

# SOCIAL

Community engagement along with other social aspects factor into your general health as well. This can include things that you have no control over such as any disabilities or even communication at home.

In 2015 there were approximately 21% of adolescents who had no adult they were able to talk to about serious problems.[1]

**No Wrong Door**-counseling for parents with teens among many other supports/counseling options (717)274-3415

In Dauphin and Schuylkill counties, more than 23% of adults report that they do not have enough social/emotional support. Lebanon county reports 19.1%-23% of adults are lacking the support they need.[2] Below are just a few social & emotional support recourses

**ARCH National Respite Network & Resource Center**-temporary care & resources for the ill, elderly or disabled whose caregivers are in crisis or in need of a break (919)490-5577

There are also many other specific support groups, you can use the below website to find ones near you:  
[www.psychologytoday.com/us/groups/pa/lebanon-county](http://www.psychologytoday.com/us/groups/pa/lebanon-county)

If you have the appropriate support but wish to help others there are many ways you can reach out and get involved in your community. The below website is just one of many that can assist you in finding the right opportunity for you.  
[www.volunteermatch.org](http://www.volunteermatch.org)

# EDUCATION

Education and literacy levels can affect your health as well. In 2007 a survey was completed in California that showed 83.9% of people who have less than a high school education had unhealthy behaviors where 42.2% of people with college degree had unhealthy behaviors.[6]

If you are looking for information on education for yourself or child the below can help.

**Pennsylvania Dept. of Human Services**  
(800)692-7462

**Community Education**  
[www.iu13.orgGED](http://www.iu13.orgGED)  
(717)450-1525

**Palmyra Public Library**  
(717)838-1347

**Anville Free Library**  
(717)867-1802



## RESOURCES

<https://www.wellspanphilhaven.org/Portals/0/Docs/No%20Wrong%20Door%20Resource%20to%20Services%202014.pdf?ver=2017-01-30-184144-780>

<https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources>

[1]"State-Level Data." Data Map | Healthy People 2020, [www.healthypeople.gov/2020/data/map/3945?year=2012-15](http://www.healthypeople.gov/2020/data/map/3945?year=2012-15).

[2]Community Commons, [assessment.communitycommons.org/CHNA/map.aspx?bbox=-9463866.3621%2C3920689.2672%2C-9342209.9661%2C4084338.2471&mapid=5451](http://assessment.communitycommons.org/CHNA/map.aspx?bbox=-9463866.3621%2C3920689.2672%2C-9342209.9661%2C4084338.2471&mapid=5451).

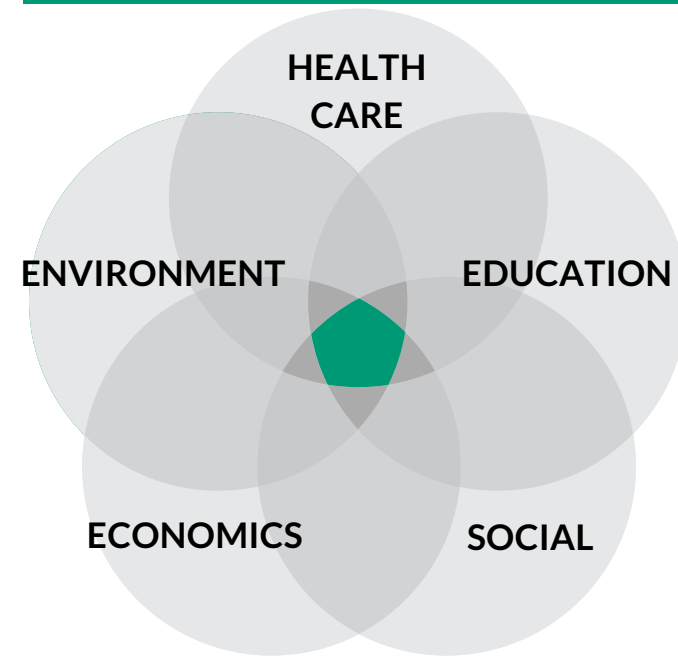
[3]Clarke TC, Norris T, Schiller JS. Early release of selected estimates based on data from 2016 National Health Interview Survey. National Center for Health Statistics. May 2017. Available from: <http://www.cdc.gov/nchs/nhis.htm>.

[4]Community Commons, [assessment.communitycommons.org/CHNA/map.aspx?bbox=-9463866.3621,3920689.2672,-9342209.9661,4084338.2471&mapid=17544](http://assessment.communitycommons.org/CHNA/map.aspx?bbox=-9463866.3621,3920689.2672,-9342209.9661,4084338.2471&mapid=17544)

[5]Community Commons, [maps.communitycommons.org/viewer/?action=open\\_map&id=43405](http://maps.communitycommons.org/viewer/?action=open_map&id=43405)

[6]Senterfitt, John Walton, et al. How Social and Economic Factors Affect Health. Los Angeles County of Department of Public Health, 2013. Available from [http://publichealth.lacounty.gov/epi/docs/SocialID\\_Final\\_Web.pdf](http://publichealth.lacounty.gov/epi/docs/SocialID_Final_Web.pdf)

# Health Starts at Home



[www.lvfm.org](http://www.lvfm.org)

1400 S. Forge Rd.  
Palmyra, PA 17078  
(717)838-1301

10484 Jonestown Rd.  
Anville, PA 17003  
(717)865-6647

# HEALTH CARE

Health care is a huge factor that affects your overall health. Everyone should have access to health care when needed.

In 2016 there were approximately 28.6 million people in America without health care coverage.[3] If you fall into this category, below are resources available to assist with obtaining the health care you need.

**Lebanon Volunteers In Medicine**-a Lebanon based non-profit health provider for qualifying individuals without insurance  
[www.vimleb.org](http://www.vimleb.org)  
(717)272-2252

**Pennsylvania Vaccines for Children Program**  
(888)646-6864

Even with health care you still may need more specialized help and support. The following are some resources that may be of use.

If you do not feel safe at home, call:

**Palmyra Police** (717)838-8189  
**Annville Police** (717)867-2711  
**Jonestown Police** (717)865-5067

Children:  
**Lebanon County Children & Youth Services**  
(717)228-4430

60+ years old:  
**Lebanon County Area Agency on Aging**  
(717)273-9262

If you feel depressed, overwhelmed, or unsafe, call day or night:

**Lebanon Valley Family Medicine**  
(717)838-1301  
**Dauphin County Crisis Intervention**  
(717)232-7511  
**Lebanon County Crisis Intervention**  
(717)274-3363  
**Schuylkill County Crisis Intervention**  
(570)621- 2890

# ENVIRONMENT

Your environment has a larger impact on your health than most realize. Your environment in this context is considered a location where you live and work, including your home. It is important to be in an environment that provides basic needs such as food, clothing, and shelter.

In 2015 there were multiple areas within Dauphin, Lebanon, and Schuylkill counties that reported that 50% or more of their low income populations had limited access to food.[4]

If you are in need of food or assistance purchasing food you can contact:

**WIC**-for pregnant women, infants, & children under 5  
[www.pawic.com](http://www.pawic.com)  
(800)942-9467

**The Caring Cupboard**  
[www.caringcupboard.org](http://www.caringcupboard.org)  
(717)838-9493

**Lebanon County Christian Ministries**  
(717)272-4400

**JOY-Jonestown Outreach Pantry**  
[www.joypantry.com](http://www.joypantry.com)  
(717)269-6186

You may also contact your counties assistance office to see if you are eligible for any benefits through the state that include, assistance with heating costs, food stamps, health insurance and more.

**Welfare Helpline**  
[www.compass.state.pa.us/compass.web/Public/CMPHome](http://www.compass.state.pa.us/compass.web/Public/CMPHome)  
(800)-692-7462

**Lebanon County Assistance Office**  
(717)270-3600

# ECONOMICS

The economic factors that affect your overall health are very similar to the environmental factors but are measured by their quality, not just your access to them. Even employment status can play a big role as an economic factor that affect your health.

In our area 8% or less of our population unemployed.[5] If you are having trouble finding employment there are resources available to you.

**Pennsylvania CareerLink**  
[www.pacareerlink.pa.gov](http://www.pacareerlink.pa.gov)  
(717)274-2554

If you have concerns regarding your housing situation you can contact:

**Lebanon County Housing & Redevelopment Authority**  
(717)273-1639

If you're having trouble affording your medications, there may be pharmaceutical discount cards available to you here in the office. If no discount card is available you may contact:

**Lebanon County Area Agency on Aging**  
[www.lebcounty.org/depts/AAA](http://www.lebcounty.org/depts/AAA)  
(717)273-9262

**Needy Meds**  
[www.NeedyMeds.org](http://www.NeedyMeds.org)  
(800)503-6897

