Healthy Community Center
March 6, 2023 – Community Meeting

Healthy Community Center Programming
Opening Remarks

Mary Howard, DNP, RN, NEA-BC
Executive Director, East Hospital
The Ohio State University Wexner Medical Center

Chyke Doubeni, MD, MPH
Chief Health Equity Officer
The Ohio State University Wexner Medical Center
As part of the land-grant mission, the OSU Wexner Medical Center has partnered with community organizations and patient advocacy groups across Ohio for many decades. The goal is to improve health for the people of the state of Ohio. The Wexner Medical Center Board formalized this goal with a “Healthy Communities” section within the Wexner Medical Center strategic plan in 2017. This is a celebration of milestones in that work on the Near East Side.
In 2022, the Office of Health Equity was established.

Through consultations, we identified the following draft Ambition to guide the collective work to advance health equity:

Through our actions, investments, and partnerships, we will co-create an inclusive and equitable environment for those who work here, learn here, engage with us for care, and live in the communities we serve.
Joshua J. Joseph, MD, MPH
Medical Director, Healthy Community Center
Co-Chair, Obesity and Nutrition Steering Committee
Assistant Professor of Medicine
The Ohio State University Wexner Medical Center
Thank you for your input at previous community engagement sessions.

Based on Community Feedback there was interest in engaging on identified areas in the year leading up to the Healthy Community Center opening.

Three areas were identified:

• **Wellness**
• **Physical Activity**
• **Nutrition**
The aims of this meeting are to continue conversation regarding:

• Updates on the Healthy Community Center
• The programming opportunities identified by the Community
• Co-designing and delivering the health community programs
• Identify assets (resources, and partners) in the Near East Side to build on for programs in the Health Community Center
Wellness

Jodi Kuri, PT, MPT, OCS
Ambulatory Director of Wellness
The Ohio State University Wexner Medical Center
Six Weeks to Wellness

SIX WEEKS to Wellness

A Wellness Program for Dublin Chamber Member Businesses and their Employees

January 26 – March 2, 2023 Thursdays at 1 p.m.
Mindfulness in Motion for Busy Adults

Learn what it is that causes you to experience stress and learn relaxation and mindful eating techniques, as well as effective sleep habits.

Healthy Eating Starts at Home

Learn how to prepare foods to boost your nutrition and be more organized for your weekly meal preparation with some quick ideas from the professionals.

Your Desk — Your Home Away from Home

Tips for staying healthy at your work station: ergonomic set up, posture, and exercises.
Six Weeks to Wellness

How to Incorporate Meals into Your Routine
Focus on healthy eating habits and learn about foods that make you feel better.

Gentle Yoga
Bring your own mat and join us for 50 minutes of slow movements, deep breathing and stretching. Yoga is an excellent relaxation exercise that can help relieve stress and clear the mind.

Executive Group Coaching
Explore how to have career success with greater ease by invoking the art of setting intentions to manage competing priorities while moving from reactivity to proactivity.
Physical Activity

Allan Sommer, MS
Wellness Program Manager
The Ohio State University Wexner Medical Center

Michelle Williams,
Exercise is Medicine Specialist
The Ohio State University Wexner Medical Center
Exercise is Medicine
Exercise is Medicine (EIM), a global health initiative, encouraging primary care physicians and other healthcare providers to include physical activity when designing treatment plans, and to refer patients to evidence-based exercise programs and qualified exercise professionals.

EIM is committed to the belief that physical activity promotes optimal health, is integral in the prevention and treatment of many medical conditions and should be regularly assessed and included as part of health care.
Primary Objective:

Physical Activity (Long—Term)

Weeks #1 - #2

Weeks #3 - #11

6 Months

12 Months

Physician Referral

Exercise is Medicine

IPAQ-SF7, SF-36, DHQ-III, Medical History, Demographic Information

2x 1:1 Personal Training

2x/week Group Exercise

height, weight, BMI, blood pressure, heart rate, waist & hip circumference, waist-hip ratio, and body fat %
# Exercise is Medicine

## Exercise is Medicine

<table>
<thead>
<tr>
<th>Increases</th>
<th>Decreases</th>
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<tr>
<td>• Exercise per week by 64 minutes</td>
<td>• Weight</td>
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<tr>
<td>• Mental Health and Physical Quality of Life</td>
<td>• Waist Circumference</td>
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<td>• Systolic Blood Pressure</td>
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<td>• Diastolic Blood Pressure</td>
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<td>• Depressive Symptoms</td>
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<td>• Perceived Stress</td>
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OSU Wexner offering free exercise program for those who qualify

by: Kenya Ramirez
Posted: Oct 15, 2021 / 06:21 PM EDT
Updated: Oct 15, 2021 / 06:22 PM EDT
Physical Activity

Jackiethia Butsch, C-CHW, CP
Senior Outreach Coordinator
Office of Civic & Community Engagement
The Ohio State University Wexner Medical Center
Physical Activity

Malik Willoughby, CPRP
Founder, MBUBE Institute
Yoga
Nutrition

Julialynne Walker, JD
International Food Justice and Agriculture Advocate
Founder, Bronzeville Growers Market and Bronzeville Agricademy
Cooking demonstrations
Nutrition

Hannah King Boyles
Strategic Planning Manager
The Ohio State University Wexner Medical Center
Volunteering in community gardens
Volunteering in community gardens
Save The Date

Outpatient Care East
June 3, 2023
9:00am-1:00pm
Originally the namesake of the Eastside Library at 1479 East Long Street, 1600 East Long Street was the successor of the original Martin Luther King branch which served the community from 1953 to 1968. The original Eastside Library was the first public library in the United States with his namesake. The Eastside Library customer base had outgrown the small building and the Library Board of Trustees decided that it was time to move. Before the MLK branch’s opening at 1600 East Long Street, a citizens group known as the Eastside Library Advisory Council (ELAC) asked the Library Board of Trustees to ensure that this new facility would meet the special cultural, educational and economic needs that were unique to this community. ELAC worked with library administration and its architect to develop a facility which, at the time, was to be the largest branch within the Columbus Metropolitan Library’s system.

On September 25, 1969, the Reverend Martin Luther King, Sr. was the featured speaker at the formal dedication. He said to the crowd, “You have a beautiful place conducive to reading, but books are worth nothing unless you read them.” The renamed and relocated facility not only honored the work of Reverend Dr. Martin Luther King, Jr. with his name, but also honored the residents of the Near East Side by emphasizing African and African American history, heritage and culture.

After its second move, back to its original site, the Nobel Peace Prize recipient’s son attended the formal dedication. In 2023, The Ohio State University Wexner Medical Center and community partners restored the building to continue service to the community in Dr. King’s legacy.
Healthy Community Center Updates

Michelle Malone, MPA
Senior Director of Projects
The Ohio State University

Bill Hayes, PhD
Director of Health Policy,
External Relations & Advocacy,
The Ohio State University Wexner Medical Center
This section of brick wall will be removed as part of project.

- Red outline shows current fence line.
- Fence to be post driven, 8’ high, no barbed wire.
- Signage will be affixed to the fence with rendering of Healthy Community Center Project and contact information
- Working with Maroon Arts Group to use local artists work for the fence murals.
Current Timeline for HCC

- Finalize contract with construction firm (Barton Malow) – March 2023
- Finalize site security plan – March 2023
- Groundbreaking expected in April 2023
- Posting HCC Director – March 2023
  - Joshua Joseph and Bill Hayes are points of contact
- Implement programming – beginning April 2023
- Opening of HCC – Spring 2024
Healthy Community Center

- Discussion