

Fallbrook Regional Health District Health and Wellness Center

STRATEGIC PLANNING COMMITTEE OF THE BOARD

MAY 20, 2020

Today's **Agenda**

- Review the Project Objective, Timeline and Status
- Review of Existing Information
- Summary Points of Board Interviews
- Summary Points of Community-Based Organization Interviews
- Informational Gaps to Develop Optimal Health and Wellness Center
Programming
- Proposed Approach to Move Forward

Review Project Purpose, Timeline & Status

PURPOSE OF PRE-PHASE 1: DISCOVERY

To facilitate the Board to come to consensus on the validity, nature and scope of the planning information collected to-date, and then to agree on an approach to collect/analyze any additional information needed to responsibly inform the optimal mix of programs and services to be offered by the Community Health & Wellness Center.



Project Week	4/6	4/13	4/20	4/27	5/4	5/11	5/18	5/25	6/1	6/8	6/15
Detailed Review of Information Collected To-Date	█	█	█	█	█						
Identification of Additional Information Needed and Approach to Phase 1						█	█	█			
Board Facilitated Session to Review and Reach Consensus on Phase 1 Approach									6/5		
Present Approved Statement of Work and Fees for Phase 1										█	█

Review of Existing Information/Scope of Interviews



Review of Existing Information

- FRHD 2017 and 2018 Annual Report
- 2018 Fallbrook Community Overview CentraForce Health
- Fallbrook 2018 Pre-Diabetes Population
- Fallbrook Health & Wellness Population CentraForce
- Summary of conversations with representatives from elementary schools and the Bonsall School District
- Summary of Ideas generated on February 14, March 24 and March 31, 2018 from Wellness Advisory Committee Meetings



Members of the Board of FRHD

- Howard Salmon, Chair
- Jennifer Jefferies, Treasurer
- Barbara Mroz, Vice Chair
- Bill Leach, Secretary
- Kate Schwartz-Frates, Director
- Rachel Mason, Executive Director



Community-Based Organization Partners

- Allison Barclay, Boys & Girls Club of North County
- Shae Gawlak, Food Pantry
- Keith Birkfeld, Foundation for Senior Care
- Patti Christensen & Lisa Turner, Palomar Family Counseling
- Graydon Skeoch, Medical & Urgent Care
- Mary Murphy, North County Fire Protection

Review of Existing Data Information



Information Informing Programs

CentraForce information is based on averages which does not represent different populations with different needs.
Information does not consider the root causes driving many of the underlying community needs.
Information does not incorporate census tract data and incidence of disease.

Voice of the District Residents

Voice of the senior citizens were captured through community forums.
The information did not reflect input from other population segments such as Latinos, Youth, Military, Working Class Families, and others.

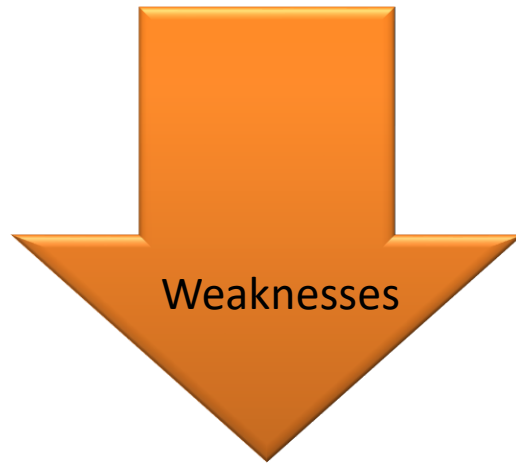
Voice of Community Leaders and Potential Partners

Legacy partners' input was represented in the community forums.
Local hospital representatives were not engaged in early feedback sessions.

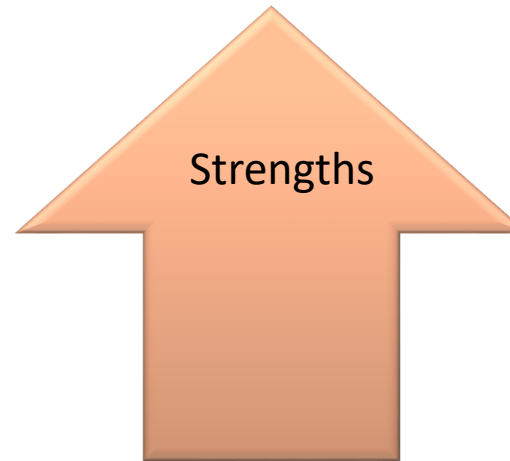
Information Gathered from the Community Forums

Information collected appears to reflect the wants of the community forums attendees.
Information does not appear to be correlated to any analytical platform or analysis.
Information did not inform prioritization of programs.
No input gathered regarding challenges/barriers to accessing programs at the Center.

Board Interviews **Strengths & Weakness** of Prior Efforts



- Several segments of the population have not had a voice in the planning to date and there needs to be a mechanism to get their input
- Additional community-based organizations' and hospitals' input needed to fully inform the community needs and potential collaborations
- Updated and expanded data collection and analysis is needed to drive the program priorities of the community



- Executed community forums and began to engage the community
- Input from the Seniors in the community
- Input from FRHD grant recipients
- Input from some of the schools
- Reports from CentraForce were directionally helpful

Board Interviews – Need to Hear From



Unique District Populations

- Low Income Latino families
- Early Settlers
- Youth/Pre-Teen/Young Adults
- Moms-English Learners
- PTA Representatives
- Military Families
- De Luz and Rainbow Geographies
- Reps from Fallbrook High School
- Middle Class Families

Community Partners

- Community Clinic
- FQHC
- Area Hospitals
- Chamber of Commerce for each community
- Others?

Conditions Identified by **Community-Based Organizations**



Issues Identified

Economic Insecurity/Poverty
Lack of Education (Adult & Youth)
Food Insecurity
Housing Instability/Homelessness
Family Stress & Loneliness
Access to Healthcare
Transportation

Stigma
Cultural Norms
Transportation
Language Barrier







Need to determine
the root cause *

Health Conditions

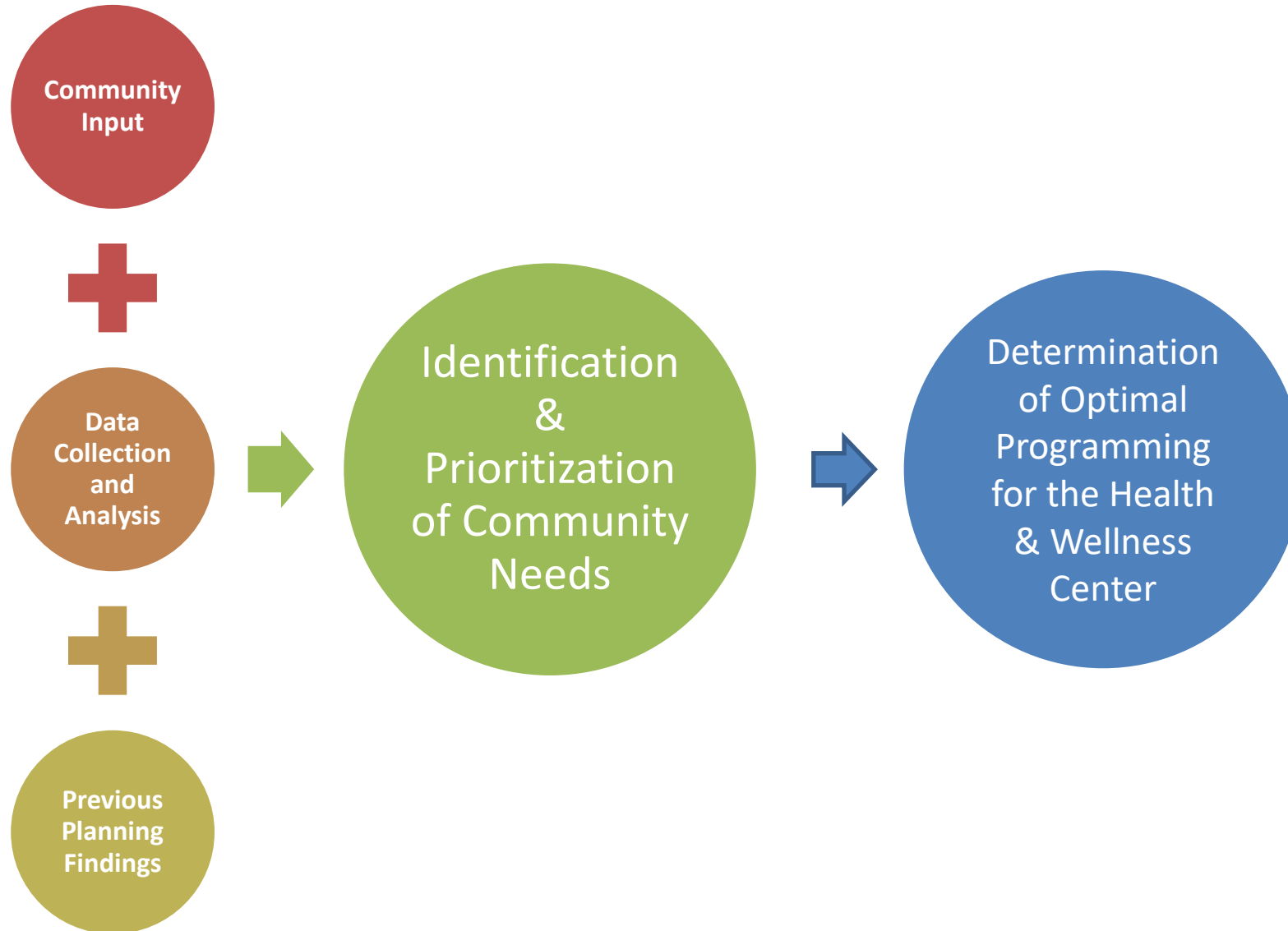
Obesity/Nutrient Deficient
Behavioral Health
Addiction
Diabetes
Epilepsy
Cancer
Congestive Heart Failure
Dental
Dementia/Cognitive Impairment



Programs/Assets Identified by **Community-Based Organizations** (not all inclusive)




	<ul style="list-style-type: none">✓ Youth Tutoring Program✓ Youth After School Program – 8 sites✓ Bus Transportation✓ Pool that is underutilized
	<ul style="list-style-type: none">✓ Intensive School-Based Behavioral Health✓ Batters Treatment Services✓ Healthy Bodies/Healthy Minds at Elementary & Middle Schools✓ Office Counseling-sliding scale✓ Spanish speaking parent support groups
	<ul style="list-style-type: none">✓ Emergency Services✓ Ambulance Transport✓ Education Preventive Services✓ Collaborate with Foundation for Senior Care
	<ul style="list-style-type: none">✓ Medical services, basic diagnostics✓ Telemedicine
	<ul style="list-style-type: none">✓ Senior Day Care✓ Door-through-Door program✓ Operate 5 buses
	<ul style="list-style-type: none">✓ Food/meal distribution✓ Building a kitchen to offer nutrition programs

Inputs to Determine Optimal Programming







Informational Gap to Determine Optimal Programming



Input	Information Needed	Information Currently Available	Gap	Action to Get Needed Information
District Residents <ul style="list-style-type: none"> Residents Students Parents Patients 	Input from all segments of the district population related to social and health needs, barriers to care, & daily challenges and priorities.	Existing information is focused on desired programs. Lack of input from key segments of the population. Information is 2 years old.	Significant 	Collect information from key segments of the population that includes social and health needs, barriers to care & daily challenges and programming priorities.
Community-Based Organizations (CBO)	Input from non-profit organizations, FQHC, health systems, community leaders, local government agencies, & schools to explore issues, gaps and resources.	Provided programming suggestions at community forums. Interviews with 6 CBO provided information on current programs, social and health conditions, programs gaps & challenges	Moderate 	Collect information from key community stakeholders: <ul style="list-style-type: none"> Hospitals Schools Churches FQHC Community Clinic Chamber of Commerce Others
Public Organizations	Input from Public Health Department & Health and Human Services on information available for the District	No conversations with public organizations	Significant 	Interview representative from the County of San Diego Public Health Department and Health and Human Services

Informational Gap to Determine Optimal Programming

Data
Collection
and
Analysis

Input	Information Needed	Information Currently Available	Gap	Action to Get Needed Information
Demographics	Sex, age and race/ethnicity	Demographic information is provided at the District level	Moderate 	<ul style="list-style-type: none"> Federal & State Census Data Other Local Data
Hospital & Clinic Utilization	ED discharges, hospitalizations, and community clinic visits	Averages for the District (% of the population); no ED information; how was this information collected; need to validate hospital utilization	Significant 	<ul style="list-style-type: none"> California Office of Statewide Planning & Development (OSHPD) Truven Analytics
Morbidity & Mortality	Disease prevalence and leading cause of death	Limited, averages for the District.	Significant 	<ul style="list-style-type: none"> Truven Analytics County of San Diego Health Statistics
Social Determinants of Health & Health Behaviors	Conditions in the places where people live, learn, work and play.	Limited, averages for the District.	Significant 	<ul style="list-style-type: none"> Public Health Alliance of Southern California Healthy Places Index (HPI) Dignity Health/Truven Health Community Need Index (CNI) Kaiser Permanente CHNA Data Platform & Analytics

Proposed Project Approach

