

Public Libraries as Partners in Public Health: Responding to the Opioid Crisis and Food Insecurity



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Project Overview

- Why are libraries logical partners for public health?
- Why are the opioid crisis and food insecurity important issues in public health?
- How are libraries across the state of PA addressing these priorities?

What is the Healthy Library Initiative (HLI)?

- Based in the Center for Public Health Initiatives
- Interdisciplinary team that is dedicated to improving public health
- Partners with institutions, organizations, non-profits, and libraries to assess and meet the needs of the community



Harnessing the power of
public libraries to improve
population health.

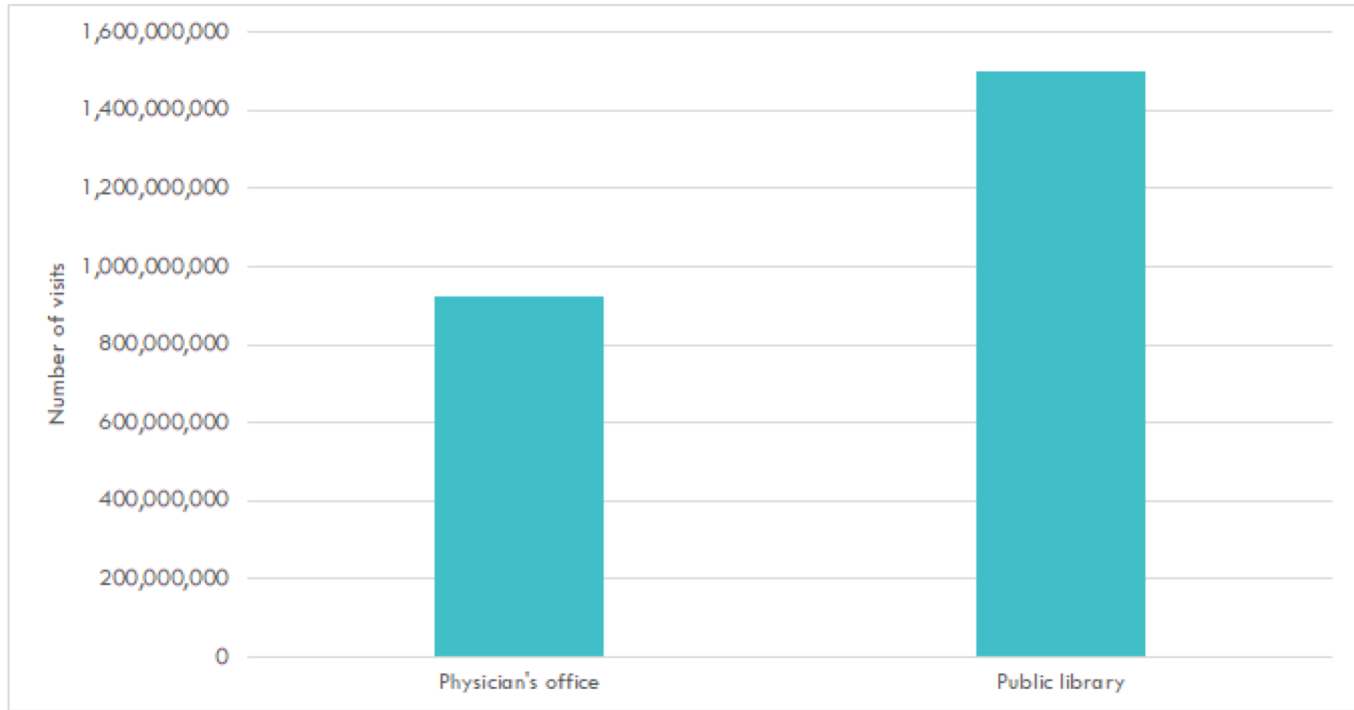
How and why did HLI come into existence?



Why are libraries logical partners for public health?

- 1.5 billion annual in-person library visits nationwide
- 50% of Americans live within two miles of a public library
- Most Americans live closer to a library than a hospital
- One third of questions to reference librarians are questions about health
- Libraries are free and open to all, with a commitment to equity

Annual visits in the United States: Doctor's office vs. Libraries



THREATS TO HEALTH	PROGRAMS	ACTIVITIES	ATTENDANCE	IMPACT
<p>By age 3, there is a 30-million-word gap in language exposure, comparing low- to middle- and high-income children.</p> <p>60% of third graders are not proficient in reading.</p>	Early literacy programs	<ul style="list-style-type: none"> • Preschool story times 	<p>3,451 programs 84,701 attendees</p>	Literacy
	Words at Play vocabulary initiative	<ul style="list-style-type: none"> • Play Party series: reading, singing, and playing, ages birth to 5 • Family fun trips • Community events • Block parties 	<p>600+ families</p>	
	Summer reading program	<ul style="list-style-type: none"> • Book lists suggested by Philadelphia School District • Online summer reading experience 	<p>40,163 children, teens, and adults</p>	
<p>38% of low-income Philadelphians do not have a high school diploma.</p> <p>Only 11 certified librarians serve in Philadelphia's 218 schools.</p>	School visits	<ul style="list-style-type: none"> • Story-time outreach programs • Library field trips: orientations, opportunities to borrow materials 	<p>740 programs 22,269 attendees</p>	Educational attainment
	Literacy Enrichment Afterschool Program	<ul style="list-style-type: none"> • After-school homework assistance • Hands-on learning opportunities for children grades K-12 • Projects in science, technology, and cultural arts 	<p>4,693 programs 97,877 attendees 623,876 questions answered</p>	
12,000 students are truant daily.	Healthy You. Positive Energy. program	<ul style="list-style-type: none"> • Workshops • Outreach programming • Healthy eating initiatives 	<p>66 programs 548 youths</p>	Youth engagement
32% of Philadelphia's adults live alone.	One Book, One Philadelphia	<ul style="list-style-type: none"> • Arts and culture programs • Public discussions • Distribution of a chosen book 	<p>74 programs 1,865 attendees</p>	Social cohesion
440,000 Philadelphians (28%) live below the federal poverty level.	Job Readiness Lab and job fairs	<ul style="list-style-type: none"> • Resume, cover letter, and interview preparation services • Digital resources and technology assistance 	<p>1,689 job seekers 68 employers 6 job fairs</p>	Employment
Philadelphia's rates of hypertension (38.2%), obesity (33.3%), and diabetes (15.4%) are among the highest of large US cities.	Culinary Literacy Center	<ul style="list-style-type: none"> • Commercial kitchen in library • Food preparation courses • Nutrition instruction • Budgeting for healthy eating 	<p>5,500 attendees</p>	Community nutrition
<p>14% of seniors in the Philadelphia region are at risk for serious depression.</p> <p>12% of seniors have difficulty carrying out basic self-care.</p>	Senior services	<ul style="list-style-type: none"> • Senior seminars and groups • Senior Medicare enrollment • Provision of healthy life resources 	<p>34 programs 1,033 attendees</p>	Elder engagement

What can we learn from libraries?



The South Philadelphia Community Health and Literacy Center

- primary care
- recreational center
- Free library branch
- social services

What can we learn from libraries?

- HLI conducted a community needs assessment in South Philadelphia
- Interviews library staff and community residents to understand biggest health and social needs
- Library staff and community residents identified the same issues:
 - Homelessness and housing insecurity
 - Immigration
 - Child and family trauma
 - Substance use and mental health
 - Food insecurity

Background & Significance

Why are the opioid crisis and food insecurity relevant to health?

-
- Our nation currently lies in the midst of the deadliest opioid crisis in its history
 - Drug overdoses continue to claim upwards of 65,000 lives per year.
 - Overdose mortality rates outnumbering deaths caused by motor vehicle accidents and gun violence

1. How bad is this crisis?

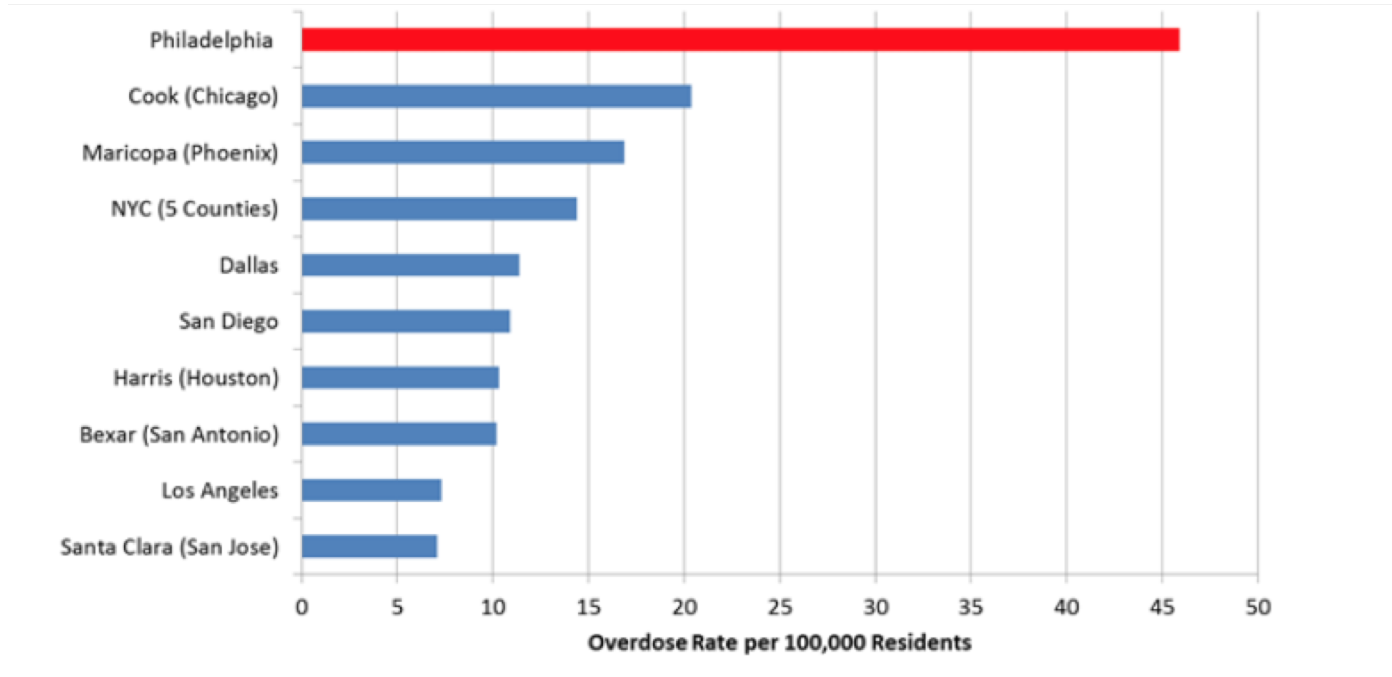


It simply is the deadliest in American history. In 2016, overdoses **killed roughly 64,000 people**, becoming the leading cause of death among Americans under 50

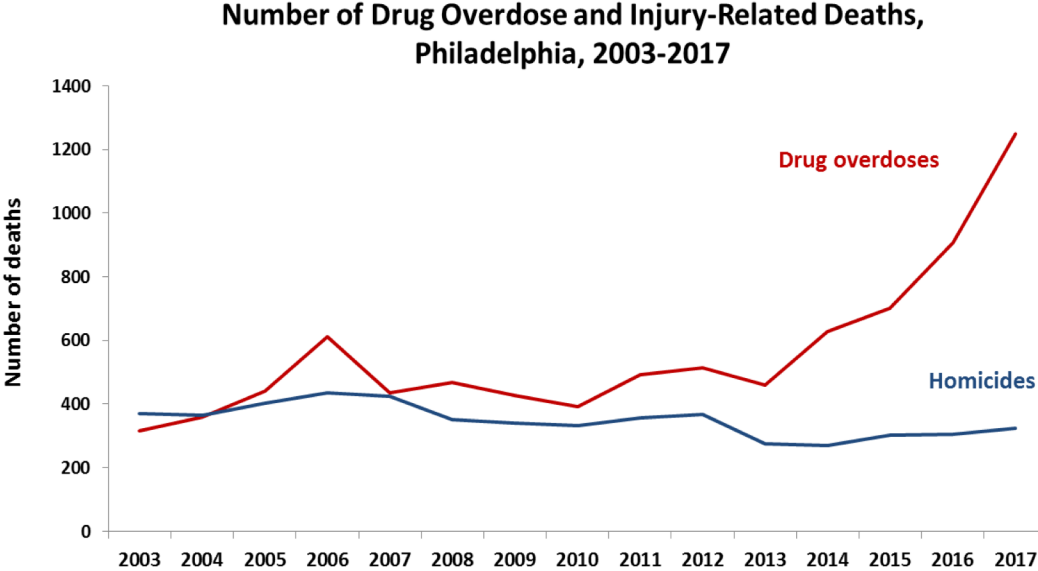
Overdoses are only the tip of the iceberg: about **97.5 million people used prescription opioids** in 2015 and it is estimated that over 2 million Americans have an opioid use disorder

Source: First governmental account of nationwide drug deaths

Philadelphia has the highest overdose death rate of the top 10 largest U.S. cities

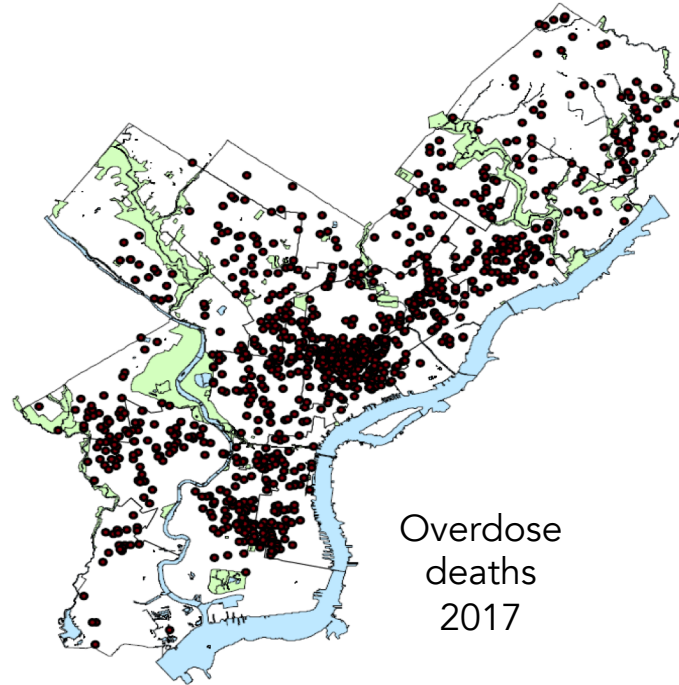


1,217 people died of drug overdose in Philadelphia in 2017



Source: PDPH

Overdoses occur in all Philadelphia neighborhoods



Source: PDPH

Impact of substance use on libraries

- 12% of Pennsylvania public libraries experienced at least one drug overdose on-site in the prior year
- 50% of librarians reported helping a patron with issues related to substance use or mental health in the prior month
- Nearly 3,000 libraries can expect to have an on-site overdose in the next year

OPIOID OVERDOSE

Do you know the signs?



SIGNS OF AN OPIOID OVERDOSE. **B.L.U.E.**

BREATHING ————— | Breathing during an overdose is shallow, gurgling, erratic, or completely absent.

LIPS ————— | Lips and fingertips are blue, due to decreased oxygen throughout the body.

UNRESPONSIVE ————— | The victim will not respond to verbal or physical stimulation.

EYES ————— | Pupils are pinpoint, as the opioids constrict the pupils to an unusually small size.

Can we reverse overdoses?



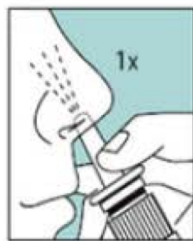
RESPOND TO AN OVERDOSE

FOLLOW THE FORMULA



1. CALL 911

You are protected
under the Good
Samaritan Law



2. ADMINISTER NARCAN

Ask your friends and family
to carry Narcan and know
how to use it

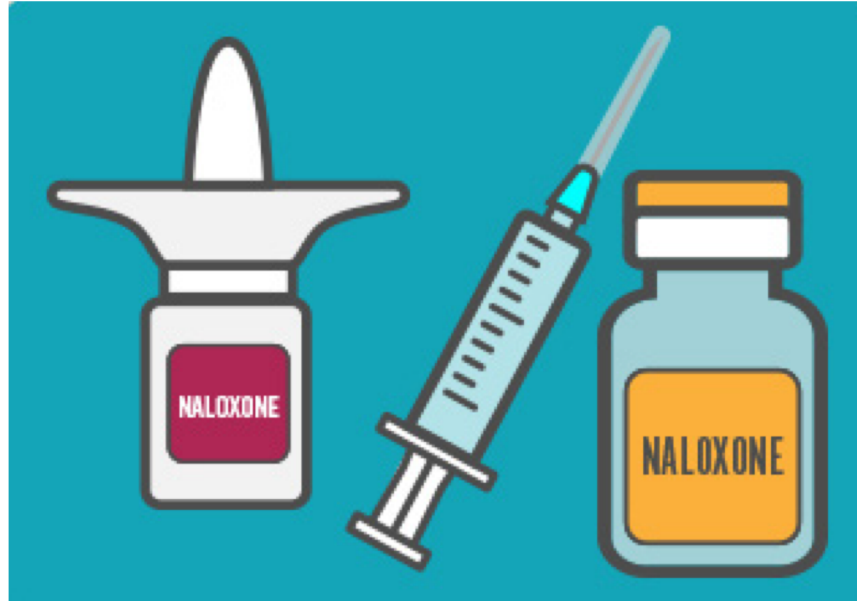


3. PERFORM RESCUE BREATHS

Rescue breathing, not **chest
compressions**, saves lives!

BE SAFE | HAVE A PLAN | NEVER USE ALONE | WATCH OUT FOR EACH OTHER

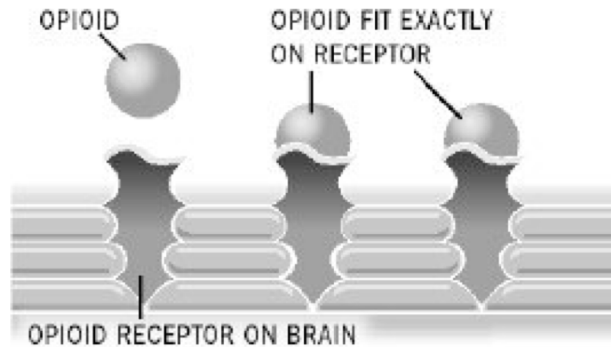
Naloxone/Narcan



How does naloxone (Narcan) work?

OPIOID OVERDOSE

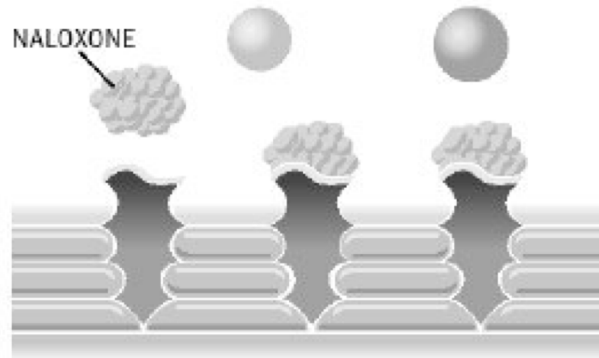
The brain has many receptors for opioids. An overdose occurs when too much of an opioid, such as heroin or Oxycodone, fits in too many receptors, slowing and then stopping breathing.



Source: Harm Reduction Coalition

NALOXONE REVERSING AN OVERDOSE

Naloxone has a stronger affinity to the opioid receptors, so it knocks the opioids off the receptors for a short time. This allows the person to breathe again and reverses the overdose.





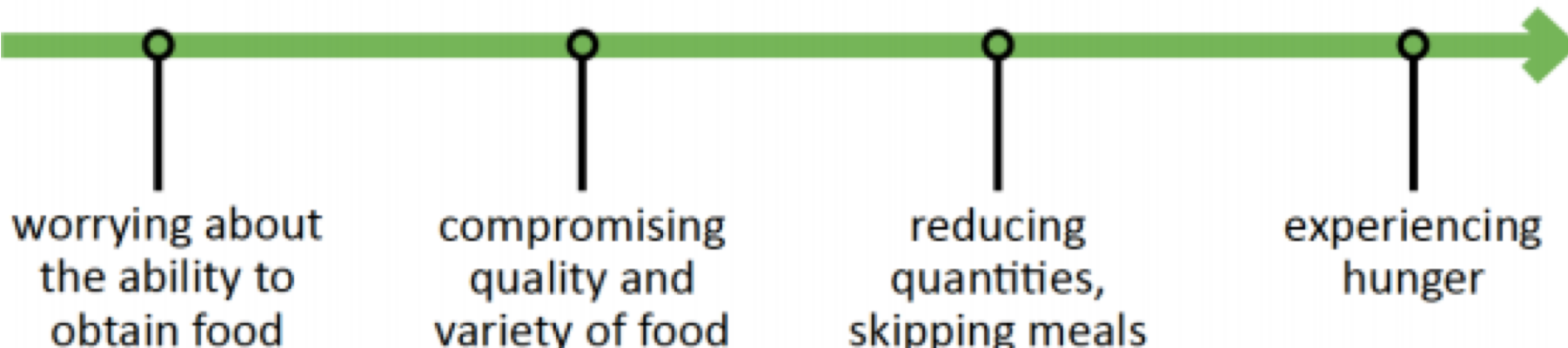
FOOD INSECURITY

WHAT IS FOOD INSECURITY?

MILD FOOD INSECURITY

MODERATE FOOD INSECURITY

SEVERE FOOD INSECURITY



worrying about
the ability to
obtain food

compromising
quality and
variety of food

reducing
quantities,
skipping meals

experiencing
hunger

**One in six Americans
is food insecure.**



**AMERICANS THROW AWAY
AN ESTIMATED 25% OF THE
FOOD THEY BRING HOME**

that is more than

20 LBS

of food per person

EVERY MONTH

**ENOUGH TO FILL THE ROSE BOWL
A 90,000 SEAT STADIUM**

EVERY DAY

HUNGER MEANS TOUGH CHOICES.



**HAD TO CHOOSE
BETWEEN FOOD
AND UTILITIES**



**HAD TO CHOOSE
BETWEEN FOOD
AND MEDICAL CARE**



**HAD TO CHOOSE
BETWEEN FOOD
AND EDUCATION**

Household spending tradeoffs of Feeding America clients in 2014.

FOOD INSECURITY = Inadequate access to food because of financial constraints

Health impacts of food insecurity



Inadequate intake of nutrients



Increase risk for various chronic diseases



Increased risk for negative pregnancy outcomes



Long-term deficits in children's socio-emotional, cognitive and motor functioning



Increase risk for negative mental health impacts
(including depression, suicide, substance misuse, etc)



Total healthcare costs increase steadily with increased severity of household food insecurity

Study Aim

To understand how public libraries across PA are working to address the opioid crisis and food insecurity.

Methods

- Cross-sectional survey design
- 25% random sample of all libraries in Pennsylvania
- Administered by phone using REDCap data collection software
- Follow-up qualitative interviews with willing participants

Survey Script

CHERISH Telephone Script

Call main library number

Hello, my name is [NAME] and I'm calling you from the Healthy Library Initiative at the University of Pennsylvania. Our team studies the many ways that librarians serve the health needs of their communities, and if you would like to know more about our team I can direct you to our website or email papers we have published in peer-reviewed journals and in the Philadelphia Inquirer.

(healthylibrary.org; healthylibrary@gmail.com)

The reason I'm calling today is developing a survey about the ways public libraries impact health their communities. We have a few questions we would like to ask you. Would it be okay if I briefly describe our project to you?

We are calling libraries in the state of Pennsylvania to learn about two community health issues. The first issue is summer meals for children and/or adults. The second is the impact of substance use.

Our work is supervised by our University's ethics board. Your responses are confidential and will not be linked to your name or your library.

Now that I have described the study to you, do you have any questions for me before I go on?

If yes, answer questions.

First, I have a 2 questions about your library and summer meals?

- 1) Does your library provide summer meals?
If yes, Approximately how many meals per week does your library distribute?
 - To children ___;
 - To the elderly ___;
 - To other adults ___.

2) Where do funds come from to support the meals program at your library?

Next, I have a few questions about substance use and your library.

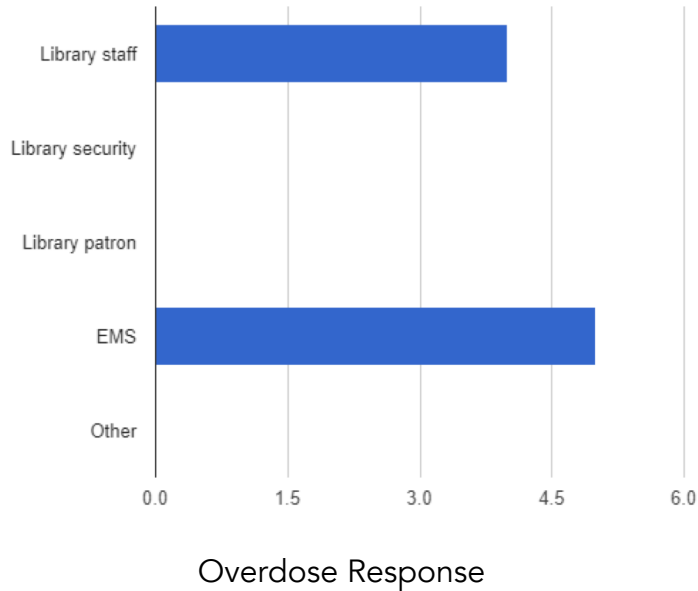
- 3) Has there ever been an overdose (or suspected overdose) at your library?
 - a) If yes, how many in the past year? Try to get specific numbers, even if it's an estimate
- 4) If yes:
 - a) Who responded to the overdose? (Check all that apply)
 - i) Library staff, library security, library patron, EMS, other (please specify)
 - b) Was the person given naloxone (or Narcan) while at the library? Naloxone is the opioid overdose antidote that is given to reverse the effects of an opioid overdose.
 - j) If yes, who administered it?
 - c) What was the outcome for the person?
 - k) EMS transport to hospital, refused to go to the hospital, died, something else

- 5) Does your library currently have naloxone (or Narcan) on site to use in a medical emergency?
 - a) If yes, how did you get it? Choices: pharmaceutical company, health department, purchased by library, I don't know, other (list)
 - b) Can you describe to me what it looks like? (We are hoping to know what formulation of the drug your library has. Nasal, injection/intramuscular, not sure.)
 - c) When did your library obtain it (approximate month, year)
 - d) If pharmaceutical company, was it through a free program?
- 6) Has your library staff received training on how to use the naloxone (or Narcan)?
 - a) Who at the library received training? Librarians, library assistant, security, other
 - b) How many library staff at your branch are trained (out of total)?
 - c) What type of training? In-person, online, other.
 - d) Who conducted the training? Health department, community organization, healthcare provider, pharmaceutical representative, other
 - e) Was it mandatory?
- 7) Now we want to ask you about patrons seeking information about addiction treatment.
 - a) About how many times in the last month have you helped a patron with questions about addiction treatment?
 - b) If a patron asked you about where to get help for drug use, how would you direct them?
 - c) Would you be interested in resources for library staff about addiction treatment?
- 8) Would you be willing to participate in occasional follow-up questions from our team about health in your community or library?
 - a) Call
 - b) Email - what's email

Thank you so much for your time.

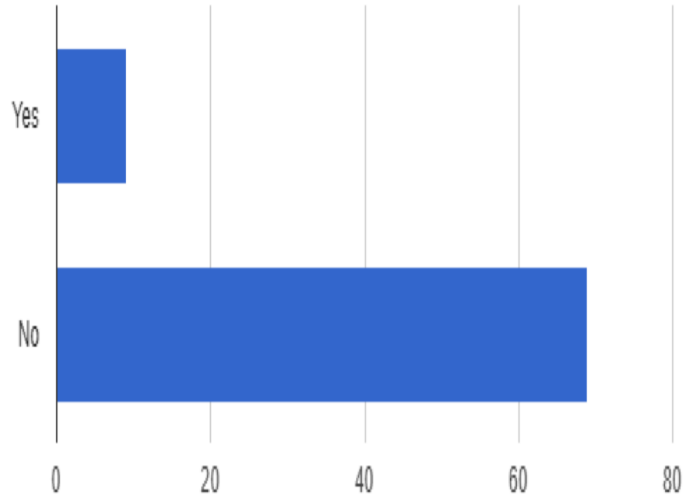
Preliminary Results

Participation Rate: 91.7 %

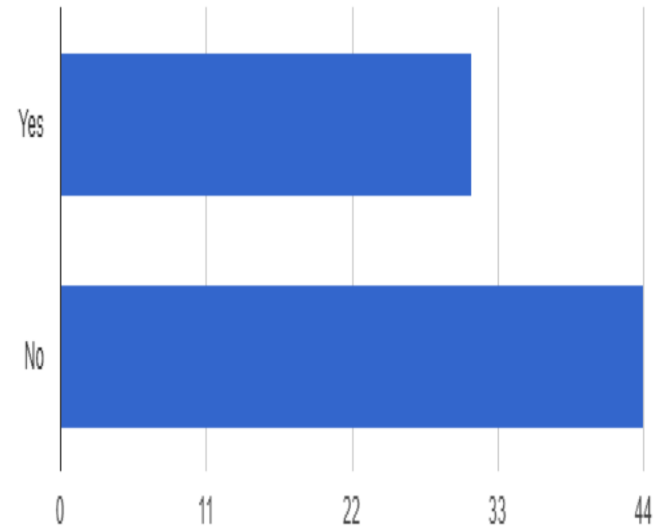


Think about the most recent time someone overdosed in your library, who helped?

Libraries Offering Meals to Patrons During the Summer



Libraries Offering Snacks to Patrons During the Summer



Other Roles

- Literature review on food insecurity in working age adults.
- Review of naloxone training videos available online to inform naloxone trainings for libraries.
- Development of study protocol to investigate how active bystanders would search for online information for how to reverse an overdose.
- Completion in naloxone training
- Develop and deploy a survey for library staff in PA
- Through partnership with the Philadelphia Inquirer to encourage more Philadelphians to carry naloxone; conducted street intercept interviews that will be featured on the website the team created.

<https://phillyrespond.cloudshopstudios.com/>



“It’s like . . . Narcan is CPR in a can [or] in a tube. . . . And it brings them right back to life if they’re fortunate. [Narcan] gives them a second chance at life.”



“Well, it’s also concerning how I don’t know that much about it and that it’s a widespread epidemic and that it’s going to affect our lives in the future and the future of the education system and everyone else...”

OPINION

Why Philadelphians should be carrying naloxone right now | Opinion

Posted: October 4, 2018 - 10:00 AM

Margaret Lowenstein, Rachel Feuerstein-Simon and Carolyn Cannuscio, For the Inquirer



AMERON HART / FOR THE INQUIRER

For many people in our community, the threat of drug overdose is a haunting daily concern. [One-third of Americans are touched in some way by the opioid epidemic](#), with opioid use disorder affecting friends, loved ones, coworkers, or others in their community. And even if opioids have not yet hit close to home, [Philadelphia has one of the highest overdose death rates among U.S. cities](#) – with over 1,200 deaths last year – so there's a good chance residents could witness an overdose.

Few public and community spaces are immune. In just the past month, each of us has encountered a potential overdose during the course of our normal routines.

The Inquirer
DAILY NEWS philly.com

Conclusion

Public libraries are uniquely equipped to be partners in responding to various health problems in their community, including opioid overdoses and food insecurity.

Though they may be unexpected, they are effective partners in improving the public health of their communities.



THANK YOU