



COMMUNITY HEALTH ACTION PLAN: Data Themes and Project Prototypes

Updated on 12/29/22

From 2019-2021, Live Healthy Napa County partners conducted ethnographic interviews, learning conversations, and focus groups to gain insight into Napa County community members' sense of Respect and Social Inclusion (RSI). Respect and Social Inclusion is one of 8 domains that make up the Livable Communities framework, pictured below. According to the World Health Organization, a Livable Community is one that is safe and secure, offers choices in where to live and how to get around, and equitably serves residents of all ages, ability levels, incomes, races, ethnicities, and other backgrounds. LHNC decided to focus community data collection around RSI because social inclusion and respect are important predictors of overall health and well-being, as people who are socially included have greater access to economic, social networks and supports. People who are isolated have a 50% greater risk of dying early than those with strong social connections, about the same negative impact on health as smoking 15 cigarettes a day. Social isolation can be twice as deadly as obesity and as big a killer as diabetes. It also increases the risk of dementia by 64 times.

Livable Communities Framework



In 2022, the data themes that emerged were used to collaboratively design and launch the community health projects described below. LHNC partners created 8 prospective projects, and then voted to prioritize four of those ideas, focused on Youth, LGBTQ Safe Spaces, Language Inclusion, and Mental Wellness & Community Resiliency. These projects are based on iterative and consistent community engagement and are designed to be responsive to feedback cycles from the community. This document will be updated frequently to reflect project changes and progress.

Action Plans

YOUTH:

Qualitative data themes

Teens reported feeling there is a lack of activities targeted towards their age group, and that it impacts their mental health. Teens reported boredom and stress as a cause of alcohol, tobacco, marijuana and drug use and emphasized that there are few entertainment options for youth if you have limited finances.

Project- Youth Human Centered Design Sprint

- Youth human centered design sprint- Youth community leaders in American Canyon will utilize human centered design to identify, ideate and prototype an activity/event for youth. Previous ethnography shows that youth are seeking events that are low/no cost, accessible, occurring across the county, and alcohol free. Youth community leaders will convene as a team to plan and co-lead a design forum of their peers. Data from the forum will be collected and analyzed by community leaders to determine the next steps. Youth community leaders will be compensated for their time and expertise.
 - Youth may also explore the development of a social media account that posts about events for youth. Youth would be compensated for posting and designing graphics, planning and design of social media account, and managing the account on a weekly basis.
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LGBTQ SAFE SPACES:

Qualitative data themes

LGBTQ Residents want to know what businesses, medical services and schools are welcoming to their families in Napa County. Only 55% of LGBTQ youth in Napa County report feeling safe in school. LGBTQ residents said they want a more open-minded, accepting, safe, and positive community that celebrates all, where there is no judgment. Many reported feeling “accepted but not included” in Napa.

Project- Increase amount and awareness of LGBTQ safe spaces in Napa County

- Ethnographic interviews were conducted with business and education sectors to determine how these sectors are working to create inclusive, safe spaces for community members. The group began with ‘champion’ businesses, i.e., businesses that are actively committed to be an inclusive space for the LGBTQ community. In the first round of interviews, the group found that these champion businesses visibly displayed their allyship and demonstrated a commitment to inclusion training for staff. They also described the need for intersectionality in their efforts, and a desire to include the Spanish-speaking community.
- Second round of interviews were conducted with healthcare sector staff.
- Data from ethnographic interviews was used to create a prototype called “[Roadmap to Inclusivity](#)”, a document that outlines best practices for creating inclusive spaces.
- 100 Safe Space kits were designed for businesses and dispersed during pride week, 2022.
- “Napa Strong Enough” signs were distributed in October for LGBTQ history month.

- A feedback survey was conducted with participating businesses, which found that more than half of all participants that responded to the survey Fully or Partially implemented all aspects of the Roadmap to Inclusivity recommendations.
- The action planning group used the [CHAP engagement tool](#) and identified youth engagement around LGBTQ safe spaces as a gap.
- Areas for expansion and next steps include:
 - Conduct a mini design sprint with youth to identify how they define LGBTQ safe spaces in Napa County.
 - Update safe space kits based on suggestions from the survey: more materials in Spanish, samples of inclusive hiring forms, samples of employee handbook language, pride flags, more pronoun pins, activity/resource books for clients and visitors, pride month signage
 - Develop a survey about LGBTQ safe spaces for staff who serve youth
 - Update “Roadmap to Inclusivity” doc based on survey and youth feedback



LANGUAGE INCLUSION:

Qualitative data themes

Spanish-speaking families reported concerns about not knowing where to go to receive information about emergencies and available community resources. They also expressed concern about receiving information that was late or inaccurate. Both English-speaking and Spanish-speaking residents in Napa County described a noticeable division between Latine and White communities in Napa County, naming language as a barrier to connection.

Project- Increase engagement with, and access for, Spanish-speaking community members

- Our Spanish-speaking community leaders feel the biggest issue facing their community is information access, so the first design sprint has focused on this topic.
- Community leaders and members of the Public Health Chronic Disease and Health Equity (CDHE) team have completed presentations in Spanish with Parent University, residents of Mayacamas Village and other multi-unit housing complexes across the county. At these presentations, they shared a county-wide Spanish language survey focused on access to services, information, and local government. To date, this team has engaged 61 Spanish-speaking community members through group interviews focused on information and resource access.

- Based on qualitative data from meeting participants, facilitators, interpreters and translators this team developed [Including Community Voices: Meeting Practices to increase participation opportunities for monolingual Spanish-speaking community members](#), a “best practices for language inclusion document.
- Through grant funding, Spanish-speaking community leaders have been compensated for their time.
- This group is putting together a report based on data collected during presentations and through the survey to share with LHNC and other interested county and community partners.

¡Ahora, nos gustaría hacer otro proyecto de diseño con ustedes! Nos interesa conocer su opinión

- ¿De dónde obtienen la información?
- ¿Sienten que siempre tienen acceso a la información que necesitan?
- ¿Qué información y/o recursos les gustaría tener, pero no están recibiendo en este momento?



MENTAL WELLNESS & COMMUNITY RESILIENCY:

Qualitative data themes

Community members felt that, while anxiety and depression were becoming more normalized, there is still a stigma around accessing mental wellness support for the entire spectrum of mental health needs. People felt that there were resources for acute mental health issues, but perceived their own mental health needs as small or inconsequential in comparison to others. Mental Health professionals felt that great work is being done in Napa County, but the work is still happening in siloes with few opportunities for collaboration.

Project- Reduce barriers and stigma surrounding accessing mental wellness resources in Napa County.

- The action planning group convened the Napa County mental wellness kit makers to collect kit data, leverage knowledge, resources, distribution expertise, and build capacity.
- The group provided information and feedback to Mentis’ existing resource list (<https://mentisnapa.org/resources/>). We are aiming for bilingual, culturally appropriate resources that address the full spectrum of mental wellness, and we will include information about kits available across the county.
- Current work is focused on amplifying the re-launch of Mentis’ bilingual resource database. The group is prototyping a bilingual flyer for distribution and will work to identify organizations/individuals to educate about the database (creating more opportunities for “warm handoffs”), and will use data from the Language inclusion group to refine the flyer distribution process.

