

## 2018 Napa County Community Health Assessment

Dear Community Partners and Friends,

Welcome to the 2018 Napa County Community Health Assessment. The following pages contain information on the state of local community health as assessed by Napa County Public Health and the Live Healthy Napa County community collaborative in 2018. In 2019, information from this Community Health Assessment (CHA) will be published to guide development of a Community Health Improvement Plan (CHIP), which will establish specific goals for improving the health and wellbeing of all who live and work in Napa County.

### What is Live Healthy Napa County?

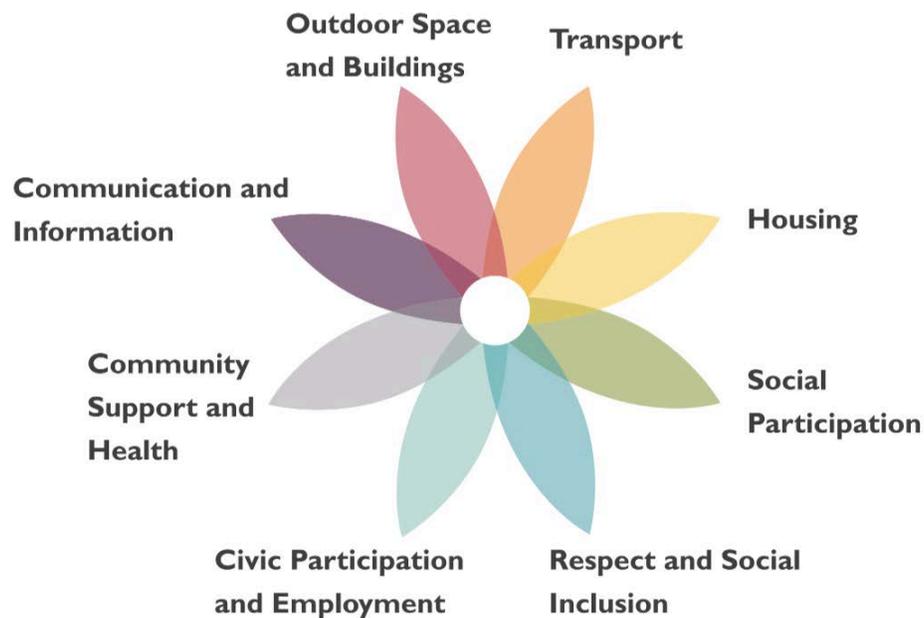
Live Healthy Napa County (LHNC) is a unique public-private partnership focused on realizing a shared vision of a healthier Napa County. LHNC members include representatives from healthcare organizations, non-profit and social services organizations, education, local government, local funders, and the community at large. Napa County Public Health is the backbone organization for LHNC and provides technical and administrative support, including leading the development of the Community Health Assessment.

LHNC was founded in 2012 to shape and support the 2013-2014 Napa County Community Health Assessment and Community Health Improvement Plan. LHNC aims to increase health and quality of life for all individuals, families, and communities in Napa County by moving away from an exclusive focus on physical sickness and disease to one based on prevention and holistic wellness. LHNC partners recognize that only a comprehensive approach that considers the effects of social, environmental, and economic factors on health will create sustainable change.

### Background

Live Healthy Napa County (LHNC) embarked on a strategic planning process in 2017 in preparation for developing a new Community Health Assessment and Community Health Improvement Plan. Since the completion of the first health assessment and improvement plan, LHNC has increasingly focused on addressing social determinants of health and health inequities among Napa County residents. Access to (and quality of) medical care and personal health behaviors, such as alcohol and tobacco use, play a role in determining the length and quality of our life. However, the social determinants of health, including economic, social, physical, and environmental factors, are the *strongest* predictors of morbidity and mortality. The 2017 strategic planning process resulted in the identification of **Food Insecurity, Housing, and Livable Communities** as priority areas for LHNC's future work, as well as areas of focus for the health assessment and improvement plan.

The Livable Communities<sup>1</sup> framework was adapted from the [World Health Organization](#) and [American Association of Retired Persons'](#) *Age-Friendly Communities* models, which outline eight domains of community life affecting health and well-being. The eight domains are considered social determinants of health because they encompass various conditions in the places where people live, learn, work and play that affect their health risks and health outcomes.



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## Methods

The work contributing to the 2018 Napa County Community Health Assessment was broken down into two parts. The primary assessment is built around the **Livable Communities** framework (the previously identified priority area of housing has been folded into this Livable Communities assessment, as it is one of the domain areas), and the second involved a deep dive into conditions contributing to **Food Insecurity** in Napa County. Both parts of this Community Health Assessment involved extensive community stakeholder engagement at each stage of development, with Napa County Public Health providing relevant technical guidance, background information, and frameworks for discussion and members of the LHNC collaborative assessing this information and making key decisions. The Livable Communities framework includes eight domains that group naturally into three sections: the **Social**

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<sup>1</sup> Livable Communities framework, showing eight domains that address social determinants of health. Source: <http://msaphase.org/theme/age-friendly-cities/> Accessed November 26, 2018.

**Environment** (including the domains of *Social Participation, Civic Participation and Employment, and Respect and Social Inclusion*), the **Built Environment** (including *Housing, Transportation, and Outdoor Spaces and Buildings*), and **Community Health Environment** (including *Community and Health Services and Communication and Information*). Specific data sources and the methodology used by the Napa County Public Health team to refine indicators are included within the body of the assessment as well as in a standalone PDF document.

The Livable Communities portion of the Community Health Assessment was launched on May 31, 2018. Forty community stakeholders attended the kickoff meeting and identified **Housing, Transportation, and Respect and Social Inclusion** as the domains needing the most improvement in Napa County. Stakeholders also identified the domains of **Community Support and Health, Outdoor Spaces and Buildings, Communication and Information, and Civic Participation and Employment** as the areas where community assets were greatest. Lastly, meeting attendees developed the following vision for LHNC's Livable Communities work, adapting an AARP statement on community livability to emphasize the importance of equity and inclusion in this work.

*A livable Napa County will be diverse, inclusive, equitable, and safe for community members across cultures and generations. It will have affordable and appropriate housing, multiple transportation options, and supportive community features and services. Once in place, these resources will enhance both personal independence and interdependence, effectively engaging residents in the area's civic, economic, and social life.*

To begin identifying and framing health metrics for the Community Health Assessment, LHNC reconvened on August 3, 2018. Twenty-eight community stakeholders offered input on the state of Napa County's Social Environment, with special focus on Respect and Social Inclusion as an area for improvement. Attendees reviewed data related to the social environment and gave feedback on whether the data was understandable and representative of their/their clients' experiences in Napa County and whether there were additional indicators they would like to see included.

The LHNC collaborative, including 32 community stakeholder representatives, then met for a third time on September 13, 2018. Attendees were presented with Napa County data on the Built Environment domains of housing, transportation, and outdoor spaces and buildings; again providing feedback on the relevancy of the data indicators to their work.

Feedback provided at these meetings was used to finalize data elements for the Community Health Assessment. A final meeting was held with 27 stakeholders on November 9, 2018 to review data on Housing, Transportation, and Respect and Social Inclusion. During the meeting, a modified SWOT (strengths, weaknesses, opportunities and threats) analysis was conducted for each of the domains. A strength identified across all three domains was improved efforts to increase awareness of these issues

as community priorities and involvement of different community groups, working collaboratively together, to address them

For the portion of this assessment that takes a deeper dive into the issue of **Food Insecurity**, LHNC served as the convener for a study examining barriers to accessing the emergency food system (cash aid, bulk food and prepared food) among eligible users and non-users of these programs. Three convenings (each with 30-40 people in attendance) were held with community stakeholders to gather stakeholder and decision-maker input, inform the design of the study, and determine next steps. A detailed description of that process is available [here](#) and at [www.livehealthynapacounty.org](http://www.livehealthynapacounty.org). The Emergency Food System Study also included collection of survey data (n=351) and focus group data (three groups, n=31) from community residents.

The first portion of the Community Health Assessment to be released will focus on the three domains identified as having the most opportunity for improvement, as well as related health outcomes and demographics. Data for the remaining five domains within the Livable Communities framework will be released in the first two months of 2019. The Napa County Emergency Food System study was first released in mid-2018 with its own [executive summary](#) and [report](#), but data from both the study and a food insecurity data dashboard are included as part of this single community health assessment.

## Highlights from the Assessment

### ***Transportation***

*In a livable community, people have access to a variety of convenient and affordable transportation options that reduce traffic congestion and promote health.*

Napa County residents frequently cite traffic density and the perception of increasing traffic volume as priority areas of concern. Daily work commutes are often responsible for the majority of daily traffic in a region, particularly when each vehicle typically carries just one individual. Additionally, active transportation (such as walking or biking) reduces the burden of cardiovascular disease and diabetes and promotes the reduction of traffic congestion, injuries related to vehicle travel, and unhealthy pollution.

Data highlights within the transportation domain include:

- In Napa County, **79% or nearly 4 in 5 people** who commute to work drive alone.
- Less than **1%** of people in Napa County list public transportation as their primary mode of transportation to work.

- In Napa County, only about **2 in 5** of people surveyed stated that they regularly walk for transport, fun or exercise.
- Most cities in Napa County are considered moderately “car dependent” for errands and activities.

While there is much left to be examined behind these figures, they present clear opportunities for improvement and changes that can lead to reduced traffic congestion, lower commuter stress, and a healthier community overall.

## **Housing**

*Where we live matters for our health. Housing affordability, neighborhood conditions, and conditions within the home affect the ability of individuals and families to make healthy choices.*

Napa County’s housing market is competitive. These conditions often force individuals to choose between paying for shelter and paying for healthy food, medicines, or other essential needs. The high cost of housing means residents may elect to live in over-crowded housing conditions, move out of the county, or live in substandard housing conditions. Highlights within the housing domain include:

- In Napa County, **1 in 3** households pay more than a third of their monthly income and **1 in 6** households pays more than half of their income on housing costs.
- **Five percent** of Napa County households are overcrowded and Hispanic households are **4 times** more likely to live in overcrowded conditions compared to non-Hispanic households.
- Nearly **2 in 3** households own their own homes.
- Among all vacant units in Napa County, only **1 in 4** are for sale or rent.

While current housing challenges pose risks to the health and wellbeing of community members, there is also much positive work happening in this area; current work includes new housing development throughout the county and efforts by local organizations to increase funding and policies that support housing that is affordable.

## **Respect and Social Inclusion**

*Diversity, safety, and social cohesion create positive community conditions that support everyone’s health.*

Napa County is home to a diverse and vibrant population. While residents frequently cite a desire for a community that is safe, connected and inclusive across the lifespan, data reveal opportunities that exist in multiple areas of county life to improve social experiences – and by extension, health – for county residents. Highlights within the respect and social inclusion domain include:

- Nearly **45%** of LGBT youth in Napa County report not feeling safe at school.
- More than **3 in 5** adults in Napa County have experienced at least one Adverse Childhood Event ([ACE](#)).
- In Napa County, **17%** of the population is age 65 or older, compared to 10% of the population statewide.
- Napa County has a low violent crime rate (**4.2 crimes per 1,000 people**).
- Having an **inclusive and diverse community was a common theme identified in [community conversations](#)** conducted by the Napa County Library, especially as it relates to Napa County Latino and immigrant populations.

Data tell us that some groups, including seniors and the differently abled, face a higher risk of being isolated and vulnerable. Yet, anyone can experience exclusion and bias. As a community, Napa County will need to determine how we can collectively address intolerance and bias to foster an environment that is safe, compassionate, and inclusive for all.

### ***Health Outcomes***

Data presented within the Livable Communities domains is directly linked to the health of Napa County residents. Domains such as Housing, Transportation, and Respect and Social Inclusion represent the upstream factors that influence the length of life and the quality of life in our community. The health outcomes highlighted in this section are the conditions that we aim to improve by addressing the social determinants of health.

- An estimated **29%** of adults and **17%** of fifth, seventh and ninth graders in Napa County are obese.
- Chronic diseases including cancer, heart disease and stroke, type II diabetes and lung disease are the leading causes of death in Napa County; combined they are responsible for **59%** of all deaths in the county.
- The average life expectancy in Napa County is **81 years**, similar to the statewide average and higher than the national average (79 years).
- Life expectancy varies by neighborhood in Napa County; the neighborhood with the highest life expectancy in the City of Napa (86 years) has a median income of \$106,513 and the neighborhood with the lowest life expectancy (76 years) has a median income of \$61,345.
- Lung cancer, which is primarily caused by exposure to tobacco smoke (85% of cases), is the number one cause of cancer death in the county; it causes **23%** of all cancer deaths, which is 3 times more than the next most common cause.
- Napa County ranks among the lowest in the state for breast cancer mortality, with approximately **18 deaths per 100,000**.

Reducing rates of obesity and chronic diseases is a long-term proposition that requires the coordinated effort of multiple sectors and stakeholders throughout the community.

### **Next Steps**

Thank you for taking the time to review Live Healthy Napa County's 2018 Community Health Assessment. Data collected in this Community Health Assessment will form the basis for the development of LHNC's Community Health Improvement Plan (CHIP).

Community input and support are critical to a successful Community Health Assessment and Improvement Plan cycle and to improving health for all. We welcome your interest, comments, and questions on the material presented in this Community Health Assessment and invite your continued participation. To submit feedback or questions on the assessment or for information on the Community Health Improvement Plan, please visit [www.livehealthynapacounty.org](http://www.livehealthynapacounty.org) or contact LHNC staff by **email** ([LHNC@countyofnapa.org](mailto:LHNC@countyofnapa.org)) or **phone** (707-299-2160).