

Fallbrook Regional Health District Health and Wellness Center

Board Meeting

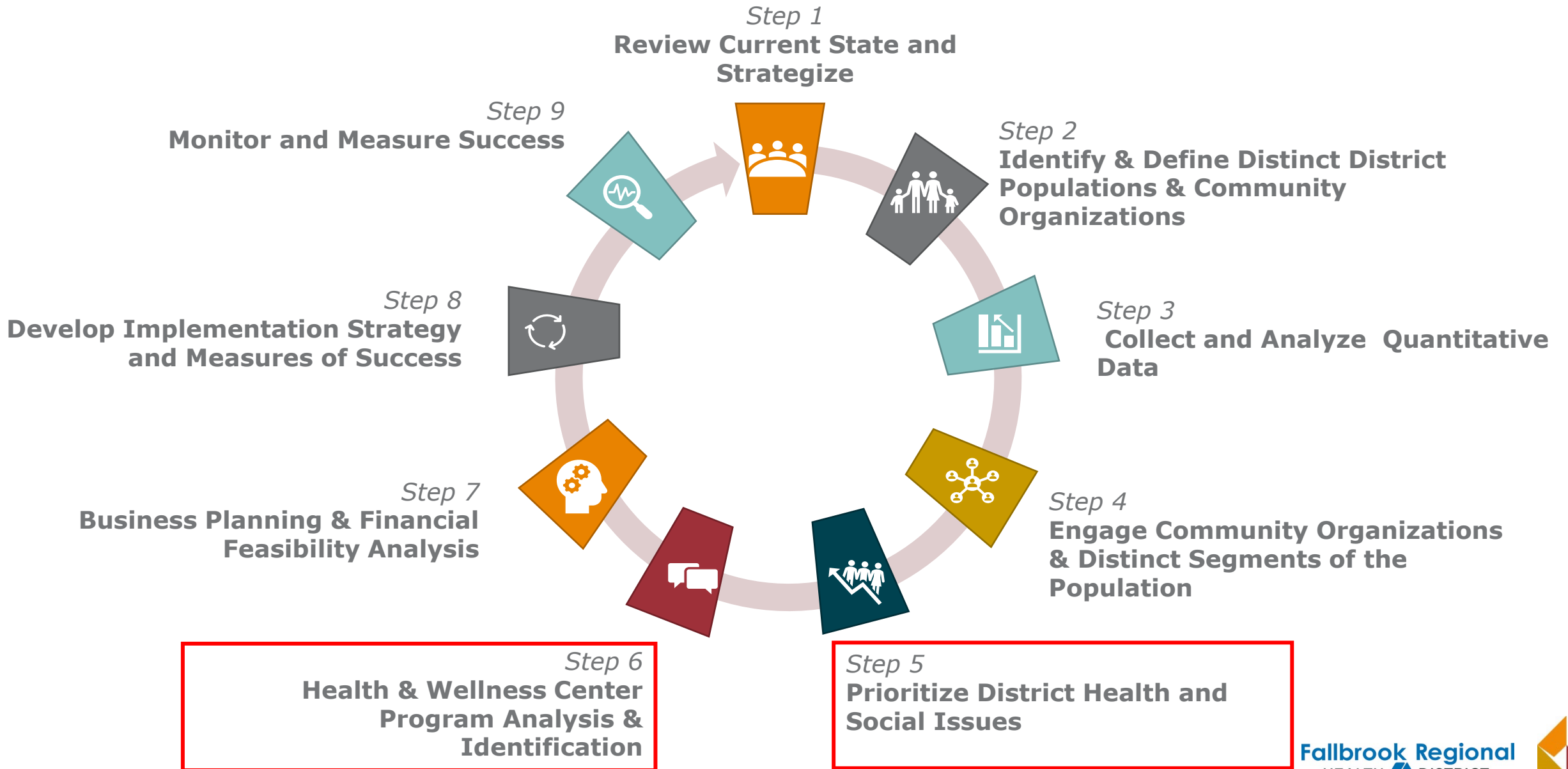
April 24, 2021



Agenda

- Workplan – Where We Are and Where We Are Going
- Summary Review of Quantitative and Qualitative Findings
- Top Community Health and Social Needs
- Facilitated Exercise
- Next Steps

FRHD Health and Wellness Center Planning






Looking Ahead

Steering Committee and Board Sessions*

April 2021							
No.	Su	Mo	Tu	We	Th	Fr	Sa
13					1	2	3
14	4	5	6	7	8	9	10
15	11	12	13	14	15	16	17
16	18	19	20	21	22	23	24
17	25	26	27	28	29	30	

May 2021							
No.	Su	Mo	Tu	We	Th	Fr	Sa
17							1
18	2	3	4	5	6	7	8
19	9	10	11	12	13	14	15
20	16	17	18	19	20	21	22
21	23	24	25	26	27	28	29
22	30	31					

June 2021							
No.	Su	Mo	Tu	We	Th	Fr	Sa
22			1	2	3	4	5
23	6	7	8	9	10	11	12
24	13	14	15	16	17	18	19
25	20	21	22	23	24	25	26
26	27	28	29	30			

-  Steering Committee Meeting
-  Board Facilitated Sessions
-  Final Board Report Out

*Dates are subject to change



Meeting Objectives

Steering Committee and Board

Meeting Name	Prioritization	Programming	Final Report
Steering Committee	Review and provide input to the Board facilitated session.	Review and provide input to Board facilitated session.	Review and provide feedback to the final report
Board of Directors	4/24/21 Develop criteria to evaluate district health and social issues and facilitate the Board through prioritization exercise.	Facilitate the Board through programming evaluation and determination for the Wellness Center.	Present the final report to the Board for review and approval.

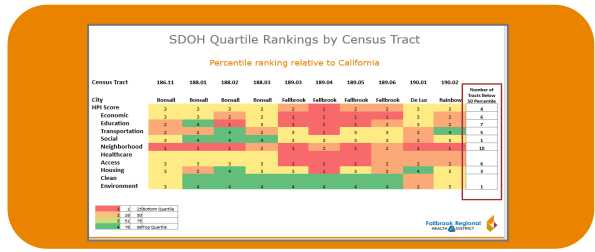


Summary of Qualitative and Quantitative Community Needs

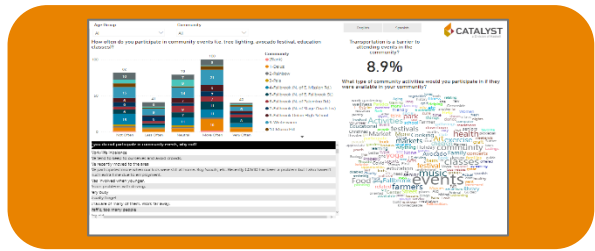


Determining Community Health and Social Needs

Integration of Quantitative and Qualitative Findings



Census Tract SDOH Analysis



Analysis of Survey Results



Virtual Community Focus Group Sessions

Identification of Top Community Health and Social Needs

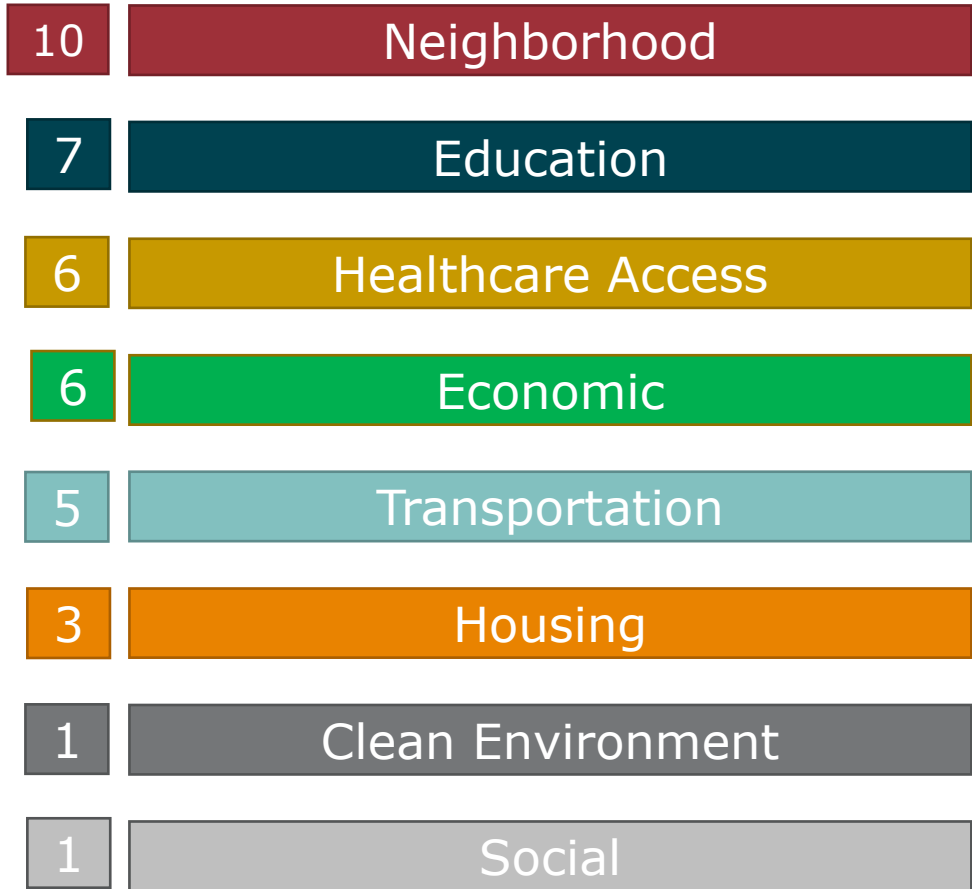


Census Tract SDOH Analysis

SDOH Priorities

Ranked by Number of Census Tracts Below 50th Percentile

Priority SDOHs will inform the conversations to be had with the community feedback groups



SDOH Priorities

	Neighborhood 10/10	Education 7/10	Economic 6/10	Healthcare Access 6/10	Transportation 5/10
Indicators	<ul style="list-style-type: none"> Alcohol Availability Park Access Retail Density Supermarket Access Tree Canopy 	<ul style="list-style-type: none"> College Degree or Higher HS Enrollment Pre-School Enrollment 	<ul style="list-style-type: none"> Above Poverty Employed Median HH Income 	<ul style="list-style-type: none"> Insured Adults 	<ul style="list-style-type: none"> Auto Access Active Commuting
Relationship to Health	<ul style="list-style-type: none"> Support physical activity Reduce chronic disease Improved nutrition and health Trees reduce stress and promote health Mitigate impact of climate change 	<ul style="list-style-type: none"> Increased life expectancy Decrease chronic disease/infant mortality Improved cognitive skills and decision making Build social skills 	<ul style="list-style-type: none"> Positive outcome on health outcomes Decreased infant mortality Decreased elderly disability rates Decreased mental health rates 	<ul style="list-style-type: none"> Insurance is a strong predictor of access to health and outcomes 	<ul style="list-style-type: none"> Access to work, school, recreation, healthy foods, healthcare, etc. Active commuting <ul style="list-style-type: none"> Physical exercise Social interaction Reduces air pollution
Program Examples	<ul style="list-style-type: none"> Provide access to trails and park Farmers' market Nutrition/cooking programs Retail tenants Stress reduction prog 	<ul style="list-style-type: none"> Early childhood education Parental support groups Study hall/tutors Adult classes 	<ul style="list-style-type: none"> Workforce Development Skills training Employment opportunities 	<ul style="list-style-type: none"> Help to apply for health assistance prog Health and wellness programs Health fairs Screening vaccinations Vision screening 	<ul style="list-style-type: none"> Enable active commuting Offer transportation options



Analysis of Survey Results



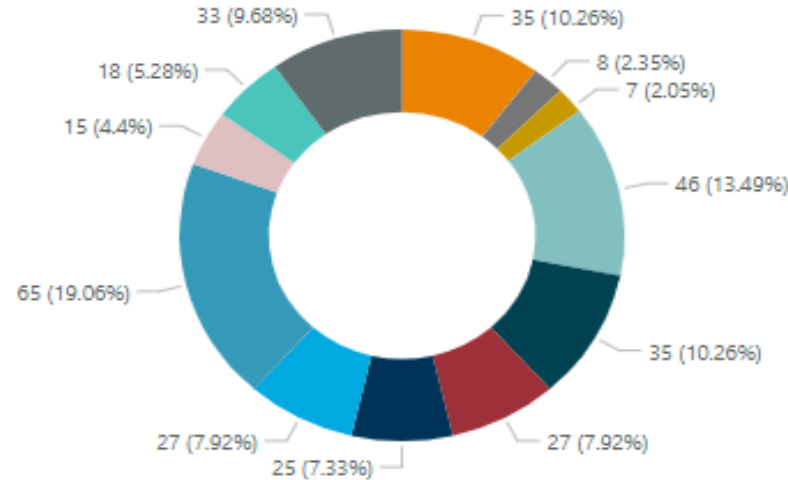
Community Survey Participation Demographics



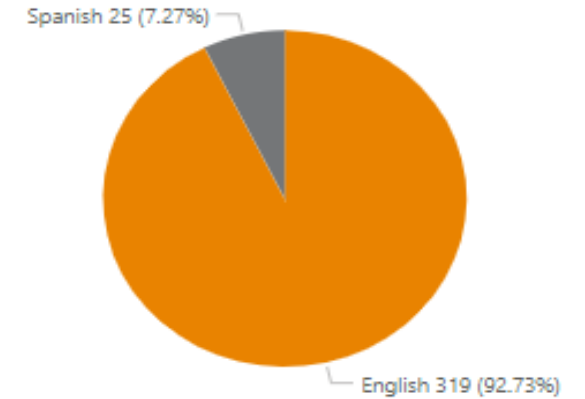
Please indicate where your household's primary residence is located:

Community

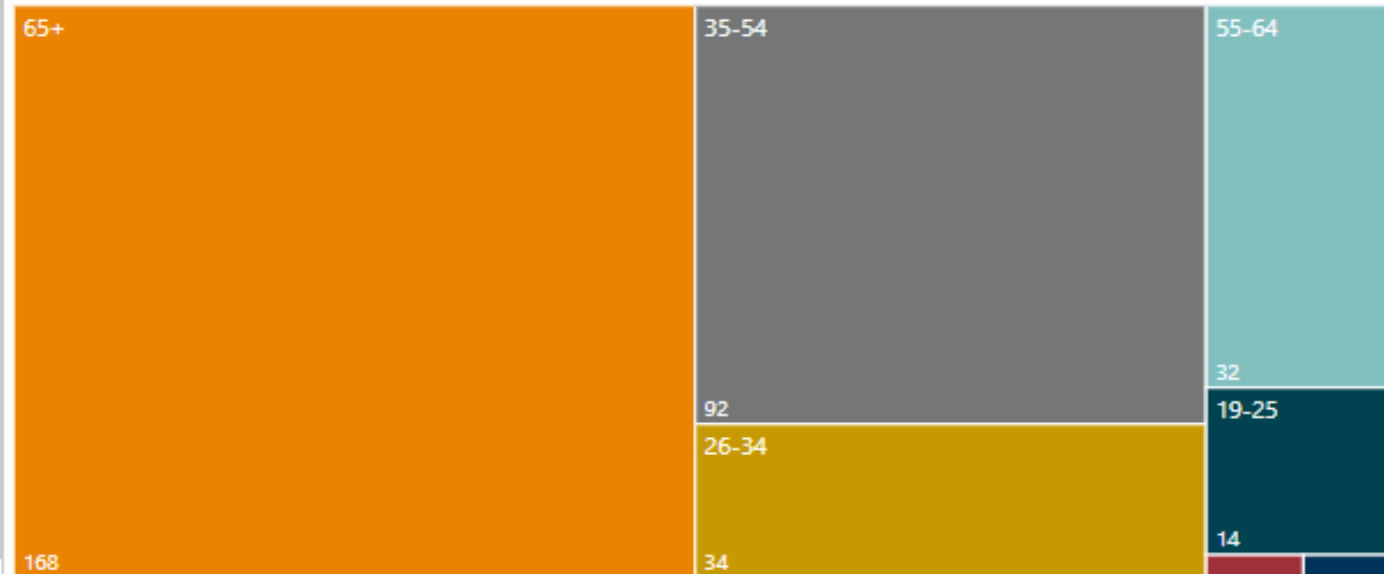
- 1-Deluz
- 2-Rainbow
- 3-Pala
- 4-Fallbrook (N. of E. Mission Rd.)
- 5-Fallbrook (N. of E. Fallbrook St.)
- 6-Fallbrook (N. of Palomino Rd.)
- 7-Fallbrook (N. of Stage Coach Ln.)
- 8-Fallbrook Union High School
- 9-Winterwarm
- 10-Morro Hill
- 11-Bonsall
- Other



Response Rate by Language



Please select your Age Group (years):



How did you hear about this Survey?

Survey Location	Responses
Chamber of Commerce	2
Boys and Girls Club	6
Village News	13
Fire District	15
Community Flyer	28
Fallbrook Food Pantry	28
School District	49
Other	111
Health District	122
Total	333

Final electronic and paper survey results

Initial Community Survey Response

Food Security – Spanish

Neighborhood

Economic

Healthcare/Access

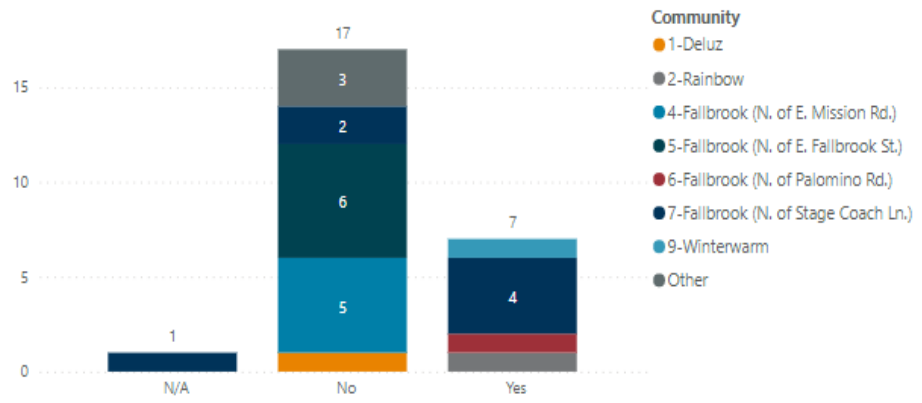
Age Group:

Community:

English Spanish

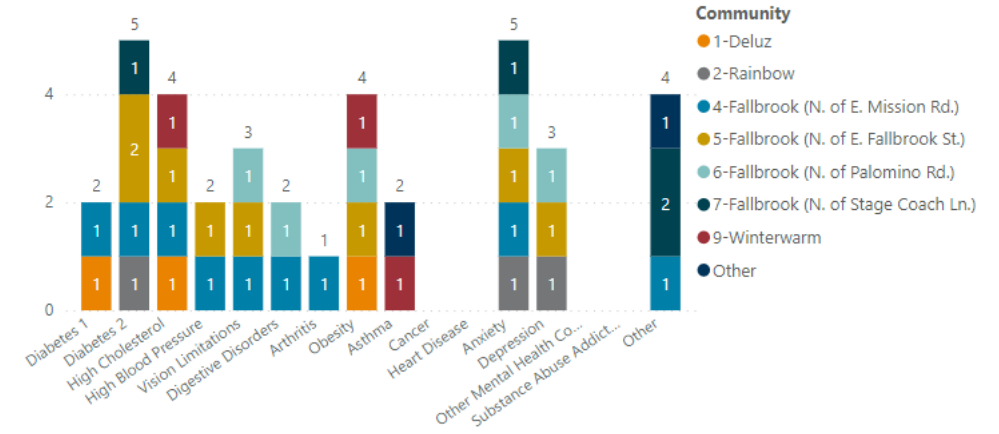


In the last 12 months, did your household ever cut the size of meals or skip meals because there wasn't enough money for food?

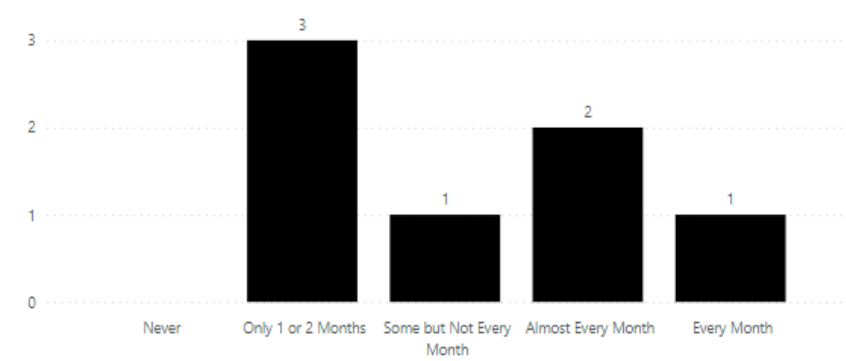


28.0%
of households have cut the size of meals or skipped meals because there wasn't enough money for food in the past 12 months

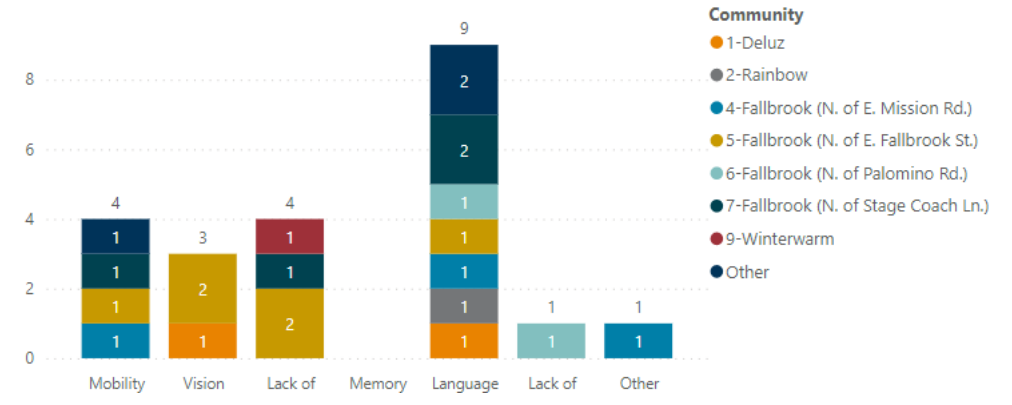
What are some of the health issues your household faces? Select all that apply:



If Yes, in how many months did your household cut the size of meals or skip meals?



Which are some conditions your household face daily? Select all that apply:



Initial Community Survey Response

Education

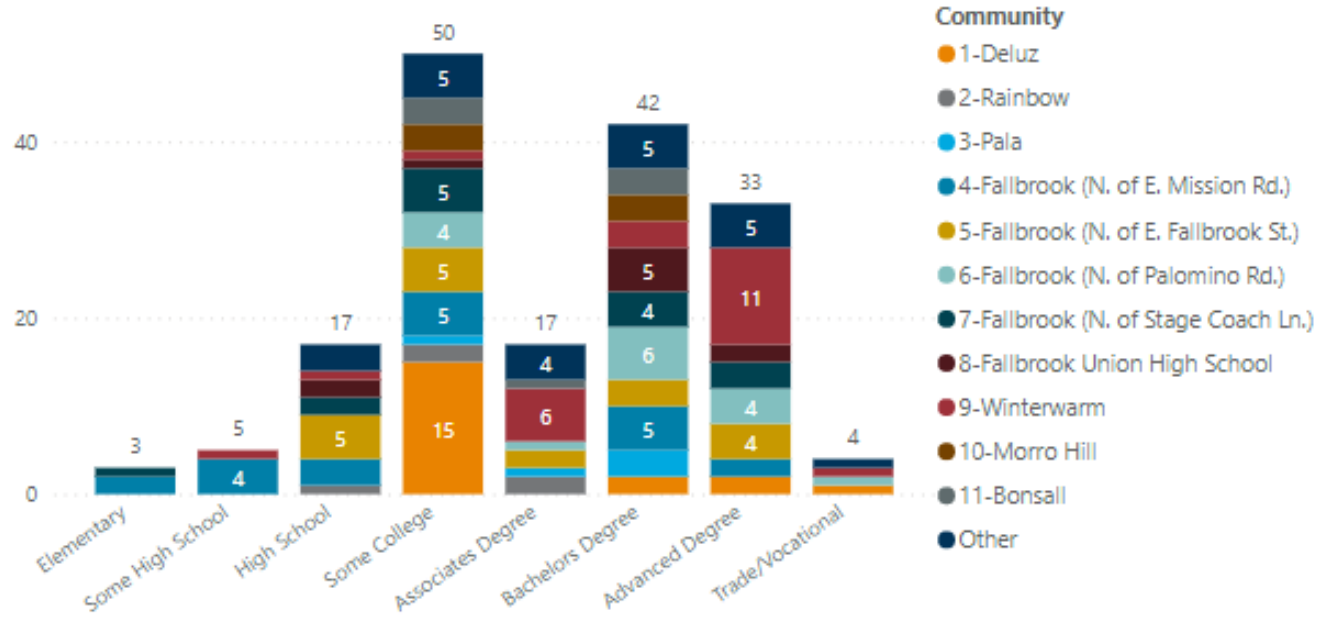


Age Group: Multiple selections
 Community: All

English Spanish



What is the highest level of education you have completed?



Were there situation(s) that prevented you from continuing your education?

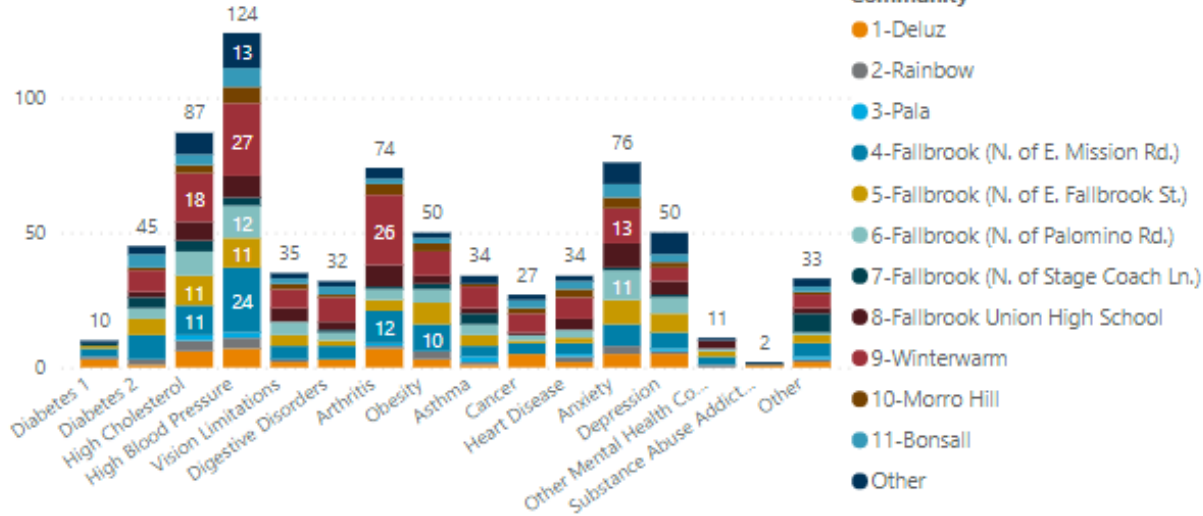
6.0%

54% of respondents between the ages of 24 – 64, have less than an Associates Degree

Initial Community Survey Response

Health Conditions - All

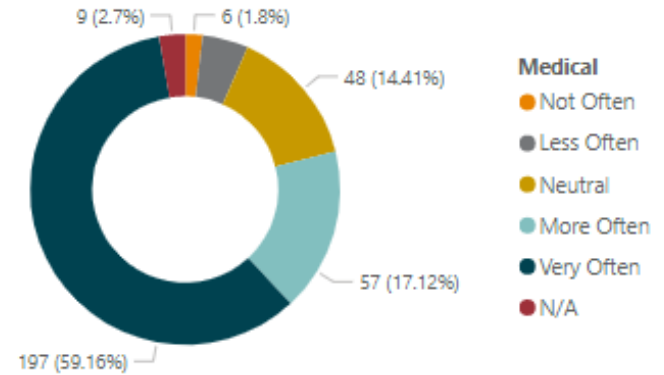
What are some of the health issues your household faces? Select all that apply:



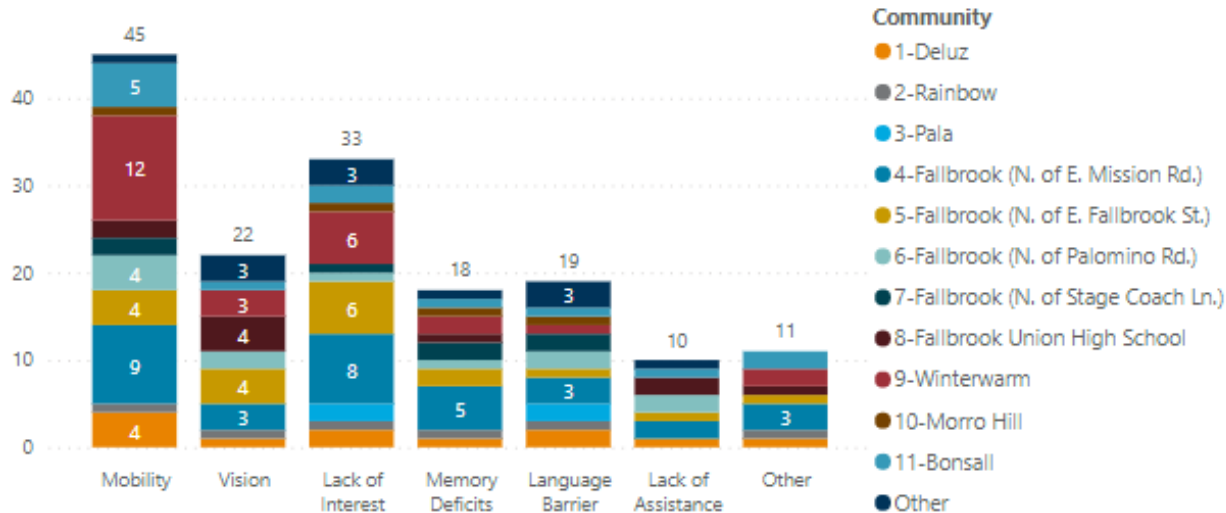
English Spanish



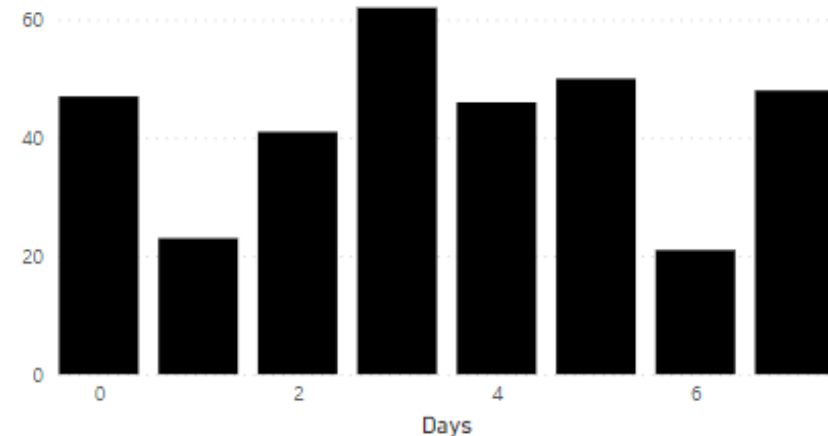
How often are you able to get the care needed when seeking medical attention?



Which are some conditions your household face daily? Select all that apply:



In the past week, on how many days have you done 30 or more minutes of physical activity (i.e. sport, exercise...)?



Initial Community Survey Response

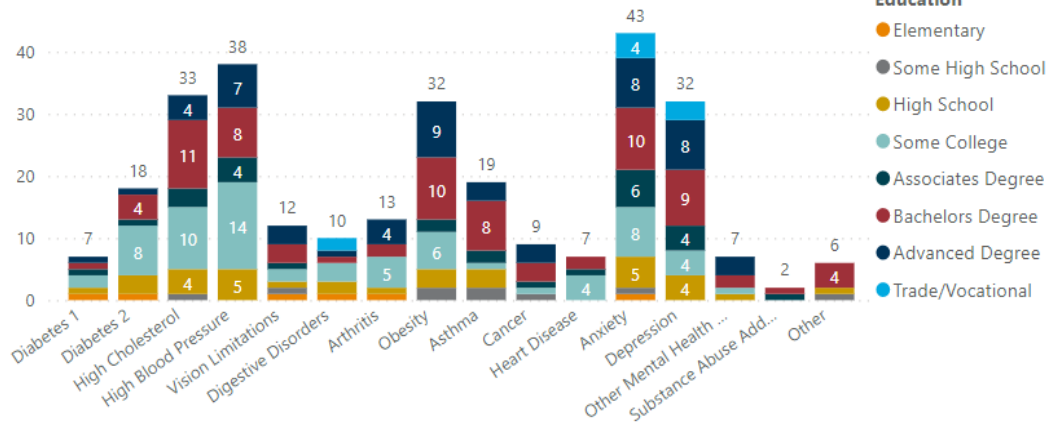
Health Conditions – Financial Correlations

All Respondents

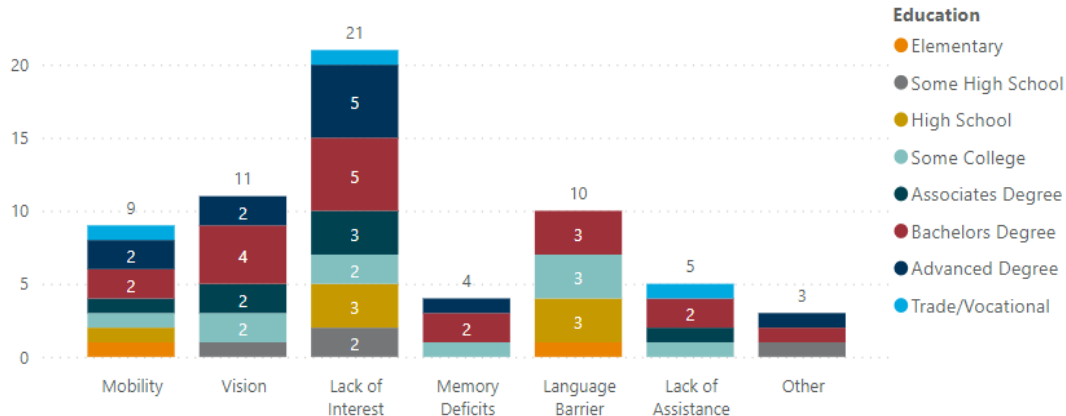
Healthcare / Education

Age Group: Multiple selections
Community: All

What are some of the health issues your household faces? Select all that apply:



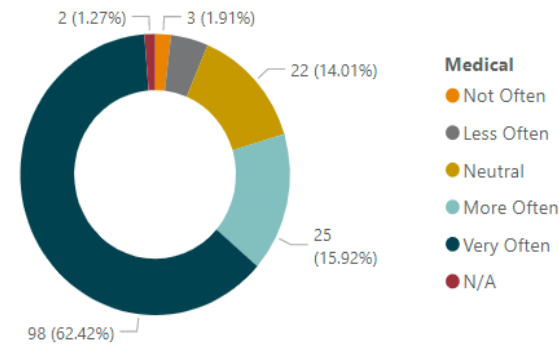
Which are some conditions your household face daily? Select all that apply:



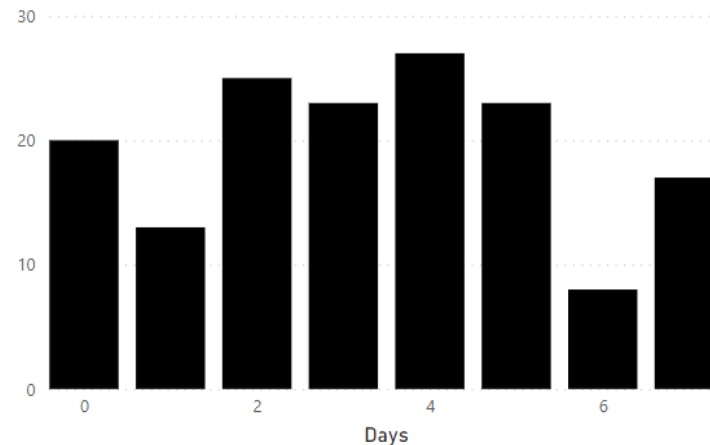
English Spanish



How often are you able to get the care needed when seeking medical attention?



In the past week, on how many days have you done 30 or more minutes of physical activity (i.e. sport, exercise...)?



Non-Degreed

44% suffer one or more health conditions identified

51% suffer from High Blood Pressure

55% suffer Anxiety and High Cholesterol

72% Type II Diabetes

Degreed

65% are experiencing Depression

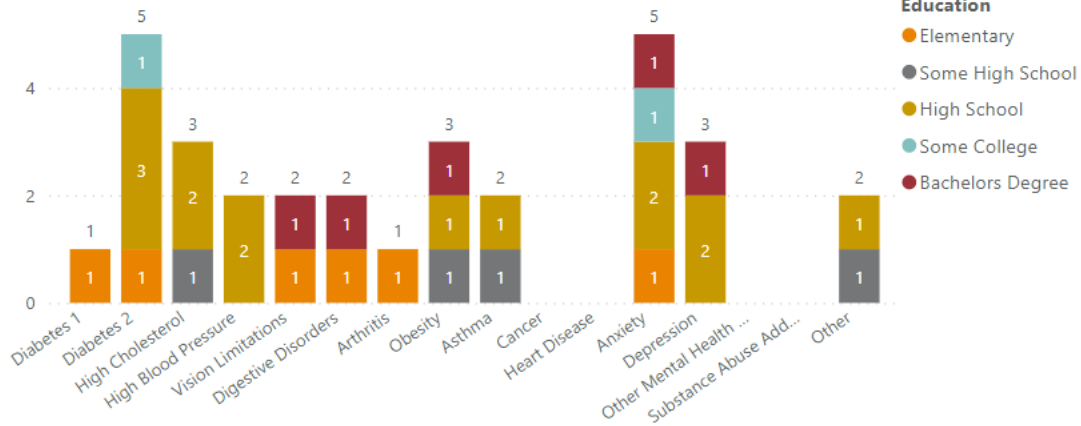


Initial Community Survey Response

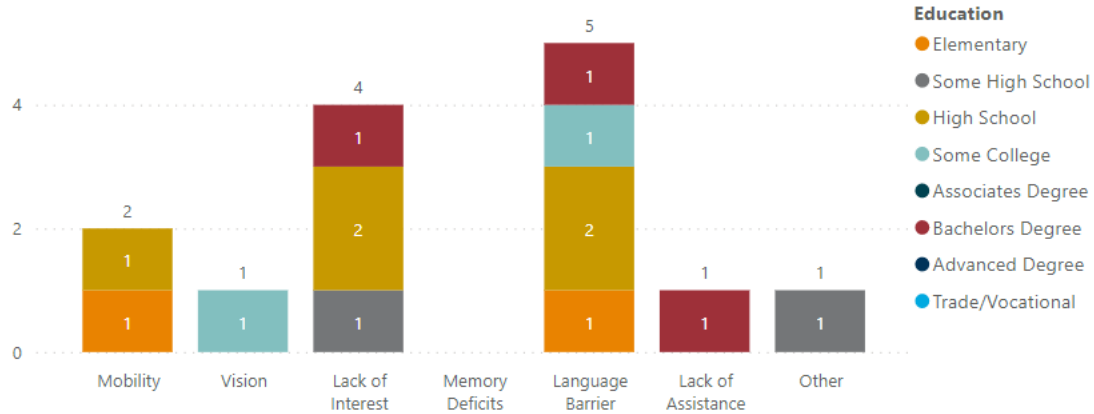
Health Conditions – Financial Correlations - Spanish Respondents

Age Group: Multiple selections
Community: All

What are some of the health issues your household faces? Select all that apply:



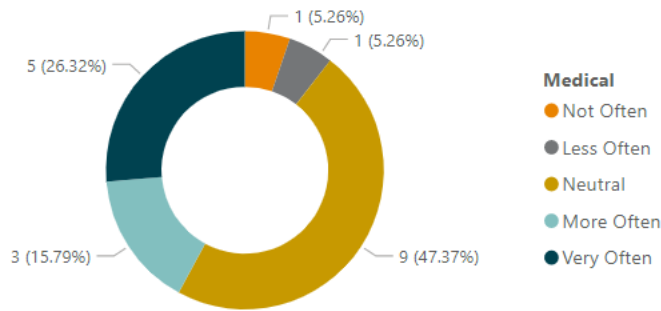
Which are some conditions your household face daily? Select all that apply:



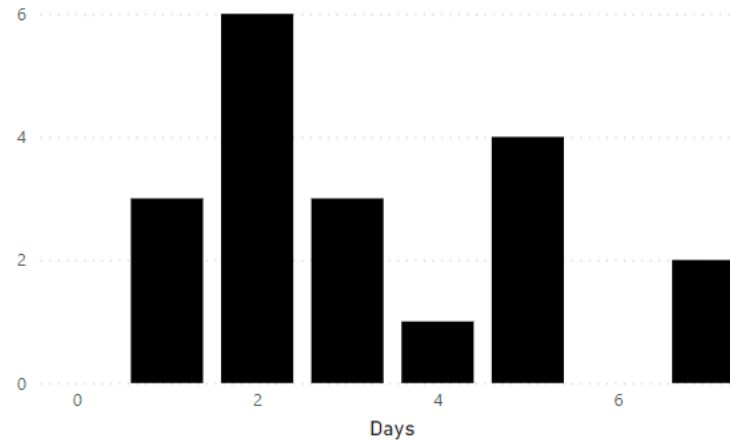
English Spanish



How often are you able to get the care needed when seeking medical attention?



In the past week, on how many days have you done 30 or more minutes of physical activity (i.e. sport, exercise...)?



Non-Degreed

84% suffer one or more health conditions identified

100% suffer from High Blood Pressure

80% suffer Anxiety and 67% High Cholesterol

100% Type II Diabetes

Degreed

33% are experiencing Depression

*61 respondent correlations

Initial Community Survey Response

Programs - All

Age Group

Multiple selections

Community

All

English

Spanish

Transportation

Health/Wellness

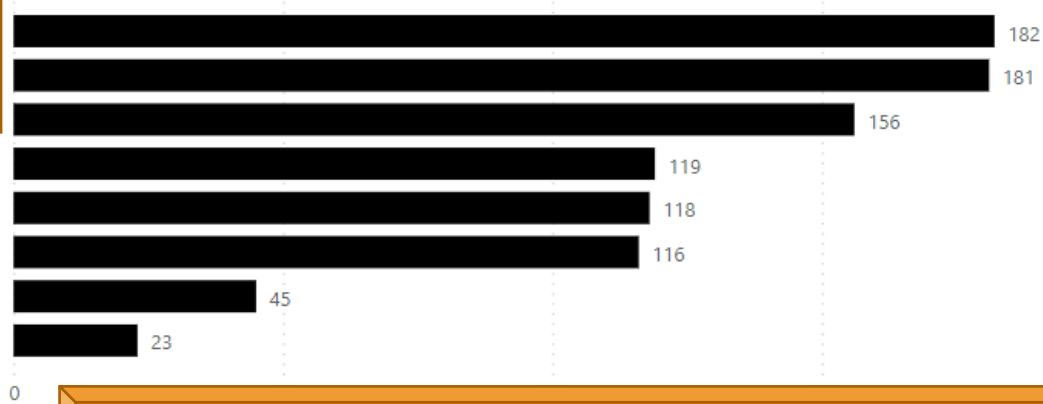
Social

Of the categories below, what would you like to see the Fallbrook Regional Health District offer at the Wellness Center?

93% of respondents listed classes or activities that promote physical health and addresses health conditions

85% list leisure or "social" events that promote families and EDI (*Equality, Diversity, Inclusion*)

65% list programs that foster healthy habits and positive relationships



TOP PROGRAM SUGGESTIONS

- Walking and Hiking
- Culturally sensitive events: fund raisers, charity events, community integration
- Yoga, Zumba, Dance for all ages and family groups
- Family Wellness: sports, group weight training, wellness programs

What type of physical activities would you participate in if they were available in your community?



Initial Community Survey Response

Finance - All

Transportation

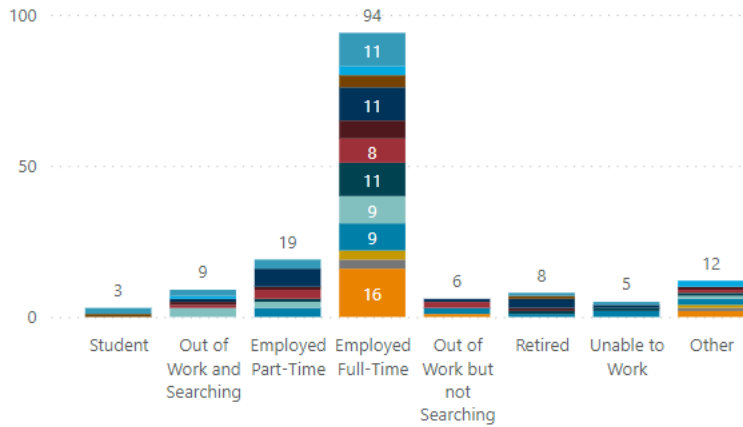
Economic

Social

Age Group

Multiple selections

Employment Status: Are you currently...?

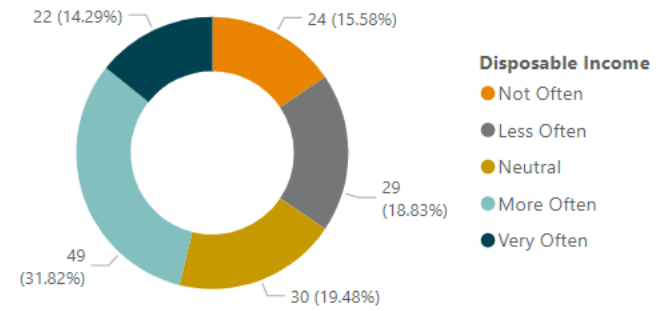


- Community**
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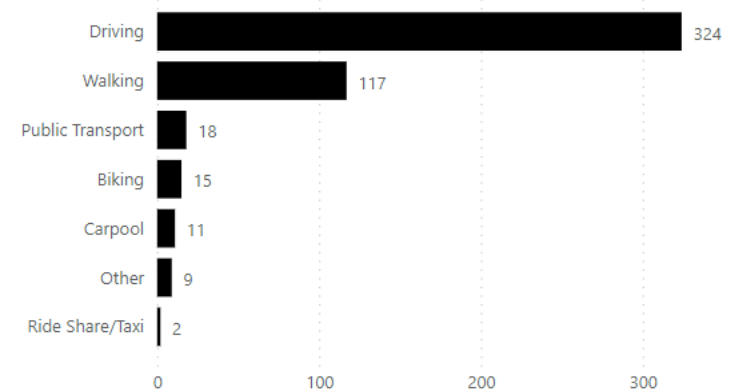
Spanish

English

After the bills are paid, how often do you have money to spend on leisure activities (i.e., sports, travel, movies)?



What modes of Transportation do you use in a typical week?



What type of programs would help your household be more prepared for financial security?



Financial Literacy

Family Budgeting and Savings Education

Classes on Retirement & Investment

Home ownership, mortgages

Program Diversity

Virtual Community Focus Group Sessions



What Has Been Accomplished Focus Group Planning

February 8 – March 4

Logistics/Set-up/Prep

Steering
Committee
Meeting
3/5

March 8 – March 12

**Conduct
Virtual
Focus
Groups**

March 15 – March 19

**Integrate Community
Focus Group Input**

TBD

Board
Prioritization
Session

**Spanish Speaking
Practice Session**

March 3 6-7 pm

Focus Group Sessions

- Parents/Guardians-3/10 1-2 pm
- Parents/Guardians-3/12 10-11 am
- Students- 3/10 3-4 pm
- Students- 3/12 3-4 pm
- Spanish Speaking – 3/11 6-7:30 pm
- Spanish Speaking – 3/12 6-7:30 pm



Adult Focus Groups

Topics of Discussion

**Current and
Anticipated
Participation**

**Health Issues that
Impact Daily
Activities**

**Social Issues that
Impact You or
Your Family's Well
Being**

**Level of Interest
and Excitement to
Participate in
Programs**



Student Focus Groups

Topics of Discussion

**Current and
Anticipated
Participation**

**Level of Interest
in Individual or
Group Physical
Exercise**

**Social Issues that
Impact Your
Ability to Perform
at School**

**Level of Interest
and Excitement to
Participate in
Programs**



Student Focus Group Emerging Themes

- Neighborhood
- Education
- Healthcare Access
- Economic
- Transportation
- Housing
- Clean Environment
- Social

Economic Security

- Financial skills

Family Support

- Family friendly activities

Youth Social Support

- Inclusive
- Non-bullying
- Group activities
- Performing arts
- Karaoke

Prevention

- Alternative medicine



Health Literacy

- Health Education

Mental Health

- School stress
- Family stress

Education

- Tutoring
- Study area

Obesity

- Group exercise
- Walking
- Swimming

Cooking Nutrition

- Home Ec-like classes

Parent Focus Group Emerging Themes

- Neighborhood
- Education
- Healthcare Access
- Economic
- Transportation
- Housing
- Clean Environment
- Social

Economic Security

- Financial skills

Transportation

- Roads not safe
- Need transportation to center

Family and Child Support

- Family friendly activities
- Kids key to getting families involved
- Get kids moving



Obesity

- Outdoor
- Exercise classes
- Low cost

Prevention

- Dental/vision screening
- Care coordination
- Health fairs
- Repository of resources

Health Literacy

- Health education
- Give info to schools

Mental Health

- Literacy
- Education

Cooking Nutrition

- Food prep
- Nutrition education

Spanish Speaking Focus Group Emerging Themes ²⁶

Neighborhood

Education

Healthcare Access

Economic

Transportation

Housing

Clean Environment

Social

Transportation

- Location is difficult

Aging Disabilities

- Arthritis
- Memory loss

Family & Child Support

- Family friendly activities
- Bilingual
- Childcare
- Art/music/singing
- Legal assistance

Prevention

- Vision
- COVID
- Asthma

High Cholesterol/ BP

Obesity

- Challenge
- Exercise facilities
- Youth ex.

Mental Health

- Yoga
- Stress reduction

Type 2 Diabetes

- Education

Health Literacy

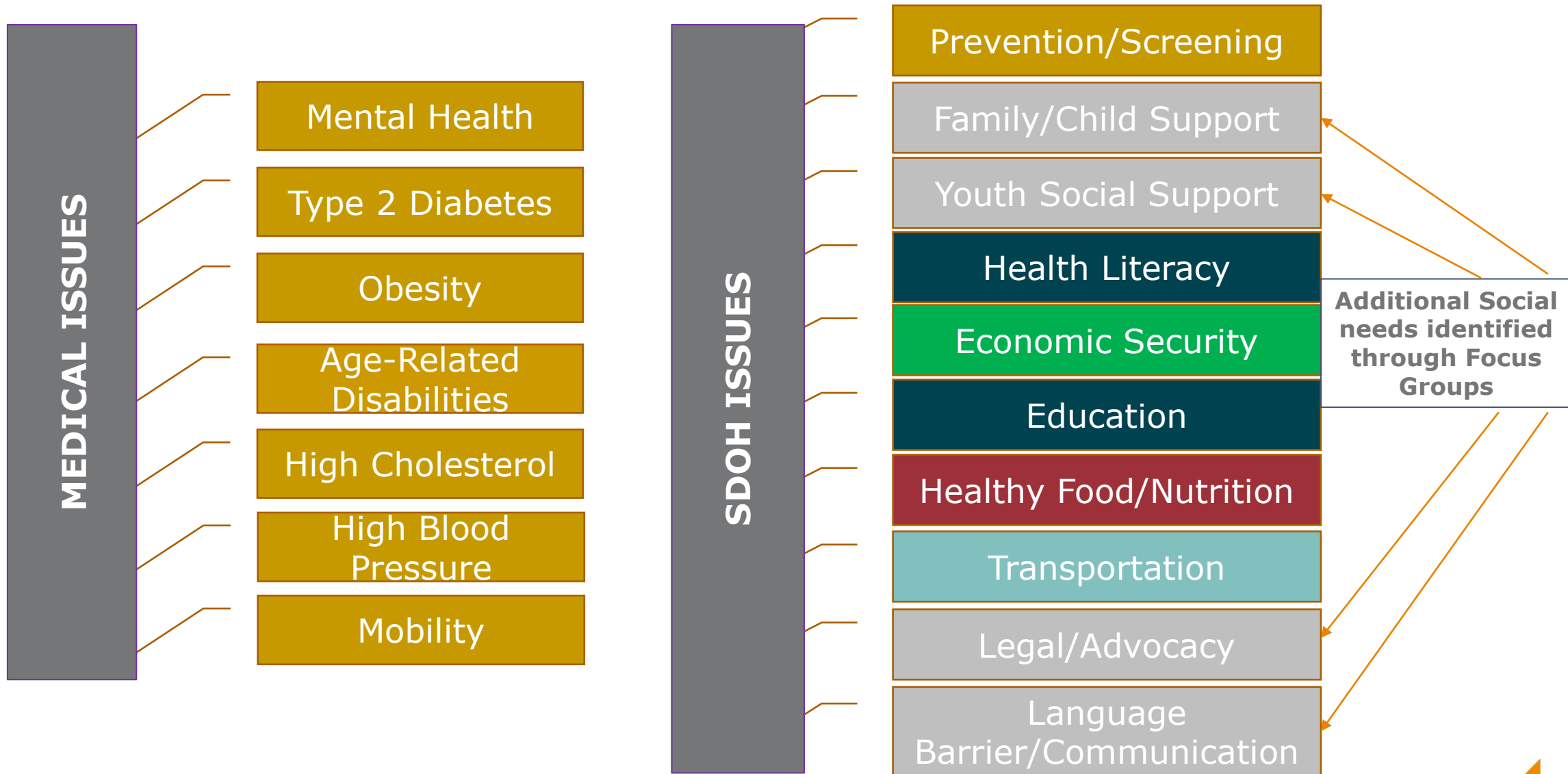
- Health education for adult & youth

Cooking Nutrition

- Affordable food
- Culturally sensitive
- Meal planning



Summary Focus Group Emerging Themes



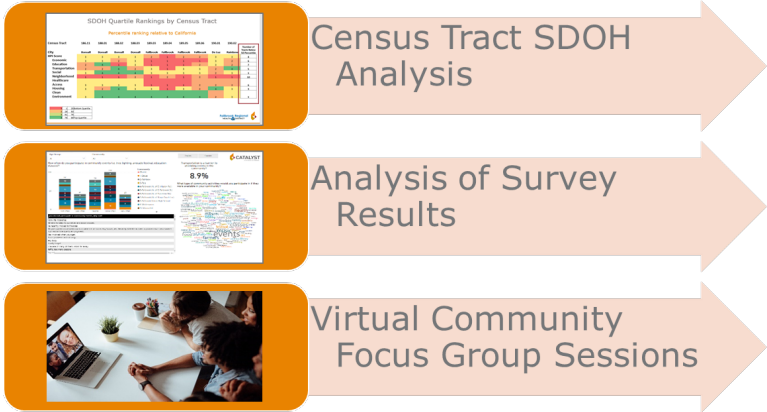
Summary of Top Health and Social Needs



Identification of Top Community Health and Social Needs

Health Needs	SDOH Needs
Type 2 Diabetes	Access to Prevention/Screening Services
High Cholesterol	Youth Social Support
Obesity	Improved Health Literacy
Mental Health	Economic Security
Age-Related Deficits	Education
High Blood Pressure	Transportation
Mobility	Family-Child Support
	Health Food Availability & Nutrition/Preparation Education
	Legal/Advocacy
	Language Barrier/Communication

Integration of Quantitative and Qualitative Findings



San Diego County Top 10 Needs



Criteria & Prioritization

Board and Community Alignment



Fallbrook Wellness Center Success

What does success look like?

Agenda

1. Review responses of the Board on their vision of success
2. Emerging Trends
3. Review and approve combined goals
4. Compare goals with community needs to assure alignment
5. Rank by level of importance the needs of the community

Fallbrook Community Wellness Center's Goals

Approach

1. Reviewed all the responses and compared them to the Vision, Mission and Values of Fallbrook Community Health District for strategic alignment
2. We did a side-by-side analysis to identify trends in the responses
3. Categorized the trends and assumed importance for success based on the number of repetitive themes
4. Using the emerging themes we combined the responses and developed 5 major goals for success

Board Responses

EMERGING THEMES	BOARD RESPONSES
<p>Community Engagement. Communications</p>	<p>1. Provide community engagement avenues to best address wellness needs through communications focus. These include, presentations, tabling and focus groups. This can also be incorporated via social media, tabling and via our website. Keep transparency and accountability</p>
<p>Community Engagement, Partnerships</p>	<p>2. Use community input to inform the evolution of the space byity partners, advocates and residents alike. Successful partnerships will enable our mission to be expansive and fa.....</p>
<p>EDI-Equity, Diversity, Inclusion, Economics</p>	<p>3. Create a culture of inclusion integrating multicultural, multilingual and culturally relevant programming toitize equitable access to health resources. Staff will be multilingual and informed about community needs to best represent our mission</p>



Summary of Themes from Board Goal Submissions

Board Goals Submitted	
Themes	Number of times the theme appeared in the response
Community Engagement	7
Partnership	4
EDI – Equity, Diversity, and Inclusion	4
Focus on Priority Needs	3
Economics	3
Communication	3
Prevention	2
Multi-functional	2
Health Literacy	2
Operational Efficiency/ Resource Demand	1
Lifetime Health	1
Holistic Medicine	1
Access	1



Fallbrook Community Wellness Center's Goals

What Does Success Look Like?

Goal	DRAFT - Combined Goals
Community Engagement	Encourage community engagement through enhanced communication, collaboration, inclusivity, and access through affordable, accessible, and diverse programming to meet the interest of the entire community.
Partnership	Foster collaborative partnerships with new and existing community organizations to deliver the programs to address the priority and lifelong health needs of those living in the community.
Disparity	Reduce health and economic disparity across the community in 1) health; 2) economics; 3) social inclusion; 4) education with the goal of improving overall health of the community.
Health Wellness	Encourage "lifetime" health, wellness and healthy behaviors through improved health literacy, holistic concepts, and healthy conditions which promote and support the 6 components of health which are: physical, emotional, mental, social, spiritual, and environmental.
Optimization of Resources	Assure appropriate utilization of FRHD resources by acting only in the best interest of FRHD community members by; 1) minimizing duplication of services; 2) performing due-diligence for all new and existing services; 3) providing annual review of community needs; and 4) acting diligently in review of the capital investment needs for the FRHD Wellness center.



Board Vision of Success

Health Needs	Social Needs	Goal	Combined Goals
Type 2 Diabetes	Access to Prevention/Screening Services	Community Engagement	Encourage community engagement through enhanced communication, collaboration, inclusivity, and access through affordable, accessible, and diverse programming to meet the interest of the entire community.
High Cholesterol	Youth Social Support	Partnership	Foster collaborative partnerships with new and existing community organizations to deliver the programs to address the priority and lifelong health needs of those living in the community.
Obesity	Improved Health Literacy		
Mental Health	Economic Security	Disparity	Reduce health and economic disparity across the community in 1) health; 2) economics; 3) social inclusion; 4) education with the goal of improving overall health of the community.
Age-Related Deficits (vision/memory/mobility)	Education	Health Wellness	Encourage "lifetime" health, wellness and healthy behaviors through improved health literacy, holistic concepts, and healthy conditions which promote and support the 6 components of health which are: physical, emotional, mental, social, spiritual, and environmental.
High Blood Pressure	Transportation	Optimization of Resources	Assure appropriate utilization of FRHD resources by acting only in the best interest of FRHD community members by; 1) minimizing duplication of services; 2) performing due-diligence for all new and existing services; 3) providing annual review of community needs; and 4) acting diligently in review of the capital investment needs for the FRHD Wellness center.
Mobility	Family-Child Support		
	Health Food Availability & Nutrition/Preparation Education		
	Legal/Advocacy		

Health and Social Needs Criteria for Prioritization

Weight	Criteria	Criteria Definition
	Magnitude	Number of residents impacted.
	Disparities	Differences in health outcomes by subgroup, i.e., geography, languages, ethnicity, culture, citizenship status, economic status.
	Trend	Degree to which the need is worsening, staying the same or getting better.
	Community Resources	Level of resources, i.e., physical, human, programmatic, currently available in the community to address the need.
	Fills an existing void in the market	Avoids duplicating efforts/provides a path forward to complement existing services offered in the community.
	Important to Community	Level of importance expressed by the community through surveys and community focus groups.
	Implementation Effort/Cost	Level of effort and cost, i.e., time, capital, human resources, to address this need.
	Cost	Level of on-going operational costs to run the programs to meet the need.

Weight: Scale of 1 – 8 with 8 being the highest



Next Steps

- Compute results from prioritization exercise
- Communicate results back to the Board via Rachel Mason
- Compile programs that have been shown to be effective in addressing priority needs
- Prepare for and execute Facilitated Session 2 of the Board to review and approve programming recommendations.



Appendix

Fallbrook Wellness Center Success

What does success look like?

S.M.A.R.T. Criteria

Specific - target a specific area for improvement

Measurable - quantify or at least suggest an indicator of progress.

Achievable/Assignable - specify who will do it

Realistic - state what results can realistically be achieved, given available resources.

Time-related - specify when the results(s) can be achieved.