTNERS

Lebanon County Planning

- City of Lebanon
- County of Lebanon
- Lebanon Valley Rail Trail
- Lebanon Valley Conservancy

The Program

THE WENGERT PARK is a new park along the 6A phase of the

Lebanon Valley Rail Trail. This park connects two sections of the 14 miles trail system and will feature a Traffic Safety Garden. This garden will be a mini-town with bike lanes so kids can practice their safe cycling and pedestrian skills. Groundbreaking held April 2023 with completion in 2024.







The Impact:

The uplift of two build environment projects that will impact the entire county.

REACH Team in Action

WORKING with local government partners, the REACH team offered design consultations, partner building, grant support and on-going reference to develop the resources within the park. In summer 2022, we worked with Masters in Public Health interns to complete park interviews and assessments to best support the work of this park.

The Program

LIBERTY Trail Park LTP is a new park beside the City Hall Building in a pedestrian alleyway. The park will feature greenway and stormwater practices, native plants, art, seating and improved lighting. It is a corridor to the downtown business district, two schools and next to City buildings.

REACH Team in Action

WORKING with local government partners, the REACH team served on the design committee supporting elements and designs that support the Hispanic/Latino community with access to corridors and culturally appropriate signage and art. Work will begin in 2023 with completion at the end of 2024.







Breastfeeding Is Welcome Here Campaign

THE PARTNERS

The Pennsylvania Breastfeeding Coalition (PABC)

Pennsylvania Chapter of the American Academy of Pediatrics (PA AAP)

First Food was established with the purpose of providing policy support in the workplace to mothers returning to work.

The Program

THE "BREASTFEEDING IS WELCOME HERE CAMPAIGN"

is a program to support breastfeeding mothers and ensure appropriate services are provided to them while returning to work or interacting in the community. To better understand the needs of the community.



REACH Team in Action

THE REACH TEAM interviewed employers, who were identified through the

Lebanon Valley Chamber of Commerce, to identify if there were breastfeeding policies in place that support breastfeeding mothers. Additionally, focus groups were conducted to hear first-hand the stories of breastfeeding mothers who returned to work while breastfeeding. Participants of the focus groups overall shared positive experiences when returning to work while breast feeding, however some did not and shared that their employers were not supportive and did not allow time, space, or storage for pumping breastmilk at work. Following the interviews and focus groups, it was determined there was a need for a comprehensive breastfeeding policy that could be shared with employers in Lebanon County to include in their businesses policy's.

interviewed employers, who

The Impact

THE REACH TEAM provided translational service for the guide to provide an provided translational services opportunity for greater expansion of the Hispanic/Latino community outreach. A pledge was drafted by the REACH team and approved by the PABC for dissemination to local employers of Lebanon County. This pledge will provide recognition to organizations/employers that commit to supporting this policy. Those who sign the pledge will receive an acknowledgment on the PABC website and a window cling to show mothers which businesses they can pump freely and be supported through their policies and breastfeeding supports. The PABC redesigned their website to improve access for the new pledge and place where employers will be recognized and supported for their efforts.

- 13 Employers interviewed prior to intervention
- 10 Employers contacted

Materials Disseminated:

- 30 to the Lebanon Valley Chamber of Commerce
- **8** Businesses
- **6** School Administrative Representatives.

I actually brought it up during the interview process. And he's like, Well, I'm gonna look into it. I understand. Like, I eventually want to have kids like, I will not let my partner or my child... be breastfed in the bathroom or whatever."



Flu and COVID-19

The COVID-19 pandemic was an unprecedented event for this generation, and we needed to take action and help our communities.

ME VACUNE

Jillilullities.

The Impact



Penn State Health

- Schuylkill County Immunization Coalition
- Lancaster County Immunization Coalition
- Pennsylvania Immunization Coalition
- Penn State Extension, Community Health Council of Lebanon County
- The Latino Hispanic American Community Center
- York/Adams Immunization Coalition, Penn State Berks
- WellSpan Health Franklin/Adams County
- Latino Connection
- Juntos de Lebanon

The Program

PENN STATE REACH made a plan to enhance Flu and COVID-19

vaccination in the Hispanic/Latino communities. Part of the initiatives were:

- Conduct a needs assessment to identify drivers of COVID-19 and Flu vaccine hesitancy, influential messengers, and community-acceptable approaches.
- Equip influential messengers by educating and empowering trusted voices in the community to support vaccine education and delivery.

REACH Team in Action

AS PART OF THOSE INITIATIVES

REACH launched a campaign "Protect Yourself, Protect Your Community" to promote the COVID-19 vaccine and the flu shot for season 2021-2022 throughout the 10-counties catchment area. To evaluate the needs of the community, REACH convenes 2 stakeholder advisory boards, one made up of representatives from vaccine coalitions and the second one made up of community leaders from the Hispanic and Latino communities.

The campaign included evidence-based information with storytelling from community champions who choose to get vaccinated.



DIFFERENT MATERIALS

were created to reach the Hispanic/Latino population, among them are included infographics, rack cards, live-size cut-outs, billboards, and social media advertisements.



According to the Census 2020, the population of Pennsylvania for this year is more racially and ethnically diverse. The Hispanic and Latino population in Pennsylvania grew by 45.8%. Taking these facts into consideration, REACH set some goals to enhance health and security in our communities.

REACH in Berks and Lebanon Counties actively engages members of the community to plan and carry out proven strategies that are culturally appropriate to prevent chronic diseases, promote healthy behaviors, and address the root causes of racial and ethnic health disparities.



Stepping up with a Walk with a Doc in the City of Reading

Problem Overview

A recent Community Health Needs Assessment was conducted over a five-county region in Pennsylvania including our target counties of Berks and Lebanon. In Berks County, less than 30% of survey participants met the federal guidelines of obtaining at least 150 minutes (about 2 and a half hours) of intense to 300 minutes (about 5 hours) of moderate physical exercise per week2.

Moderate physical exercise is known as a protective behavior against obesity or being overweight. In Berks County 34% of adults are obese and 69% of adults were reported as being overweight (5). These portions of overweight and obese adults are higher than Pennsylvania's average of 32% and 67% obese and overweight adults, respectively. Additionally, obesity was listed as a contributing factor to the onset of chronic diseases such cardiovascular disease, hypertension, and diabetes which can all be associated with the self-reported poorer health among Berks County residents (32% in adults, 18.1-20.2% in youth)².

Additionally in the city of Reading in 2018, 67% of residents identify as Hispanic or Latino. of those the severity of the lack of health literacy is more prominent among marginalized populations including Latinx and lower-income communities.

Program/ Activity Description

Walk with a Doc is a physician – led walking group that encourages physical activity and promotes health education through brief educational sessions on health topics. This program strives to create an opportunity for community members to engage in moderate physical activity and talk with a primary care provider. There are currently over 600 programs across the world that serve their communities (6). In 2017, Walk with a Doc across the 600 chapters, 90% of participants felt more educated, 71% of participants exercised more with 27% maintained their exercise level, and 93% felt empowered to live and lead a healthier lifestyle (6).



Success Stories: Year 4



Stepping up with a Walk with a Doc in the City of Reading (cont.)

In partnership with Penn State Health St. Joseph Downtown, Goggle Works, and the Penn State Health St. Joseph Residency Clinic, the REACH (Racial and Ethnic Approaches to Community Health) team coordinated and organized a 12-week pilot Walk with a Doc program beginning in January 2022. Educational sessions were held in English and Spanish every week by residents and healthcare providers. Each educational session was followed by a 40-minute walk attended by community members, Penn State Health St. Joseph Downtown staff, and healthcare providers.

Program/ Activity Outcomes

At the end of the program, there were 8 participants that attended at least one walk and three participants that attended six or more walks. Participants that completed the post-evaluation reported that the Walk with a Doc Program helped them maintain and improve their health and learn more about their health. Weekly Walk Leaders reported that they would like to lead another walk. Additionally, they enjoyed the opportunity to converse and interact with Walk with a Doc participants.

Sustainable Success

The Walk with a Doc program has been renewed for a second session during the summer months.

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New chapter in our history: COVID-19 pandemic

Public Health Challenge

The COVID-19 pandemic has affected the health of people all over the world, especially elders, immunocompromised patients, people with underlying conditions like diabetes, obesity, lung diseases, and/or any other organ disease, and many others (CDC, 2022c). The symptoms of COVID-19 include headache, muscle or body aches, sore throat, cough, nausea or vomiting, fever or chills, shortness of breath or difficulty breathing, new loss of taste or smell, fatigue, among other symptoms (CDC, 2022e) and if the person has underlying conditions, this increases the chances of developing severe complications which can lead to hospitalization, the use of ventilator, or even death (CDC, 2022a).

Unfortunately, the racial and ethnic minority groups are affected disparately in the pandemic. The Hispanic/Latino population has 1.5 times the risk of getting COVID-19 in comparison with White Non-Hispanic populations (CDC, 2022d). As of March 30th, 2022, in Pennsylvania 33.8% of COVID-19 cases in Berks County have been Hispanic while for Lebanon County Hispanics have accounted for 23.2% of their cases (Commonwealth of Pennsylvania, 2022) and the cases keep rising every day. The hospitalization rates are higher for Hispanic/Latino population in comparison with the non-Hispanic White people and non-Hispanic Asian or Pacific Islander (CDC, 2022b). With this panorama, Penn State REACH was committed to helping these communities and contributing to the well-being of the population.

Solution

Since the beginning of the COVID-19 pandemic, Penn State REACH has been hand in hand with the Penn State College of Medicine in the community assisting in the vaccination clinics for COVID-19 and Flu. The events started in *(month/2021)* and thanks to the efforts, the REACH team has been educating the population, not only with COVID-19 information, but also about the Flu. The REACH team created plenty of educational materials that include infographics, live cut-outs, and racks cards in English and Spanish that were disseminated to all our partners. Without a doubt, 2021 was a challenge to educate about getting the flu vaccine because of the COVID-19 pandemic.





New chapter in our history: COVID-19 pandemic (cont.)

The population had the misconception that the COVID-19 vaccine would protect them from the flu virus, also a lot of confusion is created because of all the information and misinformation available. Because of that, the REACH team created educational materials that explain in simple terms what is the purpose of the COVID-19 vaccine. These materials explain different topics starting from what virus the COVID-19 vaccine protects you from, the common symptoms you may feel after getting vaccinated, an example of the possible scenarios that can occur if you are vaccinated versus not vaccinated, facts about the flu, and debunking myths about the flu. Likewise, Penn State REACH created live cutouts with Community Champions of the different counties of Pennsylvania for COVID-19 using real community members, to remind the reality that everyone in our area should take care of their health in order to keep everyone safe. In that cut-outs REACH include rack cards with frequently asked questions and additional information about the virus and the vaccine. The team sent over 150 champion packets via mail that included a compilation of all the materials for different organizations. Moreover, these were also sent as native files for the partners that wanted to include their logo in the materials and disseminate it to the community.

Penn State REACH also had the amazing opportunity to collaborate in events with our partners in the community. With Penn State Health on October 2nd, 2021, the REACH team had the opportunity to immunize 680 persons, including kids and elders, for the Flu Season in a drive through modality. With all these materials printed, REACH educated hundreds of persons from the chicken processing plant Bell & Evans in a great collaboration to help their community, which is made up of approximately 90% Hispanic/Latino. The REACH team visited them in two different occasions with the purpose of educating and promoting the vaccination event that was planned. The employees had the opportunity to make questions and clarify doubts about vaccines and COVID-19. Bell & Evans organized their vaccination event for COVID-19 in their facilities in Fredericksburg, Pennsylvania and REACH, with our partner Family First Health, said yes to help and collaborate in the logistics, organization and with translation for the Hispanic/Latino community. The event was held on January 22nd, 2022, and Family First Health had available Pfizer, Moderna, and Johnson & Johnson vaccines for people's choosing. The REACH team managed to vaccinate 633 employees; some of them received their first dose and some of them the second dose or booster depending on the vaccine they had received initially.



REACH





New chapter in our history: COVID-19 pandemic (cont.)

The vaccination rate in Bell & Evans was 52.9% and that outcome would not have been accomplished without all the support of the partnership and the commitment of the employees to ensure their health and maintain a safe environment in their workplace.

Sustainable Success

The REACH team will continue collaborating with Bell & Evans and all our partnerships to ensure that they receive great resources of information that they can share with everyone. We provided them with our resources so that they continue to disseminate adequate information about COVID-19 and vaccination. We provided live cut-outs to our different partners in different counties for them to place in a space where it was accessible to the community. We will continue with our efforts to guarantee that the population we reach obtains suitable information, keeping in mind that although we may not reach the entire state rapidly, we can change the world one person at time.

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Lebanon Bicycle Recycle

Public Health Challenge

In a 2017 Report; the researcher looks at bicycling practices and bicycle environment preference of Blacks and Hispanics were different from Whites. After surveying 1537 households, the data showed that Hispanic/Latino riders preferred to ride with family and friends, preferred cycling tracks and trails and preferred to travel on their bicycle when their car was not available. www.sciencedirect.com/science/article/pii/s2211335517300062#bb0130

In the City of Lebanon, an increase in obesity rates and diabetes among the Hispanic and Latino population is on the rise. According to the 2021 Penn State Health Community Needs Assessment 44% of respondents reported being told they are overweight or obese, up from 41% in 2018. Two large contributors to obesity include lack of exercise and poor diet. Race and ethnicity are significantly associated with health disparities related to access and conditions. With over 11,000 Hispanic residents in Lebanon City, it is vital to fund projects that will impact the Hispanic and Latino community and their physical activity needs. 22% of Hispanic/Latino respondents had diabetes compared to 16% of non-Hispanic/Latinos.

From our Community conversations and information from the Community Schools staff at both the Northwest School and Lebanon Middle School, cycling was identified as am important activity among the Hispanic/Latino community. With access to safe bikes, the youth could increase their physical activity and transportation creating more community clinical linkages.

Safety also remains most important to cyclist, safe corridors for travel is a priority.





100 Bicycles collected





Lebanon Bicycle Recycle (cont.)

Approach

- 1. We are currently conducting a Cycling survey to establish areas and corridors where cycling is prevalent.
- 2. The Lebanon Bicycle Recycle (LBR) has begun to collect bikes through donation. Using volunteer mechanic and mostly recycled parts, the bikes are being repaired.
- 3. LBR works with Penn State Health Trauma Specialist for helmets and safety training at our workshops and events.
- 4. The downtown location offers easy access to the workshop for repair of bikes, or a program to earn a bike with safety training.
- 5. LBR and the team at Lebanon Valley Bike Coalition also advocates for safety studies for bike lanes and programs/rides to model responsible ridership in the City.
- 6. GOAL is to place at least 50 bikes to new riders this year with proper helmets and locks.

Our collaborators were the Lebanon Valley Bike Coalition, the Penn State College of Medicine REACH project, the Lebanon Valley Mountain Bike Club

Our resource collection included visits and meetings with Recycle Bicycle Harrisburg, Ross Willard and Adriana Atencio at The Common Wheel in Lancaster.

With the support of a Penn State Community Grant and a Penn State Sponsorship, Lebanon Bicycle Recycle was able to secure a space, collect over 100 bikes, and outfit a workshop with tools and supplies.

Results

- 1. We have trained 18 volunteers to be bike mechanics
- 2. 100 hours of training time
- 3. Built a Facebook following of 175 people
- 4. Developed a website, email and Facebook page for LBR

The Open House held 3/19 hosted two television stations, 2 radio spots, Lebanon Daily News, LebTown and Q'Hubo news.







Lebanon Bicycle Recycle (cont.)

Sustainable Success

The program began in November 2021, since LBR has purchased a trailer and debuted in the Lebanon Holiday Parade. In December, they secured a workshop and storage space at St. James Lutheran Church, 53 Chestnut Street, Lebanon. By February they conducted 5 weeks of volunteer mechanic training. Now open every Monday, LBR continues to collect bikes, repair bikes and prepares for distribution at local schools.

Lebanon Valley Bike Coalition along with the Penn State REACH project continues to work collaboratively on two bike lane safety studies, installation of 6 trail counters, 1 bike safety traffic garden at Wengert Park and Bike Advocacy in the community. Lebanon Valley Bike Coalition hope to release an updated Biking Guide for Visitors in Summer 2022.

- LebTown News: https://lebtown.com/2022/03/10/lebanon-bicycle-program-offers-repairs-donated-bikes-open-house-soon/
- Lebanon Daily News: https://www.ldnews.com/story/news/
 local/2022/03/18/lebanon-bicycle-recycle-looks-to-equip-and-educate-locals/65345387007/
- Q'Hubo: https://www.qhubonews.com/new-bicycle-recycleinitiative-being-launched-in-lebanon-county/
- ABC News: https://www.abc27.com/news/local/bicycle-recycle-opens-in-lebanon-co/
- https://www.fox43.com/article/news/local/lebanon-countybicycle-recycle-community-organization/521-b57b1a27-8a57-4ea1-9b1f-e9e31e056212





For more information please contact:

www.lebanonbicyclerecycle.com

Facebook: https://www.facebook.com/ LebanonBicycleRecycle/

Ron Birch, Lebanon Valley Bike Coalition Treasurer

rjbirch0107@comcast.net

Laurie Crawford,

lcrawford4@pennstatehealth.psu.edu



Bell & Evans

REACH has been a tremendous resource to Bell and Evans. Many of our team members have access-to-care barriers (namely, transportation, language, and literacy) so developing onsite, culturally sensitive opportunities is vital to getting team members the care they need. The REACH team was instrumental in assisting us most recently with an onsite COVID vaccine/booster clinic. They were influential in pre-clinic education and absolutely priceless supporting the vaccine/booster clinic the day itself. We couldn't have done it without them.





Bell & Evans looks forward to continuing the ongoing partnership with the REACH team. We see the value of the relationships they are developing with Bell & Evans team members and the potential of what this means moving forward.

Mary Hahn,

Vice President, Health and Wellness

Elizabeth (Lizzy) Hawk,

Manager, Chronic Care and Health Outcomes

Jesenia Ridge

Senior Medical Office Coordinator (Bell and Evans Onsite Clinics)

Berks Nature

Two of Berks Nature's projects have expanded and benefited from the addition of the REACH team as a local partner. Berks Nature Rx has experienced a significant advertising campaign that resulted in increased participation of people spending more time outside. Our Angelica Creek Trail extension project is moving through approvals and our REACH team has provided resources, input and ideas to help it become a reality. We look forward to our continued partnership with REACH to engage more residents in the City of Reading.





REACH has helped us advance several of our projects by providing support and expertise. We value partnerships in this community to help connect more people to nature.

Tami Shimp,

VP Development & Community Relations

Jeremy Haymaker,

Trail & Preserve Manager

Regan Moll-Dohm,

Director of Communications

Michael Griffith,

Educator & Watershed Specialist



City of Lebanon

The City of Lebanon is extremely thankful for the partnership with the REACH team. Together we have; installed a Born Learning Trail, improved the Bicycle Playground at Coleman Memorial Park with partner SAMBA, installed two Bike Fix It Stations, provided a City Healthy Initiative Program to the community including programs like Walk with the Mayor, Walk with a Cop and Dancing in the Park, and improved the 9th & Mifflin Street Pocket Park. We look forward to completing the following projects together: the Connector Trail from Coleman Memorial Park to Union Canal Tunnel Park, a bike trail around Coleman Memorial Park, resurfacing of the tennis courts at Southwest Park, construction of a new park named Wengert Memorial Park, the rehabilitation of an underutilized pedestrian alley to a beautiful green space, and the design and construction of a splash pad in the City of Lebanon.



The collaboration between the City of Lebanon and Penn State REACH has brought so many amazing recreational improvements that make an impact on the city every day. We are extremely grateful for our partnership and excited as we plan for the future.



Sherry Capello, Mayor **Janelle Mendoff**, Community & Economic

Development Administrator

Community Health Council of Lebanon County

The REACH team and the Community Health Council partner on several the county's public health initiatives including the Food Access Action Team, a behavioral health initiative and a physical activity/built environment taskforce. During the COVID-19 pandemic we partnered on a number of public services announcements. We are also partnering on a Community Health Needs Assessment specific to the county and a bi-lingual walking guide.





REACH has been instrumental in pushing projects forward in our County. In addition, there are many initiatives now available to our vulnerable populations that were not there before or would have never been able to be lifted without the lift from REACH. This grant has the power to transform communities.

Nicole Maurer Gray, *Executive Director*



Family First Health

Family First Health is a federally qualified health center (FQHC) that is accessible and community-minded. We take a beyond healthy approach that goes outside the confines of the doctor's office. We strive to build a healthy community by being the accessible York community health center. REACH is one of our community partners that we can depend on for support with any outreach events or efforts. They are willing to jump in and help if we host a community function, a testing event, a vaccination clinic or any other event, they are always ready to participate.





"At the start of the pandemic, REACH was instrumental in providing infographics to educate our patients. I enjoy interacting with REACH because their focus is to help wherever there's a need."

CarrieAnn Frolio,

Vice President, Strategic Initiatives

Dr. Kathleen Byrne, MD,

Anna Deraco, PA-C,

Cathleen Kirkpatrick, CRNP-BC,

Vicki Henderson, LPN, *Clinical Supervisor*

Heather Hoffman, LPN,

Kori Falstick, MA,

Francheska Lopez, MR

Latino Connection

Latino Connection is the national leader in outreach and education specifically targeted at reaching low-income, underserved communities. We have extensive, proven experience forging initiatives that are first of their kind and span across the nation with corporate and nonprofit partnerships focused on a unified mission - educating, empowering, and uplifting the Latino community.

Founded by George Fernandez in 2014, Latino Connection creates and activates programming in low-income communities that address every aspect of the social determinants of health. Our vast array of initiatives are focused on reaching families who are low-income, underemployed, uninsured, and at risk of health issues that are often the product of a lack of resources, education, and technology. Latino Connection's unparalleled success comes from its resilient and deeply-committed team that shares an unwavering vision for helping underserved, non-white communities.





Let's get it done.

■Our ongoing work and partnership with Penn State REACH have been an added value in our efforts to provide viable points of support to underserved communities. It has allowed us to expand our reach and catalog of resources to offer different audiences we engage with.■

George Fernandez, CEO

Jean Cubilette, *Project Manager (vaccination and testing events)*

Zuiry Gaytan, Project Manager (table event outreach and preregistration)

Yohanny Moncion, Brand Ambassador

Yndhira Mesa, Brand Ambassador

Katherine Vargas, Office Manager

Michelle Connett-Bergstein, Senior Graphic Designer



Lebanon Family Health Services

Our REACH collaboration has helped to bring fresh produce to the WIC clients, partnering with Risser Marvel farm market to bring grab bags of fresh produce to LFHS on a weekly basis. We have been able to train bilingual staff to facilitate the CDC program, Prevent T2 (diabetes prevention program) in Spanish for our Latino population. Breastfeeding education has been expanded to provide peer to peer support for the Latino population enrolled in the WIC program. Nutrition education has been expanded utilizing Community Health Educators and partnering with community organizations to reach the Latino population in Lebanon County.



Our partnership with REACH has strengthened the ability of Lebanon Family Health Services to reach the Latino population, connecting them with wellness programs, nutrition education and breastfeeding support.





Vicki DeLoatch, CFO

Donna Williams, COO

Maggie Progin, ∀P

Communications, Certified CHE

Holly Dolan, VP

Community Education, Certified CHE

Sara Wingert, Nutritionist, IBCLC

Beth Keeney, Breastfeeding Peer Outreach Coordinator, CLC

Lebanon Valley Bike Coalition

With the combined effort of LVBC and REACH a new organization has become a spin off the Coalition named "Lebanon Bicycle Recycle". This project focuses on teaching youth and community members to repair bikes, gives them an opportunity to earn a bike, by working on a bike and provides helmets, safety and advocacy for cycling in Lebanon. Our workshop is in downtown Lebanon and with the help of volunteers bikes are being fixed, kids are being trained and community is being built.



With the support of REACH and LVBC coming together safer bicycling will become available in our community.









Ron Birch,
Treasurer and Ride Coordinator

Dean Achendbach, President



Lebanon Valley Community Tennis Association

The REACH Team has been a great resource for us in terms of networking and collaborations, not to mention help with design and printing marketing materials to help get our name out in the community. We have worked together on a Racquets & Recipes Program that focused on educating an underserved community about low-cost, healthy cooking options as well as introducing tennis as a physical activity for families.







The REACH Team has been a great resource and partner as we work to build collaborations with established community organizations.

Jeff Robins, *President, Co-Founder* **Mark Seaton,** *Treasurer, Co-Founder*

Oakbrook Collective Impact Council

United Way of Berks County serves as the backbone of the Oakbrook Collective Impact Council (OCIC), whose goal is to prioritize the identified needs and coordinate collaborative efforts to respond to what Oakbrook residents have identified as their critical issues. The Council consists of individuals representing various nonprofits, education partners, the corporate sector, and Oakbrook residents whose ongoing input is critical to this work. Through a partnership with the REACH team, OCIC surveyed Oakbrook residents in the fall of 2020 regarding various needs and barriers. We again partnered with REACH to conduct Community Conversations in July of 2021 and are in the process of collaboratively coordinating a door-to-door resident survey for the summer of 2022.



We value the skills, resources and dedication the REACH team provides to OCIC's ongoing engagement and feedback from Oakbrook residents.





Guadalupe Flores,

Berks Community Health Center, Oakbrook Outreach Specialist

Mary Jimenez,

United Way of Berks County, Early Childhood and Community Engagement Program Manager

Jennifer Tinsman,

United Way of Berks County, Community Impact Associate



Penn State Health St. Joseph

The REACH Project supports our social determinants of health programming at the hospital's Downtown Campus (in the heart of Reading, PA), including Veggie Rx, Walk with a Doc, the Farm Stand, and our Diabetes Prevention Program. REACH staff provide technical assistance, and support with marketing and program evaluation. In return, our key staff represent and promote the REACH project among community partners and stakeholders in Berks County, to help advance the important work of health equity.



"By partnering with REACH, we've been able to enhance and strengthen a variety of our programs, and help replicate our success in other communities."





Lisa Weaver,
Healthy Community Program Associate
Laura Welliver,

Grants and Special Projects Officer

The Food Trust

The Food Trust, Penn State Health and REACH partnership is key to continuing fresh food access in the City of Reading. Through various projects, like the Berks Farm Bucks financial incentive program, the weekly Blue Mountain Academy farm stand, the Health Corner Store Initiative, and Nutrition Education classes, this partnership has helped to expand the education and access options to fresh fruits and vegetables. The partnership in relation to the Berks Farm Bucks program, has helped increase fresh food options at over 20 locations in the City of Reading, provided over 80,000 additional pounds of produce to families in the Greater Reading area, and provided nutrition education for more than 2000 adults at the farm stand located at PSU Saint Joe's downtown campus.



"Connecting with REACH to conduct a needs assessment with Corner Stores in the City of Reading, aim to increase the variety, and quality of fresh produce available in our communities."





Alex Roche,

Project Manager - Adult Education, Reading Team

Jenn Ramirezv,

Project Coordinator - Healthy Corner Store Initiative



The Lebanon Valley Conservancy

The Penn State REACH project partnered with TLVC to add native and pollinator friendly plants to a city of Lebanon pocket park located at 9th and Mifflin Sts. These plantings help to brighten a community space. The people in the neighborhood also enjoy the fresh vegetables and herbs that are planted in this green space. Our partnership has uplifted two urban park projects: the John E. Wengert Memorial Park and the Liberty Trail Park. Together we work to see these parks built and thriving in our community.







Penn State REACH and TLVC have common goals to increase green space and recreational opportunities within the community of Lebanon.

Courtney Reimann, *Executive Director*

Union Community Care

We have worked on various community outreach programs. Like COVID testing and vaccinations, food and COVID information distribution and a 1 year long pilot program called STAMPEDE for food in secured diabetics. The STAMPEDE program included education on a variety of topics that affect diabetics, education with dietician, behavioral health, cooking demonstrations, menu focused on healthy eating, provider visit and participants received a 20lb box of dry food and 5lbs of fresh produce at the end of the visits provided by the Central PA food bank.



We love REACH, it has been a pleasure working with them, especially Madeline Bermudez at community events and the STAMPEDE program.

Jackie Concepcion,
VP of Health Center Operations



WellSpan Health

WellSpan has been partnered with REACH since the inception of Better Together Lebanon and the work our groups have been doing to provide access to resources, education and opportunities focused in healthy food access, physically active communities and behavioral health. Myself, along with Vicki DeLoatch from LFHS and PennState ProWellness Team visited Atlanta for the CDC's awarding of the REACH grant for Lebanon and Berks counties in 2019. A few priorities WellSpan and REACH have collaborated on include a newly revised Lebanon County Walking Guide, Summer Fest, work around food insecurity and community gardens, a family-fun run, AHA's mobile kitchen, current expansion of First Friday and more. REACH has afforded our team the opportunity to expand our outreach within the Latino community and take programming to the next level.



"The REACH team has fully immersed themselves in the Lebanon Community and have strengthened partnerships that have existed for 20+ years. Their thoughtful and strategic initiatives have been an asset to our community and I am grateful for our partnership. Together we have been able to accomplish so much more and better serve the Lebanon community."





Melanie Wells, Community Wellness Coordinator, Physical Activity Co-Chair Better Together Lebanon

Karen Bachman, Certified Diabetes Educator, Healthy Food Access Co-Chair Better Together Lebanon

WEPA Empowerment Center

The REACH team has been diligent in connecting with the Hispanic community in Lebanon County. Our partnership allows for a wider reach in order to get the maximum input from folks who live and work here. We also support each other with the mission of addressing the needs of the community in order to provide equitable, culturally appropriate opportunities. By sharing our expertise and resources we strengthen our communities.







WEPA and the REACH Project are two like-hearted organizations committed to improving the overall health of the community.

Rafael M. Torres, CEO and Founder Maribel Torres, Co-Founder



Diabetes Prevention

Public Health Challenge

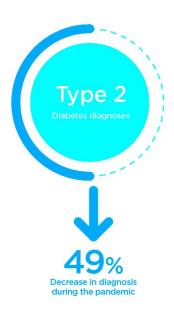
In the United States, Hispanic adults were found to have a 22.6% prevalence of diabetes which is twice the prevalence of non-Hispanic White adults (11.3%). Hispanic adults were found to have a 10.1% prevalence of undiagnosed diabetes which is more than twice the amount of undiagnosed diabetes among non-Hispanic White adults (3.8%). According to the American Diabetes Association people living with diabetes are at a higher risk of developing covid-19-related complications. Additionally, the COVID-19 pandemic has delayed treatment and diagnosis of diabetes, with some studies finding that there has been a 49% decrease in Type II diabetes diagnoses during the pandemic. Diabetes prevention programs (DPP) work to teach participants that are at risk for prediabetes how to change their behavior, eating habits, and physical activity to live healthier lives. Because the COVID-19 pandemic has limited in-person events, the National Diabetes Prevention Program recommended pausing in-person diabetes prevention program classes and using alternative options.

Solution

To address the decrease in diagnoses and disparity in unknown diabetes diagnoses, Penn State REACH partnered with Latino Connection, Highmark Health, and Georgio Mushroom Farms to offer prediabetes screenings at COVID-19 vaccination clinics. This vaccination event was for Georgio Mushroom Farm employees and their families in Lebanon County. Most of the employees and their families are migrant or seasonal workers. We used the American Diabetes Association Diabetes Risk Test to screen persons during their 15-minute monitoring time after receiving the COVID-19 vaccine.

The COVID-19 pandemic restricted access to in-person meetings and classes. REACH helped convert and hold the diabetes prevention program classes to a virtual platform and in Spanish to abide by the COVID-19 safety guidelines and better serve Spanish speakers at health centers in Lebanon and Berks County.

By partnering with Latino Connection, we were able to screen 63 people and refer 18 people to a DPP. In the past year we have been able to provide support to and refer 35 people to Penn State St. Joseph's DPP and 121 people to Lebanon Family Health Services for free DPP. By holding virtual DPP classes, 47 people enrolled in the classes offered at these health centers.



I screened a 19-year-old kid, and he scored 7 points out of 7 points. He was illiterate and did not really understand what diabetes was, and it broke my heart. He did not go to school because he had to provide for his family and help his dad as a young kid. He did not understand how sick he could become from diabetes and that that he could prevent this. People are dying not only from a lack of access to health care but from a lack of health literacy...

Several of the people we screened had health insurance, but their health insurance did not cover prevention programming, and it was really expensive for them to go. They work so hard and still cannot afford prevention programming, so it is really important to provide them with free preventive programs such as DPP.

- Madeline Burmúdez, Community Health Worker, Penn State REACH



Diabetes Prevention (cont.)

Sustainable Success

Penn State REACH will continue to support and offer virtual, bilingual DPP for persons in Lebanon and Berks County at local and community-centered health centers.

To promote awareness of prediabetes and its prevention, the Penn State REACH team will continue to offer prediabetes screenings at current COVID-19 and upcoming Influenza mobile vaccination clinics and refer individuals to DPP in their counties.













For more information please contact:

Andrea Murray,

amurray3@pennstatehealth.psu.edu

Laurie Crawford,

<u>lcrawford4@pennstatehealth.psu.edu</u>

Written by Evelyn Marin Edited by Laurie Crawford



Breastfeeding Initiative

Public Health Challenge

In the United States, there are federal laws that state employers must provide breastfeeding support at a worksite and are required to provide a reasonable space and break for milk expression. Additionally, most mothers (60.5%) with a child less than a 1-year-old participant in the workforce. However, there are no laws that address or enforce workplace breastfeeding criteria in Pennsylvania. The pandemic has affected breastfeeding mothers' decision to stop breastfeeding their child, with 70.3% attributing their decisions to lack of face-to-face breastfeeding support. Among national Women, Infant, and Children (WIC) recipients, infant breastfeeding rates have decreased by 1.7% from 2019 to 2020. In Lebanon and Berks County, the hospital breastfeeding initiation rates are 88.3% and 77.2%, respectively which are higher than the PA-wide breastfeeding initiation of 73.3%. However, across Pennsylvania, the breastfeeding duration at 12 months drops to 31.8%.

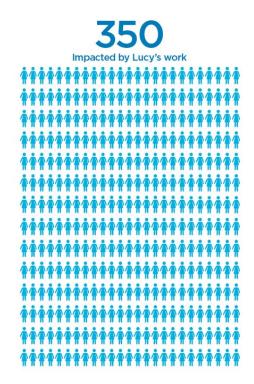


To address the decrease in mothers' decisions to stop breastfeeding their children, the REACH team helped increase bilingual breastfeeding support at a local health center in Lebanon County. The REACH team strived to promote breastfeeding support after hospital initiation in Berks and Lebanon county by reaching out to workplaces and business establishments to increase awareness of breastfeeding guidelines and create a safe and comfortable environment for their employees and customers.

The REACH team increased access to bilingual breastfeeding support services at the Lebanon Family Health Services by hiring a bilingual community health worker trained to be a WIC peer counselor and providing them with a Zoom platform to hold virtual appointments. This past year, Lucy impacted 350 clients at the Lebanon Family Health Services and led a virtual support group on the first Friday of every month for 15 breastfeeding mothers. Lucy's video explains her personal story as a client of Lebanon Family Health Services and her journey to becoming a peer counselor.







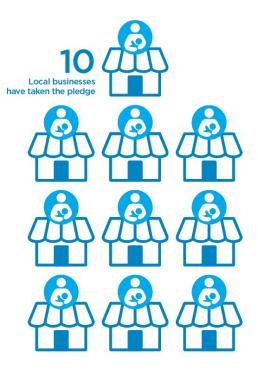


Breastfeeding Initiative (cont.)

Breastfeeding initiation may be associated with having hospitals and birthing centers in Lebanon and Berks County that follow the Keystone 10 Initiative, which aims to expand the projection, promotion, and support for breastfeeding. To expand on this initiative in these counties, the REACH team started a Breastfeeding is Welcome Here Campaign. The REACH team reached out to the Northeast Chamber of Commerce to gain support for worksite breastfeeding initiative outreach. Afterward, the team compiled a list of resources to inform businesses about breastfeeding; we reached out to ten local businesses in Berks and Lebanon County to join the campaign by signing a pledge to supply support and comfortable space for breastfeeding employees and customers. To show their support, they received a window cling to show that they are a breastfeeding-friendly establishment for employees and customers.

Sustainable Success

Penn State REACH will continue to support and offer virtual bilingual breastfeeding support in Lebanon Family Health Services. Additionally, we will continue to promote awareness of breastfeeding support at Lebanon Family Health Services. We will advance recognition and access to safe and comfortable breastfeeding environments for working breastfeeding persons by contacting 20 local businesses and worksites in Lebanon and Berks County.



For more information please contact:

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Laurie Crawford, |crawford4@pennstatehealth.psu.edu

Written by Evelyn Marin Edited by Laurie Crawford

FLU AND GOVID-19 VACCINES AT THE SAME TIME



INFLUENZA FINANCIA FINAN

Getting a flu vaccine is an essential part of protecting your health and your family's health every year. When you go for your yearly flu shot, you can get your COVID-19 vaccination at the same time.

If you are due for both vaccines, providers are encouraged to offer both vaccines at the same visit. You will receive two separate vaccinations, in two different limbs.

Even though both vaccines can be given at the same visit, people should follow the recommended schedule for either vaccine:

If you haven't gotten your currently recommended doses of COVID-19 vaccine, get a COVID-19 vaccine as soon as you can, and ideally get a flu vaccine by the end of October.



Made possible with funding from the Centers for Disease Control and Prevention.

VACUNAS CONTRA LA INFLUENZA Y EL GOVID-19 AL MISMO TIEMPO **COVID-19** vacunarte contra influenza cuando recibes tu vacuna contra COVID-19. vacunarte contra influenza cuando recibes tu vacuna contra COVID-19. Vacunarte contra la influenza es esencial para proteger A pesar de que recibas ambas vacunas en la misma visita, debes seguir el protocolo tu salud y la de tu familia cada año. Cuando vayas por tu vacu anual contra la influenza, **puedes obtener tu vacuna contra COVID-19 al mismo tiempo.** recomendado para cada vacuna: si no has recibido tus dosis recomendadas contra Si ya te tocan ambas vacunas, los proveedores te ofrecerán ponerte ambas en la misma visita. Recibirás dos vacunas COVID-19, debes obtenerlas lo antes posible e idealmente vacunarte contra la influenza a

. separadas, en diferentes extremidades

finales de octubre.



THE COVID-19 VACCINE

PREVENTS SERIOUS ILLNESS

Marissa is 26 and pregnant with her first child.

The Centers for Disease

- pregnant women have an increased risk of COVID-19 complication
- the vaccine does not affect fertility nor the development of the fetus.

Marissa got vaccinated.



Marcus is 24 and single.
The Centers for Disease
Control recommends
everyone 12 years and older
get vaccinated to reduce
the risk of developing
severe infection from

He chose not to get the vaccine because he thought it was not necessary.

Marissa and Marcus attended their friend's wedding.



This wedding turned into a "super-spreader" event, where nearly everyone in attendance is exposed to the corona virus, which can develop into COVID-19.

Marissa experiences mild symptoms:

- fever/chills
- coughingcongestion
- inability to smell
- · muscle aches.

This vaccine has prepped her immune system to recognize the virus and to manufacture the cells needed for defense.

Marissa recovers comfortably in her home, using only overthe-counter medications to ease her symptoms.



Marcus develops severe symptoms and has trouble breathing.

Since his body does not have cells prepared to fight the virus from the vaccine, he must go to the ER.





Marcus is **transferred to the ICU on a ventilator**since his lungs are so
diseased that he cannot
breathe on his own.

Vaccines reduce the chances of infection and transmission. Getting vaccinated reduces your risk of disease, hospitalization, severe complications, and even death. Social-distancing, mask-wearing, and proper hygiene will further prevent infection in vaccinated and unvaccinated people.



Made possible with funding from the Centers for Disease Control and Prevention.

LA VACUNA CONTRA EL COVID-19

FERMEDAD SEV

Marissa tiene 26 y está embarazada de su primer hijo. Los Centros para el Control y Prevención de Enfermedades establecen que

- una mujer embazada tiene mayor riesgo de presentar complicaciones por COVID-19
- · la vacuna no afecta la fertilidad ni el desarrollo del feto.

Marissa se vacunó.

Marissa y Marcus asistieron a la boda de un amigo.



Marcus tiene 24 y está soltero. Los Centros para el Control y Prevención de Enfermedades establecen que

 toda persona de 12 años o más debe vacunarse para reducir el riesgo de adquirir y desarrollar infección severa por el COVID-19.

Marcus eligió no vacunarse porque pensó que no era necesario.



La boda se tornóen un evento de "supercontagiador", donde casi todos los invitados estuvieron expuestos al coronavirus y eventualmente pueden desarrollar COVID-19.

Marissa experimentó síntomas moderados:

- · fiebre/escalofríos
- congestión pérdida del olfato
- · dolores musculares.

La vacuna preparó su sistema inmune para reconoce el virus y crear las células necesarias para su defensa.

Marissa se recuperó cómodamente en su hogar, utilizando solo medicamentos sin recetas para aliviar sus síntomas.



Marcus desarrolló síntomas severos y comenzó a tener problemas para respirar. Su cuerpo no estaba preparado para combatir el virus ya que no se había vacunado, así que tuvo que ir a sala de emergencias.

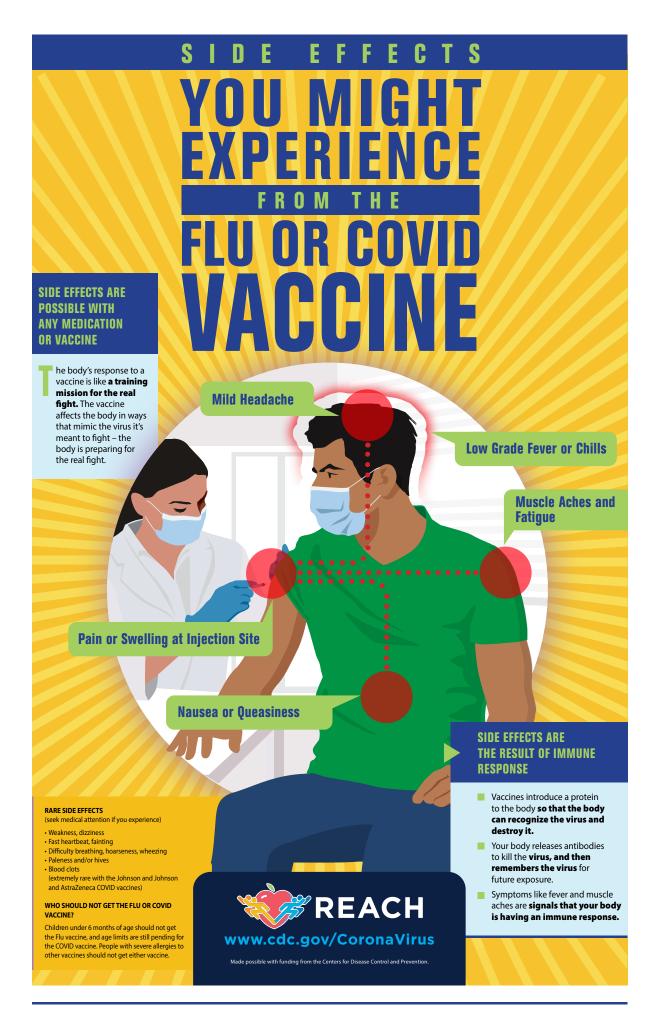


PERSPECTIVA A LARGO-PLAZO

Las vacunas reducen la posibilidad de infección y transmisión. Estar vacunado reduce su riesgo de enfermar, de hospitalización, de complicaciones severas y de morir. El distanciamiento social, el uso de mascarilla e higiene adecuada son medidas que contribuyen a prevenir infecciones en personas vacunadas y no vacunadas.

Marcus es transferido a la unidad de cuidados intensivos con ventilador ya que sus pulmones se encontraban tan enfermos que no podía respirar por el mismo







HOW DO THE COVID-19 VACCINES WORK?

TWO KINDS OF VACCINES DELIVER INSTRUCTIONS TO YOUR BODY TO HELP IT IDENTIFY
AND FIGHT THE CORONA VIRUS.

mRNA

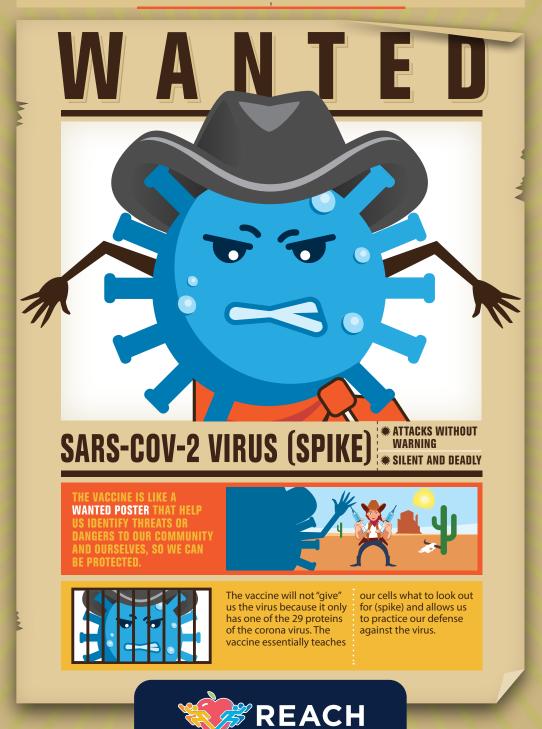
(Moderna and Pfizer)

The vaccine delivers **messenger ribonucleic acid,** a genetic material that instructs the body to make the spike protein unique to the corona virus, which triggers our immune response.

Adenovirus 26

(Johnson and Johnson)

The vaccine delivers a **modified and harmless version of a different virus (Adenovirus 26)** to produce the corona virus spike protein, which prompts the body to produce antibodies.



www.cdc.gov/CoronaVirus

¿CÓMO FUNCIONAN LAS VACUNAS CONTRA COVID-19?

EXISTEN DOS TIPOS DE VACUNAS QUE LE DAN INSTRUCCIONES A TU CUERPO PARA AYUDARLO
A IDENTIFICAR Y COMBATIR EL CORONAVIRUS.

ARNm

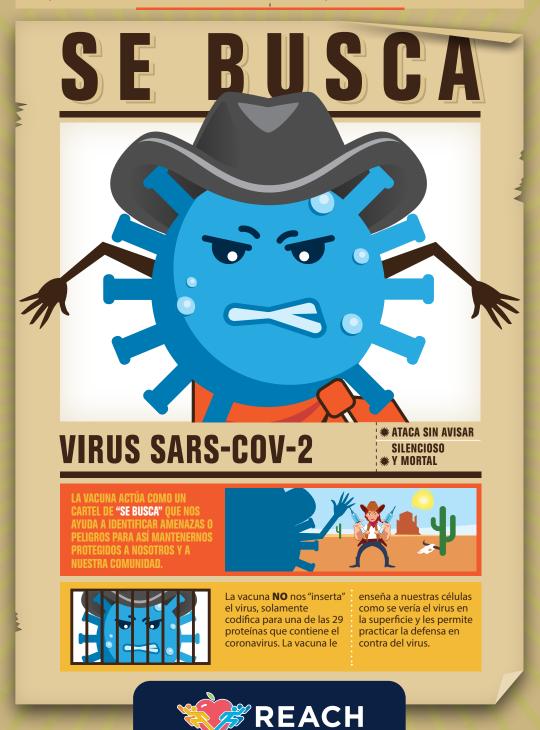
(Moderna y Pfizer)

La vacuna lleva el **ácido ribonucleico mensajero**, el material genético que le da instrucciones al cuerpo para crear la proteína "spike", lo que estimula nuestra respuesta inmune.

Adenovirus 26

(Johnson and Johnson)

La vacuna lleva una versión modificada e inofensiva de un virus distinto (el Adenovirus 26) para producir la proteína "spike", lo que estimula al cuerpo a crear anticuerpos.



www.cdc.gov/CoronaVirus















Step into summer!

Penn State Health St Joseph is starting a community-based healthy lifestyle and walking program and we want YOU to join!

Join us for 12 weeks of short, health-related discussions and walks with members of your community and physicians and medical providers from our clinics.

If you're interested in health education, getting active, and forming a closer community with your neighbors and physicians, then get ready to Walk with a Doc at Penn State Health St. Joseph!

City Park Bandshell, Rose Garden Rd, Reading PA | Fridays, 12:00 - 1:00 pm

JUNE	JUNE	JULY	JULY	JULY	JULY	JULY	AUG.	AUG.	AUG.	AUG.	SEP.
17	24	1	8	15	22	29	5	12	19	26	2

WALKS ARE WELCOME TO EVERYONE!

Call Lisa Weaver: 610-208-4726

Register online and win prizes for attending! reachberkslebanon.com/walksummer22

For more information, inclement weather updates, meeting location and times visit: reachberkslebanon.com/walk













Camina hacia el verano!

Penn State Health St. Joseph ha comenzado una comunidad basada en un estilo de vida saludable y un programa de caminata y ¡queremos que te unas!

Únete por un período de 12 semanas, a discusiones sobre salud y caminatas con miembros de tu comunidad, médicos y proveedores médicos de nuestras clínicas.

Si estás interesado en educación sobre salud, estar activo físicamente y formar una comunidad cercana con tus vecinos y médicos, entonces ¡prepárate para Caminar con un Doctor (Walk with a Doc) en Penn State Health St. Joseph!

City Park Bandshell, Rose Garden Rd, Reading PA | Viernes, 12:00 - 1:00 pm

JUNIO	JUNIO	JULIO	JULIO	JULIO	JULIO	JULIO	AGO	AGO	AGO	AGO	SEP.
17	24	1	8	15	22	29	5	12	19	26	2

iLAS CAMINATAS SON BIENVENIDAS PARA TODOS!

Llame a Lisa Weaver: 610-208-4726

¡Registrate en línea y gana premios por asistir! reachberkslebanon.com/walksummer22



actualizaciones meteorológicas para la ubicación y la hora de la reunión visite: reachberkslebanon.com/walk









Are you looking to lose weight, better your nutrition, or develop an overall healthier lifestyle?

Penn State Health St. Joseph's Diabetes Prevention Program (DPP) may be for you!

DIABETETES PREVENTION PROGRAM

For more information on eligibility, contact Diana Rodriguez drodriguez4@pennstatehealth.psu.edu Phone: 610-208-4727

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs.

Take the first step! Find out your risk for prediabetes

Location:		-
Next Class:		
Time:		-
PennState Health St. Joseph	REACH	

¿Está usted interesado en perder peso, mejorar su nutrición o sobre todo, desarrollar un estilo de vida saludable?

iEl Programa de Prevención de diabetes de Penn State Health St. Joseph puede ser para usted!

EL PROGRAMA DE PREVENCIÓN DE DIABETES

Para información contacte a **Diana Rodriguez** drodriguez4@pennstatehealth.psu.edu
Tel: 610-208-4727

Pre diabetes significa que la glucosa de su sangre (azúcar) es más alta de lo normal, pero no es diabetes aun. Diabetes es una enfermedad seria, que puede causar ataques al corazón, derrames cerebrales, ceguedad, fallo renal, o la perdida de sus pies o piernas. La diabetes tipo 2 puede ser atrasada o prevenida en personas con pre diabetes a través de programas efectivos de estilo de vida

iTome el primer paso! Conozca si usted está a riesgo de pre diabetes.

Ubicación:	
Siguiente clase:	
Hora:	
PennState Health St. Joseph REACH	

Working mothers:

We want to hear from you!

Join us as a focus group to talk about your experiences of returning to the workplace and breastfeeding support. To participate in this focus group, you must be a mother who has a child two years old or younger and access to a mobile device with Zoom capabilities, a virtual platform.

Focus groups will be on held virtually through Zoom and will be held for 1 hour and 30 minutes.

Visit this link to register:

Selected focus group participants will receive \$50.00 gift cards for their time.

Date: TBD

Time:



redcap.ctsi.psu.edu/surveys/?s=NFHDEXMTTMYC4HER

Please contact Janelle Gomez if you have any questions at jlg6475@psu.edu.





Madres Trabajadoras:

iQueremos escuchar de ti!

Únase con nosotros para un grupo de enfoque para hablar sobre sus experiencias de regreso al lugar de trabajo y el apoyo a la lactancia. Para participar en estos grupos focales, tiene que ser una madre de un hijo dos años o menor y tener acceso a Zoom, que es una plataforma virtual.

Los grupos focales se serán virtualmente a través de Zoom y duran 1 hora y 30 minutos.

Visita este enlace para registrarte:

Los participantes de los grupos de enfoque recibirán tarjetas de regalo de \$50.00 por su tiempo.

Fecha: por determinar

Hora:

redcap.ctsi.psu.edu/surveys/?s=NFHDEXMTTMYC4HER

Por favor contacte a Janelle Gomez si tiene alguna pregunta. Su correo electrónico es jlg6475@psu.edu.







Connecting and Collaborating with Community Health Partners:

REACH creates partnerships to identify the unique needs, assets, and opportunities of each community to implement what works in these areas:

Physical Activity

Improving spaces and providing safe places to walk and get active, and promoting physical activities in community events and classes at local recreational facilities (eg: local parks).

Nutrition

Expanding access to affordable and nutritious food (eg: farmers markets), informing parents of breastfeeding benefits and resources, and increasing community awareness of local resources available to them.

Diabetes Prevention

Promoting referrals to bilingual preventive services and support collaborations between community health workers and health professionals.

A Healthier Community

REACH will help provide locally based and culturally tailored solutions to empower our partners to build healthier communities.

How REACH Can Support Your Community:

- Technical assistance: program implementation
- Program Evaluation
- Resources: presenters, community health workers
- Marketing of community health events
- Translation of Materials

We Can Support Communities By:

- Making cities more walkable
- Implementing breastfeeding initiatives
- Training of community health workers
- Improving access to healthy food

Due to CDC requirements, there are certain restrictions on resources and services that we cannot provide. Examples that we cannot support include:

- Food and Beverages
- Entertainment







reachberkslebanon.com facebook.com/ECPAREACH