

Healthy Works

SAN DIEGO COUNTY

Grant Summary: Communities Putting Prevention to Work



The County of San Diego Health and Human Services Agency (HHSA) received \$17.8 million for a Communities Putting Prevention to Work (CPPW) grant from the Centers for Disease Control and Prevention, over a two-year period beginning in March 2010. Of the 23 communities in the nation that received CPPW funding for obesity prevention, San Diego received the largest award.

CPPW was designed to improve nutrition, increase physical activity and reduce obesity, especially in underserved communities. Through CPPW, the County of San Diego HHSA worked with several locally contracted partners to help make San Diego County a healthier place to live, work, learn and play. The accomplishments made possible by CPPW laid the groundwork for the County of San Diego's current comprehensive chronic disease prevention approaches.

Healthy Works represents HHSA's chronic disease prevention programs and initiatives. The Healthy Works initiative was created in 2010 through CPPW to describe local efforts to address chronic disease. Healthy Works efforts support *Live Well San Diego*, the County of San Diego's long-term initiative for healthy, safe and thriving communities. For more information on *Live Well San Diego*, visit www.LiveWellSD.org.

The County of San Diego HHSA worked with several locally contracted partners to execute CPPW efforts. The following agencies were key contributors to the success of CPPW:

- Community Health Improvement Partners
- San Diego Association of Governments
- San Diego County Office of Education
- San Diego State University
- University of California, San Diego

HEALTHY FOOD SYSTEM

Farm-to-institution relationships were formed with 20 institutions, including 14 school districts, one independent school and five other institutions, including senior meal contractors and restaurants. These relationships bring fresh, local produce to thousands of San Diego County residents of all ages.

ESTIMATED POPULATION IMPACTED:
800,000 RESIDENTS



FRESH FUND PROGRAM

The Fresh Fund program allowed residents to afford a larger amount of fresh, local groceries. Enrollment in the Fresh Fund program went well beyond twice the target goal, increasing access to nutritious produce for at-risk and vulnerable populations who visited participating farmers' markets in City Heights, San Marcos, Linda Vista, Golden Hill, and Southeast San Diego.

ESTIMATED POPULATION IMPACTED:
8,050 RESIDENTS

PEOPLE'S PRODUCE PROJECT

The establishment of a local farmers' market and a community garden in the Mt. Hope neighborhood significantly increased access to locally grown, fresh produce for the residents of Southeast San Diego.

ESTIMATED POPULATION IMPACTED:
57,571 RESIDENTS

SCHOOL & COMMUNITY GARDENS

Regional Garden Education Centers in National City, Encinitas, Spring Valley, City Heights and Southeast San Diego offered 26 free school and community gardening classes to over 500 members of the public.

Simultaneously, with the support of Healthy Works, the San Diego City Council passed the first urban agricultural policy in the county, making it easier to start community gardens and urban farms in neighborhoods.

ESTIMATED POPULATION IMPACTED:
1,355,896 RESIDENTS

LACTATION WORKPLACE POLICIES

Locally, 25 worksites were recruited, trained, and provided with technical assistance to improve lactation accommodation. Six worksites and four school districts adopted voluntary policies with another nine worksites pending with a statement of intent to adopt.

On a larger scale, Healthy Works efforts engaged the California School Boards Association, resulting in development of a new lactation accommodation policy that can be adopted by any of the 800 school districts statewide. The project received a Liquid Gold Breastfeeding-Friendly Workplace Award from the San Diego County Breastfeeding Coalition.

ESTIMATED POPULATION IMPACTED:
59,475 EMPLOYEES



SCHOOL WELLNESS POLICIES

The San Diego County Office of Education worked with school districts across the country to improve school wellness. They partnered with eight school districts who enhanced their school wellness policies to improve healthy eating and physical activity. The participating school districts included Chula Vista Elementary, Grossmont Union High, La-Mesa Spring Valley, Mountain Empire Unified, National, San Diego Unified, San Marcos Unified and San Ysidro School Districts.

ESTIMATED POPULATION IMPACTED:
233,000 STUDENTS

HEALTHY BREAKFAST, SUMMER MEALS & FARM TO SCHOOL PROGRAMS

The Healthy Breakfast, Summer Meals, and Farm to School programs increased access to healthy food in schools. Participation in the Healthy Breakfast and Summer Meals programs increased, and the Farm to School program built a new partnership between San Diego Unified School District and 12 local farmers, resulting in system-wide change in the way food is purchased by the district.

ESTIMATED POPULATION IMPACTED: 132,000 STUDENTS

Healthy Residents

COMMUNITY ENGAGEMENT

Four Resident Leadership Academies (RLAs) graduated 51 community participants in the cities of Oceanside, Lemon Grove, Southeast San Diego, and National City. RLA participants are given the knowledge and skills needed to make sustainable community changes, and these initial pilot community participants launched 13 community improvement projects as a result of their training and engagement.

The projects include improving safety and walkability around neighborhood schools and parks, creating joint-use agreements to open access to school- and city-operated facilities, and enhancing access to fresh produce via farmers' markets and school and community gardens. Also, in some communities, RLA efforts helped to bring in grant funding for community improvements.

ESTIMATED POPULATION IMPACTED:
130,400 RESIDENTS

BMI SURVEILLANCE

This project added 12 planned electronic health record linkages to community clinics and private healthcare provider offices through the San Diego Immunization Registry to collect body mass index data.

Information on BMI for over 600,000 local residents is helping public health stakeholders measure progress in obesity reduction in our communities.

ESTIMATED POPULATION IMPACTED:
3,200,000 RESIDENTS



TRANSLATING HEALTH DATA INTO POLICY

Health Impact Assessment and Forecasting

The San Diego Association of Governments (SANDAG), a CTG contractor, conducted the first-ever Health Impact and Benefits Assessment in the region, focusing on a proposed transit project in a high need community. Results from the assessment are being used to incorporate health considerations into the design of the transit project.

SANDAG also developed the Healthy Communities Atlas, a resource for local planners, decision-makers, communities and public health organizations. The atlas' maps show at a glance key community factors that influence health, such as access to active transportation, healthy food, parks/open space and social support, as well as pedestrian and cyclist safety, air quality and more.

Regional Bikeway Signage and Promotion

To promote and increase safety for bicyclists, SANDAG installed signs along street and shared-use path bikeways and developed a bicycle promotion-public service announcement and bicycling information pamphlet.

Bikes Count

San Diego State University installed 28 bicycle counters in 13 municipalities to better inform decisions on future bicycle-related improvements throughout San Diego County. This effort positioned the San Diego region to have the largest regional bicycle counting system in the nation, and has expanded to include 54 bike counters in 14 municipalities.

ESTIMATED POPULATION IMPACTED: 3,200,000 RESIDENTS

INCREASING ACTIVE TRANSPORTATION

As part of SANDAG's SchoolPool program, the Walk, Ride, and Roll to School Campaign Challenge resulted in nearly 15,000 students from 22 schools, walking or biking to school, logging 15,674 miles in the process.

ESTIMATED POPULATION IMPACTED: 15,000 STUDENTS

CREATING SUSTAINABLE CHANGE, REGIONALLY & LOCALLY

Regional Comprehensive Land Use and Transportation Policies

In partnership with the Public Health Stakeholders Group established through CPPW, SANDAG developed a draft health policy framework for incorporating public health considerations into regional planning that will be part of the Regional Plan update.

Safe Routes to School (SRTS)

SANDAG developed a Regional Safe Routes to School Strategic Plan, which will guide SANDAG as it works to make walking and bicycling to school safer and more attractive travel choices. SANDAG also awarded 11 grants totaling \$341,000 to local municipalities to develop SRTS plans, and to encourage and educate students, parents, teachers, and school officials on walking and bicycling to school.

Healthy Communities Campaign

SANDAG awarded \$1.04 million in 12 pass-through grants to 10 local jurisdictions and tribal governments to promote public health considerations in community planning and active transportation. Among the recipients were the cities of La Mesa, San Diego, Santee, Vista, Chula Vista, Oceanside, Encinitas, and Escondido, as well as the Campo Band of Mission Indians and the La Jolla Band of Luiseno Indians.

ESTIMATED POPULATION IMPACTED: 3,200,000 RESIDENTS