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| **Healthcare Domain Meeting**:  **July 17, 2020 9 am-10:30am**  Via Zoom | **Next Healthcare Domain Meeting:**  **August 21, 2020 9am-10:30am**  Via Zoom |
| **Attendees: Kathryn Goldberg, Amelia Barile-Simon, Heidi Oliver, Suzanne Afflalo, Blanca Melendrez, Brigitte Lamberson, Heidi Oliver, Kyleigh Kirbach, Mariela Martinez, Miranda Westfall, Sandra Kooh, Shaila Serpas, Spencer Stein, Julie Castaneda, Mary Beth Moran, Carissa Hwu**  **Recorder**: Carissa Hwu | |

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| **Topic/Issue** | **Discussion** | **Action** |
| **Welcome/Introductions** | Mary Beth led introductions.  Dr. Afflalo is the new Healthcare Domain Co-Chair. We are so lucky to have her on board with COI.   * She was born in Kingston, Jamaica * She is a family physician and worked at Kaiser Permanente for over 20 years. * She served as chief of the family medicine department for 6 years. * She held the SCPMG Professional Staff President position for 3 years. * She taught many medical students and residents as an Associate Faculty of UCSD Medical School since 1994. * She currently serves as Medical Director for Alliance Health Clinic * She currently serves on numerous boards including the County of San Diego’s Health Services Advisory Board (Vice-chair), the UCSD Chancellor’s Community Advisory Board, the Multicultural Health Foundation Board, Scripps Hub Academic Research Core Advisory Board, San Diego Black Nurses Association Advisory Board and the COVID-19 Equity Task Force. * She spends her free time lecturing on breast cancer, diabetes, high blood pressure, heart disease, and other health conditions. * She has organized several health fairs and conducted health screenings at places of community gathering like barbershops, churches, and community events. * She is very passionate about working specifically with minority and underserved communities, educating, encouraging and empowering people to obtain the best health possible. * In 2014, she designed and implemented “A Healthier Me”. This lifestyle change and health-improvement program developed to decrease morbidity and mortality of African-Americans and other minorities with various cardiovascular risks. Program provides health education, addresses healthy eating, regular exercise, weight loss, blood pressure and diabetes control to improve the overall health of minority communities. * In 2017, she also co-organized a monthly community health and resource event that brings several organizations together to collaboratively serve the Southeastern San Diego community by providing free health services, numerous resources and fresh produce to over 400 people each month. |  |
| **Lifestyle Medicine Research Project Update** | Kyleigh Kirbach, Assessing the Landscape of Lifestyle Medicine Resources   * COI has been a partner for her project   Background   * From St. Louis Missouri. Was working on nutrition intervention there. * Wanted to offer more comprehensive care and is now going to medical school   Lifestlye Medicine   * 6 primary pillars: healthful eating, increase physical activity, manage stress, avoid risky substances, improve sleep, form and maintain relationships * Improve overall health and well-being * Reduce the risk of developing type 2 diabetes, heart disease, cancer, or other life-threatening conditions * Reduce medication burden   Project Aims   * Assess presence of and access to lifestyle medicine resources for children in medically underserved communities of San Diego County * Propose and implement strategies to improve access to LM resources   + Supporting and building clinical-community linkages   + Leveraging the COVID-inspired virtual format for certain services to enhance access to resources from neighboring communities that would otherwise be inaccessible   Project Design   * Living and organic model * Exploration Phase   + Define target communities as cities with highest need index scores     - Zip codes and score provided by 2015 County Data   + Collect community data and resource mapping   + Describe the community     - Social assessment       * Key informant interviews       * Surveys to community stakeholders, clinicians, and community members       * Focus groups         + Welcoming feedback on format     - Epidemiological assessment       * Organize nationwide, state, county, and local data     - Ecological assessment       * Map LM resources available to children by zip code in partnership with 2-1-1 and their CIE team     - Identify predisposing, enabling, and reinforcing factors * Preparation and Planning Phase   + How are we going to address areas of focus uncovered during exploration phase   + Work with 2-1-1, ACH, NHA, and other community partners to determine best course of action * Implementation Phase   + Support communities to implement defined strategies * Maintenance/Sustainability Phase   + Continued evaluation and evolution   Funding   * Applying for grant to support Planning, Implementation, and Maintenance/Sustainability Phases   Feedback from domain members:   * Consider developing feedback mechanism to let community members know that you appreciate their input and to update them on where you are in your project * Connect with Mid-City CAN, City Heights Corporation * Translation from 1 zip code to another is very tricky because there are significant cultural differences from one neighborhood to another. Each community’s needs are different. Low-income BIPOC’s needs are not all the same. Transferability will not be easy and just need to be aware of this moving forward. * Could be helpful to connect Kyleigh with Bill Oswald to discuss Rules of Engagement * Potentially helpful resource: <https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/> |  |
| **Healthy Workplace Accelerator Program** | Background on Program Development   * Cohort of organizations working together on this program * Employ public health perspective of improving workplace health * Thinking about how work sites can improve their environments for employees * Business and Healthcare Domain linked through this project, creating cross-collaboration.   The Program’s approach to worksite wellness   * Worksite wellness as focusing on environmental factors, systems, and policies that make up an organization. * Want to create a culture of wellness and sustainable change. * Less about individual behavior change, but about the higher level of workplace culture and environment (e.g., sign by stairs nudging all employees to use stairs instead of elevator). * Goal of this program: assess worksite in terms of their PSE and implement changes in a detailed step-by-step manner. Employees will be healthier *because* of where they work and the environment that their worksite fosters.   Target Audience   * Different organizations are set up in vastly different ways * This program will focus on smaller organizations with less resources * Organizations that express interest in centering health equity in their worksite * Target Audience: CEO, someone higher up that may already be involved in a wellness committee   LiveWell San Diego Website   * Mock-up of what the website would look like * Program is in the format of a Google Sheet – trying to make it as accessible as possible   + Allows collaboration within the organization   + Step 1: Assessment Tool     - Scoring different aspects of employee wellness at the worksite   + Step 2: Start Taking Action     - Based on Assessment, what are the recommended action items that have not yet been started     - Action Plan is provided along with resources to print out and hang up around the office or send out to employees (e.g., posters on drinking water instead of sugary drinks)     - Sample policies from other organizations that workplace can copy and put into their workplace policies     - Examples: create incentives program, more work-life balance, helping employees get the most out of insurance, create lactation policies   + Step 3: Get Recognized     - Assign badges that they can put on their website to recognize the work they’re putting in   + Step 4: Tracking Progress     - Retake assessments to see how organization is progressing over time     - Evaluation plans and metrics available   + Step 5: Share Your Success     - Track your program process and impact outcomes     - Peer network of organizations that are all working towards similar goals     - Share best practices to share with other organizations * Organizations who register on website will get their own unique link * Free program * Will be promoting this program for LiveWell San Diego existing and new partners for Beta testing * Send Kathryn and/or Spencer an email if you are interested in Beta testing   + Spencer Stein can be reached at [Spencer.stein@sdcounty.ca.gov](mailto:Spencer.stein@sdcounty.ca.gov)   + Kathryn can be reached at kgoldberg@health.ucsd.edu * For large organizations with multiple locations, have each location register as an individual entity   Creating a preferred/recommended list of community partners to refer participating organizations to   * For stress management coaching for example, would refer to UCSD Center for Mindfulness   Feedback from Domain   * How can we make this tool COVID-19 relevant?   + How can we help remote staff to be healthy? * When thinking about additional aspects of workplace wellness, how can we integrate race, racial equity, and health disparities into this program? * Be aware of pictures on the website so people of color, women of color, non-binary people, etc. feel that they fit into this program and can be comfortable using this program. * One of COI’s priority areas is ACEs. How can this be further integrated into the program? | Kathryn will be sending out the ACEs survey for the domain to fill out if they have not done so yet. |
| **COI and Partner Updates** | **COI Updates**  Healthy Cities and Counties Challenge Grant   * One of 20 recipients in the country to receive this grant * Grant to improve local systems and policies to advance health equity * Will allow COI to bring community voice to the table   + Will be working with communities in Chula Vista   + Nutrition Incentive Program, ¡Mas Fresco! More Fresh Program * Ultimate vision is to increase access to produce, increase food security, and reduce obesity through advocacy, engagement, policy, systems and environmental change   Advocacy   * COI recently signed letter of support for Escondido Union School District in adopting nationally-recognized Good Food Purchasing Program   + Framework for food procurement that encourages production and consumption of food that is healthy, affordable, fair, and sustainable * COI also signed a LOS for the Bill SB33 (Skinner) to expand online EBT CalFresh purchasing   Mini Grant Awardees   * New Roots Community Refugee Garden: garden improvements + new children’s plot with a hose bib and garden tools * Stories of Resilience: 3 digital stories with a focus on Vietnamese, Somali, and Spanish-speaking communities * Mundo Gardens: living pantry, world market, and garden workshops in Southeast and South Bay * SunCoast Co-Operative: partnered with Olive Gardens’ Kitchenista Program to host 4-week bilingual Cooking for Salud in Imperial Beach pilot program for teenagers.   **Partner Updates**  COVID-19 Emergency Rental Assistance Program   * Will provide up to $4,000 per household, assisting around 3,500 households total according to SD Housing Commission * SD City Council unanimously approved the creation of an emergency rental assistance program in light of the ongoing pandemic, which will utilize 15.1 million dollars in federal COVID-19 funds to support thousands of low-income residents experiencing financial hardships * Applications will be available through the housing commission’s website no later than July 20. * <https://www.sdhc.org/about-us/coronavirus-covid-19/> |  |
| **Next Steps** | Develop an action plan to implement what we’re learning from presentations   * Currently engaging with providers on how to talk about ACEs and food as nourishment for the soul * Want to bring this material to Healthy San Diego Health Education and Cultural and Linguistic Workgroup * Adrienne Markworth is open to providing technical support to help us to develop a training for physicians on ACEs and trauma-informed care |  |
| **Next Meeting** | The next meeting will take place on **August 21 from 9:00 AM – 10:30 AM.** |  |