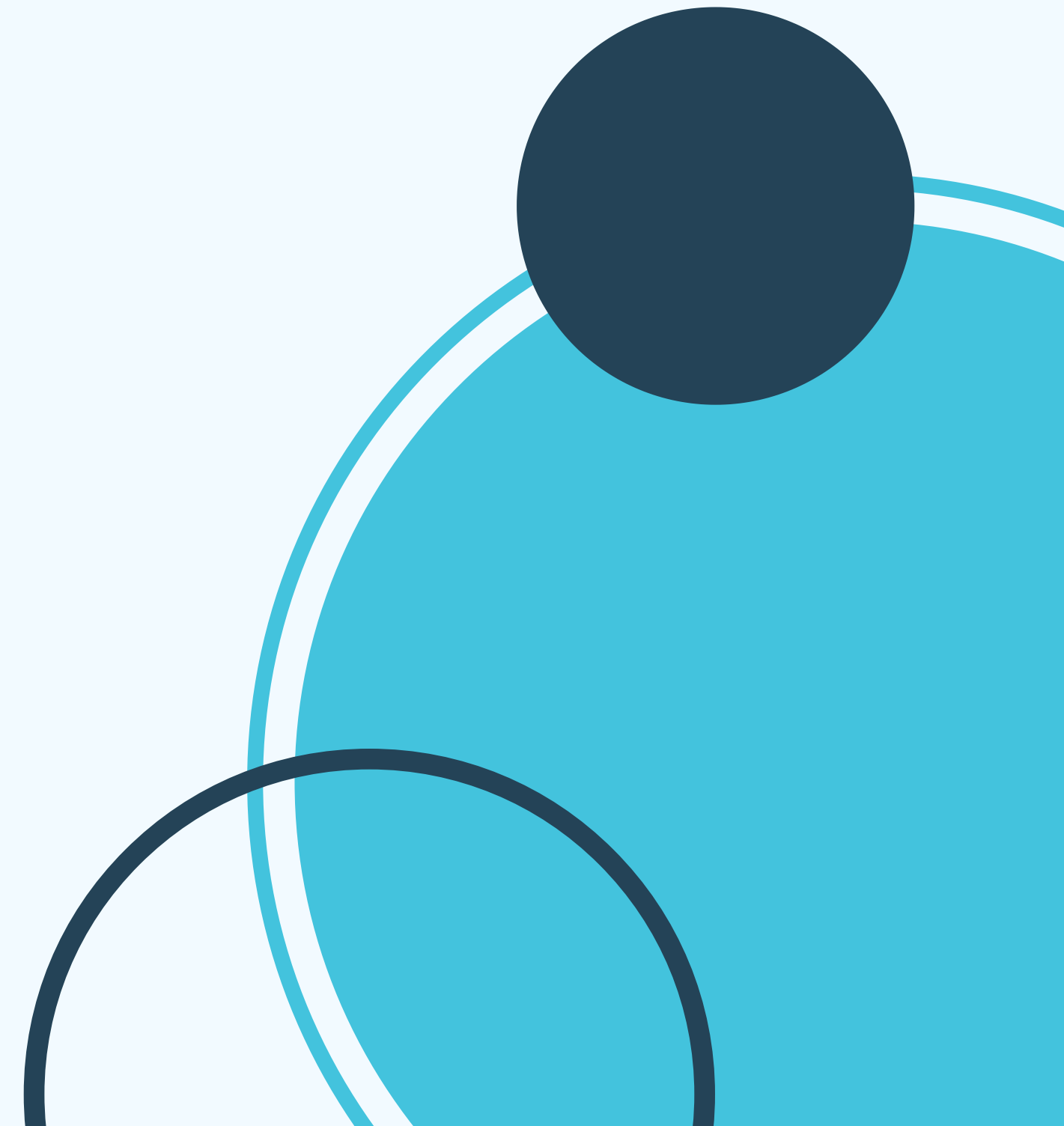


LiveWell Kershaw Coalition

June 24, 2020



GROUND RULES

- **Respect**-- Speak open and honestly, yet respectfully
- **Participate**-- 100% by sharing your thoughts, asking questions, & contributing to discussions.
- **Seek Solutions**-- If you disagree with a proposal or idea...that's okay! Just remember to stay solution oriented.
- **Seek to Understand**--Listen to learn, instead of listening to respond & seek first to understand, then to be understood.



AGENDA

- **INTRODUCTIONS**
- **ACTION TEAM PROGRESS**
 - **EMOTIONAL HEALTH**
 - **ACCESS TO CARE**
 - **HEAL**
- **SURVEY RESULTS
DISCUSSION**
- **ANNOUNCEMENTS**

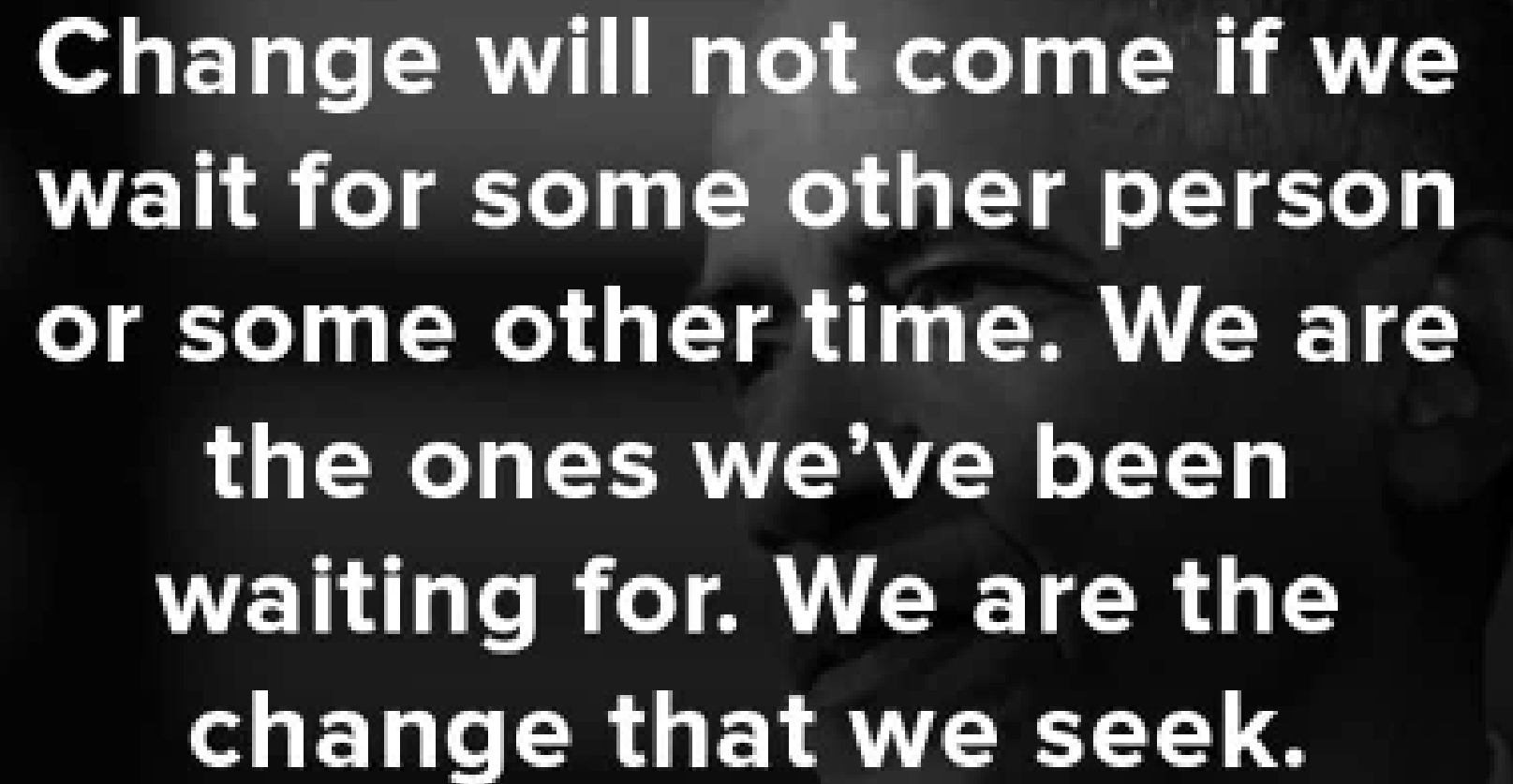


INTRODUCTIONS

Who are you?

Who do you represent?

**If you feel like
answering...What does
this quote mean to you?**

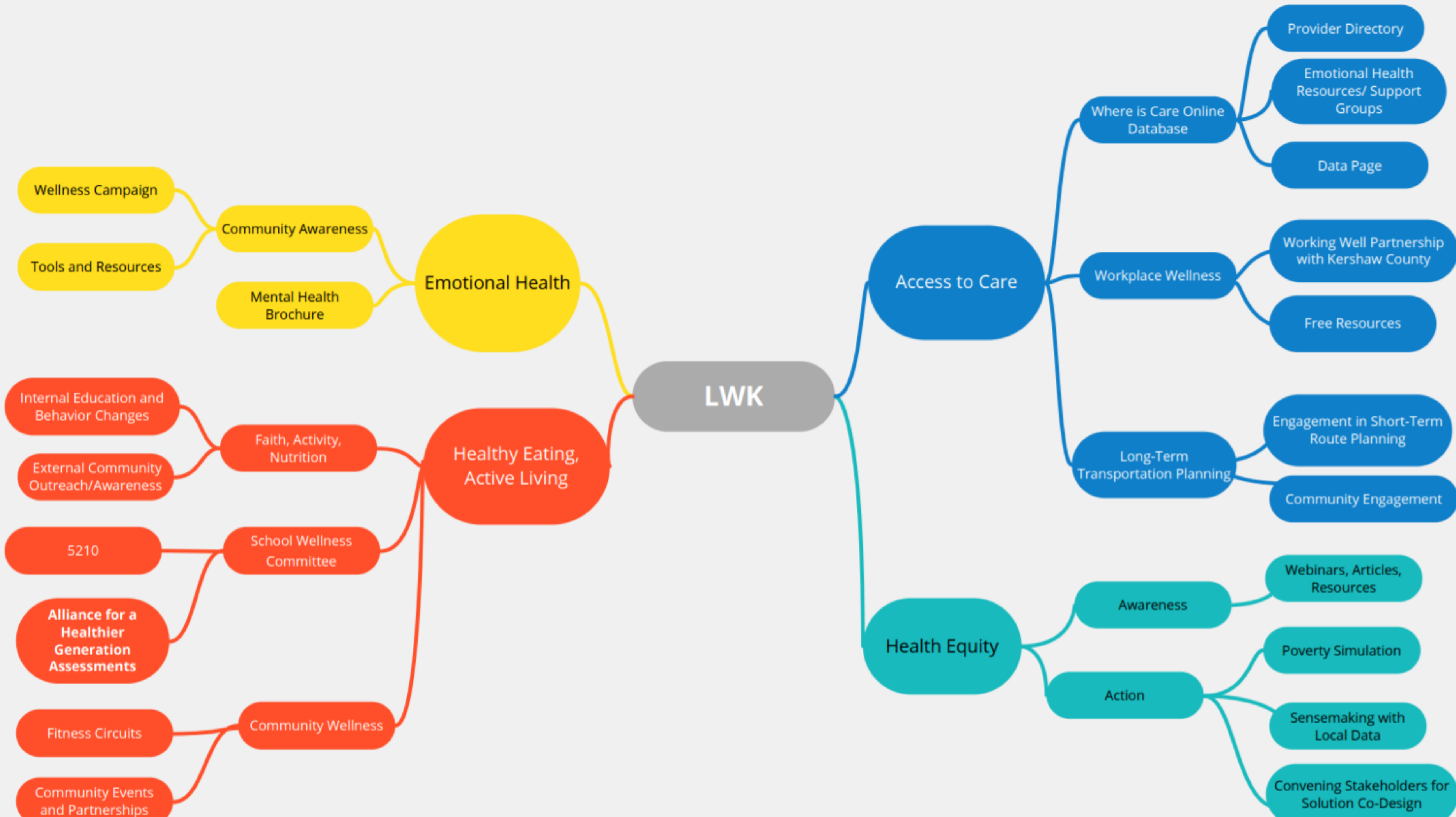


**Change will not come if we
wait for some other person
or some other time. We are
the ones we've been
waiting for. We are the
change that we seek.**

Barack Obama

**WHAT
AREAS ARE
WE
INVOLVED
IN?**

**WHAT DOES OUR WORK
LOOK LIKE?**



FITNESS

NUTRITION

POSITIVE
THINKING

EAT FRESH

HEALTHY LIVING

FEEL
GOOD

STRESS
REDUCTION

LESS SALT
AND SUGAR

ACTIVITY

Action Team

Updates...



EMOTIONAL HEALTH UPDATES



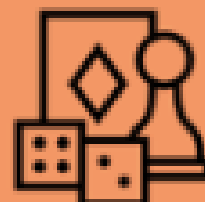
Coping with COVID-19

**Take breaks
from the news**



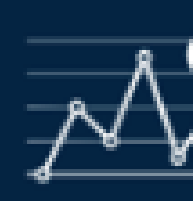
**Take care
of your body**

**Make time to
unwind**



**Connect with
others**

**Set goals
and priorities**



**Focus on
the facts**

Next Steps for EH...

THOUGHTS AND IDEAS...

- Would like to record a series of videos/recordings of wellness spots for radio & social media.
- Mental Health social media posts around coping, mindfulness, etc.
- We need your help...are there topics relevant to our community that need to be shared?



HEALTHY EATING ACTIVE LIVING (HEAL) UPDATES



Community Fitness Circuits

Next Steps:

- LWK putting up temporary fitness circuits in Goodale State Park & Kendall Park. Be on the lookout for these to be put up soon!
 - Instead of stencil, using signs to be placed into the ground.
- Downtown Camden stenciling proposal has been sent City of Camden



FAN Program- "Staying Healthy while Staying Home"



- Health & Wellness Committee still putting "Staying Healthy while Staying Home" videos on social media during COVID-19.
- Recent Videos:
 - "The healthier you are, the more helpful you can be."
 - How can we be healthy?
 - Reduce amount of added/refined sugars in your diet.
 - Sweeten with bananas & other fruits.
 - How to make overnight oats.
 - Healthy "Nice Cream"

Work Wellness

Working Well

South Carolina Hospital Association

Kershaw County

Organizational Assessment completed in next 45 days

Free Resources

Infographics on eating, exercise, and mindfulness

Social media kit for work wellness tips

Resources from American Heart Association

SCHOOL WELLNESS



- Reporting on School Wellness Committee
- Taking a PAUSE while schools adjust for Fall guidelines

FOODSHARE

- NEW LAUNCH in July 2020- Packing date is July 7th.**
- Public Health intern hired to help United Way.**





ACCESS TO CARE UPDATES

TRANSIT UPDATES



- CARES Act money received- \$550,000 to fully cover cost associated with running a two year route through a portion of Kershaw County.
- Timeline- Approximately 8 months to 1 year to see fully up and running
- Route is proposed to start in Sandhills and go to Kershaw Health. Route will extend to Mcrae Road and then return back to Sandhills.
 - Funding played a role in this decision.

We need your help!

Let's identify
community leaders
along route to tap
into people to talk
to!



**health
disparity
survey
results**

COVID-19 SURVEY HIGHLIGHTS

- "From your perspective, has COVID-19 spotlighted issues around health equity, transportation, access to care, and disparities in resources?
 - 93% of the survey participants (13 of 14) responded yes and 7% (1) indicated no.
- Tell us more about how COVID-19 has spotlighted these issues. What have you seen specifically?
 - 12 of the 14 (85%) survey participants responded with issues they have noticed...
 - **Access to Care**- 9 responses listed an aspect of health care access, with transportation being the most common listed issue.
 - **Food Insecurity**- 4 responses mentioned people being unable to purchase food and groceries.
 - **Health disparities/Equity**- 5 responses included issues related to health disparities for certain populations including African Americans, and other people of color, low-income families, and those with vulnerable immune systems.

Are you interested in a follow-up virtual conversation related to the evaluation results and establishing next steps as a community?

93% (13 of 14) indicated yes

7% indicated no (1)



HEALTH EQUITY SURVEY RESULTS

- Time to move forward with continued action by addressing health equity and stomping out implicit bias in our local organizations.
- The survey was completed by 41 individuals.
- **What have you done since the simulation?**
 - "I have tried to educate myself on implicit bias (including my own) and recognizing how this effects people in our everyday society. Recently, I've been digging deeper. How can I be the change?"
- Are you interested in having a generative discussion around racism, implicit bias, and equity as it relates to health outcomes in our black and POC communities in Kershaw County?
 - 86% of survey participants that responded indicated yes (25 of 29) and 14% (4) responded no.

"I think LiveWell Kershaw is the perfect group to begin to address this cause in Kershaw County. This conversation needs to be started within the community, and should be apolitical to the greatest extent possible. It also needs to address the specific impacts that systemic racism has caused. Access to mental and physical health resources is one of the most pressing concerns today that can be directly tied to the issue at hand. For these reasons I am more than willing to participate in any event, activity, or meeting that the Coalition may hold and look forward to seeing what can be done to at a minimum raise awareness, and ideally bring change."

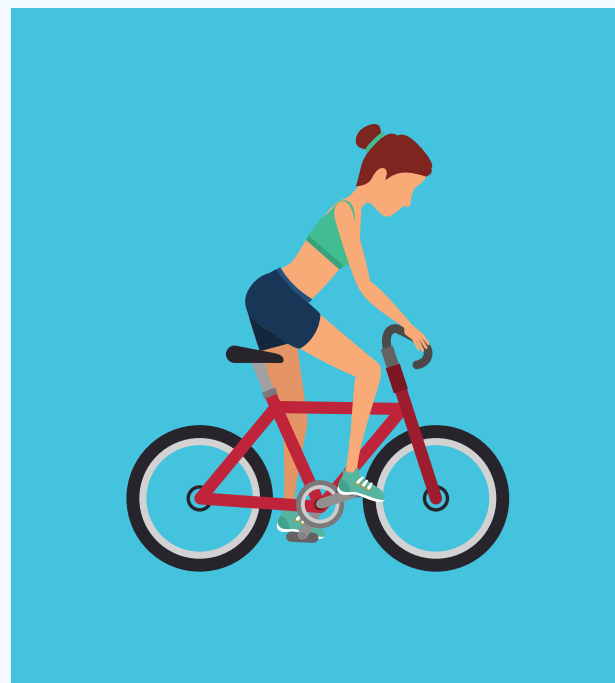
**WHERE
CAN YOU
HELP?**

ways you can be involved.

HEAL	Help place fitness circuits at locations	Guest speaker for wellness topic
EMOTIONAL HEALTH	Become a team member!	Guest speaker for wellness topic
ACCESS TO CARE	Identify community leaders for transit input from communities	Guest speaker for wellness topic

Which of these
can
you help us with?

ANNOUNCEMENTS



- **Next LWKC Meeting is July 22nd from 8:00-9:30 am.**
- **All meetings virtual until further notice.**

The background of the entire image is a dark, blue-tinted photograph showing several medical masks and gloves, suggesting a healthcare or safety context.

Resources for COVID-19:

Kershaw County

**[https://www.kershaw.sc.gov/our-
county/coronavirus](https://www.kershaw.sc.gov/our-county/coronavirus)**

OUR TEAM

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Leading together for a healthier Kershaw County!



LiveWell

KERSHAW COALITION



COMMUNITY MEDICAL CLINIC

Outreach. Access. Medical Home.



With support from

Healthy People, Healthy Carolinas

An Initiative of The Duke Endowment