

CENTRAL REGION - COMMUNITY LEADERSHIP TEAM

INTRODUCTION

Live Well San Diego Community Leadership Teams connect the collective efforts of community groups in each region across San Diego County. They provide a central point for planning and organizing collaborative action for community change. Working together allows for planning and implementation of innovative and creative projects aimed at achieving the *Live Well San Diego* vision of a region that is Building Better Health, Living Safely and Thriving.

Formed in June 2010, the Central Region Community Leadership Team has helped to assess, develop and guide priorities and activities that improve well-being in the region using data-informed strategies. Through an initial Community Health Assessment and the development of a Community Health Improvement Plan, now Community Enrichment Plan, the Central Region Community Leadership Team has evolved to address all aspects of health and well-being.

A portion of the City of San Diego within the Central Region was designated as a Promise Zone by the federal government. Using a seed grant awarded to the County of San Diego by the Healthiest Cities and Counties Challenge, the Central Region Community Leadership Team is working to improve the lives of those residents who are historically underserved.



LiveWellSD.org/central

PRIORITY AREAS

BUILDING BETTER HEALTH

- Improve healthy eating and nutrition
- Improve access to care and prevention

LIVING SAFELY

- Increase disaster preparedness
- Improve crime prevention and protection
- Ensure local systems are trauma informed

THRIVING

- Engage residents in improving communities
- Improve active transportation and access to park and community spaces

PARTNERSHIPS

Sirius Fitness*, City of San Diego*, Be There San Diego*, San Diego Black Nurses Association*, La Maestra Family Health Center*, National Conflict Resolution Center*, Logan Heights CDC*, Project New Village*, The Urban Collaborative Project*, SAY San Diego*, San Diego Black Health Associates*, UPAC Alliance for Community Empowerment*, UCSD Center for Community Health, Multicultural Health Foundation*, Project AWARE*, Second Chance*, Shakti Rising, Paving Great Futures*, Community Health Improvement Partners*, Family Health Centers of San Diego*, YMCA of San Diego County*, Youth Empowerments Finest*, Harmonium San Diego*, Inner City Athletic Program*, Mental Health America

*Live Well San Diego Recognized Partner

RECOGNIZED PARTNERS SERVING CENTRAL REGION: 58

- 6 Business & Media
- 47 Community & Faith-Based Organizations
- 4 Cities & Governments
- 1 Schools & Education

CENTRAL REGION PARTNER SUCCESS STORIES

Community partners are committed to advancing the *Live Well San Diego* vision of a region that is Building Better Health, Living Safely and Thriving. Working together under the direction of the Regional Community Leadership Teams, individuals and organizations are driving meaningful and sustainable improvement in the lives of San Diego County residents. Several efforts from the 2013-18 Community Health Improvement Plan are highlighted here, with data on progress achieved and the research that explains why these activities contribute to positive community change.

Improving Neighborhood Walkability and Parks through PhotoVoice

In City Heights, an approach called “PhotoVoice” was used in which residents take photos in order to identify what changes are needed to make their neighborhood safer and to visually convey their recommendations to decision makers. People of all ages, experiences, and needs—teens, mothers, seniors, monolingual Spanish speakers, people with physical disabilities—walked the neighborhood to assess barriers and opportunities to ensure the community is safe to walk, bike, play, and gather for residents of all ages.

Progress Made

- Park improvements were made based on concerns identified through five intergenerational PhotoVoice Projects in 2015-2016.
- Teams of residents presented findings and recommendations for simple improvements, like adding more signs and trash cans, and environmental changes, such as installing ramps, adding bike lanes and crosswalks and improving lighting, to neighbors and city officials.
- Residents of all ages were involved in these projects.



Taking photos to create change

Key Partners Involved: SAY San Diego, Rady Children’s Hospital, Monroe Clark’s Cinco de Mayo con Orgullo Coalition

Supporting Grandparents Raising Grandchildren by Strengthening Connections

With almost 4,000 grandparents in Central Region having primary responsibility for their grandchildren, the demand for resources and support is great. Since 2014, the County’s regions, including Central Region, have spearheaded enhanced, replicable efforts across the county to support grandparents raising grandchildren and other relative caregivers through annual Grandparents Raising Grandchildren Symposiums and Let’s Connect Expos.

Progress Made

- In May 2017, 220 participants attended a Grandparents Raising Grandchildren Symposium and Let’s Connect Expo.
- The Grandparents Raising Grandchildren Symposium featured skill-building workshops, access to several community agencies, information on legal guardianship options and resources on issues impacting youth and young adults.
- The Let’s Connect Expo connected caregivers to resources and each other. Medi-Cal and CalFresh application services, dental care and healthy food demos were offered on-site.
- During the event, five people expressed interest in becoming foster parents, reflecting the value of creating a community for grandparents and others who step up to care for the most vulnerable children.



Grandparents Raising Grandchildren Symposium and Let’s Connect Expo

Key Partners Involved: Assertive Family Solutions, Grandparents Connection, Urban Collaborative Project, GRID Alternatives, Inner City Athletic Program, Mental Health America, SAY San Diego

Designing the Community's Future through Resident Conversation and Engagement

Community engagement is critically important to building a positive future for Central Region residents, particularly in historically underserved communities. Resident Leadership Academies (RLAs), a curriculum-based program in which residents are trained and gain experience in community change efforts, has been found to be enormously effective. Through the Live Well Communities effort, the RLA program was expanded to form an in-depth Resident Leaders in Action program. Robust community conversation and resident engagement are essential to paving the way for success as residents plan for a new Southeastern Live Well Center and other innovative approaches to create a brighter future.

Progress Made

- Through Resident Leaders in Action, six community members received an additional seven weeks of training and in depth exposure to issues unique to Southeastern San Diego neighborhoods. As a result, they developed plans for a mobile unit to deliver services and resources to the community. Resident Leaders can continue to serve as an asset in support of community change.
- Ten meetings with 470 participants have been held to gather input on new approaches and services for the community, including conversations on the development of a new Southeastern Live Well Center.
- Six tours of the North Inland Live Well Center were given to residents of Southeastern San Diego.



Community input on the design for new Live Well Center

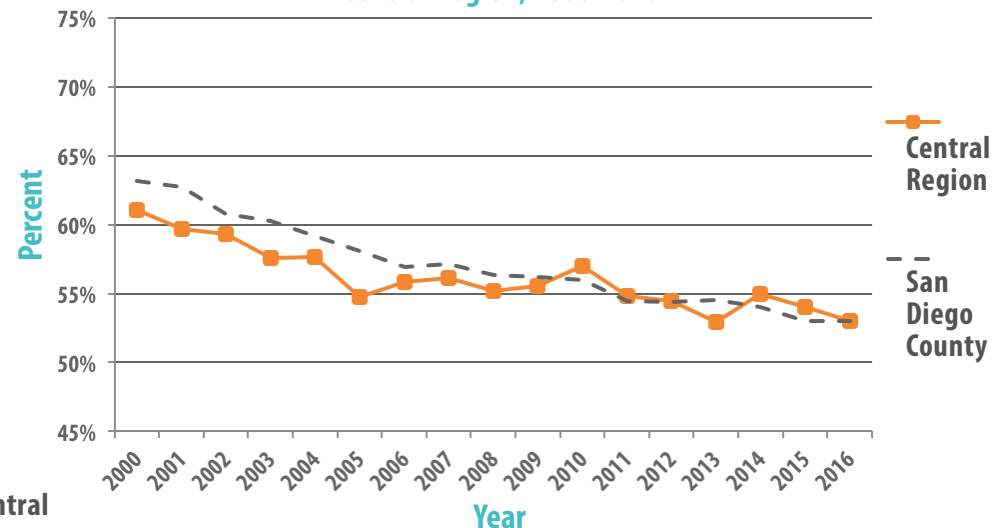
Key Partners Involved: Lemon Grove HEAL Zone, Project New Village, The Urban Collaborative Project, the Healthiest Cities & Counties Challenge and the *Live Well San Diego* Central Region Advisory Committee

Measuring Progress: 3-4-50

While *Live Well San Diego* has expanded far beyond a chronic disease prevention strategy, 3-4-50 is still an important way the County measures its progress. 3-4-50 refers to three behaviors (poor diet, physical inactivity and tobacco use) contributing to four diseases (cancer, heart disease and stroke, type II diabetes and lung disease) leading to more than 50% of all deaths in San Diego County.

Deaths due to chronic diseases are trending downward, including in the Central Region. The overall County percentage of deaths due to chronic disease has declined from 63% in 2000 to 53% in 2016. In Central Region, the percentage dropped from 61% in 2000 to 53% in 2016.

3-4-50 Death Percentages Among San Diego County Residents Central Region, 2000-2016



Read the Central Region Community Health Improvement Plan online: LiveWellSD.org/central

MEASURING PROGRESS

Top 10 Live Well San Diego Indicators

The Top 10 *Live Well San Diego* Indicators define what it means to live well in San Diego. Measured across the lifespan among all residents, these Indicators capture the collective impact of programs, services, and interventions using evidence-based practices to create a region where all residents are healthy, safe and thriving. The table below represents the progress being made by all partners across the Central Region.

Indicator Performance	Trend is moving in the right direction		Trend is moving in the wrong direction			
	↑	↓	↑	↓		
Indicator	Trend	San Diego County	Central Region	Central San Diego	Mid-City	Southeastern San Diego
HEALTH						
Life Expectancy: Average life expectancy for a baby born today (2016)	↑	82.1	80.9	81.8	80.6	80.1
Quality of Life: Percent (%) of people healthy enough to live independently (2016)	↑	94.8%	95.0%	95.8%	95.5%	93.6%
KNOWLEDGE						
Education: Percent (%) of students graduating from high school (2016)	↑	85.8%	78.7%	86.0%	76.5%	72.1%
STANDARD OF LIVING						
Unemployment Rate: Percent (%) unemployed of civilian labor force (CA Employment Development Dept. Fiscal Year 2017-18 Average)	↓	3.6%	U	U	U	U
Unemployment Rate: Percent (%) unemployed of civilian labor force (ESRI Community Analyst projected calendar year 2018 estimate) *	↓	3.9%	4.6%	3.5%	4.8%	6.0%
Income: Percent (%) of population spending less than 1/3 of income on housing (2018)	↑	52.9%	48.0%	51.5%	44.6%	47.5%
COMMUNITY						
Security: Number (#) of total crimes per 100,000 residents (2016)	↓	2,180.4	U	U	U	U
Physical Environment: Percent (%) of days in month air quality is rated poorly (2017)	↑	17%	U	U	U	U
Built Environment: Percent (%) of population living within 1/4th a mile of a park or community space (2018)	↓	61.3%	78.1%	79.4%	76.6%	74.5%
SOCIAL						
Vulnerable Populations: Percent (%) of people with low income experiencing food insecurity (2017)	↓	38.5%	41.7%	U	U	U
Community Involvement: Percent (%) of people volunteering (2015)	↑	33.2%	U	U	U	U

U = Unavailable; This table reflects the most recent data available as of August 20, 2018. *Data source used to report Unemployment Rate at a sub-regional level.