

Napa County Community Health Needs Assessment

Data Review and
Prioritization Results



NAPA COUNTY

Health & Human
Services Agency



Land Acknowledgment

We would like to begin today by acknowledging that we gather on the ancestral and unceded territory of the Patwin, Onosatis, Miwok and Pomo Peoples past and present, and honor with gratitude the land itself and the people who have stewarded it throughout the generations.

NAPA STRONG
ENOUGH TO STAND UP TO

Racism
Homophobia
Sexism
Xenophobia
Ableism
Transphobia



NAPA STRONG
ESTÁ EN CONTRA DE

Racismo
Homofobia
Sexismo
Xenofobia
Discriminación por
Discapacidad
Transfobia

Goals and Process Overview

Project Goals

Community Health Needs Assessment 2023

Our goal today is to share community health data themes and prioritize 3-5 of those themes to focus on for the next Community Health Assessment cycle.

This year, Providence Queen of the Valley Medical Center and Napa County HHSA have partnered to gather data and create a shared assessment. We hope our collaborative focus on priority areas will enhance our ability to improve community health outcomes.

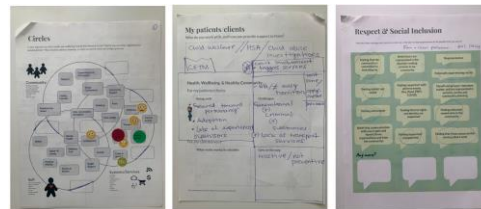
Process Overview

A human-centered, hybrid approach

Our goal for the Community Listening Sessions was to understand the health needs of Napa County residents. Our qualitative research methods are designed to understand the personal lived experience of community members. We support individuals to take the lead in surfacing bright spots and challenges in their quality of life and related health and wellbeing.

We created open-ended discussions using interactive field materials to delve more deeply into themes about health and wellbeing, including:

- What drives quality of life? What drives quality health and wellbeing?
- What does "health" mean in relation to lived experience?
- What support structures and tools do people have? Where are the gaps?
- What management and self-care tools and practices do people have?
- How is equity experienced?



Interactive field tools for caregivers and staff



Creating comfortable spaces to share



Projective exercises, interactive activities to help delve deeper

Process Overview

A human-centered, hybrid approach

We focused our engagement on community groups whose voices are often underrepresented or unheard in public discourse. We also engaged community leaders working in both paid and unpaid capacities. Listening session participants live in American Canyon, Calistoga, Napa, St. Helena, and Yountville. Key informant session participants serve all areas of Napa County. In total, we met with **137** individuals.

Community Member Listening Sessions

- 16 Small group sessions
- 11 English language sessions, 5 Spanish Language sessions
- **112** Individuals total

Key Informant Sessions

- 12 Individual sessions, 7 group sessions
- **25** Individuals total

Community Health Themes

The quotes included here are the direct words of the participants, representing their perceptions and experiences. Specific word choices or any potential inaccuracies are their own, and the inclusion of their words does not imply that Napa County or Providence Queen of the Valley Medical Center agrees or endorses these points of view.



Community Health Themes



COMMUNITY CONTEXT



System Cohesion



Disaster Resiliency



Nature, Animals, & the Outdoors



"All the Great Services"

FOUNDATIONS



Racial Equity & LGBTQ Inclusion



Housing



Behavioral Health



Economic Stability



Food Access



Access to Health Services

BARRIERS



Childcare



Language Access



Transportation



Education / Digital Inclusion

Community Context



The themes described in this section define the character and identity of Napa County, as told by its community. These are the settings and circumstances in which we live and work, and impact how we interact with each other and our institutions.



**System
Cohesion**



**Disaster
Resiliency**



**Nature,
Animals &
the Outdoors**



**“All the Great
Services”**



System Cohesion

Awareness and access to services is often facilitated by finding trusted messengers, or friends and family that can help. Trust and personal connection are key to creating access to services. It can be difficult for people, especially undocumented community members, to distinguish between the governmental agencies/services that help them and those that could punish them.

There are many people working outside of their job designation to make sure community members can access the resources they need. The inability to share data between agencies is a barrier to timely and comprehensive care. It can be difficult for community members to navigate the systems that are designed to help them

"The undocumented feel unsafe coming into agencies. We have to gain their trust that we aren't going to call the INS. When I'm helping a mama [they ask me] 'If I go to WIC am I going to get in trouble?'" - Healthcare staff

*"Our systems are separated by design, for confidentiality and because of specific state rules."
- Public Sector staff member*

*"We use complexity and confidentiality as a crutch to not take a hard look. If people are doing invisible work to get our systems to work, then the system is not able to learn and make itself better."
- Bubble up session participant*

*"[The unhoused] usually go to the Nightingale [for care], that's why we go there 1-2 times a week. So they see a face that's familiar. Once they trust the team, they start participating."
- Healthcare staff*

*"We made these systems; we should be able to change them if they need an update."
- Food Service staff member*



Disaster Resiliency

Napa County residents have experienced flooding, fires, earthquakes, and pandemic. These shared experiences have magnified our ability to come together in a crisis.

While our emergency systems continue to improve with each response, compounding disasters have left many community members unable to recover.

"The psychological burden [of COVID] will be here for years."

-Public Sector staff member

"I've been out of work since COVID hit. My husband is the only source [of income] for our family."

- Parent, Napa

"The COAD is a great example [of collaborative service]."

- Bubble up participant



Nature, Animals, and the Outdoors

People very often identify the natural environment as the most positive contributor to their health and wellbeing. Pets and access to animals provides a valued source of reflection and calm.

Napa County provides access to many outdoor experiences that are greatly valued in the community.

"I enjoy going on walks and appreciating nature and beautiful creations. Exploring the outdoors is de-stressing to me."
- Adult Spanish-speaker, Napa

"What helps my wellbeing? Nature! What a beautiful gift we have!"
- Parent of young children, Napa

"Nature is a good de-stressor - I try to surround myself with animals."
- Youth, Calistoga

“All the Great Services”

Napa is perceived by many to have broad and high-quality public service provision. For crisis and the most in need, services are reportedly readily available, especially in the city of Napa. Collaboration and strong connections between services and individual care providers and staff is a strong bright spot.

“We couldn't do our work here without our community partners.” - Public Sector staff member

“The county is a strength... they helped a lot during the pandemic...helping us with the housing and putting us in the hotels....[the county] even helped us when the fires were happening.” - Farmworkers, St. Helena

“A strong sense of community where people care for one another.” - Key Informant interview response

“Napa has really helped me with getting services, getting housing. My mental health has improved since coming [from Vallejo] because of all the services.”

- Parent of young child, Napa

Community Health Themes: Foundations and Barriers

At the end of this session: Each participant will vote for their top 3

FOUNDATIONS



Racial Equity
& LGBTQ Inclusion



Housing



Behavioral
Health



Economic
Stability



Food Access



Access to
Health Services

BARRIERS



Childcare



Language
Access



Transportation



Education /
Digital Inclusion

Data Walk



- Each table group will choose one Community Health Theme poster in the room to start their data walk. We'll spend about 5 minutes at each poster. We encourage groups to read the content out loud, especially the quotes. HHSA and Providence Queen of the Valley Medical Center staff members are available to answer any questions that come up.
- All of this information is also included in your Meeting Guide.
- Each Community Health Theme has a blank poster next to it. Here, we encourage you to share the current work and initiatives that are happening across that health theme, as well as any ideas or questions that come up as you are considering the data. We use “How Might We” statements to reframe our insights into opportunities. There are examples of each category on the posters.

Prioritization Criteria

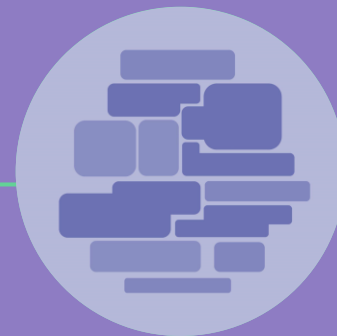


Consider the following criteria when reviewing the data:

- ☐ **Magnitude or severity of the problem:** *How many community members does this issue impact? How severe are the outcomes?*
- ☐ **Ability to have an impact:** *What is our community's capacity and willingness to act on this issue? Are there existing prevention activities we can build on? What are our available resources?*
- ☐ **Alignment with existing priorities, including an equity lens:** *Consider your organization's mission and values and our collective commitment to health equity. Does this theme align?*

Foundations

The themes in this section describe the basic foundations for health and wellbeing. These affect self, community, and the ability to access "services and systems".



**Racial Equity
& LGBTQ
Inclusion**



Housing



**Behavioral
Health**



**Economic
Stability**



**Food
Access**



**Access to
Health
Services**



Racial Equity and LGBTQ Inclusion

Racism is often seen as a barrier to health by Napa County residents of color. It is felt during system navigation, in a lack of representation in leadership positions, and in day-to-day interpersonal interactions with law enforcement and other community members. Marginalized groups often experience prejudice and hate speech that make them isolated and fearful.

Many feel that cultural community events are inauthentic and created for tourists. **Community members seeking to be allies are concerned about “doing it wrong”.**

*“None. There is no representation at all for the black community [in Napa County].”
– Public Sector staff member, Napa*

*“Police encounters at school haven't been good. I feel like I'm on the radar with the teachers and principal watching me, how I dress, what I look like, my beanie and hoodie.”
– Latine youth, Napa*

*“Napa is so parochial, I see those people outside of planned parenthood. I fear the violence against trans women, and I don't want to be visibly trans.”
– Transgender adult, Napa*

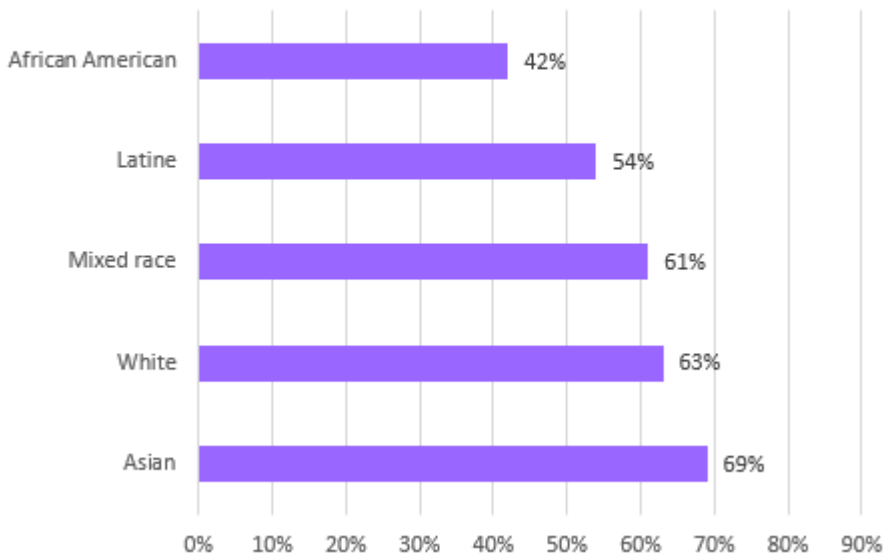
*“I'm all fine and great...well, except for the hate speech [about sexuality].” -
Youth, American Canyon*

*“What I think is that we [farmworkers] have incomplete information, improving that would help us.”
– Farmworker, St. Helena*

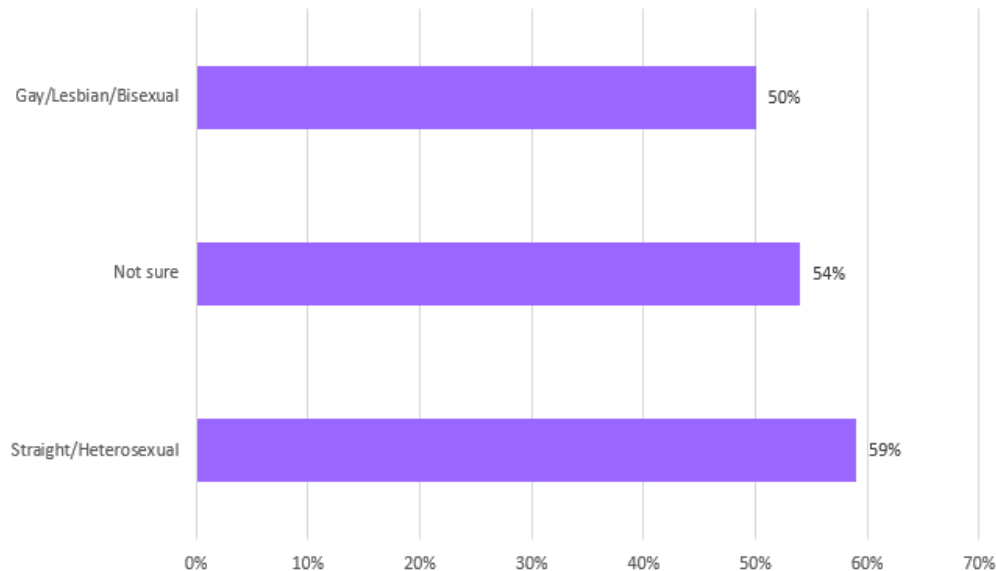
Racial Equity and LGBTQ Inclusion



School Connectedness among 11th Graders by Race/Ethnicity*, 2021



School Connectedness among 11th Graders by Sexual Orientation, 2021



School Connectedness reflects students' belief that peers and adults in the school support, value, and care about their individual well being as well as their academic progress.



Housing

Limited housing stock pushes prices so high as to be out of reach for many and creates an especially difficult situation for those with low income. Cost of living is very high and earning a livable wage is a struggle. **Housing stability creates a foundation for further stability.** Fear of, and disrespect to, unhoused individuals can result in feelings of isolation. Paperwork and housing support systems are cumbersome. Demand for low-cost options may lead to unfair housing practices from landlords.

"I grew up here and work serving the community, but I can't afford to live here and recently moved to Solano county." - Latina, Public Sector staff member

"Housing is a big concern for me; it feels unattainable especially for older adults. I often ask my husband "What are we going to do?" – Resident of Mayacamas housing, Napa

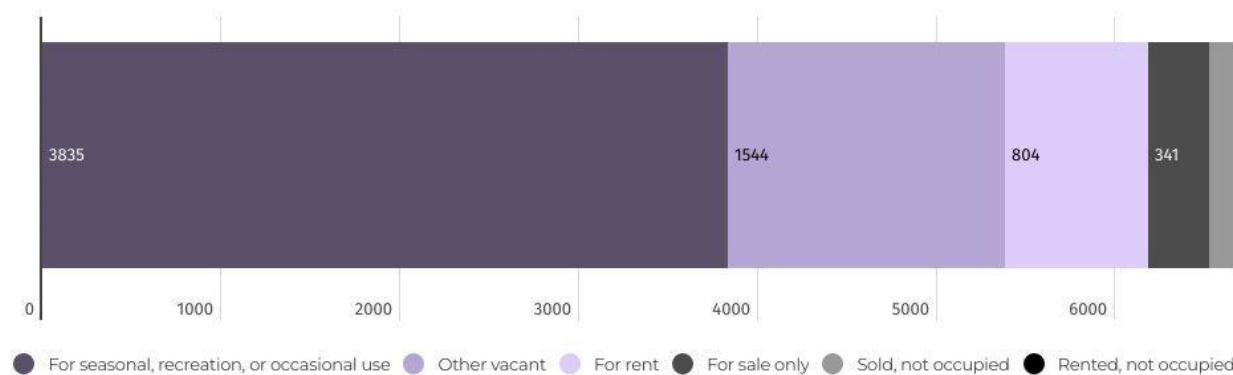
"There's multiple families in a 1-2 room apartment. Say a couple are renting a room, they are going to have a baby. Now there's too many people, they have to leave." - Healthcare staff, Napa

Housing



24.6% of households experience severe housing cost burden*

* renter households spending more than 50% of income on housing costs



Nearly **1 in 10 housing units are vacant** and more than half of those are because they are ***“For seasonal, recreational, or occasional use”***

Behavioral Health



The scale of the mental health crisis appears to have overwhelmed the care system. **Mental health is often an unaddressed, underlying issue.**

There are valuable sources of mental health support outside the formal care system. The task of providing mental health support can be a heavy weight to bear.

Substances such as alcohol, tobacco, and drugs may be used as a form of self-medication. There are common misconceptions about substance use (across all demographics), **leading people to underestimate the harm done.**

“The challenge is unrecognized mental health issues and unaddressed physical needs. People are self-medicating.”

- Healthcare staff, Napa

“Spanish-speaking mental health [support] is hard to get in Napa and you have to wait six months if you do. [People tell me] I'll be fine in 4 months: I need it now.”

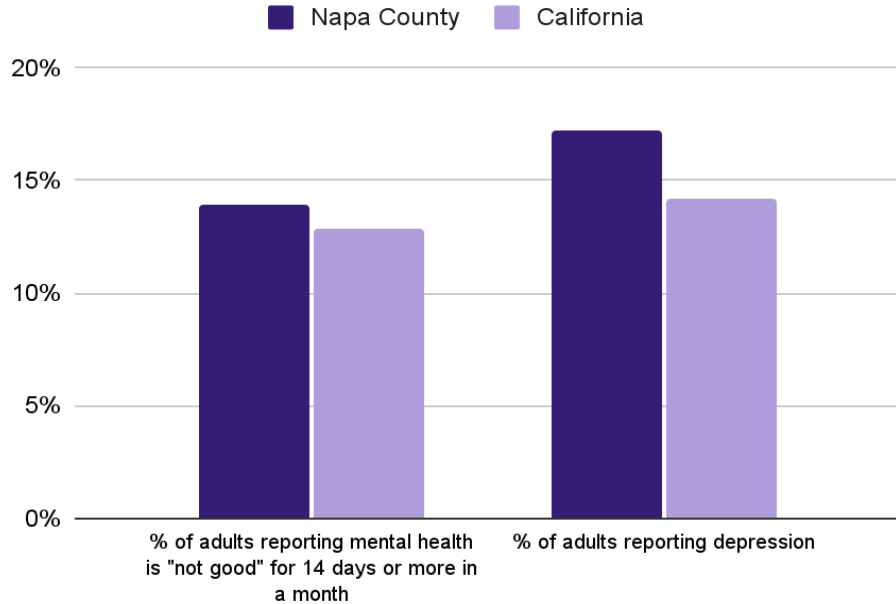
- Healthcare staff, Napa

“My school offers therapy, [but] it's a long waiting list...The whole school is the waiting list!”

- High-schoolers

Behavioral Health

Mental Health



Source: Behavioral Risk Factor Surveillance Survey (BRFSS), 2020

Highest rates of ED visits for Mental, Behavioral or Neurodevelopmental concerns

1 Native Hawaiian & Pacific Islander

2 African American or Black

Source: Department of Healthcare access and Information



Depression related feelings among LGBTQ youth

64%

28%

Depression related feelings among straight youth

Source: Kidsdata.org

Behavioral Health

Substance Use

11%

*Current Vaper
Grade 11 (2019-
2020 school year)*

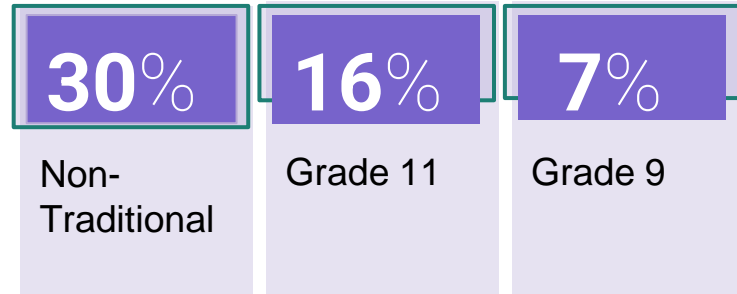
Source: California
Healthy Kids Survey

2020 Crash Ranking	City of Napa	American Canyon
Evidence of alcohol consumption	3rd Highest rank out of 106 cities	6th Highest rank out of 103 cities
Evidence of drinking under 21	6th Highest rank out of 106 cities	1st Highest rank out of 103 cities

Source: California Office of Traffic Safety



Current (2021) marijuana use per grade



Source: Kidsdata.org



*Opioid associated deaths in
2022 compared to 2021*

Source: Vital Statistics

Economic Stability



Many participants spoke to the **need for living wage jobs** and increased wages to meet the high cost of living in Napa County. They shared that families with low incomes often experience housing instability and use most of their income to meet basic needs, often being forced to make spending tradeoffs.

A large proportion of employment opportunities center around **agriculture and hospitality, which often come with low wages and can sometimes have poor working conditions. Many people that work in Napa, including teachers, librarians and others who serve the community, cannot afford to live here.**

Youth are highly aware of the financial stress of their families and also fear for their own financial future.

*“Health and wellbeing?
I always mention
something economic.
Those who work with
certain wineries have
insurance, but for those
who don’t, what we
make isn’t enough.”
- Farmworker, Calistoga*

*“[I want] the bosses to
take action about all the
chemicals they put in the
vineyards, they know that it
affects us. They know that
we have to breathe that in
and yet ... they don’t give
us things to prevent from
us getting sick.”
- Farmworker, Calistoga*

*“The cost of
living goes
up but
salaries stay
the same.”
– Resident of
Mayacamas
housing,
Napa*

*“Stuff is expensive. I live day by day.
Sometimes I don’t eat.”
- Parent of young child, Napa*

*“[I feel anxious] when I
think about my future,
about money.”
- Youth, Calistoga*

Economic Stability



1 in 5 individuals have income below 200% of the federal poverty line

Source: 2021 American Community Survey

National trends over the past 10 years show **decreasing total compensation after adjusting for inflation (red)** even as unadjusted total compensation increases (**yellow**).

In the US between 2005-2020, the average price of essential goods like gas, medical care, utilities, and shelter rose faster than the average price of all goods combined. This means that lower income households have been disproportionately affected by inflation because they spend more of their budget on essentials.

Source: US Department of Labor



Future Medical Systems, for Providence & Napa County HHSA

12-month percent change in current and constant dollars for total compensation, wages and salaries, and benefits costs in private industry, March 2012–September 2022



Food Access



Many people are aware of and using food services but rely on them with reservations. People accessing emergency food are concerned about quality and nutrition. Isolated older adults need more assistance to access food. There is the opportunity to redesign food service systems for local, Napa County needs.

“The forms to get food eligibility are so long and getting longer. They require ID and proof of housing. We know they live with someone else who is on the water bill, do they really need a bill with their name on it?”
- Bubble up session participant

“We do have food, but the canned food we get has too much salt; it's not good for me.”
– Abuelitas group, older adult, Napa

“How can I get food? I'm a senior with low mobility, so walking down the street and carrying groceries back is not an option for me.”
- Abuelitas group, older adult, Napa

Food Access

Estimated food insecurity in Napa County in 2021 was:



About 1 in 13 adults (7.8%)

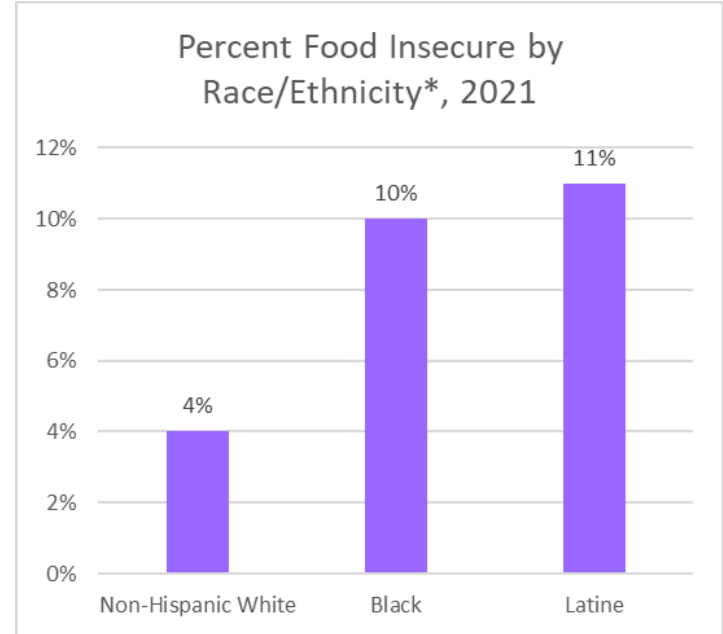
About 1 in 10 children (9.5%)



● Above SNAP threshold of 200% FPL
● Below SNAP threshold of 200% FPL

61% of food insecure adults qualify for food assistance (SNAP)

39% of food insecure adults do not meet income eligibility for food assistance.



Source: Feeding America, 2021

*Data not available for all races or age groups



Access to Health Services

Participants named **cost and inability to navigate systems** as barriers to accessing healthcare. Because many people have no stable relationship with a primary care provider and wait times for appointments can be months, the emergency room often becomes the first access point for care.

It is **difficult to access transgender care** in Napa County.

There is concern around **lack of access to health insurance** for mixed status families as well as people losing their insurance due to job loss during the pandemic.

Caregivers and community members shared that **accessing dental care can be very difficult** for all ages because there are few dental appointments available locally.

“When we go to the clinic, the first thing they ask for is insurance so people have fear. Then they ask you for so much paperwork or proof and it makes us fear going.”
- Farmworker, Calistoga

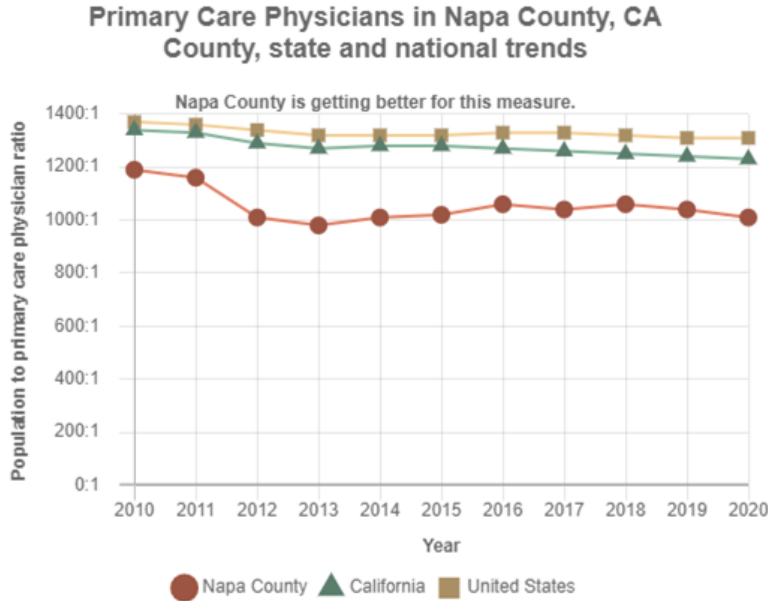
“Doctors tell patients to lose weight but don’t always offer tools or resources. Gym memberships are not affordable to everyone.” - Adult Spanish-speaker, Napa

“I used to have to get to Oakland to get to a trans-specific group, but [I’m getting older and] I can’t make that drive anymore.”
- Transgender adult, Napa

“People get frustrated because they can’t keep the same provider and they understand that MediCAL Emergency covers ER visits. That’s why they go to ER instead of a PCP.”
- Healthcare staff, Napa

“Medical appointments are given so far out. I’ve considered making a ‘placeholder’ appointment each month just in case I need it and cancel if I don’t.” - Adult Spanish-speaker, Napa

Access to Health Services



Source: County Health Rankings

6%
(8,180 persons)

↓
Uninsured

Source: American Community Survey, 2021 5 year estimate

65.5%
(age-adjusted)

↓
Received an annual check-up

Source: Behavioral Risk Factor Surveillance System

Emergency Department Visits for Oral Health

55% of all Emergency Department Visits for dental issues are Adult Non-Hispanic White

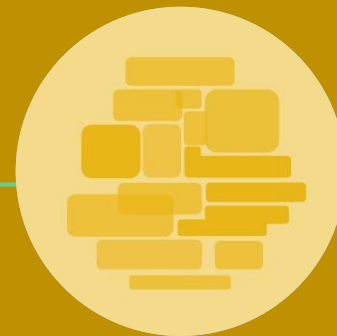
Adult African Americans have the highest proportion compared to population size of ED visits for dental issues

Napa County is not considered a high service needs area for dentists, with 1 professional per 990 persons

However, on specialist care, there is a large deficit: 1 Endodontist and 2 Periodontists for the whole county

Source: Department of Healthcare Information; Dentagraphics, County Health Rankings

Barriers



This section describes the visible, and sometimes invisible, derailers that prevent community members from finding a balanced, productive, and healthy life pattern. These issues can appear non-urgent, but if one is missing, it can have a negative domino effect on all other aspects of health.



Childcare



**Language
Access**



Transportation



**Education /
Digital Inclusion**



Childcare

Gaps in, or lack of, childcare can create instability, impacting employment, money, and mental health. These outcomes are disproportionately felt by women. There is a need for more flexible childcare options that allow for jobs that operate during morning and evening hours.

Many parents rely on friends, families, and neighbors to provide childcare. **There is a shortage of "licensed slots" for childcare and known system bottlenecks to creating them.**

*"Many available jobs in hospitality and farming require non-traditional working hours not covered by child care."
- Education Resource Specialist*

*"Two years ago we had vouchers for 180 kids, now we have 550. But the slots are not available. The bottleneck is childcare providers."
- Education Resource Specialist*

"Families need 2 jobs to survive, so don't see each other: 1 works in day, 1 works at night to cover childcare." – Education Resource Specialist

"Mondays to Thursdays, 8:30-4:30 doesn't cover an 8am-5pm job, or any job I can get." - Single mom of young child, Napa



Childcare

In 2021:



Licensed child care spaces **were not available** for about **4 in 5** children (aged 0-12) with working parents in Napa County.



About **4 in 5** Family Care Homes and **All** Childcare Centers **did not offer** evening, weekend, or overnight care.

\$13,409 - \$19,147

Median annual cost for infant care.

\$11,969 - \$13,057

Median annual cost for a preschooler.



Language Access

In many cases, access to support and help is reliant on English competency, spoken and written. Reaching out to vulnerable populations and building trust is best done in-person with same-language and same-cultural communication. Minority languages such as Mixteco (and other indigenous languages), Chinese, Tagalog, Vietnamese and Native American languages are not widely represented in Napa civic life.

“Beyond language, you need to have cultural competence. I’ve had patients say, “ask my eldest son” about their care decisions. Sometimes this is outside of my constructs of ethics as a provider.”
- Primary care physician, Napa

“I see the young guys here that can’t speak English and can’t leave [farmworkers’ lodgings]...they don’t want to leave their rooms.”
- Farmworker, St. Helena

“For ESL [classes] the intake was 4-8 pages, 100% in English! That’s weird right? Why is this in the language you know they don’t speak?” - Public Sector staff member, Napa

“I have access to medicine and Medi-Cal because I have my daughter who supports me... but what about others that don’t have someone like her?”
- Adult, Calistoga



Language Access



More than **1 in 7** speak English “less than very well”



Over 80% of this total **speak Spanish**



The remaining includes speakers from at least **12 language groups**, including Tagalog, Vietnamese, Russian, Korean, Arabic, and more

Source: 2021 American Community Survey

Most common sources of info during an emergency for **Spanish-speakers** surveyed:

1. Community organizations (45.3%)
2. TV (44.6%)
3. Friends and Family (30.2%)
4. PCP/Doctor (27.3%)
5. Radio (20.1%)
6. Nixle/County (10.1%)

Source: Live Healthy Napa County [Language Inclusion Listening Sessions Summary Report](#)

Transportation



Transportation is essential and navigating the public transportation system can take up a disproportionately large amount of time and energy. Inconsistent transportation options lead to instability in employment and income, which impacts housing, food, and access to services. Those who most need to take the bus, often can't afford to take the bus.

"The bus was late, so I missed my Dr. apt, so they tried to get me in later, and I missed the bus home. This small errand took the whole day." - Abuelitas group, older adult, Napa

"That [paratransit service] sounds good but what if I'd like to also go to a grocery store or do other obligations in Napa? I can only go to my appointments and come right back. It is hard to go into town [Napa] otherwise." - Adult, Calistoga

"If I run out of money before the end of the month, I don't have enough to take the bus to work. "It's \$7 to get to Fairfield, one-way!"- Foster youth, Napa

"After school transportation is a particularly high need." – Education Resource Specialist

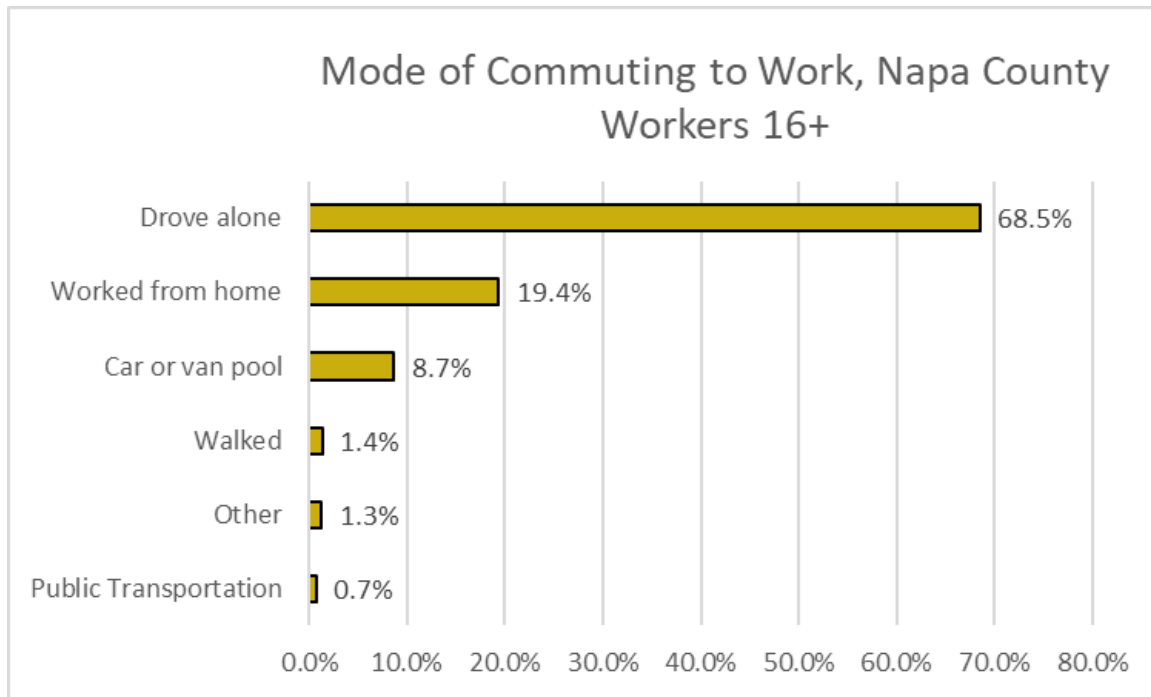
Transportation



15.5% ↑ In private transportation costs nationally, 2022.

19.9% ↑ In public transportation costs nationally, 2022.

5.5% Of households in Napa County had no access to a vehicle.



Sources: U.S. Department of Transportation, Bureau of Transportation Statistics, Transportation Economic Trends (Washington, DC: 2022).; ACS DP03 2021 5-Year Estimate; ACS DP04 2021 5-Year Estimate.



Education/Digital Inclusion

Digital access is nearly essential for finding and securing employment, housing, services and support. Services often assume everyone has a smartphone and an email address, but many do not. Even for those with digital access, a lack of digital literacy and trust in digital interactions can be barriers to accessing services. Many community members do not engage, or are not aware of, digital tools that can offer support with key health and wellbeing challenges.

“You all have...there are resources we don't know about...things like English classes, workshops, computer classes... we can learn about these things and take them back with us [to Mexico].”
- Farmworker, St. Helena

“It's not just digital, but numeracy literacy, health literacy, and actual reading and writing. Some can't understand why I'm giving them a medicine to take in their mouth when it's their ear that's hurting.”
– Primary Care Physician, Napa

“You want connections to feel normal but the only trans community I've had is online.”
- Transgender adult, Napa



Education/Digital Inclusion



8.3% of households **do not have** a broadband internet subscription

Source: 2021 American Community Survey



Only **10%** of Spanish-speakers surveyed accessed emergency information through Nixle (see Language Access)

Source: Live Healthy Napa County [Language Inclusion Listening Sessions Summary Report](#)

Compared to **LGBTQ young people** who did not feel safe and understood in any online spaces, those **who felt safe in at least one online space** had:

- ↓ **20%** lower odds of attempting suicide in the past year
- ↓ **15%** lower odds of recent anxiety

Source: The Trevor Project

Group Discussion



As you process and discuss the data in your table groups, consider the following:

What is one quote that stands out to you?

Is there anything that surprises you?

What patterns do you see?

Prioritization Criteria and Voting



Prioritization Criteria

Consider the following criteria when selecting themes:

- ☐ **Magnitude or severity of the problem:** *How many community members does this issue impact? How severe are the outcomes?*
- ☐ **Ability to have an impact:** *What is our community's capacity and willingness to act on this issue? Are there existing prevention activities we can build on? What are our available resources?*
- ☐ **Alignment with existing priorities, including an equity lens:** *Consider your organization's mission and values and our collective commitment to health equity. Does this theme align?*



Voting!

- Each person has three dot stickers. Please place one sticker on each of your top three priority areas.
- Our goal is to identify 3-5 priority areas for the Community Health Assessment.

Voting Results!

Voting Results

Housing
Behavioral Health
Access to Health Services
Racial Equity & LGBTQ Inclusion
Economic Stability



Next Steps



Community partners will take the identified health priority areas and formulate goals, strategies and an action plan related to those issues. The result is a Community Health Improvement Plan, and subsequent Community Health Action Plan. This process requires, and centers, the continued expertise of community members. If you are interested in collaborating, please contact LHNC@countyofnapa.org.

Contact Information



Please reach out with any questions or opportunities for collaboration

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