

# CHIP PRIORITY WORKGROUP: BUILDING RESILIENT COMMUNITIES

*JANUARY 24, 2023*

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Sutter County Public Health



HEALTH AND  
HUMAN SERVICES

# PURPOSE & OBJECTIVES

- Review health data and outcomes related to building community resilience in Sutter County
- Review strategies to address resiliency locally
- Determine strengths, weakness, opportunities, and threats to build a resilient Sutter County
- Define priority focus areas

# GOALS OF THE CHIP: SAMPLE WORKPLAN

<b>PRIORITY AREA:</b> Healthy Beginnings				
<b>OVERARCHING VISION:</b> Reduce the incidence of pediatric asthma attacks in Sutter County children and youth				
<b>STAKEHOLDERS:</b> Sutter County Public Health, Sutter County Superintendent of Schools and various Sutter County school districts, Adventist Health and Rideout (AHRO), Ampla Health, Harmony Health, Peach Tree Health, Sutter North				
<b>OBJECTIVES:</b> Reduce hospital emergency department visits for asthma attacks by 20% within three years. Reduce visits to the school nurse for asthma attacks by 30% within 2 years.				
<b>ACTION PLAN</b>				
Strategies	Actions	Target Date	Anticipated Product or Result	Lead Organization(s)
1. Ensure adequate data collection of asthma attacks coming to AHRO ED	Identify mechanism for AHRO to share asthma attacks data with key stakeholders	12/31/2024	Sharing of monthly asthma attacks data with public health. Then on a quarterly basis, public health shares via public facing dashboard on SCPH website	Sutter County Public Health; AHRO
2. Ensure adequate data collection of school nurse visits for asthma attacks	Identify mechanism for school districts to share school nurse visits related to asthma with public health	12/31/2024	Sharing of monthly school nurse visits for asthma data with public health. Then on a quarterly basis, public health shares via public facing dashboard on SCPH website	Sutter County Superintendent of Schools; Sutter County Public Health
3. Asthma action plan available to school nurses	Educate parents/caregivers to work with their child's medical provider on the asthma action plan  Parents/caregivers provide the asthma action plan to schools at the beginning of each school year	12/31/2025	Percentage of students with known asthma with an asthma treatment plan on file at their school	Sutter County School District, FQHCs
4. Educate parents on how to use the asthma action plan to monitor their child's asthma, ensuring appropriate treatment management and avoidance of triggers	Secure grant funding and partners to implement "asthma triggers" assessment and education in $\geq$ 80% of homes of children with asthma.	11/30/2026	Percentage of homes reached by "asthma triggers" assessment.	FQHCs, Sutter County Home-Visiting Program/Sutter County Public Health



# WHAT IS RESILIENCY?



- “Community resiliency is the sustained ability of communities to withstand, adapt to, and recover from adversity”
- "Health- meaning physical, behavioral, social, and environmental health and wellbeing- is a big part of community resiliency"



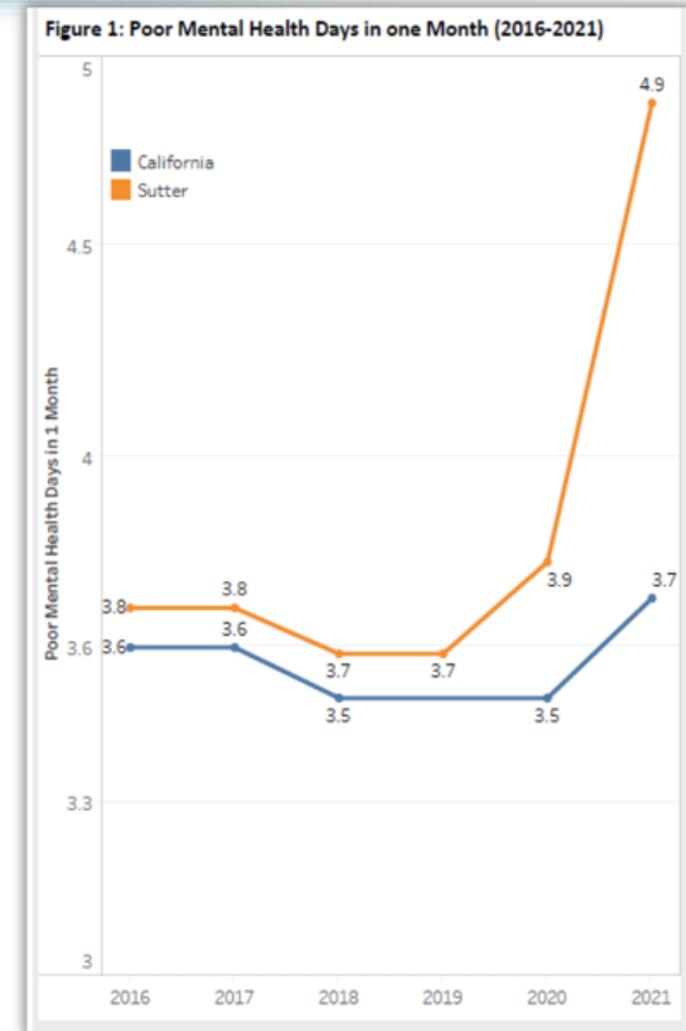
# SOCIAL DETERMINANTS OF HEALTH AND RESILIENCY

- 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**
- **SDoH and social factors have a large impact on community resilience:**
  - **Economic stability**
  - **Education access and quality**
  - **Health care access and quality**
  - **Neighborhood and built environment**
  - **Social and community context**



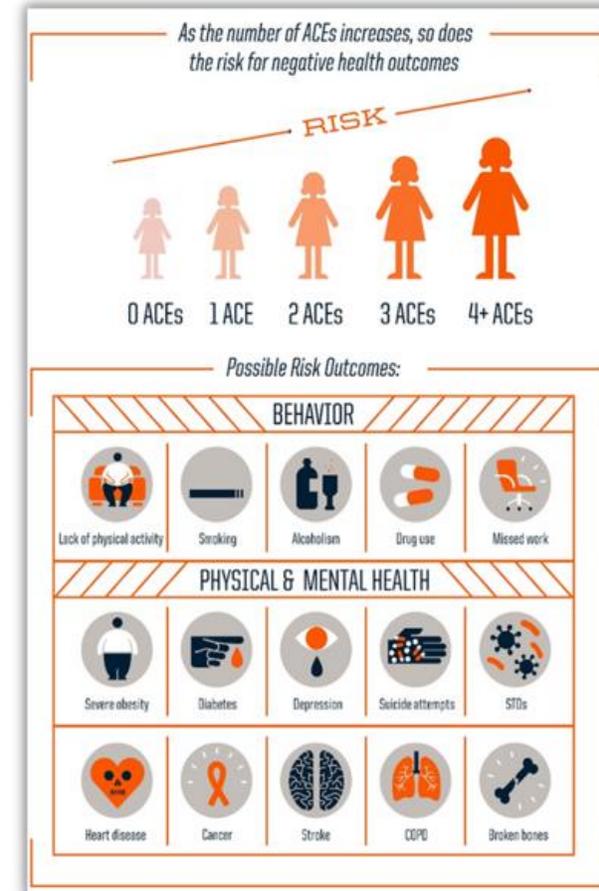
# BUILDING COMMUNITY RESILIENCY: MENTAL HEALTH

- Persons living with a mental health issue are at greater risk of cardiovascular disease, substance use disorders and other chronic diseases (National Alliance on Mental Illness)
- According to the 2021 CA County Rankings:
  - More Sutter County residents reported overall poor mental health days (4.9) in the last 30 days than both CA (3.7) and the US (3.8)
  - 16% of residents reported frequent mental distress, chronic and likely severe mental health issues, as compared to CA (11%) and the US (11%)
  - In 2021, the Sutter County mental health provider ratio was 280 patients to 1 provider, worse than the CA average of 270:1



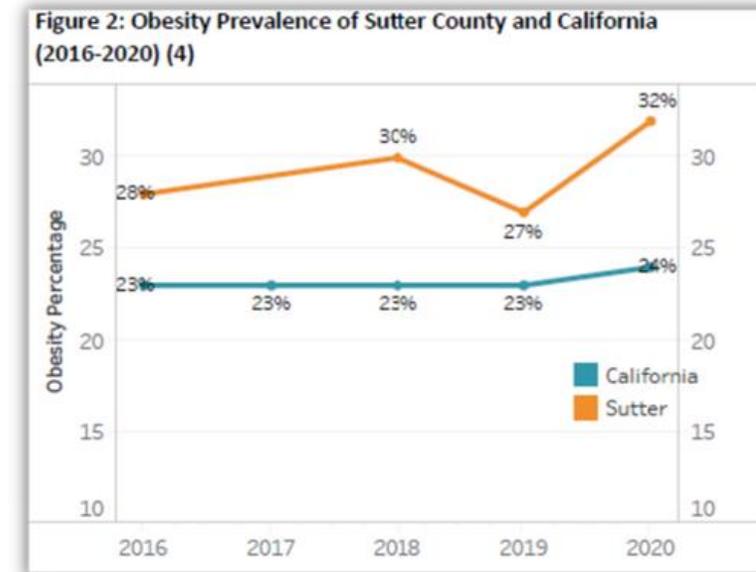
# BUILDING COMMUNITY RESILIENCY: ADVERSE CHILDHOOD EXPERIENCES (ACEs)

- ACEs are the exposure to potentially traumatic events such as abuse, neglect, domestic violence, household instability, and parental mental illness or substance misuse during childhood
- Exposure to ACEs:
  - Increased risk of developing 9 out of 10 leading causes of death in the U.S. (ACES Aware)
  - Can affect brain development, lead to behavioral problems and physical health issues
  - Increase risk of mental health issues and substance use in adulthood
- The Let's Get Healthy California statewide plan noted that from 2016-2019, 45% of Sutter County adults have experienced 1-3 ACEs, and 15% of residents have experienced 4 or more ACEs
- In CA, 46% of adults have experienced 1-3 ACEs, 16% have experienced 4 or more



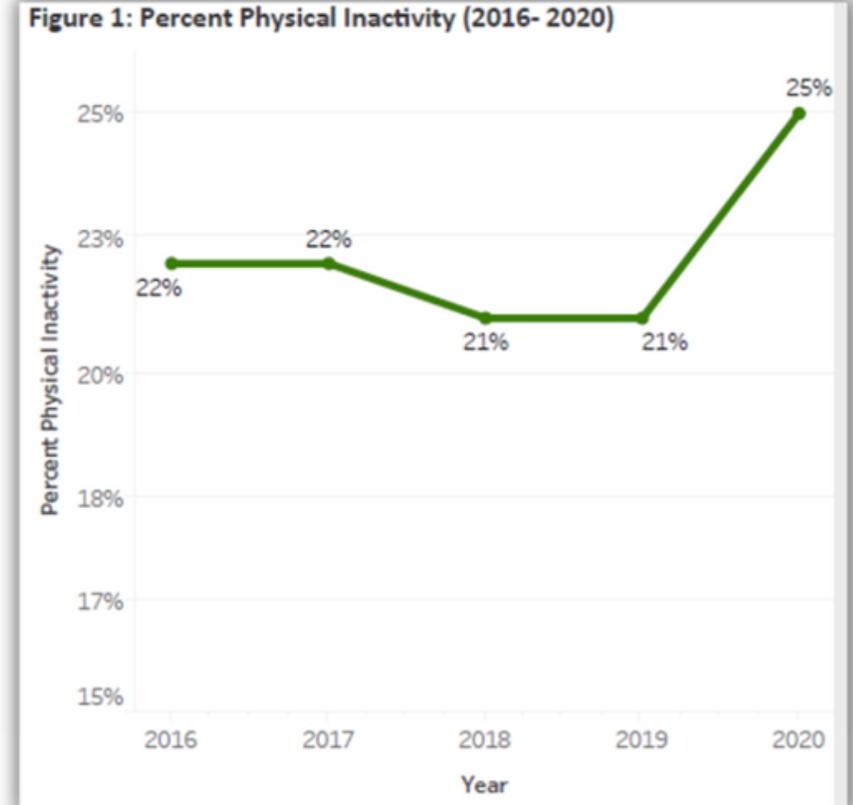
# BUILDING COMMUNITY RESILIENCY: NUTRITION AND FOOD ACCESS

- In 2019, the USDA Rural Health Information Hub noted that 56.9% of Sutter County residents had low access to healthy foods, compared to CA (27.1%) and the US (41.9)
- The Food Index score measures proximity to healthy foods and income levels
  - In 2020 Sutter County had a Food Environment Index Score of 7.1
  - Lower than both CA (8.8) and the US (8.7)
  - A higher ranking indicates more access to healthy foods
- According to the 2020 CA County Health Rankings, Sutter County had higher obesity rates (32%) compared to CA (24%) and the US (26%).



# BUILDING COMMUNITY RESILIENCY: PHYSICAL ACTIVITY

- According to the 2020 CA County rankings:
  - 25% of Sutter County residents are not physically active, compared to CA (24%) and the US (20%)
  - Only 67% of Sutter County residents had adequate access to exercise
  - Compared to CA (93%) and the US (91%)
- Healthy People 2020 states that low-income communities most affected by the lack of access



# CLIMATE CHANGE & HEALTH VULNERABILITY INDICATORS FOR CALIFORNIA (CCHVIs)

The CCHVI Framework is a key tool to prepare and plan for resilience to climate change and health impacts by helping identify what threats/vulnerabilities communities are susceptible to and where they exist

- In Sutter County the following areas are of concern:
  - **Extreme heat:** More frequent extreme weather patterns pose a hazard to population health
  - **Children and Elderly populations:** In Sutter County both the population of children under 5 years and elderly persons 65+ is higher than the state average
  - **Disabilities:** Sutter County's population of residents reporting having physical disabilities was 7.7% between 2011-2015, higher than CA average of 6
  - **Poverty levels:** In Sutter County, 44% (40,956 residents) of the population was living below 200% of the poverty level in 2011-2015 (statewide average was 36%)
  - **Linguistic location:** In Sutter County between 2011-2015, the percentage of households with no one above the age of 14 speaking English was 7.5%, compared to the state average of 6%

# STRATEGIES TO BUILD RESILIENT COMMUNITIES

The National Preparedness and Response Science Board's recommends the following strategies for Community Health Resilience:

- Expand communication and collaboration by building networks that include social services, behavioral health, and other community organizations in addition to the traditional public health system and emergency management partners
- Engage at-risk individuals and the programs that serve them
- Build social connectedness
- Strengthen and promote access to public health, health care, and social services
- Promote health and wellness alongside disaster preparedness



# LOCAL STRATEGIES AND FUNDING

- **Blue Zones Project Yuba Sutter**

- Aims to deliver proven tools and resources to transform the health of communities across the U.S. To become a Blue Zone community, Yuba-Sutter will implement improvement strategies in the following areas focused on people, places and policy:

- Engagement –Individual, Pledges, Moai Participation, Purpose, Volunteering
- Schools and Walking School Bus/Safe Routes to School
- Public Awareness/Media
- Restaurants
- Built Environment
- Grocery Stores
- Food Policy
- Worksites
- Tobacco Policy



# SWOT ANALYSIS

This activity will help identify key **S**trengths, **W**eaknesses, **O**pportunities and **T**hreats that exist in within our community

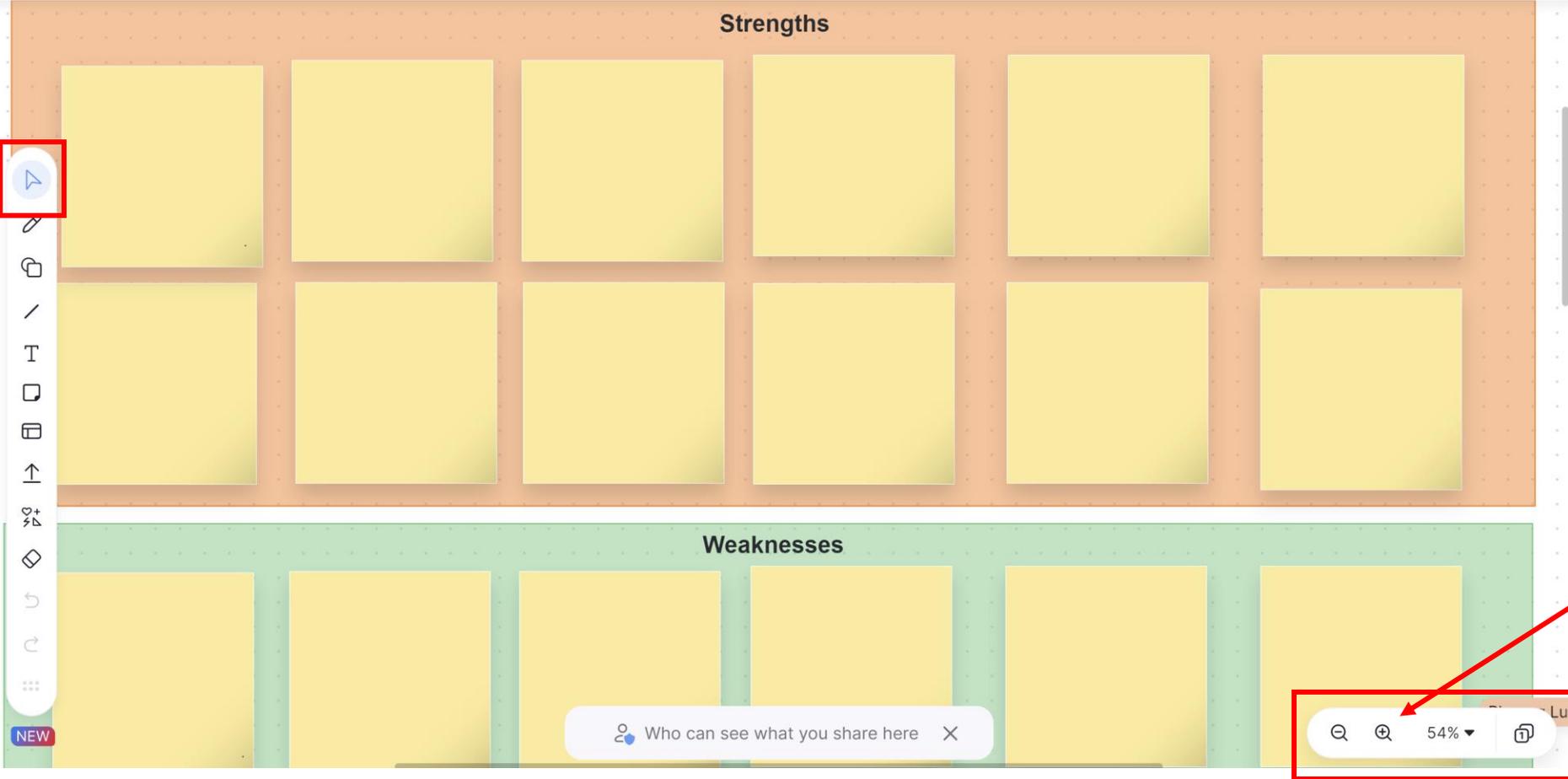
- Group activity: facilitators will guide the group through the SWOT analysis
  - The information from the SWOT analysis will assist the group in defining the focus of the priority



# SWOT ANALYSIS

## Zoom Whiteboard – Crash course

Click on this cursor to change it to a "hand" icon. This will allow you to "grab" the board and move around

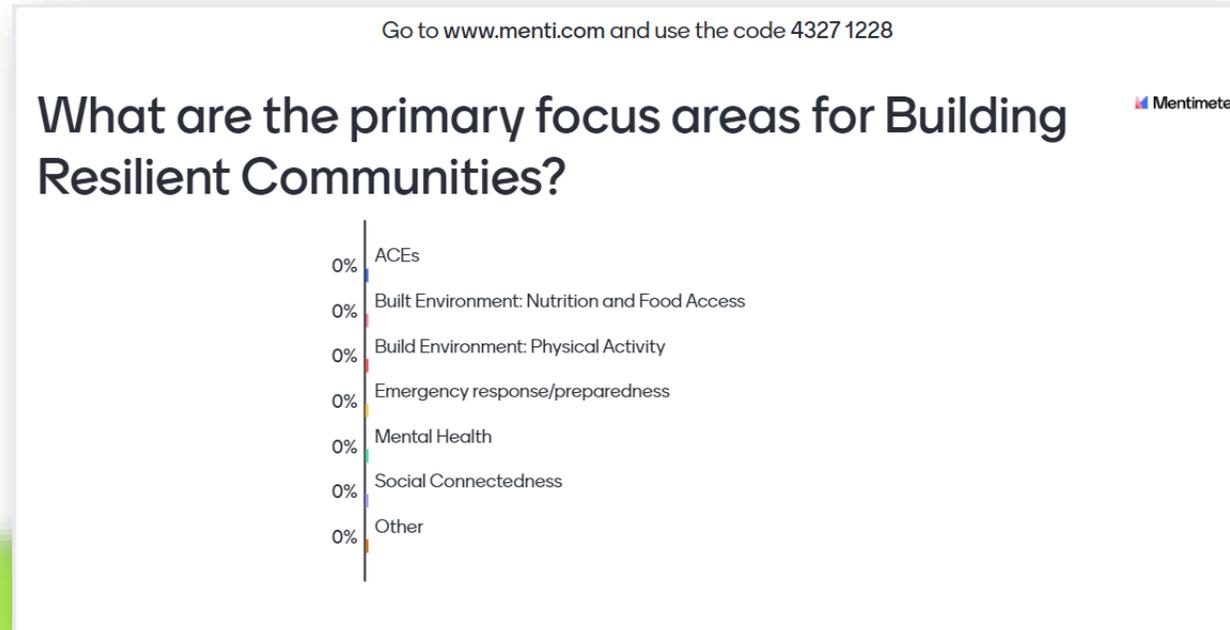


Zoom in or out of the board as needed.

# DEFINING THE PRIORITY AREA

Community resilience is a large and ambiguous topic, to make significant impact in this priority area we must define our focus area(s).

- Weighted voting activity: each workgroup member will rate the relative importance of resilience areas by distributing a value (100 points), across the options listed in the poll.
  - Vote: Go to [www.menti.com](http://www.menti.com) and use code 4327 1228 or use link [Mentimeter Building Resilient Communities Poll](#)



# FINALIZING THE PRIORITY FOCUS AREA(S)

- Considering the findings from the SWOT analysis and the work your organization and community partners are already doing:
  - What do we need to do in this priority area to significantly change the current state and move toward a desired state?
  - What is the desired state of outcome for this priority area?

## NEXT STEPS

- Workgroups will meet to tackle the next steps of the community health improvement process.
  - **Developing Goals and Objectives**- February 21, 2023 12:00 pm – 1:00 pm
  - **Developing Strategies and Actions and Determining Lead Entities and CHIP Timeline**- March 21, 2023 12:00 pm – 1:00 pm

Help us improve, please provide your thoughts and feedback on this meeting by completing the CHIP feedback survey [here](#) or completing the survey through the follow-up email that will be sent after this meeting.

# THANK YOU

