

Napa County Community Health Improvement Plan

Introduction

Four priority areas were identified by Live Healthy Napa County (LHNC) partners through the 2018 [Community Health Assessment](#) process, facilitated by Napa County Public Health. These areas also align with several of the priorities identified by community members during the County of Napa's Strategic Planning process.

- Respect and social inclusion
- Food Insecurity
- Housing
- Transportation

The purpose of a Community Health Improvement Plan (CHIP) is to outline a long-term, systematic effort to improve the health of a community. In Napa County, we will strive to have CHIP strategies and proposed solutions be community-driven and designed with Napa County Public Health staff as support and LHNC partners providing direction and leadership. While there are multiple goals and objectives within each of the identified priority areas, in order for the process to be community driven, we will focus our efforts on a smaller number of strategies and activities in order to maintain capacity to do the work.

Each of the four priority areas within the CHIP has or will have goals, objectives, and strategies. Goals are broad measures that are tied to long-term outcomes and reflect changes in population health or community conditions. Objectives are mid-range outcomes and processes that will help achieve the goals. In addition to reflecting meaningful change within the priority areas, the goals and objectives were selected based on the availability of population level data that can be used to measure change over time. Strategies encompass the different specific activities undertaken by partners and community members and will have short-term measurable outcomes.

Since the completion of the first health assessment and improvement plan in 2013/2014, 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. For this reason, strategies in the 2019 CHIP focus on the social determinants of health in order to achieve a longer-term impact on health outcomes.

CHIP Priority Area #1: Respect and Social Inclusion

Social inclusion means that people:

- Experience a sense of belonging
- Are accepted (for who they are) within their communities
- Have valued roles in the community
- Are actively participating in the community
- Are involved in activities based on their personal preferences
- Have social relationships with others whom they chose and share common interests
- Have friends
- Are civically engaged*

*Civic engagement means working to make a difference in the civic life of our communities and developing the combination of knowledge, skills, values and motivation to make that difference. It means promoting the quality of life in a community, through both political and non-political processes.

Having strong social connections benefits both physical and mental health across the life course. Research increasingly suggests that quality social relationships protect people against chronic diseases as they age and may increase longevity. The harmful effects of social isolation among older adults have been estimated to exceed those of diabetes, a well-known risk factor for other chronic diseases. In contrast, societies that are more socially cohesive are typically healthier and have lower mortality rates than those that are less so.^{1,2} Experiencing discrimination based on age, race, sexual orientation or other attributes decreases feelings of safety and increases stress and the risk for poor health outcomes among affected groups.^{3,4} These differences in health, which are unjust and avoidable, are known as health inequities.

In addition to being identified as a priority in the Community Health Assessment, themes related to respect and social inclusion were also identified by community members in the [Napa County Strategic Planning process](#). Through a variety of public input sessions, Napa County residents collectively expressed that they have the following vision for the future of Napa County: *Napa County is inclusive of its diverse, growing populations and provides opportunities to build community and for everyone to feel safe*. The table below identifies specific issues related to respect and social inclusion that were raised in strategic plan input meetings.

¹ Umberson, D., & Karas Montez, J. (2010). [Social relationships and health: A flashpoint for health policy](#). *Journal of Health and Social Behavior*, 51(1_suppl), S54-S66

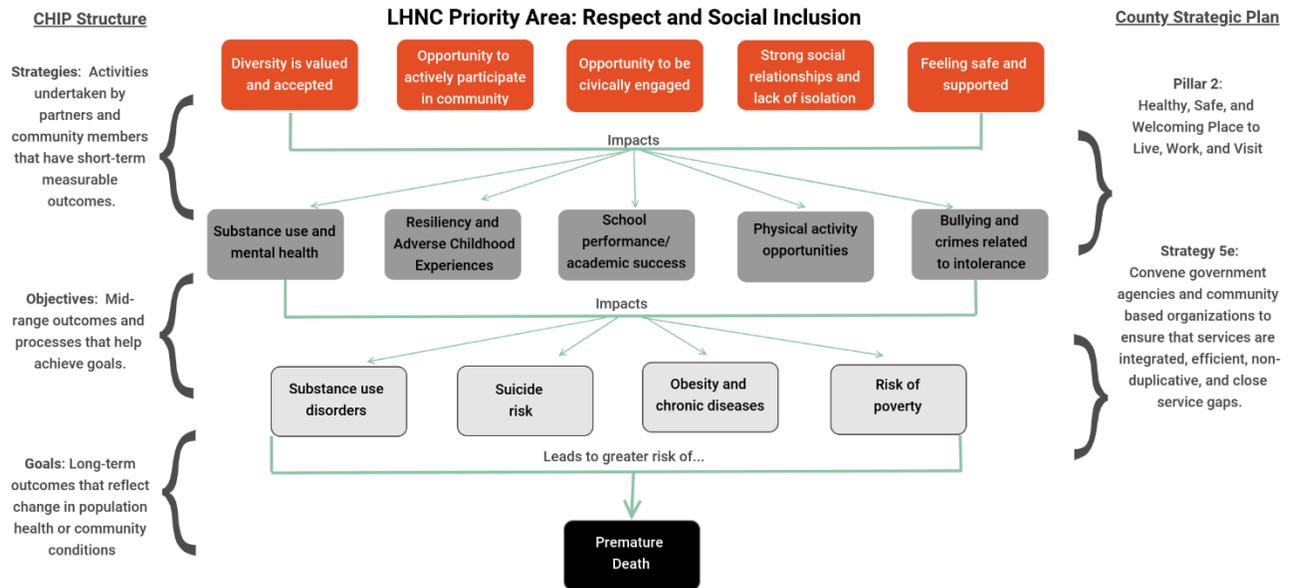
² Yang, Y. C., Boen, C., Gerken, K., Li, T., Schorpp, K., & Harris, K. M. (2016). [Social relationships and physiological determinants of longevity across the human life span](#). *Proceedings of the National Academy of Sciences*, 113(3), 578-583.

³ Ranji U, Beamesderfer A, Kates J, Salganicoff A. (2014). Health and access to care and coverage for lesbian, gay, bisexual, and transgender individuals in the U.S. Menlo Park, CA: Kaiser Family Foundation.

⁴ Paradies, Y., Ben, J., Denson, N., Elias, A., Priest, N., Pieterse, A., Gupta, A., Kelaher, M., & Gee, G. (2015) [Racism as a Determinant of Health: A Systematic Review and Meta-Analysis](#). *PLoS One*, 10(9): e0138511.

Area of Opportunity identified by LHNC	Major Issues Identified in County Strategic Plan
Respect & Social Inclusion	<ul style="list-style-type: none"> • Need to improve senior services (mentions isolation) • Children and teens lack out-of-school and afterschool activities (mentions isolation) • Lack of safe spaces to build community and be active for all ages • Lack of events and activities to build community in Napa County • Community members wish to see more equitable treatment and inclusivity

The figure below provides examples of short, medium and long-term impacts of respect and social inclusion on health outcomes and also shows how these align with the CHIP and County Strategic Plan.



Respect and Social Inclusion Goals, Objectives and Strategies:

Goals:

- By 2029, decrease premature mortality from ischemic heart disease by 20% (from 548 Years of Life Lost (YLL) in 2015-2017 to 438 YLL in 2025-2027). Source: Napa County Public Health, Vital Statistics
- By 2029, decrease premature mortality resulting from substance use disorders by 20% (from 568 Years of Life Lost (YLL) in 2015-2017 to 454 YLL in 2025-2027). Source: Napa County Public Health, Vital Statistics
- By 2029, decrease the rate of mental health diagnoses among pregnant women from 76/1000 to 61/1,000.

OR

- By 2029, decrease the percent of adults reporting frequent mental distress (14 or more days per month) from 10% to 8%. Source: County Health Rankings
- By 2029, decrease the age-adjusted death rate from suicide from 13/100,000 (2015-2017) to 10/100,000. Source: Napa County Public Health, Vital Statistics
- By 2029, increase reading proficiency among 4th graders from 43% (2017-2018) to 52%. Source: California Department of Education
- By 2029, increase the proportion of students who are College/Career prepared from
 - 43% (2018) to 52% at NVUSD
 - 55% to 66% at CJUSD
 - 71% to 85% at SHUSDSource: California Department of Education

Objectives:

- By 2024, increase the rate of social associations from 7.5/100,000 to 8.3/100,000 (10% increase). Source: County Health Rankings
- By 2024, increase the percentage of older adults who report seeing friends and family either daily or weekly from 77% to 85%. Source: *HAPI survey*
- By 2024, increase the percent of LGBTQ students who report feeling safe at school from 55% (2017) to 61%. (10% increase) Source: California Healthy Kids Survey

- By 2024, increase the percent of older adults (age 65+) who walk regularly from 31% (2015-2017) to 34%.⁵ Source: California Health Interview Survey
- By 2024, decrease substantiated cases of child abuse and neglect from 9.1/1000 (2016-2018) to 8.2/1,000 (2021-2023). (10% decrease) Source: California Child Welfare Indicators Project
- By 2024, decrease cases of elder abuse from x to y. (10% decrease)

Strategies⁶:

- Increase community engagement and inclusion through activities that are jointly designed with and led by community members.
LHNC partners voted to prioritize outreach to four groups in the community – 1) mixed status immigrant households, 2) people living in poverty, 3) LGBTQ community, and 4) people with physical and mental health disabilities. Specific topics or projects that LHNC partners are already planning for or engaged with include:
 - Civic engagement training
 - Census 2020 outreach
 - Voter registration and participation
 - Youth career pipeline project
 - Promoting LGBTQ inclusion
- Partner with HAPI and the Commission on Aging to hold an Ageism summit in order to raise awareness about the impact of ageism and develop strategies to counter ageism in our community.
- Partner with Resilient Napa and Child Abuse Prevention Council to continue to expand awareness and resources related to Adverse Childhood/Community Events (ACEs) and Resilience.
- Partner with Napa Opioid Safety Coalition and Tobacco Free Napa to raise awareness and reduce stigma around substance use disorders.

⁵ Rationale: Ageism is internalized by older adults; viewing aging in more positive terms is associated with higher levels of preventive health behaviors in older adults. Levy, B.R. & Myers, L.M. (2004). [Preventative health behaviors influenced by self-perceptions of aging](#). *Prev. Med.*; 39(3): 625-9.

⁶ Strategies may shift or evolve as community members become more engaged with this work.

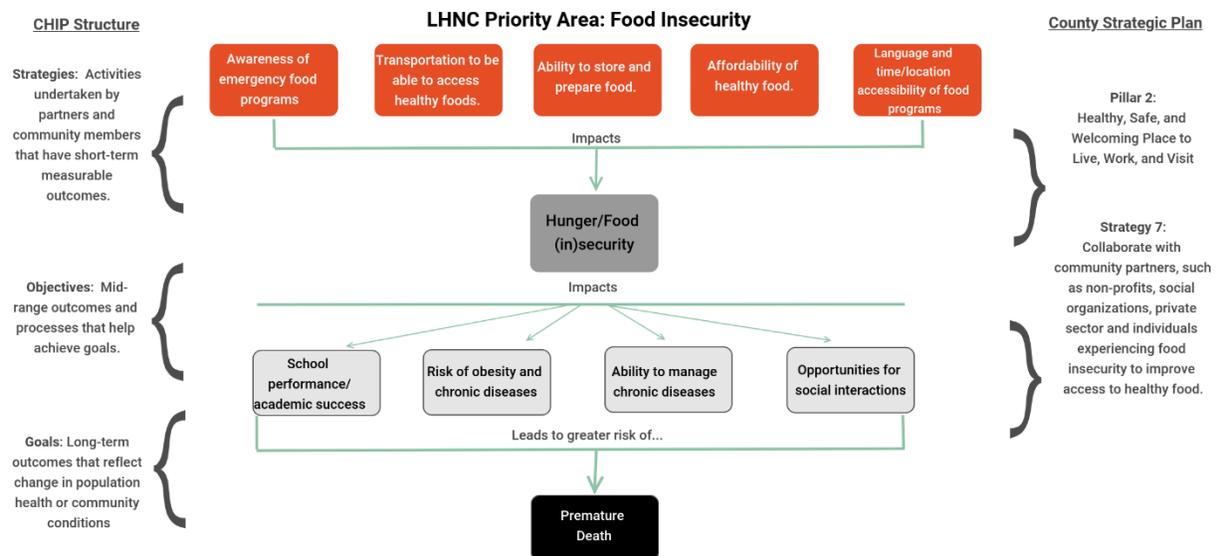
- Partner with Parks and Recreation Departments to make access to classes economically viable for those who want to participate and to increase access to parks and open spaces.
- Work with organizations to complete a policy scan to determine if organizational policies/practices create barriers for certain groups of people.
- Partner with Suicide Prevention Coalition, Rainbow Action Network and others to reduce stigma and provide supports that decrease risk of suicide.

Strategy metrics:

- Ageism summit attendance and resulting strategies
- Community member engagement in strategies to address ageism
- Spanish-speaking and immigrant engagement in census outreach, food insecurity, and other projects.
- New multilingual, multimedia communication projects addressing SDoH-related issues.
- Local or organizational policies/ordinances that support a safe and inclusive community.
 - Human Rights Commission
 - Non-discrimination ordinance enforcement
 - Smoke-free housing
- Community engagement around opioid use disorder.

CHIP Priority Area #2: Food Insecurity

Being food insecure means being without reliable access to affordable, nutritious foods, with or without reduced food intake. Access and ability to utilize healthy, nutritious food is a social determinant of health, with food insecurity being linked to obesity, type 2 diabetes, cardiovascular disease and a host of other health conditions. Approximately one in 10 people in Napa County struggles with hunger; among children, the prevalence of food insecurity is even higher and affects one in five children. Ending food insecurity in Napa County will require significant community engagement and sustained commitment by a diverse array of stakeholder groups working in partnership to achieve collective impact.



Food Insecurity Goals, Objectives and Strategies:

Goals:

- By 2029, reduce the percentage of adults who are obese from 29% to 23%. Source: CHIS, 3 year pooled
- By 2029, reduce the percentage of students with an unhealthy body composition from 17% to 14%. Source CDE
- By 2029, decrease premature mortality from ischemic heart disease by 20% (from 548 Years of Life Lost (YLL) in 2015-2017 to 438 YLL in 2025-2027). Source: Napa County Public Health, Vital Statistics

Objectives:

- By 2024, reduce the food insecure population from 11% to 8%. Source: SNAP
- By 2024, reduce the food insecurity rate among children from 19% to 15%. Source: SNAP
- By 2024, increase the percentage of adults who always have access to fresh fruits and vegetables from 84% to 88%. Source: Let's Get Healthy CA indicator
- By 2024 reduce the percentage of adults reporting fair or poor health from 14% to 12%. Source: County Health Rankings
- By 2024, increase the percent of children (age 2-11) consuming 5+ serving of fruits and vegetables in last day from 34% to 37%. Source: CHIS 2011-2016

Strategies:

- Develop easily accessible, multi-lingual, multi-media regular communication about available emergency food assistance programs and services, eligibility criteria and location-date-time information.
- Develop a human-centered story-telling campaign designed to decrease the stigma of food insecurity and serve as a platform for potential donors to experience empathy for fellow residents who are experiencing food insecurity.
- Expand food access locations and minimize transportation barriers by leveraging existing place-based service locations and operations to include food distribution within the scope of services offered.
- Large economic anchor institutions in the community (such as healthcare, education and government institutions) should include supporting access to healthy food for all residents as an essential part of future policy and planning activities.

For Strategies Measure:

- Development of communication strategy and tools.
- Spanish-speaking and immigrant engagement in food security projects.
- Number of new pantries open at school sites.
- Utilization of the emergency food system.
- New produce tried by households accessing food pantry sites.
- Policy change within organizations.

CHIP Priority Area #3: Housing

Housing Goals, Objectives and Strategies:

Goals:

- By 2029, the percent of renters who are housing cost burdened will decrease from 50% to 40%.
Source: American Community Survey.
- By 2029, reduce the food insecure population from 11% to 8% (20% change). Source: SNAP
- By 2029, reduce the food insecurity rate among children from 19% to 15% (20% change).
Source: SNAP
- By 2029, decrease overcrowding by 20% or more in the most impacted Census tracts (7 Census Tracts in the County have overcrowding occurring in 10% or more of the households). Source: American Community Survey.
- By 2029, reduce years of potential life lost in Napa County from 4,383/100,000 (2014-2016) to 3,506/100,000 (2024-2026). Source: County Health Rankings

Objectives:

- By 2024, increase the availability of supportive housing units from x to y (or by xx%).
- By 2024, reduce the homelessness rate from 22.8/10,000 to 20.5/10,000. (10% decrease)
Source: National Alliance to End Homelessness (uses PIT count data)
- By 2024, reduce self-reported fair or poor health among Napa County adults from 14% (2016) to 12%. Source: County Health Rankings
- By 2024, increase the rate of social associations from 7.5/100,000 to 8.3/100,000 (10% increase). Source: County Health Rankings

CHIP Priority Area #4: Transportation

Transportation Goals, Objectives and Strategies:

Goals:

- By 2029, reduce the rate of annual severe and fatal road injuries from 69/100,000 (2015-2017) to 55/100,000. Source: FARS and SWITRS
- By 2029, reduce the percentage of adults who are obese from 29% to 23%. (20% change). Source: CHIS, 3 year pooled
- By 2029, decrease premature mortality from unintentional injuries by 20% (from 515 Years of Life Lost (YLL) in 2015-2017 to 412 YLL in 2025-2027). Source: Napa County Public Health, Vital Statistics.
- By 2029, reduce the percentage of students with an unhealthy body composition from 17% to 14% (20% change). Source CDE
- By 2029, decrease premature mortality from ischemic heart disease by 20% (from 548 Years of Life Lost (YLL) in 2015-2017 to 438 YLL in 2025-2027). Source: Napa County Public Health, Vital Statistics

Objectives:

- By 2024, increase the percent of Napa County residents who regularly walk for transportation, fun or exercise from 39% to 43%.
- By 2024, reduce the percentage of people driving alone to work from 79% to 71%.
- By 2024, increase the percentage of 5th, 7th and 9th grade students meeting fitness standards for aerobic capacity from 65% (2017) to 72%. Source: California Department of Education.
- By 2024, reduce self-reported fair or poor health among Napa County adults from 14% (2016) to 12%. Source: County Health Rankings

Live Healthy Napa County – Respect & Social Inclusion

Overarching outcome: Increase the perception that Napa County is a healthy, safe, and welcoming place to live, work and visit.

Inputs

- **Existing Community Assets:** Many identified community [assets](#) (Individuals, Associations, Institutions, Physical, Exchange, Culture); dedicated staff; strong history of collaboration; Community Health Assessment, respect and social inclusion is a priority among leadership.
- **External Support and Technical Assistance:** Workshops and TA provided by Public Health Institute through CACHI grant
- **Related Initiatives:** Healthy Aging Population Initiative, Community Leaders Coalition, Calistoga Community Schools Initiative, Resilient Napa, Child Abuse Prevention Council, Suicide Prevention Committee, Napa Opioid Safety Coalition, Tobacco Free Napa, Rainbow Action Network
- **Collaborative Partners:** On the Move, First 5, CHI, UpValley Family Centers, Cope Family Center, LGBTQ Connection, Parents Can, Partnership Health Plan, Queen of the Valley Community Outreach, St. Helena Hospital, Ole Health, Kaiser, NCOE, NVUSD, Health and Human Services Agency Divisions, other local government and community partners.

Outputs/ Activities

- Increase community engagement and inclusion through activities that are jointly designed with and led by community members.
- Partner with HAPI and Commission on Aging to hold an Ageism summit to raise awareness and develop strategies to counter the impact of ageism.
- LHNC partners work with Resilient Napa and CAPC to continue to expand awareness and resources related to Adverse Childhood/Community Events (ACEs) and Resilience.
- LHNC partners work with Napa Opioid Safety Coalition and Tobacco Free Napa to create healthy environments for families, reduce stigma, and prevent substance use disorders.
- Work with transportation, parks, and city partners to increase access to parks, open spaces, and opportunities for recreation.
- Work with organizations to complete a policy scan to determine if policies and practices create barriers for certain groups of people.
- Partner with Suicide Prevention Coalition, Rainbow Action Network and others to reduce stigma and provide supports that decrease risk of suicide.

Short-term

For activities measure:

- Ageism summit attendance and resulting strategies
- Community member engagement in strategies and activities
- New multilingual, multimedia communication projects addressing SDoH-related issues.
- Local or organizational policies/ordinances that support a safe and inclusive community.
 - Human Rights Commission formation
 - Non-discrimination ordinance enforcement
 - Smoke-free housing polices
 - Addition of health element to general plans
- Implementation of SB1000
- designation as a “Livable Community”
- Preschools implement “welcoming schools” model

Intermediate

- Increase rate of social associations.
- Increase percentage of older adults who report seeing friends and family daily or weekly.
- Increase percent of LGBTQ students who report feeling safe at school.
- Increase the percent of older adults who walk regularly.
- Decrease cases of substantiated child and elder abuse.

Long-term

- Decrease premature mortality from ischemic heart disease and substance use disorders.
- Decrease the suicide rate.
- Decrease the percent of adults reporting frequent mental distress.
- Increase the proportion of students who are college/career ready.
- Increase reading proficiency among 4th grade students.