

Empowering Citizens to Live

Healthier Lives

To foster a culture of health and greater health equity, Louisville must work one neighborhood at a time to address social & economic factors that impact wellness, improve health behaviors, provide better access to clinical care and improve our physical environment. Together, we can improve health outcomes and ultimately, the quality and length of life for our citizens.



**BINGHAM FELLOWS
CLASS OF 2016**





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ABOUT THE LEADERSHIP LOUISVILLE CENTER

Created in 1979, the Leadership Louisville Center is the region's most valuable resource for leadership development and civic engagement. Its mission is to grow and connect a diverse network of leaders who serve as catalysts for a world-class community through dynamic programming and strong community connections. Over 7,000 community leaders have graduated from the Center's programs that include Leadership Louisville, Focus Louisville, Ignite Louisville, Bingham Fellows, and Encore Louisville. The Leadership Green Room was launched in 2015 and serves as the training and talent development arm of the Center, expanding the resources available to the region's business community and employee base.

In 2011, the Leadership Louisville Center was recognized as one of the top seven community leadership programs in the U.S. in a benchmark study by the Center for Creative Leadership, the "gold standard" global provider of executive leadership education and research. Learn more at www.leadershiplouisville.org.



ABOUT THE BINGHAM FELLOWS

Bingham Fellows is the leadership-in-action arm of the Leadership Louisville Center. Created in 1988 through a \$500,000 endowment from the Mary and Barry Bingham Sr. Fund, the Fellows are social entrepreneurs who have the imagination and talent needed to gather critical resources and create social change. Now in its 28th year, the Bingham Fellows have had an impressive track record providing emerging issues with visibility and momentum.

The Fellows don't ponder what might be. They roll up their sleeves, shine a spotlight on an issue and put new ideas to work. Recent classes have worked to improve Louisville's relationship with the state and invest in West Louisville's path to prosperity, resulting in groundbreaking projects such as OneWest, a newly created community development corporation. Other classes have contributed to the development of a long-term vision for our community, enhanced environmental responsibility through initiatives at the grassroots and policy levels, and helped form the Kentucky Indiana Exchange, a regional leadership coalition. The impact of the Fellows goes back to the 1990's with the creation of The Housing Partnership, construction of the Presbyterian Community Center, growth of local farmers' markets and numerous other positive outcomes.

2016 BINGHAM FELLOWS

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Louisville needs a physical.

Our community is regularly rated as one of the unhealthiest cities in the U.S. by many metrics used to measure wellness. Improving the health of citizens is a complex but critical issue. Many of the diseases affecting us, including heart disease, diabetes, obesity, COPD, depression, isolation, and violence, could be drastically reduced through emphasis on healthier lifestyles and behaviors.

A healthy city has lower healthcare costs, more successful students, is attractive for economic growth, has a more productive workforce, and a better quality of place. We came together as the Leadership Louisville Center's 2016 Bingham Fellows in January 2016 to implement what the latest research recommends to improve health – which is to engage the entire community and increase the ability of individuals to develop healthy habits.

To take on this challenge, we leveraged the expertise in the class, the knowledge we gained through the process, and the passion we all have to improve our city's health rankings, and ultimately increase the length and quality of life for our fellow citizens. We engaged local and national private companies, nonprofit organizations and public agencies to develop a deep understanding of how we might impact positive change. Our resultant projects demonstrate the critical fact we discovered together – that good health begins long before a person reaches the doctor's office.

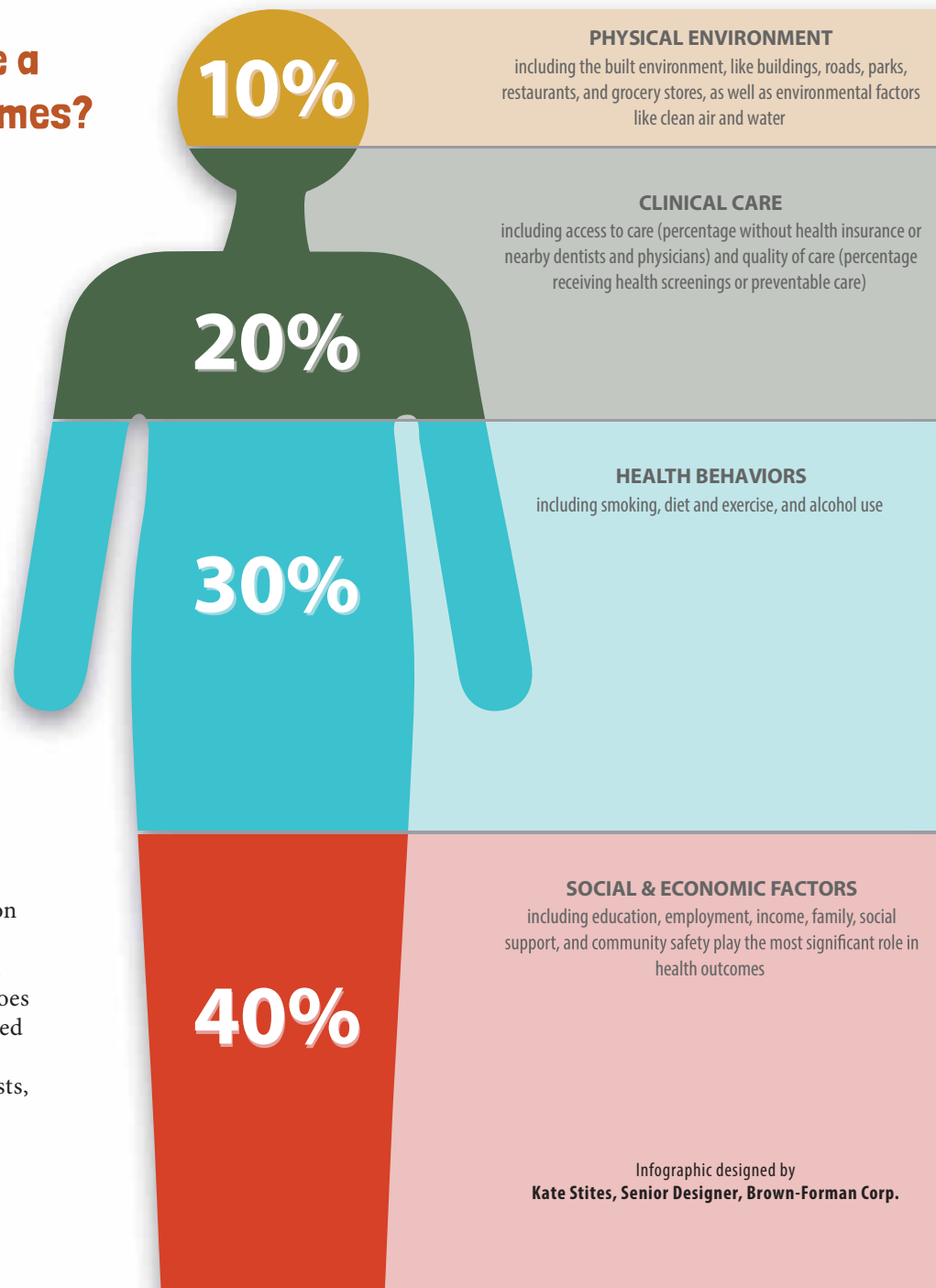
What factors influence a person's health outcomes?

Place Matters

The Louisville Metro Health Equity Report 2014 found clear differences in health based on income, race and neighborhood. Social determinants such as education, environment, and access to quality care factor in as well. As a result, there are certain neighborhoods within Louisville that suffer higher burdens of all types of health outcomes and risks than the Metro average.

There are Clear Indicators of Length and Quality of Health During Life

Based on research supported by the Robert Wood Johnson Foundation, the nation's largest philanthropic organization devoted to public health, we referenced a complex set of indicators, County Health Rankings, to better understand all that goes into health outcomes. These were evaluated and weighted based on their impact on health by a team of leading epidemiologists, and gave us a framework for how we could begin to address Louisville's specific challenges.



To Empower Citizens to Live Healthier Lives, the Bingham Fellows Class of 2016 has launched five innovative projects that touch all factors that impact health, beginning one neighborhood at a time.



Smoketown Family Wellness Center

A New Model for Healthcare Delivery

The life expectancy of a child born in Smoketown is 10 years below that of children born in many other Louisville neighborhoods. The Smoketown Family Wellness Center (SFWC) has a goal to increase life expectancy and improve the quality of life with an innovative approach to healthcare that combines medical care for kids with healthy lifestyle support for the whole family in a community-based setting.

SFWC will build a culture of health by providing:

- Comprehensive, evidence-based pediatric care.
- Family coaching to assess the strengths and needs of each family, including assessment of food security, housing, and exposure to Adverse Childhood Experiences.
- Programming driven by families and the community advisory team to serve the needs of families served in partnership with existing local resources.
- A community to support parents to raise children who are healthy in mind, body and spirit.



OPENING MARCH 2017
smoketownwellness.org



SaturPlay

Building Healthy Bodies and Strong Character

According to the U.S. Center for Disease Control, 62% of kids ages 9-13 do not participate in any organized physical activity outside of school hours, increasing their risk for poorer health and academic outcomes than their peers.

The YMCA, Dare to Care, Metro Parks and The Shawnee Boys & Girls Club will host SaturPlay for six weeks this fall, providing youth in one of Louisville's urban neighborhoods with free Saturday access to:

- Fun, physically active play in a safe environment;
- Healthy snacks; and
- Core character education.

Key components of the program include:

- Wide variety of activities to attract kids with different interests, abilities and fitness levels;
- Pre- and post- assessments to measure program impact;
- Two servings of a healthy snack that kids help prepare, one to enjoy on-site and one to take home for later;
- Core character education that encourages kids to demonstrate caring, respect, honesty and responsibility through teaching and fun on-the-spot recognition;
- Creation of a manual to replicate SaturPlay in additional sites in 2017.



"I can't wait to get home to make this snack again."



Louisville Active

Creating a Culture of Active Lifestyles

According to the American College of Sports Medicine, Louisville ranks #48 out of the 50 largest U.S. metropolitan areas for fitness. Louisville Active is committed to improving this ranking by helping the community understand the value of physical activity in improving overall health and quality of life. We are focused on creating a culture of movement in our city

- Offering innovative and diverse programming to encourage residents to get active.
- Creating and expanding existing walking groups and other movement initiatives in neighborhoods with notable health disparities to encourage residents to participate in low impact, safe and accessible group fitness activities.
- Partnering with the Louisville Sports Commission to broaden programming.
- Creating a city-wide awareness campaign through social media, traditional media and personal contact.
- Providing a “clearinghouse” for opportunities to be active.
- Partnering with healthcare, social service organizations and local businesses to share best practices.



by:

Louisville Active is aligned with the Mayor’s Healthy Hometown Movement and the Louisville Department of Health and Wellness to create a culture of health and wellness throughout Louisville, and will reside as an ad hoc committee of the Louisville Sports Commission.



Smoketown Laundry

Transforming Vacant Space into a Place that Improves the Health and Well-Being of a Community

The Smoketown Laundry uses an innovative approach to developing community-wide strategies to improve the health of Smoketown residents by transforming an unused property into a laundromat, with multi-functional spaces that facilitate holistic health including physical, economic, and social well-being.

The laundromat will be a place where residents can learn new skills, obtain health services/education, while providing community meeting spaces that enable community networks to be built in between doing laundry. Through a partnership with Youth Build, IDEAS xLab, Simmons College, Bates Community Development Corporation, Jewish Career and Family Services, KentuckyOne Health, and Jewish Hospital and St. Mary’s Foundation, Smoketown Laundry will provide the following services:

- In an effort to improve the economic well-being of those residing in the Smoketown community, an integral part of the building space will be dedicated to a minority-owned small business incubator. It will support the development of local businesses to help them survive and grow during their start-up periods through assistance and training programs.
- A Community Health Connector (CHC) will be hired to teach the importance of making healthy choices, serve as a health advocate, and connect community members to services.



Healthy Teen Break Up Summit

Promoting Peaceful & Healthy Relationship Skills for Teens

Most young people engage in multiple relationships through their teenage years, making mistakes and developing relationship skills. The ensuing break-ups can be messy, uncomfortable, and hurtful, with some teens turning to violence to deal with their conflicts. One in three adolescents in the U.S. is estimated to be a victim of physical, sexual, emotional or verbal abuse from a dating partner, predisposing them to substance abuse, eating disorders, sexually transmitted infections, cardiovascular disease and even death.

Start Strong Boston will facilitate Louisville’s first annual Healthy Teen Break Up Summit in February 2017. We will invite 150 teens, ages 15-18 in high school grades 10-12, to participate. This one day program will address themes and trends in teen relationships of all kinds and study the disruptive effects of disrespect, cheating, social shaming, and violence.

The Metro Louisville Health Department will provide the named sponsorship. Community stakeholders, including PACT in Action, Green Dot, and The Center for Women & Families, have agreed to provide additional support and guidance to train and empower teens to engage in respectful, non-violent interactions.



Icons indicate which health factors (Physical Environment, Clinical Care, Health Behaviors and/or Social & Economic Factors) are impacted by each project.