Today’s Presenters

Noah Lenstra
Let’s Move in Libraries, Assistant Professor of Library and Information Studies, University of North Carolina, Greensboro

Leslie A. Gelders
Literacy Administrator, Oklahoma Literacy Resource Office, Oklahoma Department of Libraries

Marcia Johnson
Library Director, Miami Public Library, Oklahoma
Let’s Move in Libraries:

Food & Physical Activity in Libraries

A Presentation by  
Dr. Noah Lenstra, MLIS  
Assistant Professor of Library & Information Studies at the University of North Carolina at Greensboro  
Lenstra@uncg.edu
Who am I and how did I get here?

Read more at: https://bit.ly/2R0fbvw
Start with YOU!

Adopt National Alliance for Nutrition and Activity (NANA) Healthy Meeting Guidelines for your library (some already have!)

www.healthymeeting.org
Whatever you do ... DON’T DO IT ALONE!

“The Community Catalyst Initiative challenges museums and libraries to transform how they collaborate with their communities.”

Logos courtesy U.S. Institute of Museum and Library Services
https://www.imls.gov/issues/national-initiatives/community-catalyst-initiative
Get support from other librarians

- NNLM Regional Libraries
- PLA Health Initiative newsletter
- Libraries are Champions of Healthy Communities Facebook group
- Let’s Move in Libraries – Monthly newsletter, Program Ideas, Stories of success on Social Media – All about YOU!
- Let your state library / state association / consortium know this issue is important and you want support developing it!
Example: (Liability - #1 Question I get asked!)

• Answer: **We got this!**

• See what paperwork other libraries use and adapt for your library

• [letsmovelifraries.org/resources](http://letsmovelifraries.org/resources)

Waiver courtesy Durham County Library
What I’ve found works

FOUR ways libraries feed us

1. Distribute food at the library
2. Teach and support community agriculture
3. Teach how to cook, prepare, & eat healthily
4. Offer the library’s support to food programs

6 ways libraries get us moving

1. Make movement part of existing programs
2. For FUN! (e.g. dance, Nerf capture the flag)
3. New collections
4. New spaces and infrastructures
5. Get people active outdoors
6. Fitness and movement classes
Get “Smyrna Strong” at Smyrna Library, Rent Fitness Equipment with Library Card

March 20, 2018 - by Mary Moore

You don’t have to do it all...
...
... But do something!!!

Images courtesy (from left) Healthy Ireland at Your Library, Smyrna Library, Eudora Schools Foundation, Tuzzy Consortium Library, Saint Louis County Library, and Walkertown Library
Who’s ready to train like an astronaut at the library for Summer Reading 2019?

https://librarymownwalk.sals.edu/

https://go.nasa.gov/2CecUES

Sources Southern Adirondack Library System & NASA
Let’s stay connected!

Let’s Move in Libraries

LetsMoveLibraries.org – We’re on Facebook, Instagram, Twitter, and YouTube

lenstra@uncg.edu - PLEASE REACH OUT with any questions you may have!!!!
Health Literacy Begins at Your Library

The Oklahoma Story

Leslie Gelders  Literacy Director
leslie.gelders@libraries.ok.gov  (405) 522-3242

Oklahoma Department of Libraries
Health literacy is the degree to which an individual has the capacity to obtain, communicate, process and understand basic health information and services to make appropriate health decisions.
## Oklahoma

### 2018 Annual Report

<table>
<thead>
<tr>
<th>Measure</th>
<th>Rating</th>
<th>2018 Value</th>
<th>2018 Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Behavior</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug Deaths (Deaths per 100,000 population)</td>
<td>++</td>
<td>20.4</td>
<td>34</td>
</tr>
<tr>
<td>Excessive Drinking (Percentage of adults)</td>
<td>++</td>
<td>14.1%</td>
<td>5</td>
</tr>
<tr>
<td>High School Graduation (Percentage of students)</td>
<td>++</td>
<td>81.6%</td>
<td>26</td>
</tr>
<tr>
<td>Obesity (Percentage of adults)</td>
<td>*</td>
<td>39.3%</td>
<td>48</td>
</tr>
<tr>
<td>Physical Inactivity (Percentage of adults)</td>
<td>*</td>
<td>32.4%</td>
<td>47</td>
</tr>
<tr>
<td>Smoking (Percentage of adults)</td>
<td>++</td>
<td>30.7%</td>
<td>39</td>
</tr>
<tr>
<td>Behaviors * (All Behavior Measures)</td>
<td>*</td>
<td>-0.373</td>
<td>64</td>
</tr>
<tr>
<td><strong>Community Environment</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Air Pollutants</strong> (Micrograms of fine particles per cubic meter)</td>
<td>++</td>
<td>7.9</td>
<td>31</td>
</tr>
<tr>
<td><strong>Children in Poverty</strong> (Percentage of children aged 0 to 17)</td>
<td>*</td>
<td>21.5%</td>
<td>42</td>
</tr>
<tr>
<td><strong>Infectious Disease</strong> * (Mean z score of chlamydia, pertussis and Salmonella)</td>
<td>++</td>
<td>-0.440</td>
<td>40</td>
</tr>
<tr>
<td>Chlamydia (Cases per 100,000 population)</td>
<td>++</td>
<td>5.8</td>
<td>38</td>
</tr>
<tr>
<td>Pertussis (Cases per 100,000 population)</td>
<td>++</td>
<td>4.7</td>
<td>27</td>
</tr>
<tr>
<td>Salmonella (Cases per 100,000 population)</td>
<td>*</td>
<td>20.5</td>
<td>42</td>
</tr>
<tr>
<td><strong>Occupational Fatality</strong> (Deaths per 100,000 workers)</td>
<td>*</td>
<td>7.9</td>
<td>47</td>
</tr>
<tr>
<td>Violent Crime (Offenses per 100,000 population)</td>
<td>*</td>
<td>496</td>
<td>79</td>
</tr>
<tr>
<td><strong>Community &amp; Environment</strong> * (All Community &amp; Environment Measures)</td>
<td>*</td>
<td>-0.303</td>
<td>43</td>
</tr>
<tr>
<td><strong>Immunizations</strong> * (Adolescents) * (Mean z score of HPV, meningococcal and Tet)</td>
<td>*</td>
<td>-0.963</td>
<td>65</td>
</tr>
<tr>
<td><strong>Immunization for Adolescents</strong> (Percentage of females aged 13 to 17)</td>
<td>*</td>
<td>45.4%</td>
<td>81</td>
</tr>
<tr>
<td><strong>Immunization Male</strong> (Percentage of males aged 13 to 17)</td>
<td>*</td>
<td>37.0%</td>
<td>38</td>
</tr>
<tr>
<td><strong>Wasting</strong> * (Percentage of children aged 12 to 17)</td>
<td>*</td>
<td>29.5%</td>
<td>47</td>
</tr>
<tr>
<td><strong>Skin Cancer</strong> (Percentage of adults aged 13 to 17)</td>
<td>*</td>
<td>86.7%</td>
<td>37</td>
</tr>
<tr>
<td><strong>Immunizations - Children</strong> (Percentage of children aged 19 to 35 months)</td>
<td>*</td>
<td>67.2%</td>
<td>43</td>
</tr>
<tr>
<td><strong>Public Health Funding</strong> (Dollars per person)</td>
<td>***</td>
<td>697</td>
<td>28</td>
</tr>
<tr>
<td><strong>Uninsured</strong> (Percentage of population)</td>
<td>*</td>
<td>14.2%</td>
<td>49</td>
</tr>
<tr>
<td><strong>Policy</strong> * (All Policy measures)</td>
<td>*</td>
<td>-0.312</td>
<td>49</td>
</tr>
<tr>
<td><strong>Dental</strong> (Number per 100,000 population)</td>
<td>++</td>
<td>50.0</td>
<td>38</td>
</tr>
<tr>
<td><strong>Low Birthweight</strong> (Percentage of live births)</td>
<td>***</td>
<td>7.8%</td>
<td>19</td>
</tr>
<tr>
<td><strong>Mental Health Providers</strong> (Number per 100,000 population)</td>
<td>***</td>
<td>335.2</td>
<td>6</td>
</tr>
<tr>
<td><strong>Preventable Hospitalizations</strong> (Discharges per 1,000 Medicare enrollees)</td>
<td>*</td>
<td>58.9</td>
<td>44</td>
</tr>
<tr>
<td><strong>Primary Care Physicians</strong> (Number per 100,000 population)</td>
<td>++</td>
<td>122.4</td>
<td>36</td>
</tr>
<tr>
<td><strong>Clinical Care</strong> * (All Clinical Care Measures)</td>
<td>*</td>
<td>-0.026</td>
<td>31</td>
</tr>
<tr>
<td><strong>All Determinants</strong> * (All Determinants)</td>
<td>*</td>
<td>-0.433</td>
<td>47</td>
</tr>
</tbody>
</table>

### Cancer Deaths

<table>
<thead>
<tr>
<th>Measure</th>
<th>Rating</th>
<th>2018 Value</th>
<th>2018 Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cancer Deaths</strong> (Deaths per 100,000 population)</td>
<td>*</td>
<td>20.4</td>
<td>34</td>
</tr>
<tr>
<td><strong>Cardiovascular Deaths</strong> (Deaths per 100,000 population)</td>
<td>*</td>
<td>33.8</td>
<td>48</td>
</tr>
<tr>
<td><strong>Diabetes</strong> (Percentage of adults)</td>
<td>*</td>
<td>12.7%</td>
<td>43</td>
</tr>
<tr>
<td><strong>Disparity in Health Status</strong> (Percentage point difference)</td>
<td>***</td>
<td>26.3%</td>
<td>21</td>
</tr>
<tr>
<td><strong>Frequent Mental Distress</strong> (Percentage of adults)</td>
<td>*</td>
<td>19.6%</td>
<td>40</td>
</tr>
<tr>
<td><strong>Frequent Physical Distress</strong> (Percentage of adults)</td>
<td>*</td>
<td>14.7%</td>
<td>42</td>
</tr>
<tr>
<td><strong>Infant mortality</strong> (Deaths per 1,000 live births)</td>
<td>*</td>
<td>7.4</td>
<td>43</td>
</tr>
<tr>
<td><strong>Premature Death</strong> (Years lost before age 75 per 100,000 population)</td>
<td>*</td>
<td>9.980</td>
<td>64</td>
</tr>
<tr>
<td><strong>All Outcomes</strong> * (All Outcomes Measures)</td>
<td>*</td>
<td>-0.312</td>
<td>64</td>
</tr>
</tbody>
</table>

### Rating Scale

- 4.000 - 1.000 = Excellent
- 3.999 - 1.999 = Good
- 1.998 - 1.000 = Average
- 0.999 = Poor

- Data Unavailable

*Value indicates z score. Negative scores are below US value; positive scores are above US value. For complete definitions of measures including data sources and years, see *Appendix: Core Measures Table*. © 2018 Copyright United Health Foundation www.americahealthrankings.org
What Public Libraries May Offer

- non-threatening environment
- computers and access to online information
- print and other health and wellness resources
- programming (for children, teens, and adults)
- awareness—websites, *Facebook*, blogs, flyers, bookmarks, displays
- space for programs
- possible access to funds
- community network
INTRODUCTION TO SWING DANCE

FRIDAY, JANUARY 26 AT 6 PM
REGISTRATION & WAIVER REQUIRED

Come join us for an evening of Swing Dance with 3Sixty Entertainment Powerhouse. Wear comfortable clothes and shoes and get ready for a night of dancing!

Financial assistance for this special project is made possible with federal funds from the Institute of Museum and Library Services, administered through the Oklahoma Department of Libraries.

Swing class
Moore Public Library
Learn About
Stroke Prevention

Presented by John Lieber, RN, BSN
& Creek County Literacy Program

What causes a stroke

How to recognize the signs of a stroke

What you can do to reduce your risk of a stroke

Thursday, November 1 - 5:30pm

Workshop Location:
Creek County Literacy Program
15 N Poplar St | Sapulpa, OK 74066 | creakliteracy.org

For more information or to register for this free workshop, call 918-224-9647

Stroke Prevention class hosted by
Creek County Literacy Program
Self Defense for Children

Learn self defense skills from Synergy of Shawnee

Mondays in June
2 - 3 PM
Registration required
Super Cool Cooking School

Kids of all ages are invited to the Piedmont Library on the
1st and 3rd Wednesday of each month at 4:00pm
to learn simple and fun cooking techniques, as we make a healthy snack or light meal to share.

Learn How to Make Mason Jar Salads

Presented by OSU Extension & Creek County Literacy Program

Free workshop teaches how to make mason jar salads
Secrets to a perfect salad in a jar
Learn how long salads in a jar will stay fresh
Free Recipes

Tuesday, May 16 • 5:30pm

This health literacy project is supported by the Oklahoma Department of Libraries with federal funds under the Library Services and Technology Act (LSTA) and the Institute of Museum and Library Services.

Creek County Literacy Program
15 N Poplar St | Sapulpa, OK 74066 | creekliteracy.org

Workshop limited to 15 Participants.
For more information or to register for this free workshop, call 918-224-9647
Collaborations Are Key

- Institute of Museum and Library Services
- National Network of Libraries of Medicine
- Oklahoma Cooperative Extension Service
- Oklahoma Healthy Aging Initiative

Plus more than 230 local organizations, businesses, and healthcare providers
2019 Wisconsin Health Literacy Summit
A sharper view through the lens of health literacy

April 2–3, 2019 • Madison, WI
(pre-Summit sessions on April 1)

You'll hear from respected experts in the field of health literacy. Nationally-known speakers take you beyond everyday discussions and broaden your scope on health literacy.

From community health to academia, literacy to communication, and many other professions, the summit theme focuses on "a sharper view through the lens of health literacy."

Registration will open January 20, 2019

wisconsinliteracy.org/health-literacy/training-conferences/health-literacy-summit.html
For more information on libraries’ roles in health literacy please visit www.webjunction.org/explore-topics/ehealth.html
MPL HEALTH LITERACY PROJECT

Marcia Johnson
1/8/19

Photo by Miami Public Library staff, used with permission
STARTING A HEALTH LITERACY PROJECT AT YOUR LIBRARY

- Gather statistics
- Enlist partners
- Plan activities
- Evaluate impact
GATHER STATISTICS

- America’s Health Rankings 2018
  www.americashealthrankings.org

- State Dept. of Health

- County Health Rankings and Roadmaps
  www.countyhealthrankings.org

- 500 Cities: Local Data for Better Health
  www.cdc.gov/500cities
<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Ottawa County</th>
<th>Trend</th>
<th>Error Margin</th>
<th>Top Performers</th>
<th>Overall value for the entire state</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult smoking</td>
<td>21%</td>
<td>21-22%</td>
<td>14%</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Adult obesity</td>
<td>37%</td>
<td>32-43%</td>
<td>26%</td>
<td>33%</td>
<td></td>
</tr>
<tr>
<td>Food environment index</td>
<td>6.8</td>
<td></td>
<td>8.6</td>
<td>5.9</td>
<td></td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>36%</td>
<td>31-42%</td>
<td>20%</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>Access to exercise opportunities</td>
<td>57%</td>
<td></td>
<td>91%</td>
<td>74%</td>
<td></td>
</tr>
<tr>
<td>Excessive drinking</td>
<td>12%</td>
<td>11-13%</td>
<td>13%</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>Alcohol-impaired driving deaths</td>
<td>33%</td>
<td>25-41%</td>
<td>13%</td>
<td>28%</td>
<td></td>
</tr>
<tr>
<td>Sexually transmitted infections</td>
<td>548.2</td>
<td></td>
<td>145.1</td>
<td>542.2</td>
<td></td>
</tr>
<tr>
<td>Teen births</td>
<td>57</td>
<td>52-63%</td>
<td>15</td>
<td>42</td>
<td></td>
</tr>
</tbody>
</table>

**Clinical Care**

| Uninsured                               | 20%           | 18-22%| 6%           | 16%            |
Oklahoma State Dept. of Health
State of Ottawa County’s Health Report

- Obese adults  37.9%
  (OK 36.5%)
- Physical inactivity  35.5%
  (OK 32.4%)
- Diabetes  15.4%
  (OK 12.7%)

STATISTICS - OTTAWA CO.
ENLIST POTENTIAL PARTNERS

- County Health Dept
- Hospitals and Clinics
- Community Wellness Coordinator
- Municipal Depts. (Fire, Police, Parks, etc.)
- County Extension Agency
- Farmers Market
- https://libraries.ok.gov/literacy/health_literacy/health-literacy-partners/
OUR PARTNERS (HELPP)

Oklahoma Department of Libraries

INSTITUTE of Museum and Library Services

Ottawa County Health Department

INTEGRIS
PLAN ACTIVITIES

• Cooking class or demonstration w/county extension agent
• Diabetes classes with diabetes instructor
• Children’s nutrition program with ChooseMyPlate.gov
ACTIVITIES

The Health Literacy Project 2013-2018
EVALUATE OUTCOMES AND IMPACT

- Statistics
  - Attendance
  - Number of programs
- Surveys
  - Grant requirements
  - [www.projectoutcome.org](http://www.projectoutcome.org)
- Anecdotal stories
- “The library is now considered a partner in community health and wellness.” – Leslie Gelders
### Survey Results of 2017/18 Health Literacy Project

<table>
<thead>
<tr>
<th>Attendance</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>I learned something new by participating</td>
<td>694</td>
</tr>
<tr>
<td>I feel confident in using what I learned</td>
<td>679</td>
</tr>
<tr>
<td>I am likely to apply what I learned</td>
<td>679</td>
</tr>
<tr>
<td>I am more aware of services/resources at library</td>
<td>646</td>
</tr>
<tr>
<td>I am more likely to use other services/resources at library</td>
<td>637</td>
</tr>
</tbody>
</table>
CONTACT INFO

• Marcia Johnson

• mjohnson@miamiokla.net

• www.miamipl.okpls.org

• https://www.facebook.com/miamipubliclibrary
Thank You!

Noah Lenstra
Let’s Move in Libraries,
Assistant Professor of Library
and Information Studies,
University of North Carolina
Lenstra@uncg.edu

Marcia Johnson
Library Director,
Miami Public Library,
Oklahoma
mjohnson@miamiokla.net

Leslie A. Gelders
Literacy Administrator,
Oklahoma Literacy
Resource Office, Oklahoma
Department of Libraries
leslie.gelders@libraries.ok.gov