

# San Bernardino County Community Transformation Plan Action Planning Event

August 1, 2023





# Welcome

*We are so glad you are here!*

## Purpose of today's meeting

Hear the results of a county-wide health assessment and together identify strategies that we as a community can collectively work on to create a culture of health in San Bernardino County.



# San Bernardino County Community Transformation Plan Action Planning Event

Community Vital Signs

**Diana Fox**  
**Steering Committee Chair**  
Executive Director, Reach Out

**Michael Sequeira, MD**  
**Steering Committee Chair**  
Public Health Officer, San  
Bernardino County Department of  
Public Health



# Community Vital Signs

Community Vital Signs is a community-wide initiative that focuses on aligning resources to improve the health and wellness of San Bernardino residents.

Our efforts are guided by a **Community Health Transformation Plan** which is based on data about health and safety in San Bernardino County.

The **Community Health Transformation Plan** is a plan **YOU** will help inform today!





## STEERING COMMITTEE

John Andrews, *Director of Communications*

Megan Barajas, *Regional Vice President*

Dr. Juan Carlos Belliard, *Assistant Vice President  
for Community Partnerships & Diversity*

Dr. Monica Caffey, *Chair*

Richard De Nava, *Chief Business Officer*

Sam Fisk, *Assistant Sheriff*

Marina Espinosa, *Deputy Director*

Dr. Jay Fiene, *Principal Investigator for CSRI*

Diana Fox, *Executive Director*

Luz Gallegos, *Executive Director*

Peggi Hazlett, *CEO*

Ken Johnston, *Quality and Compliance Officer*

George Lamb, *CEO/ President*

Josh Lee, *Transportation Planning Analyst*

Dr. Michael Sequeira, *Public Health Officer*

Terrance Stone, *CEO/ President*

Jodie Wingo, *CEO/ President*

Diocese of San Bernardino

Hospital Association Southern California (HASC)

Loma Linda University Health

San Bernardino County Behavioral Health Commission

San Bernardino County Superintendent of Schools

San Bernardino County Sheriff's Department

San Bernardino County Behavioral Health

Cal State San Bernardino Reentry Initiative (CSRI)

Reach Out

TODEC Legal Center

Greater Ontario Business Council

San Bernardino County Department of Public Health

Faith Advisory Council for Community Transformation

San Bernardino County Transportation Authority

San Bernardino County Public Health

Young Visionaries Youth Leadership Academy

Community Health Association Inland South Region



# Community Vital Signs

## *Community Health Assessment & Community Health Transformation Plan*

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2022-2023 Community Health Assessment County's

- The Community Health Assessment tells us the health status of our communities**



2023-2028 Community Health Transformation Plan.

- The Community Health Transformation Plan tells us how we can be healthier and how we can address key issues.**



# Community Health Transformation Plan

## COUNTYWIDE VISION

A Vibrant, Physically, and Economically Healthy County

## COMMUNITY HEALTH ASSESSMENT

Issues identified by the community + issues identified by analyzing data collected on health outcomes, health behaviors, and social drivers of health.

## HEALTH IMPROVEMENT PRIORITIES

### Behavioral Health

(Mental Health & Substance Misuse and Abuse)

### Injury and Violence

### Chronic Disease

# San Bernardino County Community Transformation Plan Action Planning Event



What Are the Health Concerns in San Bernardino County &  
What Can We Do About It?

**Shannon Breitzman, MA**

Principal, Health Management Associates

**April Clay, EdD, LMFT**


CEO and Director, Clay Counseling Solutions

**Kathy Estes, MA**

Coordinator, Coordinated School Health  
Program, San Bernardino County  
Superintendent of Schools

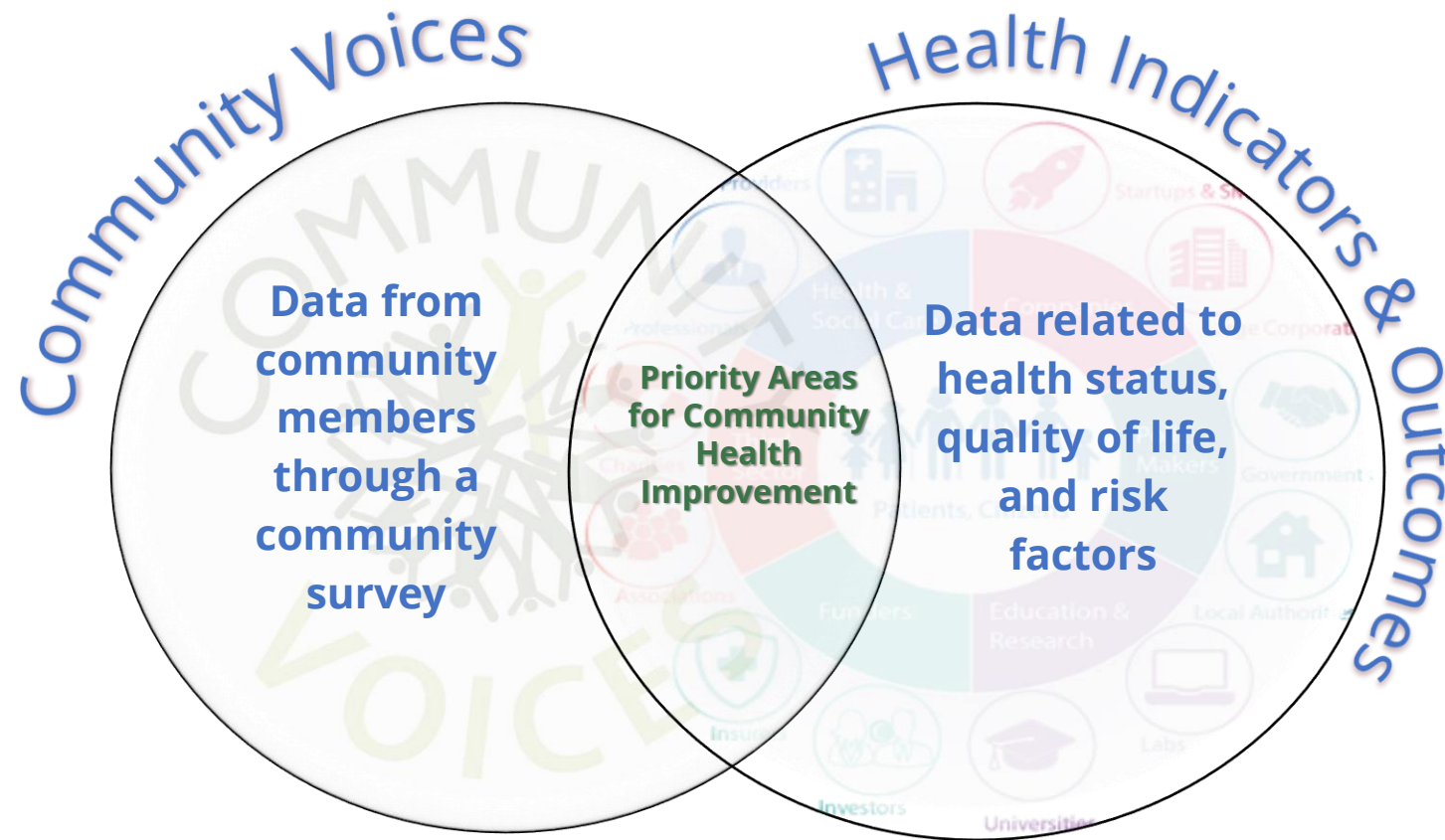






# 2022-2023 Community Health Assessment Community Survey & Health Data Summary of Results

# Community Health Assessment and Improvement Plan Process





## Community Perspective: The Strengths & Challenges of Living in San Bernardino County

We gathered community opinions about crucial health issues and the quality of life in San Bernardino County for children and families through an online community health survey.

Community members were asked to identify the:

- Top three **most important** things to **improve your health** and wellbeing
- Top three **most damaging** things to the **health of your community**
- Top three **most damaging** things to the **health of people** in your community



# Top 5 most important things to **improve** **your health & wellbeing**

1. Access to health care providers
2. Access to mental health services
3. Low crime and neighborhood safety
4. Lowering the rate of infant death
5. Affordable housing





# Top 5 most damaging things to the *health of people* in your community

1. Bullying and cyberbullying
2. Lack of exercise
3. Unfair treatment because of gender or gender identity
4. Poor eating habits
5. Alcohol misuse or abuse





# Top 5 most damaging things to the health of *your community*


1. Chronic health issues (diabetes, heart disease, etc.)
2. Car crashes related to driver behavior
3. Rape and sexual assaults
4. Community violence
5. Homelessness



A collection of medical supplies is arranged on a light blue background. On the left is a stethoscope. In the center is a white prescription form with a large 'Rx' symbol, fields for 'Patient Name', 'Address', and 'Signature', and a 'Date' field. To the right of the form is a syringe and a pair of glasses. Above the form is a blister pack of white pills and a white pill bottle with several pills spilled out. To the right of the syringe is a white surgical mask and a pair of blue nitrile gloves.

# Community Context: Availability & Access

How easy or hard it is for people to get the services they need where they live?



Accessing care is difficult in part because of a shortage of health care providers.

More residents live in poverty and are covered by MediCal than the state.

Few community members appear to access care via technology and most experience barriers when attempting to access care during non-traditional hours of operation.



# Health Improvement Priorities

## Behavioral Health, Injury and Violence, Chronic Disease

Priority  
Determinant of  
Health  
**Education**

Priority  
Determinant of  
Health  
**Economy**

Priority  
Determinant of  
Health  
**Access to Health**

Priority  
Determinant of  
Health  
**Safety**

**Strategies: The What**

What are the most promising pathways to get there?



# Chronic Disease


# Chronic Disease

CDC data suggests that Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States.

**WHAT THE COMMUNITY SAID:**

#1 Most damaging to health:  
Chronic health issues (diabetes, heart disease etc.)

| STATE RANK | HEALTH STATUS INDICATOR     |
|------------|-----------------------------|
| 56         | DIABETES                    |
| 52         | FEMALE BREAST CANCER        |
| 51         | ALZHEIMER'S DISEASE         |
| 48         | CHRONIC RESPIRATORY DISEASE |
| 48         | PROSTATE CANCER             |
| 47         | CORONARY HEART DISEASE      |
| 44         | COLORECTAL CANCER           |
| 42         | ALL CANCER                  |

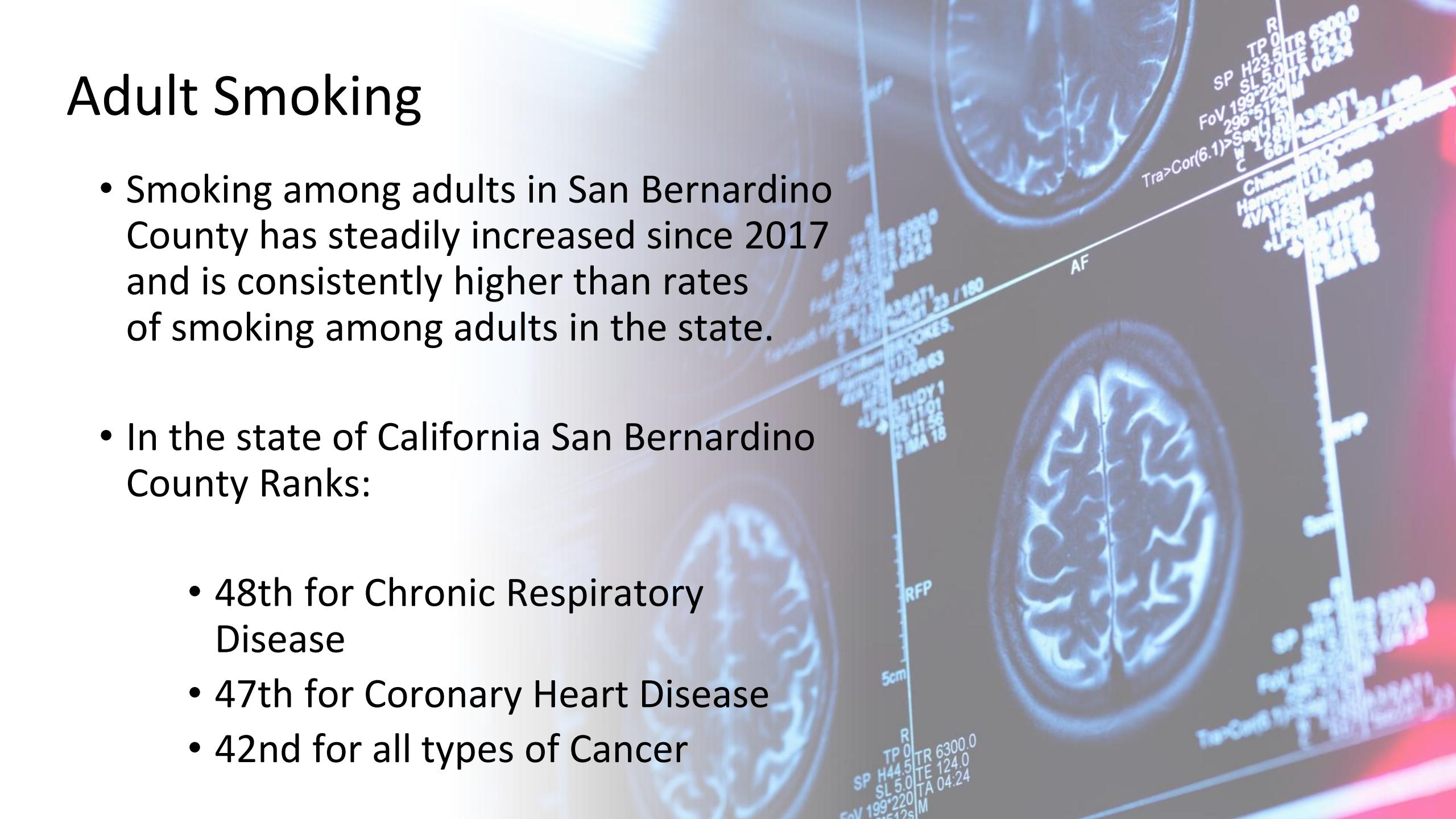


## Adult Obesity

- Obesity in adults and teens continues to increase in San Bernardino County and is consistently higher than obesity rates in the state.
- Teenage obesity is an early predictor for diabetes and may be indicative of poor mental health among youth.

# Adult Smoking

- Smoking among adults in San Bernardino County has steadily increased since 2017 and is consistently higher than rates of smoking among adults in the state.
- In the state of California San Bernardino County Ranks:
  - 48th for Chronic Respiratory Disease
  - 47th for Coronary Heart Disease
  - 42nd for all types of Cancer

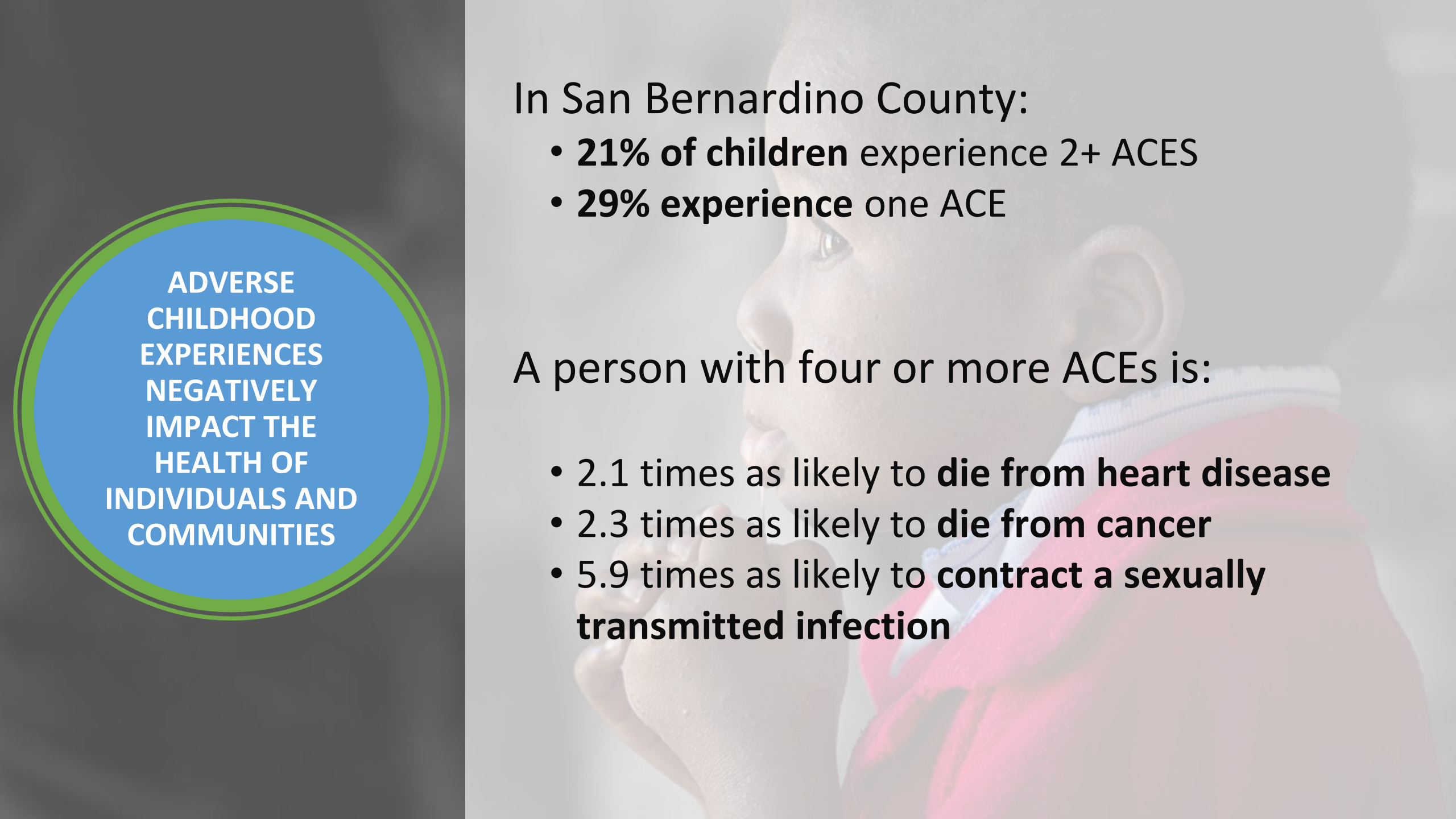


# Injury and Violence

# All Injury & Violence in San Bernardino County

| STATE RANK | HEALTH STATUS INDICATOR            |
|------------|------------------------------------|
| 8          | ACCIDENTS (UNINTENTIONAL INJURIES) |
| 28         | MOTOR VEHICLE TRAFFIC CRASHES      |
| 17         | SUICIDE                            |
| 35         | HOMICIDE                           |
| 29         | FIREARM RELATED DEATHS             |
| 19         | DRUG INDUCED DEATHS                |

**WHAT THE COMMUNITY SAID:**  
Most damaging to health of the community:  
# 3 rape and sexual assaults and #4 community violence

A young boy with dark hair, wearing a red shirt, is shown in profile, looking thoughtfully to the left with his hand near his chin. The background is a soft, out-of-focus grey.

ADVERSE  
CHILDHOOD  
EXPERIENCES  
NEGATIVELY  
IMPACT THE  
HEALTH OF  
INDIVIDUALS AND  
COMMUNITIES

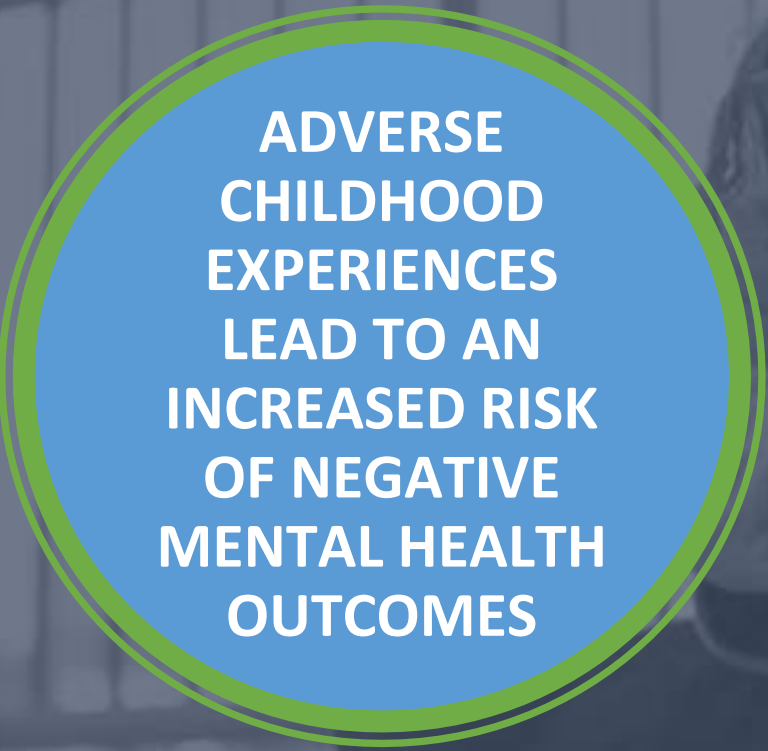
In San Bernardino County:

- **21% of children** experience 2+ ACES
- **29% experience** one ACE

A person with four or more ACEs is:

- 2.1 times as likely to **die from heart disease**
- 2.3 times as likely to **die from cancer**
- 5.9 times as likely to **contract a sexually transmitted infection**





ADVERSE  
CHILDHOOD  
EXPERIENCES  
LEAD TO AN  
INCREASED RISK  
OF NEGATIVE  
MENTAL HEALTH  
OUTCOMES

- A person with four or more ACEs is:
  - 4.4 times as likely to **suffer from depression**
  - 4.7 times as likely to seek help from a mental health professional
  - 30.1 times as likely to **attempt suicide**
- ACEs lead to an **increased risk of substance use**
- A person with four or more ACEs is:
  - 2.9 times as likely **to smoke**
  - 7.4 times as likely to **experience alcoholism**
  - 10.3 times as likely to **use injection drugs**

# Behavioral Health

# Drug Overdose Mortality

- San Bernardino County, the state and U.S. are experiencing an epidemic of drug overdose deaths.
- The county rate of drug overdose deaths has increased from 9.43% in 2018 to 30.2% in 2022.
- Opioids contribute largely to drug overdose deaths; since 2000, there has been a 200% increase in deaths involving opioids (opioid pain relievers and heroin).



# Mentally Unhealthy Days & Suicidal Thoughts

+



- The percentage of adults reporting 14 or more days of poor mental health per month increased by nearly 17% between 2020 and 2021.
- The percentage of people reporting suicidal thoughts in San Bernardino County increased by 56% between 2016 and 2021.

# Survey Respondent's Experiences: Racism & Discrimination



- Of 2,290 respondents to the racism and discrimination questions, 81% indicated experiencing discrimination because of race, ethnicity or skin color.
- 28% worried about being treated unfairly because of race, ethnicity or skin color and 34% worried about family members or loved ones being treated unfairly.

# Survey Respondent's Experiences: Racism & Discrimination

- Of 2,290 respondents, 28% indicated that as children or teenagers they worried about being treated unfairly because of their race ethnicity or skin color.
- When asked about unfair treatment 54% of respondents said they had experienced people acting as if they were not smart.
- 52% said they had experienced poorer service than others at restaurants and stores.

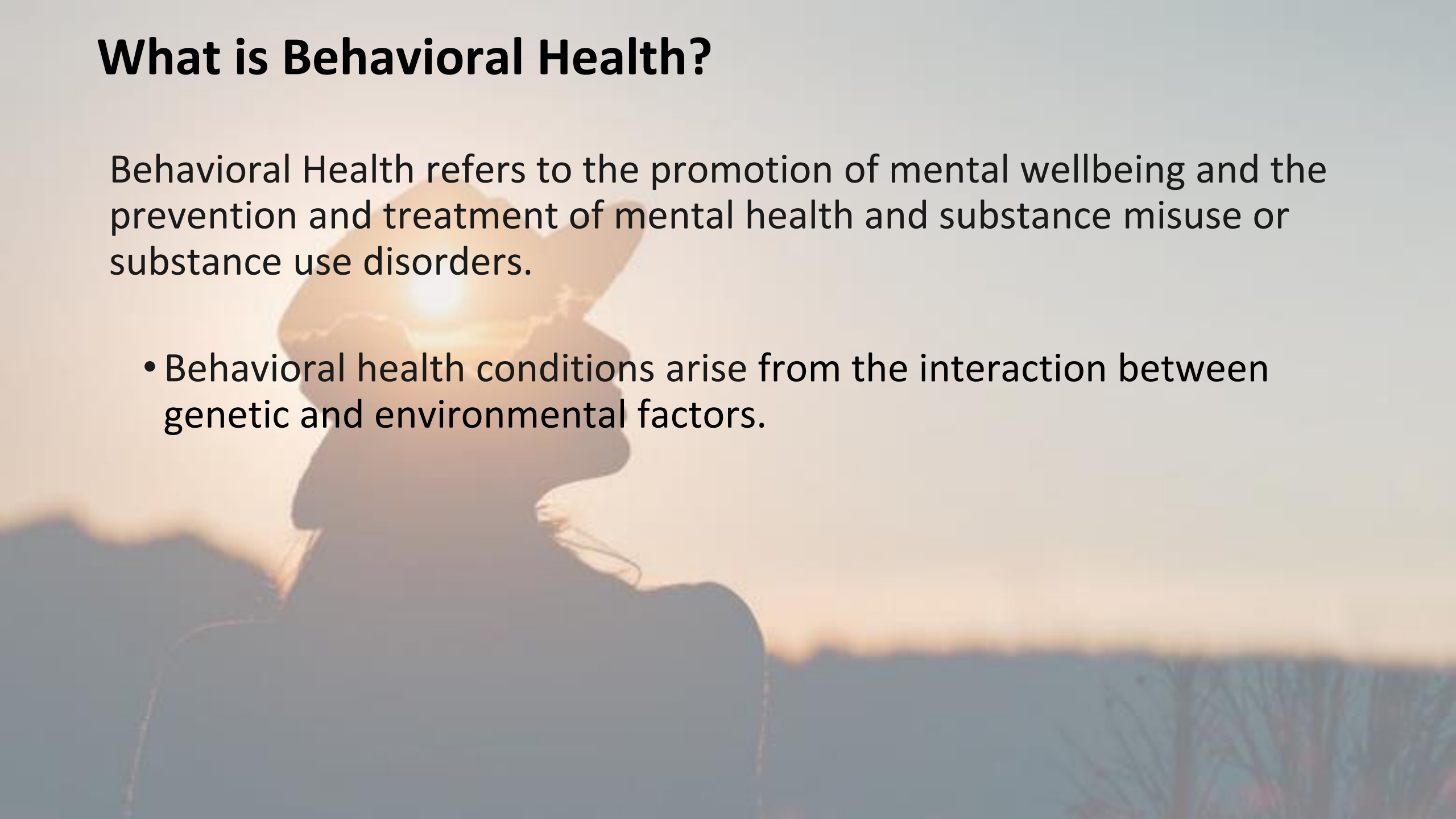
# Addressing Behavioral Health in San Bernardino County



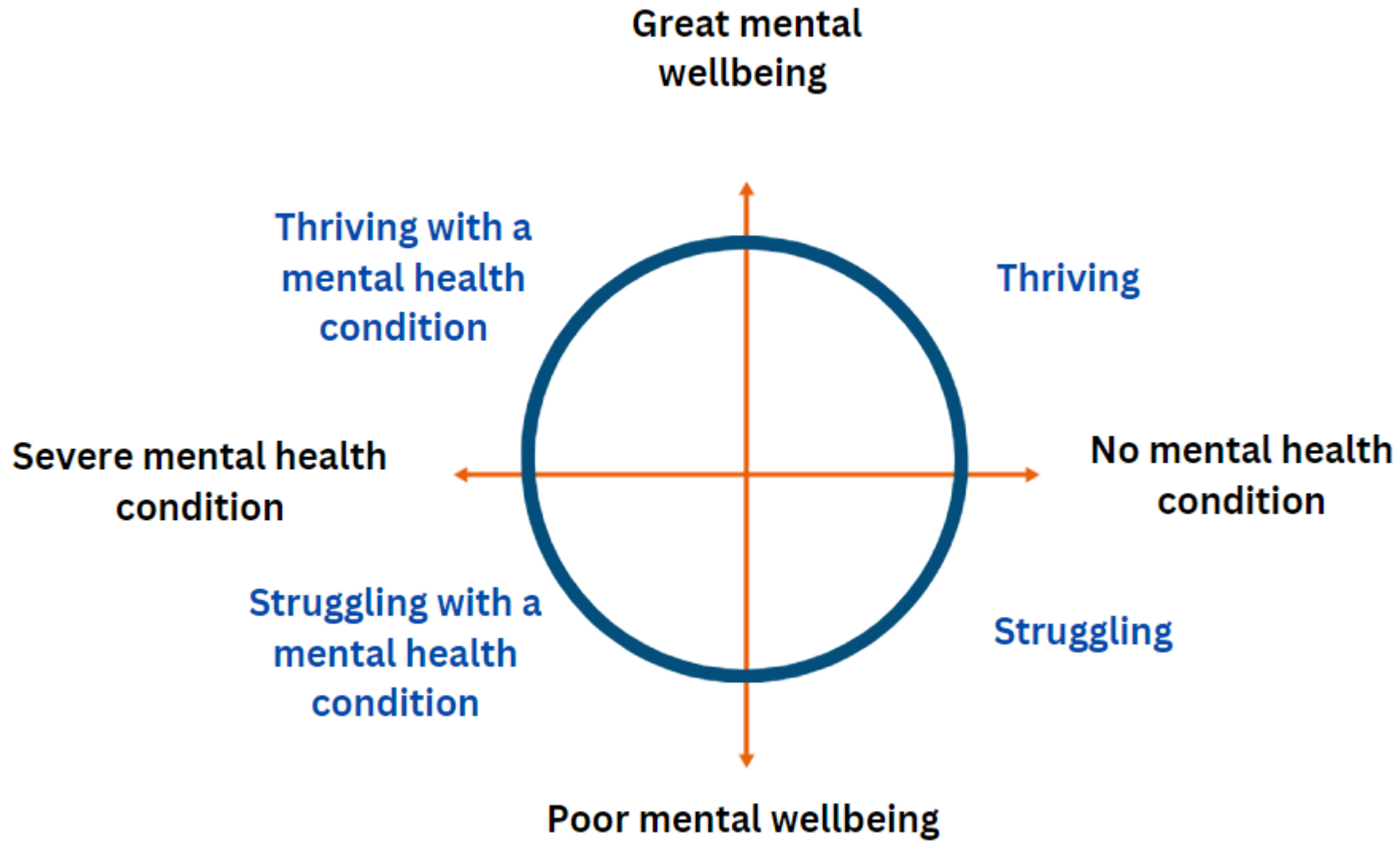
# What is Behavioral Health?

Behavioral Health refers to the promotion of mental wellbeing and the prevention and treatment of mental health and substance misuse or substance use disorders.

- Behavioral health conditions arise from the interaction between genetic and environmental factors.








# Experiences of Discrimination

When asked about where an individual experiences discrimination respondents indicated at least **ONE** experience for the following:

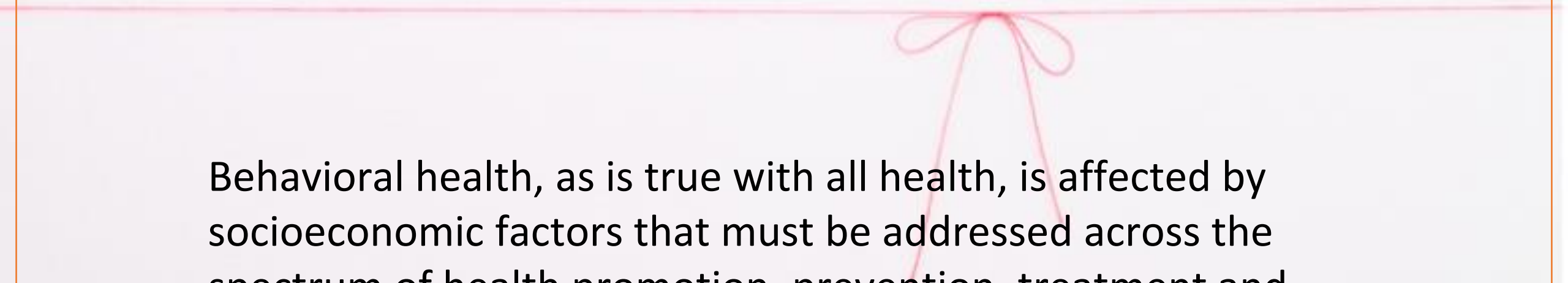
- 44% at School
- 57% getting medical care
- 52% getting credit, bank loans, or a mortgage
- 50% getting housing
- 57% from the police or the courts
- 64% getting hired or getting a job
- 65% getting service in a store or restaurant
- 66% at work
- **81% on the street or in a public setting**





Behavioral health is connected to many health outcomes, including suicide, chronic diseases, substance misuse, and violence.





Behavioral health, as is true with all health, is affected by socioeconomic factors that must be addressed across the spectrum of health promotion, prevention, treatment and recovery.

# Social Determinants of Health



# Social Determinants of Health

Social determinants of health (SDOH) are the **nonmedical factors** that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, social norms, social policies, racism, climate change, and political systems.

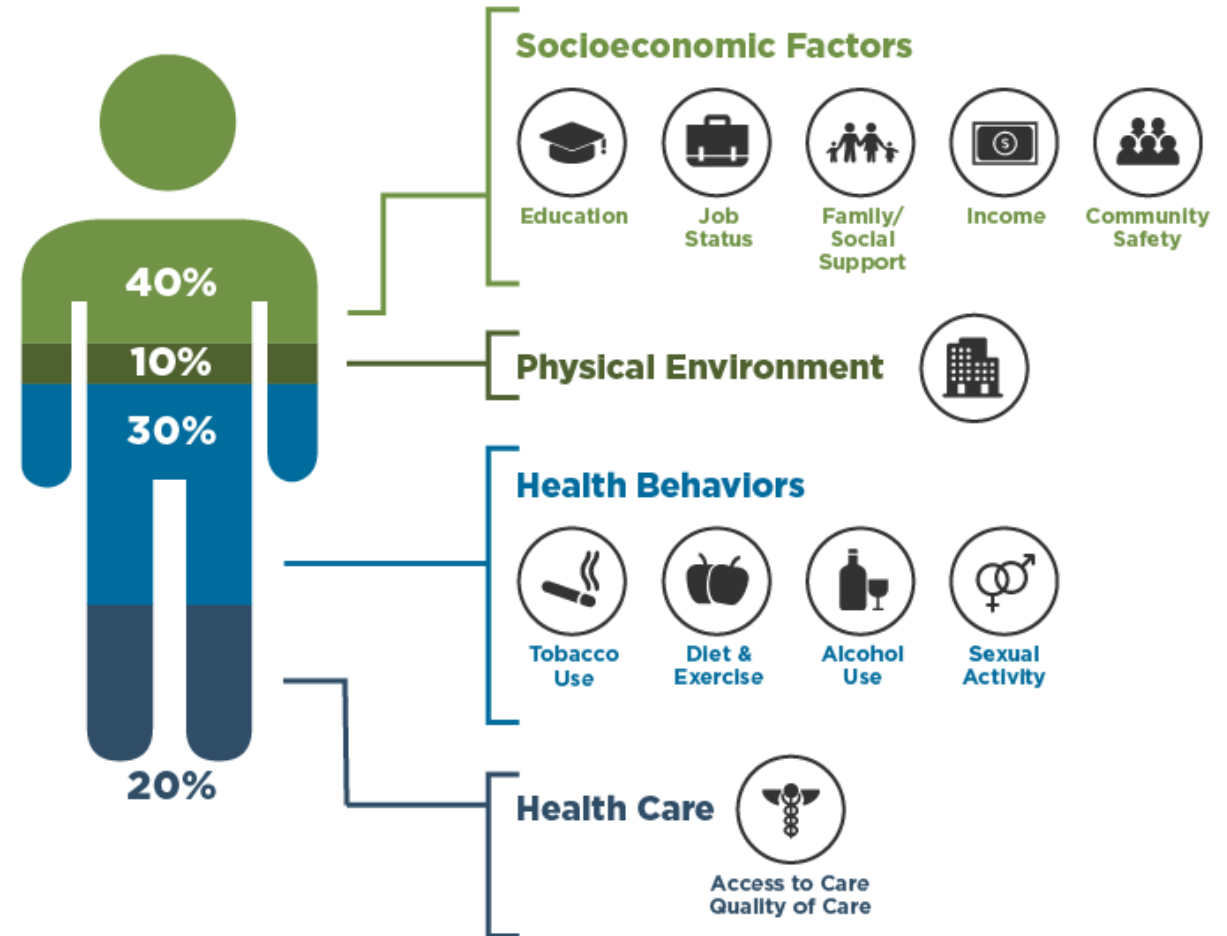
World Health Organization



What drives health outcomes more than medical care?

- Socioeconomic factors
- Institutional racism
- Physical environments
- Health behaviors

## What Goes Into Your Health?



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

Adapted from The Bridgespan Group

# Poverty is relative.







# Resources

## Financial

- Having the money to purchase goods and services.

## Emotional

- Being able to choose and control emotional responses, particularly to negative situations, without engaging in self-destructive behavior. This is an internal resource and shows itself through stamina, perseverance, and choices.

## Mental

- Having the mental abilities and acquired skills (reading, writing, computing) to deal with daily life.

## Spiritual

- Believing in divine purpose and guidance.



# Resources

## Physical

- Having physical health and mobility.

## Support Systems

- Having friends, family, and backup resources available to access in times of need. These are external resources.

## Relationships/Role Models

- Having frequent access to adult(s) who are appropriate, who are nurturing to the child, and who do not engage in self-destructive behavior.

## Knowledge of Hidden Rules

- Knowing the unspoken cues and habits of a group.

# Registers of Language

| REGISTER     | EXPLANATION   |
|--------------|---|
| FROZEN       | Language that is always the same. For example: Lord's Prayer, wedding vows, etc.  |
| FORMAL       | The standard sentence syntax and word choice of work and school. Has complete sentences and specific word choices.  |
| CONSULTATIVE | Formal register when used in conversation. Discourse pattern not quite as direct as formal register.  |
| CASUAL       | Language between friends and is characterized by a 400- to 800-word vocabulary. Word choice general and not specific. Conversation dependent upon non-verbal assists. Sentence syntax often incomplete. |
| INTIMATE     | Language between lovers or twins. Language of sexual harassment.  |

## Research about language in children from ages 1 to 3 years from stable households by economic group

| Number of words exposed to | Economic group       | Affirmations (strokes) | Prohibitions (discounts) |
|----------------------------|----------------------|------------------------|--------------------------|
| <b>10 million words</b>    | <b>Welfare</b>       | <b>1 for every</b>     | <b>2</b>                 |
| <b>20 million words</b>    | <b>Working class</b> | <b>2 for every</b>     | <b>1</b>                 |
| <b>30 million words</b>    | <b>Professional</b>  | <b>5 for every</b>     | <b>1</b>                 |

If an individual depends upon a random episodic story structure for memory patterns, lives in an unpredictable environment, and **HAS NOT DEVELOPED THE ABILITY TO PLAN**, then ...

If an individual cannot plan, he/she **CANNOT PREDICT**.

If an individual cannot predict, he/she **CANNOT IDENTIFY CAUSE AND EFFECT**.

If an individual cannot identify cause and effect, he/she **CANNOT IDENTIFY CONSEQUENCE**.

If an individual cannot identify consequence, he/she **CANNOT CONTROL IMPULSIVITY**.

If an individual cannot control impulsivity, he/she **HAS AN INCLINATION TOWARD CRIMINAL BEHAVIOR**.

***"No significant learning occurs  
without a significant relationship."***

**–Dr. James Comer**

# Panel Discussion





# Reflection

- What questions are coming up for you based on what you've learned?
- What questions do you have based on the presentations?
- What stood out for you? What surprised you?
- Where do you need clarification?
- What helpful things are going on in your communities to address these priorities?

**Luz Gallegos**  
**CVS Steering Committee**

**George Lamb**  
**CVS Steering Committee**







# Opportunity Drawing!





# *Lunch Break 45 Minutes*



# Getting Ready for Strategy Identification



# Health Improvement Priorities

## Behavioral Health, Injury and Violence, Chronic Disease

Priority  
Determinant of  
Health  
**Education**

Priority  
Determinant of  
Health  
**Economy**

Priority  
Determinant of  
Health  
**Access to Health**

Priority  
Determinant of  
Health  
**Safety**

**Strategies: The What**  
What are the most promising pathways to get there?

# Breakout Groups



- Choose the priority you want to talk about for the next 45 minutes.
  - **Behavioral health-** Ball Room
  - **Chronic disease –** Vista
  - **Injury and violence prevention –** Loma Linda
- Follow signs to the other two priorities.





# *Afternoon Break 10 Minutes*



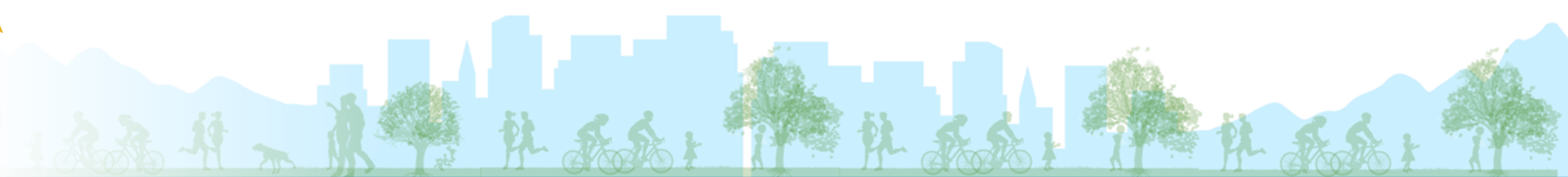
# Reflection

What excited you most about the strategy brainstorming session?

What opportunities do you see for collective work across our county?

**John Andrews**  
Steering Committee

**George Lamb**  
Steering Committee



# Strategy Prioritization Let's Vote!









<https://www.crowd.live/COMMUNITY>





# Opportunity Drawing!



# San Bernardino County Community Transformation Plan Action Planning Event

Wrap Up & Next Steps



# What happens now?

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- A final Community Health Transformation Plan is targeted for release by September 2023
- <https://communityvitalsigns.org/>
- You can also fill out the interest card and leave them on the table and CVS staff will be by to collect them






You make the difference!

Contact us:

 CommunityVitalSigns.SanBernardinoCounty@dph.sbcounty.gov

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 [communityvitalsigns.org](http://communityvitalsigns.org)

