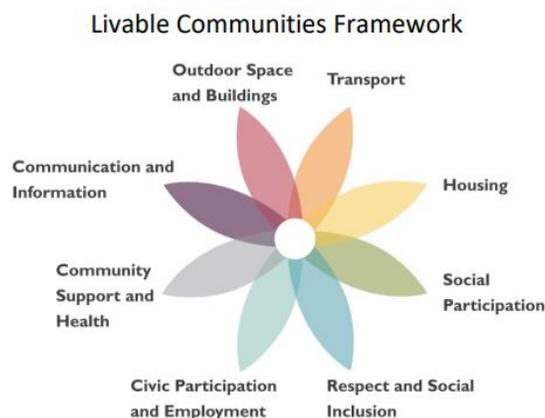




COMMUNITY HEALTH ACTION PLAN: Data Themes and Project Prototypes

Updated as of 3/22/22

From 2019-2021, Live Healthy Napa County partners conducted empathic 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. 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 per cent 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.



The data themes that emerged were used to collaboratively design the community health projects described below.

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 Activity Calendar and Youth Event Design Forum, a two-part project

- Social media account: youth to design and upload information about activities/events that are low/no cost, accessible, occurring across the county, and alcohol free. Youth will be compensated for posting and designing graphics, planning and design of social media account, and managing account on a weekly basis.
- Youth led event design forum: convene all the teen groups that LHNC has previously engaged to design a youth event that is responsive to their feedback. The event timeline and agenda will be co-created with youth to ensure it is accessible, attractive, and engaging for participants. The goal of the event is to capture data based on the experience of youth in Napa County and compile this information into recommendations for the community. All youth attendees will be compensated for their time and expertise.

LGBTQ COMMUNITY:

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

- Empathic interviews are being conducted with business and education sectors to determine how these sectors are working to create inclusive, safe spaces for community members. Group began with ‘champion’ businesses, i.e., businesses that are actively committed to be an inclusive space for the LGBTQ community. In first round of interviews, we 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.

- The next round of interviews will be with the healthcare sector, as well as businesses that may be less likely, or unsure about how to create safe spaces.
 - Data from empathic interviews has been used to create a prototype called “Road to Inclusivity”, a document that outlines best practices for creating inclusive spaces.
 - The Action team is designing Safe Space kits for businesses and will disperse during pride week.
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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

- 2-3 design sprints with Spanish-speaking community associations. First will be with Parent University, at Snow Elementary. Our Spanish-speaking team members feel the biggest issue facing their community is information access, so this first design sprint will be asking questions about that topic to gain more understanding.
 - This team has created a county wide Spanish language survey focused on access to services, information, and local government. LHNC will work to disseminate the survey as a collective.
 - This team has created a “best practices for language inclusion” document, based on their learning throughout the human-centered design school process.
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MENTAL WELLNESS AND COMMUNITY RESILIENCY:

Qualitative data themes

People 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.

- Create a Community Mental Wellness Campaign to decrease stigma around seeking mental wellness support. Convene cross-sector organizations with current mental health campaigns (or interest in mental health campaigns) to leverage knowledge, resources, and collaborate on a shared campaign.
- Create a resource list that supports mental wellness and community resilience, building from Mentis' existing resource list (<https://mentisnapa.org/resources/>). We are aiming for bilingual, culturally appropriate resources that address full spectrum of mental wellness, and we will include information about kits available across the county.
- The Action team has recently convened Napa County Kit Makers to collect kit data, leverage knowledge, resources, distribution expertise, and build capacity.