

Moving Healthcare Forward: One Bag and One Alabamian at a Time

Group 5

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West Alabama Food Bank

Issue Research

We want to improve access to healthcare for women and children in Tuscaloosa County. In a 2017 publication, the Kaiser Family Foundation stated that people without health insurance have worse access to healthcare than those who do have health insurance. Additionally, they stated that studies show that the uninsured are less likely to receive preventative care than the insured. According to the Alabama Department of Public Health, many of the leading causes of death in Alabama are complications from health conditions and chronic diseases that can be managed with routine medical care. We want to ensure that people who live and work in Tuscaloosa and rural areas in Alabama have access to health insurance and the healthcare that they need.

The Affordable Care Act (ACA), as it was originally passed, included an individual mandate. If everyone has insurance, including people who are generally healthy, then insurance is less expensive for everyone, even for people who have serious and/or chronic health concerns. Every taxpayer was required to have health insurance or pay a penalty. The federal government provided financial assistance to individual and families who struggle to afford coverage. In 2017, Congress repealed the individual mandate. It is possible that this will lead to a rise in cost of health insurance. The financial burden this may cause as well as the decrease in access to healthcare are both important. According to the Robert Wood Johnson Foundation, the number of people without health insurance has been declining across the United States, Alabama, and Tuscaloosa County since 2013. The rate of uninsured people in Tuscaloosa county has dropped from 18 percent in 2010 to 15 percent in 2013 to 10 percent in 2015. Larry Levitt of the Kaiser Family Foundation has stated that repealing the mandate would increase premiums and increase the number of people who are uninsured.

The Alabama Department of Public Health and Maude Whatley Health Services have materials to help individuals and families get coverage through ALL Kids and Medicaid, and we have access to the people needed to distribute the materials and engage the public in the registration process. We know this has been done before not only through community initiatives, but also through Bama Covered, an initiative driven by UA students in 2014. Dr. Pamela Payne Foster, a faculty member that worked with the group, is still in the College of Community Health Sciences. She also works with Medicine and Community, the Honors College course that grew out of the West End Health Project. The West End Health Project was a Daniels Community Scholars Project. Bama Covered also worked with the Maude Whatley Health Services who specifically targets medically underserved residents of West Alabama.

The Bama Covered project was successful in helping people get health insurance, but as with many student-driven initiatives, faded as its champions matriculated. With the recent changes to the ACA, now is the perfect time to bring the concept back to life and find a way for it to sustain through partners like the Center for Ethics and Social Responsibility or the Center for Service and Leadership. If there is not a way to continue the project beyond one iteration, we will still have made a difference in the lives of those we connected with. Demystifying the health insurance registration process is just as much a goal as helping people register.

Community Partnerships

Our Partner

The West Alabama Food Bank is a food pantry that serves nine counties in West Alabama. One of the greatest struggles that the WAFB continues to deal with is reaching out rural communities that don't have access to food. These areas are known as food deserts. Earlier this year, the WAFB received a grant for almost \$50,000 from Governor Kay Ivey to start a Mobile Food Pantry for West Alabama. This spring, the pantry will start regularly scheduled trips to food deserts to help provide food to families in need. Our DCS group's emphasis is on Healthcare for Women and Children. The director of the West Alabama Food Bank, Jean Rykaczewski, has agreed to partner with our group to help provide healthcare materials and resources through their mobile food bank to rural areas. In these bags, we will provide a pamphlet with healthcare information, toiletries, and basic medical materials (first aid kits, etc.). One of our main contact on the project will be the development coordinator, Courtney Charland, who has pledged to assist in our efforts as much as we need. The impact of this project will span so much farther than we will ever know because of the amount of other food banks across the country that are watching the WAFB and their efforts as an example of a successful mobile food pantry.

Work Product:

The Problem

The problems surrounding access to healthcare in rural Alabama communities is a multi-layered issue. One of the greatest issues, in addition to the lack of people registered for health insurance, is the lack of holistic preventative care. Thus, our group has looked towards partnering with the West Alabama Food Bank to distribute toiletries and healthy products to rural residences.

The Solution

Our group will focus on creating small bags which would contain: a toothbrush, toothpaste, floss, deodorant, body wash, Pedialyte Oral Electrolyte Solution Powder, hand sanitizer, tampons, feminine pads, first-aid-kit and facial cleanser. The bags will also contain a flyer of tips for good hygiene practices and information about rural healthcare resources. The items would then be distributed by the West Alabama Mobile Food Bank to the rural communities. The items contained in the bags will inform rural residence about resources while also giving them access to vital hygiene and healthy products. The education materials contained in bags will be produced by research from our group. Noah Avery Greene will design the education materials and format information from Voices for Children Alabama, Alabama Department of Public Health, and Public Affairs Council of Alabama (PARCA). From there, the bags will be taken from the storage location to the WAFB office.

Project Sustainability

The lasting impact of our initiative will be education about rural health initiatives. Ideally, we would like our initiative to lead to healthier eating and hygiene habits amongst rural Alabama residents. By giving Alabamians access to health products in addition to information about public health initiatives, the project will have a deeper impact than the moment a person is

handed a bag that contains basic products and some pieces of paper. It is our goal that these bags will empower Alabamians to lead better lives with the tools and knowledge of state programs that are at their disposal.

Volunteer Involvement, Recruitment, and Management

The nature of this project allows every member of the class to be involved with impacting healthcare in the state of Alabama. Because we will be making bags that will be distributed through the mobile food bank, the volunteer process takes no training other than an explanation of how we will create the bags. We will offer multiple days of service, so every member of the class has a chance to volunteer when it works best for their schedule. On the days of service, we will spend the first 15 minutes of the two hour volunteer session presenting a Powerpoint that will outline all of the steps of creating the bags. Blackburn Advisory Board members are also welcome to participate in the days of volunteering in addition to donating items that can be put into the bags.

Volunteers will also be required for the delivery of these bags. It is our hope that the WAFB will allow small groups of the class and other Blackburn students to take part in delivering the bags with the mobile food bank. In addition, the bags that we create will include information about health issues and Alabama health resources. Members of the class and Blackburn who seek to assist Noah Avery Greene may participate in the development of the educational materials. Because our class includes people who are proficient in graphic design, this would add to the overall product of the project.

Management Position	Description	Group 5 Member
Creation of Educational Materials	<ul style="list-style-type: none"> ● Researching educational content ● Designing content to fit onto a pamphlet ● Fact-checking information with sources 	Noah Avery Greene/ Cokie Thompson
Organizing Volunteers and Training	<ul style="list-style-type: none"> ● Create a volunteer sign-up sheet ● Train volunteers on the task of creating the bags ● Check the bags for accuracy ● Make sure the bags get to their destination 	Emma Mansberg/ Caitlyn McTier
Supply Coordination	<ul style="list-style-type: none"> ● Ordering supplies ● Coordinating volunteers to help get 	Harrison Turner

	supplies to the setup location	
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Risk Management

Although the activity of making the bags and developing assorted materials is not labor intensive. It will require students to feel comfortable transporting the bags to a separate location from which they will be distributed from. The potential risk associated with this is: potentially driving into a neighborhood students are unfamiliar with or a car accident occurring. Additionally, if volunteers are allowed to distribute the bags with WAFB staff, students might have interactions with strangers in Alabama communities.

Project Timeline Narrative

1 Month Prior to Event

Monday, January 28:

At this time, we will create and send out the survey to Blackburn students that gives them three options for volunteering times. All students must fill this out by January 18.

Wednesday, January 30:

Order or shop for all supplies for the project. This can be done prior to January 14 but must be completed by this time. In addition, by this time, there will be a draft of the information packets that will be included in the bags handed out.

Wednesday, February 6:

Send a reminder email to students to complete the survey for volunteering availability.

Friday, February 8:

All surveys of student availability for volunteering are due this day.

2 Weeks Before Event:

Monday, February 11:

Confirm and assign volunteering days to students. Send out an email and google calendar event for them to accept.

Wednesday, February 13:

Ensure that we have all materials necessary for completing the project.

Friday, February 15:

By this time, there will be a complete and edited version of the information that will be handed out with the bags. On this day we will send the final version, to Crimson Copies to be printed.

1 Week Before the Event:

Monday, February 18:

On this day, we will send out a reminder email to the class about the volunteer time that they were assigned.

Wednesday, February 20:

We will have a team meeting to organize all materials that will be used on the volunteering days.

Friday, February 22:

Create a Powerpoint presentation to be shown at the beginning of each volunteer session outlining the procedure for creating the bags.

Day Before the Event:

Tuesday, February 26:

We will separate and organize the materials that will be used for each day. Because there will be three volunteer days, we will have a set amount of bags that must be finished for each day, so we will have all materials set aside for the amount of bags we are making.

Volunteer Days:

Wednesday, February 27

10 a.m. - 12 p.m.

2p.m. - 4 p.m.

Thursday, February 28

10 a.m. - 12 p.m.

2 p.m. - 4 p.m.

Friday, March 1

10 a.m. - 12 p.m.

2 p.m. - 4 p.m.

These days will include the making of the bags that will be handed out by the West Alabama Food Bank. For each day, we will have a certain number of bags that must be made within the two hour span of volunteer time. People will fill out a poll to determine which volunteer time best fits their schedule. The multiple days of volunteering allow flexibility for participants and Blackburn Institute students.

Post Project Evaluation

Following the development and delivery of the bags we will present a survey to WAFB and ask them to distribute it among residents who they can verify received the bags. We would like to know from residences how effective and useful they thought the goods were. Additionally, we will get feedback from volunteers through a survey about how efficient the process of making and delivering the bags. That information will be given as key insights to WAFB in the event that they would like to do the event again in the future.

Budget Narrative

We will put healthcare materials and resources in bags that will be given out on the West Alabama Food Bank's Mobile Food Bank. The tote bags, toothbrushes, toothpaste, and Pedialyte packs will all be purchased from Amazon. The bar soap, maxi pads, first aid kits, deodorant, and hand sanitizers will be purchased from DollarDays. We allotted \$600 for printing pamphlets for the bags. Attached below are the in-depth breakdowns of the products and cost assuming shipping to Tuscaloosa. We are planning on making 528 bags in total. Travel compensation will not be a concern since we are planning on, as a group, making a one-time delivery trip.

Group Number:	5				
Project Name:	Moving Healthcare Forward: One Bag and One Alabamian at a Time				
	Quantity	Revenue	Total	Running Total	Notes / Details
Revenue:					
<i>Daniel Foundation Funds</i>	1	\$ 5,000.00	\$ 5,000.00	\$ 5,000.00	
TOTAL REVENUE				\$ 5,000.00	
	Quantity	Expense per	Total	Running Total	Notes / Details
Expenses:					
<i>Tote bags (24 count)</i>	22	\$ 15.88	\$ 349.36	\$ 349.36	Purchased via Amazon (528 bags total)
<i>Mini Hand Sanitizers (48 count)</i>	11	\$ 27.36	\$ 300.96	\$ 650.32	Purchased via DollarDays (528 total)
<i>Mini 0.6 oz toothpaste (144 count)</i>	4	\$ 22.35	\$ 89.40	\$ 739.72	Purchased via Amazon (576 total)
<i>Toothbrushes (1000 count)</i>	1	\$ 99.99	\$ 99.99	\$ 839.71	Purchased via Amazon (1000 total)
<i>0.5 oz deoterant (576 count)</i>	1	\$ 207.36	\$ 207.36	\$ 1,047.07	Purchased via DollarDays (576 total)
<i>Mini First Aid Kits (16 count)</i>	33	\$ 24.48	\$ 807.84	\$ 1,854.91	Purchased via DollarDays (528 total)
<i>Julie Regular Maxi Pads (36 count)</i>	8	\$ 42.48	\$ 339.84	\$ 2,194.75	Purchased via DollarDays (288 total)
<i>Deoterant Bar Soap 3 oz (72 count)</i>	8	\$ 24.48	\$ 195.84	\$ 2,390.59	Purchased via DollarDays (576 total)
<i>Pedialyte Powder Packs (24 count)</i>	22	\$ 39.96	\$ 879.12	\$ 3,269.71	Purchased via Amazon (528 total)
<i>Estimation for printing</i>	1	\$ 600.00	\$ 600.00	\$ 3,869.71	From Crimson Copies
<i>Amazon Extra Costs</i>	1	\$ 70.40	\$ 70.40	\$ 3,940.11	Includes tax
<i>DollarDays Extra Costs</i>	1	\$ 37.96	\$ 37.96	\$ 3,978.07	Includes shipping and processing/handling
TOTAL EXPENSES				\$ 3,978.07	
DIFFERENCE				\$ 1,021.93	Balanced or Budget Surplus