

# Building Healthy Communities



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# Agenda

- Introductions (10 min)
- Overview of why you are here today (10min)
- Health Questions (10 min)
- Youth Questions (15 min)
- Fill out surveys (30 min)
- Time for Questions and/or Comments (10)

Please help yourself to FOOD!





## Tell Us About Yourself

- Name
- Country of Origin
- How many years in City Heights
- Name 3 things you deeply care about

# What we are Trying to Do...

10 outcomes

Organized  
into

4 Big  
Outcomes

Organized  
into

2 Points  
of Focus

1. All children have health coverage
2. Families have improved access to health home
3. Health & family-focused human services focused on prevention
4. Communities have health promoting land use, transportation & Community Development
5. Children & families save from violence
6. Communities support healthy youth development
7. Neighborhoods & Schools support improved health
8. Health improvements linked to economic development
9. Close health gaps for young men and boys of color
10. Influence policy & create systems change

- 1. Reductions in Youth Violence**
- 2. Reverse the Childhood Obesity Epidemic**
- 3. Provide a health home for all children**
- 4. Increase school attendance**

1. HEALTH
2. YOUTH



# Communities just like City Heights

1. City Heights
2. Long Beach
3. C & W Fresno City
4. Richmond
5. Ctr Santa Ana
6. S & E Merced
7. S. Sacramento
8. Coachella
9. Boyle Heights
10. E. Oakland
11. E. Salinas
12. S. Kern County
13. S. Figueroa Corridor
14. Del Norte



## Some Facts



- Approximately 700,000 children in California are uninsured
  - Half are eligible for Medi-Cal
- 16% of students suffer from asthma...meaning missed days at school, etc.
- More Black and Latino men in prison system
- School promotion of unhealthy food
- Lack of access to parks, recreation
- About 30% of families if not more are below the poverty line



# TELL US WHAT YOU THINK!

**What are the things that contribute to the community's health?**



# TELL US WHAT YOU THINK!

**What can we do to improve the health of this community?**



# TELL US WHAT YOU THINK!

**What do the youth contribute to this community?**



# TELL US WHAT YOU THINK!

**How can we build on their contributions?**



# TELL US WHAT YOU THINK!

**What do we need to have to support families?**

# TELL US WHAT YOU THINK

## How healthy do you think this community is?

Please check the box the best describes your opinion

1

Extremely  
Healthy

2

Moderately  
Healthy

3

Mildly  
Healthy

4

Neither  
Healthy nor  
Unhealthy

5

Mildly  
Unhealthy

6

Moderately  
Unhealthy

7

Extremely  
Unhealthy

## How do you feel about the youth in this community?

Please check the box the best describes your opinion

1

Extremely  
Concerned  
or Worried

2

Moderately  
Concerned or  
Worried

3

Mildly  
Concerned  
or Worried

4

Neither  
Positive nor  
Concerned or  
worried

5

Mildly  
Positive

6

Moderately  
Positive

7

Completely  
Positive – not  
worried at all

# TELL US WHAT YOU THINK

HOUSING	How affordable is housing?	Very Affordable	Moderately Affordable	Just about right	Moderately Unaffordable	Not at all Affordable
	What is the quality of the housing?	Very High Quality	Moderately High Quality	Neither high nor low in quality	Moderately Low Quality	Very Low Quality
FEELINGS SAFE	How safe do you feel in your home?	Extremely Safe	Moderately Safe	Just about right	Moderately Unsafe	Very Unsafe
	How safe do you feel at School?	Extremely Safe	Moderately Safe	Just about right	Moderately Unsafe	Very Unsafe
	How safe do you feel in the Community?	Extremely Safe	Moderately Safe	Just about right	Moderately Unsafe	Very Unsafe
HEALTH CARE	How accessible is health care?	Very high Accessibility	Moderately high Accessibility	Just about right	Moderately low Accessibility	Not at all Accessible
	What is the quality of the health care?	Very High Quality	Moderately High Quality	Neither high nor low in quality	Moderately Low Quality	Very Low Quality
HEALTHY – CULTURALLY RELEVANT FOOD	How accessible are healthy, culturally relevant foods?	Very high Accessibility	Moderately high Accessibility	Just about right	Moderately low Accessibility	Not at all Accessible
	What is the quality of the healthy, culturally relevant foods?	Very High Quality	Moderately High Quality	Neither high nor low in quality	Moderately Low Quality	Very Low Quality



# TELL US WHAT YOU THINK

Childcare	How accessible is childcare?	Very high Accessibility	Moderately high Accessibility	Just about right	Moderately low Accessibility	Not at all Accessible
	What is the quality of childcare?	Very High Quality	Moderately High Quality	Neither high nor low in quality	Moderately Low Quality	Very Low Quality
Education	What is the quality of education?	Very High Quality	Moderately High Quality	Neither high nor low in quality	Moderately Low Quality	Very Low Quality
After School Programs	How accessible are After School Programs?	Very high Accessibility	Moderately high Accessibility	Just about right	Moderately low Accessibility	Not at all Accessible
	What is the quality of After School Programs?	Very High Quality	Moderately High Quality	Neither high nor low in quality	Moderately Low Quality	Very Low Quality
Recreational Programs	How accessible are recreational programs?	Very high Accessibility	Moderately high Accessibility	Just about right	Moderately low Accessibility	Not at all Accessible
	What is the quality of recreational programs?	Very High Quality	Moderately High Quality	Neither high nor low in quality	Moderately Low Quality	Very Low Quality
Opportunities for civic engagement for youth	How accessible are these opportunities?	Very high Accessibility	Moderately high Accessibility	Just about right	Moderately low Accessibility	Not at all Accessible
	What is the quality of these opportunities?	Very High Quality	Moderately High Quality	Neither high nor low in quality	Moderately Low Quality	Very Low Quality
Opportunities for youth to Learn New Skills	How accessible are these opportunities?	Very high Accessibility	Moderately high Accessibility	Just about right	Moderately low Accessibility	Not at all Accessible
	What is the quality of these opportunities?	Very High Quality	Moderately High Quality	Neither high nor low in quality	Moderately Low Quality	Very Low Quality



**THANK YOU! THANK YOU!**  
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Questions? Comments? Contact Us!

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