

# Healthy Works Accomplishments

*March 2010 – March 2012*



## Healthy Places

- Health Policy Framework incorporated health considerations into regional planning
- Healthy Communities grants improved active living, access to healthy food
- Safe Routes to School grants supported the development of the Regional Safe Routes to School Strategic Plan
- Walk Ride and Roll to School campaign resulted in thousands of kids bicycling and walking



## Healthy Foods

- Fresh Fund program far exceeded enrollment goal
- Regional Garden Education Centers provided free classes to hundreds
- Lactation accommodation policy adopted by State School Boards Association
- People's Produce farmers market and community garden opened in Southeast San Diego



## Healthy Schools

- School wellness policies implemented in six districts
- Healthy School Breakfast, Summer Meal participation numbers soared
- Partnership between local growers and school district created system-wide procurement change



## Other Significant Events

- Media Campaign reached hundreds of thousands
- Resident Leadership Academy launched 13 community improvement projects
- BMI Surveillance gathered data



## Community Transformation Grants (CTG)

**To create healthier communities and halt the spiraling health care costs of preventable chronic diseases**

- Funding authorized by Prevention and Public Health Fund of Affordable Care Act of 2010
- Grants awarded to 61 states and communities serving approximately 120 million Americans
  - 29 large counties, 24 states, 7 tribes, and 1 territory
- Total of approximately \$103 million distributed in 5-year grants
- SD County only one of 13 CPPW recipients to receive an award



## Guiding Principles

**Goal is to help improve population health, reduce health disparities, and lower health care costs**

- Three guiding principles behind the Community Transformation Grant (CTG):
  - Maximize health impact through prevention
  - Advance health equity and reduce health disparities
  - Expand the evidence base for local policy, environmental, and infrastructure changes that impact health



## Strategic Directions

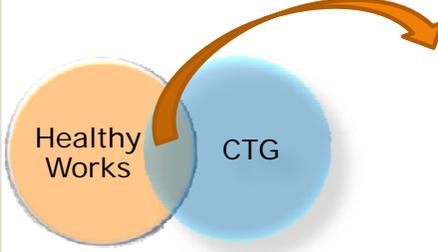
1. **Tobacco-free Living\***
2. **Active Living and Healthy Eating\***
3. **Clinical Preventive Services\***
4. **Social and Emotional Wellness**
5. **Healthy and Safe Physical Environments**



\* = required by CDC

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## Sustainability for CPPW



- Healthy Food Systems
- Workplace Breastfeeding/Lactation Policy
- Farm-to-Institution
- Urban/Rural Agriculture Planning Policies

} Healthy Foods

- Improving School Meals
- Moderate-to-Vigorous Physical Activity
- Physical Activity at School
- Implement Regional Safe Routes to School Strategic Plan

} Healthy Schools

- Healthy and Active Design Guidelines and Standards
- Public Health & Wellness Policies for Regional Land Use and Transportation Planning
- Regional Monitoring & Evaluation for Physical Activity & Public Health
- Complete Streets Policy & Implementation
- Health Benefits & Impact Analysis Program

} Healthy Places



## CTIP Interventions Contracts/Sole Source

### Strategic Direction 1: Tobacco-free Living

Intervention	Status	Annual Amount	Reach	Expected Outcome
1.1. Smoke-free Multi-Unit Housing	<ul style="list-style-type: none"> <li>• RFP posted on BuyNet 8/14/12</li> <li>• Proposal deadline 9/17/12</li> </ul>	RFP: \$200,000	Housing Properties	Protect people from second-hand smoke exposure



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## Strategic Direction 2: Active Living & Healthy Eating

Intervention	Status	Annual amount	Reach	Expected Outcome
2.1. Farm to Institution 2.2. Urban/Rural Agriculture	Tentative posting to BuyNet fall 2012	RFP: \$300,000	Institutions	Increase accessibility to locally produced foods
2.3. School meals	Contract executed September 2012	SDUSD: \$150,000	School District	Increase fruits and vegetables Decrease sodium content
2.4. MVPA in P.E. 2.5. PA in school	Tentative approval late fall 2012	CVESD: \$150,000	School District	Increase and institutionalize school PA opportunities



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## Strategic Direction 2: Active Living & Healthy Eating

Intervention	Status	Annual amount	Reach	Expected Outcome
2.6. Regional SRTS planning	Contract executed 7 /1/12	SANDAG \$100,000	Jurisdictions	Increase opportunities for PA in communities/workplaces
2.7. Public Health and Wellness planning 2.8. Regional Monitoring for PA & Public Health	Contract executed 7/1/12	SANDAG \$200,000	Countywide	Increase access to PA and healthy foods Increase active transportation



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### Strategic Directions 3: Clinical and Community Preventive Services

Intervention	Status	Annual Amount	Reach	Expected Outcome
3.1. Blood Pressure and Cholesterol Levels	Tentative posting to BuyNet fall 2012	RFP: \$200,000	Employees	Improve access to and coverage of clinical preventive services
3.2. Worksite Wellness	Tentative posting to BuyNet fall 2012	RFP: \$80,000	Employees	Improve employee health and decrease employee costs



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### Strategic Direction 5: Healthy and Safe Physical Environment

Intervention	Status	Annual amount	Reach	Expected Outcome
5.1. Complete Streets	Contract executed 7/1/12	SANDAG \$100,000	Jurisdictions	Develop/ implement Complete Streets projects
5.2. Health Benefits & Impacts Analysis	Contract executed 7/1/12	SANDAG \$100,000	Jurisdictions	Assess health impacts of proposed transportation plans



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## CTIP Interventions: Internal

### Strategic Direction 1: Tobacco Free Living

Intervention	Reach	Expected Outcome
1.1 Smoke-free worksite policies	Worksites	Protect people from second-hand smoke
1.2 Procurement policies	Contracts	Protect people from second-hand smoke



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## CTIP Interventions Internal

### Strategic Direction 2: Active Living & Healthy Eating

Intervention	Reach	Expected Outcome
2.1 Worksite Breastfeeding/Lactation policy	Worksites/ Hospitals	Implement policies to support breastfeeding

### Strategic Direction 4: Social and Emotional Wellness

4.1 Home visitation	Clients	Provide education on nutrition, physical activity, and tobacco use
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## CTIP Interventions Internal

### CTG Communications

Intervention	Reach	Expected Outcome
Strategic Communications	Public/Partners	Increase awareness about needs and CTG efforts



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## Additional activities

### Evaluation Plan

- Goal: Conduct outcome-focused evaluations to fill critical gaps in the evidence base.
- Strategies to be evaluated include:
  - Tobacco-free living: *Increase smoke-free multi-unit housing*
  - Active Living and Healthy Eating: *Improve school nutrition*
  - Clinical and Community Preventive Services: *Workforce wellness*
- Non-contracted services

## ***Live Well, San Diego!***

### **Vision**

A County that is Healthy, Safe, and Thriving

- Building a Better System
- Supporting Healthy Choices
- Pursuing Policy and Environmental Changes
- Improving the Culture from Within

