



Contact: Elizabeth Lietz, AHA, (202) 626-2284  
Dawn Thomas-Smith, CMC/DHK, (603) 354-6921

**CHESHIRE MEDICAL CENTER/DARTMOUTH-HITCHCOCK KEENE  
RECOGNIZED FOR COMMUNITY OUTREACH**

**WASHINGTON (November 4, 2013)** - The American Hospital Association (AHA) today awarded the Carolyn Boone Lewis Living the Vision award to Cheshire Medical Center/Dartmouth-Hitchcock Keene in Keene, N.H., for its work to improve the health of its community through actions that go beyond traditional hospital care. The award was presented to Cheshire Medical Center by AHA President and CEO Rich Umbdenstock at an event this morning.

Cheshire Medical Center is a 169 bed rural hospital that has partnered since 1998 with Dartmouth-Hitchcock Keene, a primary care and multi-specialty clinic. Cheshire Medical Center/Dartmouth-Hitchcock Keene is the driving force behind an initiative called "Healthy Monadnock 2020," a community-wide effort to actively engage the citizens of Cheshire County and the Monadnock Region to become the nation's healthiest community by the year 2020. Healthy Monadnock 2020's strategies are intended to provide high-impact environmental and policy change that will make the healthy choice the easy choice for individuals and groups, such as schools, workplaces and towns.

The initiative has identified five goals that encompass a broad spectrum of health:

- Social determinants that influence health; for example, streamlining access to social services by creating one point of entry and promoting and implementing early education models;

**-more-**

## Living the Vision Award/Page 2

- Education and awareness of healthy lifestyle behaviors;
- Healthy eating; for example, access to healthier food and beverages in school environments and voluntary nutrition and physician activities policies in child care settings;
- Active living; for example policies and infrastructure to support walking for all, bike-friendly alternatives and physical education and recess in schools; and,
- Mental well-being; for example, including programs and services that support mental well-being in the workplace.

More than 500 Cheshire County residents contributed to the development of goals and objectives and Healthy Monadnock 2020's activities are now being guided in the community by the Healthiest Community Advisory Board, a group of 30 individuals representing schools, organizations, coalitions and businesses.

“Becoming the healthiest community is a significant challenge and it’s one that Cheshire Medical Center/Dartmouth Hitchcock Keene is ready to meet,” said Umbdenstock. “By reaching out to the community and partnering with organizations that touch every part of community life, Cheshire Medical Center/Dartmouth Hitchcock Keene has made this vision possible. I am pleased and honored to recognize them for their on-going efforts to meet the health needs of the communities they serve.”

Art Nichols, CEO/President of Cheshire Medical Center shares: “To receive the Carolyn Boone Lewis award is a tremendous honor for our staff, our physicians and most of all, our community. Our vision, to become the healthiest community in the nation, is ultimately an attempt to change how we as Americans perceive our health, and to create an awareness of the importance individuals play in determining their own health status. This requires an interplay among health professionals, educators, employers and all citizens; in this regard, the Monadnock Region has a

**-more-**

## **Living the Vision Award/Page 3**

significant advantage — a rich history of social capital that is pervasive and has emerged to embrace Healthy Monadnock 2020. Without the community behind us, our efforts would fail. We are all in this together.”

Established in 1996 and first presented in 1998, the Living the Vision Award recognizes institutions or individuals living the AHA’s vision of a society of healthy communities where all individuals reach their highest potential for health. In 2002, it was renamed the Carolyn Boone Lewis Living the Vision Award, in memory of the first hospital trustee to serve as AHA chair. An important element of the award is that a hospital must be recognized as a leader and nominated by others in the health care field.

### **About the AHA**

The AHA is a not-for-profit association of health care provider organizations and individuals that are committed to the improvement of health in their communities. The AHA is the national advocate for its members, nearly 5,000 hospitals, health systems and other health care organizations, and 43,000 individuals. Founded in 1898, the AHA provides education for health care leaders and is a source of information on health care issues and trends. For more information visit the website at [www.aha.org](http://www.aha.org).

### **About Cheshire Medical Center**

Cheshire Medical Center/Dartmouth-Hitchcock Keene is a nonprofit community hospital and clinic with a mission to lead our community to become the nation’s healthiest through our clinical and service excellence, collaboration, and compassion for every patient, every time. Founded by CMC/D-HK, Healthy Monadnock (formerly Vision 2020) is a community-wide health initiative designed to actively engage the citizens of Cheshire County in the process of becoming the nation's healthiest community by 2020. To learn more, call 603-354-5400 or visit [www.cheshiremed.org](http://www.cheshiremed.org).

### **About Healthy Monadnock 2020**

Healthy Monadnock 2020, formerly named Vision 2020, is a community engagement initiative designed to foster and sustain a positive culture of health throughout Cheshire County and the Monadnock region. Founded and developed by the Cheshire Medical Center/Dartmouth-Hitchcock Keene in 2007, Healthy Monadnock 2020’s action plans are being guided in the community by the Healthiest Community Advisory Board, a group of 30 individuals representing schools, organizations, coalitions and businesses. Currently the City of Keene, the

**-more-**

## **Living the Vision Award/Page 4**

Keene School District and five area coalitions are implementing action strategies designed to improve quality of life and prevent the leading causes of death for everyone. Learn more at: [www.healthiestcommunity.org](http://www.healthiestcommunity.org).

###