

HEALTHY WORKS

COMMUNITY TRANSFORMATION GRANT SUMMARY

County of San Diego, Health and Human Service Agency

Background: In October 2011, the County of San Diego, Health and Human Services Agency (HHSa), through the leadership of Public Health Services, was one of 35 communities nationwide—and one of 10 communities in California—to receive a Community Transformation Grant (CTG) implementation award from the Centers for Disease Control and Prevention. CTG funds are authorized under the Patient Protection and Affordable Care Act of 2010 to help communities implement projects proven to reduce chronic diseases—such as heart disease, stroke, and diabetes—by promoting healthy lifestyles and communities, especially among population groups experiencing the greatest burden of chronic disease.

San Diego’s Community Transformation Plan

CTG Strategic Direction & Goal

Tobacco-Free Living *



- Prevent & Reduce Tobacco Use

Active Living & Healthy Eating *



- Prevent/Reduce Obesity
- Increase Physical Activity and Improve Nutrition

Increase Use of Clinical and Community Preventive Services *



- Increase Control of High Blood Pressure & High Cholesterol*
- Increase Access & Demand for High Impact Preventive Services

Social & Emotional Wellness



- Increase Child and Adolescent Health and Wellness

Healthy & Safe Physical Environment



- Increase Bicycling & Walking for Transportation & Pleasure
- Improve Community Environments to Support Health

Community Communications



- Increase Public Awareness

* CDC-required activity

Community Transformation Grant

The goal of the Community Transformation Grant (CTG) is to improve population health, reduce health disparities, and lower health care costs by A) building local capacity to implement broad evidence and practice-based policy, environmental, programmatic and infrastructure changes in counties, states, tribes and territories; and B) supporting implementation of interventions in five strategic areas aligning with Healthy People 2020 focus areas, and achieving demonstrated progress in the following five performance measures:

- 1) Changes in weight;
- 2) Changes in proper nutrition;
- 3) Changes in physical activity;
- 4) Changes in tobacco use prevalence; and
- 5) Changes in emotional well being and overall mental health, as well as other program-specific measures.

The County of San Diego, HHSa is implementing the CTG award as a Healthy Works project under *Live Well San Diego*, aligned with the 3-4-50 principle, to produce improvements in risk behaviors (i.e., tobacco use, poor diet, physical inactivity) and risk factors (i.e., high blood pressure, high cholesterol, high glucose, increased weight) that contribute to chronic diseases.

Tobacco Free Living* Interventions	Community Transformation Activities	Implementation
1.-Procurement Policies	<ul style="list-style-type: none"> • Increase the number of people with access to tobacco-free or smoke-free environments. 	Internal
2.,3.-Smoke-free Multi-Unit Housing	<ul style="list-style-type: none"> • Reduce individuals' exposure to secondhand smoke in the market-rate and low income/affordable housing multi-unit housing settings. 	SAY San Diego \$200,000 annually

Active Living & Healthy Eating* Interventions	Community Transformation Activities	Implementation
4.-Farm-to-Institution 5.-Urban/Rural Agriculture Planning Policies	<ul style="list-style-type: none"> • Implement farm-to-institution programs. • Increase access to healthy food through zoning, policy, and/or ordinance changes. 	International Rescue Committee \$280,000 annually
6.,7.-Improving the Nutritional Quality of School Meals	<ul style="list-style-type: none"> • Improve nutritional quality of school food, including sodium reduction and increased access to fruits and vegetables. 	San Diego Unified \$150,000 annually
8.,9.-Worksite Breastfeeding / Lactation Policy	<ul style="list-style-type: none"> • Establish worksite breastfeeding policies at businesses, hospitals and schools. 	Internal/Leveraging funding from First 5 Contractor: UCSD
10.-Moderate to Vigorous Physical Activity 11.-Physical Activity at School	<ul style="list-style-type: none"> • Increase moderate to vigorous physical activity during physical education classes. • Improve opportunities for youth to engage in physical activity during the school day. 	Chula Vista Elementary \$150,000 annually
12.-Regional Safe Routes to School (SRTS) Strategic Plan Implementation	<ul style="list-style-type: none"> • Implement the Regional Safe Routes to School strategic plan. 	SANDAG \$100,000 annually
13.-Public Health & Wellness Policies for Regional Land Use & Transportation Planning 14.-Regional Monitoring & Evaluation for Physical Activity & Public Health	<ul style="list-style-type: none"> • Develop public health and wellness policy framework and performance metrics for the next Regional Plan. • Develop a regional monitoring and evaluation program for active transportation and health outcome data. 	SANDAG \$200,000 annually

Increase Use of Clinical & Community Preventive Services* Interventions	Community Transformation Activities	Implementation
15.,16.-Worksite Wellness	<ul style="list-style-type: none"> • Work with employers to implement summary plan description language from the <i>Purchaser's Guide to Clinical Preventive Services</i> into their health plan packages. • Enhance Worksite Wellness policies and programs. 	UCSD \$80,000 annually
17.,18.,19.-Increase Appropriate Clinical Care of Blood Pressure & Cholesterol Levels *	<ul style="list-style-type: none"> • Increase the number of healthcare provider networks that have electronic linkages to report patient-level health data. • Increase the percentage of primary care settings that report healthcare effectiveness data to improve the quality of patient care. 	San Diego Right Care UCSD \$150,000 annually

Social & Emotional Wellness Interventions	Community Transformation Activities	Implementation
20.-Home Visitation	<ul style="list-style-type: none"> • Implement evidence-based practices and tools that support effective parenting practices. 	Internal

Healthy & Safe Physical Environment Interventions	Community Transformation Activities	Implementation
21.-Complete Streets Policy & Implementation	<ul style="list-style-type: none"> • Provide technical assistance to jurisdictions to institutionalize the implementation of the California Complete Streets Act of 2008 in local circulation elements and transportation plans. 	SANDAG \$100,000 annually
22.-Health Benefits & Impacts Analysis (HIA) Program	<ul style="list-style-type: none"> • Provide technical assistance to jurisdictions to institutionalize a process for assessing health impacts of proposed transportation plans and projects. 	SANDAG \$100,000 annually

CTG Communications Interventions	Community Transformation Activities	Implementation
23.,24.-Strategic Communications	<ul style="list-style-type: none"> • Create a comprehensive plan to ensure that all Strategic Directions are included in communication efforts to the public. • Implement plan through multiple communication channels. 	Internal/AdEase