

## Frequently Asked Questions

### **Q “Why has Lakewood adopted the mission to become the healthiest city in the United States and Why is it important to move this forward now?”**

**A.** During the past several years, the community of Lakewood has confronted changes in how its health care is provided within the city. Nationally, the field of population health management focuses more broadly on addressing the social determinants of health as a pathway to impacting physical and mental health outcomes. How can we change health outcomes such as mortality, life expectancy and health care expenditures, by focusing on not only access to health care, but challenging our community to make healthier lifestyle choices that prevent chronic disease?

### **“Why is the Live Well Lakewood Health Initiative Important for Lakewood”:**

### **Q. In the last two years, two new foundations with a focus on health & wellness have been established in Lakewood - Three Arches Foundation and the Healthy Lakewood Foundation. Why do we need to allocate human and financial resources for a health & wellness initiative?**

**A.** Both the Three Arches Foundation (TAF) and the Healthy Lakewood Foundation (HLF) are currently set up to provide funding to organizations who develop and have the capacity to deliver programs to improve the health and wellness of individuals and communities. The Foundations are in place, but additional, comprehensive information is needed from the community that gives a voice to and captures the experience of all residents. Creating a data-driven roadmap to guide strategic programming, collaboration will help to focus effective funding from our community-based foundations to reach our residents where they are. The Live Well Lakewood workgroup is made of Lakewood residents as well as service providers to Lakewood that came together voluntarily after the March 5, 2019 community meeting regarding health and wellness.

After much discussion and work, the Live Well Lakewood workgroup has recommended the creation of a Community Health Needs Assessment (CHNA) that encompasses and engages the entire community. This CHNA will be important to organizations who could provide health and wellness programming for the residents of Lakewood. It will help determine current needs and provide credible baseline data that will be followed-up with future data collection to measure changes to outcomes over time. The CHNA baseline data will be used to determine whether Lakewood’s current programs are effective in guiding Lakewood to its mission of becoming the healthiest community in the United States.

It is probable that additional programs and initiatives designed around the results of the Community Health Needs Assessment could be funded by the TAF and HLF or other sources. The convening of multiple entities involved in health and wellness will encourage an overarching forum for coordination of independent work and alignment to develop an agreed upon health & wellness strategic plan or roadmap for a healthier Lakewood.

To drive the creation of the CHNA and the convening of stakeholders will require a dedicated entity to be focused upon this issue within the community and will require continuous funding to support this the work and conversation.

**Q. Why is a Lakewood Community Health Needs Assessment (CHNA) recommended when healthcare delivery systems already do Community Health Needs Assessments?**

**A.** A healthcare system's CHNA delivers data from that system's patient base coupled with some community survey. Excluded from a health system's CHNA are individuals who receive services from another healthcare system and/or who might not have a healthcare provider at all. Lakewood is a large, diverse community of approximately 50,000 residents. Without a Lakewood CHNA focused on all Lakewood residents, the work of the stakeholders in our city and the investment of resources will be based upon educated guesses and/or opinions. The LWL workgroup believes it is imperative to have a scientifically valid study that engages a representative population sample to identify the areas of highest yield for current and future investment.

**Q. Why is it recommended that the Lakewood CHNA have Institutional Review Board (IRB) approval?**

**A.** Typically, a CHNA does not need IRB approval and can be done without following an IRB approval process. After much discussion, the LWL workgroup recommends seeking approval from an IRB familiar with CHNAs as such approval will facilitate a scientifically-based process of data collection and overall rigor. Having scientific rigor backing up findings from the CHNA will allow follow-up data to be collected on specific outcomes (e.g., use of parks, healthy food selection) that the community would like to make improvement upon. That way, Lakewood can measure, in an unbiased way, whether today's investments into health and wellness pay off in the future. Additionally, other Northeast Ohio communities such as Old Brooklyn, chose to use IRB approval for their CHNA process.

An IRB approved CHNA will be identified as credible, legitimate and publishable, and it will have been conducted in a manner that will protect the rights and welfare of the human subjects that are surveyed. There is no direct cost for the IRB approval. The cost is to retain the individual(s) who are conducting the research and writing up the project report.

**Q. Live Well Lakewood has requested City Council to allocate \$250,000 to support ongoing health initiative work. How will this money be spent?**

**A.** To continue the conversations and initiate planning for the Live Well Lakewood Health Initiative will require intentional focus and funding. The following categories of costs may be incurred over a period of two years:

- a. Public Health Consultant/Facilitator to work with a resident task force and city staff to coordinate conversations that will convene many health and wellness stakeholders as well as work with the Community Health Fellow to move the CHNA project forward:
- b. Community Health Fellow to work with the Consultant and the task force members to coordinate a plan for the survey work and writing of a CHNA for the Lakewood Community and to orchestrate the appropriate process to obtain IRB approval.
- c. Institutional Review Board Approval  
Included in the cost of the Community Health Fellow through their academic or other IRB affiliation.

- d. Other project costs: printing, survey support and an administration assistant to process data, coordinate academic volunteers etc.  
Estimated Cost: \$30,000/year