



SAN BERNARDINO COUNTY:

Our Community Vital Signs

2013 community
engagement summary



COMMUNITY VITAL SIGNS
INITIATIVE
County of San Bernardino



a vision for health and wellness

The Community Vital Signs Initiative, in partnership with San Bernardino County, is a community-driven effort to **improve health and wellness for all County residents**. The initiative uses Collective Impact¹³ to begin putting into action the Countywide Vision and its Wellness Element. This report represents the product of the first phases of the initiative, in which data was compiled for key quality of life indicators and priorities for action were identified by the community after a comprehensive review.

Community members discussed their vision of a vital community and prioritized areas for action. The community's identification of the following areas is in line with the values of Collective Impact and informs community leaders in their decisions and future planning:








Identified Priority Areas

Education	Economy	Access to Health Care	Mental Health	Nutrition/Access to Healthy Food	Community Safety	Safety at School
						

Community members also considered stories behind the data, which are important as they provide perspective about the meaning of the data. The following table presents a selection of findings related to the top stories that community members identified and discussed.

“ This just goes to confirm that all this data is inter-related, everything affects everything else. ”

A Selection of Stories Behind the Data

Indicator	Stories
	<ul style="list-style-type: none"> • Educational attainment is low due to a lack of resources for families. • Low level of education is due to a lack of parent engagement and parent education.
	<ul style="list-style-type: none"> • There is a lack of jobs that pay good wages, a brain drain in the region, and a lack of educational attainment. • We need to attract businesses in lower income cities.
	<ul style="list-style-type: none"> • There is a lack of education about health insurance. • Delays in access to health care are due to fear, stigma, and language barriers.
	<ul style="list-style-type: none"> • People are unable to get services and there is stigma in getting help. • Low mental health for girls is due to media images of perfection.
	<ul style="list-style-type: none"> • There are lifestyle and cultural issues around people's food choices. • High fast food use is due to high cost of good food, and low cost of fast food.
	<ul style="list-style-type: none"> • The crime rate is due to the economy. • AB109 releases have led to a spike in crime, especially in areas with jails.
	<ul style="list-style-type: none"> • Safety at school is impacted by the role of the media. • Safety at school has to do with bullying. Although bullying is not anything new, social networking is making it worse.

moving the needle

The Community Vital Signs initiative's efforts mark critical steps taken to move the needle on key quality of life indicators in San Bernardino County. Recommended next steps include:

- Encourage continued community conversations to collectively develop community goals and benchmarks;
- Encourage community action towards the goals;
- Align program and community outcomes; and
- Regularly review the data, update the report, and support sustained work on the community goals.

community engagement

During the summer of 2013, 23 community engagement meetings were conducted in San Bernardino County, including a county-wide stakeholder summit, a meeting in each of the five supervisorial districts, and meetings with 17 special and vulnerable population groups. Over 1,000 community members—a rich mixture of professionals, community leaders, and residents—reviewed data on a broad range of topics with the intent to prioritize the most urgent issues that impact the health and well-being of County residents.

The following summary highlights data for the top seven priority indicators.



“Excited about the future for the county of San Bernardino and it’s residents! This is a critical transformation for us all!”

education

People with more education have lower rates of the most common acute and chronic diseases.¹ High school graduates earn higher salaries, have better self-esteem, more personal life satisfaction, and less involvement in criminal activity as compared to high school dropouts.²

- San Bernardino County adults had a much lower level of education, especially bachelor’s degrees and higher (18%), as compared to California adults (30%) in 2011.
- The high school graduation rate for San Bernardino County was 77% in the 2011-12 school year, an increase from the 2009-10 rate of 70%, but still lower than California (79%).

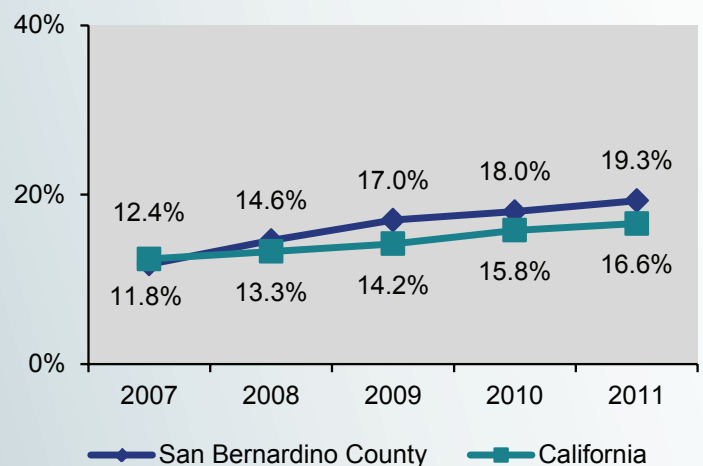
“...without it, nothing improves - education is our foundation...”

economy

Poverty has far reaching effects on individuals as it is associated with poor health outcomes, crime, and lower participation in the workforce.³

- 19% of San Bernardino County residents lived in poverty in 2011, up from 12% in 2007.
- Recent signs of economic recovery include a decrease in the county’s unemployment rate from 13.4% in 2011 to 10.8% in February 2013. However, San Bernardino County consistently has higher unemployment than California, 10.8% versus 9.7% respectively in February 2013.

percentage of individuals below the federal poverty threshold⁴



access to health care

Persons without health insurance are less likely to receive medical care and more likely to have poor health and to die prematurely.⁵ A shortage of health care professionals limits access to health care even for those with insurance.

- 79% of San Bernardino County residents had health insurance in 2011, compared to 82% of Californians. However, the effects of the Affordable Care Act on access to care have not yet been measured.
- San Bernardino County had 177 licensed physicians per 100,000 population compared to 267 physicians per 100,000 population in California in 2011.



mental health

Individuals with major mental illnesses have a higher risk of having a chronic disease, and of dying much earlier than their peers without mental illnesses.⁶

- 40% of San Bernardino County 9th and 11th grade females felt so sad and hopeless every day for 2 weeks or more that they stopped doing some usual activities in 2008-2010.

nutrition and access to healthy foods

The Retail Food Environment Index (RFEI) is an indicator of the healthfulness of a region's food environment. RFEI is the ratio of unhealthy food retail, such as fast food and convenience stores, to healthy food retail including grocery stores and produce markets. A two-point increase in RFEI has been correlated with a 20%-25% increase in the proportion of residents with obesity or type 2 diabetes.⁷

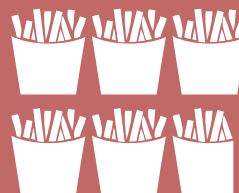
- San Bernardino County had the worst RFEI in California at 5.7, compared to the California RFEI of 4.2, in 2007.
- An RFEI as high as 9 has been calculated for some San Bernardino County cities.
- 30% of San Bernardino County adults were obese in 2009, compared to 23% in California.

“Disparities in access to health care are especially strong for Latinos and those living in remote areas of the county.”



retail food environment index, san bernardino county, 2007⁸

5.72
fast food/
convenience
store outlets



for every 1
grocery
store in the
county



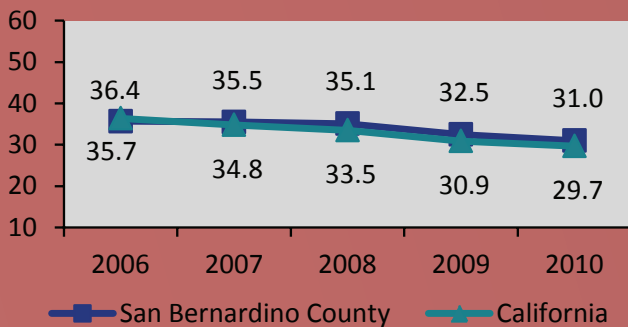


community safety

In addition to direct physical injury, victims of violence are at increased risk of depression, substance abuse, anxiety, reproductive health problems, and suicidal behavior. The World Health Organization states that there are serious long and short term consequences to violence for individuals, families, communities and countries. The community approach has proven time and again that cooperative efforts from diverse sectors such as health, education, social services, justice and policy are necessary to solve these problems.¹¹

- There were 31 crimes per 1,000 population in San Bernardino County in 2010, a decrease from 36 crimes per 1,000 population in 2006. However, the impact of AB109 on crime rates is unknown at this time.

crime rate⁹ per 1,000 population¹⁰



“ Each one of us can work to make our communities safe, we just need to work together. ”



safety at school

Children who feel safe in school perform better academically and have improved ability to concentrate and learn. Research shows that teachers and schools can make a major difference in the lives of children. Children use school activities as a support for healthy life adjustments and they look to teachers as positive role models outside of the family unit. A safe school climate is the critical variable in high and low rates of student attendance and educational attainment.¹²

- Only 54% of San Bernardino County 11th graders felt “safe” or “very safe” in school in 2009-2011, compared to 63% of students in California.

“ We are bringing K-12 districts, faith based and community organizations and community colleges together to work on implementing bridging strategies. ”

acknowledgments

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endnotes

¹ Cutler, D. & Lleras-Muney, A. (2007). Education and health. National Poverty Center, Policy Brief, Vol. 9.

² Math and Reading Help. (n.d.). The importance of a high school diploma. Retrieved May 9th 2013 from http://mathandreadinghelp.org/articles/The_Importance_of_a_High_School_Diploma.html

³ Government Accountability Office (GAO). (2007). Poverty in America: Consequence for Individuals and the Economy. Retrieved September 6, 2013 from <http://www.gao.gov/assets/120/115212.pdf>.

⁴ American Community Survey, United States Census Bureau. (2013). Poverty status in the past 12 months 1-year estimates, Table S1701, 2007 – 2011.

⁵ U.S. Department of Health and Human Services. (2011). Healthy People 2020 objectives. Retrieved from <http://healthypeople.gov/2020/topics/objectives/2020/overview.aspx?topicid=1>.

⁶ Colton, C.W. & Manderscheid, R.W. (2006). Congruencies in increased mortality rates, years of potential life lost, and causes of death among public mental health clients in eight states. Preventing Chronic Disease: Public Health Research, Practice, and Policy, 3(2): 1-14;

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⁷ The Planning Center/DC&E. (January 2007). City of San Bernardino environment scan: A model for building communities that support healthy eating and active living, 2010. San Bernardino County and California California Center for Public Health Advocacy. (n.d.). Searching for healthy food the food landscape in San Bernardino County.

⁸ California Department of Public Health, Network for a Healthy California. (2013). California geographic information system (GIS) map viewer; American Community Survey, United States Census Bureau. (2012). Demographic and housing 5-year estimates, Table DP05, 2007 – 2011.

⁹ Crime rate is based on Uniform Crime Reports and includes the following crimes: homicide, forcible rape, robbery, aggravated assault, burglary, motor vehicle theft, larceny-theft over \$400, larceny-theft \$400 and under, and arson.

¹⁰ State 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. Note: Population statistics are from the California Department of Justice Crimes and Crime Rates tables.

¹¹ Krug, E.G., Dalhberg, 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

¹² California Healthy Kids Survey. (2010). California school district secondary school survey results, Fall 2009/Spring 2010, Core Module A. Retrieved from "Core Narrative" at <http://chks.wested.org/reports>.

¹³ Stanford Social Innovation Review. (2011). Collective Impact. Retrieved October 23, 2013 from http://www.ssireview.org/articles/entry/collective_impact.

¹⁴ All quotations were taken from participants at the community engagement meetings.

