

# Healthy Works

SAN DIEGO COUNTY

## Grant Summary: Community Transformation Grant



The County of San Diego Health and Human Services Agency (HHSA) received more than \$9 million for a Community Transformation Grant (CTG) from the Centers for Disease Control and Prevention (CDC) over a three-year period beginning in October 2011. The CTG award directly followed Communities Putting Prevention to Work (CPPW), a previous CDC grant that awarded the County of San Diego a total of \$17.8 million over a two-year period.

Receipt of CPPW allowed the County of San Diego HHSA to enhance its efforts to combat chronic disease and promote health equity, especially in underserved communities. CTG allowed HHSA to build upon its successes from CPPW, and take a more comprehensive approach in its efforts to address chronic disease and promote health equity. Through CTG, HHSA advanced its objectives to promote smoke-free environments, improve nutrition, increase physical activity, address social and emotional wellness, establish linkages between clinical settings and the community, and create healthy, safe physical environments.

Through CTG, Healthy Works worked with many locally contracted community partners to help make San Diego County a healthier place to live, work, learn and play.

The Healthy Works initiative was created in 2010 through CPPW to describe the 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 Healthy Works, visit [HealthyWorks.org](http://HealthyWorks.org). For more information on *Live Well San Diego*, visit [www.LiveWellSD.org](http://www.LiveWellSD.org).



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

- AdEase
- Chula Vista Elementary School District
- International Rescue Committee
- Nash & Associates
- San Diego Association of Governments
- San Diego Unified School District
- Social Advocates for Youth, San Diego
- University of California, San Diego Be There Initiative
- University of California, San Diego Center for Community Health

## Tobacco-Free Living



### SMOKE-FREE MULTI-UNIT HOUSING

Working with contractor Social Advocates for Youth, San Diego, Healthy Works efforts leveraged existing California law by working with landlords and property owners to adopt smoke-free multi-unit housing policies. As of September 2014, 32 multi-unit housing complexes established smoke-free environments.

ESTIMATED POPULATION IMPACTED: **6,600 RESIDENTS**

### TOBACCO-FREE PROCUREMENT POLICIES

An important way to advance smoke-free policies and environments is to start by improving the culture within. In December 2014, approximately 86 County of San Diego Public Health Services contracts included healthy working environments language, which recommends establishment and/or maintenance of smoke-free facilities.

ESTIMATED POPULATION IMPACTED:  
**48,289 EMPLOYEES**



**IMPROVING NUTRITIONAL QUALITY OF SCHOOL MEALS**

**Access to Fruits and Vegetables in School Meals**

San Diego Unified School District (SDUSD), San Diego’s largest school district, implemented purchasing practices to increase the amount of fruits and vegetables offered through the National School Lunch Program. The district, which includes over 200 schools, also implemented a process to purchase more locally grown food for school meals.

**Sodium Reduction**

SDUSD also developed bid language to allow the district to purchase items with lower sodium content for school meals, and were able to decrease sodium in elementary and middle school menus by more than 26 percent of the target goal.

**ESTIMATED POPULATION IMPACTED: 132,000 STUDENTS**

**FARM-TO-INSTITUTION**

Working with International Rescue Committee, farm-to-institution relationships were formed with five school districts and three other institutions. Participating school districts include Lemon Grove, Lakeside, Cajon Valley, Escondido Union Elementary and Oceanside. Other institutions include San Diego County Office of Education Outdoor Education and Palomar/Pomeroado Medical Center, as well as the University of California, San Diego Medical Center and Thornton Hospital. These relationships bring fresh, local produce to thousands of San Diego County residents of all ages.

**ESTIMATED POPULATION IMPACTED: 88,600 RESIDENTS**

**COMMUNITY AGRICULTURE PLANNING**

Six local governments participated in the Community Agriculture Planning Project, with leadership from CTG contractor, International Rescue Committee. Community Agriculture Planning Project identifies strategies local governments can employ to increase community food production, policies and efforts.

**ESTIMATED POPULATION IMPACTED: 1,787,200 RESIDENTS**

**LACTATION POLICIES**

Working with contractor University of California, San Diego Center for Community Health, the *Live Well @ Work* Workplace Lactation program expanded to eight businesses and 10 school districts. These worksites adopted policies to accommodate and support lactating/breastfeeding mothers returning to work.

**ESTIMATED POPULATION IMPACTED: 3,000 EMPLOYEES**

**INCREASING PHYSICAL ACTIVITY IN SCHOOLS**

Contractor Chula Vista Elementary School District reached nearly 4,400 children in nine schools by integrating physical activity into classroom time and recess. The district also instituted a new physical education curriculum at the nine schools to increase the amount of students who are physically active during physical education classes.

**ESTIMATED POPULATION IMPACTED: 4,400 STUDENTS**

**Clinical and Community Preventive Services**



**BE THERE SAN DIEGO**

Be There San Diego held provider trainings on best practices for treating high blood pressure and high cholesterol. Be There also developed a Simplified Hypertension Guideline, which has been adopted by a number of healthcare provider groups in San Diego. This guideline helps San Diego work toward its goal to become a “Heart Attack and Stroke-Free Zone.”

The Be There collaborative also participated in Love Your Heart Day to promote screening of San Diegans for high blood pressure.

**ESTIMATED POPULATION IMPACTED:  
2,560,000 RESIDENTS**

**WORKSITE WELLNESS**

*Live Well @ Work*, Healthy Works’ worksite wellness campaign, enrolled 15 mid- to large-size employers to participate in activities to develop and implement worksite wellness programs. Through CTG, and with contractor University of San Diego, Center for Community Health, worksite wellness efforts have linked employers to key resources for policy and program improvement to increase employee wellness.

**ESTIMATED POPULATION IMPACTED:  
50,000 EMPLOYEES**



## PUBLIC HEALTH NURSING HOME VISITS

County of San Diego Public Health Nurses enhanced social and emotional health in San Diego County by training staff on effective parenting practices, and incorporating CTG messaging about tobacco-free living, healthy eating and active living into home visits. Home visits impact an estimated 1,200 clients per year through the Nurse-Family Partnership program.

**ESTIMATED POPULATION IMPACTED:**  
**1,200 FAMILIES**

# Healthy and Safe Physical Environments

## CREATING SUSTAINABLE CHANGE, REGIONALLY & LOCALLY

### Active Transportation Monitoring

SANDAG provided support for the ongoing maintenance of the Bikes Count project, which is a network of 54 sensors detecting and counting bikes and pedestrians. Counters are installed along segments of the regional bike network of roads, paths and trails. Tracking bike and pedestrian trips helps justify critical investment for improvements to active transportation infrastructure.

### Complete Streets

SANDAG worked to build capacity in the region to comply with the Complete Streets Act of 2008 and support policies that balance all modes of travel on public rights of way. They developed a Complete Streets White Paper and engaged community and stakeholder input in crafting a draft Complete Streets policy which is slated to go before the SANDAG Board in early 2015.

### Healthy Regional Land Use and Transportation Policies

The San Diego Association of Governments (SANDAG), a CTG contractor, included health as part of the vision, goals, policies and performance measures for the development of the Regional Comprehensive Land Use and Transportation Plan. This was a first-ever change that ensures health will be considered in regional transportation decisions, eventually leading to more active transportation options for San Diego's residents.

### Safe Routes to School (SRTS)

SANDAG conducted a SRTS needs analysis and developed implementation scenarios for enhancing SRTS efforts and increasing the number of students that walk and bicycle to school. These accomplishments represent important steps toward implementing the Regional Safe Routes to School Strategic Plan.

**ESTIMATED POPULATION IMPACTED: 3,200,000 RESIDENTS**