



STATEWIDE EXPANSION

January 2018

Marissa Parisi, Executive Director

Jill Berry Bowen, Board Chair



The **RiseVT** movement to embrace healthy lifestyles started in Franklin & Grand Isle Counties through a shared commitment to a healthier future by Northwestern Medical Center and the local District Office of the Vermont Department of Health.



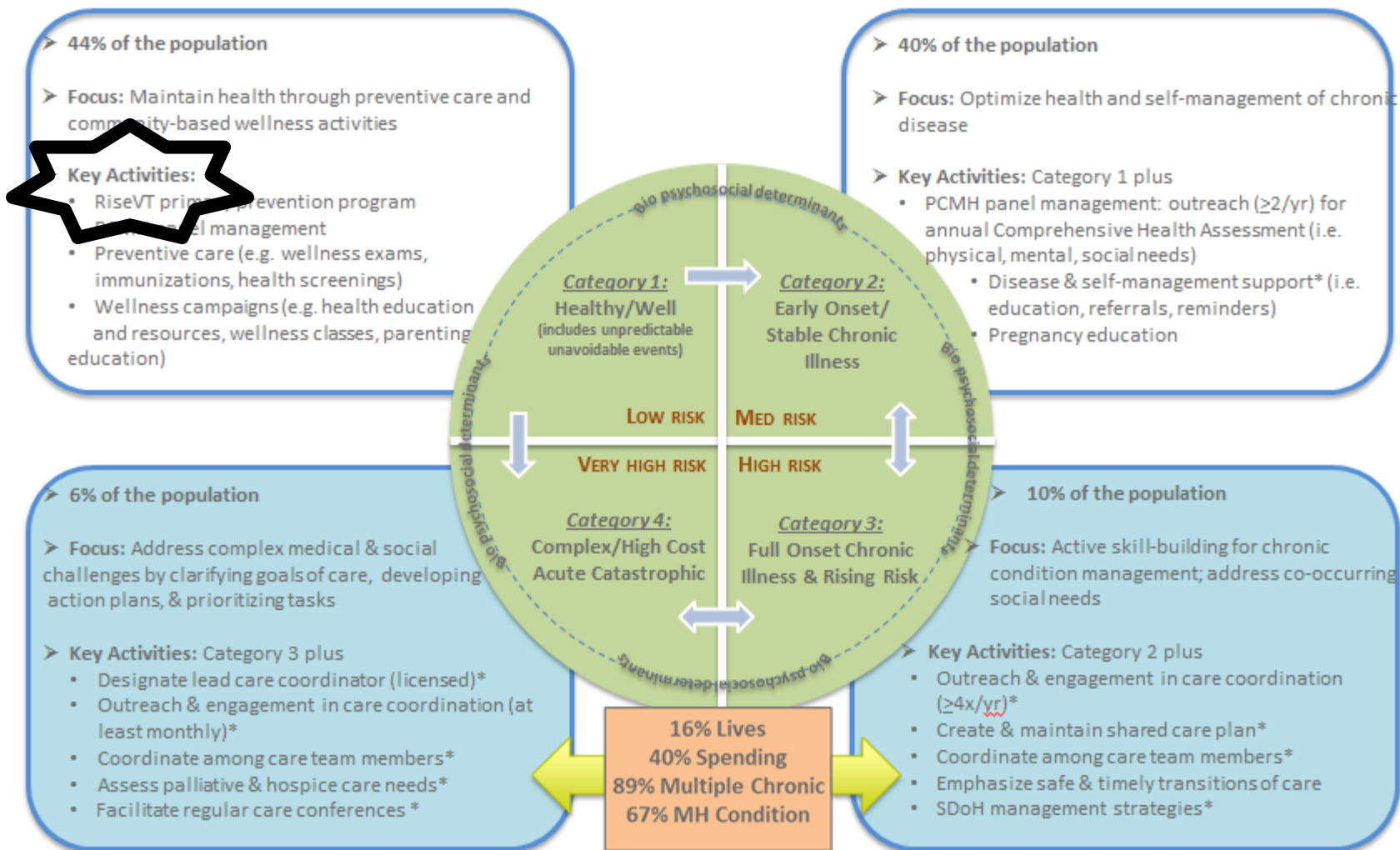
Prevention is the key to improved population health.

Through **RiseVT**, we are engaging all sectors of our local community in the journey to a healthier future.

As our healthcare system transforms, hospitals must evolve from being traditional hospitals to being leaders within a community focused on health.



RiseVT has been adopted by the OneCare Vermont Accountable Care Organization as a crucial statewide strategy to keep healthy people healthy.



A woman with blonde hair, wearing a blue helmet, sunglasses, a bright blue jacket, and black pants, is ziplining over a dense green forest. She is smiling and has one leg extended out to the side. The background shows rolling green hills and mountains under a blue sky with scattered white clouds. Two thick black cables run diagonally across the frame from the top left towards the center.

RiseVT is a *Movement!*

RiseVT is a community collaborative to embrace healthier lifestyle, improve the quality of life, and lower healthcare cost where we live, work, play, and learn.

RISE 
Embracing Healthy Lifestyles

3

BEHAVIORS

- No Physical Activity
- Poor Diet
- Tobacco Use

LEAD TO

4

DISEASES

- Cancer
- Heart Disease & Stroke
- Type 2 Diabetes
- Lung Disease

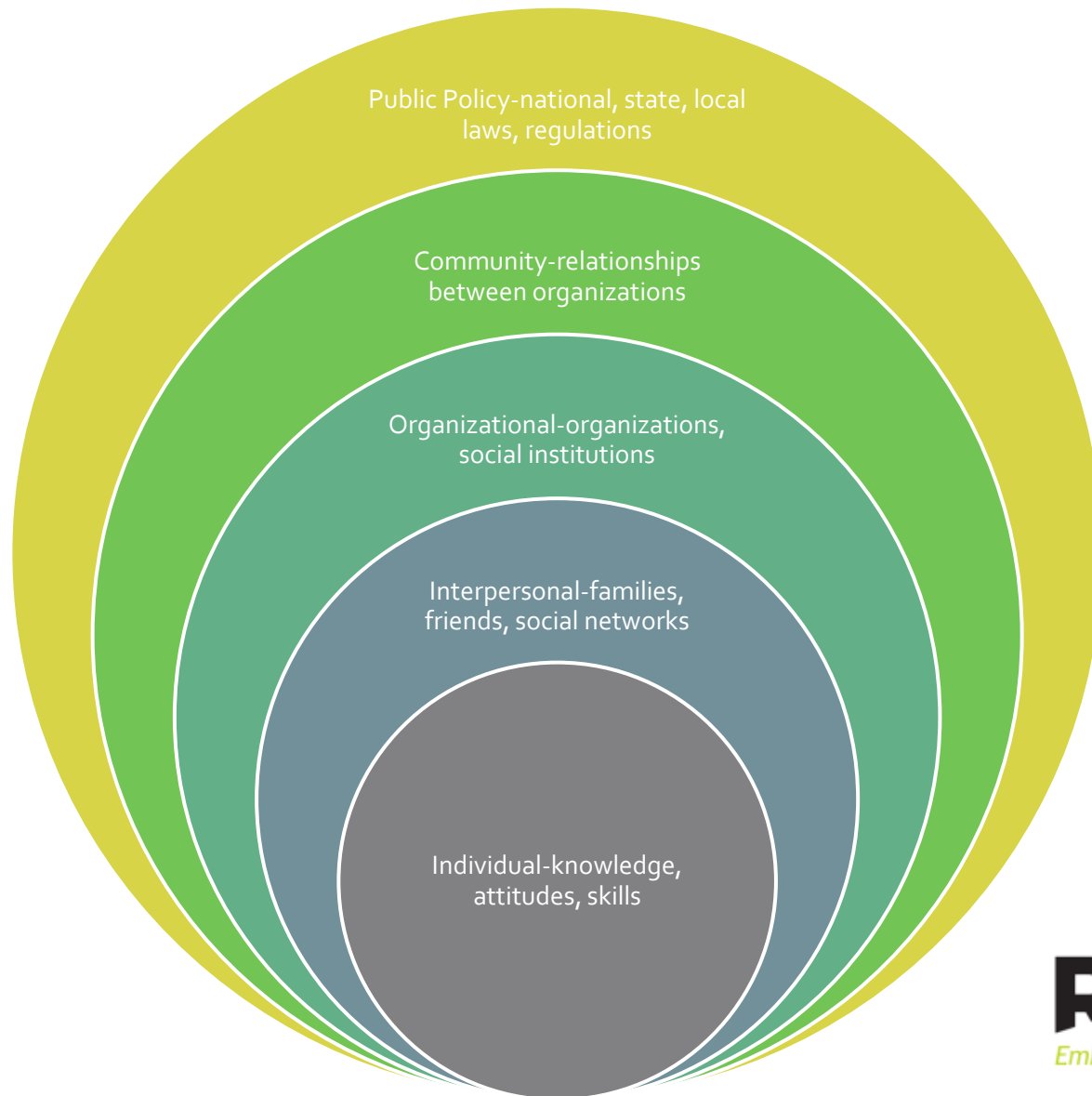
RESULT IN

MORE THAN

50

**PERCENT
OF DEATHS
IN VERMONT**

Vermont's Prevention Model

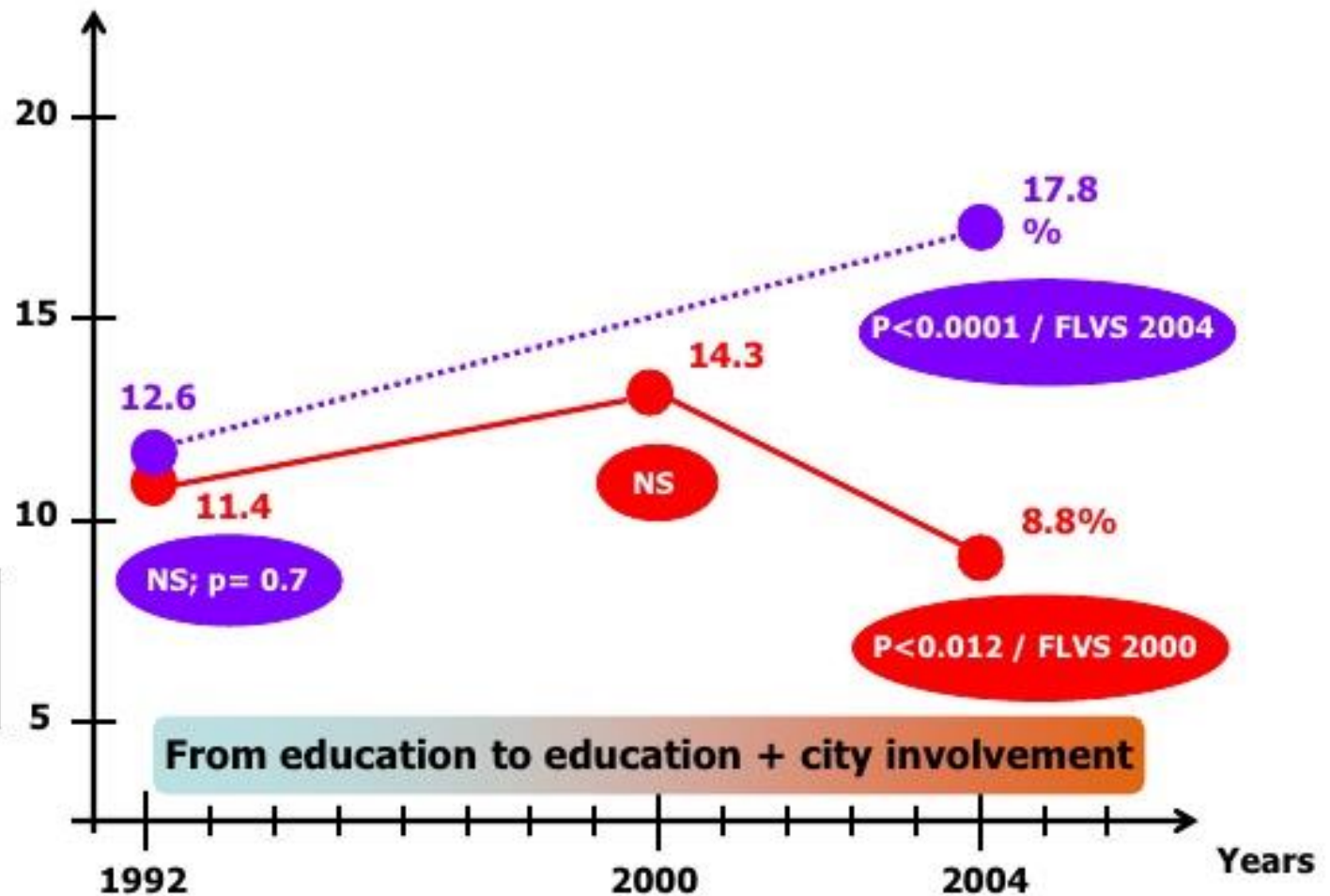
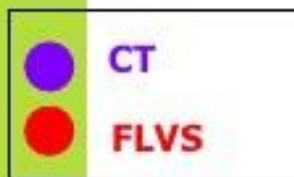


Children obesity prevalence data in FLVS and in CT

(Romon & Al., Public Health Nutrition, 2008, Dec 23:1-8)



Childhood obesity rate (%)



Worked with 9 municipalities installing signage around community parks and paths. The St. Albans mayor proclaimed St. Albans a breast feeding friendly city.

Snowshoes at library for use on public trails and new Alburg Hockey Rink repurposed from Leddy Park

46 businesses in the Franklin/Grand Isle region fostering employee based wellness initiatives for over 3700 employees. They are working in schools to increase physical activity and promote school meals.

Mentors in the schools working with kids and parents.

Well coaches at NMC

Counties in Vermont

Northwestern
Medical Center

North Country
Hospital

UVM MC

Copley
Hospital

Porter Medical
Center

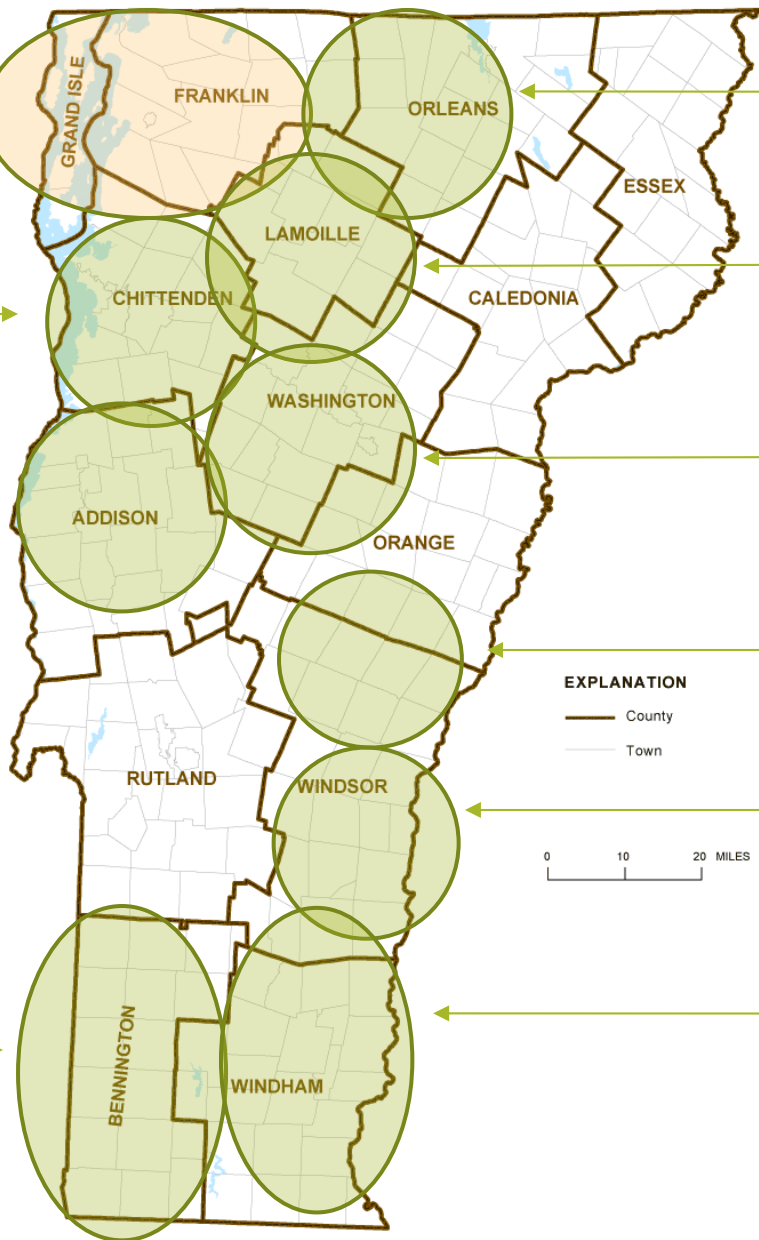
CVMC


Springfield
Hospital

Mt. Ascutney
Hospital

Southwestern
Medical Center


Brattleboro
Memorial
Hospital





Using the **EPODE** and **Vermont Prevention Model RiseVT** will:

- Use a results based model to assess community readiness and current assets to guide our work in each region.
- Work to amplify the good work that is already happening with community based organizations and the Vermont Department of Health.
- Fill in gaps, provide resources, and measure results.

A fly fisherman is seen from behind, standing in a shallow river. He is wearing a white cap, a light blue long-sleeved shirt, and dark waders. He has a large, round, light-colored net slung over his shoulder. The river is surrounded by large, grey rocks and lush green foliage. The water is clear and reflects the surrounding environment.

We believe **RiseVT** will yield some exciting **outcomes**:

- **Healthier Vermonters** who are set up for success in leading healthy lifestyles.
- **Increased community resiliency.** If the community is strong and people are healthy we weather all storms (literally and figuratively) better.
- We help **reduce healthcare costs.** Prevention is far less expensive with much better health outcomes!
- People want to live in thriving, healthy communities with lots to offer them socially, physically, and mentally. If we're successful we believe this will be a big **boost to economic development!**

Next Steps:

- Work with hospitals to add RiseVT staff.
- Do a baseline assessment and asset inventory to the focus of the work in each region.
- Results Based Accountability plan in each area to outline the work of the RiseVT teams.
- Put work into motion. This will include dedicated RiseVT teams armed with grant funds to implement RiseVT initiatives at every level.
- We will implement a rigorous, evidence-based evaluation process with support from experts on the Scientific Advisory Board.
- We will do a one-year evaluation each year. But remember changing the community and seeing behavior change needs time so we're in this for the long haul!



RISE VT
Embracing Healthy Lifestyles

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