



**SIERRA HEALTH
FOUNDATION**

**THE HEALTHY
SACRAMENTO
COALITION**



Healthy Sacramento Coalition Questions and Answers

What is the Healthy Sacramento Coalition?

The Healthy Sacramento Coalition is a group effort that includes more than 40 organizations. The coalition is working to reduce chronic disease and improve health for all Sacramento County residents.

Who are its members?

Members come from groups that want to improve health and well-being for Sacramento County residents. These groups include community-based organizations, public agencies, hospitals, school districts, service providers, advocacy organizations, businesses and foundations.

What is Sierra Health Foundation's role?

Sierra Health Foundation manages and supports the coalition. The foundation offers meeting space; provides support for policy design, communications and evaluation; provides financial resources and administers the grant money.

What is a Community Transformation Grant?

Community Transformation Grants (CTGs) support state and local groups that are trying to reduce chronic disease. These groups include government agencies, tribes and territories, nonprofit organizations, businesses and communities across the country. A CTG funds the Healthy Sacramento Coalition. CTG funding is provided by the Centers for Disease Control and Prevention.

Why are CTGs important?

CTGs promote healthy communities and healthy lifestyles, and make it easier to make healthy choices. This is really important for neighborhoods with the greatest burden of chronic disease.

Who received Community Transformation Grants?

In September 2011, the Centers for Disease Control and Prevention awarded \$103 million in 61 Community Transformation Grants. The Healthy Sacramento Coalition received \$499,229 per year for two years to build capacity. The coalition will apply for implementation funding in spring 2013.

What chronic illnesses/health issues does the coalition address?

The Centers for Disease Control and Prevention outlines five focus areas for the CTG program:

1. Tobacco-free living
2. Active living and healthy eating
3. Prevention and control of high blood pressure and high cholesterol
4. Social and emotional wellness
5. Healthy and safe physical environments

Implementation award recipients need to spend at least 50% of funding on Focus Areas 1-3. Focus Areas 4 and 5 are optional. CTG programs need to focus on coordinated efforts to improve community health in a way that causes the noticeable reduction of preventable diseases.

What are the CTG requirements?

All CTG awardees, including the Healthy Sacramento Coalition, must work to:

- Reduce death and disability from tobacco use,
- Reduce the rate of obesity through nutrition and physical activity interventions, and
- Reduce death and disability due to heart disease and stroke.

How is the Healthy Sacramento Coalition using its CTG funds?

The coalition is developing a chronic disease prevention plan for Sacramento County that:

- Uses the findings of a Policy Scan, a Communications Scan and a Community Health Assessment completed in fall 2012.
- Uses illness prevention approaches that have been proven to be successful.
- Targets 15 zip codes whose residents have the highest levels of chronic disease. These zip codes are: 95660, 95673, 95811, 95814, 95815, 95817, 95820, 95821, 95822, 95823, 95824, 95828, 95832, 95838 and 95841.

Are there any CTG restrictions?

Yes. CTG funding must be used **only** for policy, environmental, programmatic and/or infrastructure changes. CTG funds **cannot** be used for clinical care, service delivery, research or lobbying.

How will this plan make Sacramento a healthier community?

The plan includes four interwoven elements:

1. **Policy** – Educate people about how changes in policy have been shown to improve health. Use policy changes to improve population health and foster healthy behaviors.
2. **Environment** – Create social and physical environments that support healthy living. Remove barriers to healthy living. Make healthy choices the easy choice.
3. **Program** – Increase resident access to prevention programs that support healthy choices and contribute to wellness. Offer health and wellness programs in all sorts of community and clinical settings.
4. **Infrastructure** – Establish systems and practices that support healthy behaviors in our communities, institutions and networks. Improve the links between public health and health care systems.

What has the Healthy Sacramento Coalition done so far?

By the end of 2012, the coalition had:

- Formed the Healthy Sacramento Coalition that includes more than 40 organizations
- Built a Leadership Team
- Completed a Community Health Assessment to identify the Sacramento zip codes with the highest rate of chronic disease
- Completed a scan of public health policies that address the five chronic illness focus areas
- Started to develop a coalition communications plan that will involve the community in policy changes to improve health.
- Begun to develop a Community Transformation Implementation Plan, which is necessary to gain funding to put ideas into action in the 15 zip codes.

When will work be completed?

The first two years of planning will end September 29, 2013. The Healthy Sacramento Coalition will apply for implementation funding in April 2013.

What does the Healthy Sacramento Coalition really mean to Sacramento County and its residents?

We are creating a community-wide approach to health that will make the healthy choice the easy choice for everyone. We all benefit from the work done by the Healthy Sacramento Coalition. Less chronic disease means a better quality of life and lower health care costs for all.

How can I learn more?

Visit the Centers for Disease Control and Prevention web site at www.cdc.gov/communitytransformation and the Healthy Sacramento Coalition web page at www.sierrahealth.org/healthysacramento. Send any questions to programs@sierrahealth.org.