



County of San Diego
Health and Human Services Agency

LIVE WELL SAN DIEGO IN ACTION

BEHAVIORAL HEALTH ADVISORY BOARD

Dale Fleming, Director, Office of Strategy and Innovation

December 6, 2018





UNIQUE HEALTH CARE SYSTEM



LIVE WELL
SAN DIEGO

Integrated Health & Human Services Network

5 Integrated Hospital Delivery Systems

21 Hospitals:

- 18 Civilian
- 3 Military

2 Community Clinic Networks:

- Over 150 clinic sites



KAISER PERMANENTE



Scripps



FAMILY HEALTH CENTERS
OF SAN DIEGO



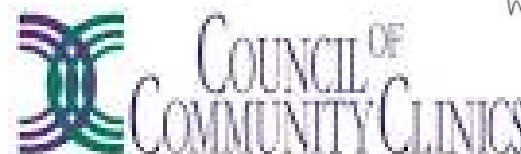
VA San Diego
HEALTHCARE SYSTEM



We're her



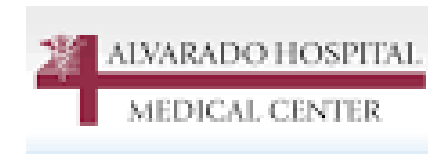
San Diego's Health Care Leader ..



Tri-City Medical Center



HEALTH CENTER PARTNERS
of Southern California



PALOMAR
HEALTH
SPECIALIZING IN YOU

WE KNOW...



LIVE WELL
SAN DIEGO

THAT THREE NUMBERS AFFECT US ALL:



1 World Health Organization (WHO). "The Global Strategy on Diet, Physical Activity and Health."
http://www.who.int/dietphysicalactivity/media/en/gsf_general.pdf (Accessed September 22, 2011).
2 3Four50, www.3four50.com (Accessed September 22, 2011).



LIVE WELL
SAN DIEGO

Building
Better
Health

Living
Safely

Thriving

BUILDING BETTER HEALTH



LIVE WELL
SAN DIEGO

Approved
July 2010



Access to quality care



Increased physical activity



Healthy eating



Stop tobacco use

LIVING SAFELY



LIVE WELL
SAN DIEGO

Approved
October
2012



Residents are ***protected***
from crime and abuse



Neighborhoods are ***safe***
to live, work and play



Communities are ***resilient***
to disaster and emergencies



Approved
October
2014



Built and Natural Environment

- Transportation
- Built Environment & Neighborhoods
- Natural Environment
- Housing



Enrichment

- Civic Life
- Community Activities



Prosperity, Economy & Education

- Workforce/Education
- Economic Development



STRATEGIC ALIGNMENT



LIVE WELL
SAN DIEGO



ALIGNING STRATEGIES ACROSS ALL SECTORS



FG3

COUNTY OF SAN DIEGO



HHSA





TACKLING COMPLEX PROBLEMS THROUGH

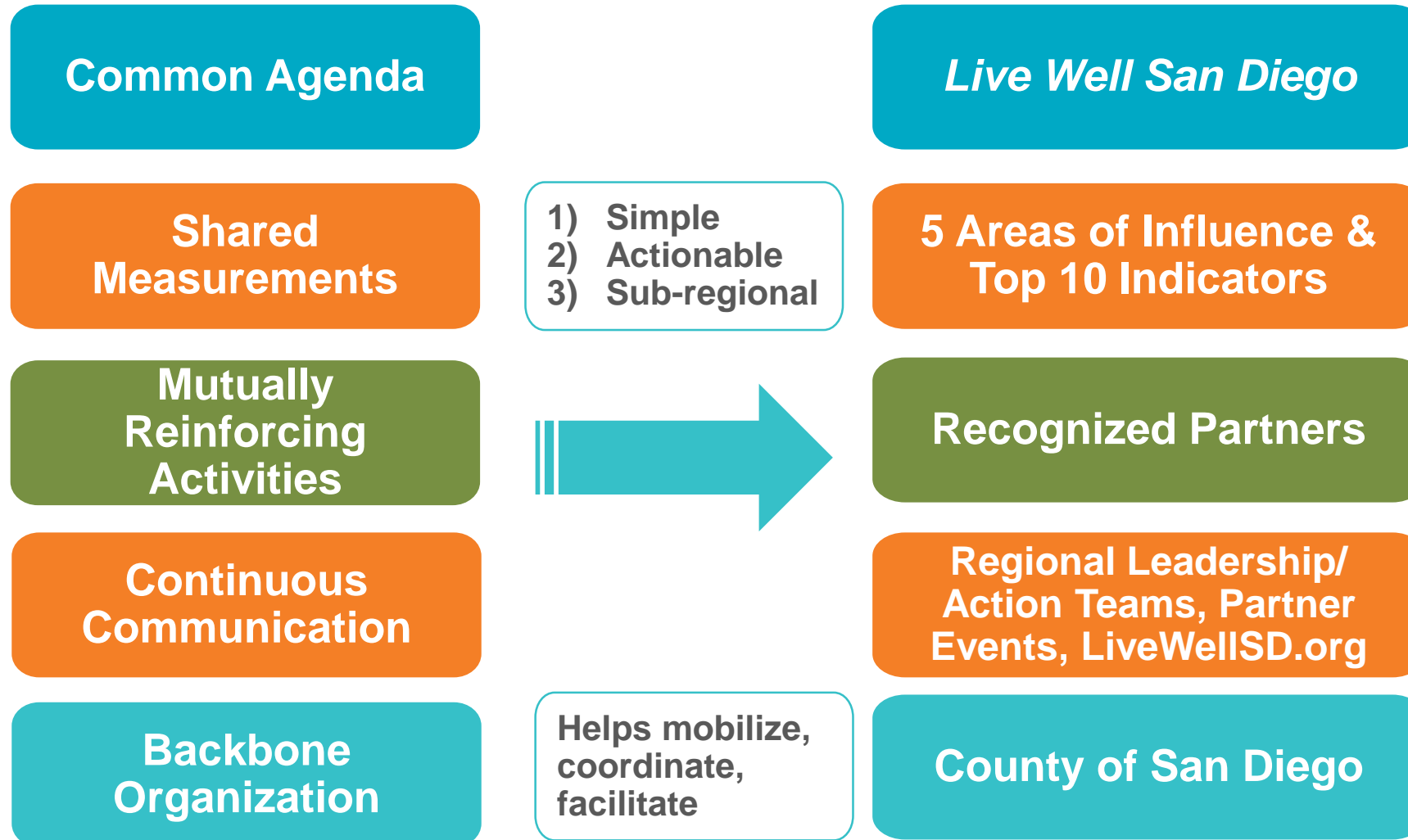
COLLECTIVE IMPACT



5 CONDITIONS OF COLLECTIVE IMPACT



LIVE WELL
SAN DIEGO



INTEGRATION ACROSS INITIATIVES & SECTORS



LIVE WELL
SAN DIEGO



MEASURING RESULTS



LIVE WELL
SAN DIEGO

Areas of Influence		Definition	Top 10 Indicators
	HEALTH	Enjoying good health and expecting to live a full life	Life Expectancy Quality of Life
	KNOWLEDGE	Learning throughout the lifespan	Education
	STANDARD OF LIVING	Having enough resources for a quality life	Unemployment Rate Income - Housing
	COMMUNITY	Living in a clean and safe neighborhood	Security Physical Environment Built Environment
	SOCIAL	Helping each other to live well	Vulnerable Populations Community Involvement



LIVE WELL SAN DIEGO PARTNERS

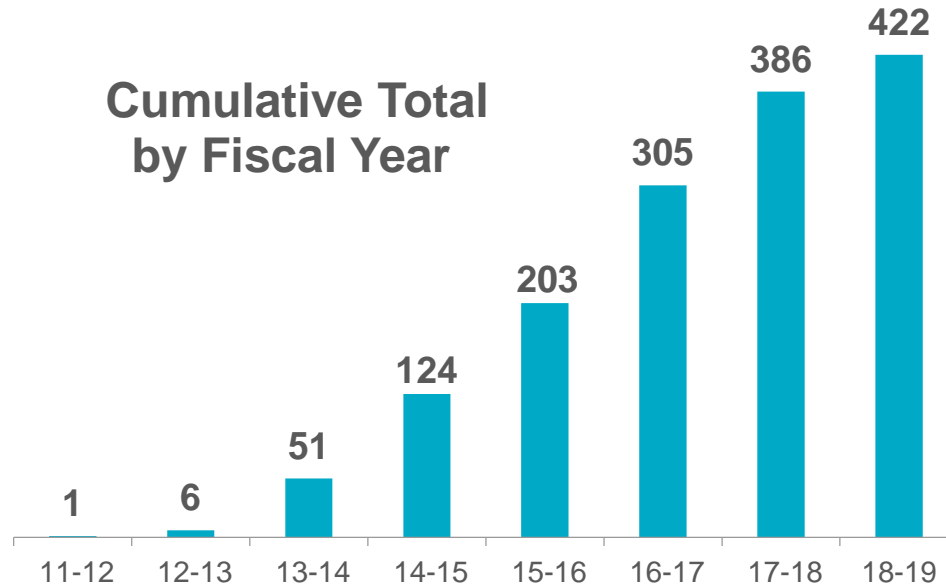


RECOGNIZED PARTNERS



LIVE WELL
SAN DIEGO

Cumulative Total
by Fiscal Year

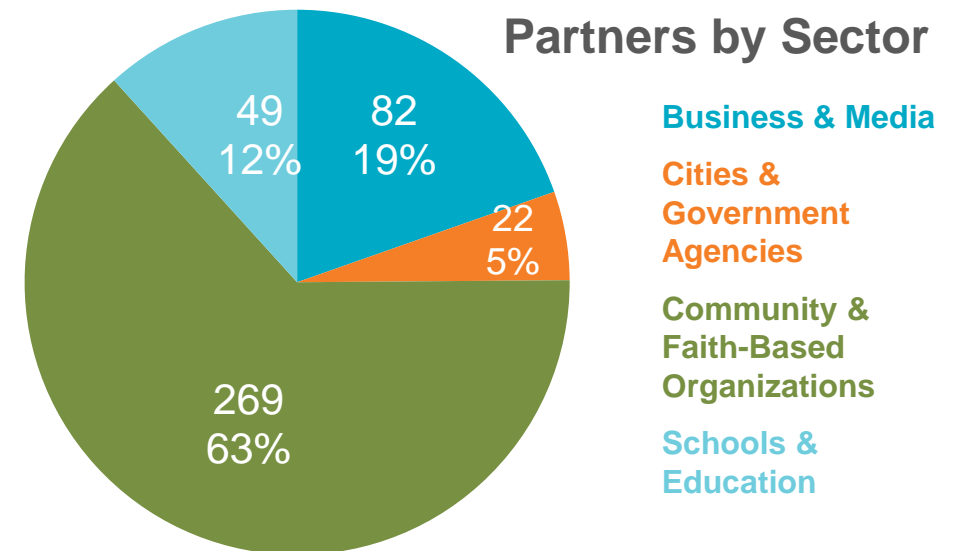


15 Cities and Unincorporated- over 3 million Residents

37 School Districts - over 457,000 Students

422
Recognized Partners
and 2 International Partners
as of 11/26/2018

Partners by Sector



BUSINESS & MEDIA



LIVE WELL
SAN DIEGO

civilianTM



JIMBO'S
...Naturally!



SCHOOLS & EDUCATION



LIVE WELL
SAN DIEGO

TOOLS FOR SCHOOLS



Live Well San Diego:

Partnering with Schools to Reduce
Childhood Obesity and Improve Student Wellness



LIVE WELL
SAN DIEGO



SAN DIEGO COUNTY
OFFICE OF EDUCATION



First 5
San Diego

August 2017
Second Edition

Body Mass Index (BMI) Surveillance Kit

Developed by the Chula Vista Elementary School District



To support **healthy**, **safe** and **thriving** communities in
San Diego County



LIVE WELL
SAN DIEGO



Coast2CoastRx

Funded in part by San Diego County's Coast2Coast Rx discount prescription card program



SCHOOLS & EDUCATION



LIVE WELL
SAN DIEGO

SAN DIEGO
CITY COLLEGE



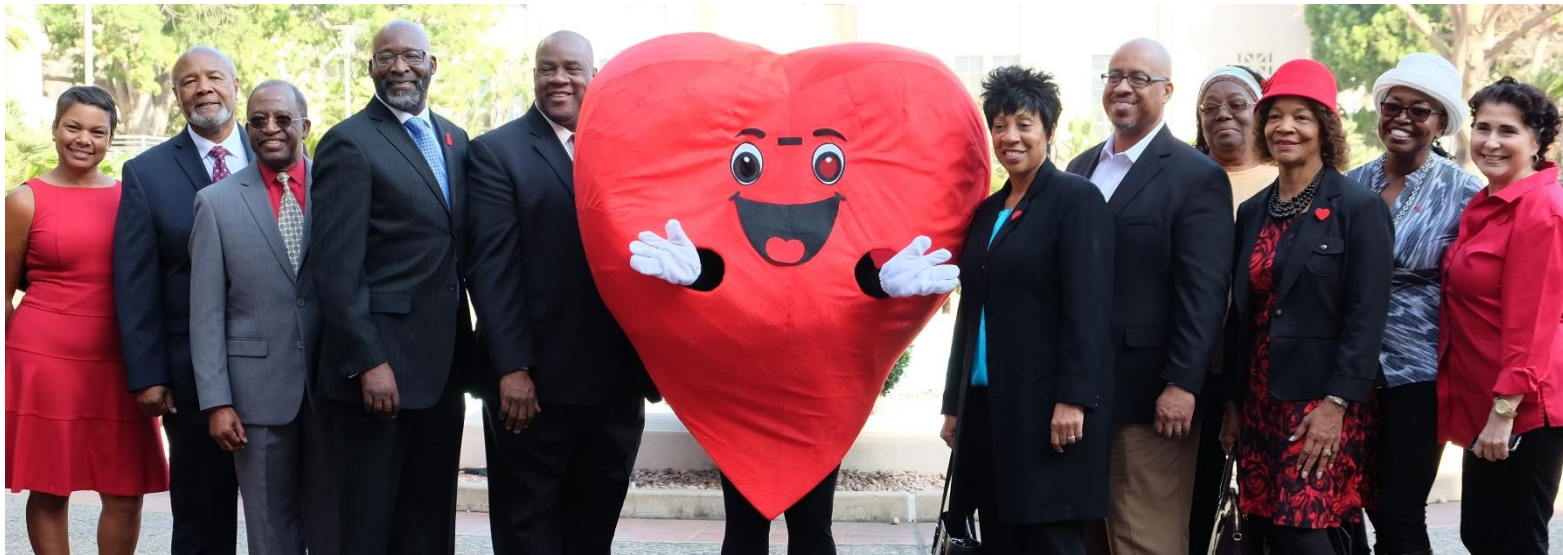
GROSSMONT-CUYAMACA
COMMUNITY COLLEGE DISTRICT



COMMUNITY & FAITH-BASED ORGANIZATIONS



LIVE WELL
SAN DIEGO



COMMUNITY & FAITH-BASED ORGANIZATIONS



LIVE WELL
SAN DIEGO



NATIONAL
CONFLICT
RESOLUTION
CENTER™



SAN DIEGO
WORKFORCE
PARTNERSHIP®



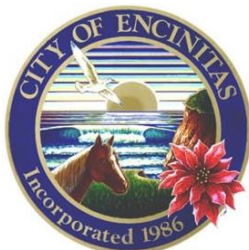
RISE
SAN DIEGO
Fostering Urban Leadership and Engagement



CITIES & GOVERNMENTS



LIVE WELL
SAN DIEGO



CITIES & GOVERNMENTS



LIVE WELL
SAN DIEGO



City of
Carlsbad



CITY OF
CHULA VISTA

The City of
SAN DIEGO





DATA AND MEASUREMENT



MEASURING RESULTS



LIVE WELL
SAN DIEGO

5 AREAS OF INFLUENCE



HEALTH



KNOWLEDGE



STANDARD OF
LIVING



COMMUNITY



SOCIAL

TOP 10 *LIVE WELL SAN DIEGO* INDICATORS

Life
Expectancy

Quality of Life

Education

Unemployment
Rate

Income

Security
Physical
Environment

Built Environment

Vulnerable
Populations

Community
Involvement

that measure the impact of collective actions by partners and the County to achieve the vision of a region that is **Building Better Health, Living Safely and Thriving.**

AREA OF INFLUENCE: HEALTH



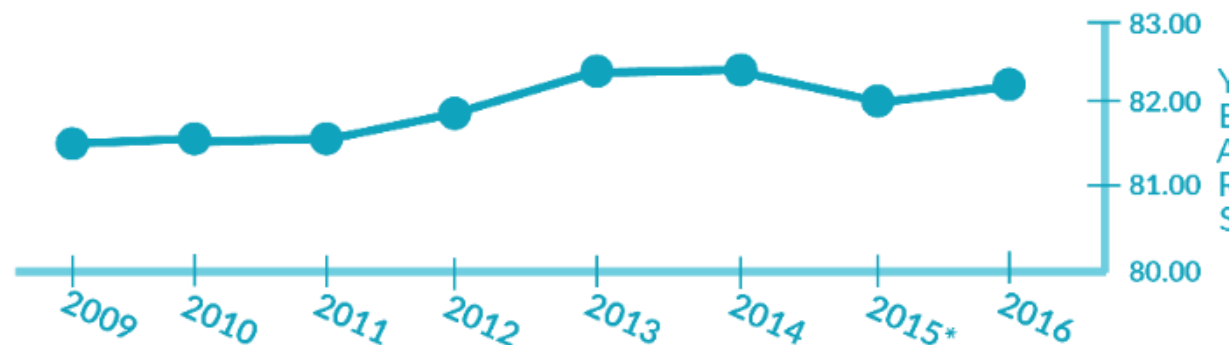
LIVE WELL
SAN DIEGO



Life Expectancy

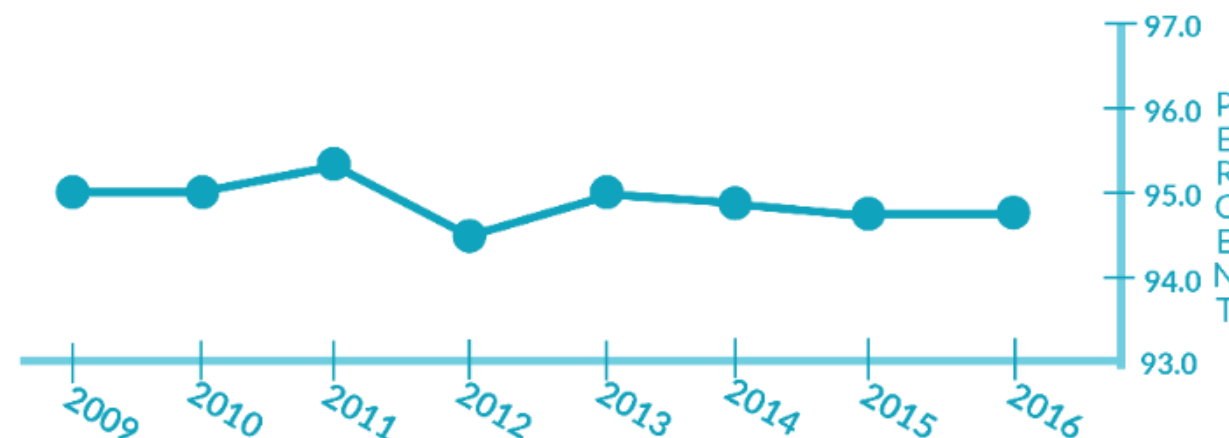
AVERAGE LIFE
EXPECTANCY FOR A
BABY BORN TODAY IS
82.1 YEARS (2016)

*Slight reduction in 2015 Life
Expectancy is part of a national trend.



Quality of Life

**19 IN 20 PEOPLE ARE
HEALTHY ENOUGH TO
LIVE INDEPENDENTLY
(2016)**



[Watch HEALTH Area of Influence Video](#)

AREA OF INFLUENCE: KNOWLEDGE

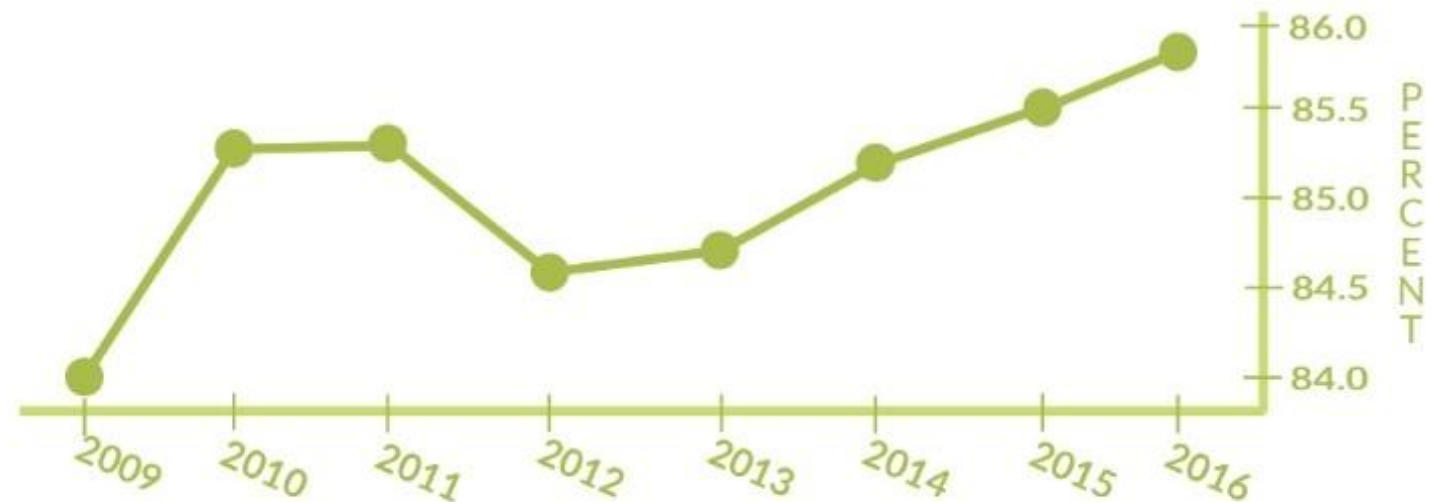


LIVE WELL
SAN DIEGO



Education

NEARLY 6 IN 7
STUDENTS GRADUATE
FROM HIGH SCHOOL
(2016)



[Watch KNOWLEDGE Area of Influence Video](#)

AREA OF INFLUENCE: STANDARD OF LIVING

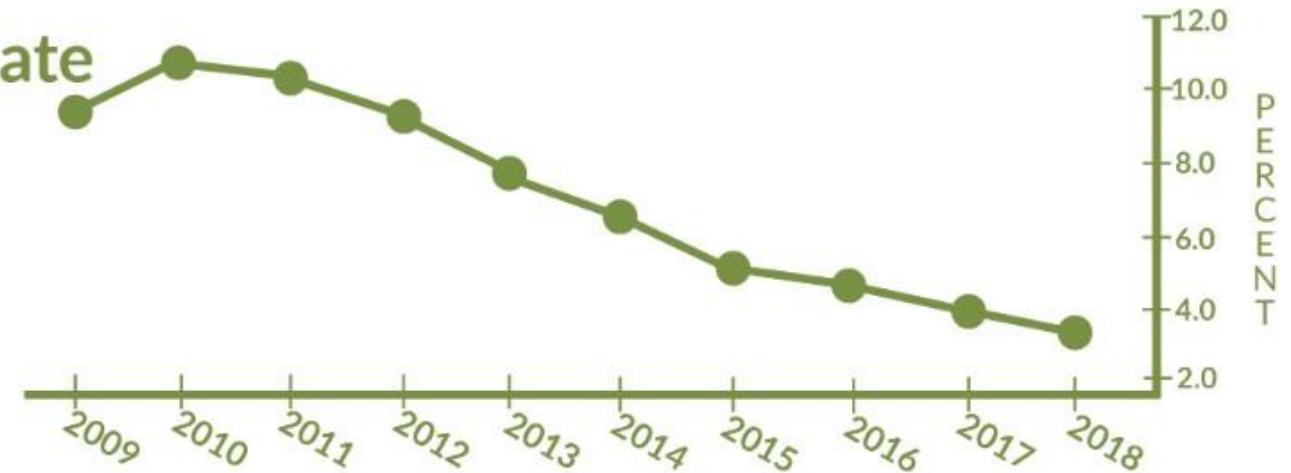


LIVE WELL
SAN DIEGO



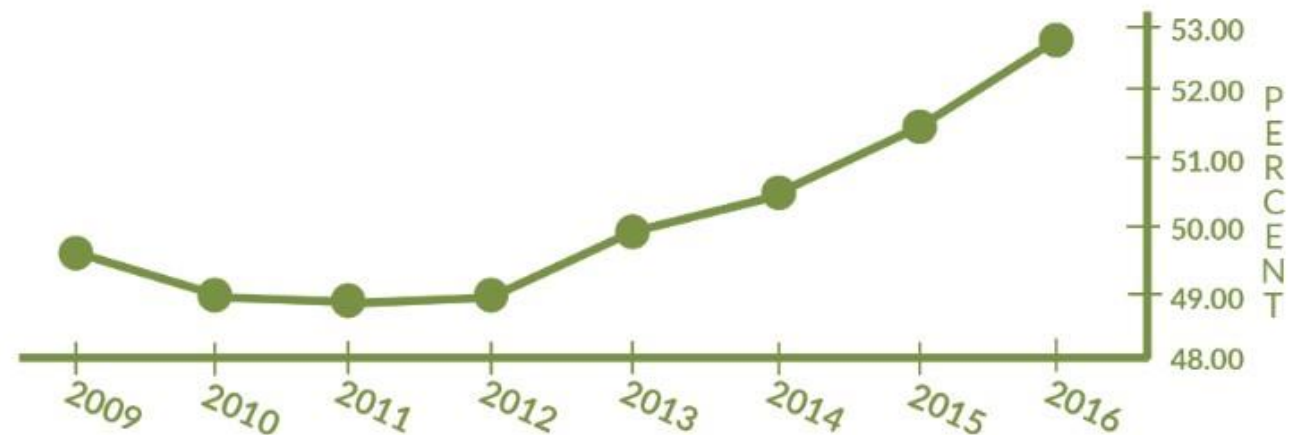
Unemployment Rate

3.6% OF PEOPLE IN
ELIGIBLE LABOR FORCE
WERE UNEMPLOYED
(2018)



Income

JUST OVER 1 IN 2
HOUSEHOLDS SPENDS
LESS THAN 1/3 OF
INCOME ON HOUSING
(2016)



[Watch STANDARD OF LIVING Area of Influence Video](#)

AREA OF INFLUENCE: COMMUNITY

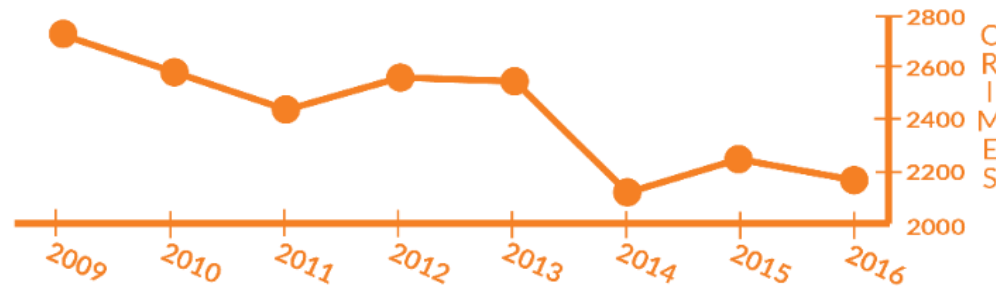


LIVE WELL
SAN DIEGO



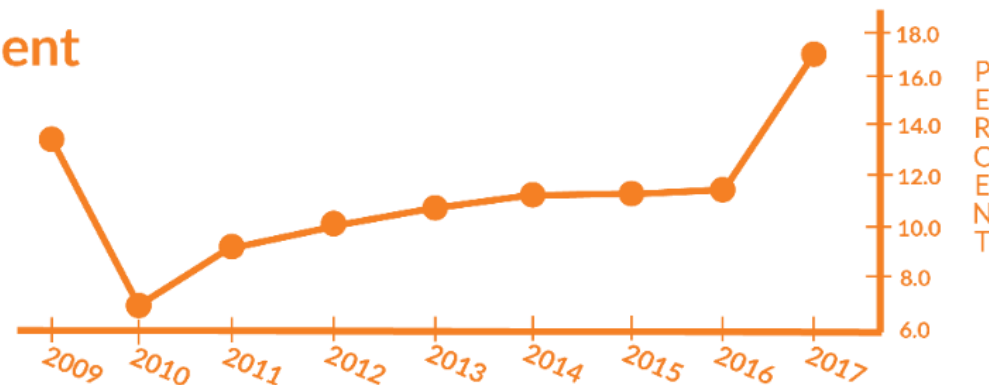
Security

2,180.4 TOTAL CRIMES
REPORTED PER 100,000
RESIDENTS (2016)



Physical Environment

JUST OVER 5 OUT OF 31
DAYS IN THE MONTH AIR
QUALITY IS RATED
POORLY (2017)

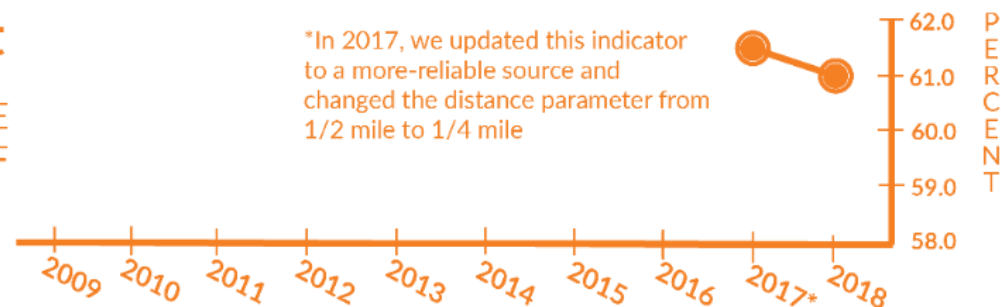


[Watch COMMUNITY
Area of Influence
Video](#)



Built Environment

JUST OVER 3 IN 5 PEOPLE
LIVE WITHIN 1/4 MILE OF
A PARK OR COMMUNITY
SPACE (2018)



AREA OF INFLUENCE: SOCIAL

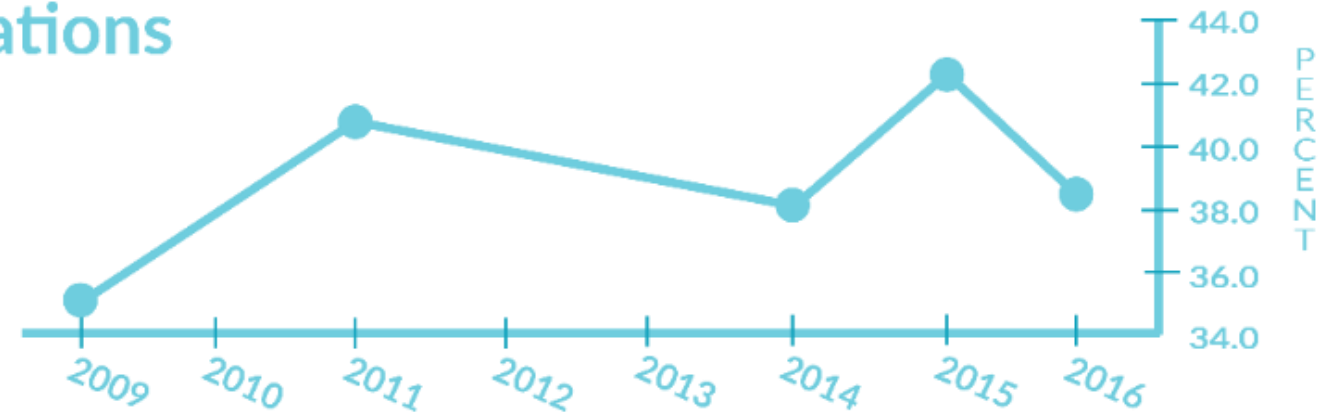


LIVE WELL
SAN DIEGO



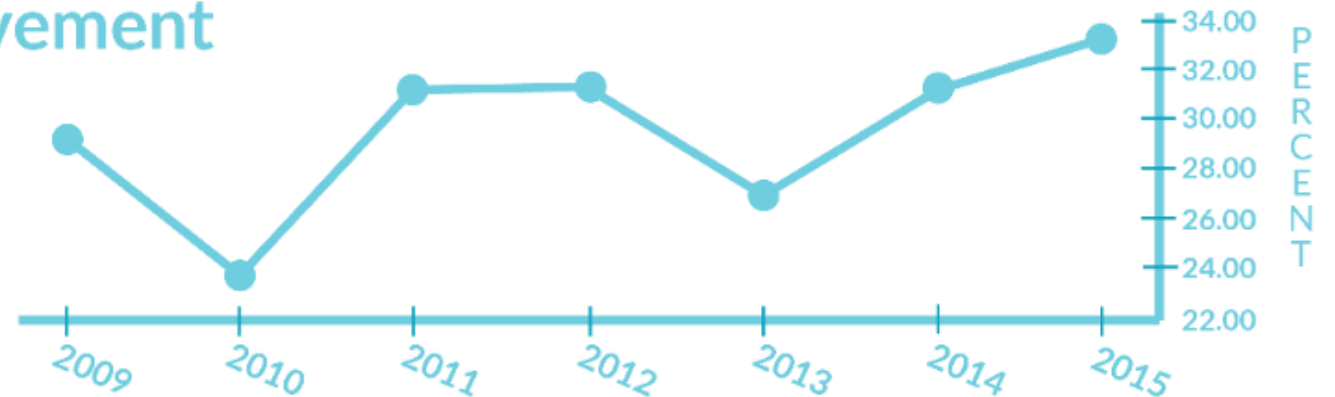
Vulnerable Populations

NEARLY 3 IN 8 PEOPLE
WITH LOW-INCOME
EXPERIENCE FOOD
INSECURITY (2016)



Community Involvement

1 IN 3 PEOPLE
VOLUNTEERS AN
AVERAGE OF 143 HOURS
PER YEAR (2015)



[Watch SOCIAL Area of Influence Video](#)

RESULTS



LIVE WELL
SAN DIEGO





ADVANCING THE LIVE WELL SAN DIEGO VISION



31-DAY CHALLENGE

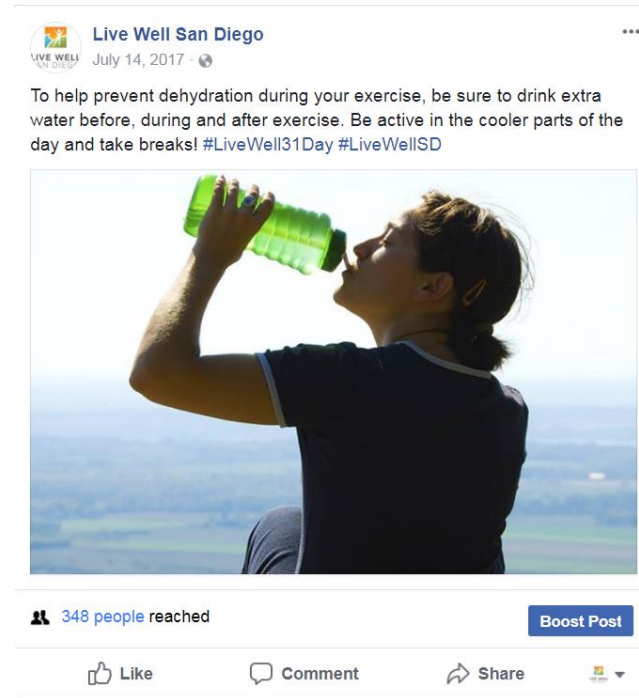


LIVE WELL
SAN DIEGO



The January *Live Well San Diego* 31-Day Resolutions Challenge is designed to help you try new things and accomplish simple tasks each day for a month. Participating in the challenge is a positive way to start the year and learn more about ways to live well every day. You can use this checklist to help you plan your month and keep up with each daily challenge.

- | | |
|---|---|
| <input type="checkbox"/> 1. Set A Resolution to Live Well Every Day | <input type="checkbox"/> 21. Learn About Another Religion or Culture |
| <input type="checkbox"/> 2. Start a Healthy Fitness Habit | <input type="checkbox"/> 22. Read the Nutrition Labels on Three Different Foods |
| <input type="checkbox"/> 3. Test Your Smoke Detector | <input type="checkbox"/> 23. Contact Your Local Elected Official |
| <input type="checkbox"/> 4. Find Your Personal Theme Song | <input type="checkbox"/> 24. Take a 5-Minute Shower or Less |
| <input type="checkbox"/> 5. Take the Time to Watch the Sunset | <input type="checkbox"/> 25. Promote a Stigma-Free San Diego County |
| <input type="checkbox"/> 6. Create an Emergency Contact List | <input type="checkbox"/> 26. Say Good Morning to the First Five People You See |
| <input type="checkbox"/> 7. Get Up-To-Date On Current Events | <input type="checkbox"/> 27. Take a Step Towards Emergency Preparedness |
| <input type="checkbox"/> 8. Eat a Vegetable Based Meal | <input type="checkbox"/> 28. Plant a Seed Today |
| <input type="checkbox"/> 9. Assess Your Workspace | <input type="checkbox"/> 29. Check Your Blood Pressure |
| <input type="checkbox"/> 10. Check Your Voter Registration Status | <input type="checkbox"/> 30. Discuss End of Life Decisions with Your Loved Ones |
| <input type="checkbox"/> 11. Drink Only Water Throughout the Day | <input type="checkbox"/> 31. Set New Goals for the Coming Year |
| <input type="checkbox"/> 12. Download a Service App | |
| <input type="checkbox"/> 13. Plan a Device-Free Activity | |
| <input type="checkbox"/> 14. Reconnect with a Positive Childhood Memory | |
| <input type="checkbox"/> 15. Commit to a Day of Service | |
| <input type="checkbox"/> 16. Set the Table for Mindful Eating | |
| <input type="checkbox"/> 17. Schedule A Check-Up | |



LOVE YOUR HEART



LIVE WELL
SAN DIEGO

LOVE YOUR HEART

SAVE THE DATE for the next Love Your Heart event on Thursday, February 14, 2019!

Love Your Heart is an annual event in which organizations from across the U.S. and Mexico join together to provide FREE blood pressure screenings to the public on Valentine's Day, February 14. Last year's Love Your Heart event helped over 36,000 people get to know their blood pressure numbers and take charge of their own heart health.

Interested in coordinating a Love Your Heart event in your hometown? Our online [Love Your Heart Digital Toolkit](#) offers templates and instructions for launching your own blood pressure screening day.

2019 Site Registration is NOW OPEN!

Register your site using the button below. If you have any questions about registration, please contact us at loveyourheartsd@sdcounty.ca.gov.



2019 Save the Date Flyer

2018 Love Your Heart Report

2018 Data Report Slides

Ama tu Corazón en Español

Love Your Heart Digital Toolkit

Contact Us



REGISTER YOUR SITE

If you have any questions about registration, please contact us at loveyourheartsd@sdcounty.ca.gov.



VOLUNTEER

We need volunteers who can perform blood pressure screenings or assist with logistics and education.



PROMOTE LOVE YOUR HEART

Spread the word about Love Your Heart Day at your workplace, or among your neighbors and community groups. Check out the [Partner Portal](#) for general materials.



FIND A SCREENING SITE

COMING SOON! Screening sites are located throughout San Diego County, the U.S. and Mexico. Locate one near you.

Love Your Heart

Story by SDCounty



Sela Lopez @SelaLopez221
Don't forget to #loveyourheart this Valentine's Day! pic.twitter.com/2i4wYUvGq



Martha @marthacarreras
#loveyourheart Raber Permanente team at County Health Service Complex helping you to "Love Your Heart" pic.twitter.com/PdL6Z2B4D



YMCA San Diego @YMCA_SanDiego
We're spending #ValentinesDay w/ you for #LoveYourHeart day! 260 time at some Y's to get your blood pressure checked! pic.twitter.com/144y1n001



Armen Blue Cross @ArmenBlueCross
Happy to participate in @live_well_sd's free blood pressure screening event today. #loveyourheart live_well_sd.org/love-your-heart... pic.twitter.com/U4SGMcPh1tze/V4co



Live Well San Diego @live_well_sd
Feb is American Heart Month & @YMCA_SanDiego offers tips to help you and your family be heart healthy. live_well_sd.org/content/live_well... pic.twitter.com/0c9K13nVdS



Arnold De Guzman @arndeguza
#LoveYourHeart pic.twitter.com/1V4L0a3Zz



Don Burdick @donburdick
"Our blood pressure is up today cuz it's valentines. Well something is up cuz it's valentines day, one way or the other. If you know what I mean." - said a dude getting his blood pressure checked. ... pic.twitter.com/CvBend2DpV



Live Well San Diego @live_well_sd
Here are some quick tips from partner @SanDiegoHeart to help you eat heart healthy! www.san-diego-county.ca.gov/content/dam/ll... pic.twitter.com/CvBend2DpV



San Diego Fire-Rescue @sd_fire_rescue
Love your heart! Free blood pressure screening today at the Pacific Beach Lifeguard tower. Courtesy of the County of SD Health & Human Services Agency. #loveyourheart #sdhealth #sdfire pic.twitter.com/1V4L0a3Zz

LIVE WELL SAN DIEGO 5K



LIVE WELL
SAN DIEGO

Presented by **San Diego County Credit Union**

LIVE WELL 5K
SAN DIEGO
AND KIDS 1-MILE FUN RUN!

In Partnership with **San Diego Blood Bank**

2018 Race Results

2018 Event Photos

Sponsorship & Exhibitors

CELEBRATING EVERYDAY HEROES!



SUNDAY, JULY 29, 2018. WATERFRONT PARK



Online registration is CLOSED



Volunteer

Donate

Contact Us

31-Day 5K Training Challenge

CALEB WITH CURLS
KIDS 1-MILE FUN RUN



LIVE WELL SAN DIEGO 5K



LIVE WELL ADVANCE



LIVE WELL
SAN DIEGO



Opening Session and Keynote Speaker
J.R. Martinez
U.S. Army Veteran and Motivational Speaker

Sponsored by



AGE WELL SAN DIEGO



LIVE WELL
SAN DIEGO

- Steps we can take on individual, community, regional level to make neighborhoods healthy, safe and thriving
- Creating livable communities
 - Transportation
 - Housing
 - Health & Community Support
 - Social Participation





Address inequities, disparities and disproportionality by focusing on key interventions that will:

- Engage residents
- Strengthen services
- Serve for results



SOUTHEASTERN LIVE WELL CENTER



Expected to open in 2021, will:

- Provide single stop for health & social services
- Hub for community meetings, educational opportunities, workforce training

Will house:

- Family Resource Center
- Child Welfare Services
- Public Health Nursing
- Behavioral Health Services
- Probation/Restorative Justice
- Community Meeting Space



CHILD WELFARE TO FAMILY STRENGTHENING



LIVE WELL
SAN DIEGO

- Safety Enhanced Together (SET) – trauma-informed model of practice
- Cultural Broker
- Resident Leadership Academies
- Strategic Plan



STRONG FAMILIES, THRIVING COMMUNITIES



LIVE WELL
SAN DIEGO

- Improve health and wellness of children and families interacting with child welfare and juvenile justice agencies
- Develop/implement a Blueprint for Action
- [29 Bold Action Steps](#) to align policies, practices and resources to increase equity/effectiveness for communities, families and children.



[Watch President Bill Clinton discuss initiative](#)



100+
Community
Partners

MAKING IMPACT PERSONAL



LIVE WELL
SAN DIEGO

- University of California Cooperative Extension, UC Master Gardeners and residents of the County's Girls Rehabilitation Facility
- Created "Growing Opportunities Garden" for Monarch Conservation
- Learned garden techniques
- Participated in scientific study on Monarchs

Community partner influence on individual



HEALTH



KNOWLEDGE



STANDARD OF
LIVING



COMMUNITY



SOCIAL

"I can relate to the butterfly's transformation because going through this program helped me transform into a better person. Every new day is another chance to change your life and transform. Be free like a butterfly."

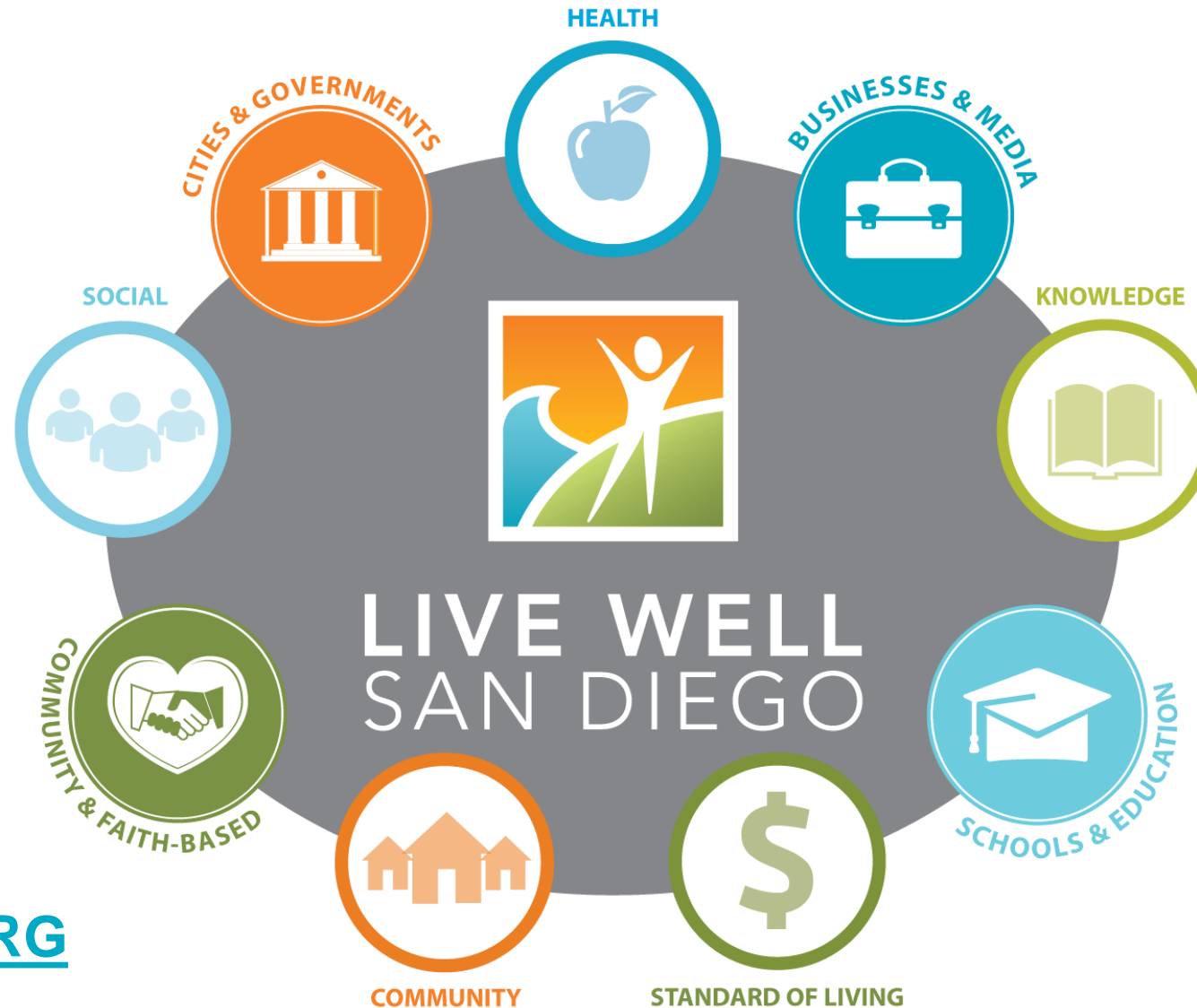
- Growing Opportunities Garden Participant of the County of San Diego Girls Rehabilitation Facility



THANK YOU! ANY QUESTIONS?



LIVE WELL
SAN DIEGO



LIVEWELLSD.ORG

[WATCH VIDEO](#)