

SAN BERNARDINO COUNTY

# Our Community Vital Signs

## Upstream Approaches for Addressing Health Priorities

*November 2013*

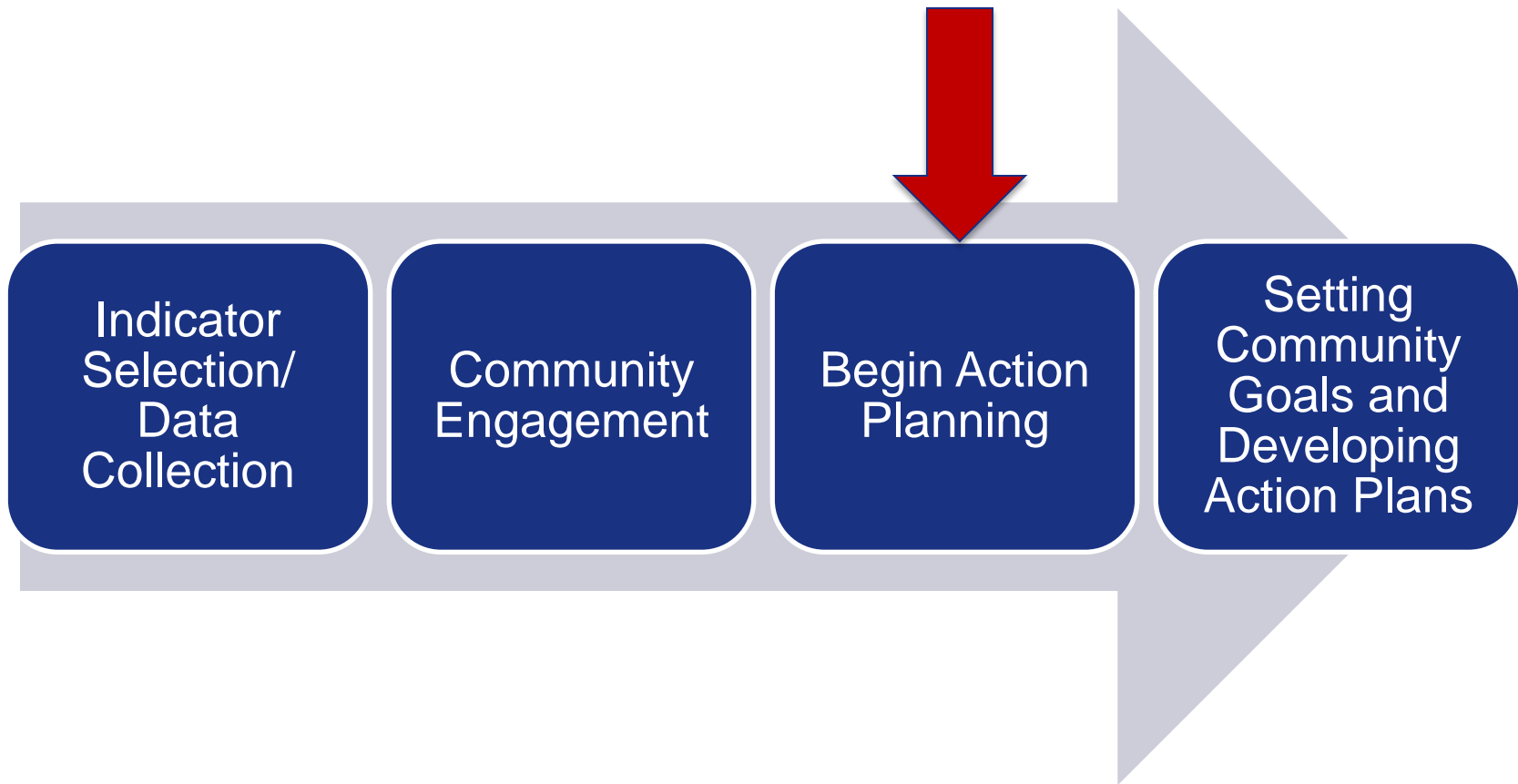


# Agenda

- Community Improvement Process
- Community Engagement Overview
- Priority Indicators
  - » What did the community say
  - » Why they matter when addressing health
- County Health Rankings Model
  - » What determines health

# Community Vital Signs

## Community Improvement Process





# Community Engagement Overview

# Purpose and Goals

- Increase communication and alignment
- Utilize existing networks
- Employ a participatory method



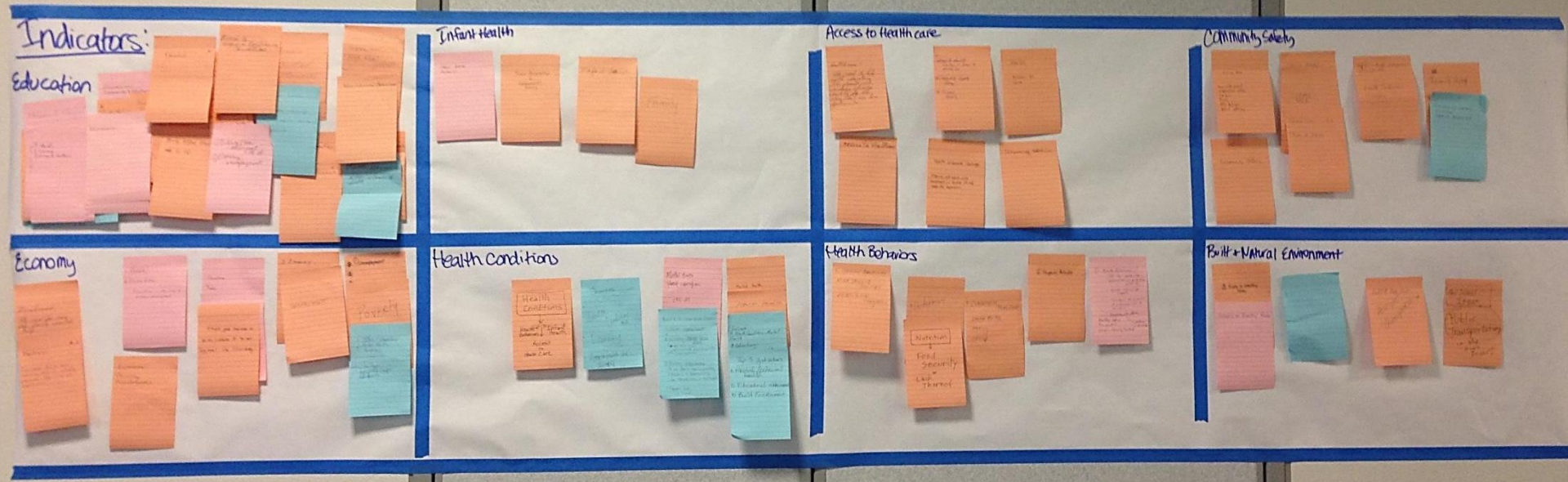
# Approach

- Informational Session
  - » Presented data specific to each community or population
- Input Session
  - » Data Discussion
  - » Indicator Prioritization
  - » Resource identification



# Summary

- Provided a venue for interaction amongst a varied group of stakeholders
- Provided a venue to highlight the inter-relatedness of all elements and sector
- Provided focus for our efforts
- Provided focus for alignment of strategies and resources










# Discussion about Priority Indicators



# Priority Indicators

- Indicator Prioritization Ranking: Top Indicators with the Greatest Number of Votes

Indicator(s)	
	<b>Education</b> <i>(overall, educational attainment, high school graduation)</i>
	<b>Economy</b> <i>(overall, poverty, unemployment, economic development)</i>
	<b>Access to Health Care</b> <i>(overall, insurance, professionals, physicians, delays in care)</i>
	<b>Mental Health</b>
	<b>Nutrition/Access to Healthy Food</b>
	<b>Community Safety</b> <i>(overall, crime)</i>
	<b>Safety at School</b>



# Education

# Education

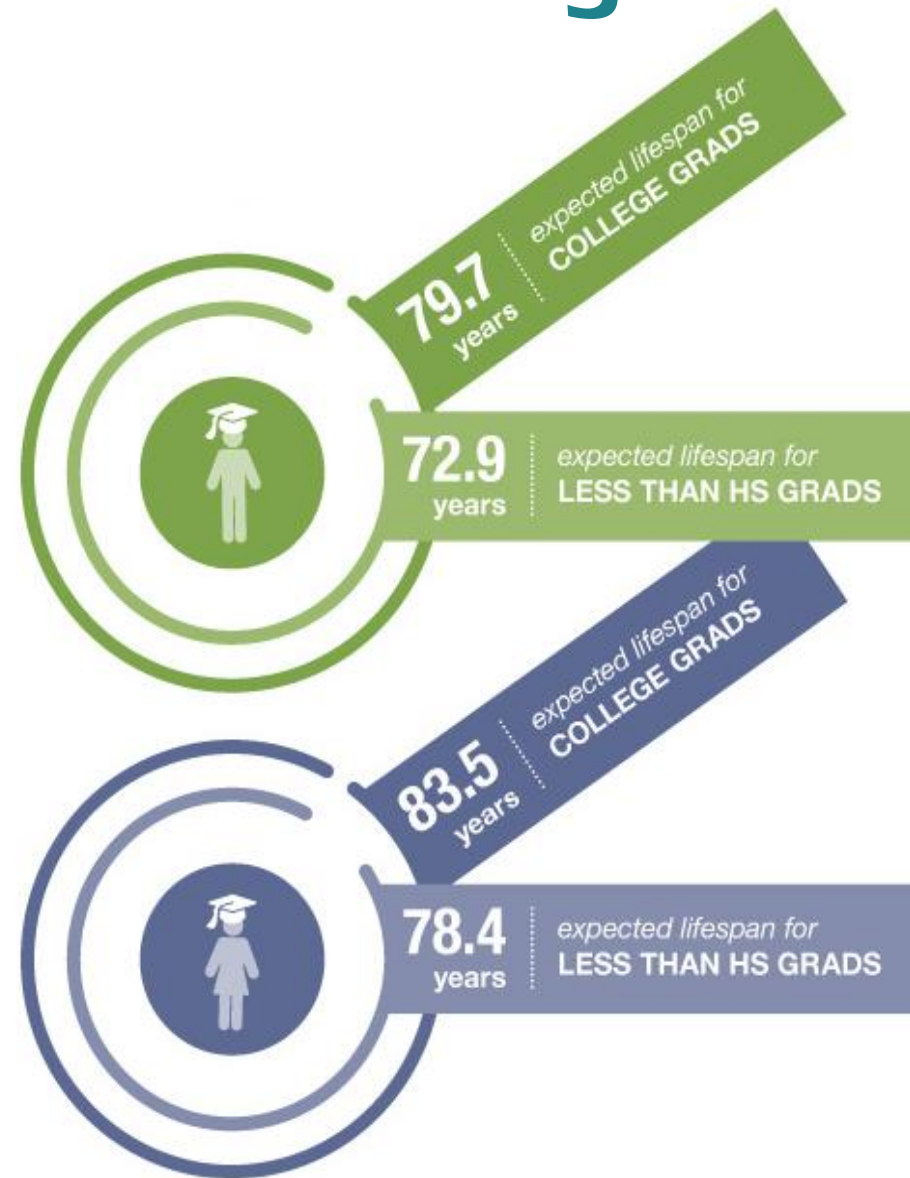


## Top Stories Behind the Data:

- » Lack of resources for families
- » Lack of parent engagement and parent education
- » Lack of knowledge of computers
- » Lack of school safety
- » We need resources for early learning

# Better Education = Live Longer

- College graduates can expect to live at least **5 years longer** than individuals who have not finished high school
- Education leads to **better jobs and income** – but also to longer, healthier lives.



SOURCES: "Exploring the Social Determinants of Health: Education and Health" created through the Robert Wood Johnson Foundation Commission to Build a Healthier America, April 2011; and "Healthier Students Are Better Learners: A Missing Link in School Reforms to Close the Achievement Gap" from the Campaign for Educational Equality, March 2010



# Economy

# Economy



## Top Stories Behind the Data:

- » There is a culture of poverty
- » Poverty exists due to low education
- » Unemployment is due to closure of big employers
- » There is a lack of jobs that pay good wages
- » We need to attract businesses in lower income cities

# Stable Jobs = Healthier Lives

For most Americans, employment is the sole or primary source of income, which enables individuals to provide their families with<sup>2</sup>:



**Nutritious  
Foods**



**Quality  
Childcare**



**Educational  
Opportunities**



**Healthier Homes  
& Neighborhoods**

SOURCES: <sup>2</sup> Work Matters for Health 2008, Robert Wood Johnson Foundation Commission to Build a Healthier America



# Access to Health Care



# Access to Health Care



## Top Stories Behind the Data:

- » There is a lack of education about health insurance
- » Delays in access to health care are due to fear, stigma, and language barriers
- » Some communities of color are not getting health care due to a lack of money and a lack of knowledge about free or lower cost health care
- » This is especially a rural problem
- » There are not enough doctors

# A PRIMARY CARE CRISIS

**60 million  
Americans**

lack adequate access to primary care.



That's more than the populations of  
New York, Ohio, North Carolina,  
and Florida **combined**.



**1 in 5**

sick people visit the ER  
for care they could have  
received from a primary  
care provider.



**Only 30%**  
of America's doctors  
practice primary care.

Source: <http://theprimarycareproject.org/get-the-facts/>



# Mental Health

# Mental Health



## Top Stories Behind the Data:

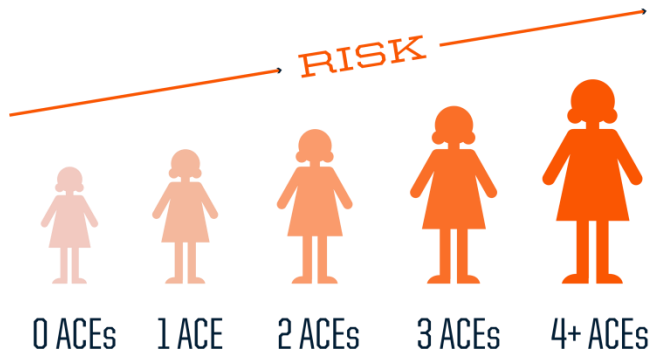
- » People are unable to get services
- » Bullying, poor mental health, and poor physical exercise
- » There are cultural/language barriers, and stigma
- » Low mental health for girls is due to media images of perfection
- » Boys may underreport their mental health

# Possible Risk Factors Related to ACEs

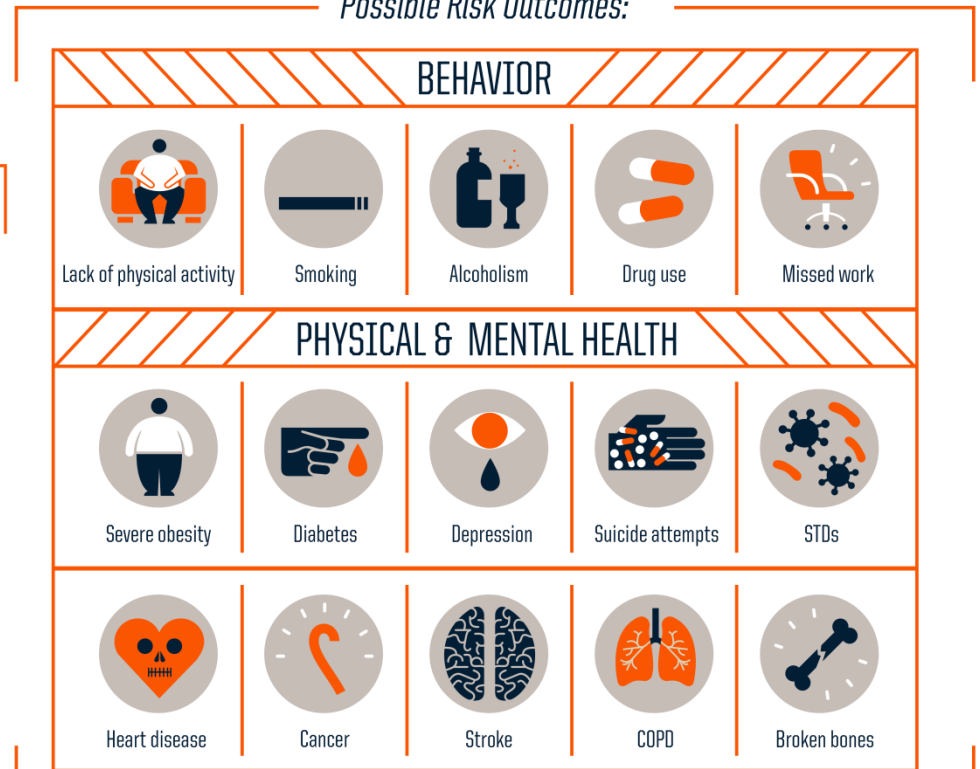
The three types of Adverse Childhood Experiences (ACEs) include:

1. Abuse
2. Neglect
3. Household Dysfunction

*As the number of ACEs increases, so does the risk for negative health outcomes*



*Possible Risk Outcomes:*



\*Source: <http://www.cdc.gov/ace/prevalence.htm>



# Nutrition/Access to Healthy Foods

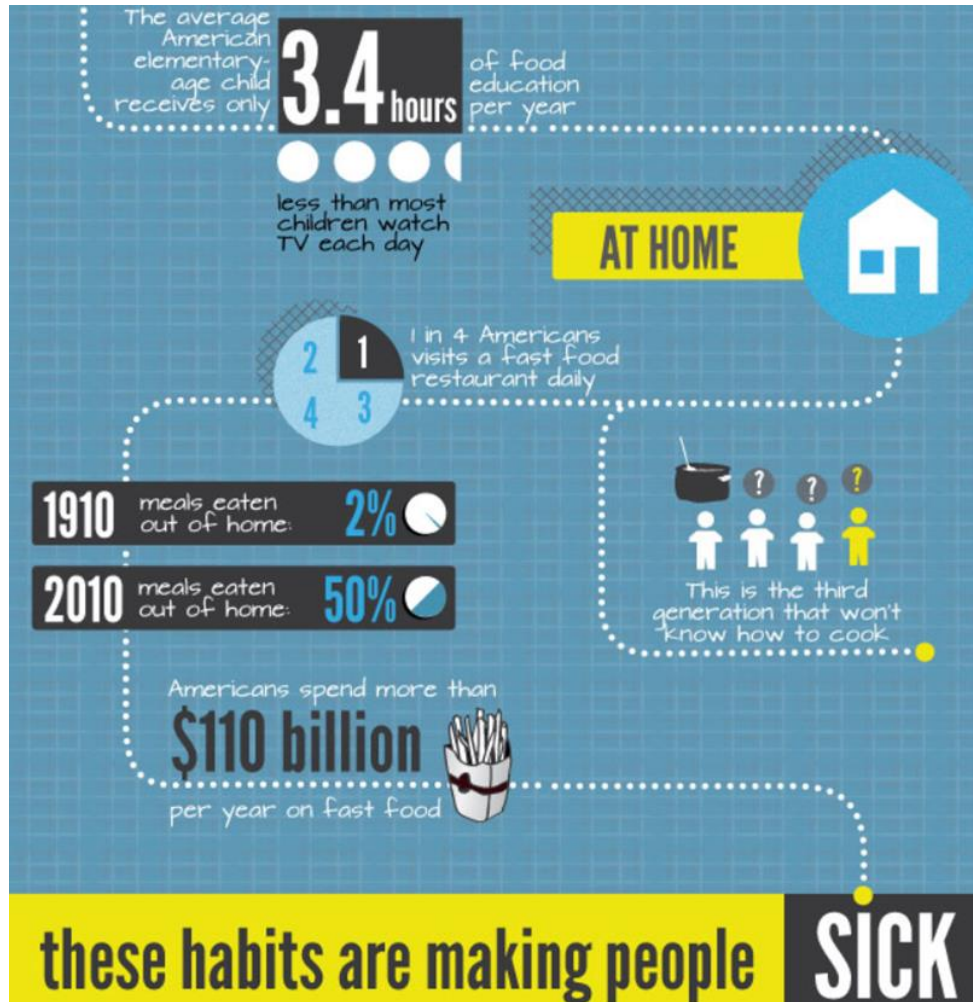
# Nutrition/Access to Healthy Food



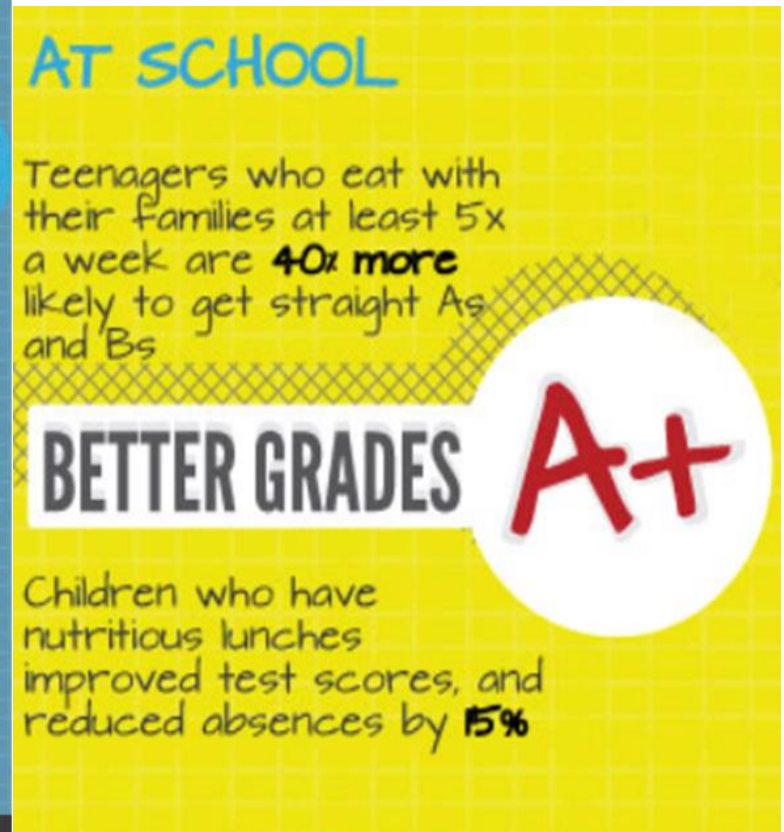
## Top Stories Behind the Data:

- » There are lifestyle and cultural issues around people's food choices
- » There is a lack of knowledge about fruits and vegetables
- » People are eating fast food because there is no time to make healthy food
- » There is lack of grocery stores
- » There is lots of tourist travel, and easy freeway access to fast food
- » We need healthy media messages

# Nutritious Food = Healthy Life



Source: Foodrevolutionday.com







# Community Safety

# Community Safety



## Top Stories Behind the Data:

- » The crime rate is due to the economy
- » AB109 releases have led to a spike in crime, especially in areas with jails
- » Remote areas are difficult to access; therefore, the crime rate is low in remote areas

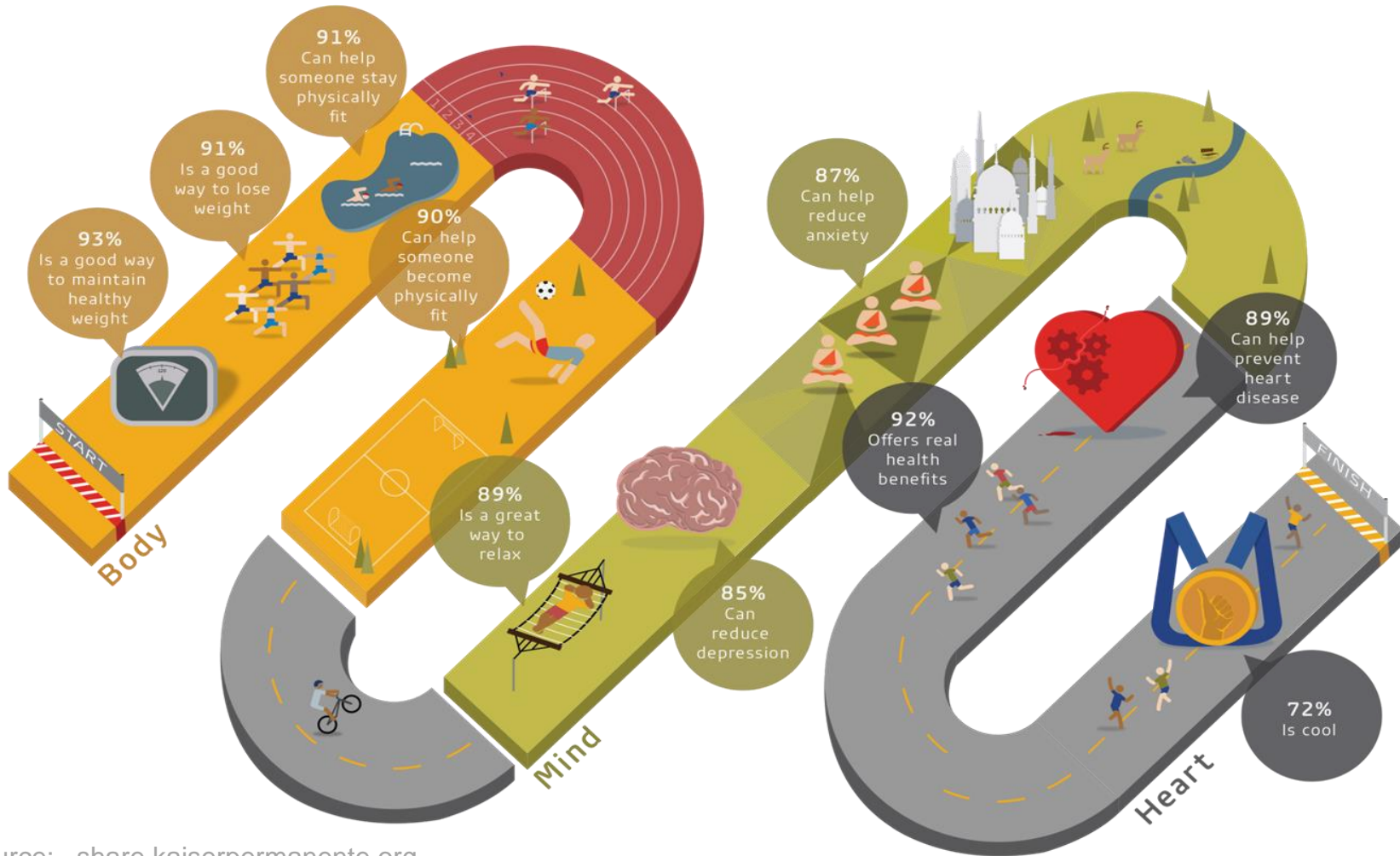


# Community Safety and its affects on physical and mental health

- » Many studies have linked the amount an individual walks with actual or perceived safety, where safety includes freedom from crime and freedom from pedestrian safety
- » Fear of crime limits mobility or physical activity in neighborhoods and inhibits social interactions

# WALKING...

POLL AMONG AMERICANS



Source: [share.kaiserpermanente.org](http://share.kaiserpermanente.org)



# School Safety

# School Safety



## Top Stories Behind the Data:

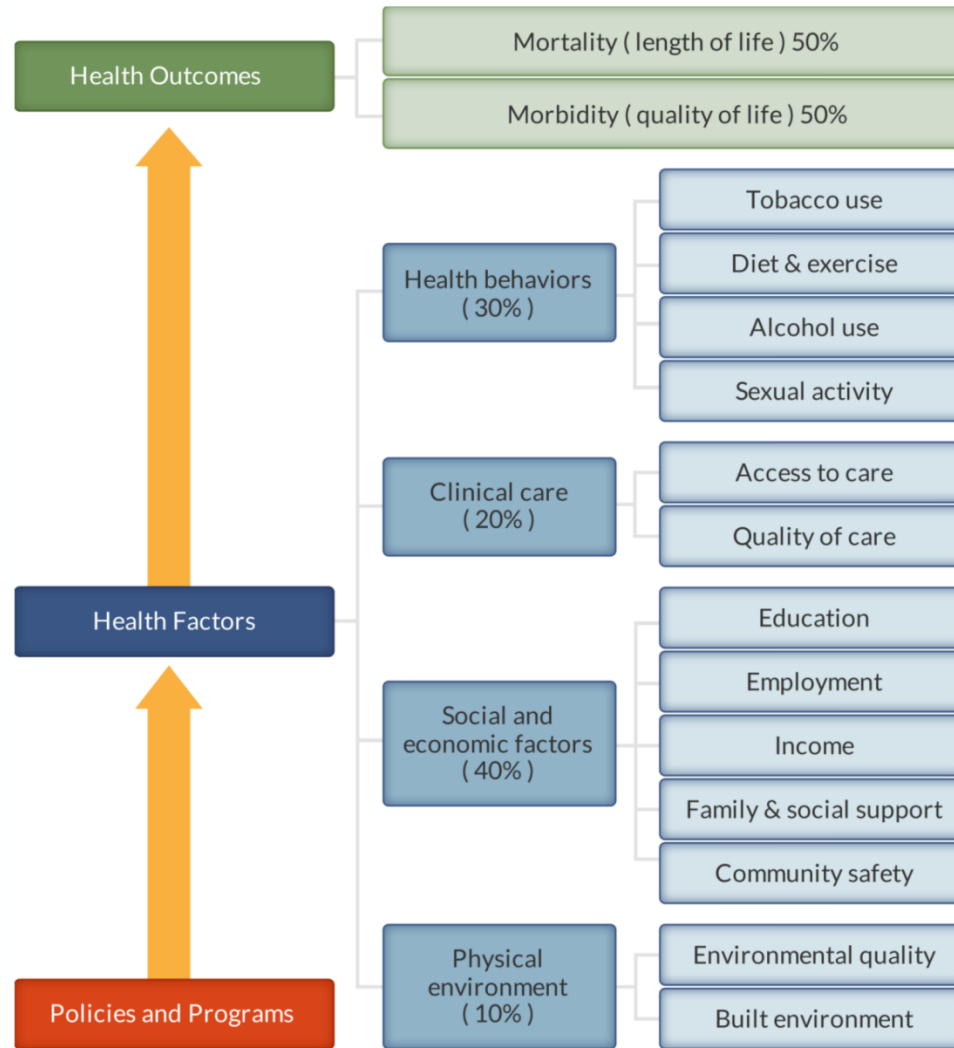
- » Safety at school is impacted by the role of the media
- » Schools are being more pro-active to make the school be a safe place
- » Safety at school has to do with bullying
- » Children in middle school feel less safe than children in high school because cliques begin to form in middle school

# School Bullying Outcomes



Source: [www.cdc.gov/ViolencePrevention/pdf/Bullying\\_Factsheet](http://www.cdc.gov/ViolencePrevention/pdf/Bullying_Factsheet)

# County Health Rankings Model



County Health Rankings model ©2012 UWPHI





# Health Outcomes

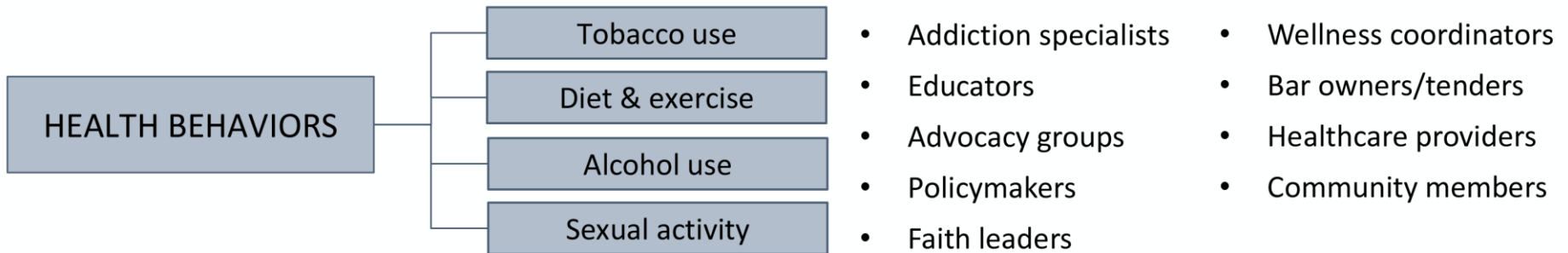


County Health Rankings model ©2012 UWPHI

# Health Factors

# Health Behaviors = 30%

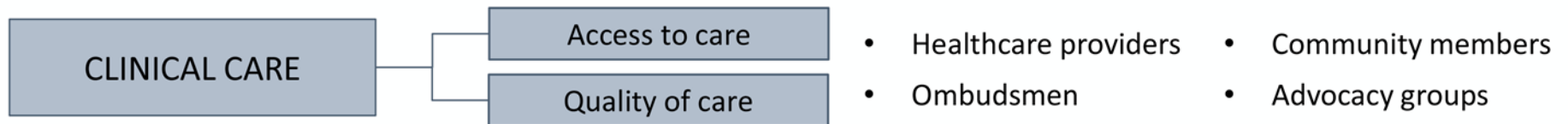
## Partnerships



# Health Factors

# Clinical Care = 20%

## Partnerships



# Health Factors

# Social & Economic = 40%

## Partnerships



# Health Factors

# Physical Environment = 10%

## Partnerships

PHYSICAL  
ENVIRONMENT

Environmental quality

Built environment

- Planning/zoning
- Community members
- Transportation
- Foresters

# Policies and Programs

## Key Activities

- » Explore effective policies and programs
- » Consider available resources / local constraints / general readiness from the community
- » Consider whether potential policies or programs need to be adapted to fit your community
- » Review and select policies and programs that effectively address the priority areas

# Next Steps

- **Action:**
  - » A Community Health Improvement Plan with shared goals and benchmarks
    - “What will success look like”
- **Alignment:**
  - » Of strategies, resources and programs to meet the shared goals
    - “What do we have, and what do we need to get there”
- **Evaluation:**
  - » Regularly review the data, update the report, and support sustained work on the community goals