
Healthy Sacramento Coalition

Community Transformation Implementation Plan

April 24, 2013



THE HEALTHY
SACRAMENTO
COALITION



CTG 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):
 1. Maximize health impact through prevention
 2. Advance health equity and reduce health disparities
 3. Expand the evidence base for local policy, environmental, and infrastructure changes that impact health
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HSC Guiding Principles

1. Geographic Focus on 15 Zip Codes
 2. Asset approach (versus deficit approach)
 3. Design strategies that are sensitive to the unique challenges and opportunities of neighborhoods located within the 15 zip codes and Sacramento County
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To What End: Intended Impact

1. To prevent leading causes of death or disability through policy, environmental, programmatic, and infrastructure changes in 15 Zip Codes in Sacramento County
 2. Ensure that these changes improve health outcomes and narrow health gaps in neighborhoods within 15 Zip Codes in Sacramento County
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Strategic Direction #1

Tobacco Free Living

- **Goal**: Prevent and Reduce Tobacco Use
 - **Strategy**:
 - ❑ Protect from second-hand smoke/Prevent exposure to youth tobacco use
 - **Interventions**
 - ❑ Increase Smoke-Free, Multi-Unit Housing
 - ❑ Reduce Retail and Marketing aimed at Youth
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Strategic Direction # 2

Healthy Eating Active Living

- **Goal**: Prevent/Reduce Obesity, Increase Physical Activity; Improve Nutrition.
 - **Strategy**:
 - ❑ Increase Physical Activity;
 - ❑ Improve Consumption of Healthy Beverages
 - ❑ Improve Nutrition
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Strategic Direction # 2

Healthy Eating Active Living

■ Interventions:

- ❑ Improve nutrition quality of beverages served or available in public and private facilities in 15 zip codes.
 - ❑ Increase opportunities for physical activity in 15 zip codes through Joint use agreements.
 - ❑ Limit density of fast food through collaboration and incentives to encourage existing restaurants to provide healthier food options.
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Strategic Direction # 3

Clinical Preventive Services

- **Goal**: Increase control of high blood pressure and high cholesterol.

 - **Strategy**:
 - ❑ Implement strategies to translate known interventions into usual clinical care

 - ❑ Provide outreach to increase use of clinical preventive services.

 - ❑ Improve cardiovascular disease, and diabetes outcomes with chronic disease self management training programs.
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Strategic Direction # 3

Clinical Preventive Services

■ Interventions:

- ❑ Health Care Parks Prescription
 - ❑ Community Health Workers
 - ❑ Pharmacist as Part of the Care Team
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Strategic Direction # 4

Social and Emotional Wellness

- **Goal**: Increase adolescent and young adult health and wellness

 - **Strategy**:
 - Implement effective positive youth development and risk reduction approaches to improve adolescent health.

 - **Intervention**:
 - Youth advocacy to reduce usage of targeted tobacco retail and marketing practices
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Strategic Direction # 5

Healthy and Safe Physical Environment

- **Goal:** Increase access to safe places for transportation and pleasure in the 15 zip codes

 - **Strategy:**
 - Establish and implement community design standards for active living.

 - **Intervention:**
 - Establish active living community design standards

 - Increase adoption of comprehensive active living community design approaches to improve community design.
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**Communities
Transforming**
To make healthy living easier