

Community Health Needs Assessment: Healthy Sacramento

Dr. Dale Ainsworth
Dr. Heather Diaz
Kären Olson
Luis Fajol
Dr. Matt Schmittlein

Overview

1. Health Assessment-CDC expectations
2. CHNA Healthy Sacramento-project purpose
3. Healthy Equity Lens
4. What you can do?.
5. Breakout sessions

Health Assessment- CDC

Community Health Needs Assessment

Policy Scan

Community Assessment

Health Assessment- CDC

Content Areas

- Tobacco related disease
- Healthy Eating
- Active Living
- Clinical and Preventive Services
 - > Control of Hypertension
 - > Control of High Cholesterol

Orientation

- Focus on subgroup population
- Systems changes
- Behavioral focused
- Hospital Community Benefit CHNA

CHNA Healthy Sacramento

Project purpose:

- identify communities in Sacramento county experiencing health disparities related to chronic diseases
- identify contributing factors-barriers and opportunities to live healthier lives
- combine secondary and primary data
- inform implementation plan

Health Equity Lens

Health Equity

Which number may determine how healthy you are and how long you have to live? Your:

- A. Weight
- B. Cholesterol Count
- C. Blood Pressure
- D. Address

ANSWER: D. Your address

On average, which of the following is the best predictor of one's health?

- A. whether or not you smoke
- B. what you eat
- C. whether or not you are wealthy
- D. whether or not you have health insurance
- E. how often you exercise

ANSWER: C. Whether or not you are wealthy

Health Equity

- "Health Equity means ensuring all people have fair opportunities to attain their full health potential." (*Paula Braveman*)
- The absence of preventable and unfair differences in the determinants and manifestations of good health and longevity.

The top 1% of American families owns more wealth than the bottom:

- A. 10% combined
- B. 30% combined
- C. 50% combined
- D. 76% combined
- E. 90% combined

ANSWER: E. 90% combined

American economic inequality is greater today than at any time since the 1920's

Social Determinants of Health

Life and health enhancing resources whose distribution across populations effectively determines length and quality of life.

The circumstances in which people are born, grow up, live, work and age, and the systems put in place to deal with illness. These are in turn shaped by a wider set of forces: economic, social policies and politics.

(*World Health Organization*)

On average, how many more supermarkets are there in predominantly white neighborhoods compared to predominantly Black and Latino neighborhoods?

- A. about the same
- B. 1.5 times as many
- C. 2 times as many
- D. 4 times as many
- E. 6 times as many

ANSWER: D. 4 times as many

Why Health Equity Matters

Economic

- ◉ medical costs
- ◉ lost productivity

How much does chronic illness cost the U.S. each year in lost work productivity?

- A. \$105 million
- B. \$601 million
- C. \$2.2 billion
- D. \$153 billion
- E. \$1.1 trillion

ANSWER: E. \$1.1 trillion

Why Health Equity Matters

Health as a basic human right

"A society – rich or poor- can be judged by the quality of its population's health, how fairly health is distributed across the social spectrum, and the degree of protection provided from disadvantage as a result of ill-health." (*Commission on Social Determinants of Health*)

Community Transformation

- ◉ Comprehensive, wide-ranging policies
- ◉ Many and varied stakeholders
- ◉ Address both racism and place
- ◉ Empowered people and communities
- ◉ Collaborations

What you can do!

- ◉ Expertise and insight
- ◉ 4 core areas – Tobacco, Healthy Eating, Active Living, Clinical Preventive Health Services.
- ◉ What we know, what we don't, who is working in the area.