SAN BERNARDINO COUNTY
Community Vital Signs
Train the Trainer

What is Community Vital Signs?

Community Vital Signs is a community-driven **health initiative** jointly developed by San Bernardino County residents, organizations and government.

It builds upon the Countywide Vision by setting **goals and priorities for action** to improve community health in San Bernardino County.

It helps agencies work together to support **the community in making healthy choices**.

Community Vital Signs Framework

- Involves a broad set of organizations and people committed to improving health and wellness
- Uses data to help make decisions and set priorities
- Focuses on making changes across the community

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Community Vital Signs Activities

- Gathered and analyzed data on 34 health indicators
- Completed the Data Report & Summit
- Hosted community engagement meetings and prioritized health indicators
- Completed Final Data Report
- Seven Priority Areas Identified:
  - Education, Economy, Access to Health Care, Mental Health, Nutrition/Health Food, Community Safety, Safety at School

Community Engagement Priority Areas

- **Area Prioritization Ranking**: Top Areas with the Greatest Number of Votes

Indicator(s)	
	Education *(overall, educational attainment, high school graduation)*
	Economy *(overall, poverty, unemployment, economic development)*
	Access to Health Care *(overall, insurance, professionals, physicians, delays in care)*
	Mental Health
	Nutrition/Access to Healthy Food
	Community Safety *(overall, crime)*
	Safety at School

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Community Transformation Plan

Community Transformation Plan

- The Community Transformation Plan will ultimately help improve the health of San Bernardino County by:
    - Addressing important issues in the County.
    - Identifying goals, objectives and strategies to improve health outcomes for County Residents.
    - Bringing together organizations to work together to achieve common goals.
    - Engaging residents to take an active role in improving the health and well-being of their communities.

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Community Transformation Plan Priority Areas

- The Community Transformation Plan was further refined to focus on four priority areas:

Priority Areas	
	Education *(overall, educational attainment, high school graduation)*
	Economy *(overall, poverty, unemployment, economic development)*
	Access to Health and Wellness *(including medical home, mental health, nutrition and physical activity)*
	Safety *(including community and school safety)*

Community Feedback

Purpose and Goals

- Present the fundamental elements of the San Bernardino Community Transformation Plan

- Obtain feedback and buy-in from community stakeholders such as residents, providers, educators and leaders.

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Purpose and Goals

- Participants will be asked to review the components of the Plan and provide input across three key areas:

  - **Strengths:** In what ways are these goals important to your community? How will they impact your community?

  - **Engagement and Support:** Which aspects of the Plan are you excited about? Is anyone already doing this work? How can you help? Who else should be a part of this?

  - **Concerns:** What elements are you worried or concerned about? What else should be included?
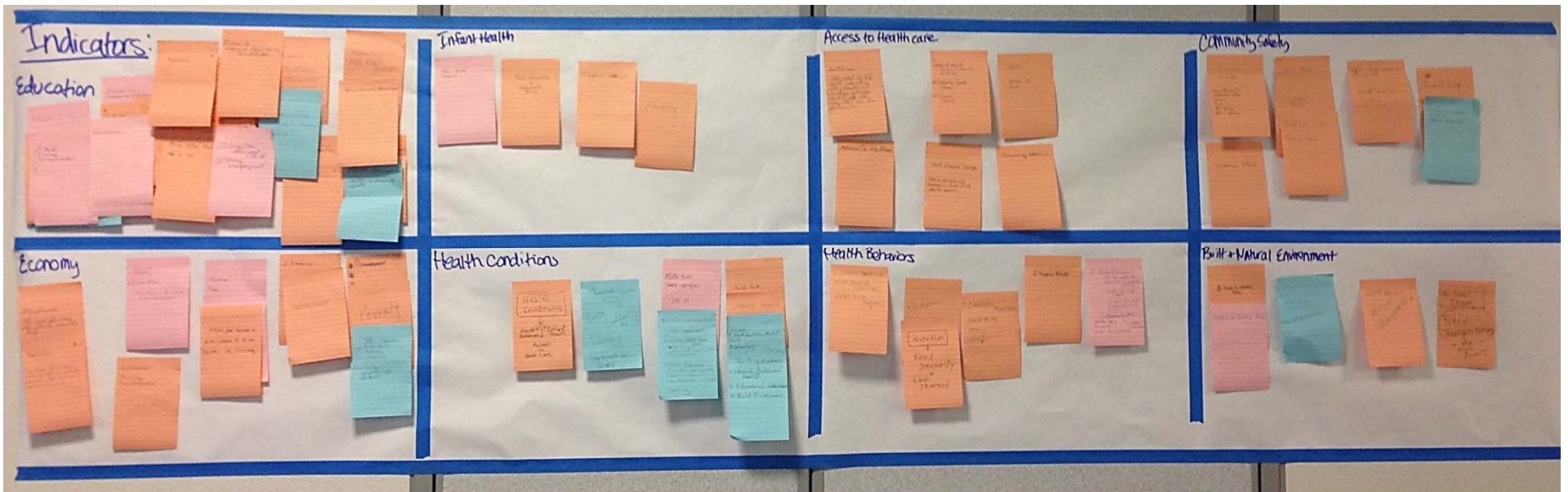
Hosting a Forum

Overview

Each forum consists of

- Welcome and overview of the forum
- Gallery walk to vote on key goals within each Priority Area
- Small group discussion to talk about how these goals will impact communities
- Debrief on discussion with large group
- Closing remarks

Agenda

- Designed to last two hours; can be adapted

Time	Activity
2:00 pm	Arrival
2:30-3:00pm	Registration
3:00-3:05	Welcome and Introductions
3:05-3:15	Opening remarks
3:15-3:35	Intro Slides and Explanation of Activities
3:35-3:40pm	Break into groups
3:40-4:15	Gallery Walk
4:15-4:30	Small group discussions
4:30-4:50	Reflection
4:40-5:00	Closing Remarks and Conclusion of Forum

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Materials

We will provide electronic versions of all materials, including:

- Sign-In Sheets
- Introduction video and slides
- 6 posters (English and Spanish)
- Placemat handouts for small group discussion

Supplies

You will need:

- Staff to facilitate
- Space to host participants
- Nametags
- Easels or tables to display posters
- Butcher paper or large sticky notes
- Post-It Notes
- Pens
- Way to tally votes

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Gallery Walk

- Present posters to participants and allow them time to walk around and view the information on each poster

- Ask participants to select their top three goals under each priority area by voting for their top three goals (for education, economy and safety) and their top two goals for each of the health and wellness sub areas

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Economy

Why is the economy important in San Bernardino County?

- There are more adults and children living in poverty in San Bernardino County than in California
- The number of people who want a job but can't find one is higher in San Bernardino than other places in California

What can we do to improve the economy?

A. Increase skills of workers across the county to keep skilled workers in San Bernardino County

B. Teach business owners about health and wellness at work

C. Increase the number of small businesses in local communities and help them be successful

D. Make sure the Healthy Communities program supports the health of workers

E. Increase access to affordable housing

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Economía

¿Por qué es importante la economía en el Condado de San Bernardino?

- Hay más niños y adultos que viven en la pobreza en el condado de San Bernardino que en el resto de California.
- El número de personas que desean un trabajo, pero que no lo encuentran es más elevado en San Bernardino que en otras partes de California.

¿Qué podemos hacer para mejorar la economía?

A. Para retener en el Condado de San Bernardino a empleados con habilidades, hay que preparar más a los trabajadores de todo el condado

B. Hay que educar a los dueños de los comercios sobre la salud y bienestar en el trabajo

C. Hay que aumentar el número de pequeños comercios en las comunidades de la localidad y ayudarlos a tener éxito

D. Hay que asegurarse de que el programa Healthy Communities (comunidades saludables) apoye los servicios de salud para trabajadores.

E. Mayor posibilidad de adquirir viviendas económicas

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Healthy Behaviors

Why are healthy behaviors important in San Bernardino County?

- Adults continue to be diagnosed with diabetes, high blood pressure, heart disease and obesity in the county
- Adults and children are not getting enough exercise
- There is a need for more healthy food options across the county

What can we do to improve healthy behaviors?

A. Make sure more policies address access to healthy food

B. Make sure residents have access to more healthy food options

C. Increase plans for active transportation such as walking and biking

D. Help more students participate in physical activity on a regular basis

Gallery Walk

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Poster Feedback

- Participants will also be asked to write down what is missing from the plan on sticky notes, and place it on butcher paper attached to the wall

- Make sure the butcher paper is divided by priority area:
  - Economy
  - Education
  - Safety
  - Access to Health and Wellness

Placemats

- After participants have an opportunity to view all of the posters, have them sit down in groups

- Ask participants to fill out the placemat handout

- Then, ask participants to discuss the questions on the handout in small groups

- Small groups can write down their thoughts on large sheets of paper

- Ask for one volunteer from each group to report back on key findings

What to do with the Information?

Next Steps

- An excel spreadsheet will be provided to you to enter all data captured during the community convening
- There is a tab for each priority area and for answers from the placemat handout

Entering data

- Gallery Walk:
  - Count the number of votes for each goal under each priority area
  - Report the number of votes in the excel spreadsheet provided

- Poster Feedback:
  - Type out the responses from each sticky note in the excel spreadsheet provided

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Entering data

- Placemat handout
  - Ã Type out responses from the placemat handout on the excel sheet provided

Final Observations/Questions

Matthew Kronz, MA

mkronz@harderco.com

Hazelruth Adams, MPA

hadams@harderco.com

www.harderco.com