

# “TOGETHER FOR HEALTH” RESOURCES

The resources cover seven focus areas: **health equity, literacy, food security, housing, public transportation, generalized resources** and **resources in Spanish**. Brief descriptions and hyperlinks are provided for your convenience. This manual has also been translated into Spanish but linking websites are in English unless otherwise indicated.

NOTE: This isn't an all-inclusive list. Please visit [www.okhealthequity.org](http://www.okhealthequity.org) for more resources.

## TABLE OF CONTENTS

<b>I.</b>	<b>Health Equity</b>	<b>Page 2</b>
<b>II.</b>	<b>Literacy &amp; Health</b>	<b>Page 3</b>
<b>III.</b>	<b>Food Security &amp; Health</b>	<b>Page 5</b>
<b>IV.</b>	<b>Housing &amp; Health</b>	<b>Page 7</b>
<b>V.</b>	<b>Public Transportation &amp; Health</b>	<b>Page 9</b>
<b>VI.</b>	<b>Generalized Resources</b>	<b>Page 11</b>
<b>VII.</b>	<b>Resources in Spanish</b>	<b>Page 13</b>

# HEALTH EQUITY

## **OHEC Health Equity Position Statement**

<http://www.ok.gov/health2/documents/2014%20Health%20Equity%20Posn%20Stmt%206-11-14.pdf>

## **A Practitioner's Guide for Advancing Equity: Community Strategies for Preventing Chronic Disease**

is a resource for practitioners, partners, and stakeholders working to advance health equity through community health interventions. While health disparities can be addressed at multiple levels, this guide focuses on policy, systems, and environmental improvements designed to improve the places where people live, learn, work, and play. <http://www.cdc.gov/NCCDPHP/dch/health-equity-guide/index.htm>

**The CDC Health Disparities and Inequalities Report - United States, 2013**, published in CDC's *Morbidity and Mortality Weekly Report (MMWR)*, is the second consolidated assessment that highlights health disparities and inequalities across a wide range of diseases, behavioral risk factors, environmental exposures, social determinants, and health-care access by sex, race and ethnicity, income, education, disability status and other social characteristics. It provides new data for 19 of the topics published in 2011 and presents 10 new topics. <http://www.cdc.gov/minorityhealth/CHDIReport.html>

## **Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health (2008)**

This workbook is for community-based organizations, public health practitioners, and community health partners interested in developing initiatives to increase health equity by addressing the social determinants of health. <http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/SDOH-workbook.pdf>

## **National Partnership for Action to End Health Disparities**

U.S. Department of Health and Human Services Office of Minority Health (OMH) has developed the National Partnership for Action to mobilize and connect individuals and organizations across the country to create a nation free of health disparities, with quality health outcomes for all people. <http://minorityhealth.hhs.gov/npa/>

## **Closing the Gap in a Generation: Health Equity Through Action on the Social Determinants of Health (2008)**

The Commission on Social Determinants of Health together with the World Health Organization published this report to tackle the social determinants of health with the aim of achieving health equity. [http://www.who.int/social\\_determinants/thecommission/finalreport/en/](http://www.who.int/social_determinants/thecommission/finalreport/en/)

## **Tackling Health Inequities Through Public Health Practice: A Handbook for Action (2006)**

The National Association of County and City Health Officials (NACCHO) offers ideas, insight, and examples for local health departments to strengthen their capacity for influencing the root causes of health inequities through a social justice perspective. [http://www.naccho.org/topics/justice/upload/naccho\\_handbook\\_hyperlinks\\_000.pdf](http://www.naccho.org/topics/justice/upload/naccho_handbook_hyperlinks_000.pdf)

## **The State of Health Equity Research: Closing Knowledge Gaps to Address Inequities**

Interesting resources and findings from the American Association of Medical colleges on the state of health equity research! Find their report and infographics here:

<https://www.aamc.org/initiatives/research/healthequity/402654/closingknowledgegaps.html>

# LITERACY & HEALTH

## **OHEC Literacy and Health Equity Position Statement**

<http://www.ok.gov/health2/documents/2013%20LiteracyHealthEquityPosnStmntVer2.pdf>

## Literacy & Health Coalitions and Organizations

**Oklahoma Health Equity Campaign** - The Oklahoma Health Equity Campaign (OHEC) is a statewide collaborative of partnerships with faith-based, community, educational, public and private organizations and all levels of government in order to build on the strengths, assets, and resources of these entities and to work toward eliminating inequities for all populations. Technical assistance to support OHEC activities is provided by the Health Equity Resource Opportunities Division, Oklahoma State Department of Health. The OKC Metro Literacy Coalition acts as our fiduciary agent. Our cross sector of partners have formed a health literacy committee that is developing a comprehensive Oklahoma Health Literacy Action Plan which models the National Action Plan to Improve Health Literacy. Because OHEC has a focus on health literacy, a Health Literacy Clearinghouse was established on this website. To view the Clearinghouse, visit [www.okhealthequity.org](http://www.okhealthequity.org).

**Oklahoma City Metro Literacy Coalition** - A literacy organization whose mission is: "To lead a collaboration of literacy providers and supporters to strengthen services and present a united voice for literacy in Metropolitan Oklahoma City." [www.okcliteracycoalition.org](http://www.okcliteracycoalition.org)

**Ruth G. Hardman Adult Literacy Service, Tulsa City County Library** - One in six adults in Tulsa County cannot read the prescription label on a medicine bottle, understand a newspaper article, or enter complete information on an application. The mission of the Ruth G. Hardman Adult Literacy Service is to promote literacy across the lifespan through emergent and family literacy outreach initiatives and adult basic and English language instruction. <http://www.tulsalibrary.org/ruth-g-hardman-adult-literacy-service-0>

**Oklahoma Literacy Resource Office, Oklahoma Department of Libraries** - The mission of the Literacy Resource Office is to provide leadership, resources, training, and information to Oklahoma's library and community-based literacy network. The website provides state and national statistics, contacts for literacy programs throughout the state, literacy news and information, and helpful links. <http://www.odl.state.ok.us/literacy/>

**Oklahoma Literacy Coalition** - The Oklahoma Literacy Coalition champions the ongoing development of adult literacy services by providing tools for learner empowerment, tutor recognition, networking opportunities and education for literacy leaders, and advocacy for a more literate Oklahoma. <http://www.okliteracycoalition.okpls.org/>

**ProLiteracy** - ProLiteracy is a national literacy organization that believes every adult has a right to literacy. The organization develops and promotes adult literacy learning, content, and programs to help adult learners, and advocates on their behalf. The website is a good resource for national statistics and information. <http://www.proliteracy.org/about-us/mission-vision-and-history#sthash.FPh2SIK8.dpuf>

### **Washington County Wellness Initiative, Inc.**

Vision -- All Washington County residents live in healthy communities with access to: physical and mental health services, progressive and caring community services and resources, information and community involvement opportunities. [www.washingtoncountywellness.org](http://www.washingtoncountywellness.org)

# Health Literacy Resources

**American College of Physicians** - Patient Education Videos, downloadable fact sheets on a range of topics including asthma, diabetes, weight loss options (Health TiPs), and much more available at this site. Most information is available in English and in Spanish.

[http://www.acponline.org/patients\\_families/products/watch\\_videos/](http://www.acponline.org/patients_families/products/watch_videos/)

**A Basic Course on Writing in Low Health Literacy by Gloria Mayer** - This helpful PowerPoint on how to write materials using clear communication techniques is available upon request from Oklahoma City Metro Literacy Coalition. Send a request to [info@okcliteracycoalition.org](mailto:info@okcliteracycoalition.org)

**Center for Disease Control and Prevention** - This site provides information and tools to improve health literacy and public health. These resources are for all organizations that interact and communicate with people about health. <http://www.cdc.gov/healthliteracy/>

**Florida Health Literacy Initiative** - *STAYING HEALTHY* is an award winning curriculum written at a 4th grade reading level that is used throughout the United States. This and other publications are available for download as free PDF documents. Established in 1985, the Florida Literacy Coalition is a non-profit organization that promotes, supports and advocates for the effective delivery of quality adult and family literacy services in the state of Florida. [http://www.floridaliteracy.org/literacy\\_resources\\_\\_teacher\\_tutor\\_\\_health\\_literacy.html](http://www.floridaliteracy.org/literacy_resources__teacher_tutor__health_literacy.html)

**Healthcare 411: Improving Your Health Literacy** - Limited health literacy can literally harm your health. If you have trouble understanding instructions, you may have a hard time managing a health condition or taking your medicines correctly. Information provided by the Agency for Healthcare Research and Quality will help increase your health literacy. <http://healthcare411.ahrq.gov/column.aspx?id=700>

**Health Literacy** - This site from Arizona includes: Definition of Health Literacy; Clues to Low Literacy; How Common is Health Literacy; Examples of Good & Bad Communication and many other topics. The site has a great feature in that the information can be read or is accessible by video <http://healthlit.fcm.arizona.edu/HealthLitPlayer.html>

**Health Literacy and Patient Safety: Help Patients Understand (video)** - This wonderful video by the America Medical Association shows the impact of low health literacy from the prospective of health professionals as well as individuals with low literacy skills. One of the speakers is Toni Cordell, who learned to read in Oklahoma City. [http://www.youtube.com/watch?v=cGtTZ\\_vxjyA](http://www.youtube.com/watch?v=cGtTZ_vxjyA)

**MedlinePlus** is the National Institute of Health's website for patients and their families and friends. The site provides reliable, up-to-date, easy to understand information about diseases, conditions, and wellness issues. The free information is available in English and Spanish, and several topics are available in other languages. <http://www.nlm.nih.gov/medlineplus/>

**US Department of Health and Human Services: Culture, Language and Health Literacy** - Effective health communication is important to health care, improving individual health and build healthy communities. This site provides many resources that address clear communication, and the unique culture, language and health literacy needs of diverse consumers and communities. <http://www.hrsa.gov/culturalcompetence/index.html>

## Questions?

For additional information or questions about Oklahoma literacy or health literacy, contact Oklahoma Health Equity Steering Committee members:

- Leslie Gelders, Oklahoma Department of Libraries, [leslie.gelders@libraries.ok.gov](mailto:leslie.gelders@libraries.ok.gov)
- Mary Surbeck, Oklahoma City Metro Literacy Coalition, [info@okcliteracycoalition.org](mailto:info@okcliteracycoalition.org)

# FOOD SECURITY & HEALTH

## OHEC Food Security Position Statement

<http://www.okhealthequity.org/assets/2013-food-security--health-posn-stmt-ver2.pdf>

## Food Security Coalitions and Organizations

**Tulsa County Wellness Partnership** is a sponsored group of the Family Health Coalition and is dedicated to changing policy and environments in Tulsa County to make healthy nutrition and fitness the easy choice in schools, workplaces, and communities.

**Tulsa Food Security Council** - Food Policy Councils began as a way to address the food system as a whole, often bringing the weight of local, county or state government behind grassroots initiatives. Food Policy Councils work across sectors, engaging with government policy and programs, grassroots and non-profit projects, local businesses and food workers. <http://tulsafoodsecurity.org/>

**State Food Policy Council** - brings together a diverse group of stakeholders who share an interest in local food from producers to agriculture and health department officials, school nutrition directors, farmer's markets managers and other advocates. The groups meet roughly six times a year to discuss trends, topics and policies. Contact: Kirby Smith, 405/521-6479, [Kirby.smith@ag.ok.gov](mailto:Kirby.smith@ag.ok.gov)

## **Wellness Now Coalition – Nutrition & Physical Activity Committee**

Oklahoma City-County Health Department, (405) 427-8651

## Food Security Resources

**Door to Door in the Heartland, Preaching Healthy Living** - County health worker drives around poorest neighborhoods in Oklahoma City to provide the community with information about healthy eating and its benefits. [http://www.nytimes.com/2012/09/11/health/door-to-door-in-oklahoma-city-preaching-healthy-living.html?\\_r=0](http://www.nytimes.com/2012/09/11/health/door-to-door-in-oklahoma-city-preaching-healthy-living.html?_r=0)

**Closer to Home: Healthier Food Farms and Families in Oklahoma** - 2006. Kerr Center for Sustainable Agriculture – [http://www.kerrcenter.com/publications/closer\\_to\\_home/index.htm](http://www.kerrcenter.com/publications/closer_to_home/index.htm)

**Policy Basics: Oklahoma's Food Security Safety Net.** <http://okpolicy.org/policy-basics-oklahomas-food-security-safety-net>

**Grow Healthy Oklahoma: A Guide to Community Gardening in the Sooner State** - Community gardening is taking Oklahoma by storm. With over fifteen gardens in Oklahoma City and Tulsa, and several in towns like Muskogee and Okmulgee, gardens are popping up all over the state. The common theme: Health. <http://tulsafoodsecurity.org/images/GrowHealthyOklahoma.pdf>

**Oklahoma Hunger Facts.** Facts about Hunger in Oklahoma.

<http://okfoodbank.org/wp/wp-content/uploads/2013/08/Erase-Hunger-Oklahoma-Hunger-Facts.pdf>

**Hunger in Oklahoma.** More than 675,000 Oklahomans go hungry every day. During fiscal year 2013, the Regional Food Bank distributed 47.9 million pounds of food and products to hungry Oklahomans in 53 central and western counties. Since its inception in 1980, the Regional Food Bank has distributed more than 500 million pounds of food and product. <http://www.regionalfoodbank.org/About-Food-Bank/Hunger-In-Oklahoma>

## **Local Oklahoma TV Station Addresses Children and Hunger**

<http://www.newson6.com/category/208729/food-for-kids>

**Hunger & Food Security** - Resources for congregations about hunger and healthy eating.  
<http://www.ucc.org/justice/just-eating/> *(Some resources are in Spanish)*

**Community Food Security Initiative (CFSI)** - USDA developed this guide to assist nonprofit groups, faith-based organizations, state and local government agencies, tribes, and individual citizens to fight hunger, improve nutrition, strengthen local food systems, and empower low-income families to move toward self-sufficiency. [https://attra.ncat.org/guide/a\\_m/cfsi.html](https://attra.ncat.org/guide/a_m/cfsi.html)

**Hunger & Food Insecurity** - Various resources that provide information about increasing food security and reducing hunger by providing children and low-income people access to food, a healthful diet, and nutrition education. <http://www.nutrition.gov/food-assistance-programs/hunger-and-food-insecurity>

**Action Guidelines: Changing Food Deserts to Food Oases** - USDA provides an online tool for locating food deserts. The new tool identifies food desert areas as well as the number of low-income people without access to healthy, affordable foods. Other important community factors, such as how many children have limited or no access are also available through the tool: :  
[http://depts.washington.edu/waaction/tools/docs/HEC\\_Food\\_Desert%20FINAL%20%2025%2011.pdf](http://depts.washington.edu/waaction/tools/docs/HEC_Food_Desert%20FINAL%20%2025%2011.pdf)

**Household Food Security in the United States, 2008 / ERR-83. Economic Research Service, USDA**  
Eighty-five percent of American households were food secure throughout the entire year in 2008, meaning that they had access at all times to enough food for an active, healthy life for all household members.  
[http://www.washingtonpost.com/wp-srv/nation/documents/usda\\_report\\_household\\_food\\_security\\_2008.pdf](http://www.washingtonpost.com/wp-srv/nation/documents/usda_report_household_food_security_2008.pdf)

**Food Stamp Usage Across the Country, 2009** - New York Times interactive map that shows food stamp usage. [http://www.nytimes.com/interactive/2009/11/28/us/20091128-foodstamps.html?\\_r=2&](http://www.nytimes.com/interactive/2009/11/28/us/20091128-foodstamps.html?_r=2&) -

**Food Availability and Food Deserts in the Non-Metropolitan South** - Study on the change from small “mom & pop” community grocery stores to the large “big box” stores and their impact on the communities. Blanchard, T.C., and Lyson, T.A. [http://srdc.msstate.edu/publications/other/foodassist/2006\\_04\\_blanchard.pdf](http://srdc.msstate.edu/publications/other/foodassist/2006_04_blanchard.pdf)

**Rebalancing Act: Updating the U.S. Food and Farm Policies** – Farm policies should significantly increase production of healthy foods. But farm policies alone can’t automatically improve access to nutritious foods for low income families. Strengthening the nutrition safety net is also critical. Nutrition programs need to do more than provide food for hungry people; they must ensure that healthy food is available to all.  
<http://files.bread.org/pdf/hr/2012-executive-summary.pdf>

**Access to Healthy Food and Why It Matters: A Review of the Research** The executive summary underscores access as the foundation for the positive benefits associated with healthy food. Without access to healthy foods, a nutritious diet and good health are out of reach. And without grocery stores and other fresh food retailers, communities are also missing the commercial vitality that makes neighborhoods livable and helps local economies thrive. [http://thefoodtrust.org/uploads/media\\_items/executive-summary-access-to-healthy-food-and-why-it-matters.original.pdf](http://thefoodtrust.org/uploads/media_items/executive-summary-access-to-healthy-food-and-why-it-matters.original.pdf)

**Convergence Partnership** How three philanthropic partners worked together as funders, advocates, and network developers to promote food security, health and equity and to foster environmental change in communities across the country. Convergence Partnership, How a Group of Philanthropists Broke the Mold and Unlocked the Power of Collaboration. Bell, J. and Cohen, L. (2013), Convergence Partnership. Nat Civic Rev, 102: 40–42. doi:1002/ncr.21152. <http://onlinelibrary.wiley.com/doi/10.1002/ncr.21152/full>

# HOUSING & HEALTH

## Housing and Health Position Statement

<http://www.okhealthequity.org/assets/2013-housing--health-posn-stmtver2.pdf>

## Housing Coalitions and Organizations

### **Oklahoma Chapter of the National Association of Housing and Redevelopment Officials OKNARO**

The Oklahoma Chapter of the National Association of Housing and Redevelopment Officials (**NAHRO**) was created in 1963. Our membership consists of approximately 300 professionals working in 108 housing and community development agencies throughout Oklahoma who administer U.S. Department of Housing and Urban Development programs at the local level. Oklahoma NAHRO is one of the leading housing and community development advocates for the provision of adequate and affordable housing and the creation of strong, viable communities for all Oklahomans, particularly those with low and moderate-incomes. For a list of Housing Authorities by city see, click: [http://www.oknahro.org/housing\\_authorities.html](http://www.oknahro.org/housing_authorities.html)

### **Washington County Affordable Housing Coalition**

The Affordable Housing Coalition assesses housing gaps and barriers, and maintains a housing advocacy group designed to pull community partners together to increase and preserve the supply of decent, affordable, accessible housing for low- and moderate-income households in Washington County. The mission is to mobilize community partners to increase access to affordable housing through committed action.

<http://www.washingtoncountywellness.org/>

**Wellness Now Coalition** - Oklahoma City-County Health Department, (405) 427-8651

## Housing Resources

**CDC Healthy Homes Initiative**— Housing conditions can significantly affect public health. Childhood lead poisoning, injuries, respiratory diseases such as asthma, and quality of life issues have been linked to the more than 6 million substandard housing units nationwide. <http://www.cdc.gov/nceh/lead/healthyhomes.htm>

**CDC Healthy Home Checklist**. Everyone can have a healthy home. This checklist and accompanying illustration show some key action steps to take in each room and area of the home.

<http://www.surgeongeneral.gov/library/calls/checklist.pdf>

### **A Consumer's Guide to Energy-Efficient and Healthy Homes, U.S. Dept. of Housing and Urban Development**

- This consumer guide describes how to improve a home's energy efficiency and indoor environmental quality, which can help reduce heating and cooling costs, save energy, and improve occupants' health and comfort levels <http://www.huduser.org/portal/consumer/home.html>

**Healthy Community Design**. Your input on the design of your community can help make everyone happier and healthier. Your address can play an important role in how long you live and how healthy you are. Includes a toolkit that can help planners, public health professionals, and the general public include health in the community planning process. <http://www.cdc.gov/features/healthycommunities/>

### **Healthy Community Design Checklist [PDF - 352 KB] Español (Spanish) [PDF - 559 KB]**

The *Healthy Community Design Checklist* is a handout for residents to use during public meetings or other gatherings where decisions are being made about land use. The checklist is a quick way to educate residents about healthy community design and to help them consider health during land use discussions. The checklist covers the following topics: Active Living, Food Choices, Transportation Choices, Public Safety, Social Cohesion, Social Equity, and Environmental Health.

[http://www.cdc.gov/healthyplaces/toolkit/healthy\\_community\\_design\\_checklist.pdf](http://www.cdc.gov/healthyplaces/toolkit/healthy_community_design_checklist.pdf)

**Healthy Homes Maintenance Checklist.** This checklist provides basic guidelines and serves as a tool for healthy home maintenance. A healthy home is one that is constructed, maintained, and rehabilitated in a manner that is conducive to good occupant health.

[http://www.nchh.org/Portals/0/Contents/Healthy\\_Housing\\_Checklist.pdf](http://www.nchh.org/Portals/0/Contents/Healthy_Housing_Checklist.pdf)

**Healthy Homes in Oklahoma** - The Essentials for Healthy Homes Practitioners course, along with the Launching a Healthy Homes Initiative course signaled the beginning of an important time in Oklahoma as the state expanded its capacity beyond the identification of a single hazard and begin to focus on multiple housing hazards and unsafe living conditions which affect the health and safety of Oklahomans.

[http://www.ok.gov/health/Child\\_and\\_Family\\_Health/Screening\\_and\\_Special\\_Services/Oklahoma\\_Childhood\\_Lead\\_Poisoning\\_Prevention\\_Program/Oklahoma's\\_Healthy\\_Homes\\_for\\_Healthy\\_Families/](http://www.ok.gov/health/Child_and_Family_Health/Screening_and_Special_Services/Oklahoma_Childhood_Lead_Poisoning_Prevention_Program/Oklahoma's_Healthy_Homes_for_Healthy_Families/)

**Housing Hazards and Facts: Oklahoma's Healthy Homes for Healthy Families.** Scientific evidence suggests that health and environmental problems such as childhood lead poisoning, unintentional injuries, respiratory problems (asthma, etc.), poor indoor air quality issues as carbon monoxide poisoning, radon, secondhand smoke, mold and moisture are linked to preventable housing deficiencies in over 6 million substandard housing units.

<http://www.ok.gov/health2/documents/LEAD%20Housing%20Hazards%20and%20Facts.pdf>

**How Housing Matters Research Briefs** - MacArthur Foundation, April 24, 2014. MacArthur's How Housing Matters to Families and Communities initiative explores the notion that stable, quality housing may be an essential "platform" that promotes positive outcomes in education, employment, and physical and mental health, among other areas. <http://www.macfound.org/press/article/how-housing-matters-research-briefs/#sthash.tiOkqbFM.dpuf>

**Neighborhood Segregation as a Public Health Concern** –The authors review evidence that suggests that segregation is a primary cause of racial differences in socioeconomic status (SES) by determining access to education and employment opportunities. SES in turn remains a fundamental cause of racial differences in health. Racial residential segregation is a fundamental cause of racial disparities in health

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1497358/pdf/12042604.pdf>

### **Smoke-Free Multi-Unit Housing – Advocacy Manual**

Advocacy Manual is a guide to assist tenants in working with landlords to create smoke free living environments in multiunit housing.

[http://www.ok.gov/breatheeasyok/Multiunit\\_Housing/Tenant\\_and\\_Advocacy\\_Information.html](http://www.ok.gov/breatheeasyok/Multiunit_Housing/Tenant_and_Advocacy_Information.html)

### **Smoke-Free Multi-Unit Housing - A Healthy Business Decision**

It makes good business sense for landlords to provide environments free of tobacco smoke pollution. This Landlord Manual provides useful information for Oklahoma property owners and managers, from legalities to a sample lease addendum, other implementation tips and additional resources. Landlords who have gone smoke free say it is one of the best business decisions they've ever made.

<http://www.ok.gov/breatheeasyok/documents/15712%20COO%20MUH%20Landlord%20Manual-Small-F2.pdf>

**Why Place Matters: Data on Health, Housing and Equity.** Using American Housing Survey data for Oklahoma City, the presentation highlights the built environment of the city and differential access to public services affect household and neighborhood health. <http://okpolicy.org/why-place-matters-data-on-health-housing-and-equity>

**US Department of Housing and Urban Healthy Homes Program** addresses a variety of environmental health and safety concerns including: mold, lead, allergens, asthma, carbon monoxide, home safety, pesticides, and radon. [http://portal.hud.gov/hudportal/HUD?src=/program\\_offices/healthy\\_homes/hhi](http://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/hhi)

# PUBLIC TRANSPORTATION & HEALTH

## Transportation Coalitions and Organizations

**Accessible Transportation Coalition** – Tulsa based group of interested citizens and organizations.

The **Association of Central Oklahoma Governments (ACOG)** is a voluntary association of city, town and county governments within the Central Oklahoma area. The ACOG region includes Oklahoma, Cleveland, Canadian and Logan Counties. As the designated Metropolitan Planning Organization (MPO) for Central Oklahoma, ACOG coordinates all regional transportation planning efforts within the metropolitan region. Known as the Oklahoma City Area Regional Transportation Study (OCARTS) area, the area encompasses all of Oklahoma and Cleveland counties and portions of Canadian, Grady, Logan and McClain counties. Planning efforts are described in an annual Unified Planning Work Program and includes the development of a long-range transportation plan, short-range implementation programs and continuous monitoring of demographic and socioeconomic data that impact area wide growth and travel demand.

<http://www.acogok.org/transportation-planning>

The **Indian Nations Council of Governments (INCOG)** is a voluntary association of local and tribal governments in the Tulsa metropolitan area in northeast Oklahoma. INCOG is one of 11 Councils of Governments in the State of Oklahoma, and one of several hundred regional planning organizations across the country. INCOG provides planning and coordination services to assist in creating solutions to local and regional challenges in such areas as land use, transportation, community and economic development, environmental quality, public safety, and services for older adults. INCOG serves Creek, Osage, Rogers, Tulsa, and Wagoner counties, more than 50 cities and towns located in those counties, and the Muscogee (Creek) and Osage Nations. As the MPO, INCOG, in cooperation with the Oklahoma Department of Transportation (ODOT) and Metropolitan Tulsa Transit Authority (MTTA), is responsible for the development of regional transportation plans and programs for the Tulsa Transportation Management Area (TMA).

<http://www.incoq.org/Transportation/default.html>

**Oklahoma Alliance for Public Transportation** is a statewide grassroots coalition whose focus is to increase mainstream awareness and funding for much-needed expansion of public transportation in Oklahoma. The mission of this non-profit organization is to expand and enhance public transportation services and pedestrian access to communities so that all Oklahomans have the freedom to travel where and when they want.

<http://okapt.org/>

### **Oklahoma Transit Association**,

is the state's voice of public transportation. OTA is comprised of 25 public transit systems. Of those, 22 are predominantly rural and three are urban. Other members include limited transit systems serving the elderly and handicapped, state agencies, consultants and industry suppliers.

<http://oktransitassociation.com/oklahomapublictransit/>

### **The Governor's Oklahoma United We Ride Council's MyRide**

*The Statewide website MyRide* is a clearinghouse of Oklahoma's public transportation **resources**. **MyRide** is available to everyone with access to a computer and an internet connection. **MyRide** cannot schedule a ride for a person, but is a great starting place.

<http://www.ok.gov/unitedweride/MyRide: Find Rides by County on this tab/>

### **Washington County Transportation Coalition**

The mission of the Washington County Transportation Coalition is to address the unmet transportation needs of Washington County in order to improve economic development and enhance quality of life. Its primary goal is to secure funding in order to sustain the pilot project and expand the routes for the flexible, fixed route bus service. <http://www.washingtoncountywellness.org/washington-countytransportationcoalition.html>

# PUBLIC TRANSPORTATION RESOURCES

## **Aging in Place, Stuck Without Options**

This study by Transit for America compares mobility for retirement-age Americans all across the U.S. shows the nationwide challenge, and also what can be done to meet the challenge. As it projects for 2015 the equity issues around the transportation needs of people age 65-79, it ends up using Tulsa (Page 52) as one of the worst-case metro areas with 65% of that age group as having poor transit access in 2015. But it also shows a serious problem in the OKC area (Page 21) as is the second worst off (86% poor transit access) of all the metros in the 1-3 million population category. This ranks OKC next-to-last with Kansas City being worse and Fort Worth as slightly better. <http://t4america.org/docs/SeniorsMobilityCrisis.pdf>

## **Alternative Transportation and Your Health**

This web page is information and has many links that let the reader explore even more. It is based on the premise that a quality transit system is an essential element to creating healthier communities. Transit encourages riders to walk as a part of their daily routine, helps reduce crash rates, improves air quality and can reduce isolation. The page also mentions transit as a way for households to save money for other purposes. <http://www.fta.dot.gov/14504.htm>

## **The Benefits of Public Transportation: The Route to Better Personal Health**

[http://www.apta.com/resources/reportsandpublications/Documents/better\\_health.pdf](http://www.apta.com/resources/reportsandpublications/Documents/better_health.pdf)

## **CDC Recommendations for Improving Health through Transportation**

The U.S. Center for Disease Control (CDC) has conducted much research on how to gain better health outcomes through various transportation modes. The first weblink below is a more general set of recommendations and the second is more focused on "How Land Use and Transportation Systems Impact Public Health." [http://www.fta.dot.gov/documents/HEALTH\\_CDC\\_Recommendations.pdf](http://www.fta.dot.gov/documents/HEALTH_CDC_Recommendations.pdf)  
<http://www.cdc.gov/nccdphp/dnpa/pdf/aces-workingpaper1.pdf>

**A Citizen's Guide to Transportation Planning** - Learn more about Transportation Planning and how you can become involved with this guide offered by the Federal Highway Administration.

[http://www.fhwa.dot.gov/planning/publications/citizens\\_guide/index.cfm](http://www.fhwa.dot.gov/planning/publications/citizens_guide/index.cfm)

## **Faith Based Transit Agencies**

Across America, faith-based alliances often become transit providers and sometimes are subcontractors to rural or urban transit agencies. In Fort Worth, for example, the Catholic Charities organization there provides trips to hard-to-serve populations in about ten cities, and daily to transportation-disadvantaged individuals in the cities of Arlington, Hurst, Euless, and Bedford for work and work-related activities. The Salvation Army in Oklahoma has buses and vans. Across Oklahoma many congregations of Protestant, Catholic and other faiths have church buses that are idle most weekdays. While the social justice aims of these same congregations sometimes address mobility, a few of their buses can also be used or lent to meet some social justice needs if minor insurance adjustments are made. Catholic Charities organizations are not parts of congregations, but are regional entities funded in annual fund drives by many congregations and often contract with public agencies to meet a range of defined faith-related goals. A few faith-based transit agencies are as follows:

- Fort Worth, TX area - <http://www.catholiccharitiesfortworth.org/transportation>
- Stockton, CA - <http://www.ccstockton.org/Programs/SeniorTransportationProgram.aspx>
- Broome County, near Syracuse NY  
[http://www.catholiccharitiesbc.org/programs/mental\\_health/transportation.html](http://www.catholiccharitiesbc.org/programs/mental_health/transportation.html)

## **How Does Transportation Impact Health?**

The U.S. transportation system can be harmful to our health and costly, amounting to hundreds of billions of dollars each year in traffic crashes, air pollution and physical inactivity. Publisher, Robert Wood Foundation, October 2012.

<http://www.rwjf.org/en/research-publications/find-rwjf-research/2012/10/how-does-transportation-impact-health-.html>

### **Transportation: Health Equity Principles**

The article provides ideas to change how people experiencing poverty, people of color, people with disabilities, and people with limited English proficiency are disproportionately impacted by burdens of the transportation system but do not receive a fair share of the benefits.

<https://www.upstreampublichealth.org/sites/default/files/Transportation%20Health%20Equity%20Principles.pdf>

### **Transportation Health Impact Assessment Toolkit**

Transportation planning and policy has an impact on community health. This toolkit provides a framework for public health departments, city planners, project managers, and others to conduct health impact assessments on proposed transportation projects, plans, and policies.

[http://www.cdc.gov/healthyplaces/transportation/hia\\_toolkit.htm](http://www.cdc.gov/healthyplaces/transportation/hia_toolkit.htm)

### **The Road Ahead: Implementing Complete Street Policies**

This case study, prepared by the Education & Outreach group at AARP, shares the story of several successful implementations of Complete Streets policies. The advocates and approaches all differed, yet each group succeeded. To that end, this case study also shares the lessons learned along the way.

<http://www.aarp.org/content/dam/aarp/home-and-family/livable-communities/2014-01/complete-streets-case-study.pdf>

### **The Road to Health Care Parity: Transportation Policy & Access to Health Care**

This document explores how “underinvesting in walkable communities, rapid bus transit, rail, and bicycle-friendly roads, our policies contribute to high concentrations of poor air quality, pedestrian fatalities, obesity, and asthma in urban areas. All of these public health risks have disproportionately affected low-income people...” It suggests that the lack of access to affordable transportation is a major contributor to health disparities. This lack isolates low-income people from health care facilities and forces families to spend a large percentage of their budgets on private cars and taxis, at the expense of other needs, including health care. Its research indicates that the poorest 20% of American families spend 42 percent of their incomes on transportation.

<http://civilrightsdocs.info/pdf/docs/transportation/The-Road-to-Health-Care-Parity.pdf>

### **Transportation and Health Equity: Resource Document**

Transportation is a social determinant that can play a major role in affecting both a person’s health and sense of well-being. Access to adequate transportation options can increase physical activity, reduce overbuilding of streets, and help increase family economic security. This document provides several resources on the various effects of transportation and health. [http://ctdatahaven.org/know/index.php/Health\\_Impact\\_of\\_Transportation](http://ctdatahaven.org/know/index.php/Health_Impact_of_Transportation)

## **GENERALIZED RESOURCES**

**2-1-1 Oklahoma** - The 2-1-1 site offers easy access to information and referral across the spectrum of human need, including but not limited to rental assistance, food pantries, affordable housing, health resources, childcare, afterschool programs, caregiver support, financial programs, literacy, and job programs.

<http://www.211oklahoma.org/heartline/> and <http://www.211tulsa.org/>

**America’s Health Rankings, Oklahoma, 2011** United Health Foundation provides a map (and other information) that shows how each state ranks in various health measures.

<http://www.americashealthrankings.org/>

**Certified Healthy Oklahoma Programs** – will recognize schools, communities, restaurants, campuses, businesses, early childhood programs and congregations across the state that makes good health a priority.

[http://www.ok.gov/health/Community\\_Health/Community\\_Development\\_Service/Certified\\_Healthy\\_Oklahoma/](http://www.ok.gov/health/Community_Health/Community_Development_Service/Certified_Healthy_Oklahoma/)

**Community Health Resources Database** Browse through the Community Health Resources Database to plan, implement, and evaluate community health interventions and programs that address chronic diseases. Developed by CDC’s Community Health and Program Services Branch, the database includes links to hundreds of useful planning guides, evaluation frameworks, communications materials, health risk factors data and statistics, fact sheets, scientific articles, key reports, and state and local program contact information.

[http://nccd.cdc.gov/DCH\\_CHORC/](http://nccd.cdc.gov/DCH_CHORC/)

**The Community Guide** This guide is a credible resource for evidence-based recommendations and findings on interventions and policies that improve health and prevent disease in communities. A user can conduct a search on various topics, such as nutrition, obesity, physical activity, tobacco, and diabetes. Also, the Community Guide provides information on policies, programs or services, funding, research, and education. <http://www.thecommunityguide.org/index.html#topics>

**Oklahoma Turning Point Council** is a collaborative of public-private public health partnerships. Rather than a top down approach to public health, Turning Point seeks input from communities to help identify community priorities and implement local solutions. Turning Point has partnered with communities all across Oklahoma to work on local innovations such as community health centers, extensive walking trails, community gardens, improved school health activities, and advocacy for health improvement policies. <http://okturningpoint.org/>  
<http://www.ok.gov/health2/documents/TPMapInterim2014.pdf>

**Research to Practice: Building Our Understanding.** The following series of reports focus on health communication with various audiences and marketing practices to guide communities with the implementation of environmental change strategies to support healthy lifestyles. Research is compiled from expert interviews, marketing and communication science in books and articles, Internet, and CDC-licensed consumer databases.

- Cultural Insights  
[http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/hispanic\\_latinos\\_insight.pdf](http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/hispanic_latinos_insight.pdf)
- Key Concepts of Evaluation - Applying Theory in the Evaluation of Communication Campaigns  
[http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/apply\\_theory.pdf](http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/apply_theory.pdf)
- Key Concepts of Evaluation – What is it and how do you do it?  
[http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/eval\\_planning.pdf](http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/eval_planning.pdf)
- Social Marketing on a Dime – Using Social Media to Do More with Less  
[http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/social\\_marketing.pdf](http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/social_marketing.pdf)

**Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health.**

This action guide is for public health practitioners and partners interested in developing interventions to increase health equity in their communities. The guide reflects the views of experts from multiple arenas, including local community leadership, public health, medicine, social work, sociology, psychology, urban planning, community economic development, environmental sciences, and housing.

<http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/pdf/SDOH-workbook.pdf>

**Making the Case to Stakeholders: Linking Policy and Environmental Strategies to Health Outcomes**

A guide based on scientific evidence that demonstrates how certain strategies can lead to specific short-term, intermediate, and long-term outcomes. Y-USA and Stanford University's Health Improvement Program at the Stanford Prevention Research Center created the guide to demonstrate the connection that can be made between policy and environmental strategies and long-term health outcomes. This guide can be an informative tool for communities to help educate stakeholders (including partners and the public) about how healthy living strategies can improve health outcomes. <http://www.ymca.net/healthier-communities-guide/>

## RESOURCES in SPANISH

### Commission on Social Determinants of Health

[http://whqlibdoc.who.int/publications/2009/9789243563701\\_spa.pdf?ua=1](http://whqlibdoc.who.int/publications/2009/9789243563701_spa.pdf?ua=1)

### Resources for Faith-Based and Community Organizations

Resources to communicate importance of the flu vaccine. Produced by the Center for Disease Prevention and Control, Atlanta, GA. **(Some resources are in Spanish)** <http://www.cdc.gov/flu/nivw/community.htm>

**Hunger & Food Security.** Resources for congregations about hunger and healthy eating.

<http://www.ucc.org/justice/just-eating/> **(Some resources are in Spanish)**

**HEALTH TIPS:** Patient information which is developed at or below a 5th grade reading level, in English and Spanish. [http://www.acponline.org/patients\\_families/products/health\\_tips/](http://www.acponline.org/patients_families/products/health_tips/)

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