

Spanish Peaks Library Health & Wellness Initiative
Spanish Peaks Library & Las Animas-Huerfano Counties District Health Department

Monica Birrer
323 Main
Walsenburg, CO 81089
(719)-738-2774
fax (719)-738-2468
mkirby@spld.org

Tiffany L. Landa, RN.BSN
119 E. Fifth St
Walsenburg, CO 81089
(719)-738-2650
fax (719)-738-2653
tlanda@la-h-health.org

Abstract

The Spanish Peaks Library in conjunction with the Las Animas-Huerfano Counties District Health Department (LAHCDHD) would like to implement a health & wellness initiative program for the citizens of Huerfano County. This program will include a health station at the library, which will help citizens of Huerfano County, facilitate access to healthcare related issues. With this access, our community can become better educated about their own health and well being. The use of media will be implemented by including healthcare books, magazines, educational videos, and posters. These materials will be available for use, and a new topic will be displayed monthly. Through these materials being available for public use, we feel that the community of Huerfano County will be empowered to take charge of their health and to be more attentive at healthcare visits and ask questions. Most importantly, it will enable the population to have a better understanding of their individual disease processes and treatment, so they can live a longer, healthier life and contribute to this community.

At the library we will have surveys and sign-in sheets to assess the efficiency of the healthcare station and ask for discussion topics. Through these suggestions, new stations can be implemented and possibly a public health nurse may be invited to address these topics. Through this proposal and health initiative, the Spanish Peaks Library with the Las Animas-Huerfano Counties District Health Department will empower citizens to take charge of their healthcare and institute change.

Introduction & Background

This project is designed to promote health and well being and to encourage the citizens of Huerfano County to engage in positive health practices. We plan to set up a monthly health station for library patrons to use. Each month a new healthcare topic will be displayed. Some proposed topics include breast cancer, prostate cancer, diabetes mellitus, cardiac disease, stroke, immunizations, and heart attack. These are not all the topics to be covered but only an example of what will be used. On occasion the public health nurse may make short presentations on certain topics, for example, how to perform a breast self-exam or check a blood sugar. The partnering group will then be the LAHCDHD.

Population & Geographic Area

The population to be served encompasses Huerfano County. Huerfano County has an approximate current population of 7800 citizens. This population is predominantly of a lower socioeconomic class. The majority race is Caucasian with the second largest race being Hispanic. There is some small representation of African Americans, Asian, and Indian culture. Huerfano County includes the small towns Walsenburg, LaVeta, Cuchara, Gardner, and Red Wing.

The Spanish Peaks Library will be the foundation of this project in the county. At the library, the media station will be set-up and all the educational materials will be available. As partners, the LAHCDHD will aid with changing of the monthly station and a resource for new healthcare topics that may arise. The schedule will rotate as follows:

January- Cervical Health Awareness Month February- American Heart Month
 March- Colorectal Cancer Awareness Month April- STD Awareness Month
 May- American Stroke Month June- Sun Safety Week
 July-Juvenile Arthritis Awareness Month August- Nat. Immunization Awareness Month
 September- Nat. Cholesterol Educ. Month October- Nat. Breast Cancer Awareness
 November- American Diabetes Month December- Nat. Hand washing Awareness

For this proposed initiative, the Spanish Peaks Library currently has six stations for public access to the Internet. For staff, there are currently five workstations with access to the Internet. For access to healthcare information, the library currently has a collection of books, catalog computer, and access to a monthly newsletter from nih.gov. Also, the library promotes the use of medlineplus.gov. The access to the Internet is free with a library card. At this time, the library also subscribes to electronic databases for Spanish literature related to the healthcare field including “MedicaLatina” and “Salud en Espanol” (CHC Spanish Version). Currently, the library does have an outreach program titled, “Weekly Story Hour,” in which different stories are read in animated fashion to children in collaboration with the school districts. The staff at the library pays close attention to the culturally and linguistically diverse community of Huerfano County, and at present there is one bi-lingual library staff person and one bi-lingual partner to this program. The public health nurse from the LAHCDHD is bi-lingual and will serve as an affiliate to aid with those in need of healthcare information in Spanish. Also, Internet services can aid with translation and allow library patrons to search issues in their native

language. English and Spanish are the primary languages in this area. We will seek materials that are pre-printed in both languages, or audio recorded in the same fashion. Each individual will be provided for in a culturally appropriate manner. Therefore, in reaching out to the community of Huerfano County we hope to reach the majority of this population.

Identification of Need

According to the U.S. Census Bureau, State & County quick facts, Huerfano County has an average income per household of \$26,649, with 19.7% of the population falling below the poverty level. In addition, half of the population is Latino/a. This area is of low-income basis, which puts them at an increased risk for chronic conditions like cardiac disease, diabetes, and hypertension. The need for more healthcare education is abundant. Many of the citizens of Huerfano County are uninsured. Many of these people have Medicaid or are not insured at all. Therefore, the risk of having a chronic condition and not seeking medical attention is even greater. Our citizens of Huerfano County are ending up in the emergency room for chronic conditions that should not need that type of emergent care. With the right education with regard to diet, exercise, and medications, these people could be much healthier. With this healthcare initiative, we hope to assist our citizens in gaining knowledge and understanding of their own healthcare needs. Also, the younger population of the area is at risk for teen pregnancy and sexually transmitted diseases due to their socioeconomic status. In this area, the number of people with disabilities is 1,494. This disability rate and minority rate also put this community at a heightened risk for healthcare related issues.

Project Objectives

1. To maintain a healthcare station that is updated monthly and changes to new healthcare topics to fit the needs of Huerfano County.
2. To make healthcare literature available for all citizens of Huerfano County.
3. To incorporate current technology, hands on learning models, and to increase community awareness of healthcare related issues
4. To educate and empower library patrons to use this knowledge to better understand their health and the health of their families.

Methodology

We plan to set up a workstation; television and television stand to play healthcare related videos. Also, we would like to have available different demonstrative models. For example, a model of the anatomy of a female breast detailing what a lump looks and feels like. The videos along with models will be available during business hours of the library. The LAHCDHD will assist by aiding with the change of topics monthly. As needed, the public health nurse will be available for one-on-one sessions with patrons on “as needed” basis. With this station, we can monitor how many people view videos with a simple sign in sheet to track numbers. Surveys will be conducted monthly of library patrons to determine effectiveness of the display and to make adjustments according to community need. LAHCDHD will develop and disseminate the surveys and compile data and adjust displays accordingly.

Evaluation Plan

<u>Objective:</u> To maintain a healthcare station that is updated monthly and change to new healthcare topics to fit the needs of Huerfano County.		
<u>Measurable Indicator:</u> Documentation of twelve new stations per year by Public Health Nurse-LAHCDHD		
<u>Target:</u> Every month a new topic displayed		
<u>Timeframe:</u> One change per month		
Data Source	Evaluation Method	Data Collection Timing
LAHCDHD Staff	Documentation by LAHCDHD Public Health Nurse via monthly log to describe new topic and date of change.	Will document Monthly.

* Table adapted from the Institute of Museum and Library Services and nnlm.gov.

<u>Objective:</u> To make healthcare literature available for all citizens of Huerfano County		
<u>Measurable Indicator:</u> % of citizens who report utilization of information by sign-in-sheet at station		
<u>Target:</u> 30% of total population		
<u>Timeframe:</u> 1 yr. after implementation of workstation		
Data Source	Evaluation Method	Data Collection Timing
Library participants	A sign-in-sheet to be available upon browsing of selection of books, videos, or access to models.	Will record uses monthly with change of healthcare topic to be calculated yearly.

* Table adapted from the Institute of Museum and Library Services and nnlm.gov.

Objective: To incorporate current technology, hands on learning models and to increase community awareness of healthcare related issues.

Measurable Indicator: % of citizens who report utilization of information and models by sign-in-sheet at station

Target: 30% of total population

Timeframe: 1 yr. after implementation of workstation

Data Source	Evaluation Method	Data Collection Timing
Library participants	A sign-in-sheet to be available upon browsing of selection of books, videos, or access to models.	Will record uses monthly with change of healthcare topic to be calculated yearly.

* Table adapted from the Institute of Museum and Library Services and nnlm.gov.

Objective: To educate and empower library patrons to use this knowledge to better understand their health and the health of their families

Measurable Indicator: % of citizens who report feeling more confident with their personal healthcare and that of their families by survey and that report comfort in discussing issues with their physician

Target: 50% of total patrons who report using the healthcare station during the year

Timeframe: 1 yr. after implementation of workstation

Data Source	Evaluation Method	Data Collection Timing
Library participants	An anonymous survey with questions about comfortability with healthcare discussions with physicians and family health. And monthly surveys to determine effectiveness of display	Will collect surveys at participants will, and calculate due to responses.

* Table adapted from the Institute of Museum and Library Services and nnlm.gov.

Publicity/Promotion

Promotion of this project will be primarily through advertising via the Spanish Peaks Library website, www.spld.org. In association, the LAHCDHD will also advertise via the website, www.la-h-health.org. These websites and any promotional materials will post the following required statement: “This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under contract No. NO1-LM-6-3504 with the University of Utah.” For further promoting, newspaper advertisements will be made and placed in the Huerfano County newspapers. In addition, radio and television will run free public service announcements. Flyers and posters will be made and displayed at local businesses and through the Chamber of Commerce. For example, posters will be placed at the library, city hall, community center, and Spanish Peaks Medical Center. These advertisements will be put in place one-month prior to launch of healthcare station.

Project Personnel

Monica Birrer, as lead investigator, will be in charge of implementation of healthcare station at the Spanish Peaks Library. As library director, she is qualified to maintain this program. From the LAHCDHD, Tiffany L. Landa, RN.BSN, will manage the station monthly for a new healthcare topic. Her expertise as a Bachelor’s prepared nurse will allow for the most up to date healthcare information and accurate access for our patrons. Along with these key investigators, Diana Zubal, LPN for the LAHCDHD will be available as a resource person for healthcare questions. Other employees from the Spanish Peaks Library will be available to assist on a daily basis at the healthcare station. These employees are John Thomas, Carolyn Garrett, Amy Harper, Jeanne Hoyt, and

Carmen Lara. They will all be resource personnel if either Monica or Tiffany is unavailable.

Facilities/Institutional Support

The Spanish Peaks Library will be the lead institution. Its library has a 25,000-volume facility with access to the Internet for its patrons. The library is in the process of moving to a new building with a planned opening date of June 26, 2009. At this time, the new facility is not available. Therefore, the healthcare station will be set-up at the current library. Available now are several databases from EBSCO including MedicaLatina, Consumer Health Complete, Biomedical Reference Collection, and others. Staff also promotes access to online healthcare material via medlineplus.gov. We would like to expand and offer video specials, models, and more reference materials related to different healthcare topics.

Continuation of Activities after Project Completion

This project can be continued with the following plan. After all supplies are obtained including television, DVD player, models, and display information, a library volunteer can continue to change healthcare topics monthly. The LAHCDHD can continue to be a resource for new materials or review of current healthcare materials. Through partner collaboration, this program is sustainable, and will continue to bring new healthcare related material to its patrons. This will continue to assist our citizens of Huerfano County to take charge of their own healthcare and make informed healthcare decisions.

Cost Proposal

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Budget Form

Submitted by: Spanish Peaks LibraryDate Submitted: 01/30/2009

Period Covered: 07/01/2009-06/30/2010

EXPENDITURE CATEGORY	AMOUNT
Personnel	
*Monica Birrer, Spanish Peaks Library Director	\$1600.00
*Tiffany L. Landa, RN.BSN, Public Health Nurse (LAHCDHD)	\$1600.00
Equipment	
*Television with wall mount	\$1838.00
*Laptop	\$1156.00
*Digital Video Player	\$400.00
*Mobile Audiovisual Equipment Cart	\$373.00
*Misc. (headphones, cables, laser pointer)	\$202.00
Supplies	
*Anatomical Models	\$2100.00
*Print and audiovisual materials	\$1300.00
Communications	
*Advertising (Ads in Paper, Radio, Television)	\$600.00
Other Costs	
*Written Pamphlets (different healthcare topics)	\$2000.00
*Miscellaneous Security Hardware	\$100.00
Total	\$13169.00

Budget Narrative

For this budget, we have categorized our needs and below is a detail of those expenditures. For the personnel category, both Monica Birrer and Tiffany Landa, RN will be resource leaders. This budget allows for an allotted time of six hours a month to devote to the Health and Wellness Initiative grant. This amount was calculated based on hourly rate at present time, which totaled \$1,600.00 per person. In the event that Tiffany Landa is unavailable, Diana Zubal, LPN would manage the changing of the healthcare station in the first year of action.

The next category is equipment. A television, laptop, and digital video player provide a variety of ways for patrons to have access to viewing audiovisual material related to the different healthcare topics described for each month above, including: streaming video from the Web and from subscription services; DVDs from our collection (including materials bought specifically for this project in the print and audiovisuals materials component); free and subscription-based electronic databases and websites. Headphones with multiple-user access allow several patrons to watch and listen to the same content on the TV and/or laptop without disturbing other patrons using resources in the area.

A mobile A/V storage cart serves several functions: as a stand-up computing station, as secure storage for all equipment except the TV (mounted to the wall) when not in use, and as a speaker's lectern for the public health nurse to present educational programming to larger groups in the library's community room.

The prices are based on catalog pricing through a variety of consumer and industry suppliers. This equipment totals \$3969.00.

Supplies needed include anatomical models. These models will aid in the understanding of how the human body works and disease processes. These models will be purchased and set up monthly dependent on the topic covered. These models will then be safely stored and total \$2,100.00.

Communication budget is needed for advertising. There will be monthly ads placed for each 12 topics reviewed in this year. This total is \$600.00.

Targeted collection development to support this project will include: books and audio and video materials covering the specific topics outlined in the monthly display schedule; books, DVDs, and magazines and subscription services to provide ongoing streaming video and electronic information on associated topics covering general health education topics will be purchased for the library's circulating collection. \$1300 is allocated for these materials. Other print materials are needed so that patrons can take items home that will reiterate the material they have learned from print or videos viewed. These materials will include pocket size booklets and one-page flyers associated with the monthly displays and used in displays and presentations as well as charts, posters, and visual aids to be used in monthly displays. This total is \$2,000.00.

Our other cost category is titled as security hardware. This would cover any hardware needed to secure the television and digital video player so that there would be \$13,169.00.