SAN MATEO COUNTY HEALTH

PUBLIC HEALTH, POLICY & PLANNING

Community Health Improvement Plan (CHIP) Kick-Off

November 1, 2023

Welcome and Introductions

Please type into the chat box your:

- Name
- Title (if applicable)
- Organization or Community (if applicable)
- Your familiarity with community health planning (e.g., "This is my first time," "This is not my first rodeo")

Agenda

Estimated Time	Activity
5:10-5:20	Opening
5:20-5:40	CHIP Kick-off, Visioning, & Values Discussion
5:40-6:10	Review CHA Community Forum Findings
6:10-6:35	CHIP Prioritization
6:35-6:50	CHIP Planning and Next Steps
6:50-7:00	Closing

Opening

Kismet Baldwin-Santana, MD, MPH
Health Officer
&
Curtis Chan, MD, MPH
Deputy Health Officer

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Mobilizing for Planning & Partnership

Acknowledgments

This work is not possible without the hard work and collaboration between PHPP and the following:

- BACHAC
- Coastside Hope
- El Concilio
- HealthWays
- One East Palo Alto
- San Mateo County Pride Center
- Senior Coastsiders
- Youth Community Service

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PHPP Goals for the CHA/CHIP Process

1. Develop and improve engagement with community members to identify and guide health priorities

2. Establish a meaningful partnership with community for strategic planning and shared decision-making

3. Co-develop an actionable strategic plan that will lead to improved health outcomes

Goal of the CHA

| CHA Forums - Step 1 Sept. - Oct. 2023 | CHIP Development - Step 2 Oct. 2023 - Feb. 2024 | PHPP Strategic Plan Development - Step 3 Feb. 2024 - Jan. 2025 |

Community Health Assessment: To provide the San Mateo County Health Public Health, Policy, and Planning division (PHPP); other County Health divisions and County departments; community-based organizations; and other stakeholders with **comprehensive information about the county's current health status and needs.**

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Goal of the CHIP

PROPOSED TIMELINE

CHA Forums - Step 1
Sept. - Oct. 2023

CHIP Development - Step 2
Oct. 2023 - Feb. 2024

PHPP Strategic Plan Development - Step 3
Feb. 2024 - Jan. 2025

Community Health Improvement Plan: The CHIP outlines **key objectives and strategies** to address determinants of health that will lead to improvements in health outcomes. It lays out the strategic effort to address health issues based on results of the CHA.

CHIP Kick-off

Tamarra Jones, DrPH
Interim Director of Public Health, Policy & Planning

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Goals for today's CHIP Kick-Off

1. Identify our common vision and values

2. Share key findings from CHA community forums

3. Gain consensus for priority areas

4. Begin steps for developing the CHIP

Instructions

Go to

www.menti.com

Enter the code

9515 9581

Or use QR code

Community Health Assessment (CHA) Community Forum Findings

Deandra Lee, MS
Racial Equity and Health Senior Community Health Planner
Health Policy and Planning

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Overview of CHA Forums

- Seven forums held September 12 - October 19:
  - English forums held in San Mateo, Half Moon Bay, Daly City, East Palo Alto, and one virtual meeting
  - Spanish forums held in Redwood City and Half Moon Bay
- Over 150 community members participated

CHA Forum: Methodology

Data sources shared:

1. Social Health Equity Project

2. San Mateo County Health Community Health Assessment

Small group discussions:

1. What is the **top health-related issue**, that people are facing in your community, that you would change or improve?

2. What types of things can make it **easier for people in your community to be healthy**?

3. What are the **barriers that make it harder to improve health issues** at a community level?

Overview of Data Shared

Social Health Equity Project: Led by **B**ay **A**rea **C**ommunity **H**ealth **A**dvisory **C**ouncil (BACHAC) that highlighted a compilation of Hospital Community Health Needs Assessment Reports and prioritized community health needs

Mental/Behavioral Health

Income & Employment/ Economic Stability
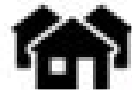
Housing and homelessness
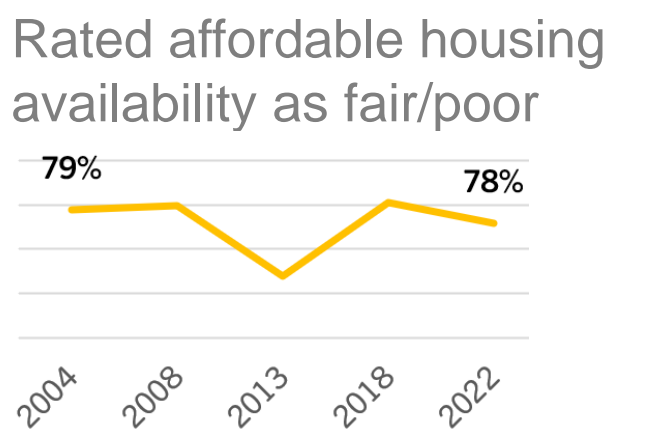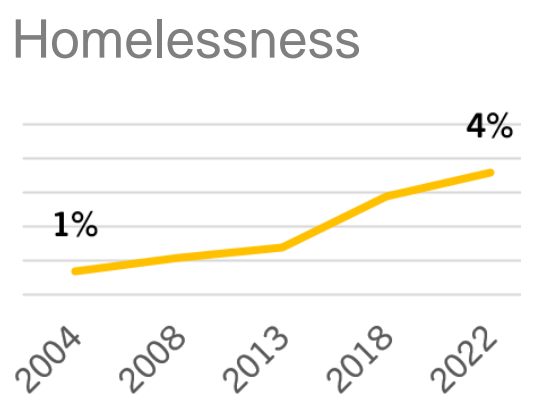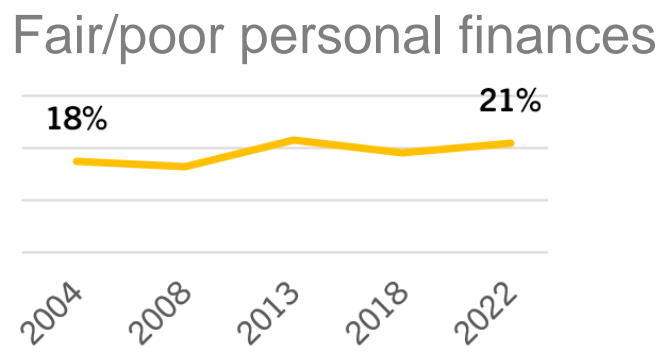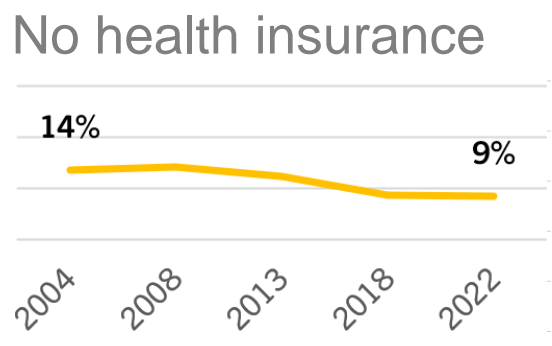
Access to Care

BAY AREA
Community Health
Advisory Council

Overview of Data Shared

San Mateo County Health Community Health Assessment:

- 2022 Health and Quality of Life Survey
- Administered to adults every 3-5 years since 1998
- 3,053 residents responded
- Key health issues with focus on equity priority communities
  - Social Determinants of Health
  - Mental Health/Adverse Childhood Experiences (ACEs)
  - Substance Use
  - Chronic Disease

Trends

No health insurance

14%
9%

2004 2008 2013 2018 2022

Homelessness

4%
1%

2004 2008 2013 2018 2022

Food insecurity

2%
5%

2004 2008 2013 2018 2022

Fair/poor personal finances

18%
21%

2004 2008 2013 2018 2022

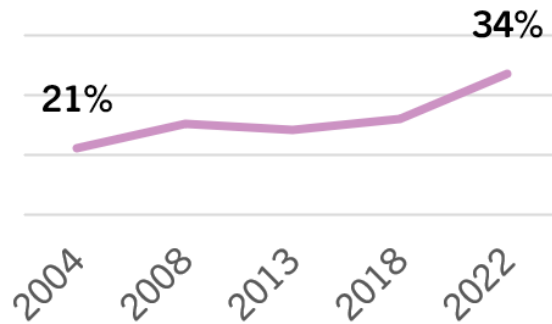Rated affordable housing availability as fair/poor

79%
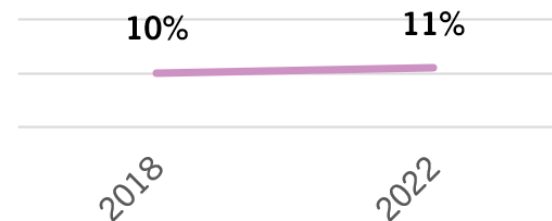78%

2004 2008 2013 2018 2022

San Mateo County overall
- **Homelessness increased** from 1% in 2004 to 4% in 2022.
- **Food insecurity increased** from 2% in 2004 to 5% in 2022.
- Health insurance coverage and personal finances improved overall from 2004 to 2022.
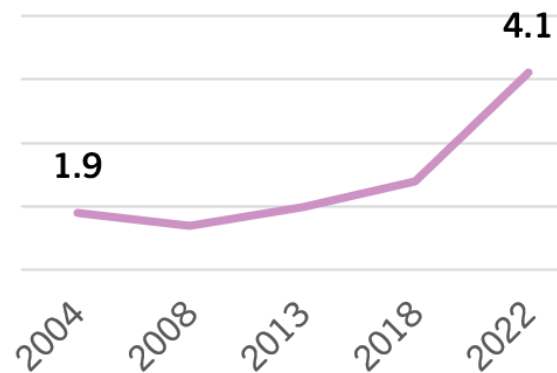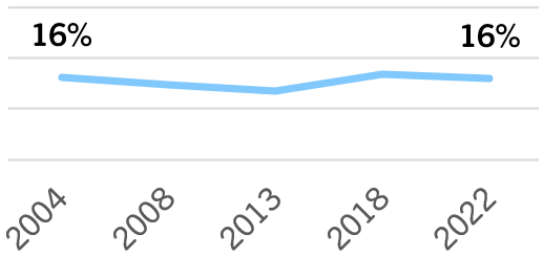
Trends

Depression

Average # of poor mental health days

Affected by racism

San Mateo County overall

- **Depression increased** from 21% in 2004 to 34% in 2022.
- **Average number of poor mental health days increased** from 1.9 in 2004 to 4.1 in 2022.
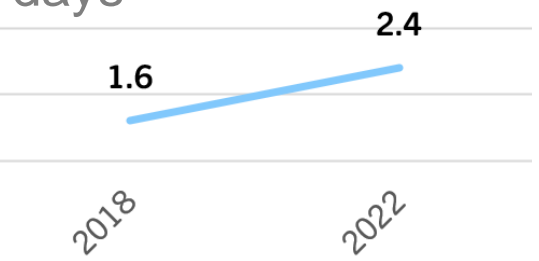- Individuals emotionally **affected by racism slightly increased** from 10% in 2018 to 11% in 2022.
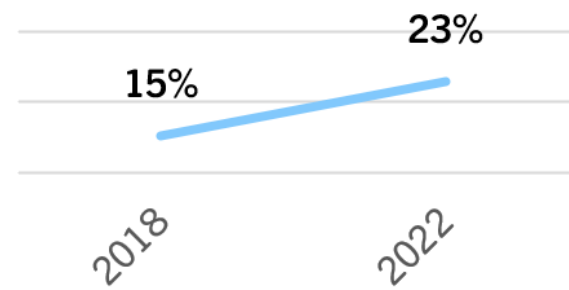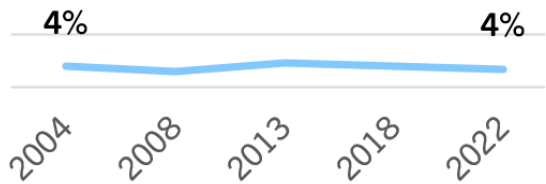
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Trends

Binge drinking

16%   16%

2004 2008 2013 2018 2022

Cigarette smoking

12%   8%

2004 2008 2013 2018 2022
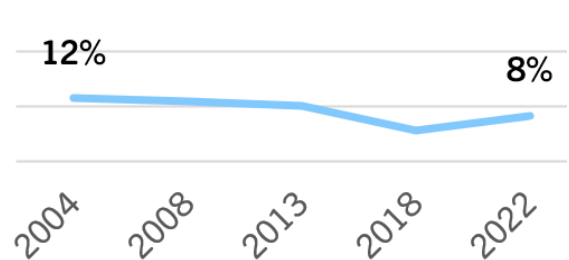
days used marijuana in last 30 days

1.6   2.4

2018   2022

Vaping

23%

15%

2018   2022

Illegal drug use

4%   4%

2004 2008 2013 2018 2022

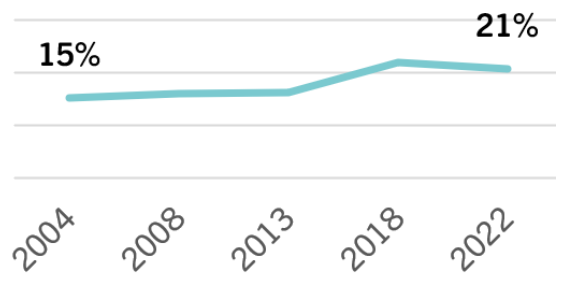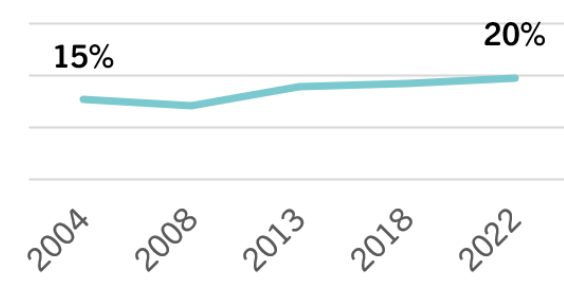## San Mateo County overall

- Average number of days **marijuana** was used in the last 30 days **increased** from 1.6 in 2018 to 2.4 in 2022.
- **Vaping increased** from 15% in 2018 to 23% in 2022.
- Binge drinking and illegal drug use remained steady and cigarette smoking decreased from 2004 to 2022.

Trends

Arthritis

15%   21%

2004   2008   2013   2018   2022

Asthma

15%   20%

2004   2008   2013   2018   2022

Diabetes

7%   10%

2004   2008   2013   2018   2022

Cardiovascular risk

86%   77%

2004   2008   2013   2018   2022

Overweight/obese

56%   60%

2004   2008   2013   2018   2022

Healthy behaviors

7%   3%

2004   2008   2013   2018   2022

San Mateo County overall
- Percentages of **arthritis**, **asthma**, **diabetes**, and **overweight/obesity** have **all increased** from 2004 to 2022.
- Percentages of individuals exhibiting **healthy behaviors** has **decreased** from 7% in 2004 to 3% in 2022.

CHA Forum Feedback

"Income is a barrier to healthy living"

"Systemic racism seems to be one of the largest problems from what I'm noticing"

"Lack of insurance causes people to delay or not receive health care and their problems get worse"

"There is a need for a multi interdisciplinary approach to meet the needs of the community"

"We are a wealthy community but we don't distribute it equitably"

"Cultural experiences affect mental health use of resources"

"Many in our community bring with them a culture of reluctance in seeking proper counseling and assistance with regards to health issues"

CHA Forum: Top Health Areas
(Arranged in alphabetical order)

- Access to Health Services
- Cancer
- Chronic Conditions (Heart Disease, Kidney Disease)
- Diabetes
- Mental Health & Mental Disorders

- Nutrition & Healthy Eating, Physical Activity
- Respiratory Diseases (Asthma, Other Lung Issues)
- Social Determinants of Health (Economy, Housing, Employment, Transportation)
- Substance Use (Alcohol & Drug Use, Tobacco Use)

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CHA Forum: Barriers to Care
(Arranged in alphabetical order)

- Economy
- Education
- Employment
- Fear & Stigma
- Food Security/Access
- Geography

- Housing
- Language/Culture
- Medication
- Public Safety/Crime
- Racism, Discrimination & Bias
- Transportation

CHA Forum: Most Negatively Impacted Populations
(Arranged in alphabetical order)

- Adolescents (*Age 13-17 years)

- Asian / Asian American individuals

- Black and Brown communities**

- Children (*Age 1-12 years)

- Immigrant, migrant, and refugee populations

- Latino / Hispanic / Latinx individuals

- Lesbian, gay, bisexual + individuals

- Older Adults (*Age 65+ years)

- People experiencing homelessness

- Transgender individuals

*Estimated age ranges offer common terminology, but not explicitly defined during community forums
**Terminology used by community forum participants

Conduent
Healthy Communities Institute (HCI) Team

Era Chaudhry, MPH
Public Health Consultant

Jane Chai, MPH
Community Health
Subject Matter Expert

Impacting 100+ Million lives

100+ community platforms

15+ years of experience

250+ community health assessments and plans completed

CONDUENT

CHIP Health Topic Prioritization
Era Chaudhry, MPH, Conduent Healthy Communities Institute

San Mateo County Significant Health Needs
(Arranged in alphabetical order)

- Access to Health Services

- Cancer

- Chronic Conditions (Heart Disease, Kidney Disease)

- Diabetes

- Mental Health and Mental Disorders

- Nutrition and Healthy Eating, Physical Activity

- Respiratory Diseases (Asthma, Other Lung Issues)

- Social Determinants of Health (Economy, Housing, Employment, Transportation)

- Substance Use (Alcohol and Drug Use, Tobacco Use)

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Important Considerations of Prioritization

What **significant health needs** were identified during the data synthesis process

Significant Health Needs

How the health need or area align with the **prioritization criteria**

Prioritization Criteria

Priority Health Needs or Areas

How the participant's **knowledge, experience, and expertise** in this area informs their thoughts for prioritization

Participant Knowledge

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Prioritization Activity

Assign a score of 1-3 to <u>each health topic and criterion</u>.

Criteria 1: Magnitude of the Issue

How many people in the community are or will be impacted?

How does the identified need impact health, quality of life, and the conditions in which we live, work, and play?

Has the need worsened over time?

Are there differences in how the issue is experienced between different communities?

1 – Least concerning
2 – Somewhat concerning
3 – Most concerning
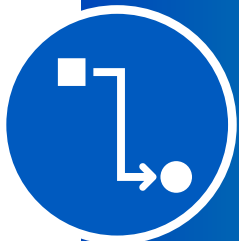
Criteria 2: Ability to Impact

Can actionable and measurable goals be defined to address the health need? Are those goals achievable in a reasonable time frame?

Does San Mateo Public Health, Policy and Planning and its partners, including CBOs, have the expertise or resources to address the identified health need?

Are organizations already addressing the health issue?

1 – Least ability to impact
2 – Some ability to Impact
3 – Most ability to impact

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Prioritization Activity Form

Go to: **https://www.research.net/r/smc_phpp2023**

or

Scan the QR Code below

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CHIP Planning Next Steps

Lucinda Dei Rossi, MPA, CPRP
Strategic Initiatives Manager

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CHIP Workshop Schedule

Online CHIP Kick-off Webinar
- November 1 (Today)
- Time: 5-7 PM

In-person CHIP Workshops
- One workshop per priority area (up to 15 people)
- November 29, 30, and December 1
- Time: 8:30-11 AM

Follow-up Online CHIP Workshops
- December 13, 14, and 15
- Time: 9-10:30 AM

Second Follow-up Online CHIP Workshops
- Dates TBD
- Time: 9-10:30 AM

Workgroup Criteria

- Up to 15 people per priority area workgroup
- Has expertise or experience in priority area
- Ability to participate in CHIP workshops and ongoing workgroups

Workshop Discussions

- Discuss changes we would like to see in the next three (3) years
- Discuss current challenges that may be blocking us from our goals
- Identify existing programs, activities, and resources that are helping us meet our goals
- Identify actions that we can commit to in the next three (3) years to move towards our goals

Example Implementation Framework

Priority Area ➡️ **Priority 1: Health Topic TBD**

Goals & Objectives ➡️ **Goal**

Strategies ➡️

	Strategy:					
Objective:						
Intended Population:						
Resources:						
Collaboration Partners:						
Programs/Activities	**Lead Person/ Organization**	**Process Measure Y1**	**Process Measure Y2**	**Process Measure Y3**	**Data Source**	**Baseline**
Activity 1:						
Activity 2:						

Accountability

Process Measures (Outputs)

Anticipated Outcomes	**Data Source**	**Baseline**
Short-Term:		
Medium-Term:		
Long-Term:		

Anticipated Impact ➡️

Preliminary Prioritization Results

- Based on the prioritization activity
- The top health and quality of life concerns have been prioritized
- Please check the chat box to see top five priorities

Next Steps

- PHPP CHIP Steering Committee will finalize up to three (3) priority areas based on today's prioritization process, assessment of PHPP capacity, and community resources to address priority area

- Conduct up to three (3) CHIP planning workshops

- Action Plan meetings for each priority area

Closing

Tamarra Jones, DrPH
Interim Director of Public Health, Policy & Planning

Gift Card Raffle

- Those who are eligible: Community members

- Who gets a gift card?
  - **First** community member who logged into the meeting
  - **First** community member who introduced themselves in the chat
  - **First two** community members to answer the following question in the chat…
    - Type in the chat, what was one (1) of the nine (9) top health priorities that were identified during the CHA forums?
  - **Two** community members whose names were selected from a random name generator

Thank you!

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