

# **Community Presentation Report**

**Prepared by the Community Advisory Council**

**September 2010**



## Table of Contents

<b>Overview</b> .....	<b>5</b>
<b>Bootheel Region</b> .....	<b>6</b>
Poplar Bluff .....	6
Sikeston .....	7
<b>Central Region</b> .....	<b>8</b>
California .....	8
Moberly .....	9
<b>Lake Ozark-Rolla Region</b> .....	<b>10</b>
Crocker .....	10
Salem .....	11
Versailles .....	11
<b>Lower East Central Region</b> .....	<b>13</b>
Cape Girardeau .....	13
Ironton .....	14
<b>North Central Region</b> .....	<b>16</b>
Brunswick .....	16
Milan .....	16
<b>Northeast Region</b> .....	<b>17</b>
Hannibal .....	17
Memphis .....	18
<b>South Central Region</b> .....	<b>19</b>
Houston .....	19
West Plains .....	19
<b>Southwest Region</b> .....	<b>21</b>
Joplin .....	21
<b>Springfield Region</b> .....	<b>22</b>
Bolivar .....	22
Hollister .....	22
<b>St. Louis Metro Region</b> .....	<b>23</b>
Arnold .....	23
Troy .....	24
<b>Executive Summary</b> .....	<b>25</b>



## Overview

In 2010, Missouri Foundation for Health (MFH) decided to hold a series of community meetings throughout its service area to gather information about health concerns in individual communities, to inform MFH's future funding efforts and to encourage more community level discussion of health issues. From April 2010 through September 2010, MFH held 21 meetings in its service area and reached more than 250 community leaders.

The meetings were lead by MFH Program Officers and the Vice President of Program. The discussions were facilitated by MFH's Community Advisory Council (CAC) members and Community Advisory Council Support Coordinator. For many of the meetings, MFH also partnered with the Missouri Office of Primary Care and Rural Health and the Missouri Rural Health Association, which at the same time was also seeking input about health concerns, with an emphasis on rural issues. Out of those meetings, two reports have been created – this document produced by MFH and the CAC, and a separate report from the statewide Missouri organizations.

The meetings were advertised through press releases, fliers, e-mail blasts, website posts, personal e-vites and phone calls.

The meetings provided an opportunity for all in attendance to introduce themselves and their organizations. Then the participants were led through a series of questions designed to stimulate conversation. Because of time considerations, not all questions were asked at all meetings. The full list of questions is below:

1. What do you believe are the most important characteristics of a healthy community?
2. In what ways is your community succeeding in improving health and quality of life?
3. What limits your community's ability to address health and quality of life issues?
4. Which organizations in the community could be better engaged in improving health and quality of life?
5. What is the responsibility of the state of Missouri in addressing these issues?
6. What is the responsibility of MFH in addressing these issues?
7. What is the responsibility of individuals and community members in building a healthy community?
8. What projects would you like to start in the community?

CAC members followed up the discussion by stressing the importance of local collaborations and partnerships to achieve some of the community's goals. Based on responses to the meeting evaluation forms, community members generally noted they enjoyed the opportunity to meet others in their community and to discuss more fully health issues affecting their regions.

This report provides an overview of all meetings by location and an executive summary that highlights common themes.

## Bootheel Region

### Poplar Bluff

June 23, 2010

**Presentation Facilitators:** Amy Stringer Hessel (Program Officer)

**Attendee Organizations/Individuals:** Butler County Health Department, Central Methodist University, Community Resource Council, Department of Health and Senior Services, Experience Works, Haven House, New Madrid Health Department, Poplar Bluff School District, Recycling Grace, Regional County Health Center, Regional Healthcare Foundation, Saint Francis Medical Center, United Gospel Rescue Mission, United States Army Corps, Van Buren Youth Center, Veterans Hospital, along with an independent consultant.

**Attendance:** 33

**Evaluation:** 93% of participants who answered said that the presentation was useful.

#### Discussion:

##### **What do you believe are the most important characteristics of a healthy community?**

Access to health care, affordable health care, no substance abuse, prevention and help with existing cases, help for veterans, family planning, good mental health (access, timely help, affordable prescriptions), access to medication, parent/teacher support, no domestic violence, employment (high paying, benefits, sustainable jobs), dental care, reliable transportation, parent/teacher collaborations.

##### **In what ways is your community succeeding in improving health and quality of life?**

School system is working to prevent teen pregnancy (mentoring programs, immunizations), good collaborations, community members advocate, service clubs are involved, increasing physical activity (younger children in particular), creating a caring and considerate community, community minded, Head Start, free fitness and family fun trail accessible, county offers a scholarship, improve breastfeeding awareness, access to a community garden, middle school children understand that smoking is bad, MODOT is listening to concerns, domestic abuse and child care is being discussed at meeting, community resource council is meeting, help for low income people is available.

##### **What limits your community's ability to address health and quality of life issues?**

Dental (meth mouth), drug and alcohol abuse, unemployment of recovering mentally ill, limited access to recreational space, transportation is very difficult, high smoking rates, limit physical ability (not good walkways unless in downtown area), people don't understand the value of eating correctly on a budget, life style management techniques are not being taught in school, mentally ill are too highly medicated, need fluoride treatments for all ages, high.

##### **Which organizations in the community could be better engaged to improve health and quality of life?**

Dentists, schools (students are only taught DARE in 5th grade), local government leaders, Community Action Agency, law enforcement, churches, Chamber of Commerce (active in the community, but missing from today's important discussions).

##### **What is the responsibility of the state of Missouri in addressing these issues?**

Increase tobacco tax.

##### **What is the responsibility of individuals and community members in building a healthy community?**

Teaching and advocating for water safety (life jacket, education, parent incentive), parental responsibility, fitness, collaborating, creating sustainable programs.

## **Sikeston**

### **June 24, 2010**

**Presentation Facilitators:** Amy Stringer Hessel (Program Officer), Kay Griffin (CAC)

**Attendee Organizations/Individuals:** Bootheel Counseling Services, City of Sikeston, Family First Clinic, Family Medicine of Southeast Missouri, Health Facilities Rehab, Helping Ministry, Kenny Rogers Children's Center, Mississippi County Health Department, Missouri Bootheel Healthy, Missouri Delta, New Madrid Health Department, Pemiscot County Health Center, Pemiscot Initiative Network, St. Francis Medical Center, Scott County Health Department, Scott County Transit, Southeast Missouri Behavioral Health, Southeast Missouri Coalition, Stoddard County Public Health, University of Missouri Extension- Sikeston, and a community member.

**Attendance:** 45

**Evaluation:** 100% of participants who answered said that the presentation was useful.

#### **Discussion:**

##### **What do you believe are the most important characteristics of a healthy community?**

Access to care, education (all levels and continuing), affordable care, communication, participation, working together, employment, positive role models, lower/no school dropout rate (prevention), immunization, regular check-ups for children and adults, no obesity, no teenage pregnancy, healthy diet and eating habits, strong commitment to morals, substance abuse prevention, access to food, breaking through mental health stigmas, parenting education, young health issues (infant mortality, good start programs), senior living.

##### **In what ways is your community succeeding in improving health and quality of life?**

Young Men's Christian Association is community minded, attending community meetings, healthy and active living obesity program available through church, fitness center, family program planning, transportation, strong community involvement, organizations giving to community, community hospital bringing in professionals and specialists, area resource council (meet Monday at noon), parental education programs, early intervention (nutrition), smoke free places, strong resources in community, community education classes, resource-based information, ability to build satellite clinics.

##### **What limits your community's ability to address health and quality of life issues?**

No boys and girls club, some cannot access Young Men's Christian Association, funding limits programs, hard to find health care providers and then hold onto them, money for transportation, no comprehensive approach, limited help for the working poor, too many hospital charity cases, lack of funding for teens clinic, no kids' co-occurring mental and substance abuse funding, duplication of services, programs are territorial, patients don't understand what doctors are saying, lack of call center, lack of obvious positive role models (champions in the community), gaps in resources (prescriptions, hard to pay deductibles), lack of education on how to use programs, cultural norms, people are over-worked, no one to help senior citizens remain independent, transportation is limited, patients can't get across town (LogistiCare is difficult), most people don't access local resources, schools need to get more involved.

##### **Which organizations in the community could be better engaged in improving health and quality of life issue?**

Two largest health organizations in Sikeston, school district, state board, home health agencies, pastors, police department.

**What is the responsibility of individuals and community members in building a healthy community?**

Newspapers to keep us informed and be a strong voice in the community, need a newsletter from the Chamber of Commerce, utilize 2-1-1, link your organization to the Chamber of Commerce website, learn how to aid the working poor community.

## Central Region

### California

**August 12, 2010**

**Presentation Facilitator:** Terry Plain (Program Officer)

**Attendee Organizations/Individuals:** Alzheimer's Association, associate judge, California Democrat, California School Board, Central Missouri Area on Aging, Commerce Bank, Hospice Compass, Missouri Primary Care Association, Moniteau County Health Center, Moniteau County Health Department, The Tipton Times, as well as the county circuit clerk and county commissioner.

**Attendance:** 26

**Evaluation:** 100% of participants who answered said that the presentation was useful.

**Discussion:**

**What do you believe are the most important characteristics of a healthy community?**

Healthy children, support for senior citizens, reliable transportation, availability/access to health services, preventive health services, bilingual sources, awareness of programs, safe housing, nutritious food in schools/food bank, mental health available, access to physical activity, access to healthy environments (i.e., sidewalks, parks), socialization in community.

**In what ways is our community succeeding in improving health and quality of life?**

Accessible Weight Watchers, recognize the need for change to healthy living, back-to-school fair (services and outreach), supportive business and organizations for community causes, community garden, women health screenings (education, awareness, treatments), ESL support and translators at health clinic, use of providers for preventive services, municipal facilities for community recreation(basketball, tennis, pool), senior citizens social activities (dance, exercise), active faith-based organizations such as the Ministerial Alliance.

**What limits your community's ability to address health and quality of life issues?**

Transportation (system is difficult for senior citizens, low income people, (un)employed do not have reliable access), lack of awareness of current resources and needs for mental health consumers (substance abuse), outpatient resources and service, inability to identify/provide/know who is in need, stigma of being and needing assistance (welfare), lack of social acceptance for someone with mental disorder, need to foster compassion for someone "different", low cultural sensitivity.

**Which organizations in the community could be better engaged in improving health and quality of life issues?**

Professional providers, faith-based representation, law enforcement, all health services.

**What is the responsibility of the state of Missouri in addressing these issues?**

Identify health needs of populations, research to identify health needs, offer assistance in informing and implementing services of a local level, addressing jobs with adequate salary.

**What is the responsibility of MFH in addressing these issues?**

Hold community meetings to bring stakeholders together, publish national/international research on “what works” in health care, implement best practices in health care, focus on prevention.

**What is the responsibility of the individuals and community members in building a healthy community?**

Invest in personal well-being, take care of loved ones, advocating for those who can't, be a voice in the community, get involved, share info among organizations, balance being charitable while not encouraging attitude of “entitlement”, use capability at local level to create change, advocate for a change in food choices in school districts, advocate for change in smoking policies in local areas.

**Moberly  
July 19, 2010**

**Presentation Facilitator:** Terry Plain (Program Officer)

**Attendee Organizations:** Boone Hospital Center, Centralia Friends of Park, Children’s Foundation of Mid-America, Faith Walk Ministry, Family Literacy Program, Greater New Life Ministries, Home Care of Mid-Missouri, KWIX Radio, Moberly County Health Department, Moberly Public Schools Board of Education, Randolph County Caring Community.

**Attendance:** 21

**Evaluation:** 100% of participants who answered said that the presentation was useful.

**Discussion:**

**What do you believe are the most important characteristics of a health community?**

Nutrition education for all ages, physical education, community motto – access to care with the care access, no crime, safe homes, safe housing facility, employment that offers a variety of different jobs (levels of management, good wages and great benefits), reliable transportation, space and places for people, networking, spirituality, available money, funding for activities, child care, community involvement.

**In what ways is your community succeeding in improving health and quality of life?**

Churches are involved, parks and recreation offer opportunities such as classes and walking trails, mental health availability for adults and kids, literacy coalition, working through under age substance abuse, holding forums, coalition building to work on emerging issues, decrease smoking among youth, partnering and coalition.

**What limits your community’s ability to address health and quality of life issues?**

Lack of dental services, transportation, mental health services (psychiatric shortage, lack of counseling), family awareness and family issues, men’s health is ignored, primary care, low employment, senior citizens ‘quality of life is in question.

**Which organizations in the community could be better engaged in improving health and quality of life?**

Hospital, family services, probation and parole services, faith-based, university extension, public transportation, county and city commissioners, senior centers.

**What is the responsibility of the state of Missouri in addressing these issues?**

Policy change, creating an interactive information hub that is user friendly, visit schools to provide educational awareness.

**What is the responsibility of MFH in addressing these issues?**

Funding, access to information, publish grant results (what is working in what areas and what isn't working at all), full report on areas' success and limits, regional center where people can go to find details on health needs.

**What is the responsibility of individuals and community members in building a healthy community?**

Access resources, create awareness of resources, networking, not competing for resources, attending forums for referrals and getting to know people in the community, live as if you are your brother's keeper, limit overlapping programs, working as a team.

**What projects would you like to start in the community?**

Hospice house, learn ways to assist the working poor.

## Lake Ozark-Rolla Region

### Crocker

July 8, 2010

**Presentation Facilitators:** Craig Biehle (Program Officer), Mo Bressett (CAC), Weldon James (CAC)

**Attendee Organizations:** Medical Missions for Christ, Missouri State University, Pulaski County Health Department, University of Missouri Extension- Crocker.

**Attendance:** 10

**Evaluation:** 100% of participants who answered said that the presentation was useful.

**Discussion:**

**What do you believe are the most important characteristics of a healthy community?**

Healthy environment (access to services, environment that promotes mobility, exercise), ordinances exist for a clean environment (smoking bans), readily available transportation.

**In what ways is your community succeeding in improving health and quality of life?**

Pulaski County Community Network (working on collaborations, becoming more active, developed a resource guide, developing mission and goals), started a community garden, access is improving for healthy foods, moving along on health education on a number of issues.

**What limits your community's ability to address health and quality of life issues?**

Budget cuts, lack of primary health care and mental health care for citizens, lack of family planning help for women 14-50, spend a lot of time trying to help women find services, unemployment near 30%, many residents are uninsured, lack of dental care, need for more nonprofit health clinics, local military base is exhausting medical services for civilians, narcotics, currently no public transportation in Pulaski County.

**What projects would you like to start in the community?**

Substance abuse program (need education for substance abuse counselors, infrastructure, staff and facilities), sexually transmitted diseases programs (Pulaski County is 4th in state for STDs), parish nurses needed, could use assistance developing social networking for nonprofit organizations, training on how to (Facebook, Twitter).

## **Salem**

### **August 31, 2010**

**Presentation Facilitator:** Craig Biehle (Program Officer)

**Attendee Organizations:** Dent County Health Department, Lifeway Center, Miller County Health Center, Missouri University Extension- Salem.

**Attendance:** 9 participants

#### **Discussion:**

##### **What do you believe are the most important characteristics of a healthy community?**

Active community, education, access to care, good nutrition, access to healthy food, low teen birth rate, relationships between hunger and obesity addressed, transportation, family planning services, access to women's health exam, birth control, healthy living initiatives, personal initiative, committed community, no poverty, strong health care workforce, growing own physicians.

##### **In what ways is your community succeeding in improving health and quality of life?**

SHOWmobile, Wii Fit was given to the schools and teachers are seeing a drastic increase of activity, new cooking classes, employers are trying to promote healthy lifestyles, Pounds for Packs program at the hospital, community members look for creative ways to help community, strong community involvement, active dietician.

##### **What limits your community's ability to address health and quality of life issues?**

Dental care (children, youth and adults), manpower is limited, have to travel great distances for Medicaid help, meth mouth, lack of fluoride treatments, lack of resources, lack of specialty doctors, volunteer burn-out.

##### **Which organizations in the community could be better engaged in improving health and quality of life?**

School districts, city government, county government.

##### **What is the responsibility of MFH in addressing these issues?**

Difficult to apply for funding because rural citizens do not fit the criteria (cannot get high enough participant numbers), place-based funding rather than programs would be helpful, demonstration projects would be a better fit for our community, smaller grant amounts are needed.

## **Versailles**

### **June 25, 2010**

**Presentation Facilitators:** Terry Plain (Program Officer), Tim Swinfard (CAC)

**Attendee Organizations:** Bank of Versailles, Burrell Behavioral Health, Citizens for Health and Wellness, Community Asset Builders, Katy Trail Community Health, Missouri Department of Health and Senior Services, Missouri Primary Care Association, Moniteau County Health Department, Morgan County Health Center, OATS Inc.

**Attendance:** 22

**Evaluation:** 100% of participants who answered said that the presentation was useful.

**Discussion:**

**What do you believe are the most important characteristics of a healthy community?**

Quality residential care, up-to-code housing (affordable, available), safety (no substance abuse, visible law enforcement presence), education (quality, high graduation rates, high numbers seeking local secondary education), employment (benefits, not minimum wage jobs, not seasonal, year-round), health care (affordable, quality), health literacy, dental care (Medicaid providers), activities for community involvement for all ages (seniors, children, teens, etc.), support groups, mental health care access, low/no cost recreation opportunities for all (safe places to exercise), public transportation at low/no cost, strong public health system, walking trails, help for obesity and issues surrounding obesity, vision care ( Medicaid providers), affordable and quality child care, strong emergency services, vibrant business communities, money, employment, access to health care (dental, mental, vision), transportation, personal responsibility and accountability, leadership in community, law enforcement education regarding developmentally disabled and other professional development, opportunities for community planning, communication with community members, network/collaborate.

**In what ways is your community succeeding in improving health and quality of life?**

Diabetes programs, Safe Kids of Central Missouri, quit smoking programs, Buddy Pack (nutrition/food), back-to-school fairs (free supplies), Morgan County Resource Guide (community information), recruitment and retention packet for physicians and school administration, working to open community clinic (October), inter-agency meetings, underage drinking reduction programs, prescription drug disposal event, expanding mental health services (Moniteau and Morgan counties), CareVan (provide transportation), parenting classes, CPR training, health-related services meetings (in California).

**What limits your community's ability to address health and quality of life issues?**

Lack of communication/collaboration weak transportation system, finance/money, location, legislation, not enough volunteers (same people over and over), lack of education (low graduation rates, not enough secondary education), availability and affordability of insurance and health care, cultural barriers, generational/family habits, dental, poverty, lack of economic diversification ( too many minimum wage jobs, need more mid-level employees).

**Which organizations in the community could be better engaged in improving health and quality of life?**

Co-Mo Cares, Lions, Community Action Agency, Ministerial Alliance, Food Bank, 911.

**What is the responsibility of the State of Missouri in addressing these issues?**

Maintain/increase investment in public health (mental, education/health literacy, developmental disabilities), balance need for services with taxing on businesses, work closer with faith-based organizations to channel services and funding where needed.

**What is the responsibility of individuals and community members in building a healthy community?**

Advocate to elected officials, develop community plan for health improvement, personal accountability (dedication to causes, advocate, volunteer, shop local, be the example).

## Lower East Central Region

### Cape Girardeau

May 14, 2010

**Presentation Facilitator:** Matthew Kuhlenbeck (Program Officer), Martha Gragg (Vice President of Program)

**Attendee Organizations/Individuals:** Alzheimer's Association, Bootheel Counseling Service, Cape Girardeau County Public Health Department, Cape Girardeau County Transit, Child Care Resources and Referrals, Community Caring Council, Congress Woman, Cross Trails Medical Center, Family Medical of South East Missouri, Kiwanis Club, Lutheran Family and Children's Services, Medstop One, Missouri Children's Division, Missouri Department of Health and Senior Services, Missouri Department of Mental Health, Missouri Mentoring Partnership, Safe House, Saint Francis Medical Center, Southeast Missouri Network Against Sexual Violence, Southeast Missouri State University, Southeast Missouri Transit, Southeast Missouri University, New Visitor Counseling, SHOWmobile, Vocational Rehabilitation and a Congressional candidate.

**Attendance:** 48

**Evaluation:** 100% of participants who answered said that the presentation was useful.

#### Discussion:

##### **What do you believe are the most important characteristics of a healthy community?**

Access to care (identify what is preventing access, primary care, referral networking missing and capacity to make it work), specialty care safety, jobs, physical activity, low teen birth rate, smoke free, low crime rate, high employment rate, children's mental health access and affordability, faith-based organizations, low drug and alcohol use, access to affordable and good nutrition, affordable/quality housing, emergency/safety net available (access to after-hours primary care), access to quality/affordable child care, prevention/focus, educate people to get preventative care, affordability, transportation (LogistiCare is difficult), mid level providers, increase access to all resources, children's mental health program, providers distribution, support to keep people in the home (24/7 support), co-occurring disorders help available (care and access to care), mental health access and affordability, efficient Medicaid (usefulness of prescription analysis, increase good behaviors, increase healthy behavior), agencies should not be spread too thin, no territorialism of some agencies.

##### **In what ways is your community succeeding in improving health and quality of life?**

Committed Southeast Missouri Healthcare, involved federally qualified health clinics, dedicated SHOWmobile, good at identifying and providing service to abused children (earlier and better), good resources for young mothers, agencies are working together and collaborating, community-focused fundraising is occurring in some instances, transportation is available in Cape Girardeau area (not other counties), case management in the home (mental health), faith communities have stepped up and helped in health issues.

##### **What limits your community's ability to address health and quality of life issues?**

Lack of knowledge of available resources in the area, need to reinforce 2-1-1 activities and integration to First Call for Help, understand the services and resources of agencies, rural can't attract providers because of a lack of backup resources, reimbursement rates haven't increased for providers (psychiatry, Medicaid), duplication of services, rules and regulations are outdated, need to be ready for health care reform, funding to help local independent providers stay in business (unable to compete with competitors, government

funded), health career pathway for students seems unattainable, hard to think/incubate good ideas, not enough time or resources, lack of caregiver support, Medicaid not accepted, care cannot reach outlying areas, people aren't knowledgeable of available resources, lower support for providers wanting to work in rural areas, dental care is difficult to access, hard to get to referrals.

**Which organizations in the community could be better engaged in improving health and quality of life?**

Civic clubs, faith-based communities, school system, senior community, business community, business chambers, non-medical with medical community, for-profit medical community, media, legal community (judges, probation, parole), rural community, university system, local/regional/state policymakers.

**What is the responsibility of the state of Missouri in addressing these issues?**

Funding, nurse practitioner/mid-level policy changes (alleviate fear of doctors, educate them), workforce issues (macro level), access to care for uninsured, preventative education in school systems, list/coordinate all resources in state/county and make available, develop service to prevent gaps and improve proper utilization (would decrease costs).

**What is the responsibility of individuals and community members in building a healthy community?**

Educating the public, policymakers and funders, advocating for change, networking, terminal issues (collaborate more), evaluation of activities, learning from success and failures, more active in seeking resources, understanding of cost of care, better informed patients and consumers, health literacy with provision of services.

## **Ironton**

**June 7, 2010**

**Presentation Facilitators:** Matthew Kuhlenbeck (Program Officer), Jim Brown (CAC)

**Attendee Organizations:** Alzheimer's Association, Iron County Health Department, Madison County Health Department, Missouri University Extension- Ironton, Nurses for Newborns, Pathways, Reynolds County, RSVP Health, Salem Area Community Betterment Council, St. Francois County Health, Southeast Missouri Mental Health Center, Southeast Missouri Transport, The Community Partnership, USA Drug, Washington County Memorial Hospital.

**Attendance:** 26

**Evaluation:** 100% of participants who answered said that the presentation was useful.

**Discussion:**

**What do you believe are the most important characteristics of a healthy community?**

Primary health care access, dental access, insurance, effective and efficient Medicare and Medicaid, reliable transportation, high school/higher education, access to information, low poverty, health literacy, healthy living activities, prevention care, child care that is safe, accessible and affordable, community partnerships, life skills education, motivation to improve health, advocate for community and individual, informed and signed up and outreach to the community, children fed on weekends, nutrition, affordable/healthy food (access), awareness of existing services, prevention for youth and adults, work more effectively together, transportation system, care management system, counseling services and mental health services, move past the mental health stigma, treatment services for drug and alcohol abuse, value of primary dental care (educating on the need for dental services for the youth), access to mental health services, consistent

delivery of services, access and development of health care providers at all levels, career training activities with school counseling services, geriatric care center access with a higher quality of care needed, Medicaid accepting dentists, opening of inpatient psychiatric beds, state and federal funding.

**In what way is your community succeeding in improving health and quality of life?**

More resources to address chronic disease, young moms support program/education program “stay at home parent”, children’s dental care with education on early oral care, farmers market, community garden, instrumental steps to improve community health, resources and activism, more motivated to work on community issues, free prescription delivery and patient advocates, backpack programs (feeding kids on the weekends), , dental, work with local health department, look at coordination of efforts, interagency meetings and trainings, commonalities/continue to work with other organizations, how to get health information to spread, our big monster health funds (collaborating without duplicating of services), more creative funding/ fundraising activities, non-traditional parties. Community Partnerships, hospitals, Health Department, fire departments, extension services, Ministerial Alliance, Eastern Missouri Action Agency, United Way, Alcoholics Anonymous, Disabled Citizens Alliance, rural health clinics, schools, Missouri State University Extension.

**What limits your community’s ability to address health and quality of life issues?**

Funding, staff capacity, geography (location, transportation), resources, lack of all types of providers, information/ communication, health information (“You don’t know what you don’t know”), no-show patients, motivation, working poor, programs are too complicated, dental care, HPV-STD, primary care.

**What is the responsibility of the state of Missouri in addressing these issues?**

Coordination efforts and resources, access to information, health care safety net, funding, referral services, balance of sources to providers, legislature activity (advocating for change, more of rural health needs, limit bureaucracy, interpretation of state law and statutes).

**What is the responsibility of MFH in addressing these issues?**

Funding, address gaps, look forward to the future, permit creativity (demonstration projects), more aware of rural Missouri needs and build programs that meet them without hoops, funding for child backpack programs to address childhood hunger, funding matching communities needs, impact of social factors on health (hunger, chronic disease, nutrition, etc.).

**What is the responsibility of individuals and community members in building a healthy community?**

Advocate for your community, point in right direction, just do it, find a way to make it happen, share knowledge and resources, walk the talk, keep sight of individual choices, parents to set priorities and their influence on kids.

**What projects would you like to start in the community?**

Rehabilitation services (home health), outpatient behavior health, hunger/backpack programs, how to access funds and resources other than MFH, adult day programs (move towards self-sustainability).

## North Central Region

### Brunswick

August 27, 2010

**Presentation Facilitators:** Deidre Griffith (Program Officer), Martha Gragg (Vice President of Program), Michael Renner (Program Officer)

**Attendee Organizations:** City of Brunswick, Chariton County Ambulance District, Chariton County Commission, Chariton County Community for Betterment, Chariton County Health Department, Linn County Health Department, Moberly Medical Clinic, Salisbury Senior Center, The Brunswicker.

**Attendance:** 21

**Evaluation:** 100% of participants who answered said that the presentation was useful.

#### Discussion:

##### **What do you believe are the most important characteristics of a healthy community?**

Hospitals, youth services, dental care, getting people fed (Meals on Wheels), volunteers, thriving parks and recreation facilities, access to definitive care, jobs.

##### **In what ways is your community succeeding in improving health and quality of life?**

Residents raising money for clinics (fully staffed, Telehealth services, radiology unit), health department is trying to push for smoke-free places in community and more places are going smoke-free because of the push, Grand R. Medical Clinic.

##### **What limits your community's ability to address health and quality of life issues?**

Funding, City of Brunswick does not have enough money to maintain existing parks, personnel funding for senior services after-hours medical care.

##### **Which organizations in the community could be better engaged in improving health and quality of life?**

Smoke Busters (not adequate amount of participants), health department.

### Milan

May 24, 2010

**Presentation Facilitators:** Martha Gragg (Vice President of Program), Jeanne Jarrett (CAC)

**Attendee Organizations:** City of Milan, Community Asset Builders, Green Hills Community Alcoholics Anonymous, Livingston County Green Hills, Missouri Department of Health and Senior Services, Putnam County Health Department, Sullivan Commission, Sullivan County Courthouse, Sullivan County Family Support Division Offices, Sullivan County Memorial Hospital, Truman State University.

**Attendance:** 31 participants

**Evaluation:** 100% of participants who answered said that the presentation was useful.

**Discussion:****What do you believe are the most important characteristics of a healthy community?**

Access to care, affordability of care, better involvement of faith-based organizations, good emergency services that can take you to close ER, no crime, no drug, mental health addressed at all levels (children, youth and adult), physical activity.

**In what ways is your community succeeding in improving health and quality of life?**

Very integrated community, everyone knows each other, Sullivan County Memorial Hospital is very involved and has good care, good involvement of government and city and county level.

**What limits your community's ability to address health and quality of life issue?**

No place to work out, no place to hang out, lack of walking trails on outer rims of area, dental care, high teen birth rate that isn't being addressed with enough advocacy, "this is the way it has always been" mentality.

**What is the responsibility of individuals and community members in building a healthy community?**

Work together to fix issues, find funding for our projects, think of new and inventive projects.

## Northeast Region

### Hannibal

July 21, 2010

**Presentation Facilitator:** Thomas Adams (Program Officer)

**Attendee Organizations:** Adult Head Injury Program, American Red Cross, Chart Partnerships, Chart Teen Task Force, City of Hannibal, Community Alternatives, County Connections, Family Planning, Hannibal Clinic and Health Services, Hannibal Medical Supplies, Heartland Resources, Missouri University Extension, Northeast Independent Living Services, RSVP Health, United Way of the Mark Twain Area, White Oak Counseling.

**Attendance:** 44

**Evaluation:** 100% of participants who answered said that the presentation was useful.

**Discussion:****What do you believe are the most important characteristics of a healthy community?**

Universal access, motivated to help self, access to food, encourage physical fitness, good employment with lots of different types of jobs (great benefits, good wage), education (basic, higher and continuing), safe day care, volunteering to help yourself and others, mental health, connected community.

**In what ways is your community succeeding in improving health and quality of life?**

Volunteer clinic, workforce development (gather and sustain), probation and parole assistance, Kids in Motion, United Way (funding local, 3 initiatives that directly impact the community), highway infrastructure, education, First Start Program, expanding healthcare department, back-to-school fair/collection, first annual community resource day, active Smoke Busters organization, strong faith-based community, food pantry, youth center, place for homeless.

**What limits your community's ability to address health and quality of life issues?**

Funding, unemployment, transportation (no public transportation, people are volunteering their time to help others), volunteers are worn out, population is reluctant, need to breed independence, educational cutbacks, youth activities (no place for kids to go and hang out, no sports for them to take part in), dental care, physical accessibilities are limited in the community.

**Which organizations in the community could be better engaged in improving health and quality of life?**

Newspapers (not read as heavily anymore).

**Which organizations in the community are well engaged in improving health and quality of life?**

American Red Cross, Salvation Army, Kiwanis, Chamber of Commerce, rehabilitation.

**What is the responsibility of MFH in addressing these issues?**

Funding, creating awareness of outside resources, offer grant writing help, affordable workshops.

**What is the responsibility of individuals and community members in building a healthy community?**

Find a way to overcome the "wear out" so that people continue volunteering their time and energy, advocacy.

## **Memphis**

**May 24, 2010**

**Presentation Facilitators:** Thomas Adams (Program Officer), Martha Gragg (Vice President of Program), Jeanne Jarrett (CAC)

**Attendee Organizations:** Clark County Ambulance, Memphis Democrat, Missouri Department of Health and Senior Services, Scotland County Hospital, Scotland County School District, White Oaks Counseling.

**Attendance:** 30

**Evaluation:** 79% of participants who answered said that the presentation was useful.

**Discussion:**

**What do you believe are the most important characteristics of a healthy community?**

Resolving system issues, green space (walking trails, outdoor activity), clean air, recycling, access to food, encourage physical fitness, good employment with lots of different types of jobs (great benefits, good wage).

**In what ways is your community succeeding in improving health and quality of life?**

Collaboration.

**What limits your community's ability to address health and quality of life issue?**

Personal initiative (great programs and people that need them, but people do not come to use them), personal accountability, people are lazy, obesity, same people at meetings each time.

## South Central Region

### Houston

September 7, 2010

**Presentation Facilitator:** Michael Renner (Program Officer)

**Attendee Organizations:** Cabool Development, Christ House, Houston Lions, Houston School District, Mountain Grove Chamber of Commerce, Parents as Teachers, Texas County Commission, Texas County Food Pantry, Texas County Memorial Hospital, Texas Lodge.

**Attendance:** 18

**Evaluation:** 100% of participants who answered said that the presentation was useful.

#### Discussion:

##### **What do you believe are the most important characteristics of a healthy community?**

Dental care, affordability of clean and decent housing.

##### **In what ways is your community succeeding in improving health and quality of life?**

Very active (hunting, fishing, gardening), Cabool has a grant writing class, health department (great service to the community), annual health fair (once a year offers health screenings to community), food pantry is advocating and working to help people in innovative ways.

##### **What limits your community's ability to address health and quality of life issue?**

Traveling dental mobile doesn't come to Houston, dental care, dentists will not take Medicaid, hard to get "non-emergency" appointment, attracting and keeping doctors, inadequate number of doctors, high welfare, poverty and low income is prevalent, working poor.

##### **Which organizations in the community could be better engaged in improving health and quality of life?**

Elected representatives, social services.

##### **What is the responsibility of MFH in addressing these issues?**

Difficult to apply for grants (should not need professional grant writers to receive a grant).

##### **What is the responsibility of individuals and community members in building a healthy community?**

Community members continue to make the hospital a top priority, continually putting lots of time into physician recruitment (committed to finding someone), build personal imitative.

### West Plains

April 27, 2010

**Presentation Facilitator:** Michael Renner (Program Officer)

**Attendee Organizations:** Air Evacuation, Brook Haven Healthcare, Missouri Department of Health and Senior Services, Ozark County Health Department, Ozark Independent Living, Ozarks Medical Center, West Plains Christian Clinic, Willow Health, Willow Springs School.

**Attendance:** 19

## **Discussion:**

### **What do you believe are the most important characteristics of a healthy community?**

Clean water and air, open spaces for outdoor activity, access to affordable, quality health care, education, health literacy, healthy lifestyles, no environmental toxins, accessible transportation, support systems (mental and physical health), accessible food supply, funds/money to support programs, quality schools, low/no crime, access to dental care that is affordable, transportation, affordability of health care and access to health providers, education (increase graduation rates and rates of those getting a secondary education), better lifestyle choices (to decrease chronic disease), hospitals (need quality physicians), controlled drug problems, jobs, employment, industry, affordable and quality child care, support groups for various conditions (other diseases, mental illness, etc.), affordable medications and assistive devices.

### **In what ways is your community succeeding in improving health and quality of life?**

Locally grown food availability, community involvement is strong, Howell County Health Department, locally owned hospital with specialty physicians, EMS ( responsive and quality), MU Extension, community supports ethics (neighbors helping neighbors), farmers market, community gardens, SOCKETT, diabetic education programs, recreation availability, spirituality/religion ( groups are active, working together and help promote volunteerism), variety of industry and retail, West Plains and Mountain View free clinics, community health center, free immunizations, heart screenings, colon screenings, nurses at schools coordinate dental and vision screenings. Ozarks Medical Center, Howell County Health Department, Young Men's Christian Association, Air Evac EMS, Inc., Ministerial Alliances and individual churches, senior center, independent physician offices, schools, free clinics, community health center, Lions Club (collecting glasses), Centers for Independent Living, Ozark Action, senior networking committee, Community Interagency Council, youth athletic programs (sponsored by Optimists, Lions, Rotary, etc.), Missouri Southern University-West Plains Fitness Center, aquatics, collaborations with gyms.

### **What limits your community's ability to address health and quality of life issues?**

Money, economics, staff time (not enough people), transportation, recruiting quality providers to rural areas, education (need to increase graduation rates and rates of those seeking secondary education), lack of affordable housing , lack of political will to create/implement ordinances, generational customs (good enough for parents, good enough for me), lack of child and adult/elder care (also for those with disabilities), lack of sidewalks, lack of handicapped accessibility, lack of care for high-risk medical cases.

### **What is the responsibility of the state of Missouri in addressing these issues?**

Money, help channel funds into prevention, health education (especially regarding chronic diseases), incentives to employers to encourage employees to get fit, help with networking and collaboration between local groups, clearly defined operational guidelines from funding sources, technical assistance, grant writing assistance, timeliness of information, legal defense fund to include boards and volunteers at clinics.

### **What is the responsibility of individuals and community members in building a healthy community?**

Networking and collaboration, volunteering, local involvement, continue to encourage personal responsibility, pool resources when possible.

## Southwest Region

### Joplin

**June 10 & June 11, 2010**

**Presentation Facilitators:** Web Brown (Program Officer), Paula Baker (CAC)

**Attendee Organizations:** Alliance, American Red Cross, Boys and Girls Club, Cerebral Palsy of Tri-County, Children's Haven, Clean Air Project, Community Clinic, Jasper County Health Department, Joplin Association for the Blind, Joplin Nazareth Read, Lafayette House, Missouri Department of Health and Senior Services, Neosho Freeman Family YMCA, Southwest Missouri Arthritis Association, St. John's Health Partner, United Way of Southwest Missouri, Wings Healthy Children.

**Attendance:** 33

**Evaluation:** 96% of participants who answered said that the presentation was useful.

#### Discussion:

##### **What do you believe are the most important characteristics of a healthy community?**

Special needs services for children, children need occupational therapy and speech therapy, multiple children in one family with special needs, behind on shots- lack in insurance, education and transportation, dental care (fluoride needed, ER care), vision care (impairment issues) preventative care (lack of access), responding more efficiently to high Hispanic population (all health problems, translation problems, lack of transportation, lack of immunizations), domestic violence (reluctant to fill in forms, trust problem), need more information translated, low education level, communicate with future generations (technology), disease management for one-on-one case management, nicotine replacement, need to understand how to manage own health (health literacy), high teen pregnancy (pulmonary, unhealthy habits), advocacy help, help with 3rd party payment system, substance abuse.

##### **In what ways is your community succeeding in improving health and quality of life?**

Trail system, helping those with disabilities (mobility issues), some public transportation (growing slowly and only in Joplin), community clinic, St. John Health Center (Hispanic care), Freeman Health System, Access Family Care, Health Literacy (ESL), farmers market (need to accept food stamps).

##### **What is the responsibility of the state of Missouri in addressing these issues?**

Make getting/using food stamps easier, stop cutting physical education programs in school.

##### **What is the responsibility of MFH in addressing these issues?**

Act as liaison with other foundations, education for local areas, policy issues (smoking cessation, healthy foods for schools, public safety, cycle of poverty, drug/alcohol abuse), encourage support and collaborations, reinstate physical education in schools, wellness, preventative tobacco use, need to sit down at community level with politicians and explain priorities, health summit topic (programs offered to public officials how to interact and reach other cultures, community forums, legislative and med), funding for coalition building, better explanation when an organization is not funded (add to "no" letter).

## Springfield Region

### Bolivar

April 29, 2010

**Presentation Facilitators:** Cynthia Hayes (Program Officer), Carol Kramme (CAC)

**Attendee Organizations:** Citizens Memorial Hospital, Southwest Missouri on Aging.

**Attendance:** 2

#### Discussion:

##### **What do you believe are the most important characteristics of a healthy community?**

Active, social opportunity, choices for independent living, wellness model instead of disease process, strong and sustainable families, awareness of routes to information and resources, access to health care, well-paying jobs, opportunity to have a voice, good nutrition, health literacy, faith-based involvement, safety in the home, access to resources, prevention, emphasis and understanding of social determinants of health, literacy, comfortable economic status, safety in the home, health-focused policies on all levels, medical management, single parent assistance (child transportation, access to health care after working hours).

##### **In what ways is your community succeeding in improving health and quality of life?**

Walmart clinic, walk-in clinic to prevent overuse of ER, healthy roads programs, after-hours free clinic, employers encouraging health in employees, morning clinics, access to information, NAMI walk, new businesses, strong collaborations, faith-based support.

##### **What limits your community's ability to address health and quality of life issue?**

Transportation, mobility, lack of knowledge of resources, lack of Medicaid helping (dental, mental), duplication of services, organizations trying to get the same funding, fragmented health care, lack of support systems, not enough providers.

##### **Which organizations in the community could be better engaged in improving health and quality of life?**

Jordan Valley, Area Agency on Aging, Citizens Memorial Hospital, health department, Family Practice Residency, Miles for Smiles, Ronald McDonald House Charities Tooth Truck, Springfield/Greene County Regional Health Coalition, Carol Jones Stigma House.

##### **What is the responsibility of the state of Missouri in addressing these issues?**

Represent (federal cases), provide equal access to care, establish information database (identifying what needs are being met and prevention overlaps), use local health department to distribute funds, recapture programs lost, increase school-based program nutrition initiative, monitor licensing facilities for quality care.

##### **What is the responsibility of individuals and community members in building a healthy community?**

Speak out, ownership of personal health, take care of neighbor, report abuse, educate, commitment, collaborate, interest/desire to get involved, conservative/good stewardship, personal accountability.

### Hollister

April 30, 2010

**Presentation Facilitators:** Cynthia Hayes (Program Officer), Martha Gragg (Vice President of Program), Mo Bressett (CAC)

**Attendee Organizations:** CAM Food Pantry, Missouri Department of Health and Senior Services, Southwest Center of Independent Living.

**Attendance:** 5

**Evaluation:** 100% of participants who answered said that the presentation was useful.

**Discussion:**

**What do you believe are the most important characteristics of a healthy community?**

Access to good health care (providers), transportation, preventative care, lack of providers for uninsured, resolving system issues, green space (walking trails, outdoor activity), clean air, recycling, easily accessible quality food, jobs, housing, cooperation among agencies, transportation, lack of knowledge of resources, lack of resources, overlap of services, education, good affordable nutrition, lack of collaboration, single parent households.

**In what ways is your community succeeding in improving health and quality of life?**

Mental health and substance abuse, GED classes, faith-based organizations are very willing to help, faith community health center, healthy families, YMCA Primetime, Boys and Girls Club, Christian Action Ministry, Loaves and Fishes, Project Homeless, Hiding Place (substance abuse), Christian Association.

**What limits your community's ability to address health and quality of life?**

Long waiting list to see a psychiatrist, lack of funding for low-income housing, need for homeless shelter and acknowledgment of homeless as a problem (public doesn't), transportation, hospitals and medical centers do not exist in Stone Country, poverty, need budget and financial advisors, lack of summer child care.

**What is the responsibility of the state of Missouri in addressing these issues?**

Funding, easier access to services, policy changes, recognizing the desperate need, education and awareness, responsiveness.

**What is the responsibility of individuals and community members in building a healthy community?**

Buy in to healthy community, commitment of time and assets, communication, awareness, recognize and define needs, planning and leadership.

**What projects would you like to start in the community?**

Collaboration, meet with task force (start the conversation), assistance to establish more leaders, create a strategic plan for the community, address top needs (jobs, housing and quality of food).

## St. Louis Metro Region

### Arnold

**August 30, 2010**

**Presentation Facilitators:** Kathleen Holmes (Program Officer), Alfreda Brown (CAC), Dennis Tesreau (CAC)

**Attendee Organizations:** Battelle, Jefferson County Community Partnership, Living Well Foundation, Nurses for Newborns.

**Attendance:** 4

**Evaluation:** 100% of participants who answered said that the presentation was useful.

**Discussion:**

**In what ways is your community succeeding in improving health and quality of life?**

Partnerships in community, universal 911 in county, Jefferson Community Action Agency is very effective, Head Start program, county is moving towards being smoke free, faith-based community is very involved (food drives, great mentoring, good place to find volunteers), active Girl Scouts, Living Well is advocate in community.

**What limits your community's ability to address health and quality of life issue?**

Federally qualified health clinics are not in this area (people don't want to leave county for care), public transportation, Medicaid reimbursements, media involvement (health reporters needed, don't tell nonprofit individual stories), difficult to find funding, advocacy (lack of knowledge in community), need for emergency housing for non-pregnant and non-parent teens, lack of dental care is a huge problem (dentists do not accept Medicaid).

**What is the responsibility of individuals and community members in building a healthy community?**

Getting the right people to meetings, filling the appropriate holes with granting programs, sharing information, gathering assets and using them to fix problems.

**Troy**

**August 31, 2010**

**Presentation Facilitators:** Kathleen Holmes (Program Officer), Jim Brown (CAC), Linda Collins-Shaw (CAC)

**Attendee Organizations:** Agape Ministry, Give Kids a Smile, Lincoln County Health Department, Lincoln County Medical Center.

**Attendance:** 6

**Evaluation:** 100% of participants who answered said that the presentation was useful.

**Discussion:**

**What do you believe are the most important characteristics of a healthy community?**

Quick turnaround time to see a doctor, open doctor visits for everyone, less smoking, good infrastructure (pool, sidewalks), access to trauma centers, safer highways.

**In what ways is your community succeeding in improving health and quality of life?**

New rural health center opening in Lake St. Louis, Lincoln, Warren and Montgomery counties will open free clinics, St. Joseph West is opening a clinic, children's dental clinic in Lincoln County is free for uninsured children, Warrenton has faith-based centers offering school supplies and donations, Professional Women's Association, churches, Ministerial Alliance.

**What limits your community's ability to address health and quality of life issue?**

High unemployment rates, capacity, workforce, mental health issues increasing, stress.

**What is the responsibility of the state of Missouri in addressing these issues?**

Health care workers need to unite forums for priorities, focus on the health needs of the communities served, funding, and responsible use of tax dollars.

## Executive Summary

The 2010 community presentations yielded more insight into communities than previously anticipated. Initially, the presentations were intended to better understand the current emerging health needs of specific communities, inform future programs of MFH and establish/reinforce relationships with MFH. While the objectives were met through the work of the MFH Program staff and CAC members, another outcome expanded the success of the efforts—the significant amount of networking among those community members at the presentations. By design, MFH focused on bringing together members of many different segments of the community to ensure a wide discussion.

Attendees represented nonprofit organizations, social service providers, health centers and clinics, members of the medical community, elected local and county government officials, local representatives of state agencies, area businesses, service clubs, faith-based organizations and concerned citizens. They discussed the basics of what makes their individual communities healthy as well as the major challenges they each face, and offered suggestions for actions that could be taken to improve their community's health.

Because of the wide range of community representation in the room there were times in which audience members were able to provide immediate recommendations to others in response to specific issues of concern. The community presentations became places to find answers, discuss difficult topics and start discussions about how to improve health care in their communities. The improved networking and discussion of how communities could become more self-sufficient were goals MFH hoped for in convening meetings that targeted a broad range of community-based groups and individuals.

For MFH, an outcome from the meetings was identification that four major health concerns are clearly evident throughout the MFH service region. The issues are:

- Dental Care
- Transportation
- Mental Health
- Workforce Development

Dental care for children, youth and adults is almost non-existent in the rural communities and for those families receiving Medicaid it is nearly impossible. The need to access dentist services was stressed at almost every meeting.

Rural residents stressed that a major issue for them is their geographic distance from health care. This is exacerbated by limited private transportation and very few public transportation options, and creates a situation where getting to the appointment is as difficult as getting the appointment.

Concerning mental health, the issues identified were lack of access to care, limited support, inadequate infrastructure and lack of funding for services. All of these pose a major barrier that most communities are unable to overcome on their own.

With respect to health care workforce issues, hospitals in rural areas are having difficulty filling both specialty and primary care positions. Rural areas continue to struggle to find quality doctors who will remain in the community. Incentive programs have not been effective. All this

leads to community members having significantly less access to care. Currently, these four health issues are strained by high unemployment rates, low wages for those who do work and a lack of employer-provided benefits.

Community members that attended the presentations were surprised by the acute issues in each area that MFH provided of health issues in their community. Missouri Association for Community Action Comprehensive Community Needs Assessment statistics focused on rates of domestic violence, teen births, smoking and ratio of doctors to population. Many attendees indicated they would be taking that information back to inform their boards and organizations.

In the various meetings, CAC members helped facilitate discussion on key concerns expressed, such as personal responsibility and, the need for organizations to collaborate and partner more.

For MFH, another outcome of these presentations was recognition that the level of collaboration varies widely in Missouri. Some communities were very well organized and groups are meeting regularly, while in other community's organizations or individuals that offered similar programs didn't know one another.

At each meeting, attendees were asked to evaluate the value of the discussion and information presented. The results show attendees highly valued the networking opportunity and that MFH should continue to look for opportunities to engage community organizations in more discussions. Based on the quality and quantity of information gathered from its 2010 meeting, it appears likely that similar gatherings should be planned in the future and that communities should be encouraged to continue the conversations started from this recent MFH effort.

### **MFH Community Advisory Council**

**Paula F. Baker**  
Joplin

**Carol D. Kramme, RN, MSN**  
Flemington

**Maureen "Mo" Bressett, RPH, MSHA**  
Gainesville

**Jerry D Osborn**  
Camdenton

**Alfreda Brown, MA**  
St. Louis

**Joseph Pierle, MPA**  
Jefferson City

**James E Brown, Jr.**  
Wentzville

**Tim Swinfard**  
Jefferson City

**Linda Collins-Shaw**  
St. Louis

**Dennis H. Tesreau, JD**  
Hillsboro

**Weldon G. James, MD, MHA**  
Lebanon

**Debra "Debbie" Wade**  
Brookfield

**Jeanne A. Jarrett**  
Columbia





MISSOURI FOUNDATION FOR HEALTH  
1000 St. Louis Union Station, Suite 400 • St. Louis, Missouri 63103  
T 314 . 345 . 5500 • F 314 . 345 . 5599 • Toll-free 800 . 655 . 5560  
[www.mffh.org](http://www.mffh.org)

---