

## Vital Signs Community Transformation Plan

The Community Transformation Plan offers a common understanding of key health issues San Bernardino County residents face and how factors like the economy, education, safety, and health issues affect one another. The Community Transformation Plan includes collective goals, indicators to measure success, and potential cross-cutting strategies and policy recommendations for addressing the health priority areas of: (1) Education; (2) Economy; (3) Access to Health and Wellness (includes: Access to Healthcare, Behavioral Health, and Healthy Behaviors), and (4) Safety (includes: Community Safety and School Safety) in a strategic manner.

### The Final Priority Areas of the Community Transformation Plan include:



**Education;**



**Economy;**



**Access to Health and Wellness** (including Access to Health Care, Behavioral Health, and Healthy Behaviors); and



**Safety** (including community and school safety).

## EDUCATION



There is much evidence linking educational attainment and high school graduation rates to improved health outcomes. As reported in the Vital Signs Final Report people with more education have lower rates of the most common acute and chronic diseases.<sup>1</sup> High school graduates earn higher salaries, have better self-esteem, more personal life satisfaction, fewer health problems, and less involvement in criminal activity as compared to high school dropouts. In addition,

households headed by a high school graduate accumulate ten times more wealth than households headed by a high school dropout. The high school graduation rate for San Bernardino County was 79% in the 2013-14 school year,<sup>2</sup> and only 19% of county residents had a bachelor's degree, a graduate degree or a professional degree as compared to 31% across the state in 2013. Yet roughly 60% of jobs nationwide require some type of training or education beyond high school.<sup>3</sup>



## ECONOMY



Economic factors including poverty, employment opportunities and access to affordable housing have been shown to influence access to health care and health outcomes. It has been shown that stable, affordable housing may improve health outcomes by freeing up family resources for healthy

food and health care expenses, decreasing stress, providing access to healthy options for families in neighborhoods, and reducing environmental exposures from unstable and unsafe housing options.<sup>4</sup> In 2013, 19% of San Bernardino County residents were living in poverty, and 2,321 individuals were experiencing homelessness in 2013.<sup>5 6</sup>

## ACCESS TO HEALTH AND WELLNESS



Access to Health and Wellness encompasses many aspects of health outcomes affecting SBC residents including Access to Health Care, Behavioral Health, and Healthy Behaviors. Many of the socioeconomic factors mentioned previously affect the health of SBC residents. Families

and individuals without health insurance coverage often have unmet health needs, receive fewer preventive services, suffer delays in receiving appropriate care, and experience more hospitalizations. In other words, uninsured persons are less likely to receive medical care, and more likely to have poor health and to die prematurely.<sup>7</sup> High rates of uninsurance destabilize local health care systems, putting the health and wellbeing of entire communities at risk.<sup>8</sup> Health insurance coverage in San Bernardino County remains below California and the [Healthy People 2020](#) target.<sup>9</sup> Healthy behaviors influence the overall health and well-being of residents. Overall, fewer adults in SBC walked for transportation, fun, or exercise than in California and less than 20% of teens (ages 12-17) in SBC met the CDC recommendation of 60 minutes of physical activity every day, greater than compared to California at 15% in 2009.<sup>10</sup> Behavioral health needs are regularly recognized as not being fully met across populations. The Substance Abuse and Mental Health Services Administration (SAMHSA) estimated a prevalence rate of 23.8% of the general population having a behavioral health condition, while less than half of those individuals generally receive behavioral health care.<sup>11</sup>



## SAFETY

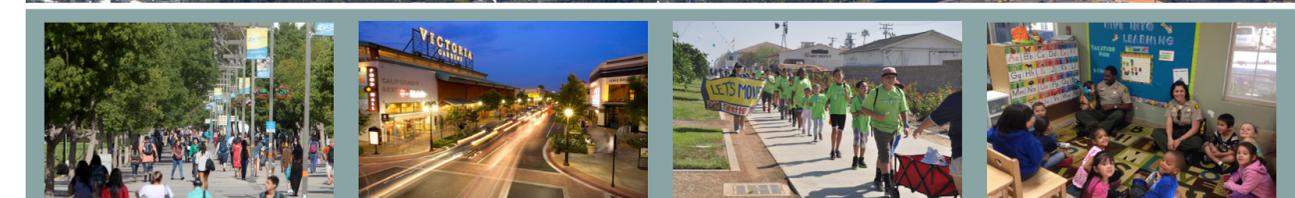


Healthy and safe environments allow people to access resources and make healthy choices they might not otherwise be able to make. Although the crime rate in San Bernardino

County has decreased from 36 crimes per 1,000 residents in 2006 to 31 crimes per 1,000 in 2010, it has remained higher than the state average since 2007.<sup>12</sup> Crime contributes to poorer physical health for those directly impacted by crime and community members. In addition to direct physical injury, victims of violence are at increased risk of depression, substance abuse, anxiety, reproductive health problems, and suicidal behavior.<sup>13</sup> People living in unsafe neighborhoods also tend to have fewer options for public transportation or open spaces to be active, factors which further diminish their ability to engage in healthy behaviors.

### End Notes

- 1Cutler, D. & Lleras-Muney, A. (2007). Education and health. National Poverty Center, Policy Brief, Vol. 9
- 2California Department of Education, Educational Demographics Unit, California Longitudinal Pupil Achievement Data System (CALPADS). (2015). Cohort outcome data for the class of 2013-14.
- 3Math and Reading Help, The importance of a high school diploma. Retrieved May 9, 2013 from [http://mathandreadinghelp.org/articles/The\\_Importance\\_of\\_a\\_High\\_School\\_Diploma.html](http://mathandreadinghelp.org/articles/The_Importance_of_a_High_School_Diploma.html)
- 4Center for Housing Policy: [http://www.nhc.org/media/files/Insights\\_HousingAndHealthBrief.pdf](http://www.nhc.org/media/files/Insights_HousingAndHealthBrief.pdf)
- 5American Community Survey, United States Census Bureau. (2013). Poverty status in the past 12 months 1-year estimates, Table S1701, 2013.
- 6County of San Bernardino, Office of Homeless Services. (2013). San Bernardino County 2013 homeless count and subpopulation survey: Preliminary findings and recommendations, April 2013.
- 7U.S. Department of Health and Human Services. (2011). Healthy People 2020 objectives. Retrieved from <http://healthypeople.gov/2020/topic-subjectives2010/overview.aspx?topicid=1>
- 8National Immigration Law Center. (2014). Issue Brief: The Consequences of Being Uninsured, August 2014. Retrieved from <http://www.nilc.org/document.html?id=1136>
- 9American Community Survey, United States Census Bureau. (2013). Selected economic characteristics, 1-year estimates, Table DP03, 2013
- 10California Health Interview Survey, UCLA Center for Health Policy Research. (2012). Walked for transportation, fun, or exercise, 2003-2009. Number of days physically active at least one hour in a typical week. 2003-2009.
- 11Substance Abuse and Mental Health Services Administration, Results from the 2012 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-47, HHS Publication No. (SMA) 13-4805. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013. Retrieved from: [http://archive.samhsa.gov/data/NSDUH/2k12MH\\_FindingsandDetTables/2k12MHF/NSDUHmhr2012.htm](http://archive.samhsa.gov/data/NSDUH/2k12MH_FindingsandDetTables/2k12MHF/NSDUHmhr2012.htm)
- 12State of California, Department of Justice, Office of the Attorney General. (2010). Criminal justice profiles, crimes and crime rates, by category and crime, table 1, 2001 – 2010.
- 13Krug, E.G., Dahlberg, L.L., Mercy, J.A., Zwi, A.B., & Lozano, R. (Eds.). (2002). World report on violence and health. World Health Organization, Geneva, Switzerland. Retrieved from [http://www.who.int/violence\\_injury\\_prevention/violence/world\\_report/en/summary\\_en.pdf](http://www.who.int/violence_injury_prevention/violence/world_report/en/summary_en.pdf)



The [San Bernardino Countywide Vision](#) calls for collaboration across all sectors to create a vibrant, physically, and economically healthy county in the next 20 years and outlines how ten elements - jobs/ economy, education, housing, public safety, infrastructure, quality of life, environment, wellness, water, and image - are all part of an inter-connected system that relies on all elements to work in concert to improve the quality of life for the County's residents.

San Bernardino County's Community Vital Signs Initiative (Vital Signs) is a community-wide initiative charged with implementing the Wellness element of the Countywide Vision. Vital Signs was started by the San Bernardino County Departments of Public Health and Behavioral Health, as well as Arrowhead Regional Medical Center. Vital Signs mobilizes a powerful network of local and regional leaders deeply committed to improving the health of San Bernardino County in a strategic manner.

## Community Engagement

During the summer of 2013, 23 community engagement meetings were conducted in San Bernardino County. Over 1,000 community members – a rich mixture of professionals, community leaders, and residents – reviewed data on a broad range of topics with intent to prioritize the most urgent issues that impact the health and wellness of County residents. Community members discussed their vision of a vital community and prioritized seven areas for action. In response to the community's seven priority areas, the initiative reconvened over 1,200 community stakeholders representing: healthcare; education; public safety; the business sector; planning and transportation; faith-based and community-based organizations; local jurisdictions; policy makers; and residents for development of a Community Transformation Plan.



Identified Priority Areas

Education	Economy	Access to Health and Wellness	Safety

## Community Vital Signs

**Purpose:** Community Vital Signs is a community health improvement framework jointly developed by San Bernardino County residents, organizations, and government. It builds upon the Countywide Vision by setting evidence-based goals and priorities for action that encompass policy, education, environment, and systems change in addition to quality, affordable and accessible health care and prevention services. It provides the basis for aligning and leveraging resources and efforts by diverse agencies, organizations, and institutions to empower the community to make healthy choices.

**Vision:** We envision a county where a commitment to optimizing health and wellness is embedded in all decisions by residents, organizations, and government.

**Values:** Community Vital Signs is guided by the following values:

- **Community-driven:** Shared leadership by and for residents, engaging and empowering all voices
- **Cultural competency:** Respecting and valuing diverse communities and perspectives
- **Inclusion:** Actively reaching out, engaging, and sharing power with diverse constituencies
- **Equity:** Access to participation, resources and service, addressing historical inequities and disparities
- **Integrity and Accountability:** Transparent and cost-effective use of resources
- **Collaboration:** Shared ownership and responsibility
- **Systemic change:** Transform structures, processes, and paradigms to promote sustained individual and community health and well-being

## San Bernardino County Community Transformation Plan (Overview)

We envision a county where a commitment to optimizing health and wellness is embedded in all decisions by residents, organizations and government.

Education	Economy	Access to Health and Wellness	Safety
Long-Term Goals (7-10 Years)			
<ul style="list-style-type: none"> <li>• Increase high school graduation rates</li> <li>• Increase postsecondary educational attainment rates across the county</li> </ul>	<ul style="list-style-type: none"> <li>• Decrease the percentage of families living in poverty across the county</li> <li>• Increase access to safe and affordable housing for all residents</li> </ul>	<ul style="list-style-type: none"> <li>• Increase the percentage of residents who have and regularly access a usual source of care</li> <li>• Increase behavioral health awareness</li> <li>• Increase access to behavioral health services</li> <li>• Reduce the misuse and abuse of alcohol, prescription, and other drugs in the community</li> <li>• Decrease the prevalence and increase the management of chronic diseases (including diabetes, obesity, and cardiovascular disease)</li> <li>• Increase the number of residents engaged in active living activities</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce the crime rate across San Bernardino County</li> <li>• Improve children's perception of safety at school</li> </ul>

Education	Economy	Access to Health and Wellness	Safety
Short-Term Goals (3-5 Years)			
<ul style="list-style-type: none"> <li>• Increase early identification and services (at all educational levels) for psychosocial factors impacting students' attendance and functioning in school</li> <li>• Increase access to financial aid and support services for students to apply and complete vocational and higher education</li> <li>• Increase use of schools as an access point for school-based and community health and social services</li> <li>• Increase family and student understanding of their health</li> <li>• Increase access to healthy food and physical activity on school campuses</li> <li>• Increase the number of students choosing STEM (science, technology, engineering, mathematics) careers, including careers in health care</li> </ul>	<ul style="list-style-type: none"> <li>• Increase the number of skilled workers within the Inland Empire</li> <li>• Increase business expansion, attraction, and retention within our local communities</li> <li>• Increase funding to first-time home buyers</li> <li>• Increase awareness, funding and capacity at the county level to support wellness in the workforce</li> </ul>	<ul style="list-style-type: none"> <li>• Teach residents to advocate for their own health</li> <li>• Increase the number of professionals who are trained in the County who stay in the County</li> <li>• Provide care coordination to residents for all needed services</li> <li>• Connect residents to a regular place for health care</li> <li>• Increase the number of people who receive timely health services</li> <li>• Increase coordination between behavioral health and primary care systems</li> <li>• Reduce behavioral health stigma</li> <li>• Increase the number of linguistically and culturally competent behavioral health services available in the County</li> <li>• Promote healthy relationships</li> <li>• Delay age of first time use of alcohol to legal age</li> <li>• Decrease prevalence of adults abusing alcohol</li> <li>• Prevent use of illicit drugs at all ages</li> <li>• Increase access to healthy food options within communities</li> <li>• Increase the number of residents participating in daily physical activity</li> <li>• Increase options for active transportation planning such as walking and biking</li> </ul>	<ul style="list-style-type: none"> <li>• Increase partnership with law enforcement at school sites</li> <li>• Increase community and faith-based collaboration with law enforcement to increase community trust</li> <li>• Improve school safety at all grade levels</li> <li>• Reduce student suspension and expulsion</li> </ul>

### Examples of Potential Strategies (1-2 Years)

Strategies further define what needs to be achieved to realize the goals in the plan, as well as what actions are needed to be successful. In order for SBC to achieve its vision of a county where a commitment to optimizing health and wellness is embedded in all decisions by residents, organizations, and government, it is important to recognize the value in adopting strategies at multiple levels across multiple sectors. The following are a list of select potential strategies; for a full list, please see the Potential Strategies to Achieve Collective Goals section of the Community Transformation Plan.

Inventory existing organizations and efforts focused on developing a skilled workforce.	Explore ways to increase higher education opportunities.	Improve service coordination and communication between organizations, particularly in shared community facilities to serve economically challenged residents.	Increase access to and availability of services and resources through innovative methods.
Promote and increase partnerships between Faith Based Organizations and other sectors.	Consider development of community resident advisory groups (to increase parent, consumer, and youth involvement) to inform health policy and practices.	Promote Health Elements in city general plans to improve the built environment.	Implement school based programs to address school-based violence.
Identify opportunities to support and engage at-risk youth.	Improve information sharing, data collection and reporting systems to identify, analyze and communicate information across all sectors to improve outcomes for at-risk students, residents and communities	Increase universal prevention for all schools and universities for substance use.	Encourage school districts to deploy strategies through their Local Control and Accountability Plans (LCAPs) that address racial and ethnic disparities in suspension and expulsion policies.

LEGEND

