Lynn Healthy Community Initiative  Northeast Oklahoma City

LYNN INSTITUTE
LHSI

- Select physician network
- 155 studies in progress
- 55 employees
- Five sites, three states
- Research Trials Organization
- Multi-therapeutic clinical
- Oklahoma's largest, independent

LIR

- Planning
- to community health research
- Converted Jan 1, 2014
- FY 2013
- Primarily Sleep & GERD (Irritant Patient)
- Formerly Medical Research
- Lynx Institute for Healthcare

Lynx Institute
The Lynn Institute was created in 1997 when Integris Medical Center chose to discontinue its research program. The Board of Directors of the Research Center for Integris became the new Board for the newly incorporated, 501(c)(3) non-profit, Lynn Institute for Healthcare Research, Inc. Integris generously provided three year financial donations of $350,000, $250,000 and $100,000, respectively. Integris chose to honor its outgoing Chief of Staff, Thomas N. Lynn, M.D., by naming the new Institute after him, and the rest is history. It would continue its internationally renowned research in sleep and GERD related basic science research studies. Bill Orr served as President and Senior Scientist of Lynn until his retirement in 2012. Karen Vinyard Waddell, longtime healthcare administrator and Oklahoma City community leader, was appointed President/CEO of both LIHR and LHSI, effective January 1, 2012.
2016. He chaired the Community Health Planning & Review Committee.

The Schlesinger helped establish LHR and LHSI, and served on both boards at the time of his death in April.

Karen Vinyard-Waddell
Jerry Tubbs
Laura Primam, Ph.D.
Michael Owens
Leslie Linn
Constance Ladd
Betsy Culhane-Brunsmiller
Robert Forman, Ph.D.
Tom Conigliaro, M.D.
Wade Brayley
Marc Edwards - Chair

LHSI Board
LHR Board

BOARD OF DIRECTORS

Former Dean University of Oklahoma College of Medicine
Former Medical VP, Integris Medical System, and
Named in Honor of Tom Lynny, M.D.,

Lynnn Institutions
LHSI – Making a Difference

- Lynn Health Science Institute is the largest independent, non-academic multi-therapeutic clinical trials operation in Oklahoma.

- Currently is conducting more than 160 research trials; has conducted over 800 phase I, II, III, and IV clinical trials.

- Benefits of participating in a clinical trial:
  - Access to new treatments and specialist physicians,
  - All study medication, exams, and tests are provided at no cost, and,
  - Patients are compensated for time and travel.

Currently Enrolling Studies

- Alzheimer’s Disease
- Chronic Lower Back Pain
- Hypersomnia/Narcolepsy
- Hypertriglyceridemia
- Insomnia
- Insomnia w/ Alzheimer’s
- Memory Loss
- Migraine
- Osteoarthritis
- Postherpetic Neuralgia
- Pruritus with Atopic Dermatitis
- Psoriasis
- Rheumatoid Arthritis
- Sickle Cell
- Type 2 Diabetes

To learn more about our currently enrolling clinical trials, call (405)447-8839 or visit www.lhsi.net for more information.
and to sustain "Lyin Healthy Community Plans" possible/appropriate, convene and lead select collaborative to implement publishing/sharing specific community health issues and may when may include, but is not limited to, researching, developing, and defined as follows: "Creating Sustainable Healthy Community Plans." Our work mission, "To measurably improve the health of the communities we serve" be scope of work for the Lyin Institute for Healthcare Research, in support of our The Community Health Planning & Review Committee Recommended the

LHR-CHPRC Recommendation
Lynn Healthy Community Planning©

1) Identify At-Risk Population
   - Specific geographic areas with chronic health issues; chronic health issues; Chronic Diseases by Age or Ethnicity; Populations Disproportionately Impacted By Preventable Diseases; Economic Conditions.

2) Develop Lynn Lifestyle Summary.
   Define, Understand The Community
   - Community Assets & History Inventoried.
   - Quantitative Research: Demographics, Environmental, Physical, & Geographic Information, Social Welfare, Disease Specifics...Unique to a Population.
   - Qualitative Research: Interviews with Influence Leaders, General Public, Focus Groups; Clarification by experts of Quantitative Data.

3) Compile, Assess & Share Findings:
   Develop Aligned Understanding of the Facts
   - Present White Paper
   - Community & Professional Review
   - Aligned Understanding of the Situation.

4) Collaborate & Facilitate
   Recruit & Assemble Collaborative: all sectors represented – public at large, influence leaders, education, City-County Health, Elected officials, Funders, Business Owners, etc. Collaborative Sets Measurable Goals and report outcomes annually.
   - Sustain Collaborative to Oversee Lynn Healthy Initiative for 10 years.
What Is Different About Lynn’s Process?

1. Objectivity.

2. Sustainability, 10 Year Oversight of Collaborative.

3. Business/Private Sector Leadership but Partnership with all.

4. Track Record of Impeccable Research.

5. Defined Geographic Area or Specific Population for Goal Measurement.
Why Northeast Oklahoma City?

Generations of high risk conditions:
- Economic stress
- High unemployment
- Food desert
- High school dropout rate
- Transportation
- Incidence of Morbidity; Deaths due to Preventable Diseases
- Access to healthcare
- High infant mortality rate, shorter life expectancy, etc.
- Blight
- Neighborhood History of Pride
Sooner Rd.
Ave. to Reno Ave. & N. NE 16th St. & N. Kelley
73117:

St. & N. Bryant Ave.
Kelley Ave. to NE 16th
E. Wilshire Blvd. & N.
73111:

Ave.
16th St. & N. Kelley
Santa Fe Ave. to NE
E. Wilshire Blvd. & N.
73105:

Geographic Definition
Summary of Quantitative Data

Study Area: 73105, 73111 & 73117

- With only minor exceptions, the citizens of NE OKC have a higher morbidity and mortality rate in every major disease compared to other Oklahomans.
- There is a lack of access to primary healthcare.
- Infant mortality rate in one zip code is three times higher than in Oklahoma or the US.
- Obesity and smoking rates are higher than in Oklahoma and the nation.
- Limited access to healthy foods: Two grocery stores.
- Mental health visits are 8x higher than OK County and drug visits are approximately 5x higher. Suicide rate is more than double the rest of Oklahoma and the nation.
- Poverty rates for children and families are almost double OK County and 65% of the children under 5 are living in poverty.
- It is among Oklahoma’s most blighted areas; old houses and abandoned buildings.
- It has a low marriage rate, low school graduation rate, and significantly higher single household rate.
- Crime is disproportionately high with gun related violence, at 5x the rate of OK County.
Common Themes

- 61 Informal Interviews
- 56 Structured Interviews
- 12 Focus Groups

Interviews

Summary of Qualitative Data

- Infrastructure needed to support walking & group activities
- Must empower the population from within to sustain long-term behavior changes
- Cultural Traditions do not support healthy lifestyles
- Poverty
- Institutionalized Racism
- No resources: no access to healthcare, no access to fresh food
- Lack of health education
- Access to healthcare: Most use ER, OU or Health Departments
- Primary health concerns: Hypertension, diabetes, and heart disease

12
Summary of Assets

Study Area: 73105, 73111, 73117

- NE OKC community rich with tradition, steeped in a common ethnicity & pride.
- Bordered by two busy highways; inclusive of State Capitol and the Oklahoma Health Center as well as many tourist destinations such as the Oklahoma City Zoo & Botanical Garden, Remington Park, and The Science Museum Oklahoma.
- It is Oklahoma’s largest concentration of African Americans.
- It is home to many businesses, agencies, and organizations.

<table>
<thead>
<tr>
<th>61 non-profits</th>
<th>1,567 businesses</th>
<th>176 govt agencies</th>
<th>51 healthcare orgs</th>
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<td>76 lic childcare</td>
<td>31 Child &amp; Family</td>
<td>30 schools/after school programs</td>
<td>95 churches</td>
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<tr>
<td>16 parks/4 Rec Centers</td>
<td>2 fitness centers/7 walking trails</td>
<td>31 gas/convenience stores</td>
<td>2 grocery stores</td>
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</table>
and the Cherokee Nation

Tulsa, South OKC, Southeastern Oklahoma, Potawatomie County,

Evaluate potential new Healthy Community Plans including North

- 2026 Goals Set: Working on 2 Year Objectives
- Changes
- Collaborative in place through 2026 to implement sustainable health
- 8 Collaborative Launched, February 29, 2016
- Lynn Lifestyle Summary – Northeast Oklahoma City 2016 Released

Next Steps
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Organization</th>
<th>Title</th>
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<tr>
<td>Ann</td>
<td>Ackerman, Ph.D.</td>
<td>OK Business Roundtable</td>
<td>President/CEO</td>
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<td>Kitti</td>
<td>Asberry</td>
<td>OK Commission on the Status of Women</td>
<td>Executive Director</td>
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<td>Susan</td>
<td>Binkowski</td>
<td>Buy For Less</td>
<td>Owner</td>
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<td>Ray</td>
<td>Bitsche, Jr.</td>
<td>Upward Transitions</td>
<td>CEO</td>
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<td>Gina</td>
<td>Blaylock</td>
<td>Capitol View Neighborhood Assoc.</td>
<td>Community Leader</td>
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<td>Carrie</td>
<td>Blument</td>
<td>OKC-County Health Department</td>
<td>Community Partnership Liaison</td>
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<td>Barbara</td>
<td>Davis</td>
<td>Former OKC Public Schools</td>
<td>Community Leader</td>
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<td>Rev. James A. Dorn</td>
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<td>Mt. Triumph Baptist Church</td>
<td>Pastor/President</td>
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<tr>
<td>Rita</td>
<td>Freeney</td>
<td>Sisters in Motion</td>
<td>Founder/CEO</td>
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<td>Cherree</td>
<td>Harris</td>
<td>The After School Spot</td>
<td>President</td>
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<td>Kelvin</td>
<td>Helms</td>
<td>360 Transformation</td>
<td>Director of Business Development</td>
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<td>Clarence</td>
<td>Hill, Jr.</td>
<td>Eye to Eye Community</td>
<td>Executive Director</td>
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<td>Erick</td>
<td>Huff</td>
<td>OKC Police Department</td>
<td>Master Sergeant</td>
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<tr>
<td>Darius</td>
<td>Jackson</td>
<td>Tinker Federal Credit Union</td>
<td>Business Development Representative</td>
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<tr>
<td>Major Lewis</td>
<td>Jemison, Ph.D.</td>
<td>St. John Missionary Baptist Church</td>
<td>Senior Pastor</td>
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<tr>
<td>Karen</td>
<td>Jacobs</td>
<td>OK DHS</td>
<td>Administrator</td>
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<td>Nathan</td>
<td>Lee</td>
<td>Inclusion in Art</td>
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<td>Barbara</td>
<td>Loudermilk</td>
<td>Metro Technology Centers</td>
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<td>Valerie</td>
<td>McMurry</td>
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<td>Wellness Coordinator</td>
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<tr>
<td>Pam</td>
<td>Millington</td>
<td>Crossings Community Church</td>
<td>Pastor, Missions/Outreach Ministries</td>
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<td>Stephan</td>
<td>Moore</td>
<td>Shiloh Camp</td>
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<td>Michael</td>
<td>Owens</td>
<td>The Alliance</td>
<td>Community Development Director</td>
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<tr>
<td>Camal</td>
<td>Pennington</td>
<td>American Federation of Teachers</td>
<td>Field Representative</td>
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<tr>
<td>Stephen</td>
<td>Petty</td>
<td>Integris Health</td>
<td>Systems Dir., Community Health Improvement</td>
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<tr>
<td>Laura</td>
<td>Pitman, Ph.D.</td>
<td>OK Department of Corrections</td>
<td>Division Manager, Field Services</td>
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<tr>
<td>Myron</td>
<td>Pope, Ed D.</td>
<td>University of Central Oklahoma</td>
<td>Vice President of Student Affairs</td>
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<tr>
<td>Steve</td>
<td>Ramirez, M.D.</td>
<td>Variety Care</td>
<td>Chief Medical Officer</td>
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<tr>
<td>Sarah</td>
<td>Roberts</td>
<td>Inasmuch Foundation</td>
<td>Senior Program Officer</td>
</tr>
<tr>
<td>Randy</td>
<td>Tate</td>
<td>NorthCare</td>
<td>CEO</td>
</tr>
<tr>
<td>Linda</td>
<td>Tillman</td>
<td>Langston University</td>
<td>Director - Center for Community Engagement</td>
</tr>
<tr>
<td>Pam</td>
<td>Troup</td>
<td>Former E.D. for HealthFirst</td>
<td>Community Leader</td>
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<tr>
<td>Becky</td>
<td>Varner</td>
<td>Buy For Less</td>
<td>Corporate Dietitian</td>
</tr>
<tr>
<td>Roy</td>
<td>Vinyard</td>
<td>Vinyard Fruit &amp; Vegetable Co.</td>
<td>Owner</td>
</tr>
<tr>
<td>Kersey</td>
<td>Winfree, M.D.</td>
<td>SSM Health</td>
<td>Regional Physician Organization Pres.</td>
</tr>
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Lynn Lifestyle Summary – NE OKC 2016

12/29/16
Health conditions and patients.

- More access to mental health care services and reduction of stigma against mental health;
- Develop a Care Portal for residents;
- Church, school, grocery stores, etc.

Consider placement of primary care professionals in non-traditional settings such as clinics and churches involved in free screenings.

- A clinic at Metro Tech or Langston with the possibility of utilizing students, and;
- There will be two urgent care facilities that are affordable & accessible.

All residents have access to a primary care doctor or primary care clinic.

Recommended measurable objectives to accomplish within two years:

Emotional lifestyles.

Population that exhibits strong mental, physical, and emotional health.

Health 20-Year Goal: NE Oklahoma City will have a

Brown.

M.D., Randy Tate, Becky Varnier, Kersey Winfrey, M.D. Team Support: Nancy Hall, Ph.D., Kevin Steen; Petty, Lead; Kitti Abernethy, Carrie Blumert, Bobbi Davis, Rita Freney, Steve Ramirez.

1. Health Team:
2. Transportation Team:
Pam Troup, Lead; Ann Ackerman, Ph.D., Major Lewis Jemison, Ph.D., Stephan Moore, Camal Pennington, Roy Vinyard. Team Support: Ruth Joyce Colbert Barnes, Ph.D., Ed.D., Steve Cooper, Shannon Welch, and Mia Woodfork.

Transportation 10-Year-Goal: NE OK City will have a transportation system which efficiently and affordably helps residents and visitors easily access all of the assets and services of NE OKC serving to support travel and enhance the park-like ambiance of NE OKC.

Recommended measurable objectives to accomplish within two years:
• All-Star Transport Services expanding; inquire whether churches want to fund franchising (Ruth Joyce Colbert Barnes, Ph.D.),
• Research Uber model (SALLT – S. Cooper), and,
• Partner with medical facilities to provide Uber ride codes.
  • Identify Gaps in order to develop and implement a plan to improve local mobility.
  • Churches might develop a volunteer program to provide convenient transportation for members of the neighborhoods either by personal car or church vans, shuttles, etc.
Plan job fairs that include the whole community not just one church.

- Prepare workforce through mentorship include CED & training assistance, and,
- Collaborate with Municipal Ovens and the Alliance to revitalize the community and businesses,
- Identify business in the NE sector with needs for economic development,
- Classroom: Economics to accomplish within 2 years:

Recommended Community economic measurable objectives to accomplish within 2 years:

- Determine a plan of action and let people know what mentoring looks like.
- etc.
- identify local businesses and determine the types of mentoring such as literacy, life skills, financial advice,
- identify and assess current mentoring programs and whether family/child desires a mentor,
- every child is family has a mentor.

Recommended Community economic measurable objectives to accomplish within 2 years:

and will celebrate learning and education.

NE OKC Community will have a culture of strong family units, which encourages and energizes healthy robust lifestyles. The

Community & Economy 10-Year Goal: A sustainable economy

Chairman: Ph.D. Team Support: Nicki West,
Darius Jackson, Karen Jacobs, Barbara Louden, Lincoln Millington, Michael Owens, Laura
Volunteer’s Chair: Lead: Susan Binkowski, Ray Bisketh, Jr., Rev. James A. Dorn, Delvin Helms,

3. Community & Economy Team:
4. Environment Team:
Linda Tillman, Lead; Gina Blaylock, Cheree Harris, Clarence Hill, Jr., Erick Huff, Nathan Lee, Myron Pope, Ed.D., Sarah Roberts. Team Support: Angela Cozby.

Environment 10-Year-Goal: NE OKC is a preferred living destination featuring safe and beautiful spaces to live, work, and to be healthy.

Recommended Environmental measurable objectives to accomplish within two years:
• Work to improve neighborhoods by utilizing tools to set measurable objectives,
  • Framework & responsibility of neighborhood: identify & engage
• Start with a specific neighborhood and coordinate cleanup,
• Identify monitors to be accountable for property maintenance after initial cleanup,
• Contact OKC Beautiful for a listing of current programs,
• Identify Section 8 home buying programs and other avenues for residents to purchase rental properties, and,
• Contact Master Gardeners & local nurseries.