Closing the Gap: Public Health and Public Libraries

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Let's Move in Libraries

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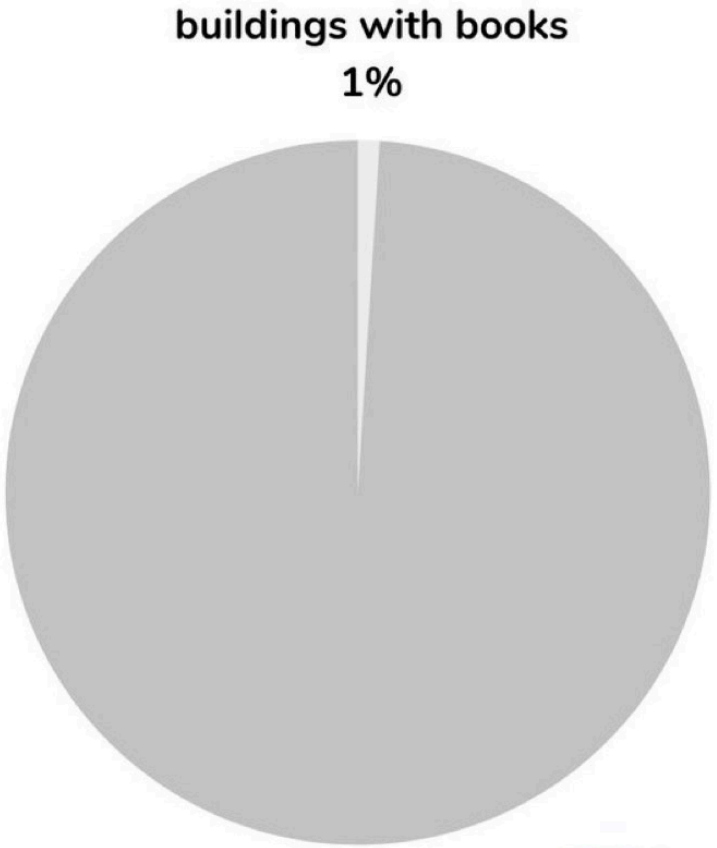
Roadmap

1. What are public libraries?
2. What is public health?
3. How do they come together?
4. Next steps in closing the gap

WHAT IS A LIBRARY?

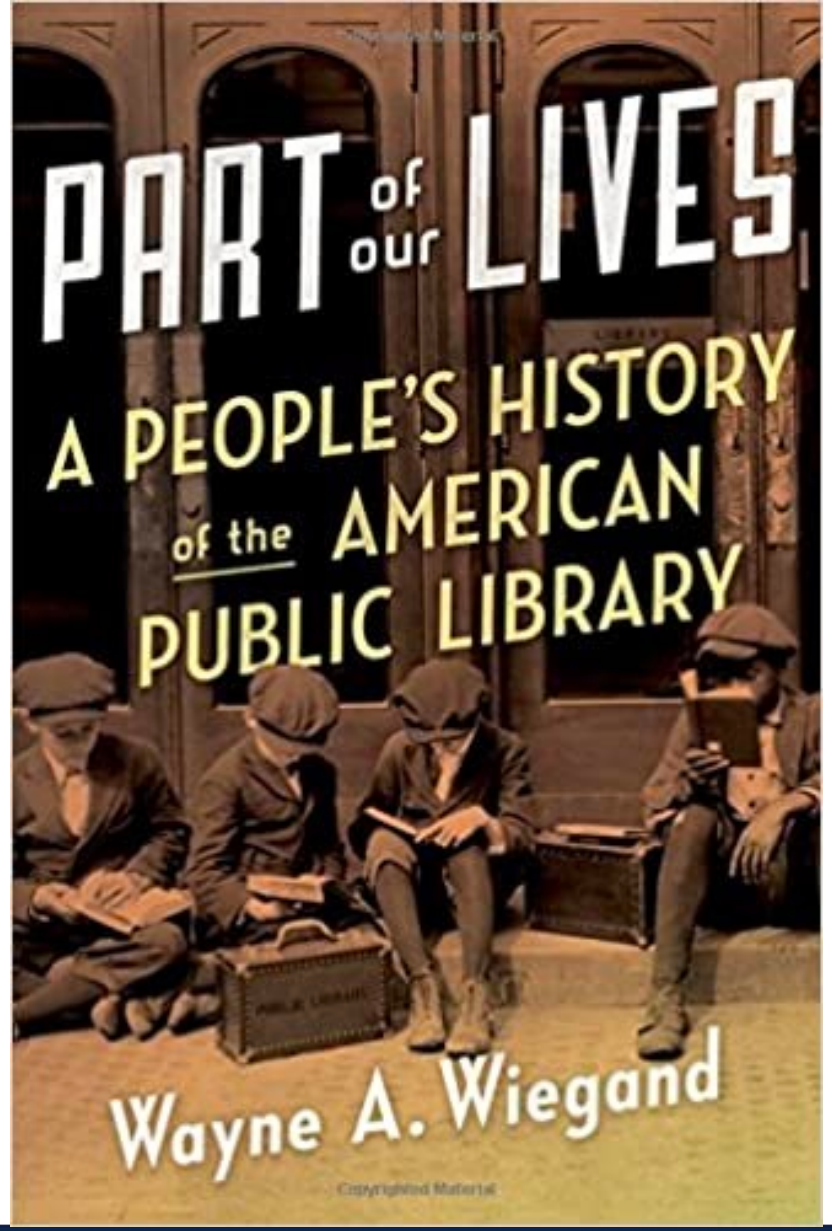


Albany Public Library

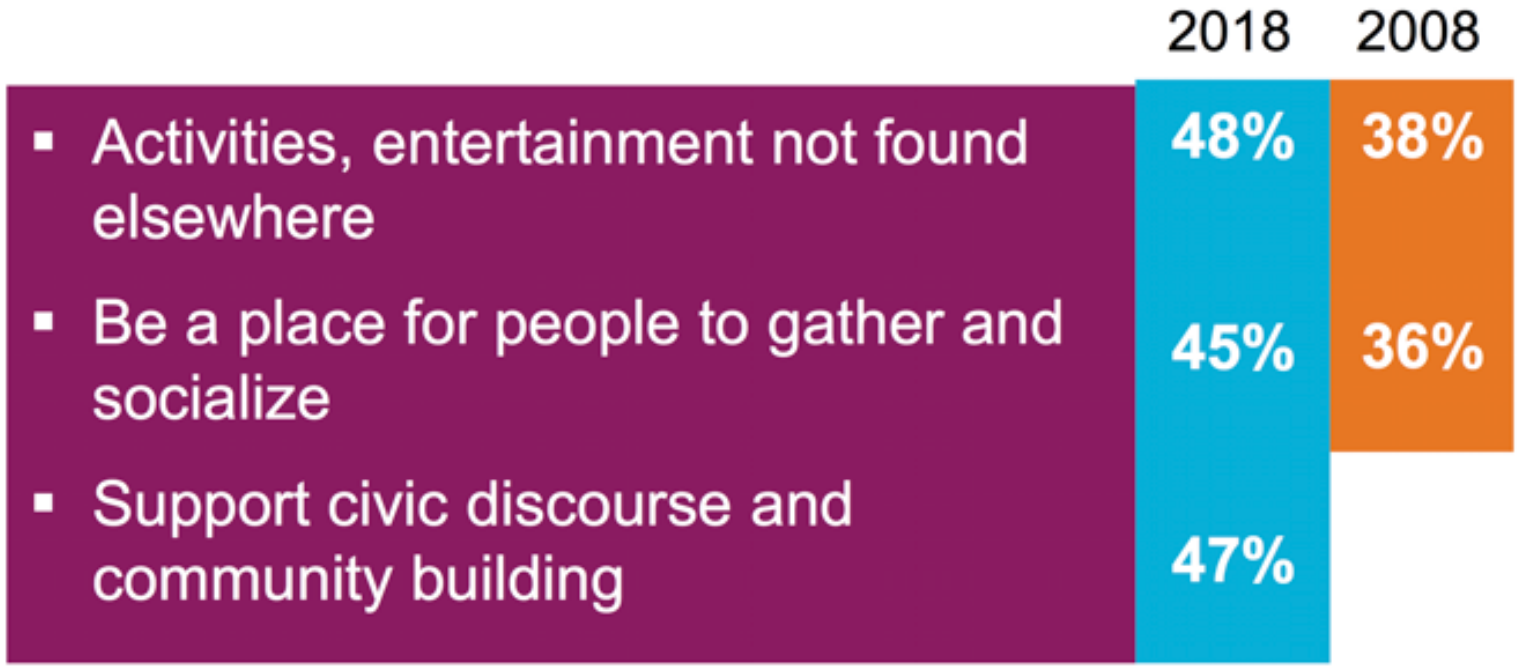
www.albanypubliclibrary.org

Americans love (and fund) libraries for three reasons:

1. Transformative potential of reading
2. Useful nature of information
3. **Community building capacity of public space**



More voters today say it's important for the library to be a community hub.



American Library Association. (2018). *From awareness to funding: Voter perceptions and support of public libraries in 2018*. https://bit.ly/2RKJSU4

PUBLIC HEALTH 1.0

(late 19th/most of 20th Century)

Comprehensive public health protection—from primary prevention through treatment—becomes possible for the first time in history.

Development of an astonishing array of health-protecting **tools** and **capacity** with increasingly sophisticated techniques for ensuring sanitation and food safety.

PUBLIC HEALTH 2.0

(1980s to Present Day)

By late in the 20th century, there was ***tremendously uneven*** public health capacity at the local levels.

Health Departments strained to address new infectious disease challenges as well as the growing challenge of chronic disease prevention and preparedness.

Governmental public health 'came of age' – culminating in today's Health Department accreditation movement.

What is PUBLIC HEALTH 3.0 *?*

A significant upgrade in public health practice to a modern version that emphasizes **cross-sectorial** environmental, policy- and systems-level actions that directly affect the **social determinants of health.**

Local Public Health Leaders
as the **Chief Health Strategist**

The "Buckets" of Prevention Framework

Historically, we in LIS have been here

Consumer health reference

Auerbach, J. (2016). The 3 buckets of prevention. *Journal of public health management and practice: JPHMP*, *22*(3), 215.

Increasingly, we are here

Health means physical and mental health status and well-being, distinguished from health care

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health.

https://www.rwjf.org/en/library/research/2017/05/what-is-health-equity-.html

Fourth most read story in APHA newsletter in 2018

The NATION'S HEALTH

A PUBLICATION OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

The official newspaper of APHA | Share this issue online Oct. 1 at www.thenationshealth.org October 2018

Addressing triggers

reduce asthma disparities

IN NEW YORK City, where vehicle exhaust fumes mingle with tobacco smoke and pet dander and people coexist in tight quarters, triggers for asthma are abundant.

As is the case for many big-city residents, New Yorkers are regularly exposed to both indoor and outdoor allergens that could result in an asthma flare-up. But a closer look at where asthma is most prevalent and symptoms are most severe reveals disparities rooted in socio-economic inequity.

"We are all more or less breathing the same particulate matter, and the differential in terms of impact...really comes down much more to poverty," Shoshanah Brown, MBA, MS, CEO of At-Home Integrated Relief for NYC, told *The Nation's Health.*

See **ASTHMA,** *Page 16*

Settings serve as community hubs

Libraries, public health work together on community health

WHEN IT COMES TO finding the best health information available, getting a blood pressure check or even finding a safe, cool place to spend an afternoon during a heat advisory, many people do not turn to their doctor or health department. In the U.S., they visit their local library.

In 2015, Americans stopped by their libraries more than 1.39 billion times, according to the Institute of Museum and Library Services. In comparison, they visited health care professionals 990.8 million times, according to 2015 National Ambulatory Medical Care Survey data. The Pew Research Center in 2016 reported that 38 percent of people using libraries did so to seek out

See **LIBRARIES,** *Page 12*

Photo by Lane Turner, courtesy The Boston Globe/Getty Images

People practice yoga at a class at the Boston Public Library in 2016. Across the country, public libraries serve as locations for exercise, health education, outreach and public health services, often partnering with local health agencies.

Photo by Mark Boster, courtesy The Los Angeles Times/Getty Images

In 2007, Kellie Lim, then a fourth-year medical student, checks one of her patients during rounds at the University of California-Los Angeles Medical Center pediatrics ward. New programs are working to address stress in health workers.

New demands adding to burden

Concerns grow about burnout, stress in health care workers

FACED WITH RISING PRESSURES to produce better outcomes at lower costs, the U.S. health care system is making big changes in how it delivers care. The shift is good for patients, but behind the scenes, health workers are burning out at alarming rates.

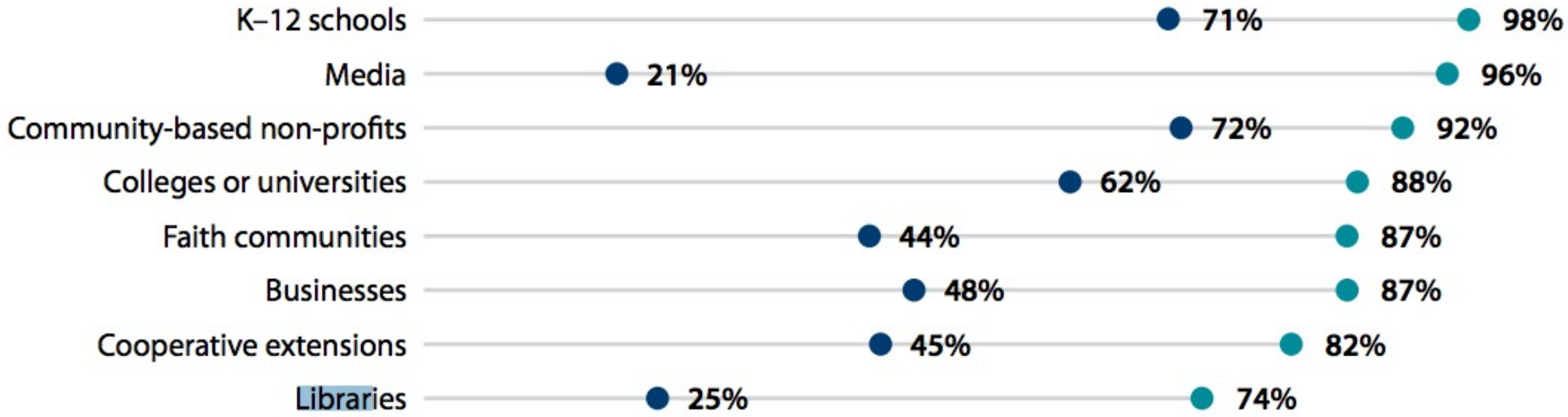
"This is a significant public health problem, because it affects the functioning of all of our health systems," Bryan Bohman, MD, senior advisor to the WellMD Center at Stanford Medicine, told *The Nation's Health.* "Imagine a problem that affects quality of care, results in high turnover,

cians, finding that nearly half reported at least one symptom of burnout, putting doctors at higher risk than other U.S. workers. In 2015, a study published in *Mayo Clinic Proceedings* found that burnout prevalence went up by 9 percent among U.S. physicians between 2011

https://www.thenationshealth.org/content/most-read-public-health-news-stories-year-2018

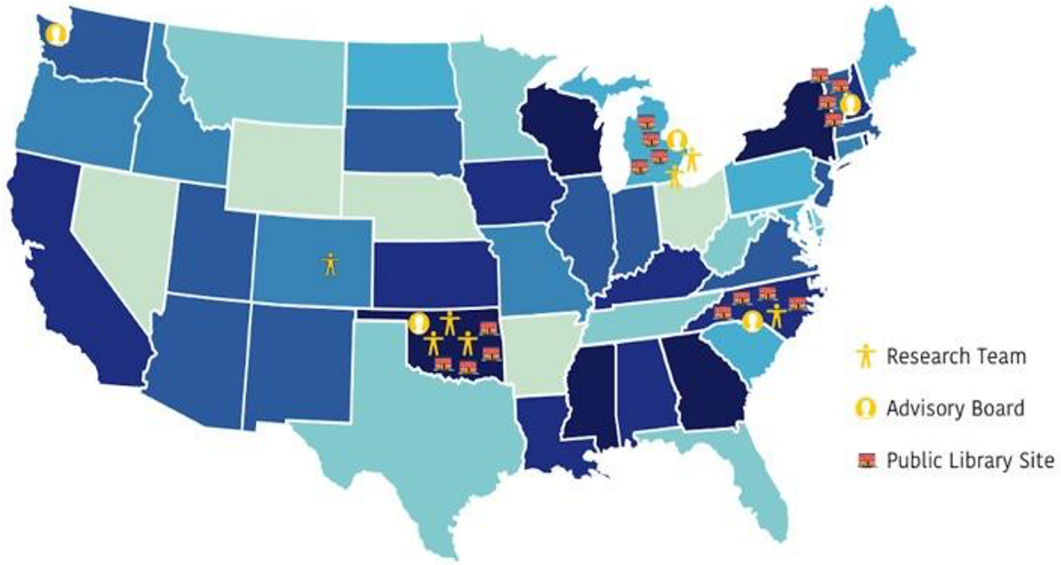
- Percent of LHDs working with organization in any way
- Percent of LHDs regularly scheduling meetings, have written agreements, or share personnel/resources with organization

Community-based partners (e.g., education, non-government)



NATIONAL PROFILE OF LOCAL HEALTH DEPARTMENTS

Community Health and Wellness: Small and Rural Library Practices, Perspectives, and Programs



Geographic distribution of the research team, advisory board, and public libraries participating in the research

Graphic Credit: Ginny Schneider, Abbie Rose, Rebecca Floyd

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Research Questions

- What programs and services do small and rural public libraries provide that they see as related to health and wellness?
- How are these programs and services developed and implemented?
- What factors contribute to or deter libraries from offering these programs?
- How do public library patrons engage with and benefit from these programs?
- How do small and rural public libraries measure outcomes that result from these programs?

Methods

- 16 case studies of library systems and individual public libraries in small and/or rural areas in four states: Michigan, North Carolina, Oklahoma, Vermont
- Interviews, observations, analysis of public documents
- Collaborative work with distributed network of faculty & graduate assistants

Goals

Provide small and rural public libraries with evidence-based model for successful strategies and common challenges associated with developing and delivering health and wellness programs that develop health literacy.

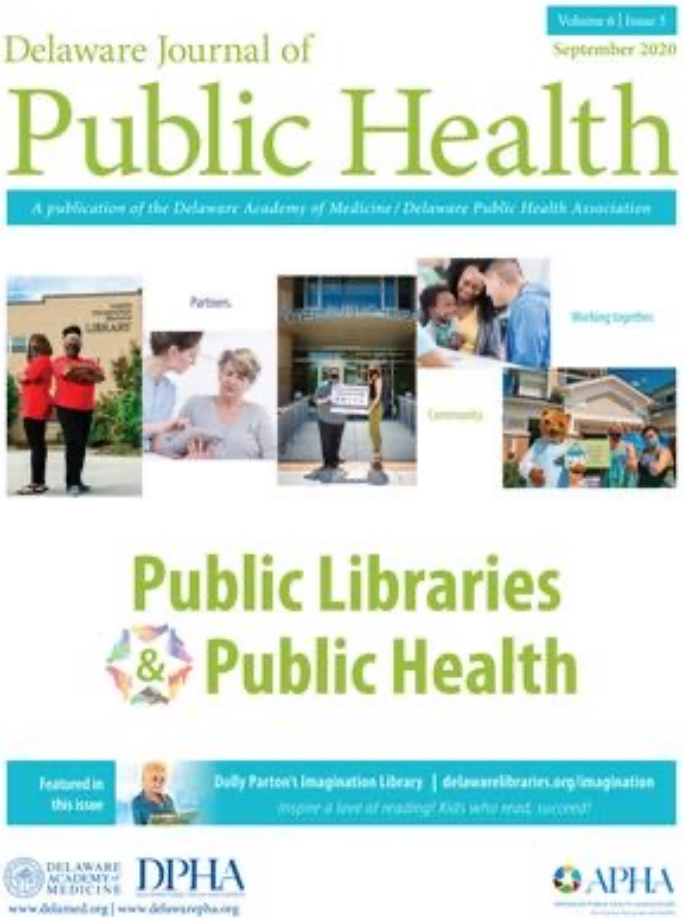
This project was made possible in part by the Institute of Museum and Library Services, lg-18-19-0015-19

HEAL (Healthy Eating and Active Living) at the Library via Co-Developed Programming

- The research will answer: "How, why, and with what impacts do public libraries collaborate with others to co-develop programming around healthy eating and active living?"
- This project was made possible in part by the Institute of Museum and Library Services, RE-246336-OLS-20

Our role

Where do ***we*** fit in? We can:



1. ***Change the culture*** of health in America
2. ***Prioritize*** ACCESS for all
3. ***Work creatively*** with ***partners*** around CI

"Collective Impact (CI) is the commitment of a group of actors from **different sectors** to a **common agenda** for solving a specific social problem."

Findings

Partner evolution in thinking about public libraries

- Stage 1: Library => Book Repository
- Stage 2: Library => Resource
  (Always there, people turn to it, stable, trusted)
- Stage 3: Library => Space to use
  (for food distribution, programs, coalitions meetings, etc.)
- Stage 4: Library => Partner
  (We work together to figure out what to do)

Ex. from Pitt County, North Carolina

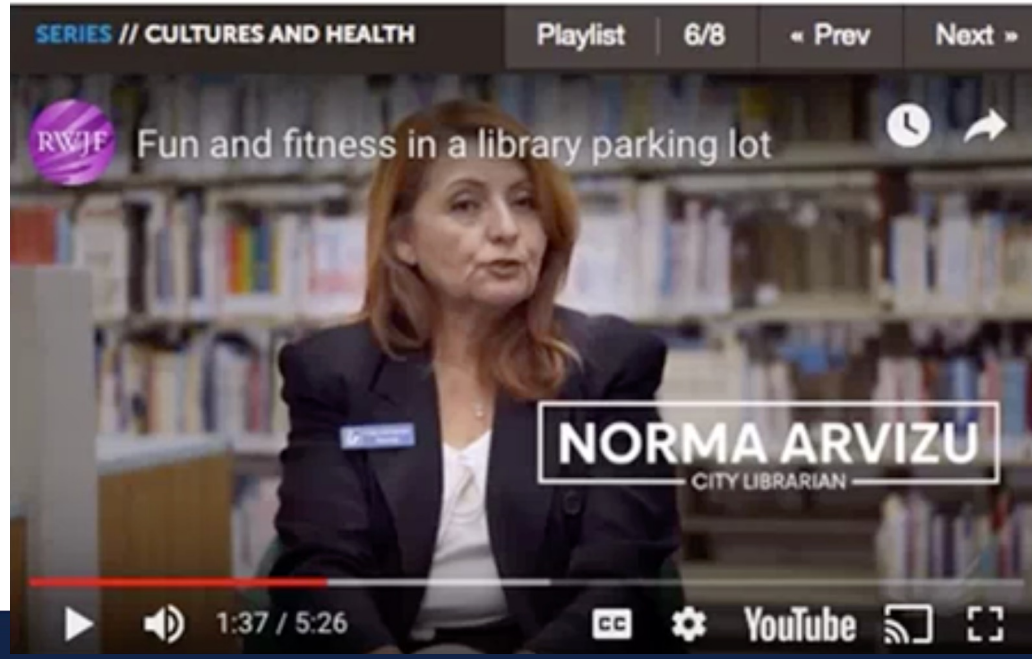
"Valentine Cards made by Library patrons were delivered today to Meals on Wheels participants in Farmville by David Miller, Library Director ad Tammy Matis, Meals on Wheels volunteer. The Library also delivers magazines and reading materials to Meals on Wheels participants. Thank you to everyone who made a card! Cards will also be delivered to residents at Pruitt Health."

Partners include:
Public Library, Meals on Wheels, Pruitt Health, Farmville Senior Council, Pitt County Council on Aging, Library patrons organized by children's librarian (drop off cards)

Shared use

Robert Wood Johnson Foundation. (2017). Achieving Health Equity: Fun and Fitness in a library parking lot.
https://www.rwjf.org/en/library/features/achieving-health-equity.html

Embrace the SHARED USE of the library



Shared use

Onslow County Public Library
@OnslowCoLibrary

The Main/Jacksonville Library is excited to introduce our Community Wellness Garden! Join us as we learn more about wellness, nutrition, and growing your own food.

Interested in volunteering? Sign up here: onslowcountync.gov/FormCenter/Lib...

9:11 AM · Aug 20, 2020 · Twitter for iPhone

FC Public Library
@FCPublicLibrary

What a great day for gardening! Jessica and her son Patrick came to the Walkertown Branch library today to harvest sweet potatoes from their plot and to plant collards for the Fall. They enjoy being part of the Library Community Garden. Library is for growing!

2:13 PM · Oct 7, 2020 · Twitter Web App

Shared use

CURB HUNGER

Contact Library Pick Up services at 715-839-5066 or Community Resource Services at 715-839-5061 or libbyr@eauclaire.lib.wi.us to schedule a food pick up

Free weekly food bags for individuals and families

Ready to eat meals for those without kitchen access will be available to pick up without an appointment on Tuesdays and Fridays from 9am-10am or by special request at the Lower Level Library Pick Up Location.

A partnership between:

Feed My People FOOD BANK

L.E. Phillips Memorial Public Library SO MUCH MORE...

Findings

How and why were the relationships started?

- Geographical proximity
- Library known as central hub
- Community coalitions
- Intermediaries connect library and health department

Findings

How were relationships used?

- Library support for Farmers' Market => Brainstorm on volunteer management for food pantry
- Library nurse => CSA and cooking demos => Bike Share
- Summer meals at the library => Market Bucks for Farmers Market
- Connect library to partners and funding for Yoga classes and more

Findings

What is needed to close the gap?

1. A space for health departments like those I interviewed to share their stories and practices
2. More research on how and why these partnerships emerge and are sustained over time
3. More opportunities for librarians and LHD's to network

CPHFC

Caucus on Public Health and the Faith Community
in affiliation with the American Public Health Association

Learn more

NOAH LENSTRA

HEALTHY LIVING AT THE LIBRARY

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STORYWALK(R) AND SCAVENGER HUNT

RINGTOWN AREA LIBRARY, PENNSYLVANIA

How has this library supported healthy living?
During the COVID-19 stay-at-home order in Pennsylvania, the Ringtown Area Library started monthly scavenger hunts around the community, relating to a children's story when possible (green sheep for Mem Fox's Where is the Green Sheep? and strawberries for Don Wood's The Little Mouse, The Red Ripe Strawberry and the Big Hungry Bear.) The library began offering StoryWalk(R) programming during summer 2020, and in September 2020 unveiled the 4th StoryWalk(R) of the year at a local farm's pumpkin patch, choosing Pumpkin Trouble by Jan Thomas.

What impacts have you seen this work have?
The scavenger hunts and StoryWalk(R) both provided no-contact, fun activities that got families moving and kept them engaged with the library white it was temporarily closed and/or after reopening but with limited services and capacity. In addition to encouraging families to get out for a walk, these outreach efforts brought awareness of our library to many people who rarely or never utilize traditional library services. The library also believes that these activities led to an increase in monetary donations to the library this year.

LEARN MORE >

Lessons learned: Don't be afraid to think outside of the library! Lots can be done using outdoor spaces to engage communities in healthy living programming.

Combine stories and literacy with outdoor programming. Weave stories into public space and you promote the library, promote reading, and also promote fun, active engagement in the outdoors!

Thank you!

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http://letsmovelibraries.org/