

Napa County Collaborative: Live Healthy Napa County

**SUMMARY REPORT
LHNC Leadership Collaborative Meeting
January 11, 2016**



**Prepared By:
Napa County Public Health**

OVERVIEW

Live Healthy Napa County (LHNC) embarked on a collaborative process to conduct a Comprehensive Community Health Assessment (CHA) in July 2012 with the aim of establishing the foundation for sustainable improvements in health in Napa County. The LHNC health planning process is based largely on the Mobilizing for Action through Planning and Partnerships (MAPP) framework—a community-driven strategic planning process for assessing and improving community health. MAPP is an interactive process that can improve the efficiency, effectiveness, and ultimately the performance of local public health systems. The LHNC Core Support Team, comprised of seven representatives from St. Joseph Health System, St. Helena Hospital, Kaiser Permanente, Napa County Health and Human Services Agency and the Napa County Coalition of Non-Profit Agencies, provided oversight and strategic direction during the organizing and planning phases of this process.

Early in the process, a core group of approximately 40 Napa County stakeholders were invited to sit on the LHNC Steering Committee to contribute to the development of the CHA and the Community Health Improvement Plan (CHIP). These individuals were carefully selected to ensure a broad representation of residents, businesses, service providers, policymakers, and other entities across Napa County. The purpose of the LHNC Steering Committee was to provide input into the comprehensive planning process, which began with the development of the CHA in the fall and winter of 2012 and continued with the launch of the CHIP process in spring of 2013. Through the CHA process, Steering Committee partners helped to identify health issues most important to Napa County. During the CHIP process, they helped to develop and prioritize strategies to address those concerns. The CHIP was adopted in February of 2013, leading to the development in June 2014 of more detailed document, referred to as the Community Health Action Plan (CHAP), which lays out the specific activities in the CHIP in more detail. The CHAP is being used as the strategic roadmap in the MAPP “Action Cycle”, which consists of planning, implementation and evaluation activities.

In June of 2015, as the collaborative reached the one year anniversary of the completion of the CHAP, it became clear that LHNC would benefit from a revised governance and communication structure. To accomplish this, a sub-committee of Steering Committee and Core Support Team members was convened. The subcommittee drafted a new governance structure that combined the Steering Committee and Core Support Team into one decision making body, the LHNC Leadership Collaborative (LLC). The LLC was designed to also include representation from component plan and other LHNC subcommittees. LHNC participants who are not part of the LLC at this time are invited to attend bimonthly meetings open to all LHNC partners and community members.

Fourteen LHNC members attended a meeting at the NCTPA Conference Room on November 9, 2015. This report summarizes the January, 2015 LLC Meeting in five sections:

- I. Introduction**
- II. Component Plan and Partner Reports**
- III. Social Determinants of Health: ACES Work**
- IV. LLC Membership & Governance Agreement Amendments**
- V. Policy/Advocacy Updates**

I. INTRODUCTION

- The meeting began with a welcome from Dr. Karen Relucio, HHS - Deputy Director of Public Health and the Napa County Public Health Officer.
- Dr. Relucio reviewed a list of 2015 milestones/accomplishments for Live Healthy Napa County, including:
 - Completion of more than 50% of the activities in the CHAP
 - Completion of 80% of the activities related to Priority Area #2: Create and Strengthen Sustainable Partnerships for Collective Impact
 - Education and advocacy in support of a higher minimum wage in Napa County
 - Reorganization to streamline the Steering Committee and Core Support Team to the LHNC Leadership Collaborative (LLC).
 - Launch of the LHNC website
 - Hiring of dedicated LHNC analyst position (backbone support) in Public Health
 - Passage of an ordinance defining E-Cigarettes and Vaping as tobacco products and smoking.
- Dr. Relucio shared goals and opportunities for LHNC in 2016:
 - Establishing new private sector partnerships
 - Formation of an Accountable Community for Health (ACH) with a Wellness Trust to create a source of flexible funds with sustainable funding streams.
 - Passing of a minimum wage ordinance, first in the County, then in the Cities.
 - Passing of E-Cigarette ordinances in the cities
 - Expansion of Permanent Supportive Housing and Rapid Rehousing housing inventory in the County
 - Education around the Social Determinants of Health and health equity

Joelle welcomed everyone and reviewed the meeting agenda.

II. COMPONENT PLAN AND PARTNER REPORTS

The central purpose of the LLC meeting is share information and keep the collaborative informed of LHNC progress. With that in mind, Component Plan Representatives and LHNC Partners shared updates:

- **Obesity Prevention Component Plan:** Franny Wong shared the group has not met since the last LLC meeting so there is no new work to share. Their next meeting is January 28th from 12-2pm. The USDA released new dietary guidelines and Franny shared a few highlights from the new recommendations, including:
 - 3-5 cups of coffee is part of a healthy diet
 - Sugar should not exceed more than 10% of daily caloric intake
 - 2500 mg of sodium is the recommended daily maximum intake

- Eggs are a healthy source of cholesterol
- **Poverty Component Plan:** Tracy Lamb gave the report on the work currently happening in the Poverty Component Plan:
 - The minimum wage ordinance is continuing to move through the BOS review process via an impact report commissioned to study the proposed rates and their economic impact on the business community as well as the workforce.
 - The Economic Self Sufficiency Committee is taking an in-depth look at the current work and opportunities for solutions to the problems facing the homeless in Napa to identify gaps and areas of opportunity for the group.
 - CIRCLES USA made a presentation to the group on 12/15. Circles is a program designed to assist people to lift themselves out of poverty. It works as a support system for people who are stabilized (not in crisis) but still struggling to attain self-sufficiency. Circles have asked for public support/the endorsement of the ESS Committee. The group has asked for further information and local Circles representatives will be presenting more information about the request for public support at the next ESS committee meeting on February 11, 2016 from 3:30-5:00pm.
- **Behavioral Health Component Plan:** Rob Weiss shared next meeting of the Behavioral Health Committee is January 19th from 2:00-3:30pm at Mentis.
- **Older Adult Component Plan:** HAPI is hosting a half-day meeting on Wednesday (January 13th) at Adult Day Services to review that work coming out of the 2015 survey and determine the policy and education priorities for the next 1, 3, 5 and 10 years.
- **Homelessness in Napa:** Dr. Relucio provided an update of the work around this issue currently underway:
 - Talking Points have been drafted by PH staff and are currently being vetted by Mitch Wippert
 - Leadership Napa Valley participants have chosen to work on marketing and education aspects of this issue as their project for the program.
 - Mercy Housing (<https://www.mercyhousing.org/>) is a national organization with offices in San Francisco offering low income housing programs and residence services for families, seniors and individuals. A senior leadership team from the City and County offices in Napa, Community Foundation, Partnership Health Plan and others will be touring some of the solutions developed in SF on 3/10/16.

III. SOCIAL DETERMINANTS OF HEALTH: ACES WORK

- Jennifer Palmer shared a short video on research by the Center for the Developing Child at Harvard (<https://www.youtube.com/watch?v=1r8hj72bfGo>) and then introduced an online activity developed by the same group called “Tipping the Scales – The Resilience Game”

(<http://developingchild.harvard.edu/resources/resilience-game/>). LLC Members played the game and then discussed their reactions, experiences and lessons learned. Some of the feedback shared included:

- Just like in “real life” the mental health interventions are the most expensive
 - There is a tension between helping the most number of people and the most vulnerable with community versus individual solutions
 - Upstream interventions had the greatest impact
 - This is a great tool for education and fostering conversation around investments and outcomes
- Joelle shared an update on the Behavioral Health Committee’s workgroup on ACES. The National ACES Connection network has a website that allows local groups to connect to other communities working to help residents build resilience and heal from trauma. The local site is in its creation stage and will be ready for participation soon. The site is meant for providers and community organizers to use as a resource. A separate site, called “Aces Too High” (www.acestoohigh.com) exists for the general public to learn about ACES, assess their own ‘score’ and learn about what resources exist for help. The ACES group is looking to identify ties to other work in the community (like homelessness in Napa) to highlight connections between outcomes we see now and what ACES impacts are.

IV. LLC MEMBERSHIP & GOVERNANCE AGREEMENT AMENDMENTS

- Alissa proposed an amendment to the Governance Agreement to set a minimum number of meetings an LLC member must attend per year to remain a member. The proposal is attendance of at least four (4) of the six (6) meetings. **The proposed amendment passed without objection.**
- Alissa lead a discussion of the existing empty seats on the LLC Governance Structure, including a Community Member, Education Member and a Private Employer. Additionally, the Obesity Prevention Plan is in need of a Co-Chair, and Alissa would like to propose two new “Youth” seats to the LLC. Elba Gonzales-Mares was proposed as a community member and Joelle and Alissa will follow-up with Jennifer Stewart for further suggestion of a second education member. Sara Cakebread will explore connections local representatives from Rudd/UConn Rudd Center for Food Policy and Obesity for the private employer seat. Alissa will propose two candidates for the youth seat in an 18-24 year old age range. The Obesity Prevention Component Plan leadership will propose a Co-Chair at the next meeting.

V. POLICY/ADVOCACY UPDATES

- **E-Cigarettes**: E-Cigarettes and “vaping” have been added to the definition of tobacco products and smoking the in Napa County Clean Air Ordinance. The BOS have asked for help in advocating the same change in all city ordinances. Public Health staff drafted Talking Points, which will be posted on the LHNC website. Dr. Relucio believes there is a significant amount of misinformation and misunderstanding regarding E-Cigarettes and their nicotine & chemical content. She would like to see LHNC play a greater role in both educating the public about the health risks of E-cigarettes, particularly the association with youth and rise in smoking rates, and advocacy for stricter usage and regulation of these products in the cities and the county overall.

DRAFT