Welcome Day -

Spring 2020

Making a Difference in the Community’s Health

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Let’s Move in Libraries

UNC Greensboro
School of Education

Department of Library and Information Science

Design courtesy Tammy Gruer
“According to Library Director Gail Santy, the library will use the grant money to provide fresh fruit and vegetables to employees through a grocery store gift card for $20 each month in 2022. Fresh produce is part of the library’s Fuel Up for Work and Play health and wellness initiative, which focuses on caring for each employee as a whole person and not just during work hours.”

gbtribune.com
Great Bend Public Library receives staff health and wellness grant
The Great Bend Public Library has been awarded a $5,000 grant from the Kansas Library Association to support staff health and wellness. ...
Who am I and why am I here?
The county nurse recommended a small maternity center to which mothers could be brought and be assured of a doctor's care. The doctors responded with enthusiasm. ... Not only did the bookmobile circulate books and pamphlets but it also circulated the nurse. She went along to explain and hand ... they may buy some of their own. ^It was also in Georgia that county officials, the weekly JANUARY 1, 1947 33 LIBRARIES ATTACK COMMUNITY PROBLEMS—by Jean and Jess Ogden.
In the 1890’s Los Angeles city librarian “hoped the library could begin loaning more than books; she pictured a storeroom of tennis racquets, footballs ... ‘the whole paraphernalia of healthy, wholesome amusement that is out of the reach of the average boy and girl’” (p. 127)
A California librarian stated in an oral history that, “It was a fairly common sight . . . to see librarians in Levis and other suitable garb at work on their spring garden in the library’s back yard” (p. 4) during World War II.
WHAT ARE OUR GOALS FOR TODAY?

• Talk about public health and how you may already be supporting it at your library
• Talk about how you may be able to strategically work with partners to support public health
• This is the start of a conversation: Let’s keep talking!

What steps will we take to get there?

1. Start (or extend) the conversation about public health and YOUR public library
2. Start strategizing ways you and your library can get in the mix of community health
What do you think of when you hear the term “public health”?
Here is what I think of

[There was a session on this at this public library program at year’s American Public Health Association Conference]
From the beginning, it was all about partnerships (and health):

“Blue Cross Blue Shield of Vermont contributed $4410 for the StoryWalk program during its first year [2007]”

Health + Libraries + Outdoor Recreation
Librarians = Trusted Models

“When the book bike comes, people are reminded that we have a bike trail system that allows the library to come see us using their bike. Having a librarian ride their book bikes: They're wearing their bicycling gear - really helps remind the public that everybody can be healthy” Head of Main Street Organization
Public Health is.....

It’s your family, it’s your community, it's YOU!

American Public Health Association video, Healthiest Nation in One Generation

Recent WebJunction article Taking Care of Self, Staff, and Community
A day in the life of
OREGON PUBLIC HEALTH

GOOD MORNING, OREGONIAN: It is the morning and your alarm clock buzzes. You get out of bed to begin your day.

CLEAN WATER: You head for the shower and then brush your teeth with clean water. Local public health works with communities to assure you have clean and safe drinking water.

SAFE KIDS: You take your child to school knowing they will be protected from serious childhood diseases, like measles and polio, because they received their childhood vaccinations. Local public health works with pediatricians, parents, schools and childcare facilities to ensure the community is protected.

TOBACCO PREVENTION: You’re now off to work, and upon walking into your building you pass a “No Smoking” sign and are grateful that all workplaces in Oregon are smoke-free because of the Indoor Clean Air Act. Local public health works tirelessly to protect children and adults from second-hand smoke, and to create environments that support people who want to quit smoking.

SAFE FOOD: During your lunch hour you and a co-worker head to your favorite nearby restaurant, you naturally assume the food is safe to eat. Local public health inspects and licenses restaurants in Oregon.
licenses restaurants in Oregon.

**READY FOR ANYTHING:** It is the end of your workday, as you are driving home the radio news is reporting on a disease outbreak across the country, thankfully local public health is coordinating with hospitals, schools, and emergency preparedness managers to be prepared.

**HEALTHY MOMS AND BABIES:** You arrive home and greet your family. The phone rings, it is your sister calling. She tells you she just had a Babies First! appointment with a public health nurse home visitor. Your niece is doing well, and the nurse made referrals so your sister could take your niece to her Well Child Care visit and her first dental appointment.

**HEALTHY INSIDE AND OUT:** You go for a bike ride with your family on a local trail. Local public health works with different community partners to create healthy environments for Oregonians to live, work, learn and play in.

**GOODNIGHT, OREGONIAN:** You’ve had dinner with your family, some time to unwind, and now it is time to get ready for bed. These are just some examples of how local public health has touched your life. You may not always see the work they do, but you are safer and healthier because of it.

Coalition of Local Health Officials
For more information please contact Morgan Cowling, Executive Director
oregonclho@gmail.com | 503-329-6923 | oregonclho.org
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<tr>
<th>Topics</th>
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<td>Aging and Public Health</td>
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<td>Integrative, Complementary and Traditional Health Practices</td>
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<td>Alcohol, Tobacco, and Other Drugs</td>
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<td>International Health</td>
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<td>Applied Public Health Statistics</td>
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<tr>
<td>Law</td>
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<td>Chiropractic Health Care</td>
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<td>Maternal and Child Health</td>
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<td>Community Health Planning and Policy Development</td>
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<td>Medical Care</td>
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<td>Community Health Workers</td>
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<td>Mental Health</td>
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<td>Disability</td>
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<td>Occupational Health and Safety</td>
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<td>Environment</td>
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<td>Oral Health</td>
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<td>Physical Activity</td>
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<td>Food and Nutrition</td>
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<td>Public Health Education and Health Promotion</td>
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<td>Foot and Ankle Health</td>
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<td>Public Health Nursing</td>
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<td>Health Administration</td>
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<td>Public Health Social Work</td>
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<td>Health Informatics Information Technology</td>
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<td>School Health and Wellness</td>
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<td>HIV/AIDS</td>
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<td>Sexual and Reproductive Health</td>
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<tr>
<td>Injury Control and Emergency Health Services</td>
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<tr>
<td>Vision Care</td>
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Just as public health leaders are challenged to become chief health strategists,

Public library leaders are challenged to become community access and equity strategists

In both cases, we do this work through collaboration and engagement in networks
Where does your library fit in?

Given this new understanding of public health, how would you say your public library already contributes to public health outcomes?
Taking care of ourselves

“If I don’t walk, it’s really not a great day” – Seattle Public Library’s Nancy Pearl

“Last year, Pearl started combining her two greatest pleasures — reading and walking.”

HERALDNET.COM

America’s action figure librarian walks a good book for exercise | HeraldNet.com

Nora Bird, Jenn Carson and 199 others

4 Comments 15 Shares
Taking care of ourselves

TAKING CARE OF US
Advice for Library Staff

Let’s take care of ourselves. Everyone is busy and stressed. Take time to stop and smell the roses. Sometimes it feels like we are all on the same page, even if we’re not. Let’s use our time to ensure that we are all well. Here are some tips on how to do just that.

1. SLEEP. The lack of sleep can cause everything to look and feel worse. Get enough sleep. It is hard to focus when you are tired. You will be surprised by what you can accomplish when you get a good night’s sleep.

2. EAT RIGHT. If making a healthy, nutritious meal sounds too time-consuming, start small. Choose simple meals that are nutritious. Cooking takes time, but it is worth it.

3. MOVE YOUR BODY. Use your body to get up and move around. Use your body to get up and move around. Use your body to get up and move around. Use your body to get up and move around.

4. BREATHE. When you are stressed, it can be hard to breathe. Take time to breathe deeply. Breathing can help you feel more relaxed and centered.

5. CONNECT. Connect with others. Connect with others. Connect with others. Connect with others. Connect with others.

MORE ON THE WEB:
www.library.unc.edu

Written and produced by Jenn Carson
Designed by Brandon Helmuth

FURTHER READING

The art of Greensboro Self-Care by Chloe Richardson
www.jennascarson.com

This is how to Augustine Rhyman. Remember that your physical wellbeing comes first. Get the best of your best. Get the best of your best. Get the best of your best. Get the best of your best.

Jenn Carson .com
A local library is looking to help leave a healthier mark on the community.

Your Home Public Library in Johnson City has passed a resolution to adopt the National Alliance for Nutrition and Activity or NANA Healthy Meeting Guidelines.

The library received a $500 award through the Broome County Health Department’s Creating Healthy Schools and Communities Initiative.
Mid-Continent Public Library has found that when we consider healthy options for the public the staff benefits and healthy staff options create a better experience for the public.
- 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)

<table>
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<tr>
<th>Partner</th>
<th>Percent</th>
<th>Total</th>
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<tr>
<td>K-12 schools</td>
<td>71%</td>
<td>98%</td>
</tr>
<tr>
<td>Media</td>
<td>21%</td>
<td>96%</td>
</tr>
<tr>
<td>Community-based non-profits</td>
<td>72%</td>
<td>92%</td>
</tr>
<tr>
<td>Colleges or universities</td>
<td>62%</td>
<td>88%</td>
</tr>
<tr>
<td>Faith communities</td>
<td>44%</td>
<td>87%</td>
</tr>
<tr>
<td>Businesses</td>
<td>48%</td>
<td>87%</td>
</tr>
<tr>
<td>Cooperative extensions</td>
<td>45%</td>
<td>82%</td>
</tr>
<tr>
<td>Libraries</td>
<td>25%</td>
<td>74%</td>
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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

The UNIVERSITY of OKLAHOMA
School of Library and Information Studies
Ellen L. Rubenstein & Susan K. Burke

UNC GREENSBORO
Department of Library & Information Science
Noah Lenstra

WAYNE STATE
School of Information Sciences
Christine D’Arpa

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

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

Geographic distribution of case study communities

Project website:
https://letsmovelibraries.org/about-us/heal/

UNC GREENSBORO
Department of Library & Information Science
Noah Lenstra

INSTITUTE of MUSEUM and LIBRARY SERVICES

This project was made possible in part by the Institute of Museum and Library Services, RE-246336-OLS-20
Semi-Structured interviews with individuals from organizations that have worked with public librarians on community-based Healthy Eating and Active Living initiatives

<table>
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<tr>
<th>Sector</th>
<th>Non-profit</th>
<th>Hospital</th>
<th>Cooperative Extension</th>
<th>Individual Volunteer</th>
<th>Business</th>
<th>K-12 School</th>
<th>Parks and Recreation</th>
<th>SNAP-Ed</th>
<th>City Government</th>
<th>Health Department</th>
<th>Senior Agency</th>
<th>United Way</th>
<th>Boys and Girls Club</th>
<th>Community coalition</th>
<th>YMCA</th>
<th>Total</th>
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<tr>
<td>#</td>
<td>16</td>
<td>6</td>
<td>4</td>
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<td>3</td>
<td>5</td>
<td>4</td>
<td>2</td>
<td>5</td>
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<td>2</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>60</td>
</tr>
</tbody>
</table>

Library front-lines # Interviews: 44
Library leadership # Interviews: 25
Total # Interviews: 69

Research

INSTITUTE of Museum and Library SERVICES
Grant # RE-246336-OLS-20

Department of Library and Information Science
LetsMoveInLibraries.org
Partner evolution in thoughts about public libraries

• Stage 1: Library => Book Repository
• Stage 2: Library => Trusted Resource
  (Always there, people turn to them, stable, trusted: Space to use for food distribution, programs, meetings, etc.)
• Stage 3: Librarian => Partner
  (We work together to figure out what to do)
• [IT STARTS WITH A CONVERSATION!]
WHY PARTNER WITH LIBRARIES?

- DIVERSE COLLECTIONS IN MANY FORMATS
- COMPUTERS WITH INTERNET, ONLINE RESOURCES
- KNOWLEDGEABLE STAFF
- INTERGENERATIONAL PROGRAMS/SERVE ALL AGES
- STRATEGIES BUILDING ON SCIENTIFIC EVIDENCE
- STRONG PARTNERSHIPS WITH COMMUNITY ORGANIZATIONS
- REACH TO FAMILIES MOST AT RISK
- LOCATION, LOCATION, LOCATION (AND FACILITIES)
Imagine you are “pitching your public library as a public health partner” –

What are some of the things you would say about what you bring to the table?
WHAT IS A LIBRARY?

- buildings with books: 1%
- the social and cultural infrastructure of a community: 99%
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.

- Activities, entertainment not found elsewhere: 48% (2018) vs. 38% (2008)
- Be a place for people to gather and socialize: 45% (2018) vs. 36% (2008)
- Support civic discourse and community building: 47% (2018)

Embracing the SHARED USE of the library

“Libraries often are the de facto senior centers of our growing - and aging - communities. The Marion Public Library embraces this role through program design, community feedback, and strategic partnerships. In addition to "traditional" library programming, the library works to meet the nutritional and social needs of seniors through twice-weekly congregate meals as well as a monthly mobile food pantry visit.”

https://www.youtube.com/watch?v=AxRh9UmHxz8
https://www.usaging.org/
More Than Books: Libraries as Hubs for Social Connection

April 19, 2021
Where it could lead

North Carolina Librarians Trained for A Matter of Balance
Getting into the mix

In Portland, Oregon, Bureau of Transport teams up w/ Multnomah County Library for Bike Lane Art Design Contest - could easily be applied to crosswalks, etc.
Getting into the mix

StoryWalk® in Charlotte, North Carolina

LetsMoveInLibraries.org
How Toronto Public Library branches are becoming food banks during COVID-19

The Daily Bread Food Bank's clients have increased by 53 per cent, now Toronto libraries are stepping up to open their doors and offer space ...

Apr 11, 2020
Lunges

1. In upright position with eyes forward, chin up, and shoulders relaxed, step forward with one leg lowering your hips.
2. Inhale as you lower yourself to the ground with one leg forward and one leg back.
3. Both knees should be at a 90-degree angle with front knee directly above your ankle and back knee should not touch the floor (but come close to the floor).
4. Keep weight on the back of your heels.
5. Breathe outward as you return to the original starting position.
6. Repeat a total of 3 sets, lunge down the row of books and lunge back up the row of books. Rest 30 seconds between sets.
In New Haven CT Department of Transportation, Traffic & Parking "kicked off the 'Safe Streets for All' program last June with planning sessions at various public library branches"
Class at the library was the “most diverse class ever taught,” included new Americans, retirees, college students, men and women, all of whom built relationships through “sharing of recipes.”

- Nutrition Educator for SNAP-Ed agency

HEAL (Healthy Eating and Active Living) at the Library study
One of the telehealth kiosks launching in three Sussex County libraries.
Why More Public Libraries Are Doubling As Food Distribution Hubs

Efforts that ramped up during the pandemic have succeeded thanks to partnerships with school districts, food banks and other ...

nextcity.org

http://www.teamvittles.org/


https://www.cslpreads.org/libraries-and-summer-food/
Libraries Responding to the Opioid Crisis

- More than 40 states indicated recent increases in opioid-related deaths (American Medical Association, March 2021)
- Rural areas continue to be impacted heavily
- 2020 overdose deaths were nearly 30 percent higher than in 2019 (CDC, provisional data)

New Resources Coming!
Expand on research, Public Libraries Respond to the Opioid Crisis with Their Communities, to provide libraries with resources that align with five recommended areas for action:
- Evaluate local health data
- Seek community partners
- Educate staff and community members on the issue
- Consider staff care needs
- Offer programs and services that support local needs
How would you characterize your library’s current efforts to “get into the mix” of community and regional efforts to improve public health?
How and why were the relationships started?

- Geographical proximity
- Library known as central hub
- Community coalitions
- Intermediaries connect library and health department
- Plant the seed!!!
Getting started

Based on the information presented today, as you work to prioritize your next steps some action items may include the following:

• Facilitating conversations among your library staff, board, or Friends of the Library about public health, and the roles public libraries can play as partners
• Assessing how your library may already support public health, and developing talking points unique to your library about how you see yourself as a public health partner.
• Reaching out to new potential partners, including hospitals, health departments, SNAP-Ed IA’s, extension agents, community colleges, etc.
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 while 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.

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!
Healthy Living at the Library

Programs for All Ages
Noah Lenstra

1 VOLUME

This broad-ranging resource is for librarians who want to begin a new program or incorporate healthy living into an existing one.

FEATURES
Learn how to start, run, and sustain healthy living programs

Get inspired to develop new programs based on the successes of librarians throughout North America

Determine how to overcome challenges and roadblocks

Refer to practical resources you can adapt for your own library

Noah Lenstra directs the Let's Move in Libraries initiative at the University of North Carolina at Greensboro, where he is a faculty member of library and information studies.
Figure 1: Socioecological Model of Physical Activity

- Built environment
  - Walking environment
  - Community perceptions
    - Perceptions of environment

- Organization
  - Public Library

- Social capital
  - Shared norms, trust
- Collective efficacy
  - Belief in ability to make change
- Social Cohesion
  - Social bonds

- Social support
  - Informational, emotional, tangible
- Civic engagement
  - Behavior, attitudes

- Psychosocial factors
  - Self-efficacy, beliefs, attitudes
- Physiologic factors
  - Fitness, BMI, blood pressure
- Behavior
  - Physical activity

Cynthia Perry, PhD, FNP-BC, FAHA
School of Nursing
Oregon Health & Science University
Co-chair
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FOR DISCUSSION

• In your community, what stands in the way of partnerships?
• What have you heard that is new to you?
• Is there anything you would like to experiment with from this presentation?
  • What support would you need to commit to the experiment?
  • What is your first step?

Other ideas? Share them in the chat window.
Thank you!

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http://letsmovelibraries.org/