

Healthy Communities Visioning Workshop

**Get
Healthy**
SAN MATEO COUNTY
gethealthysmc.org

Shireen Malekafzali
Senior Manager for Policy, Planning and Equity
San Mateo County Health System



Meet the Team

Health Policy & Planning Program

Shireen Malekafzali, Jasneet Sharma, Jessica Osborne,
Justin Watkins, Maeve Johnston, Will Dominie,
Brad Jacobson, Gloria Lam, Moon Choi, Corina Chung,
Allie Herson, Amy Brooke, Juvy Ann Reyes, Rosa Torpis, Jenny Yee,
Shila Behzadiani, Vanessa Bolton



Community Visioning Goals

- Build a collective vision of a healthy, equitable community in San Mateo County
- Identify key priority elements



THANK YOU!

Full Process for Identifying Priorities



Today's Agenda

- Presentation on Get Healthy
- Collective Visioning
- Identification of Key Elements
- Discussion
- Wrap Up



Neighbor Conversation

- Your name, organization/affiliation
- Why is a healthy community important to you?

Get Healthy Framework

**Building healthy, equitable communities
to make the healthy choice
the easy choice for all**

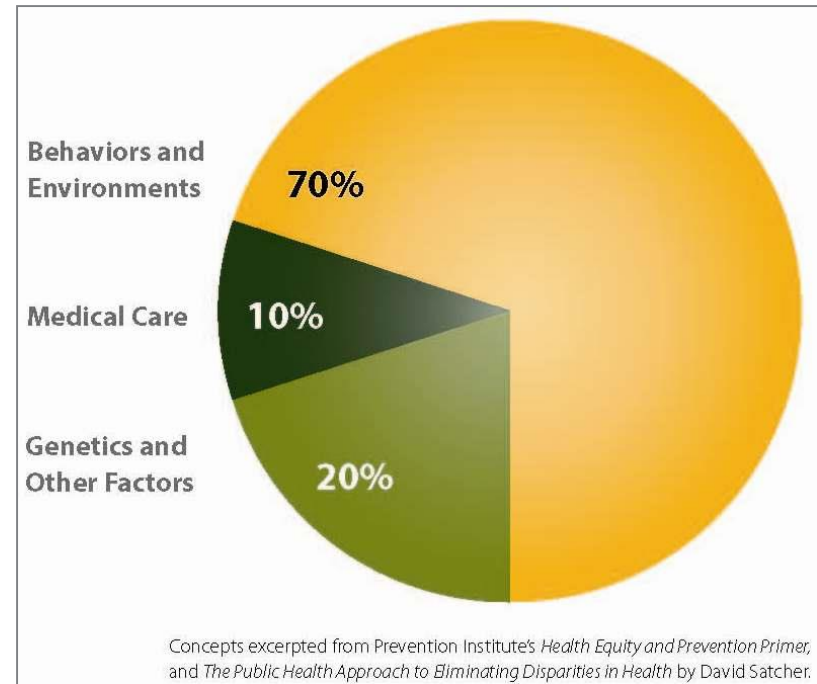
Defining Health

- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. ~*World Health Organization*



San Mateo County Health System

- Helping people live longer and better lives
 - Treatment of illness
 - Preventing disease before it happens



Layers of Health

Treatment

- Healthcare

Layers of Health

Prevention

- Healthcare

Treatment

- Healthcare

Layers of Health

Education

- Individual behavioral change (cooking demos, flyers, exercise classes)

Prevention

- Healthcare

Treatment

- Healthcare

Layers of Health

Place and policy

- Environments facilitate health and opportunities (complete streets)

Education

- Individual behavioral change (cooking demos, flyers, exercise classes)

Prevention

- Healthcare (screenings, preventative care)

Treatment

- Healthcare

1. Place-based Prevention

- Transforming environments to make the healthy choice the easy option



2. Health Equity

- People who are most vulnerable
 - Low income neighborhoods
 - Communities of color
 - Seniors, children, people with disabilities
- Places that offer limited opportunities for health



Healthy Communities

Unhealthy Communities

- Housing is Affordable
- Parks, Trees, Green Space
- Grocery Stores
- Banks
- Good Performing Schools
- Walkable Environments
- Sense of Safety and Security
- Economically Vibrant
- Engaged Community

Good Health Status

Poor Health Status

Contributes to health disparities:

- Obesity
- Diabetes
- Asthma
- Infant mortality
- Shorter lives

- Fast Food Restaurants
- Housing is unaffordable
- Liquor Stores
- Unsafe/Limited Parks
- Poor Performing Schools
- Pollution and Toxic Sites
- Limited Public Transit
- Poor Child Care & After School Programs
- Check-cashing Institutions
- Communities Marginalized from Decision-making

How: The Tools in our Toolbox

- Policy, planning, research, partnerships, funding, communication, leadership development...



Get Healthy Priority Areas (2010 – today)

- Increase everyday physical activity
- Access to healthy food and beverages
- School wellness





Now, we want to check back in with you.



Thanks!
Shireen Malekafzali
650.573.2951, www.GetHealthySMC.org

Visioning

- What is your vision of a healthy, equitable community?
 - Small Group Discussion (draw as much as you can)
 - Large Group Discussion (collective vision)

Identifying Components

- What are the key elements of this vision?
 - Large Group Discussion
 - Create a list of the core elements
 - Where it makes sense, combine elements into larger topics

Continue the Conversation

- www.GetHealthySMC.org/JoinUs
- www.facebook.com/GetHealthySMC
- www.twitter.com/GetHealthySMC