

LIVE WELL SAN DIEGO PARTNERS REPORT

SIX YEARS OF HEALTHY, SAFE AND THRIVING COMMUNITIES

2015-2016



Recognized Partners are committed to advancing the Live Well San Diego vision of a region that is Building Better Health, Living Safely and Thriving. Working with the County of San Diego, partners are driving meaningful and sustainable improvement in the lives of San Diego County residents.

*To read complete stories and profiles for all Recognized Partners, visit: **[LiveWellSD.org/partners](https://www.livewellsd.org/partners)**.*

HEALTH



BUSINESSES & MEDIA



KNOWLEDGE



SCHOOLS & EDUCATION



STANDARD OF LIVING



COMMUNITY



COMMUNITY & FAITH-BASED



SOCIAL



CITIES & GOVERNMENTS



LIVE WELL SAN DIEGO

October 25, 2016

Dear San Diego County Residents and Live Well San Diego Partners:

Health. Knowledge. Standard of Living. Community. Social.

These are the five Areas of Influence that affect San Diego County's 3.3 million residents, and describe the desired outcomes of the Live Well San Diego vision. Now that we've completed year six of our collective efforts, it's time again to focus on how we are advancing the vision together.

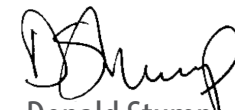
It is simply stunning to us that there are now more than 240 Recognized Partners! And that number continues to grow, with hundreds more stepping forward to join the work. In this annual report you'll read about the activities and accomplishments of nearly 100 of those organizations. All are dedicated to serving our many and varied communities, with the goal of impacting those Areas of Influence in a positive way. These organizations range from small sole proprietorships to large global companies employing hundreds of people. I'm sure you'll recognize many of them; you may have benefited from their services, or worked to assist them in their programs or activities.

Collaboration. Synergy. Coordination. Collective impact.

The variety of activities within the pages of this report is immense: the annual "Love Your Heart" campaign for blood pressure checks; health education classes; giving or receiving of grant funding; farm-to-school lunch programs; technology festivals; data sharing; and so much more – you'll have to read the report to see it all. No matter the activity or the organization, they are connected by a common bond. All are Recognized Partners, all are resolutely focused on advancing the Live Well San Diego vision, and all are having a genuine and long-lasting effect on the health, safety, and well-being of their communities. Our communities.

Please join us on our continuing journey as we work together for positive change! As a team we will improve our health, protect our neighborhoods, and become resilient. We will cultivate opportunities and improve service systems. We will promote positive choices, while making those choices the easy ones to make. We will improve our own internal cultures to advance the vision.

We will thrive!



Donald Stump

Executive Director, North County Lifeline
North County Regions Community Leadership Team Co-Chair



Karen Lenyoun

Sr. Program Manager, SAY San Diego
North Central Region Community Leadership Team Co-Chair



Barbara Warner

Collaborative Coordinator, Spring Valley Youth & Family Coalition
East Region Community Leadership Team, Active Living Chair



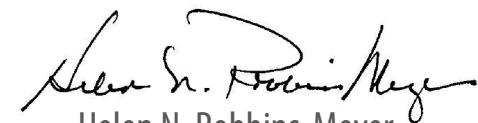
Brian Pollard

Executive Director, The Urban Collaborative Project
Central Region Community Leadership Team Co-Chair



Kathryn Lembo



President/CEO, South Bay Community Services
South Region Community Leadership Team Co-Chair



Helen N. Robbins-Meyer

Chief Administrative Officer
County of San Diego

TABLE OF CONTENTS

INTRODUCTION	6
5 AREAS OF INFLUENCE & TOP 10 INDICATORS	7
COLLECTIVE IMPACT OF PARTNERS	8
PARTNER DATA & GROWTH	9
FEATURED EVENTS	10-13
SUCCESS STORIES	14-33
 AREA OF INFLUENCE: HEALTH	14-17
 AREA OF INFLUENCE: KNOWLEDGE	18-21
 AREA OF INFLUENCE: STANDARD OF LIVING	22-25
 AREA OF INFLUENCE: COMMUNITY	26-29
 AREA OF INFLUENCE: SOCIAL	30-33
NEXT STEPS	34-35
NEWEST RECOGNIZED PARTNERS	36-37
ALL RECOGNIZED PARTNERS	38-39

INTRODUCTION

WORKING TOGETHER TO ADVANCE THE VISION FOR LIVING WELL IN SAN DIEGO

Since 2010, *Live Well San Diego* has united individuals and organizations under the shared vision for a San Diego region that is Building Better Health, Living Safely and Thriving. At print, more than 240 Recognized Partners have committed to working with the County of San Diego, community leaders and local organizations to support all 3.3 million residents countywide to live well – by building better service delivery systems, supporting positive choices, pursuing policy and environmental changes and improving their own internal cultures. In year six of *Live Well San Diego*, trends have started to emerge that shed light on the collective impact of these shared efforts. Aligned with the *Live Well San Diego* Areas of Influence and Top 10 Indicators, these trends indicate that the dial towards healthy, safe and thriving communities is moving in a positive direction, but there is still more work to be done.

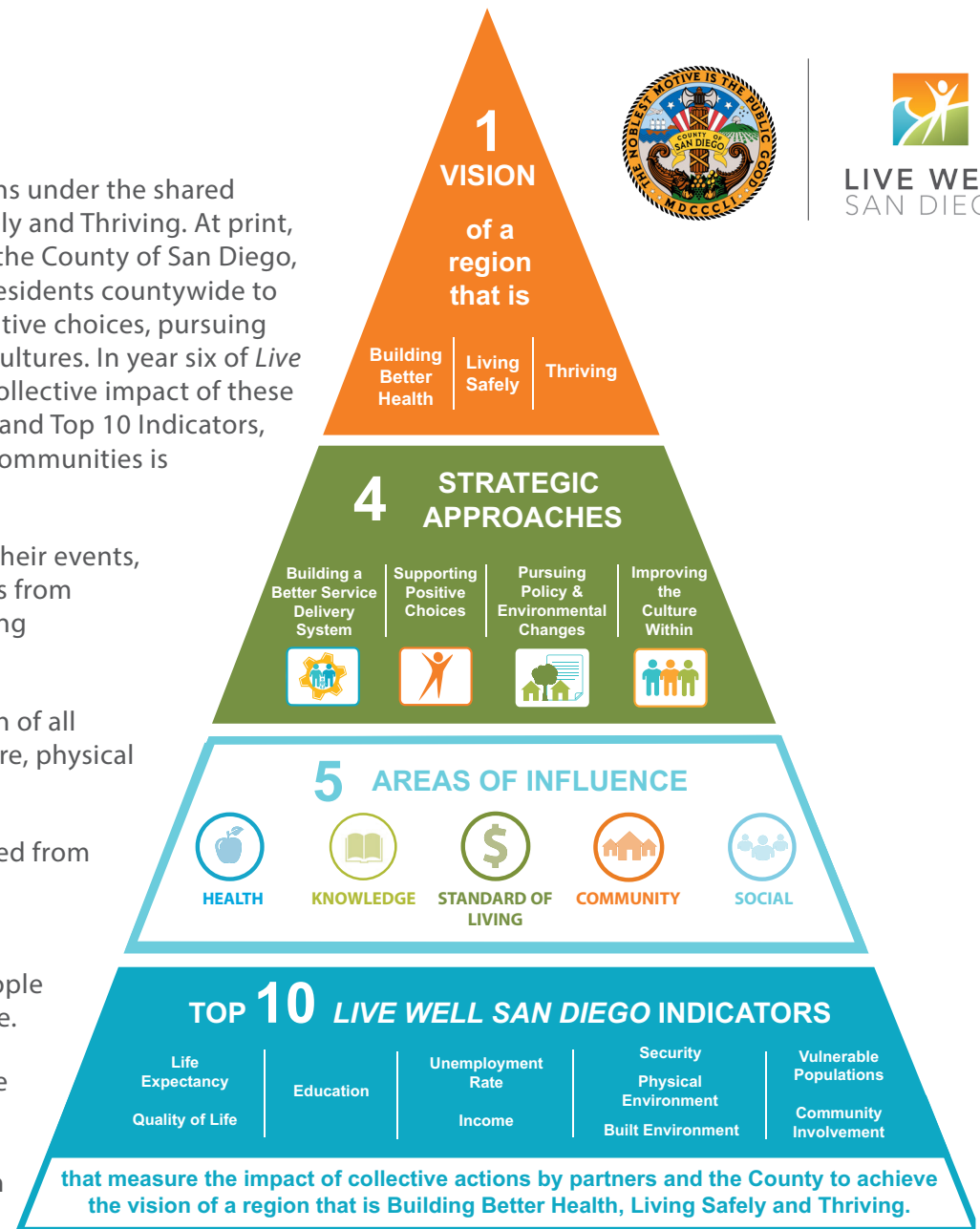
This report captures stories submitted by Recognized Partners about their events, programs and services that made an impact in the lives of San Diegans from July 2015 through June 2016. Taken together, these activities are driving positive change in the three component areas of *Live Well San Diego*:

Building Better Health: Recognized Partners are improving the health of all residents and supporting healthy choices through access to quality care, physical activity, healthy eating and preventing tobacco and other drug use.

Living Safely: Recognized Partners are ensuring residents are protected from crime and abuse; neighborhoods are safe to work, live and play, and communities are resilient to disasters and emergencies.

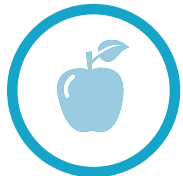
Thriving: Recognized Partners are cultivating opportunities for all people and communities to grow, connect and enjoy the highest quality of life.

As you will read in the pages to come, Recognized Partners collaborate with each other and County government often in their work serving San Diego's diverse communities. Partners are influential, innovative, forward thinking and measuring progress towards results aligned with the *Live Well San Diego* vision.



5 AREAS OF INFLUENCE & TOP 10 INDICATORS

Live Well San Diego unites the County and its partners under a shared vision for healthy, safe and thriving residents. Progress towards this vision is measured across the lifespan within 5 Areas of Influence and by the Top 10 Live Well San Diego Indicators.*



HEALTH

Enjoying good health and expecting to live a full life



INDICATOR 1: Life Expectancy

AVERAGE LIFE EXPECTANCY FOR A BABY BORN TODAY IS **82.3 YEARS** (2013)



INDICATOR 2: Quality of Life

19 IN 20 PEOPLE ARE HEALTHY ENOUGH TO LIVE INDEPENDENTLY (2014)



COMMUNITY

Living in a clean and safe neighborhood



INDICATOR 6: Security

2253.9 TOTAL CRIMES REPORTED PER 100,000 RESIDENTS (2015)



INDICATOR 7: Physical Environment

NEARLY **3.5** OUT OF **30** DAYS IN THE MONTH AIR QUALITY IS RATED POORLY (2015)



KNOWLEDGE

Learning throughout the lifespan



INDICATOR 3: Education

NEARLY **6 IN 7** STUDENTS GRADUATE FROM HIGH SCHOOL (2014)



INDICATOR 8: Built Environment

1 IN 2 PEOPLE LIVES WITHIN A HALF MILE OF A PARK (2010)



STANDARD OF LIVING

Having enough resources for a quality life



INDICATOR 4: Unemployment Rate

9.8% OF PEOPLE IN ELIGIBLE LABOR FORCE WERE UNEMPLOYED (2014)*

*June 2016 estimate from San Diego Workforce Partnership is 5.1%



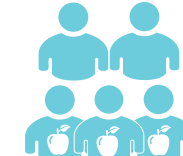
INDICATOR 5: Income

1 IN 2 HOUSEHOLDS SPENDS **LESS** THAN 1/3 OF INCOME ON HOUSING (2014)



SOCIAL

Helping each other to live well



INDICATOR 9: Vulnerable Populations

NEARLY **2 IN 5** PEOPLE WITH LOW-INCOME EXPERIENCE FOOD INSECURITY (2014)



INDICATOR 10: Community Involvement

NEARLY **1 IN 3** PEOPLE VOLUNTEERS AN AVERAGE OF **130** HOURS PER YEAR (2014)

* For more information and data, visit LiveWellSD.org/data-results

COLLECTIVE IMPACT OF PARTNERS

RECOGNIZED PARTNERS ARE LEADING THE VISION OF A HEALTHY, SAFE AND THRIVING REGION

The *Live Well San Diego* vision is becoming a reality thanks to the dedication and commitment of more than 240 Recognized Partners. This is the power of collective impact – working together to accomplish far more than government or any single entity could ever do alone. *Live Well San Diego* involves partners in all sectors - from cities and governments, to businesses and media, to schools and education, to community and faith-based organizations. *Live Well San Diego* Recognized Partners have deep and broad reach in the communities they serve. They are going above and beyond in their commitment to a region that is living well. They are thinking about the future by seeking long-term solutions to local challenges. And they are measuring their progress through numerical data and personal success stories. In their pursuit of policy, systems and environmental changes, they are helping to improve the well-being of all 3.3 million residents in the San Diego region.

BUSINESSES & MEDIA

Business and Media partners have the potential to improve local economies and have a positive influence on the health of employees, customers and communities. Business partners are sharing best practices; advancing initiatives to benefit their workforce and clientele; and enhancing the healthy bottom line of individual companies and economic competition in the region as a whole. *Live Well San Diego* media partners generously share best practices and events with a region-wide audience.



CITIES & GOVERNMENTS

City and Government partners reach residents and policymakers throughout San Diego County. Partner cities and government organizations, such as San Diego Association of Governments, are sharing best practices; advancing policies and programs for community well-being; improving safe routes for pedestrians and cyclists; promoting farmers markets; improving parks and recreation facilities; and working with Resident Leadership Academies that empower and equip residents with tools to change policies in their neighborhoods.



COMMUNITY & FAITH-BASED ORGANIZATIONS

Community and Faith-Based Organizations support individuals and families by sharing best practices and hosting programs that support healthy, safe and thriving communities and congregations. These partners support neighborhood programs; encourage at-risk community members to eat healthy and incorporate physical activity into their routines; and help prepare vulnerable populations for a disaster.



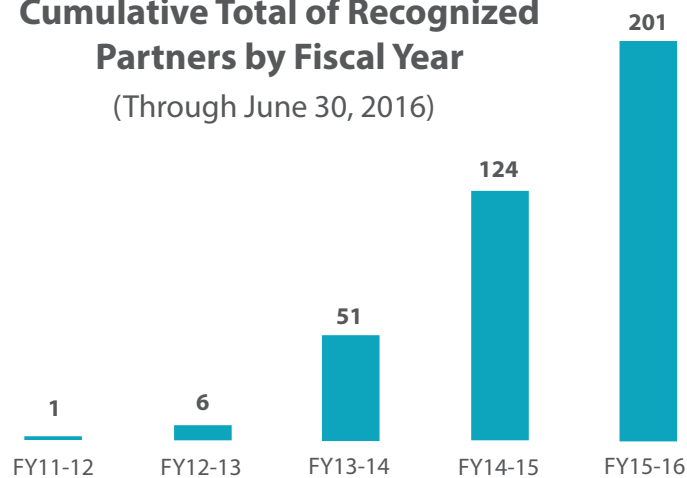
SCHOOLS & EDUCATION

School and Educational Institution partners reach children, adults and families throughout San Diego County. Partner school districts and campuses are advancing policies and programs that support healthy, safe and thriving students, teachers, families and neighborhoods through updated wellness programs, farm-to-cafeteria programs, school gardens, Safe Routes to School, disaster preparedness and environmentally conscious buildings.

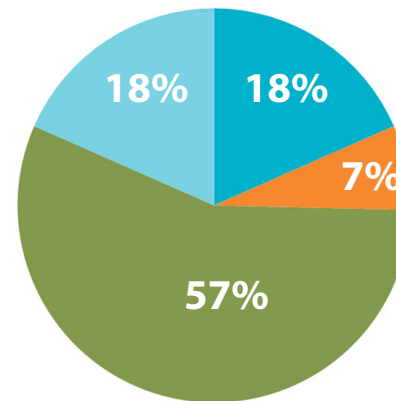


The number of Recognized Partners has grown tremendously since *Live Well San Diego* launched in 2010. The growth from July 2015 to June 2016 remained steady, slightly greater than the previous year. This past fiscal year, 77 additional organizations and businesses were recognized, making a cumulative total of 201 *Live Well San Diego* Recognized Partners through June 30, 2016. The total number of Recognized Partners in June was comprised of 14 cities & government partners, 37 business & media partners, 37 schools & education partners, and 113 community & faith-based organization partners. Recognized Partners collectively advance the *Live Well San Diego* vision by each contributing in unique ways to help move the dial in at least one, if not all three components of the vision. Based on city and unincorporated county participation alone, the reach of these collective efforts has grown to 2.7 million residents. This report highlights *Live Well San Diego* Recognized Partners that submitted their success stories throughout the 2015-2016 fiscal year. Many thanks to all the *Live Well San Diego* partners!

Cumulative Total of Recognized Partners by Fiscal Year
(Through June 30, 2016)



Recognized Partners by Sector



- Business & Media**
- Cities & Governments**
- Community & Faith-Based Organizations**
- Schools & Education**



Alzheimer's San Diego



YMCA of San Diego

FEATURED EVENTS

In the County's six Health and Human Services Agency service regions, County staff and elected officials collaborated with partners to host meaningful events that engaged San Diego's diverse communities and provided opportunities for people of all ages and backgrounds to be more healthy, safe and thriving.

INTERNATIONAL, REGIONAL AND LOCAL OPPORTUNITIES FOR LIVING WELL

Live Well San Diego's reach is expanding rapidly, not just within the San Diego region but around the world. 2016 marked the first ever "Vive Bien" designation in Tijuana, Mexico where the **United States-Mexico Border Health Commission**, Mexico Section became the first international *Live Well San Diego* Recognized Partner. They were recognized for their participation in the "Safe Kids: Binational Campaign San Diego-Tijuana" program, with an exhibit at a health fair



United States-Mexico Border Health Commission

in Chula Vista, California with health promotion materials to prevent child accidents in collaboration with the Accident Prevention Program. They also spearheaded the second binational Love Your Heart campaign that resulted in over 13,700 individual blood pressure screenings within six Mexican border states on February 11, 2016. **Northgate González Market** in South San Diego again hosted as the lead site for the binational Love Your Heart effort and **San Ysidro Health Center** provided free blood pressure checks along with SIMNSA, a binational health insurance provider.

CITY OF SAN DIEGO RECEIVES PROMISE ZONE DESIGNATION

After much collaboration between the County of San Diego's Health and Human Services Agency and the **City of San Diego** on an application to the federal government, it was formally announced in June 2016 that a section of San Diego received a "Promise Zone Federal Designation." The area includes some of San Diego's most economically challenged neighborhoods, encompassing parts of downtown San Diego, Encanto, and Emerald Hills. The announcement brings the total number of designated Promise Zones to 22 communities across the country.

Promise Zones get more Federal support for local leaders in high-poverty communities in a move to create jobs, improve education, increase affordable housing and address other locally-chosen priorities. The Promise Zone designation will last for a term of 10 years and pairs Federal government partners with local leaders to help bolster resources to local agencies and give support to targeted communities. Support includes preferred access to certain competitive federal investments, federal staffers to help implement programs, and five full-time AmeriCorps VISTA members.



North Inland Live Well Center

DOORS OFFICIALLY OPEN AT A NEW ONE-STOP SHOP FOR HEALTH SERVICES IN NORTH INLAND REGION

On September 21, 2015, over 400 people gathered together to celebrate the opening of the new North Inland Live Well Center in Escondido. The event brought together dignitaries, community leaders, stakeholders and partners to learn about the importance of the center as a hub for collaboration and service delivery while enjoying healthy food catered by Recognized Partner, **Café Merlot**. Guests were invited to take self-guided tours through the various areas of the facility, which include a Family Resource Center, Public Health Nursing, Child Welfare Services, Aging & Independence

Services, the Department of Child Support Services, and the County's first Military & Veterans Resource Center (MVRC). The MVRC houses 15 community-based organizations dedicated to assisting active duty military, veterans, and their dependents and survivors.

The North Inland Live Well Center not only serves as a "one-stop shop" for health and social services for the more than half a million residents in inland North County, it also reflects the *Live Well San Diego* spirit of collaboration. The new building provides a meeting space for community partners and organizations hosting smaller meetings in the Collaboration Center or larger events in the conference center. More than 85 community meetings and events have been hosted since the doors opened.

SAN DIEGO MILITARY FAMILY COLLABORATIVE CONFERENCE IN NORTH CENTRAL REGION

San Diego County is home to seven military bases, along with thousands of military families and veterans. The San Diego Military Family Collaborative hosted their Annual Conference on October 2, 2015: "Military Children – Ready and Resilient," which focused on improving the network of resources and support systems for children of military parents who attend public schools in **San Diego Unified School District**.

Social Advocates for Youth (SAY) San Diego led this effort in collaboration with other military focused partners, including **San Diego Financial Literacy Center** and San Diego Unified School District. Conference attendees participated in interactive breakout sessions on the topics of education, health and wellness, and financial health and employment. A panel facilitated by students from Serra High School that included local principals, a school counselor, a parent and the regional school liaisons for the Navy and Marine Corps highlighted the strengths and challenges facing military children and how services, resources and support can best enhance academic success.

"We are proud that our 2015 Annual Conference brought together over 200 social service providers, government representatives and business leaders from around San Diego with a focus on how we can collectively support military-connected children across San Diego County," said Joe Buehrle, Director of the San Diego Military Family Collaborative.

REFUGEE RESOURCE FAIR HELPS NEW RESIDENTS THRIVE

Since October 2015, the County of San Diego has resettled over 2,000 refugees, one of the highest rates in the United States. Recognizing the adversity that many of these individuals and families have faced in the past and will face as they enter their new homes and workplaces, the County and partners are working to ensure that support services are trauma-informed.



North Central Region



East Region



Refugee Resource Fair

In April 2016, the Newcomer's Collaborative, a part of the **El Cajon Community Collaborative** that provides assistance to refugees, hosted a Newcomer's Resource Fair at **Meridian Baptist Church** for newly-arrived refugees. The planning committee included individuals from several community partners who serve the refugee population, such as **Community, Action, Service, & Advocacy (CASA), the City of El Cajon, Home Start** and **Cuyamaca Community College**. Over 70 primarily Arabic-speaking newcomers to the United States attended to hear speakers with translators talk about law enforcement, domestic violence, tenant/landlord rights and workforce development. More than 15 local resource organizations were also present to assist in making the transition to life in San Diego as smooth a process as possible for these new members of the community.

LET'S CONNECT EXPOS BRING RESOURCES TO SOUTH REGION

In collaboration with the **City of Chula Vista, Community Health Improvement Partners, the City of National City, National City Chamber of Commerce** and **Olivewood Gardens & Learning Center**, the County hosted Let's Connect Expos in January and June of 2016 to support families by connecting them with useful resources and enrichment opportunities that can help them meet their needs.



South Region

The events were divided into three zones: Health, Safety and Thriving. Partners in the Health Zone offered health screenings, healthy food demos, and information for recreational and free or low cost physical activity resources available in their community. The Safety Zone was designed to help families be prepared for emergencies including creating a disaster plan and an emergency kit to help sustain families in case of an emergency. And the Thriving Zone was designed to help families and individuals in different stages of life with educational resources, job search tools, resume writing and tips for job interviews. More than 350 residents have attended the events. These resource fairs were provided in response to recommendations received at the South County Thriving Summit, which was attended by city officials and organizational leaders based in the South Region.

AREA OF INFLUENCE: HEALTH



Improving the health of residents and supporting healthy choices is at the core of Building Better Health in the San Diego region so that residents can thrive. *Live Well San Diego* Recognized Partners provide services and host activities that support and promote wellness and a better quality of life for all individuals and families. Partners are helping residents live life to the fullest and be healthy at any age, often bringing multiple generations together to improve outcomes.

LOCAL COMMUNITIES COMING TOGETHER

Local community organizations are coming together to improve the health of all San Diego residents and supporting healthy choices through outreach, programs and services. The **Retired Employees of San Diego County** held its Annual Health Fair and Picnic, which provided information and resources to members in the healthcare, social service, workforce development and County government sectors. At the Health Fair and Back-to-School Celebration hosted by **San Diego Black Nurses Association**, San Diego residents received free health screenings, vaccinations and educational health materials. Dozens of families participated in **Neighborhood House Association's** Let's Move Olympics



Neighborhood House Association

to help families get active and set goals that everyone in the family could accomplish together. And **North County Health Services** collaborated with community partners to host several health fairs throughout north region.

Other organizations have launched specific programs to address health challenges. **Be There San Diego** rolled out the Southeastern San Diego Cardiac Disparities Project – a three year project to reduce cardiovascular disease in the African American community. **Project Concern International** led the Healthy Start Project to eliminate disparities in perinatal health in low-income communities and improve access to perinatal care among women before, during and after pregnancy. They also launched Project ALCANCE, which aims to increase clinical and community linkages for chronic disease prevention among Latina women in City Heights, Sherman Heights, Logan Heights and National City.

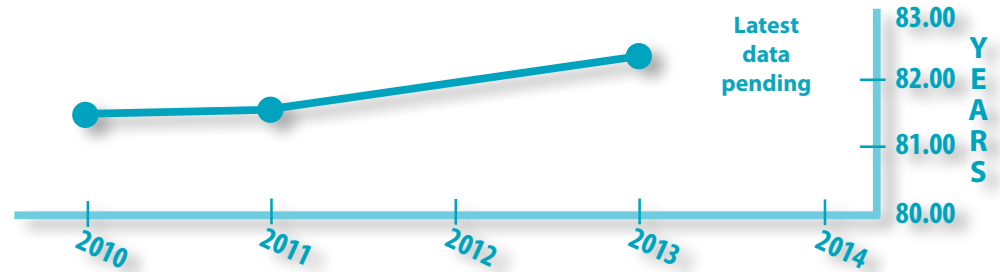
To help support individuals with Alzheimer's or another dementia and their families, the team at **Alzheimer's San Diego** offered a weekly Movement & Motion class to encourage healthy movement and activity. The class provided a space to stay physically fit and for families to connect with others who are facing similar challenges. **Southern Caregiver Resource Center** hosted the first caregiver conference specifically designed for Latino family caregivers. Their programs have reached 8,783 individuals, provided 8,086 hours of respite care to family caregivers, and provided 10,444 hours of counseling, assessments, case management and support groups. To inspire residents to lead healthier lives, the **American Diabetes Association** took part in the American Diabetes Association Alert Day, a

INDICATOR TRENDS: HEALTH



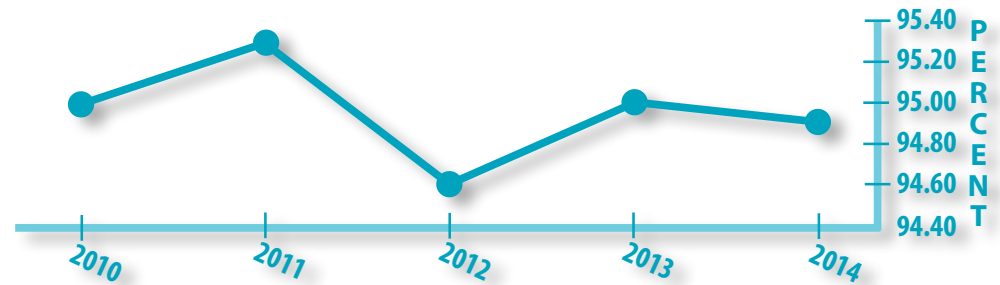
Life Expectancy

AVERAGE LIFE EXPECTANCY FOR A BABY BORN TODAY IS 82.3 YEARS



Quality of Life

19 IN 20 PEOPLE ARE HEALTHY ENOUGH TO LIVE INDEPENDENTLY



“Over the years we have found that when people call in for food assistance, they also have housing needs, health needs, and other things going on in their lives. Once we have them on the phone, it is a great opportunity for us to listen to their situations and offer them things they wouldn’t even know existed had they not called.”



– John Ohanian
President and CEO
2-1-1 San Diego

one-day “wake-up call” asking the American public to take the Type 2 Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. **Sirius Fitness** hosted a special “Dance It Out” master class to help residents get active and live a healthier lifestyle. And The CLUB Walk mall-walking program offered by **Paradise Valley Hospital** provided an opportunity for community members to get out and exercise in a safe environment at their own pace and at no cost. The program is now in its 27th year, and on average more than 200 people participated in each program session.

IMPROVING HEALTH SERVICES AND EDUCATION

Live Well San Diego partners are helping improve the delivery of health services so San Diegans can receive the help they need. **2-1-1 San Diego** collaborated with non-profit organizations to assist community members in renewing their Medi-Cal coverage and accessing additional assistance. **Susan G. Komen San Diego** invested \$1.1 million in community grants and international breast cancer research, funding ten programs in San Diego County to provide free breast health services. **San Ysidro Health Center** was awarded federal Health Services and Administration Resources New Access Point grant funds to open up a new clinic in National City. And **San Diego Blood Bank** celebrated the 150th gallon of blood donated by a local blood donor, which will supply blood to patients in need. For over 20 years, the **Legal Aid Society of San Diego** has been helping residents access the services and coverages they need, and to overcome any barriers blocking that access.

Assistance includes help with enrollments, denial of services, accessing medications, and payment of premiums.

In support of family health, the **San Diego County Breastfeeding Coalition** received the 2016 Golden Nugget Award for their efforts in providing the necessary education and resources for mothers and infants who may be at high risk of breastfeeding failure. **San Diego Health Connect** welcomed the expanded participation of two large healthcare organizations into the health information exchange they coordinate. This resulted in more than one million San Diegans being added to a network that enables healthcare providers to quickly and securely share and access patient records to provide care more efficiently.

WELLNESS ACROSS THE LIFESPAN

Partners are helping residents be healthy and live well at every age, coordinating programs for youth and aging populations alike.

Bringing multiple generations together, the **Grossmont Cuyamaca Community College District** Child Development Center served as a site for the Five & Fit program, where older adults assist children and their families toward improved nutrition and enhanced physical activity to prevent childhood obesity. **Anthem Blue Cross** is fighting childhood obesity with their foundation partner **San Diego OASIS** through their CATCH Healthy Habits program, which brings together adult volunteers and children in grades K-5 to encourage healthier eating and increase physical activity.

With the growing understanding of the link between hunger and health, **Feeding San Diego** has developed strategic partnerships with healthcare providers to provide healthy food to those being discharged from the hospital. **The San Diego Center for the Blind** offered counseling, training, community education and outreach programs to over 600 San Diego residents with blindness or vision impairment.

In service to San Diegans as they mature into later life, **Family Health Centers of San Diego** launched a new Senior Services program to provide comprehensive, wrap-around services to care for individuals 55 and above. Moreover, the **City of Chula Vista** served over 150 seniors through its "Senior Health and Nutrition" program at Norman Park Senior Center.



Anthem Blue Cross with San Diego OASIS

LIVING BETTER THROUGH HEALTHY MINDS

Mental health plays an important part in quality of life, and partners are helping residents live life to the fullest through their services.

The Fellowship Center developed a Recovery Coach Program designed to help individuals in recovery improve their health and wellness, as well as reach their full potential after they have completed a treatment program and their addiction is in remission. In addition, the **National Alliance on Mental Illness (NAMI) San Diego** created a free mobile app to help families and friends navigate a mental health crisis. The app, called Organized Support Companion in an Emergency Situation (OsCER), is designed to help individuals locate emergency services, options and resources available in San Diego County during a mental health crisis.

This year, **Mental Health Systems, Inc.** (MHS) teamed up with local community organizations to host a Youth Advocacy Leadership Event to help youth understand their own power to affect change, encourage them to challenge themselves, and help them overcome any mental barriers to becoming leaders.

IN SUPPORT OF HEALTHY HEARTS

Love Your Heart is an annual, one-day event during which partner organizations join the County of San Diego to provide free blood pressure screenings to the public at select sites throughout the San Diego region and Mexico. This year's Love Your Heart event took place on February 11, 2016 and was a resounding success, with over 90 organizations and more than 150 screening sites coming together to raise heart health awareness and inspire more than 30,000 individuals to "Join the Heart Health Movement."

On the Love Your Heart event day, **San Diego City College** nursing students, faculty and staff gathered on campus to offer free blood pressure screenings to students and teachers passing by. **City of San Diego** employees took the time to stop and know their numbers and many people going to the **YMCA of San Diego** received a free blood pressure check on their way to and from fitness classes. Nursing students from **San Diego State University** enjoyed participating in Love Your Heart because it allowed them to educate San Diegans on how to live a healthy life.

In conjunction with Love Your Heart, the **American Heart Association** participated in National Go Red for Women Day - a special day to wear red, raise awareness of the number one killer in women (heart disease), and inspire women to make lifestyle changes.

Taken together, these efforts resulted in the County of San Diego and community partners being honored by the Health Officers Association of California (HOAC) with a 2016 HOAC Communications Award in the category of "Most Impactful Campaign in a Large Jurisdiction" for the Love Your Heart campaign.



City of San Diego



YMCA of San Diego County

"It's been a great experience screening people who have never had their blood pressure checked. Love Your Heart gave us the chance to educate people on how to prevent high blood pressure, obesity and diabetes. I really enjoyed helping people in this way."



**- Shane Frazier, Nursing Student
San Diego State University**



AREA OF INFLUENCE: KNOWLEDGE



Education has a positive influence on a variety of economic, social and psychological factors which impact the health and well-being of a population. Many of the programs and services offered by partners for at-risk youth and their families provide essential life-skills and are designed to support the whole family to ensure student success. Innovative mentorship programs for both parents and students can help guide families toward educational resources and greater understanding.

SUPPORTING FAMILIES

As the saying goes, “It takes a village to raise a child.” In San Diego County, the village includes many partners who have the resources to provide support and skill building activities for families to help their students achieve success in school.

Through the support of Reach Out and Read San Diego, a program of the **American Academy of Pediatrics**, more than 250 doctors and nurses helped prepare San Diego County’s youngest children to succeed in school



American Academy of Pediatrics

by prescribing books and demonstrating to parents how to read to their young children. In San Diego County alone, 84 pediatric medical offices provided early literacy advice and over 100,000 books last year.

The **Escondido Union School District’s** (EUSD) Parent University Program is one of a number of innovative family support programs offered through the Family Engagement Centers at each district school. Facilitated by a bilingual Family Liaison, Parent University offers parents and guardians ongoing opportunities to develop practical skills to help their students experience academic and personal success. During the 2015-2016 school year, EUSD Family Liaisons coordinated 582 Parent University classes with just over 9,700 parents, guardians and community members in attendance.

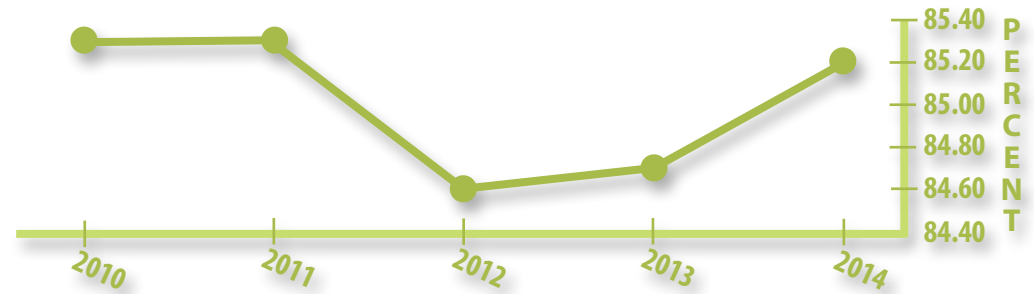
Every Student, Every Day is an attendance intervention program facilitated by **United Way of San Diego** in partnership with **San Diego Unified School District** targeting elementary schools near the neighborhood of City Heights. Interns work with the families of chronically absent students to identify needs and provide resources and support to increase student attendance. In the past year, Every Student, Every Day served over 250 students and families with over 1,200 engagements at five schools. These efforts have yielded a 5% average increase in attendance, equating to nearly 2 more weeks of learning for each student.

INDICATOR TRENDS: KNOWLEDGE



Education

NEARLY 6 IN 7 STUDENTS
GRADUATE FROM
HIGH SCHOOL



“The San Diego After School Consortium provides education, enrichment and recreation to more than 40,000 students each day in our county. Working to ensure that students can learn, be safe and explore both inside and outside the classroom has never been more critical to schools, community partners and government agencies.”



-Sandra McBrayer
Executive Director
The Children’s Initiative

Martin Luther King, Jr. Community Choir San Diego supported youth in the region by awarding educational grants to college bound high school students who will pursue a degree in the visual and performing arts.

LEARNING FOR ALL AGES

Intergenerational events, activities and programs offer people of different ages the opportunity to come together and share their talents, experiences, knowledge and skills to foster life-enhancing growth and friendship between youth and older adults. Through innovative projects, partners continue to play unique roles in helping to make the community healthy, safe and thriving for all ages.

San Diego OASIS’ Intergenerational Tutoring & Mentoring program helps students in grades K-4 at 101 schools around San Diego County build reading skills, self-esteem and positive attitudes toward learning, while opening the doors for seniors to put their life skills to work for a younger generation. (See call out box on page 21.)

HEALTHY BODIES SUPPORT ACTIVE MINDS

Research shows a strong correlation between physical activity and healthy eating programming and students' ability to pay attention longer in school. **San Ysidro School District** Nutrition Services joined a growing number of school districts throughout the state of California in a farm-to-school program called California Thursdays, which provides students with healthier school food made from locally sourced ingredients. The program has resulted in healthier, fresher meals serving more than 300,000 (about 60% of all public K-12) students.


Escondido Education COMPACT helped youth lead the way in bringing healthier food to the Escondido community. As part of the North Inland Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention (CX3) project, local youth started the Mission Middle School Garden. They also advocated for better access to healthy foods so the Mission Park neighborhood can become a healthier place to live, work and play.

The San Diego Chargers awarded the **Chula Vista Elementary School District** with a \$10,000 Hometown Grant to fund transportation for students at district schools on the west side of Chula Vista to attend the "Exercise the Dream" program at the **Chula Vista Olympic Training Center**, located on the east side of Chula Vista. The "Exercise the Dream"



Escondido Education COMPACT

"The California Thursdays initiative helps us create a solid educational foundation for our students that acknowledges the vital role nutrition plays in supporting their learning. There are so many things interconnected to being successful."



**- Julio Fonseca
Superintendent
San Ysidro School District**

Program brings together students and athletes who serve as healthy role models, providing instruction and education on how to make healthy lifestyle choices.

Adults also benefit from nutrition education programs, both for themselves and their families. **Olivewood Gardens & Learning Center** hosted the Cooking for Salud program, a 7-week program to teach women how to choose healthier options for themselves and their families, and conducted healthy cooking demonstrations at local senior centers. Together, these programs provide a healthy foundation for bright futures for children, youth, adults and families throughout the San Diego region.



Olivewood Gardens & Learning Center



San Diego OASIS Tutors

ONE-ON-ONE TUTORING HELPS STUDENTS THRIVE

Samantha missed 100 days of kindergarten and was now behind in learning in the second grade. She hid behind long bangs over her brow and initially would not make eye contact. Her parents were going through a divorce and she was not coping well.

Chris, a San Diego OASIS tutor, was assigned to Samantha to help with her reading. Chris had a similar experience growing up with her own parents divorcing. As she worked with Chris, Samantha found an outlet by writing about her experiences at home and how she felt. In just a few months, Samantha was making progress. She proved to be bright and sociable. She had her hand up eagerly to answer questions. She even pulled her hair back. In MAP testing (Measures of Academic Success) administered by the school, she achieved an increase in test scores of twenty points! Typical student progress throughout the year is eight points for the same grade and age group. The teacher was stunned, and grateful to the OASIS tutor for helping Samantha thrive.

VISTA'S PARTNERSHIP FOR CHILDREN EMBRACES LIVE WELL VISION

When it comes to healthy, safe and thriving communities, most agree that schools are vital partners in supporting and educating children, but they can't do it alone. The **Vista Unified School District** participated with a diverse group of cross-sector agencies and organizations committed to working together on a common agenda to help the school district's children succeed from cradle to career.

The district works in collaboration with numerous partners, including these *Live Well San Diego* Recognized Partners: **United Way of San Diego County, American Academy of**

Pediatrics, Boys & Girls Club of Vista, North County Lifeline, The Children's Initiative, Vista Community Clinic, and YMCA - Childcare Resource Services.

Review of district-wide data and educational outcomes, as well as focus groups with community agencies, residents, teachers, school staff, students and parents, helped to identify key topics including kindergarten readiness and college and career preparedness.



AREA OF INFLUENCE: STANDARD OF LIVING



Financial stability is important for everyone. Having sufficient resources to afford the costs of basic living has a positive influence on the overall financial health and well-being of the community. Financial stability, however, is not a reality for some people facing personal barriers and unexpected challenges. Partners are providing individuals and families with the help they need to get back on their feet and learn the skills necessary to become self-sufficient.

FINANCIAL WELLNESS

Americans may be living longer than ever before, but their bank accounts aren't in nearly as good of condition. The American Association of Retired Persons reports that half of Baby Boomers are not on track to afford basic expenses in retirement. Three quarters of Americans between the ages of 55 and 64 have less than \$30,000 saved for retirement and 40% of Baby Boomers have no retirement savings whatsoever.

To address these concerns, the County of San Diego collaborated with **San Diego County Credit Union**, AARP, and other community partners



San Diego County Credit Union

to host a day-long "Financial Wellness for 50+" seminar. Over 230 people attended the event to hear local financial journalist George Chamberlin share his wisdom and to participate in more than twenty-five educational workshops. Topics included: Getting Started with Saving at 50+, Understanding Investment Risk, Strategies for Getting Out of Debt, and Help for the Lower Income Senior.

Financial wellness is important for people of all ages, not just aging adults. The **San Diego Financial Literacy Center's** (SDFLC) literacy programs educate and empower individuals and families to make sound financial decisions and to develop positive personal finance habits for life. The Smart With Money Financial Opportunity Clinics presented by the Foundation for Financial Planning offered a unique collaborative opportunity for non-profits, government entities and community oriented business professionals to provide clear, concise, custom and culturally competent financial education in a confidential setting. Participants received advice from credentialed volunteer professionals on personal finance topics for people of all ages looking to improve their financial health.

Additionally, SDFLC established *Boost for our Heroes*, an effort to help the military community become one of San Diego's most financially literate populations. The program provided a variety of workshops, outreach efforts, and one-on-one consultations to help active duty military and veterans become financially stable. (See call out box on page 25.)

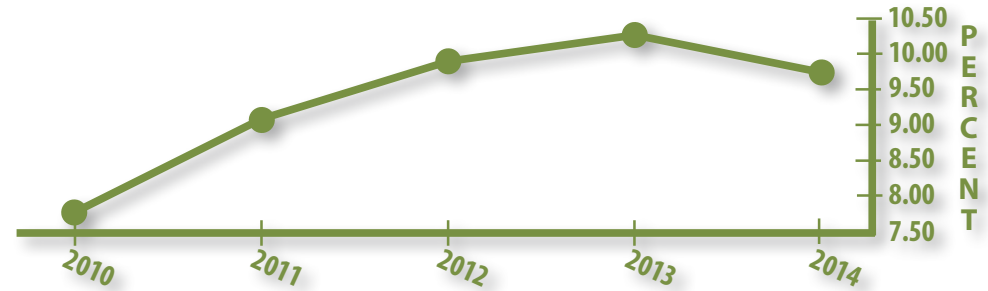
INDICATOR TRENDS: STANDARD OF LIVING



Unemployment Rate

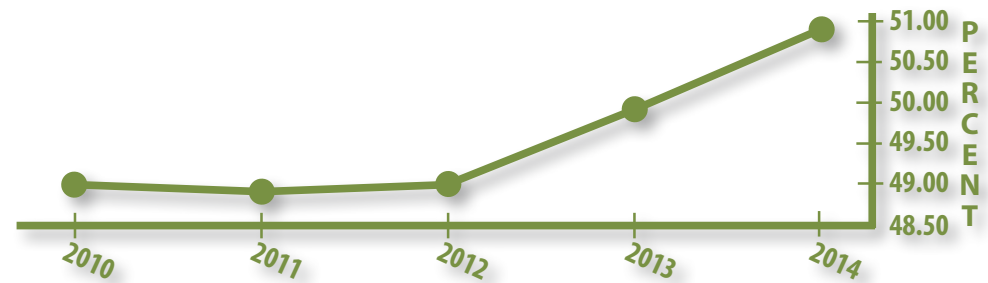
IN 2014, **9.8%** OF PEOPLE IN ELIGIBLE LABOR FORCE WERE UNEMPLOYED*

* June 2016 estimate from San Diego Workforce Partnership is 5.1%



Income

1 IN 2 HOUSEHOLDS SPENDS **LESS THAN** 1/3 OF INCOME ON HOUSING



EMPLOYMENT ASSISTANCE & WORKFORCE DEVELOPMENT

More than just financial wellness, partners are creating a better standard of living with job training programs. And it's never too early to start. More than 24,000 San Diegans attended the **Biocom Institute's** San Diego Festival of Science and Engineering EXPO Day at PETCO Park on March 5, 2016. In support of Biocom's vision to create a diverse community of life science professionals, the event featured interactive demonstrations and hands-on activities designed to engage children, youth and families in all that encompasses STEM (science, technology, engineering and math).

Also in the technology field is **San Diego Futures Foundation's Youth IT Program**, a workforce program designed to engage low-income youth in potential IT career pathways. Through mentorship with volunteer IT professionals, the program promotes its participants' self-sustainability while enhancing San Diego's growing technology community.

Youth aren't the only age group who need job support. In September 2015, **Kitchens for Good** launched its first social enterprise kitchen at the Jacobs Center for Neighborhood Innovation in Southeast San Diego. In this 25,000 square foot kitchen and event space, Kitchens for Good operates a robust catering and events company. In addition, they use the space's kitchen to prepare meals for their senior meal contracts and train 100 men and women a year in their culinary job training program for unemployed populations. In addition, **Jewish Family Service's** Senior



Biocom Institute

Community Service Employment Program (SCSEP) provides community services and work-based training to unemployed participants 55 years of age or older. Through the SCSEP program, participants receive job search assistance, and have the opportunity to receive training in a wide variety of community services activities at non-profit and public facilities.

The San Diego Workforce Partnership is using data-informed systems to share labor market research throughout the San Diego region, helping the labor force to know which sectors are hiring and the necessary job skills needed. They created poster boards that highlight data, career pathways, education, and potential income, and posted sets at local businesses, 10 school districts, community colleges, career centers and community-based organizations, with an estimated 2,500 boards on display throughout the region. They also translated the boards into Spanish, expanding their reach and impact.

HEALTHY EMPLOYEES, HEALTHY BOTTOM LINE

To create more opportunities for the workforce of the future, local businesses are stepping up as leaders in creating internal wellness programs, which have been shown to increase productivity and reduce absenteeism. **Northgate Gonzalez Markets** was the first business in San Diego to partner with *Live Well San Diego*. They received the Breastfeeding Friendly Workplace Award from the **San Diego County Breastfeeding Coalition** for their efforts in creating a breastfeeding friendly environment in the workplace. Moreover, the **Arthritis Foundation** was awarded CDC funding to collaborate with local community partners to expand the Walk with Ease program (6-week self-guided walking and health education program) in the workplace and enhance their employee

“The programs where we assist with marketing and communications are making a tangible difference in the lives of all San Diego County residents. I’m proud of the work and commitment of the MJE team in our efforts to make San Diego a better place to work and live. I want my sons to feel this sense of pride in the region and know they will want to play a role as community leaders.”



- Marlee J. Ehrenfeld
Founder and Chief Creative Officer
MJE Marketing

wellness efforts. A total of 200 County of San Diego employees participated in the program. And the **National City Chamber of Commerce** held the 1st annual National City Bike to Business (Work) Day, along with celebrations of the completion of their Bicycle Master Plan. As part of their team member benefits, **Target** offers a wellness discount. Team members receive an additional 20 percent off fresh and frozen fruits and vegetables, items from their Simply Balanced wellness line and their C9 brand of activewear, on top of their existing employee discount. Additionally, they continuously work on enhancing team member career-growth and career-planning support to help focus on longevity and personal fulfillment.



National City Chamber of Commerce



San Diego Financial Literacy Center

A BOOST FOR A LOCAL HERO

A recent award recipient of the **San Diego Financial Literacy Center's** *Boost for Our Heroes* program was Rachel Chapman and her family. Chapman is an active duty Navy Chief and her husband, Cole, a Navy veteran. While Mrs. Chapman was on deployment with the USS Independence, Mr. Chapman got into an accident while traveling home from school. "As he merged his motorcycle onto the 8 east, a driver drove Cole off the freeway and into a curb and changed all of our lives forever," said Mrs. Chapman. "The guardrail took one of his legs and destroyed the other."

The Chapmans were forced to move and dramatically change their lives. Financially, they were struggling - overburdened with medical debt and in need of assistance to help get them back on track to self-sufficiency. Through several one-on-one financial counseling sessions with the SDFLC, a financial road map started to evolve. In addition, SDFLC reached out to community partners who were quick to offer support programs when they heard the Chapmans' story. Now the Chapmans are working their way towards a financial life that is more secure and free of the stresses of debt.

A LEARNING AND INTERNSHIP OPPORTUNITY FOR STUDENTS

The County of San Diego partnered with the **Biocom Institute** and their partner, LiveGoode Programs & Analytics, to put on the Hack-A-Thon for Health (H4H) as a part of the 2016 Festival of Science and Engineering.

The H4H brought health-related businesses and non-profits together with data analytics students to provide pro-bono data analysis to inform non-profit health sector goals. The H4H teams worked with data provided by the County to better understand how protective behaviors can reduce the prevalence of the four diseases (cancer, lung disease, heart disease, and diabetes) that cause over 50% of the deaths in San Diego County.

Students from local universities' data science programs competed for cash prizes and internships provided by participating companies. For students, this was an opportunity to get in front of future employers and demonstrate their data science skills using real world data to solve meaningful problems.



Biocom Institute



AREA OF INFLUENCE: COMMUNITY



Organizations throughout San Diego County are working together to support safe communities, projects that encourage thriving lives, and a healthy environment. Conflict resolution programs are keeping youth out of the detention system, eco-conscious buildings and events are creating community pride, and community gardens are beautifying the environment and improving local access to healthy foods. Partners are training residents to be advocates for change in their own neighborhoods, and the community as a whole benefits as a result.

SUPPORTING SAFE COMMUNITIES THROUGH RESTORATIVE JUSTICE

The **National Conflict Resolution Center's** (NCRC) Restorative Justice Program creates opportunities for youth to right crimes they have committed with the support of the community. In partnership with residents and Juvenile Justice System stakeholders, NCRC hosts restorative community conferences (RCCs): face-to-face, problem-solving meetings between people who have been harmed by a crime, the people who caused the harm and community members. Led by trained and experienced community facilitators, the people in the RCC discuss the harm and ways to repair it as much as possible. In the

meeting, the persons responsible for the harm are held accountable for their crime. Together, the group creates a plan to repair the harm. Once the responsible person fulfills the plan in a timely manner, charges are dismissed. The RCC program benefits all participating parties because it allows for open dialogue, understanding and an opportunity to make things right, which in turn contribute to community safety and well-being.

IMPROVING THE ENVIRONMENT

In recognition of its "Organics Marketplace" demonstration projects and waste diversion programs, which have kept more than 16,000 tons of organic waste out of regional landfills, **Solana Center for Environmental Innovation** received the Governor's Environmental and Economic Leadership Award, the state's highest environmental award. Additionally,



National Conflict Resolution Center



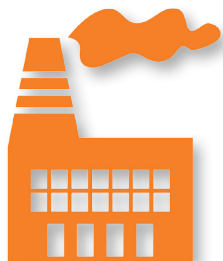
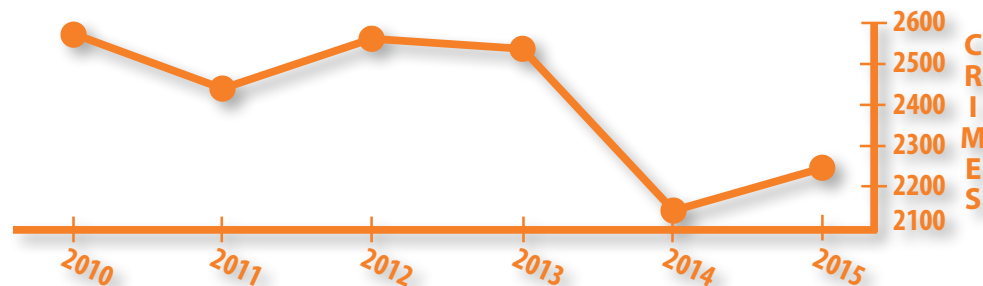
Solana Center for Environmental Innovation

INDICATOR TRENDS: COMMUNITY



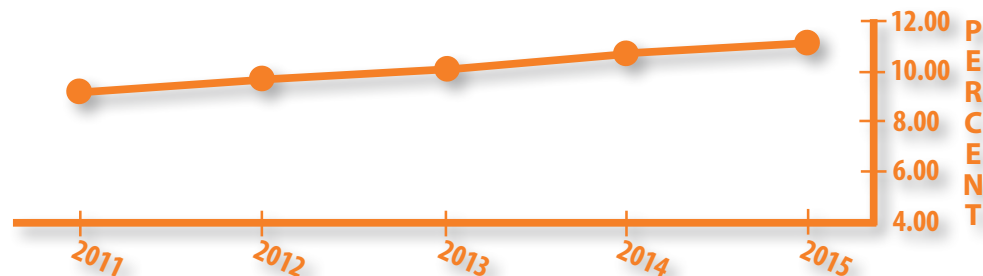
Security

2253.9 TOTAL CRIMES
REPORTED PER
100,000 RESIDENTS



Physical Environment

NEARLY 3.5 OUT OF 30
DAYS IN THE MONTH AIR
QUALITY IS RATED POORLY



“The Gilliam Family Community Garden and Park is a shining example of residents, local nonprofits and other stakeholders coming together to build a gathering and educational site for a community in need.”



**- Monte Jones
Chief Executive Officer
BAME CDC**

Solana Center displayed an “Eco Container,” a re-purposed shipping container transformed into a center for environmental innovation, at the San Diego County Fair. The Container demonstrated how to incorporate energy-saving, water-efficiency and eco-friendly practices into residents’ daily lives.

American Medical Response (AMR) Rural/Metro Ambulance sought to end child drowning with the kickoff of an annual citywide water safety campaign. The campaign brought heightened awareness and education to the public to help reduce the risk of water-related accidents in neighborhoods.

Working to improve transportation in communities is the mission of the **San Diego Association of Governments**. Its proposed Uptown Bikeways project is one of the first high priority projects identified in the San Diego Regional Bike Plan to be funded for implementation.

CULTIVATING QUALITY OF LIFE

BAME Community Development Corporation collaborated with a landowner, neighborhood groups, and individual residents to create a park and community garden on a vacant lot in the Greater Logan Heights community. The fruits and vegetables grown in the park's garden will bring relief to the area, known as a food desert, and teach families how to have their own gardens. An amphitheater will host movie nights and obstacle courses, and playgrounds will be gathering and recreational areas for the diverse community. Sponsoring partners include the **San Diego Foundation** and **SDG&E**.

Other similar efforts included a two-day playground-building event by 50+ employees of the **Nordson Corporation** benefiting the children living in the Solutions for Change Family Intake Center in Vista. Aiming for long term sustainability, **Home Start, Inc.** has provided a safe environment for children in risky or abusive housing situations for over 44 years. With a goal for helping every child in San Diego to live in a safe and nurturing home, Home Start is the sole provider of Parent Child Interactive Therapy in the home, and operates a Thrift Boutique in Normal Heights for both program revenue and job training for its clients.



Nordson Corporation



BAME Community Development Corporation



Urban Collaborative Project

RADIO HOUR HELPS SHARE SUCCESS STORIES

In January 2016, **Real Talk San Diego** launched the new “Live Well Radio Hour” show on ESPN 1700 AM. This weekly live talk show brings together *Live Well San Diego* Recognized Partners, community organizations and radio hosts to share information about programs and events that support healthy, safe and thriving communities. Since the show’s inception, more than 20 Recognized Partners have participated to share personal stories and program updates. Among many others, Diane Moss, of **Project New Village**, shared about her organization’s work to address social justice issues in southeastern San Diego by turning urban lots into community gardens, improving the built environment and increasing local access to healthy foods. And Steve Dinkin at the **National Conflict Resolution Center** spoke about their inclusivity training programs that bring residents and public safety officers together to develop shared understanding and help reduce community violence. The Live Well Radio Hour show is also recorded for free streaming online via podcast.



National Conflict Resolution Center



Project New Village

TRAINING LOCAL LEADERS

Bayside Community Center began its inaugural Youth Resident Leadership Academy in March 2016 with students from Kearny High School and Francis Parker School. The group’s first topics included healthy food systems, active transportation, walkability, and health determinants - important focus areas that will help them create equity through the environment of their community.

The adult Resident Leadership Academies facilitated by the **Urban Collaborative Project** included 25 residents from various neighborhoods in the Southeast San Diego community. These participants completed a 9-week training course on topics such as small group meeting facilitation, conflict resolution, and infrastructure processes, and formed Project Teams that will help residents design, implement and maintain projects aimed at improving the quality of life for their neighbors.



Bayside Community Center

“Leadership means the ability to lead and guide those around you or who look up to you to make right choices. Also, to motivate them to stand up for what they believe.”



- High School Student, Bayside Community Center’s Resident Leadership Academy in Linda Vista



AREA OF INFLUENCE: SOCIAL



Communities thrive when people get to know their neighbors and are invested in the well-being of the people they interact with every day. *Live Well San Diego* partners encourage community connections and engaged citizens. New residents are finding hope through refugee and survivor programs, foster youth and families are discovering resiliency through training and education, seniors are receiving comfort and nourishment through meal delivery services, and volunteers are gaining greater purpose by giving back to their neighbors.

HELPING REFUGEES THRIVE IN SAN DIEGO COUNTY

Each year, San Diego County welcomes more refugees than any other region in California. When refugee and immigrant families arrive, they often experience culture shock because the legal, social, health, employment, and transportation systems are so unfamiliar. Partners serve this diverse community by providing resources, services and programs to make the transition easier.

The **Nile Sisters Development Initiative** offers ongoing training and support programs serving more than 2,000 refugee and immigrant women and their families to make the process of resettling easier.



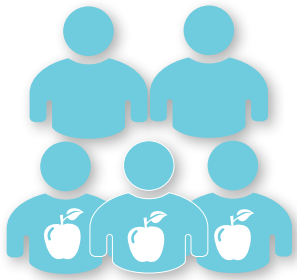
Nile Sisters Development Initiative

COMMUNITY SUPPORT ACROSS THE LIFESPAN

Partner organizations consistently provide innovative and unique ways for residents and families in all walks of life to thrive. As the only organization in San Diego that supports families in providing long-term care for foster children under 5 years old in San Diego County, **Angels Foster Family Network** created a community of foster parents who are committed to creating a sense of stability for children until they are reunified with their biological family or adopted. In an effort to address the challenges military families are facing, **Social Advocates for Youth (SAY) San Diego** convened the San Diego Military Family Collaborative Annual Conference to promote the collective goal of making San Diego one of the best regions for military families in the nation. To support relatives caring for young family-members, special events were held countywide. One such event held in North County brought together over 150 relatives and children at the Grandparents Raising Grandchildren Symposium held in collaboration with the **City of San Marcos** and numerous other partners to educate and support grandparents and other caregivers who are raising relative children in their communities.

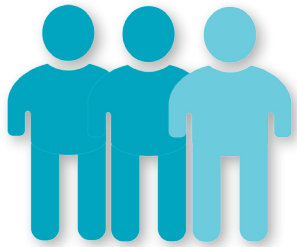
By the year 2030, the number of individuals over the age of 65 is estimated to increase by 71% (SANDAG). Several *Live Well San Diego* partners serve San Diego's aging population. By caring for hundreds of seniors on a daily basis, **ElderHelp of San Diego** impacts the health, happiness and well-being of the aging community. ElderHelp provided monthly cooking classes to low-income seniors.

INDICATOR TRENDS: SOCIAL



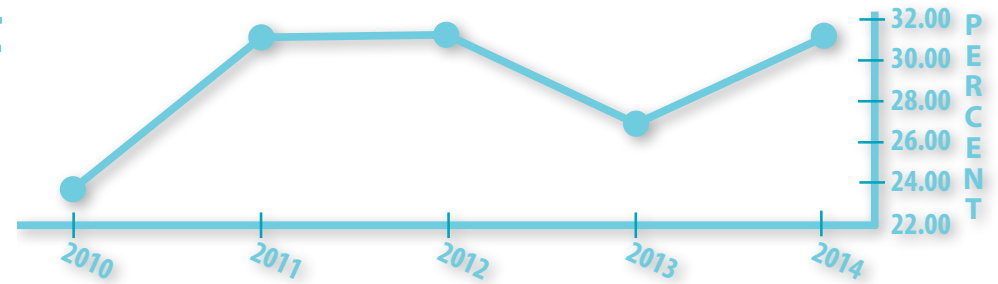
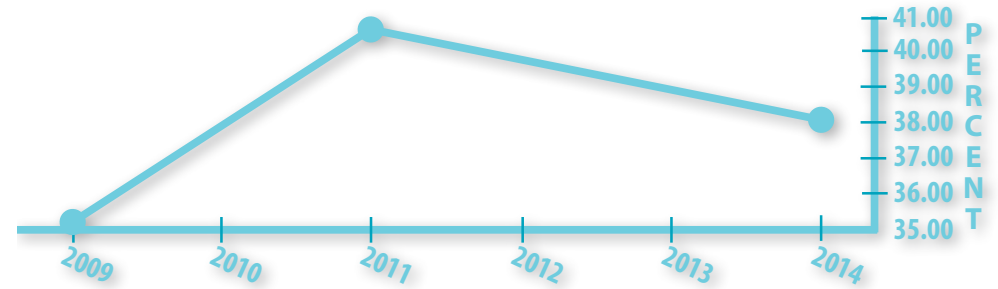
Vulnerable Populations

NEARLY 2 IN 5 PEOPLE WITH
LOW-INCOME EXPERIENCE
FOOD INSECURITY



Community Involvement

NEARLY 1 IN 3 PEOPLE
VOLUNTEERS AN AVERAGE
OF 130 HOURS PER YEAR



Serving Seniors also strives to help seniors in poverty live healthy and fulfilling lives. They served nearly 600,000 meals at 10 congregate dining sites in the last year, and provided activities, social services and health education at their Senior Wellness Center, which allows struggling seniors to remain independent in their community.

GETTING INVOLVED AND GIVING BACK

San Diego residents are committed to improving the quality of life in their neighborhoods by engaging with one another and striving to build better environments and healthier lives for themselves and their neighbors. In the south region, **Casa Familiar** supported *Familias Sanas y Activas*, a program that promoted physical activity while training promotoras to become civically engaged in support of increasing Latino health outcomes in the region. **The Boys & Girls Clubs of Greater San Diego** prioritizes Character Building. Last year, more than 4,200 young people participated in BE A HERO, their anti-bullying program that helps youth ages 5-18 develop the skills and resiliency to stand up to bullies and to be able to stand up for others.

Throughout the year, there were many opportunities across the region that brought residents together in the name of healthy, safe and thriving communities. For the 7th year in a row, the **North San Diego Business Chamber** hosted *San Diego Women's Week* featuring a week of speakers, activities and networking aimed at empowering, inspiring and connecting women from all over



Serving Seniors

the region. Students, parents, and staff at Albert Einstein Academy Elementary Charter School in the **San Diego Unified School District** and Central School in **National School District** held successful *Great Kindness Challenge* events, where an entire week was dedicated to performing as many acts of kindness as possible. **South Bay Community Services** honored Cesar Chavez through a *Day of Service* where more than 200 volunteers and students from **Sweetwater Union High School District** came together to commemorate Cesar Chavez through education, celebration and service.

Partners are helping make engagement and giving back easy. **Sustainable Surplus Exchange** fosters corporate social responsibility through the donation of surplus items to be repurposed to underserved schools, charitable organizations and cash-strapped start-ups, supporting thousands of students, teachers, nonprofit constituents and entrepreneurs. Members of the **Live Well San Diego Lion's Club** take advantage of numerous opportunities to contribute throughout the year by supporting the annual Blind Surf Event, adopting and renovating 'Sienna's PlayGarden' in Rancho Peñasquitos and advocating for Human Trafficking Awareness and Prevention throughout San Diego and Imperial Counties.

ADDRESSING FOOD INSECURITY

Partners are working together to improve access to affordable, nutritious food for all San Diegans. Food Day was celebrated across the county as **Community Health Improvement Partners** hosted the 3rd annual *Let's*



Sustainable Surplus Exchange

Go Local! Produce Showcase, encouraging community members to engage with local farmers and learn about fresh, local produce. And **La Mesa-Spring Valley School District** partnered with the County to present the La Mesa Food Day Passport Challenge, which encouraged students and families to engage with local farmers and learn about fresh produce at the La Mesa Farmers Market. Throughout the county, residents are able to access fun and informative ways to learn about healthy food options with **Jimbo's...Naturally!**, including free store tours for all ages, educational lectures and cooking classes.

GIVING HOPE TO SURVIVORS

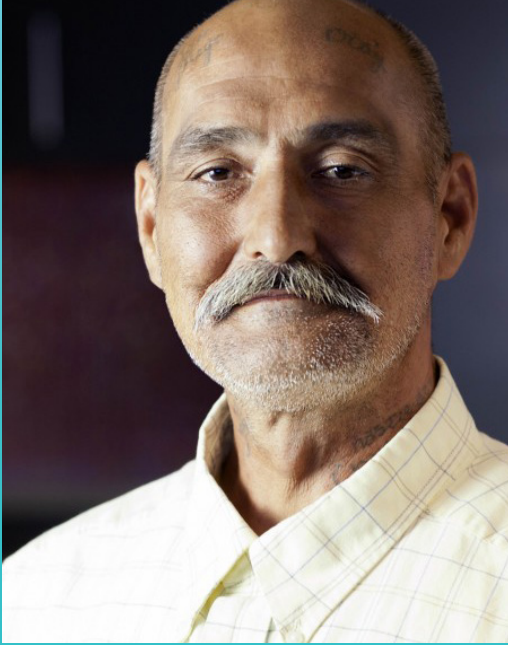
There are 35,000 survivors of political torture living in San Diego County. As the only accredited torture treatment center in the county, **Survivors of Torture, International** (SURVIVORS) provides a variety of services to this under-served, often invisible population to recover from severe traumas and move towards a life of hope, growth and self-sufficiency.

In her home country, Amina's* friends and colleagues were kidnapped, tortured and killed because they stood for human rights. Amina had been beaten so badly that she found it painful to walk; she was so close to being killed and thought it would not be possible to hope for her future.

When Amina came to SURVIVORS, she would burst into tears uncontrollably. She isolated herself from others because she was afraid she would be found by those from her home country who wanted to torture and kill her. Through SURVIVORS, Amina met others who also survived the horrors of torture and who understood and reached out to support her. Slowly, she began to move forward with her life. She found she was not alone in her experiences and she had a community to share in her journey toward healing.

Today, Amina is enrolled in college and working part-time. Many SURVIVORS clients have enrolled in adult or college courses, secured work permits, found jobs and are giving back to their community.

*Name has been changed to protect client's identity.



Monti at Father Joe's Villages

GIVING FATHERS A SECOND CHANCE

When Monti was released from prison in 2010, he faced the harsh reality of finding a home and assuming full custody of his four- and five-year old sons. "When my two sons were dropped on me with no place to live, no food, no clothes, nothing, nada, I thought to myself, 'I need to get into St. Vincent de Paul no matter what.'"

Monti rose to the challenges and came to **Father Joe's Villages** for help. He and his sons Melvin and Monti Jr. entered the family program in the Joan Kroc Center at St. Vincent de Paul Village. Monti took full advantage of Father Joe's Villages housing programs and supportive services. From computer courses to resume writing classes, Monti showed up every day to better his life and provide for his family. Looking to be healthy and ready for their next chapter, Monti and his boys received medical and dental care from the Village Family Health Center and Monti attended individualized recovery counseling to kick his past destructive habits.

Monti's children also benefitted from behavioral, developmental and clinically based childcare. With an eye toward long-term academic success, they were tutored in an afterschool care program and even had their very own set of "foster grandparents." Thanks to his commitment to being a good father and role model and through the tailored approach of Father Joe's Villages, Monti was able to move to a self-sustained life outside the Village with his happy, healthy sons.

MAKING IT EASY FOR SAN DIEGANS TO CLEAN UP THEIR COMMUNITIES

This year, **I Love a Clean San Diego** made it easy to give back close to home while making a lasting, positive impact on the entire region. The Creek to Bay Cleanup: Your Neighborhood, Our Environment welcomed a record number of 6,400 volunteers who removed 170,000 lbs. of debris in their own communities. In addition to removing litter, volunteers beautified the county by planting native landscape and removing graffiti.

"The best part of being a site captain for this event is the vested interest in protecting and enhancing the beauty and health of a 'great place' - be it a canyon, creek, or beach," said Jane Donley, who has been the Ocean Beach - Dog Beach Volunteer Site Captain since 1993. "Over years one can see improvements, and socializing with neighbors for a good cause improves everyone's quality of life."

More than 19,000 hours of volunteer services were dedicated to enhancing San Diego's beaches, bays, canyons and parks. When our environment thrives, the quality of life for San Diegans improves as well.



I Love A Clean San Diego



NEXT STEPS

Moving into its seventh year, the *Live Well San Diego* vision grows more vibrant and continues to reach more individuals, communities and organizations throughout the San Diego region. Signature events, such as Love Your Heart and the *Live Well San Diego* 5K, will continue to bring individuals, families and organizations together in support of healthy, safe and thriving communities. Recognized Partners in every sector and subsector continue to join the movement, bringing their commitment and expertise in expanding the reach of collective efforts through innovative programs and services. Many of these partners are tracking results that highlight the positive influence of their activities, often done in collaboration and integration with the County of San Diego and other partner organizations, and aligned with the Top 10 *Live Well San Diego* Indicators. With a focus on diverse communities, the vision of a region that is Building Better Health, Living Safely and Thriving will continue to become a reality for San Diego County residents.



LIVE WELL
SAN DIEGO

County government is creating new opportunities for partners to stay engaged and connected. The *Live Well San Diego* Advance, scheduled for November 2016, is a half-day conference where *Live Well San Diego* Recognized Partners can come together, share best practices and strategize about the direction of future initiatives. Ongoing partnerships with local media, including with **KGTV/Azteca America TV**, **iHeart Media** and **Real Talk San Diego** radio, create platforms for partners to share their best practices and reach new audiences.

BUILDING RESILIENT COMMUNITIES THROUGH TRAUMA-INFORMED SYSTEMS INTEGRATION

On June 21, 2016, the County of San Diego joined with **San Diego Unified School District**, Paving Great Futures, Alliant International University and KPJR Films to host the San Diego premiere of *Resilience: The Biology of Stress and the Science of Hope*, a film that uses high-tech animation and personal stories to explain the science and the solutions of Adverse Childhood Experiences.



Resilience Film Screening

The event provided an opportunity for nearly 300 people to watch the film; learn from a panel of academics, teachers and community members; and participate in meaningful breakout sessions to discuss how the San Diego Community can integrate trauma-informed approaches and resilience into local systems, communities, homes, and lives. Additional screenings will be hosted at sites across the San Diego region starting in the fall of 2016 with the purpose of providing a common understanding about trauma and promoting collaboration and best practices to strengthen resilience in communities, families and individuals.

IMPLEMENTING A BEHAVIORAL HEALTH ROADMAP

The County of San Diego, with feedback from more than 900 community stakeholders, developed and presented a Ten Year Roadmap – a major endeavor that seeks to address the most serious behavioral health issues affecting San Diego County. The goal of the roadmap is to guide planning and funding priorities to improve the quality of behavioral health services and to empower individuals with behavioral health needs to live healthy, safe and thriving lives.

The Roadmap is a dynamic, living document that will be updated annually and will incorporate new priorities based on input from: family members, individuals with lived experience, providers, schools, faith communities, criminal justice and juvenile justice partners, law enforcement, and healthcare and community organizations; in addition to the Behavioral Health Advisory Board, County leadership, stakeholder groups, behavioral health councils, and other community partners.

ADDRESSING INEQUITIES AND DISPARITIES WITH LIVE WELL COMMUNITIES

Looking at data measures of progress towards the *Live Well San Diego* vision reveals that some communities and populations are not living well. They have significant health issues, are more affected by crime, and are less engaged in civic activities such as election turnout and other dimensions of “Thriving.” These disparities emerge when examining the data through the equity lenses of geographic location, age, race and ethnicity, gender or socio-economic level.

Live Well Communities builds upon the *Live Well San Diego* vision to focus on addressing population health and health equity first, in the historically underserved southeastern San Diego and surrounding communities. The goal of Live Well Communities is to address long-standing inequities, disparities and disproportionality in this geographic area, by focusing on key interventions that will engage residents, strengthen services, and produce meaningful improvement in the lives of San Diegans.

Community feedback gathered in May 2016 informed the County’s application to the Healthiest Cities & Counties Challenge, a partnership between the Aetna Foundation, the American Public Health Association and the National Association of Counties and administered by CEOs For Cities. San Diego County was recognized as one of six innovator cities and counties, and over the next two years will report back with measurable results about how southeastern San Diego is coming together for improved health and wellness.



North Inland Live Well Center

EXPANDING MILITARY AND VETERANS PROGRAMS AND SERVICES

Many Military and Veterans partners are housed in the County’s Military and Veterans Resource Centers. The San Diego Veterans Coalition, together with the Office of Military and Veterans Affairs, will continue to actively recruit veteran support organizations as Recognized Partners with the goal of improving access to services among the large military and veteran community in the San Diego region.

On November 10, 2016, the County of San Diego is hosting a Veterans Forum for active duty service members, Veterans, Military/Veterans service providers, community-based organizations and community members to learn the latest information on collaborative efforts to serve San Diego County’s military population.

SUPPORTING SAFETY WITH A GANG PREVENTION EVENT

Building Better Futures, scheduled for February 2017, will be hosted in collaboration with the North County Gang Commission. The event will focus on gang prevention and intervention in North County and will include awards for standout organizations, speakers and informational presentations.

The programs and events highlighted in this report are just a sample of the numerous ways that Recognized Partners, community organizations and individuals worked together in year six of *Live Well San Diego* to advance the shared vision. Together, with the leadership of the San Diego County Board of Supervisors and supported by County staff, Recognized Partners are helping San Diegans be healthy, safe and thriving for generations to come.

CONGRATULATIONS TO OUR NEWEST RECOGNIZED PARTNERS





ALL RECOGNIZED *LIVE WELL SAN DIEGO* PARTNERS

May 1, 2012 - June 30, 2016 | 201 Partners



CITIES & GOVERNMENTS

City of Chula Vista
City of Coronado
City of Del Mar
City of El Cajon
City of Encinitas
City of Imperial Beach
City of La Mesa
City of Lemon Grove
City of National City
City of Oceanside
City of San Diego
City of San Marcos
City of Solana Beach
San Diego Association of Governments



BUSINESSES & MEDIA

2-1-1 San Diego
ABC10/KGTV - Azteca San Diego 15/KZSD
A Caring Heart Home Care
Angels Foster Family Network
Anthem Blue Cross
Biocom
Cafe Merlot
Cardiff 101 Main Street Association
Chula Vista Olympic Training Center
CVS Health (33 Stores)
Dirty Dogs
Encinitas 101 Downtown Business Association
Encinitas Chamber of Commerce
iHeartMedia, Inc.
Jimbo's... Naturally! (5 Stores)
Kaiser Permanente
Leucadia 101 Main Street Association

Lifestyles INFOCUS
MJE Marketing Services, Inc.
National City Chamber of Commerce
Nordson Corporation
North San Diego Business Chamber
Northgate Gonzalez Markets (8 Stores)
OptumHealth San Diego
Palomar Health
Paradise Valley Hospital
AMR Rural/Metro San Diego
San Diego County Credit Union
San Diego Gas & Electric
San Diego Regional Chamber of Commerce
Sirius Fitness
South County Economic Development Council
Target (20 Stores)
Terra American Bistro
The Patio Playhouse
Vons (24 Stores)
Wyndham San Diego Bayside



COMMUNITY & FAITH-BASED ORGANIZATIONS

Alzheimer's San Diego
American Academy of Pediatrics, CA Ch3
American Diabetes Association
American Heart Association/American Stroke Association
American Lung Association
Arthritis Foundation
BAME Community Development Corporation
Bayside Community Center
Bayview Baptist Church
Be There San Diego
Boys & Girls Club of Greater San Diego
California Center for the Arts Escondido
Casa Familiar

Catholic Charities Diocese of San Diego
Champions for Health
Chula Vista Community Collaborative
Communities of Excellence 2026
Community, Action, Service & Advocacy
Community Alliance for Healthy Minds
Community Health Improvement Partners
Community Information Exchange
Community Research Foundation
Community Resource Center
Delta Sigma Theta Sorority, Inc.
East Region Collaborative Network
ElderHelp of San Diego
Encinitas Community Garden
Escondido Education COMPACT
Facilitating Access to Coordinated Transportation
Fallbrook Healthcare District
Family Health Centers of San Diego
Father Joe's Villages
Feeding San Diego
George G. Glenner Alzheimer's Family Centers
Goodwill Industries
Green Oak Ranch
Halau Hula O Ka'eo
Health Center Partners of California
Healthy Day Partners
Heaven's Windows
Helen Knoll Foundation
Home Start, Inc.
Hope Through Housing Foundation
I Love A Clean San Diego
Imperial Beach Community Clinic
Institute for Public Strategies
Interfaith Community Services
Interfaith Shelter Network
Jacobs & Cushman San Diego Food Bank
Jewish Family Service of San Diego
Kids' Turn San Diego

Kitchens for Good
 Lake San Marcos Community Association
 Legal Aid Society of San Diego
Live Well San Diego Lions Club
 Lux Art Institute
 MANA de San Diego
 Martin Luther King, Jr. Community Choir San Diego
 Mental Health Systems, Inc.
 Meridian Baptist Church
 Mountain Health and Community Services
 National Alliance on Mental Illness San Diego
 National Alliance on Mental Illness North Coastal
 Neighborhood Healthcare
 Neighborhood House Association
 Nile Sisters Development Initiative
 North County Community Action Network
 North County Eco Alliance
 North County Health Services
 North County Lifeline
 Olivewood Gardens & Learning Center
 Operation Samahan
 Project Concern International
 Project New Village
 Rancho Bernardo High School Foundation
 RBHS - Friends of the Library
 Retired Employees of San Diego County
 San Diego Black Nurses Association
 San Diego Blood Bank
 San Diego Center for the Blind
 San Diego Children's Discovery Museum
 San Diego County Breastfeeding Coalition
 San Diego Financial Literacy Center
 San Diego Futures Foundation
 San Diego Health Connect
 San Diego Hunger Coalition
 San Diego OASIS

San Diego Workforce Partnership
 San Ysidro Health Center
 Santee Community Collaborative
 Social Advocates for Youth - SAY San Diego
 Serving Seniors
 Solana Center for Environmental Innovation
 South Bay Community Services
 Southern Caregiver Resource Center
 Spring Valley Youth & Family Coalition
 Straight from the Heart/North County Foster Parent Association
 Surfing Madonna Ocean's Project
 Survivors of Torture International
 Susan G. Komen San Diego
 Sustainable Surplus Exchange
 The Children's Initiative
 The Fellowship Center
 The National Conflict Resolution Center
 The San Diego Foundation
 Union of Pan Asian Communities
 United Way of San Diego County
 Urban Collaborative Project
 Urban Corps of San Diego
 Vista Community Clinic
 Walden Family Services
 Wildcoast
 YMCA of San Diego County

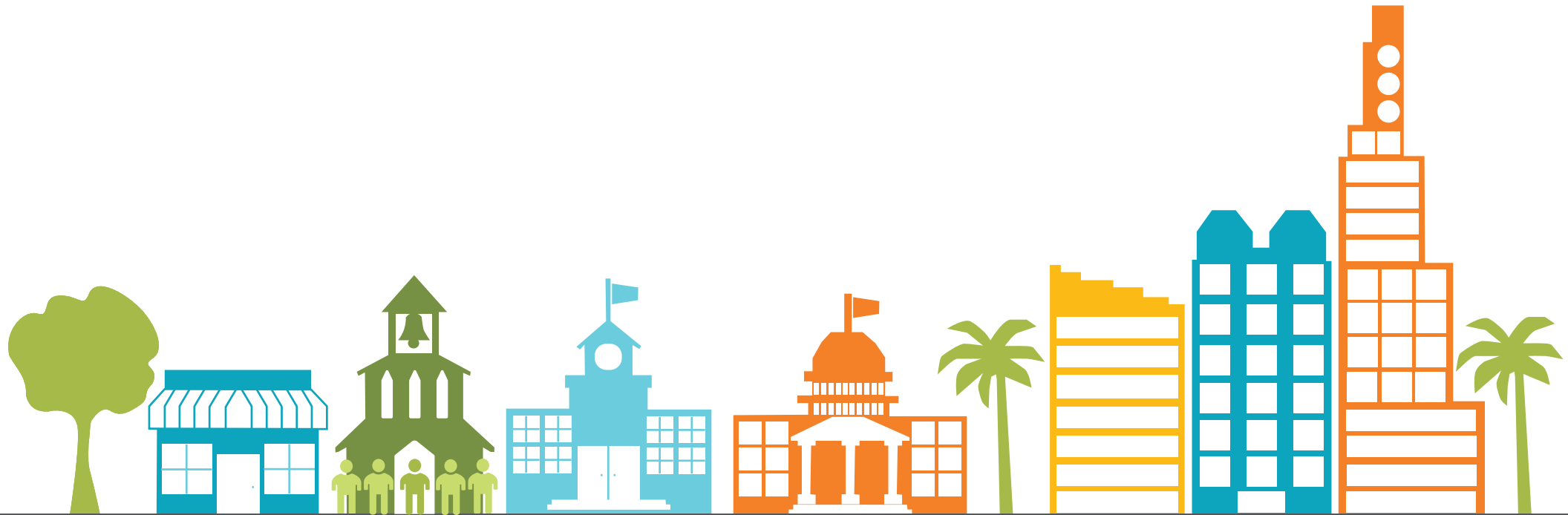
Del Mar Union School District
 Encinitas Union School District
 Escondido Union High School District
 Escondido Union School District
 Fallbrook Union Elementary School District
 Grossmont-Cuyamaca Community College District
 Julian Union High School District
 Julian Union School District
 Lakeside Union School District
 La Mesa-Spring Valley School District
 Lemon Grove School District
 MiraCosta Community College District
 Mountain Empire Unified School District
 National School District
 Oceanside Unified School District
 San Diego City College
 San Diego County Office of Education
 San Diego State University
 San Diego Unified School District
 San Dieguito Union High School District
 San Ysidro School District
 Santee School District
 Solana Beach School District
 South Bay Union School District
 Spencer Valley Elementary School District
 Sweetwater Union High School District
 The Classical Academies
 VIP Village Preschool
 Vista Unified School District
 Warner Unified School District


SCHOOLS & EDUCATION

Bonsall Unified School District
 Cajon Valley Union School District
 Cardiff School District
 Carlsbad Unified School District
 Chula Vista Elementary School District
 Coronado Unified School District
 Dehesa School District

**“Discovery consists of seeing what everybody has seen,
and thinking what nobody has thought.”**

-Albert Szent-Gyorgi



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SAN DIEGO**

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