Live Healthy Napa County

Vive Saludable Condado de Napa

Livable Communities Convening
May 31, 2018

Welcome and Introductions

Please tell us your name and who you are representing (organization, Community member, etc)

Agenda

I. Welcome

II. Background and framing

III. Livable Communities Overview

IV. Break

V. Livable Communities Visioning Activity

VI. Dotmocracy Activity

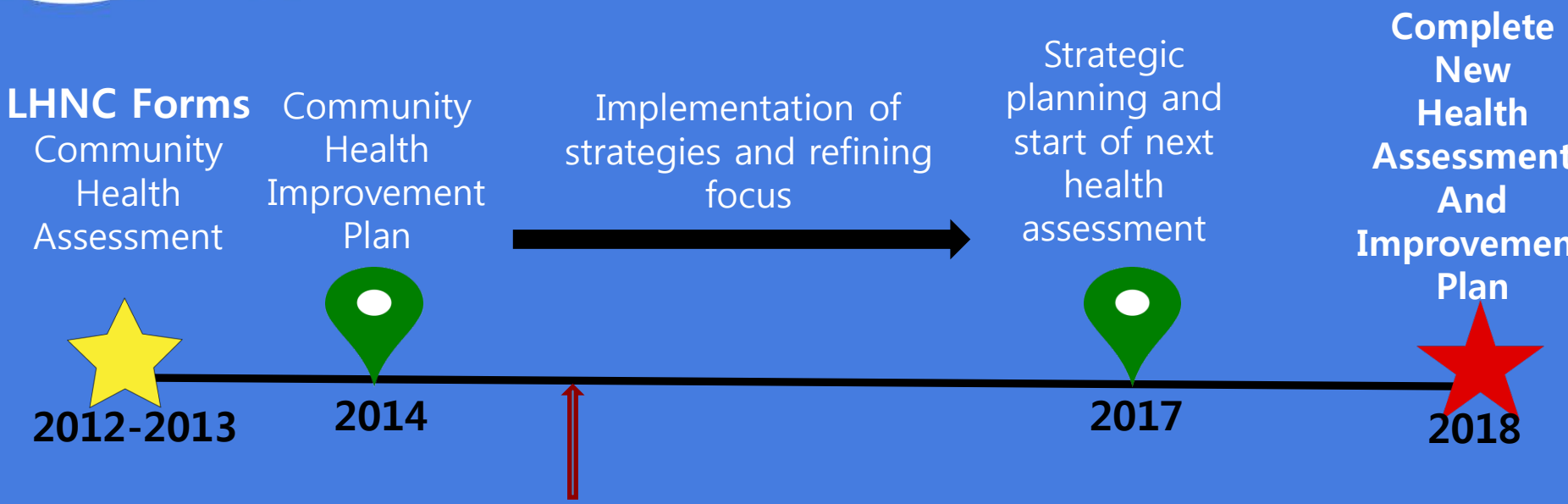
VII. Closing

Background and Framing

- Why Livable Communities?

  -Jennifer Henn, PhD, Public Health Manager

Live Healthy Napa County



Live Healthy Napa County

LHNC is a community collaborative that brings together partners from different sectors to:

Improve the health and wellbeing of everyone in Napa County by:

- **Addressing the social determinants of health**
- **Increasing health equity**

Socio-economic, Cultural, Political Conditions

Living and Working Conditions

Education

Housing

Job Conditions

Health Care Services

Social and Community Networks

Individual Lifestyle Factors

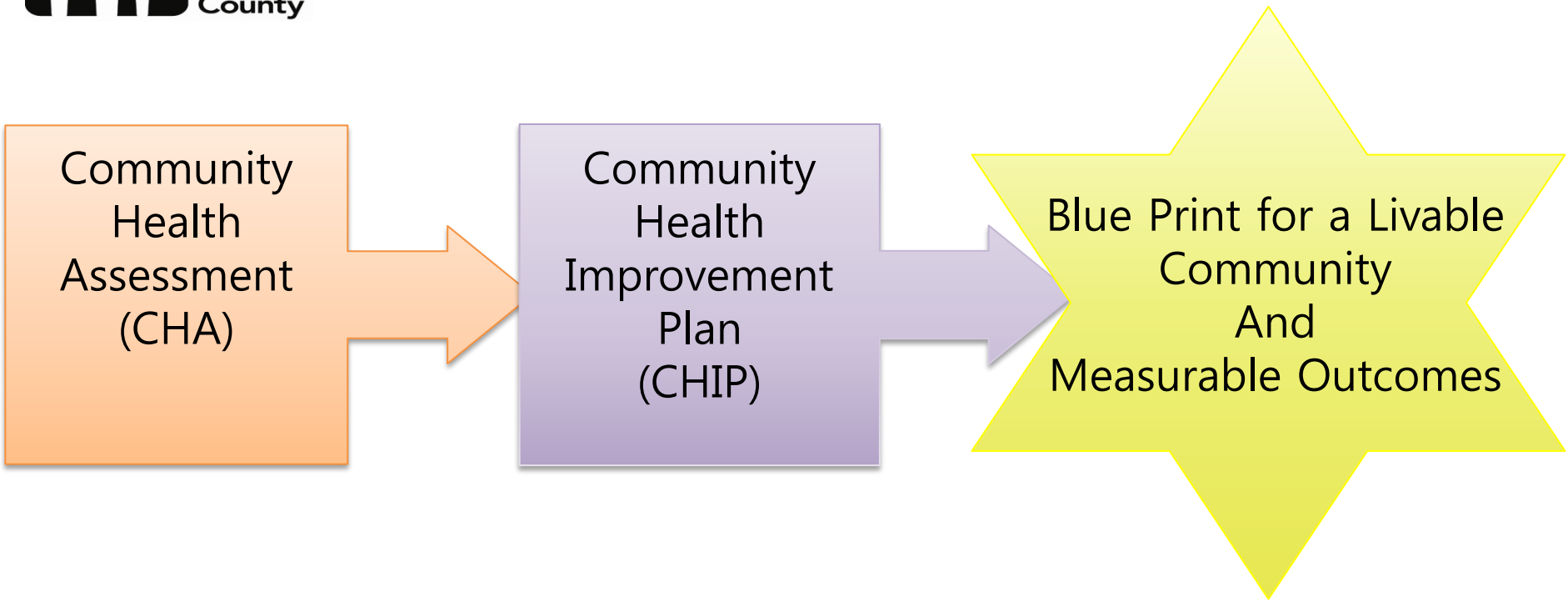
Age,
Hereditary Factors

LHNC Priority Areas

Why is LHNC talking about Livable Communities?

- **Social determinants of health/Upstream**
- **Intergenerational impact**
- **Urgent and can be leveraged**

Live Healthy Napa County



Existing Resources

AARP Livability Index

Napa, CA

Napa County

What is Livability?

Livable communities have diverse features that satisfy the needs of people of all ages, incomes and abilities. Learn more about AARP's Livability Index at **www.aarp.org/livabilityindex**.

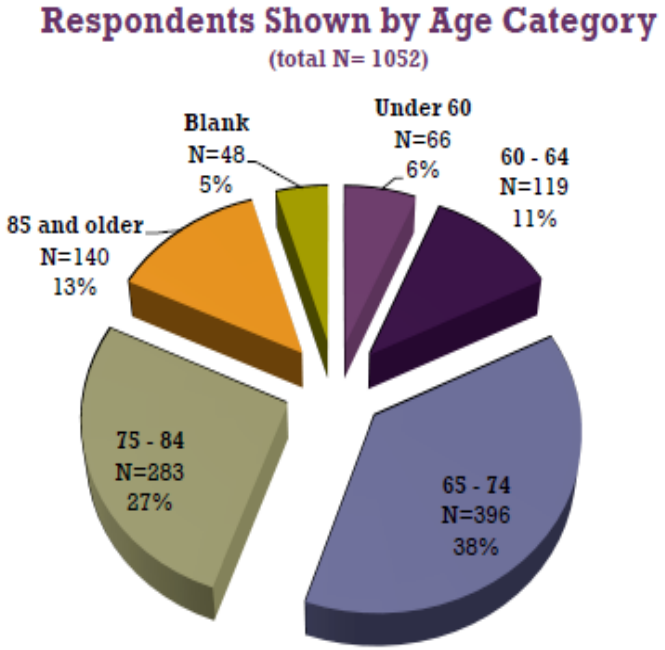
Top Third
67 - 100+

This community does not score above average in any of the seven Livability categories.

Middle Third
34 - 66

65	HEALTH	PREVENTION, ACCESS, AND QUALITY
60	NEIGHBORHOOD	ACCESS TO LIFE, WORK, AND PLAY
59	OPPORTUNITY	INCLUSION AND POSSIBILITIES
50	TRANSPORTATION	SAFE AND CONVENIENT OPTIONS

Healthy Aging Population Initiative (HAPi) – 2015 Survey



HAPi Healthy Aging Population Initiative

Goals for the Assessment

The Livable Communities Assessment will:

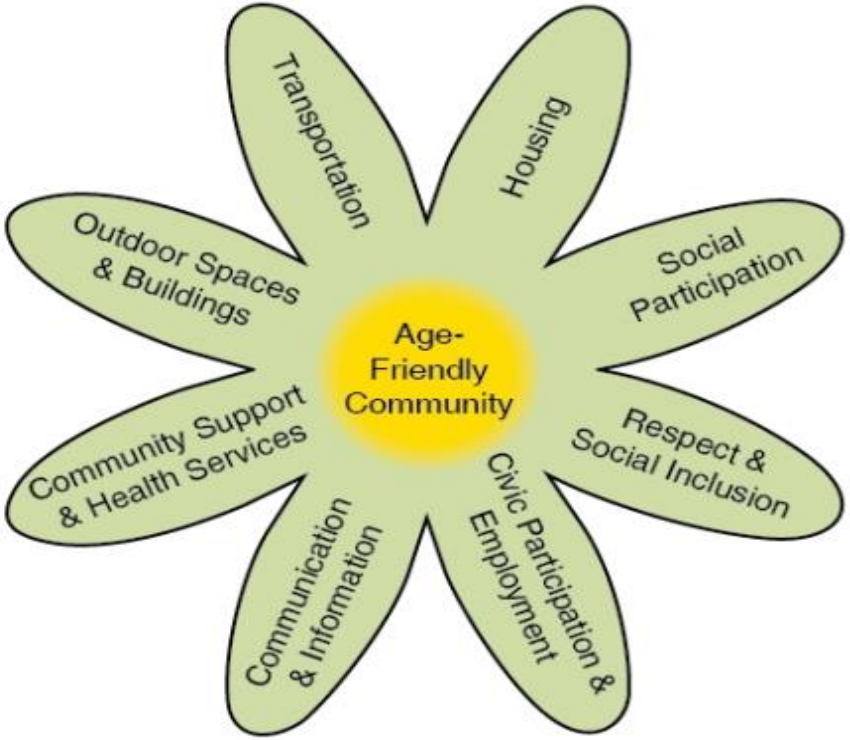
- Provide data that can be utilized by a variety of groups to set priorities toward creating a more livable community
- Identify metrics that allow us to evaluate our progress over time
- Identify opportunities for targeted collaboration

Livable Communities

Kris Brown

Celine Regalia

8 Domains of Livability



WHO Age-Friendly Themes

8 Domains of Livability

Source: AARP
www.aarp.org

- **1. Outdoor Spaces and Buildings**
  People need public places to gather — indoors and out. Green spaces, safe streets, sidewalks, outdoor seating and accessible buildings (think elevators, stairs with railings, etc.) can be used and enjoyed by people of all ages.

- **2. Transportation**
  Driving shouldn't be the only way to get around. Public transit options can be as expansive and as infrastructure dependent as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.

- **3. Housing**
  Most people want to remain in their own home and community as they age. Doing so *is* possible if housing is designed or modified for aging in place and a community has affordable housing options for varying life stages.

- **4. Social Participation**
  Regardless of a person's age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combatted by the availability of accessible, affordable and fun social activities.

- **5. Respect and Social Inclusion**
  Everyone wants to feel valued. Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.

- **6. Work & Civic Engagement**
  Why does work need to be an all or nothing experience? An age-friendly community provides ways older people can (if they choose) continue to work for pay, volunteer their skills and be actively engaged in community life.

- **7. Communication and Information**

  Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.

8. Community and Health Services

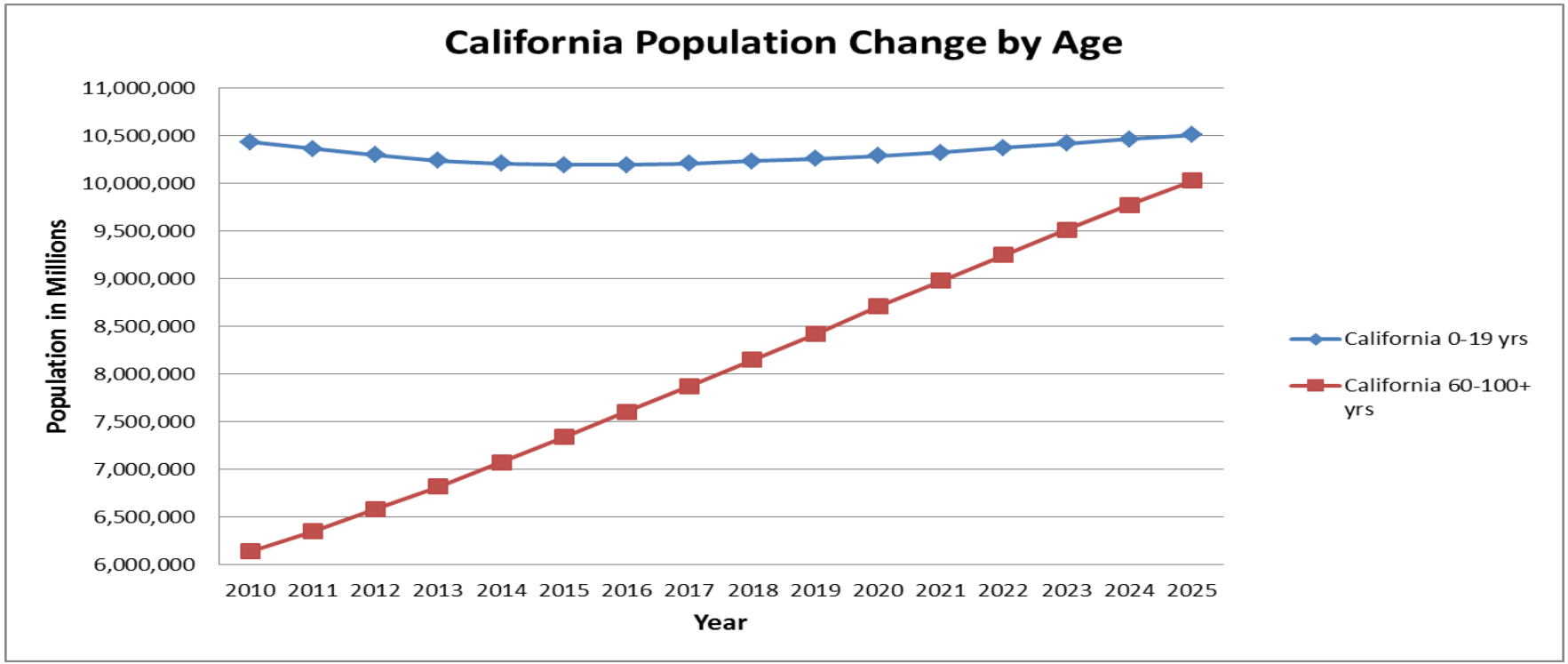
At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.

Napa County Growing Older

- Total population of Napa County is 142,456
- 23,933 people are over 65
- Approximately **16.8%** of the county's population is over 65 years of age, an increase of 1.7% since 2010
- Napa County's median age is 39.7 in 2010; 4 years higher than the California state median and the third highest in the Bay Area

US Census, Quick Facts, 2015

Projected Demographic Shift by 2025 (California)



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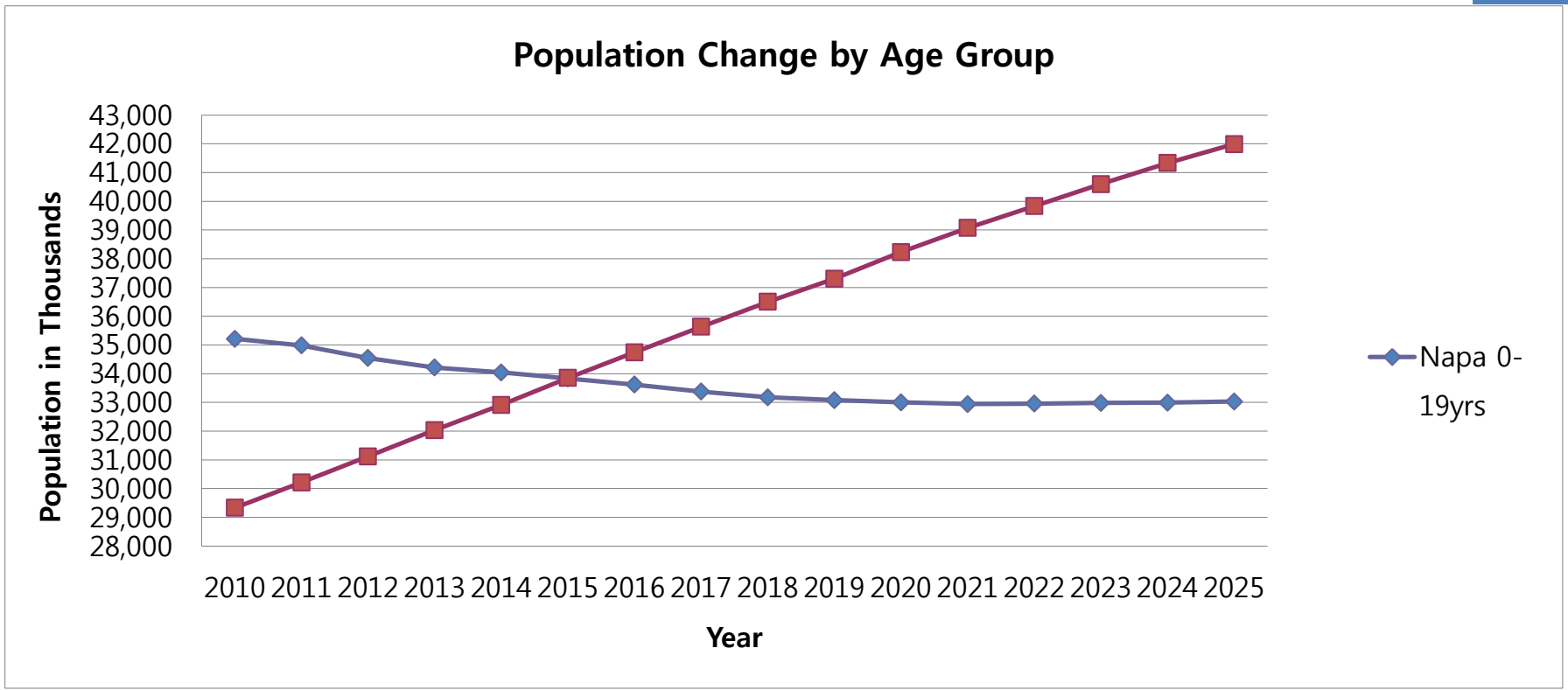
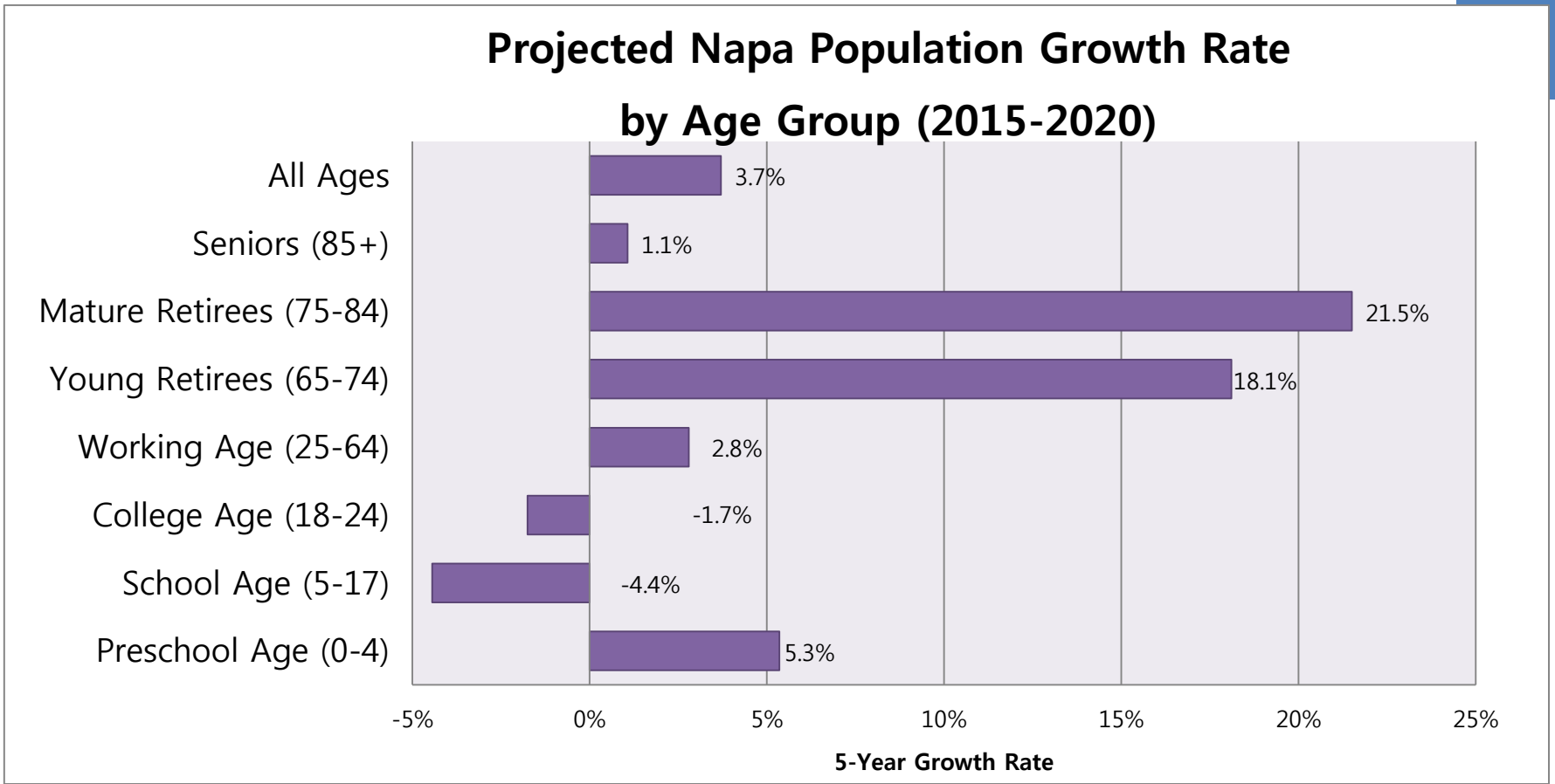
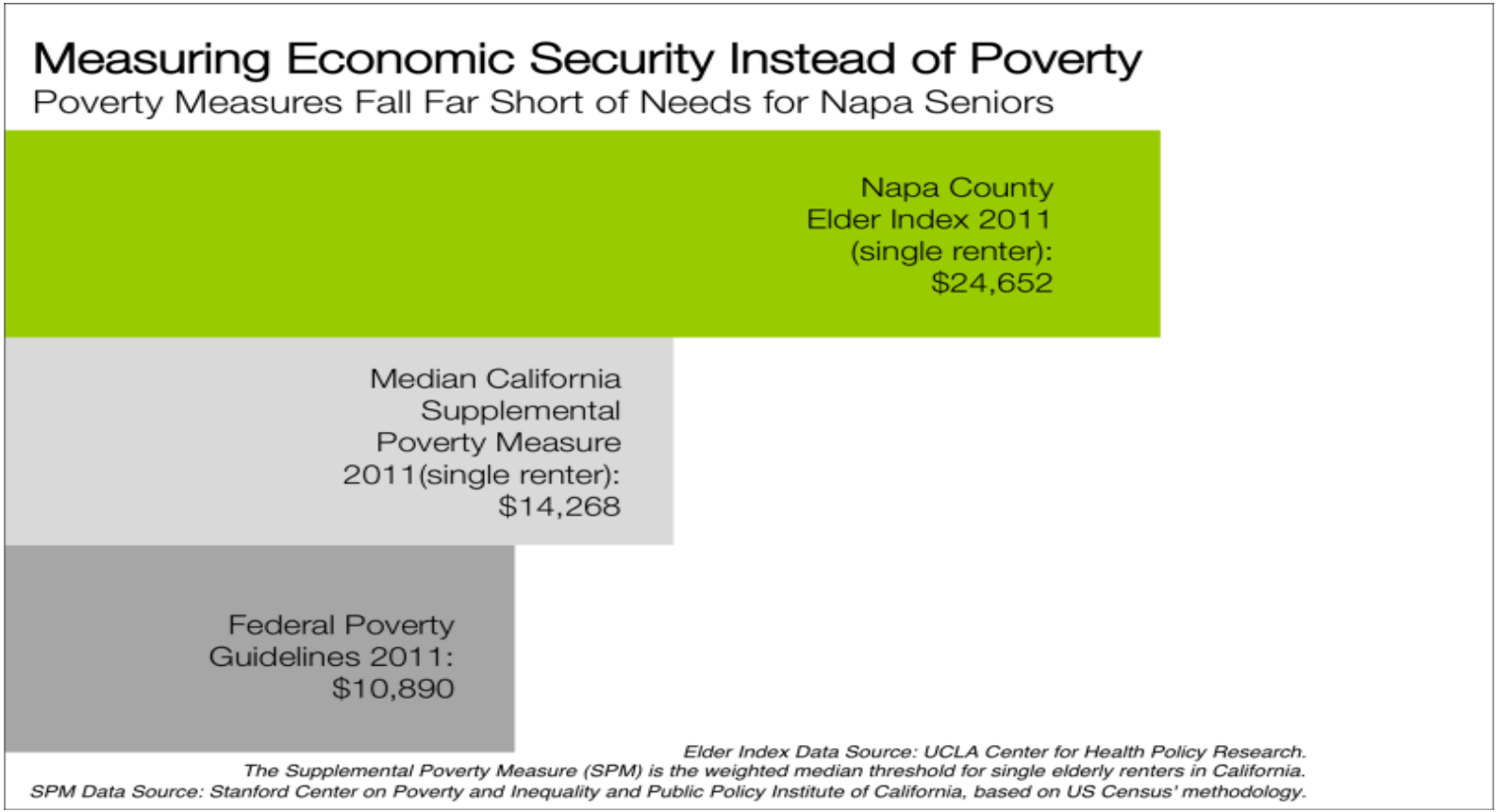


Rapid Increase in Napa Older Adult Population



Economic (In)Security Impacts Livability



Cost of Living in Napa

Elder Index: Basic Expenses

Single Renter Living Alone | Napa

The California Elder Index is a county-specific measure of the minimum income necessary to cover all of a senior's basic needs.

Rent (one bedroom apt.)	$1,044
Food	$253
Healthcare	$263
Transportation	$239
Miscellaneous	$255
Monthly Total	**$2,054**
ANNUAL TOTAL	**$24,652***

*Annual total may not equal the sum of monthly totals due to rounding.

More than half of all elders have incomes below the Elder Standard in Napa

Insight Center for Economic Development:
http://healthpolicy.ucla.edu/programs/health-disparities/elder-health/EIRD2011/Documents/Napa.pdf

Serious Problems of Living Independently

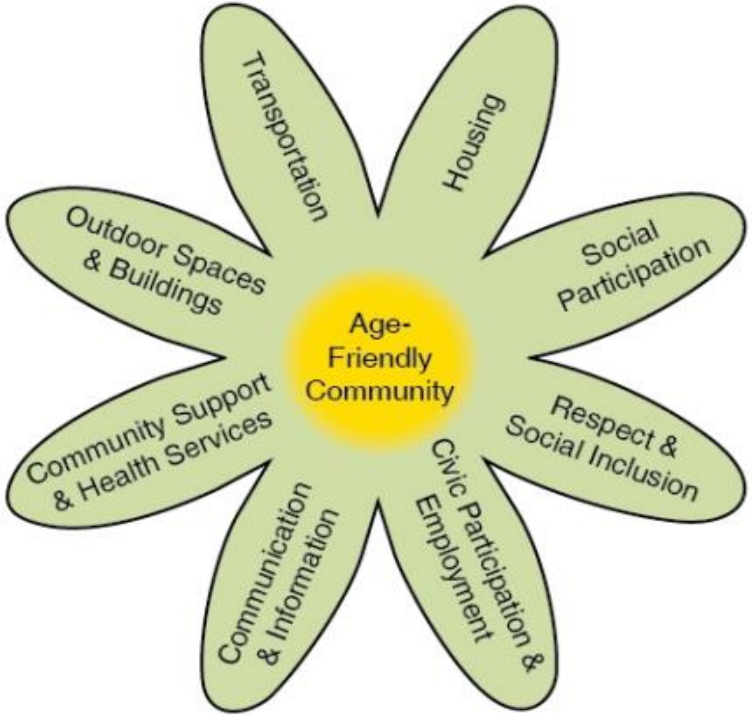
All Respondents

- Affordable housing (15%)
- Having enough money (14%)
- Walking (9%)
- Crime (9%)
- Cultural/language (7%)
- Caregiving (7%)

Respondents Below 200% FPL

- Having Enough Money (27%)
- Affordable Housing (22%)
- Crime (15%)
- Employment (15%)
- Walking (13.5%)
- Affording Medications (13%)
- Language barriers (12%)
- Receiving benefits (13%)
- Not enough food (12%)
- Paying for utilities (12%)
- Loneliness (11%)
- Legal Affairs (11%)

8 Domains of Livability



WHO Age-Friendly Themes

LHNC Community Health Assessment

Objectives for today:

- Share the AARP Livable Communities Vision and start to create our own vision for a Livable Napa County
- Gather input on:
  - the 8 domains (strengths/areas for improvement)
  - areas of interest for shared work

Break!

Please be back in

Livable Communities Vision

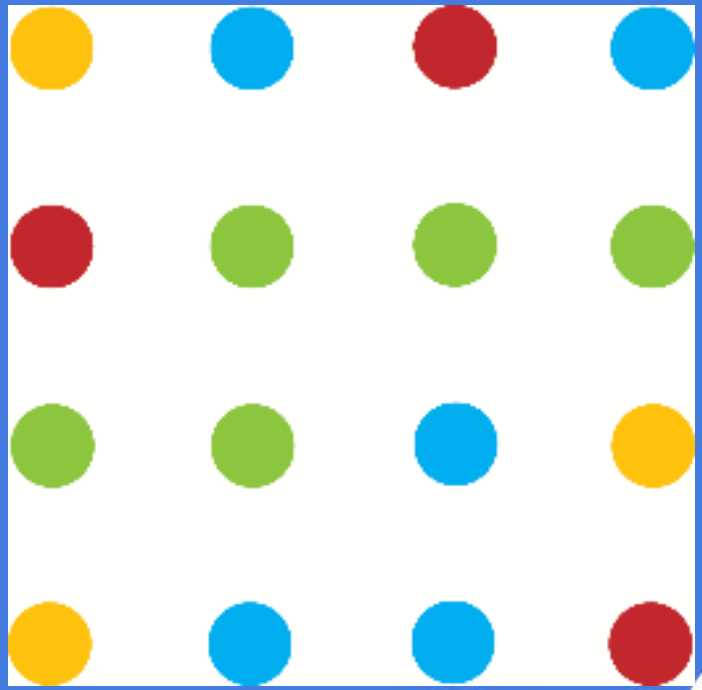
A livable community will be safe and secure, has affordable and appropriate housing, diverse transportation options, and supportive community features and services. Once in place, these resources enhance personal independence in health and engage residents in an area's civic, economic, and social life.

-American Association of Retired Persons (AARP)

Dot-mocracy

With your dots please select the domains that are the:

- Top 3 strengths/ assets for Napa County
- Top 3 areas for improvement



Closing

- Complete Survey
- Review next steps
- LHNC website for addition info & updates:

http://www.livehealthynapacounty.org/

Thank you for your participation!