



*Improving the Health of a Community Through  
Partnership: The UNC Charlotte Experience*

*Leadership North Carolina  
BCBSNC Health and Human Services Session  
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Charlotte, North Carolina*

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# ***Social Science is a Greater Contributor to Health Than Medical Science***

*“ . . . the empirical evidence indicates [that] the overall contribution of medical care to improving **health** is modest and at the margin . . . education, lifestyle, the environment, and income [are] the major contributing factors”*

*(Santerre and Neun, *Health Economics*, 2000, p. 69)*

*Rudolf Ludwig Karl Virchow (1821-1902)*

*Father of Pathology and Community Medicine*

*"The physician is the natural attorney for the poor."*

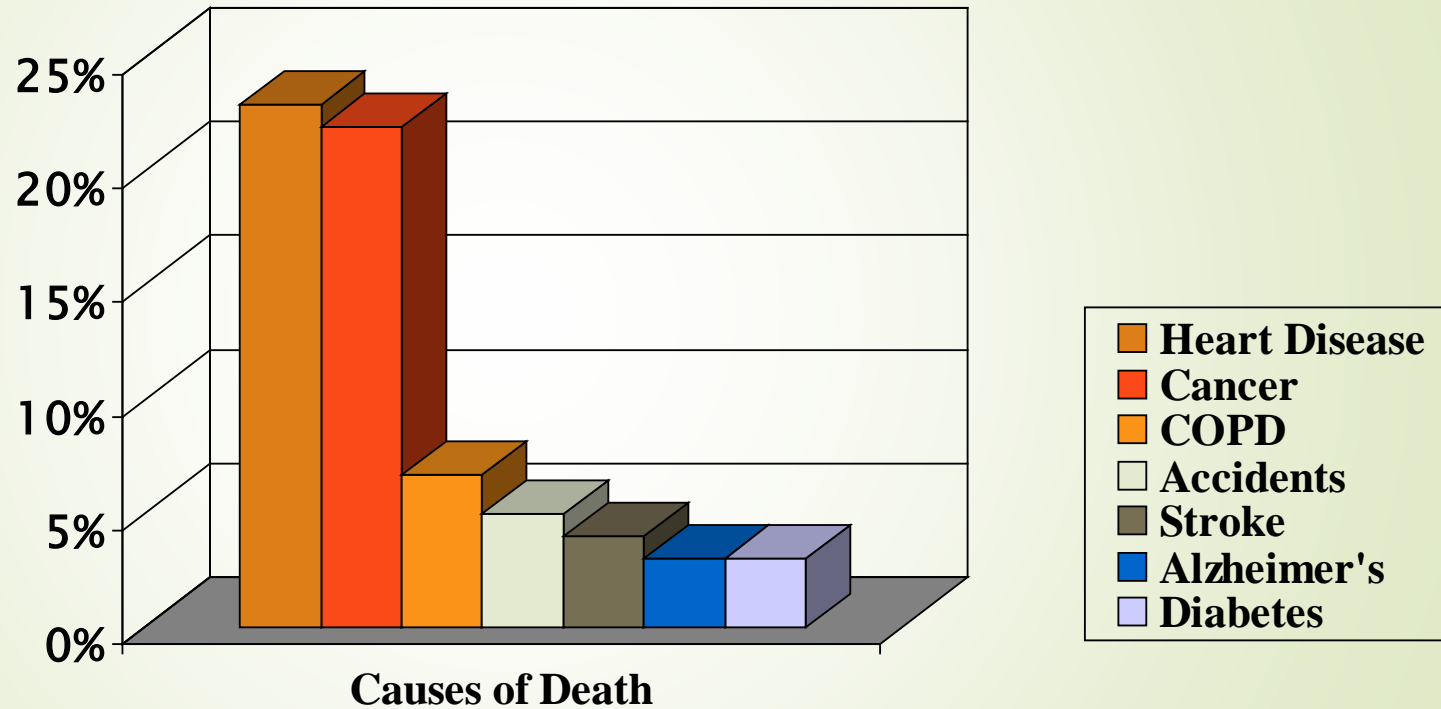


*Medicine should be reformed along the following lines:*

- 1. Health is socially determined - Social and economic conditions have a sustained and cumulative effect on health and disease . . .*
- 2. Disease is due mostly to poverty, unemployment, malnutrition, under education, disenfranchisement, and poor access to medical services . . .*
- 3. Measures taken to promote health and to combat disease must be social as well as medical . . .*

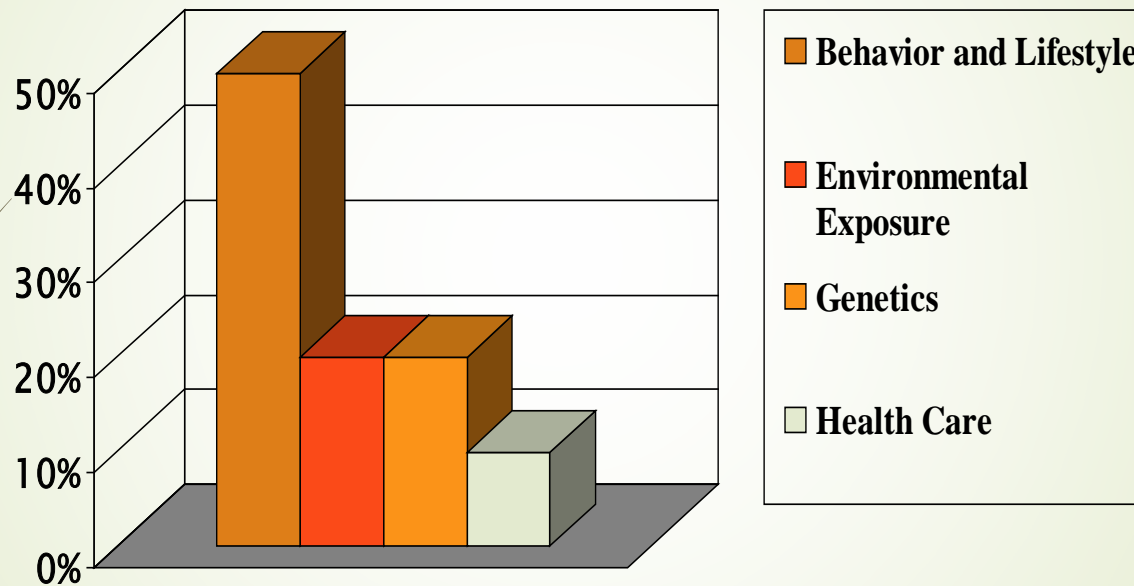
*(Virchow, The Medical Reform, 1848)*

# *Causes of Death - Molecular Event*



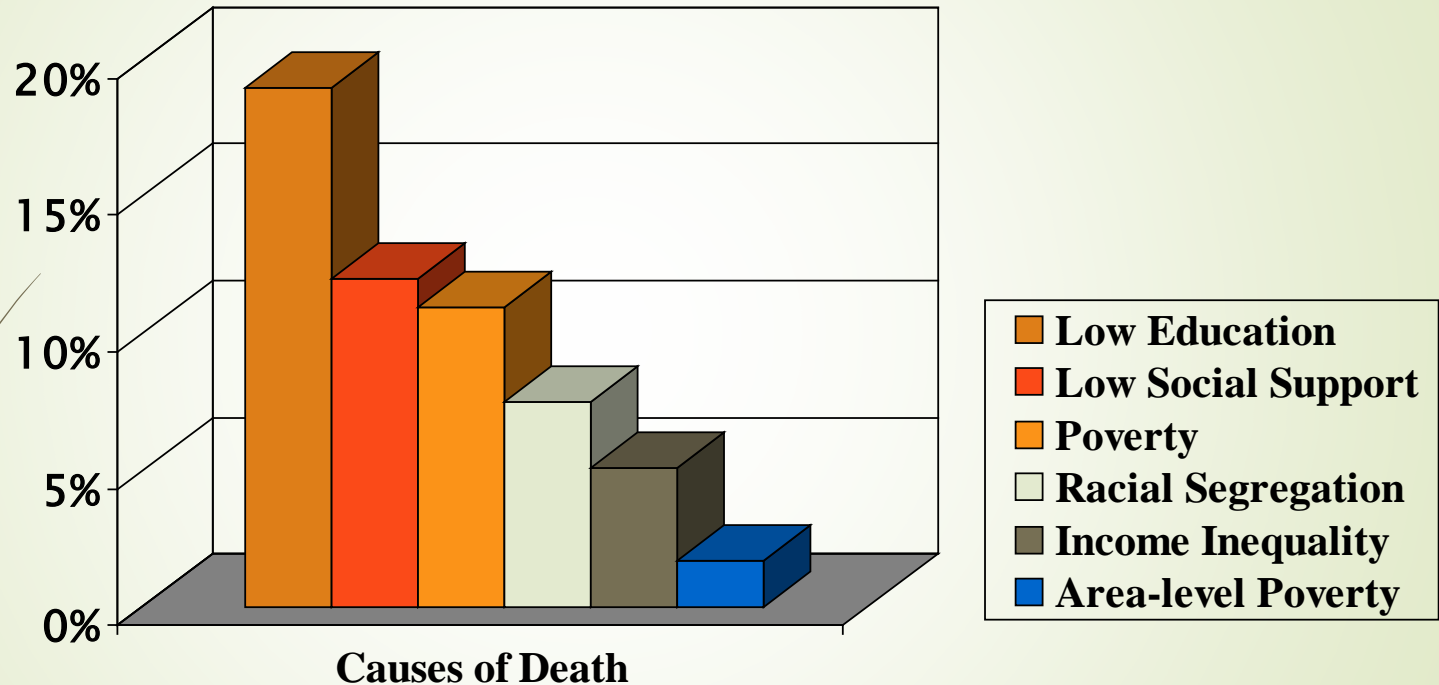
Leading Causes of Death, 2015; [www.cdc.gov](http://www.cdc.gov).

# Causes of the Causes



Lee and Paxman. "Reinventing Public Health." *Annual Review of Public Health* 18: 1-35, 1997.

# *Causes of the Causes of the Causes*



Galea S, et al. Estimated Deaths Attributable to Social Factors in the United States. *Am J Public Health*. Ahead of Print on June 16, 2011

“There is a ***direct, causal, and measurable*** pathway between the conditions in which people live, grow, learn, and work; and their physical, social, cognitive, and emotional development and health”

*DeHaven MJ and Gimpel NE. Reaching Out to Those in Need. Journal of the American Board of Family Medicine, 2007; 20(6):527-532.*

*DeHaven MJ. Multimorbidity, chronic disease, and community health science. J Eval Clin Pract . 2017;23:219–221.*

# Improving Community and Family Wellbeing Through Dynamic Process Intervention



## Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

**Health Outcomes**  
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations







How can a university with a large number of social scientists and students contribute to improving the health of its community in a way that is aligned with its mission of teaching, research, and service?

UNC Charlotte, 2015 - 2019

# Academy for Research on Community Health, Engagement, and Services (ARCHES)\*

To be a central and focused point of contact, catalyst, incubator, and facilitator for working ‘with” (not just “in”) the local community for sustaining and measuring community health improvement at scale and consistent with UNCC’s teaching, research, and service missions

## *Tao of Leadership*

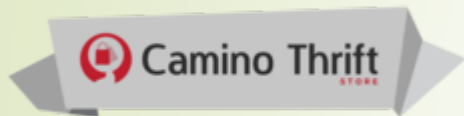
Go to the people  
Learn from them  
Start with what they have  
Build on what they know

*Lao Tze, 600 BC – 531 BC*

*\*Currently about 60 faculty members and 60 students from across UNCC  
(5 colleges, Urban Institute, Academic Affairs)*

## The *CommUniversity*

Where the health needs of the community converge with the research, training, and service missions of the university.



*“Equipping People to Live Healthy, Hopeful, and Productive Lives”*

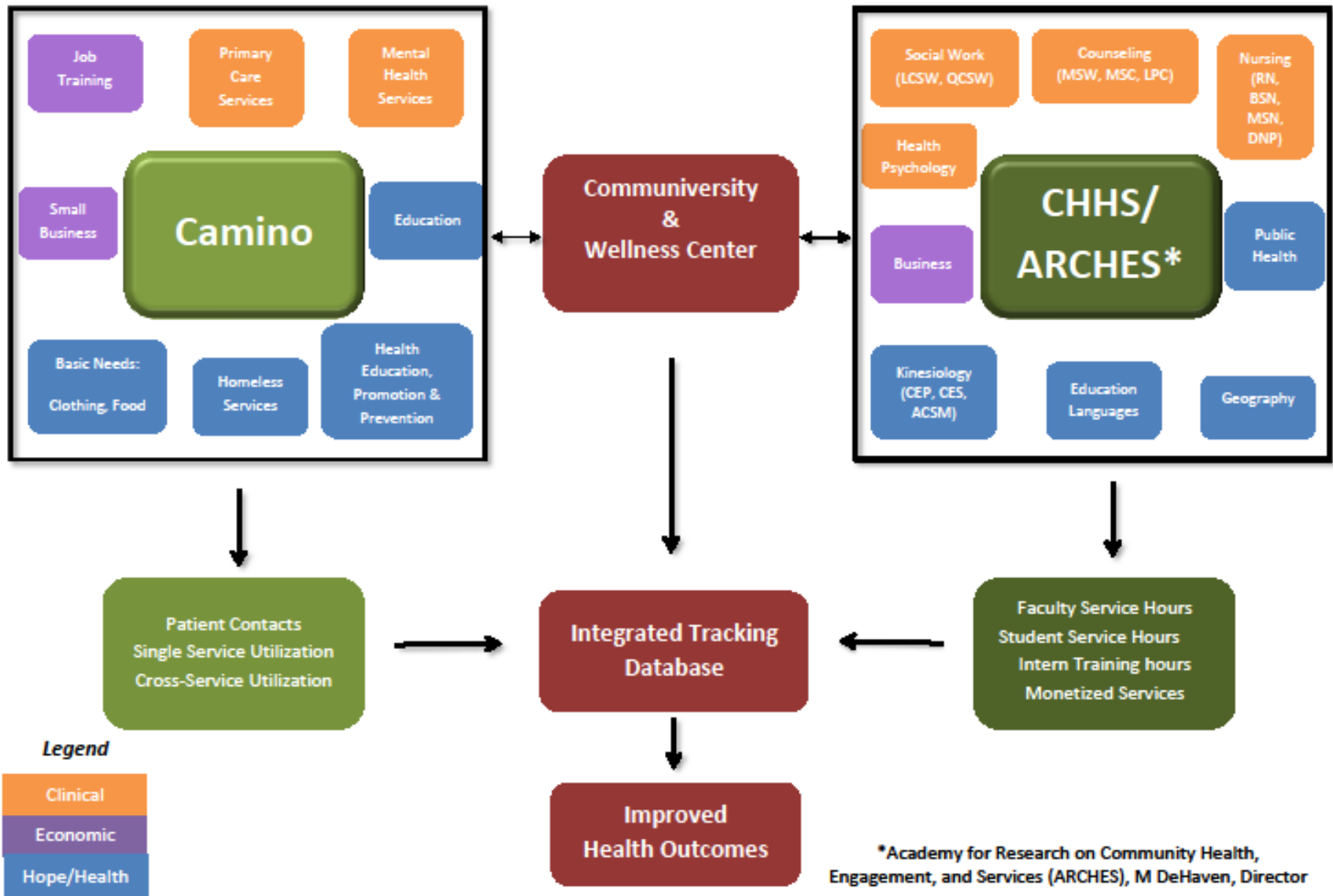
Since 2004

Providing holistic health, in body, mind and spirit, to over 20,000 people annually.



**WE SERVE**

# Camino / UNCC CommUniversity





## Sample CommUniversity Activities (2018-2019)

- Developed a health risk assessment program and staffed a weekly exercise program funded by BCBSNC
- On-site courses reach hundreds of families through “Social Work Practice with Latino Communities,” “Afro-Latin Dance,” “Reading for English Language Learners”
- Play therapy program for working with children and families to improve communication and mental health
- Students in the Bonner Leaders Program provide personnel and research support for health education, literacy, food services, interpretation, and multiple social and health support services.





## *Tu no estás solo (You are not alone)*

- 14 week Spanish and English mental health counseling program
- UNCC counseling, health psychology, social work students with faculty supervision
- Pilot study (N=79) demonstrated statistically significant improvements in stress, anxiety, and depression using the Depression Anxiety Stress Scales (DASS).
- Leveraged the program success into over \$500,000 (2018-2019) of grants for improving mental health at Camino; mental health director is a UNCC student who helped to develop the program
- NPR All Things Considered feature story – June 2016



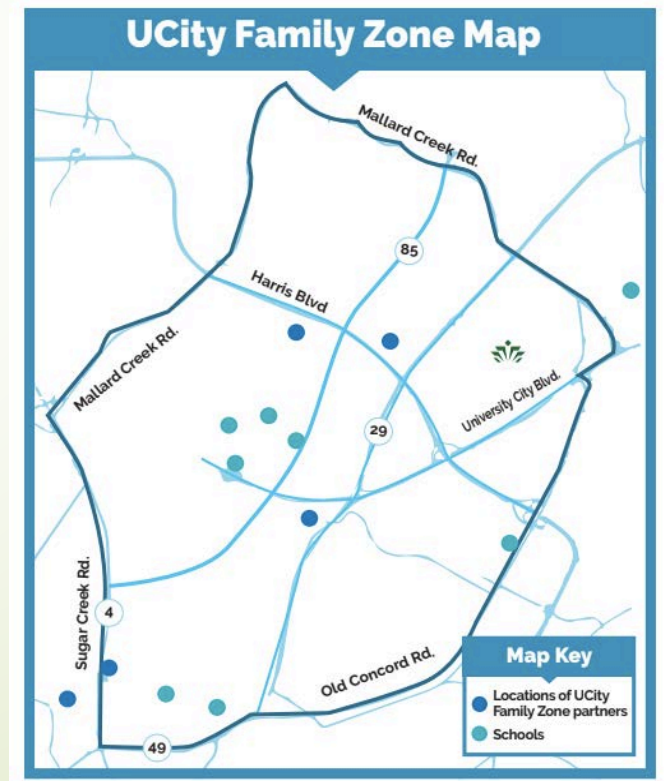


*"a zip code is a stronger predictor of a person's health than a genetic code"*

A Place-Based Partnership for  
Improving Social Determinants of  
Health and Quality of Life in the  
University City Communities



Go to the people . . .



# The University City and Surrounding Communities – Place Matters (Pop. 45,426)

- Household income - \$38,961 (County, \$56,854)
- Race and ethnicity - African-American (44%), White (22%), and Latino (30%)
- Age of death - 65 years (County, 71 years; Highest 79 years)
- Bachelor's Degree - 30% (County, 42%)
- Test proficiency in Elementary School - 36.6% (County, 51.2%); Middle School - 26.8% (County, 44.4%); High School - 30.2% (County, 50.4%)
- Home ownership - 33% (County, 57%); Single Family Housing - 36% (County, 60%)
- Property crime - 61.4 crimes per 1,000 people (County, 31.8)





## Backbone Organization

UNC Charlotte (ARCHES<sup>1</sup>, CHARP<sup>2</sup>, CARS<sup>3</sup>, CSAG<sup>4</sup>)

Mark J. DeHaven, Lead

Common Agenda

### Social Capital

Leadership in the Clouds  
Pat Martinez, Lead

### Income

Sugar Creek Church of Christ  
*Communities Doing Good, Inc. (CDGI)*  
Reverend Leslie James, Lead

### Health

Camino Community Development Corporation  
Wendy Pascual & Reverend Rusty Price, Co-Leads

### Education

University City Connect  
Robert Rogers, Lead

### Housing

Mayfield Memorial MBC  
*Housing, Employment, Healthcare Charlotte (HEHC)*  
Peter Wherry, Lead

### Hunger

Carolinas Healthcare System - University Division of Nutrition  
Elaine Jones, Lead

### Partnerships Liaison

University City Partners  
Darlene Heater, Lead

Mutually Reinforcing Activities

### UNC Charlotte Community Science Advising Group (CSAG)

Social Capital – Janni Sorenson  
Income – Matthew Metzgar  
Health – Mark DeHaven  
Education – Lan Kolano  
Housing – Lori Thomas

### University City Faith Leaders

Pastor Brent Jones

Communication

Common Program Measures

<sup>1</sup> Academy for Research on Community Health, Engagement, and Services, <sup>2</sup> Charlotte Action Research Project, <sup>3</sup> Community Action Research Scholars, <sup>4</sup> Community Science Advising Group

# Sample Activities of UCity Family Zone 2018-2019

- Conducted (funded by the Knight Foundation) an asset-based community development (ABCD) assessment of the local community
- Implemented the “Kids Eat Free” program in partnership with Atrium Health – provided 3600 free summer meals to community children
- Hosted the 2<sup>nd</sup> and 3<sup>rd</sup> Annual Latinx Mental Health Summit (attended by 400 community partners)
- Implemented the “In the Mood for Food” afterschool program in collaboration with Heal Charlotte and Orchard Trace Community
- Created Charlotte’s first ever community ecosystem map of 80 organizations working in the UCity communities to improve coordination
- Urban Design Masters Students presented a comprehensive site plan of the planned Mecklenburg County Community Resource Center (CRC)



# Next Steps - Total system change – getting to scale

## Focus on children, youth, parents, and families

*(“Go to the foundations, go to the NIH . . .”)*

### ***What***

- Improve the availability and quality of services - housing, hunger, education, health, and workforce (already doing)
- Strengthen the community through a focus on relationships
  1. Social connectivity
  2. Citizen-led engagement
  3. Neighborhood connectivity

### ***How***

- Identify and develop a coordinated response to the needs and assets of the community in the following areas:
  1. Nurturing parents
  2. Good health – social, emotional, physical, spiritual
  3. Financial stability
  4. Educational success

# Community Action Research Scholars (CARS) Community Training Program "Driving Community Compassion"

- Undergraduate and graduate students receive training in the social determinants of health co-taught by community members and graduate students working in the community
- Complete community service-learning, teaching, and research experiences with a community partner (minimum 40 hours)
- Receive a Certificate of Knowledge in Community Health membership in a national professional organization - Community Campus Partnerships for Health and volunteer 40 hours annually with a local non-profit organization

**Go to the people . . .**







## *Sample Mentored CARS Student Projects*

*(Projects bring together a community mentor, faculty mentor,  
and a student)*

*Assessing the Impact of Socialization on Children Ages 5-17  
Participating in a Summer Camp in the Hidden Valley Area  
of Charlotte, North Carolina; **Community Organization:**  
Health Charlotte, Inc.*

*Kids Eat Free Program Case Study: The Impact of  
Marketing on Program Participation; Project Partner,  
**Community Organization:** Atrium HealthCare*

*Self-Esteem in the Levels of Leadership Program;  
**Community Organization:** Men of Destiny, Inc.*

*My One Dream Measurement of Hope and Self-Efficacy;  
**Community Organization:** Communities Doing Good, Inc.*

Thank You So Much  
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