



Live Well San Diego in Action: Creating a Healthy, Safe and Thriving Tomorrow...

ALTARUM VALUE HUB
WEBEX PRESENTATION
FEBRUARY 22, 2018

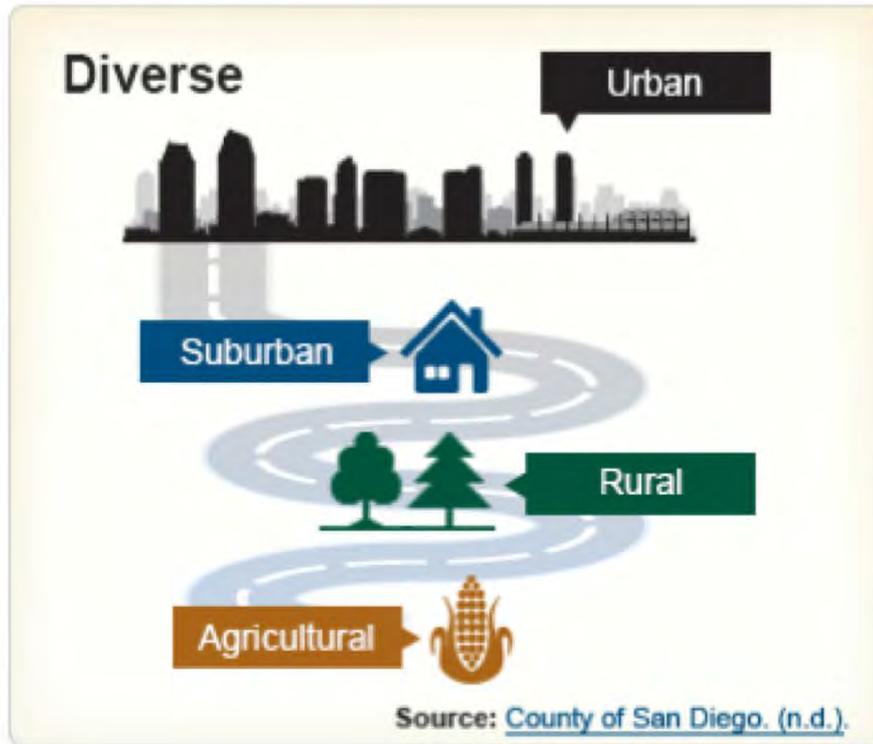
Nick Macchione, MS, MPH, FACHE
Agency Director
Health and Human Services Agency
County of San Diego, CA



SAN DIEGO COUNTY



San Diego County is:



Over 3.3 million residents

Large

4,200 square miles, about the same size as Connecticut

Source: [U.S. Census Bureau](#)



COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY



- Mission is to make people's lives healthier, safer and self-sufficient by delivering essential services
- Values are integrity, stewardship and commitment
- Provide vital health and social services to San Diego County's 3.3 million residents, and 1.1 million customers.
- Hub and spokes for safety net and large scale population improvements
- From institution-based initiatives to communitywide social movement

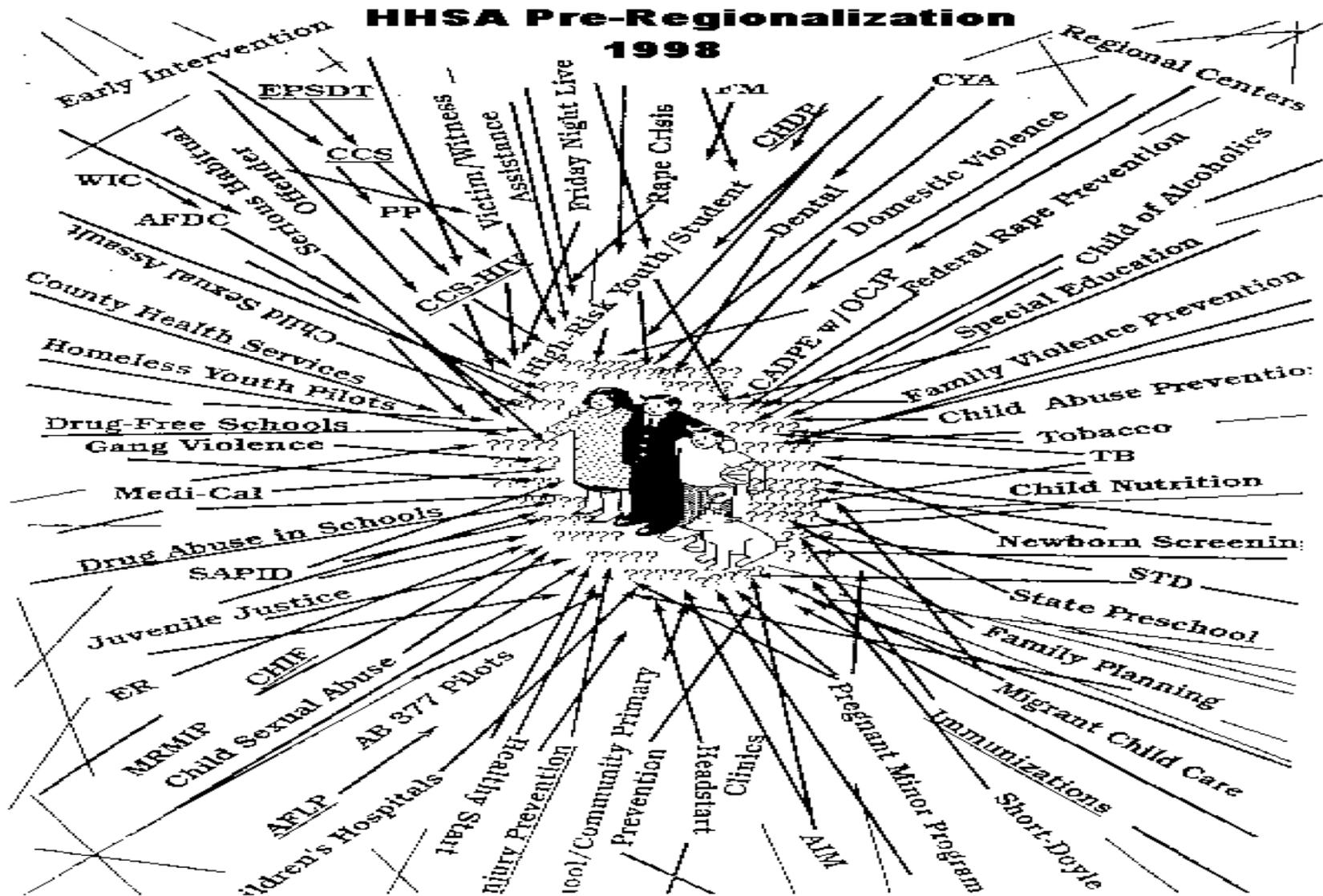


San Diegans helping San Diegans Live Well

SAN DIEGO HEALTH & HUMAN SERVICES 1998



LIVE WELL
SAN DIEGO



SAN DIEGO HEALTH & HUMAN SERVICES 2008



LIVE WELL
SAN DIEGO

Medical Care



Medical Monitoring



Physician / Primary Care



Therapy/ Ancillary Care



Pharmacy



Diagnostic Services



Mental Health



Acute/ Hospital Care



Dental



Medical Transportation



Education



Vision Care

Supportive Services



Personal Assistance



Protective Supervision



Housing



Shopping



Laundry



Meals



Financial Assistance



Housekeeping



Home Maintenance



Home Modification



Intellectual Stimulation



Pet Care



Transportation



Companionship



Money Management



Recreation

UNIQUE HEALTH CARE SYSTEM



Integrated Health & Human Services Network

5 Integrated Hospital Delivery Systems

21 Hospitals:

- 18 Civilian
- 3 Military

2 Community Clinic Networks:

- Over 150 clinic sites



visit here for upu.



Well-being is more than just physical and public health. It's also about...

Emotional Well-Being

Financial Stability

State of and Sense of Safety

Social Connectivity

Hopefulness

Thriving Families

Career Viability

WE KNOW...



**LIVE WELL
SAN DIEGO**

THAT THREE NUMBERS AFFECT US ALL:



1 World Health Organization (WHO). "The Global Strategy on Diet, Physical Activity and Health."
http://www.who.int/dietphysicalactivity/media/en/gsf_general.pdf (Accessed September 22, 2011).

2 3Four50, www.3four50.com (Accessed September 22, 2011).

OUR VISION



A plan to advance the health and overall well-being of the entire San Diego region:

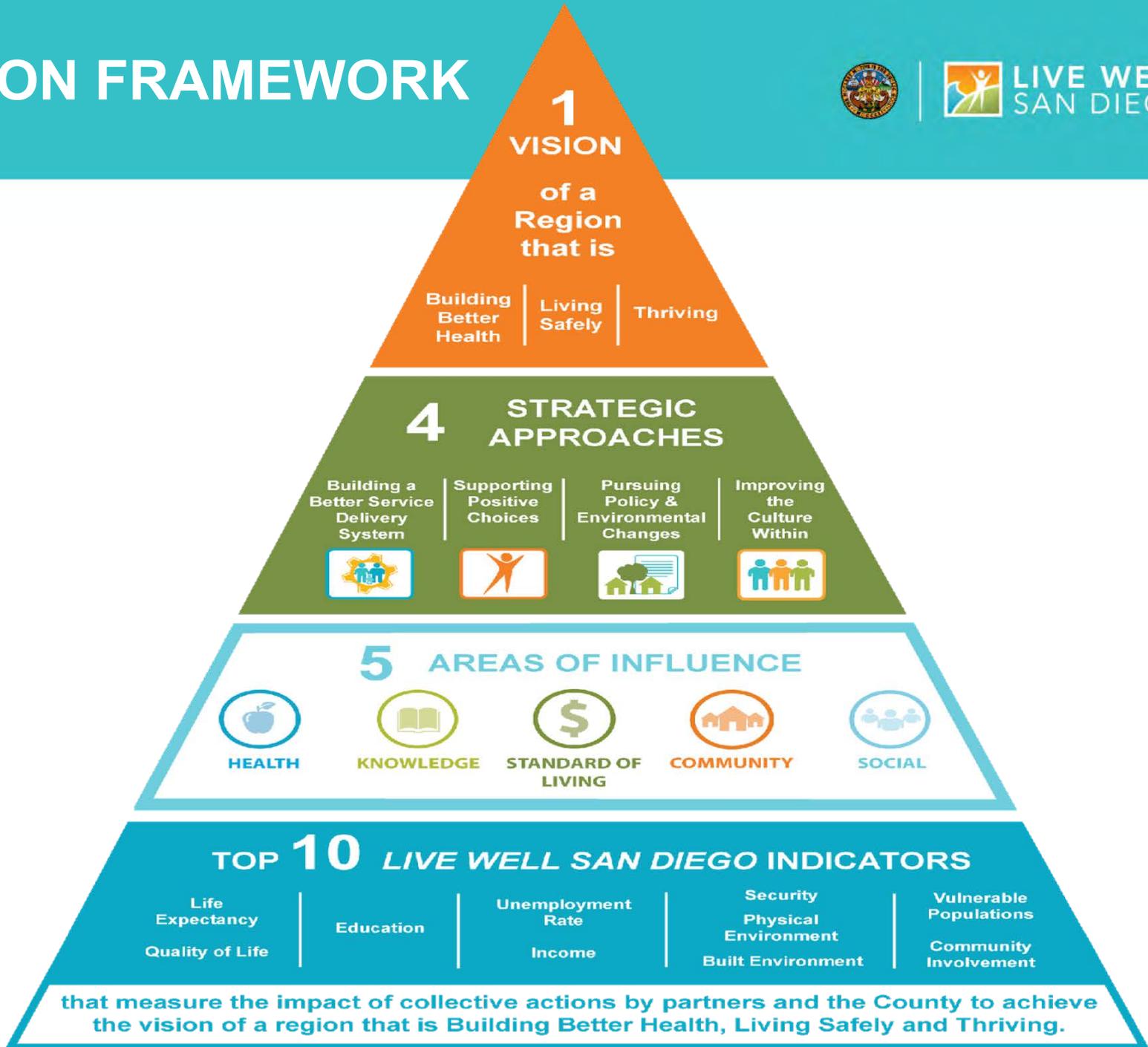


Building
Better
Health

Living
Safely

Thriving

ACTION FRAMEWORK



2017 SAN DIEGO HEALTH & HUMAN SERVICES STRATEGIC ALIGNMENT



Each partner uses their unique skills to do their part: differentiated but coordinated activities



CITIES & GOVERNMENTS



BUSINESS & MEDIA



COMMUNITY & FAITH-BASED ORGANIZATIONS



SCHOOLS & EDUCATION

ALIGNING STRATEGIES ACROSS ALL SECTORS



Actions We Take Collectively Across Sectors



*Results
We Seek
for
Community
Impact*

FOUR STRATEGIC APPROACHES



4

STRATEGIC APPROACHES

Building a
Better Service
Delivery
System



Supporting
Positive
Choices



Pursuing
Policy &
Environmental
Changes



Improving
the
Culture
Within



SAN DIEGO COUNTY'S JOURNEY TO THE GENERATIVE MODEL IN LIVING WELL

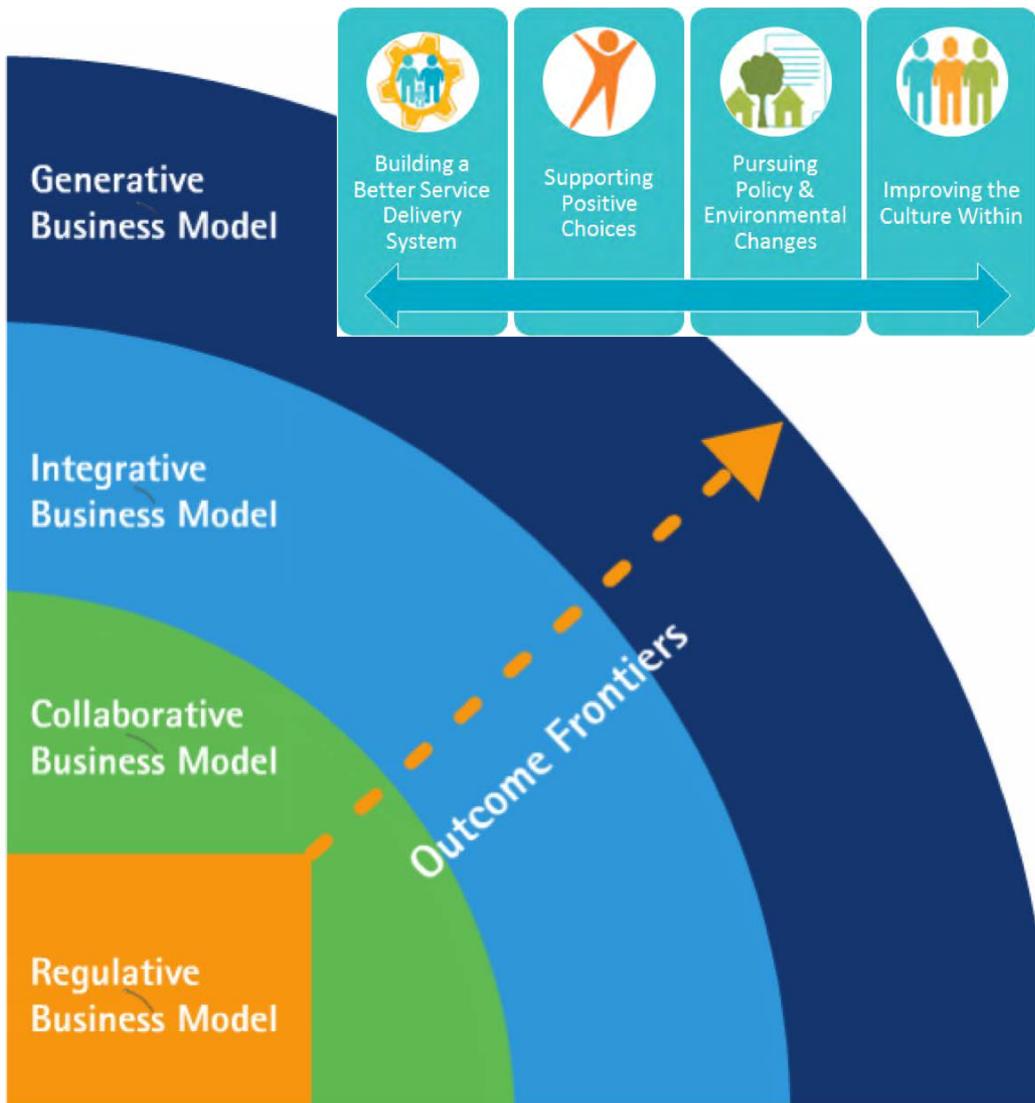


Today
Live Well San Diego
Becomes County
Vision;
316+ Community
Partners and
growing

2010-2014
*Live Well San
Diego* Initiative
Implemented

1998
Health and Human
Services Agency
was formed

1996
County's General
Management
System
Introduced

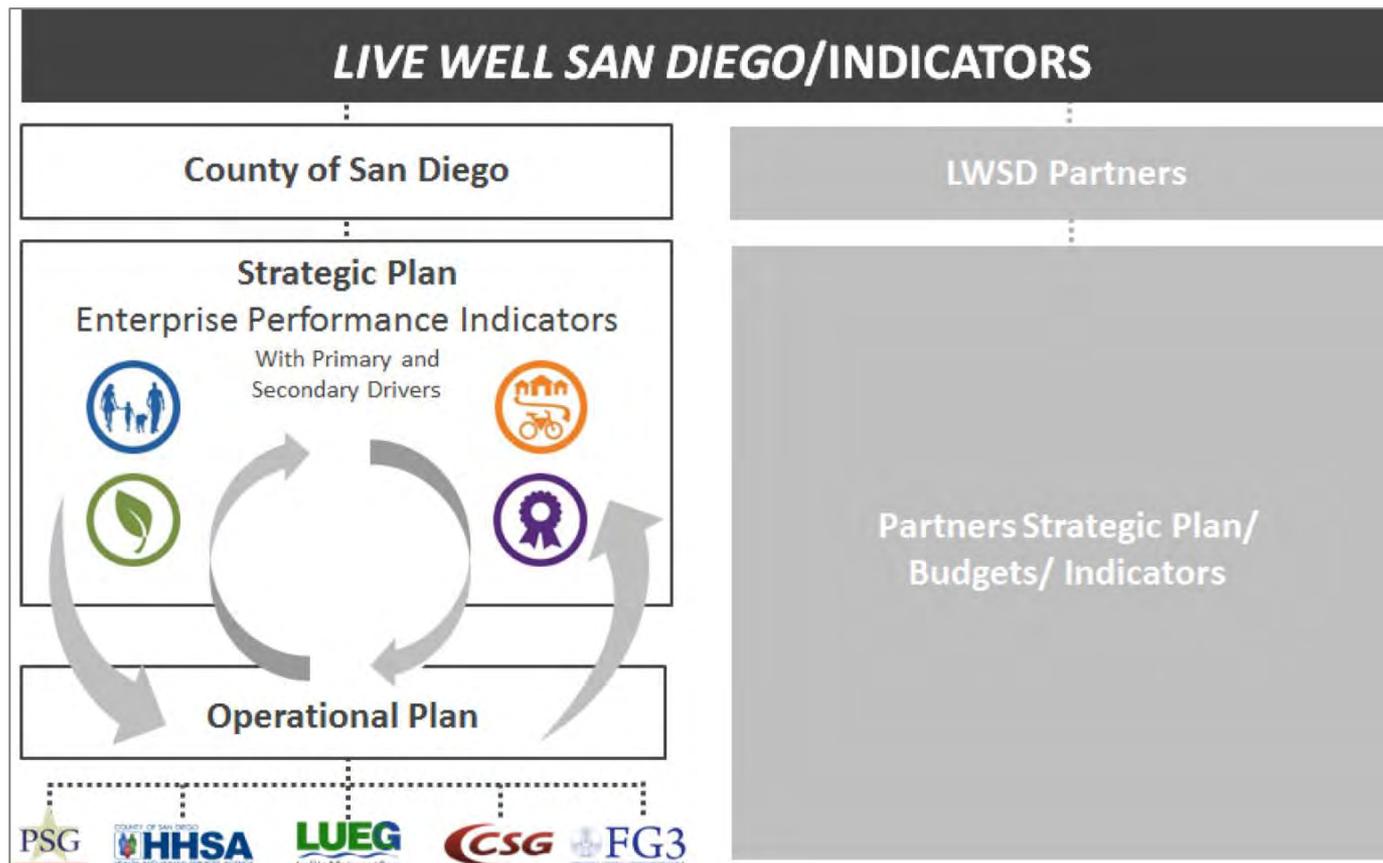


- Beginning in 1996 with the adoption of core business principles by County government.
- Moving to the Collaborative Model in 1998 with formation of the Health and Human Services Agency.
- *Live Well San Diego* as an initiative moved first the Health and Human Services Agency and then the County to the Integrative Model culminating in adoption of *Live Well San Diego* as the County's vision and focus for strategic alignment of its resources and recognition of 125 community partners that have adopted the *Live Well San Diego* vision to align Collective Impact efforts.

STRATEGIC ALIGNMENT



- 2015 - Major Update to Strategic Plan
- 2016 – Update Performance Measure Tables
- 2017 – Develop Enterprise Performance Indicators (EPIs)
- 2018 – Develop Outcome-Based Performance Measures



ENTERPRISE PERFORMANCE INDICATORS



LIVE WELL
SAN DIEGO



Building Better Health (BBH)

- Life Expectancy
- Healthy Independence



Living Safely (LS)

- Crime Rate
- Accidental Death Rate
- Household Disaster Preparedness
- TBD (at-risk children, youth and adults)



Sustainable Environments/ Thriving (SE/T)

- Transportation
- Access to Community Spaces
- Air Quality
- Open Space Preservation
- Housing Affordability
- Confidence in Goods and Services (Consumer Confidence)
- Volunteerism & Community Participation



Operational Excellence (OE)

- Customer Service
- Fiscal Stability as measured by the County's Credit Rating
- Employee Engagement

VERTICAL AND HORIZONTAL NETWORKS



SUSTAINABLE ENVIRONMENTS/ THRIVING (SE/T)

Audacious Vision (AV8)

San Diego is a vibrant region with planning, development, infrastructure and services that strengthen the local economy

Enterprise Performance Indicator (EPI)

Economic Wellbeing as measured by Housing Affordability – Percent of the population spending less than a third of household income on housing

Enterprise Wide Goal (EWG10)

Provide and promote services that increase well-being of our residents and consumer and business confidence

Department Performance Measure(s):

- **PSG** – CSS

Income: Child Support helps ensure children and families are supported

- **HHSA** – HCDS

New housing units built

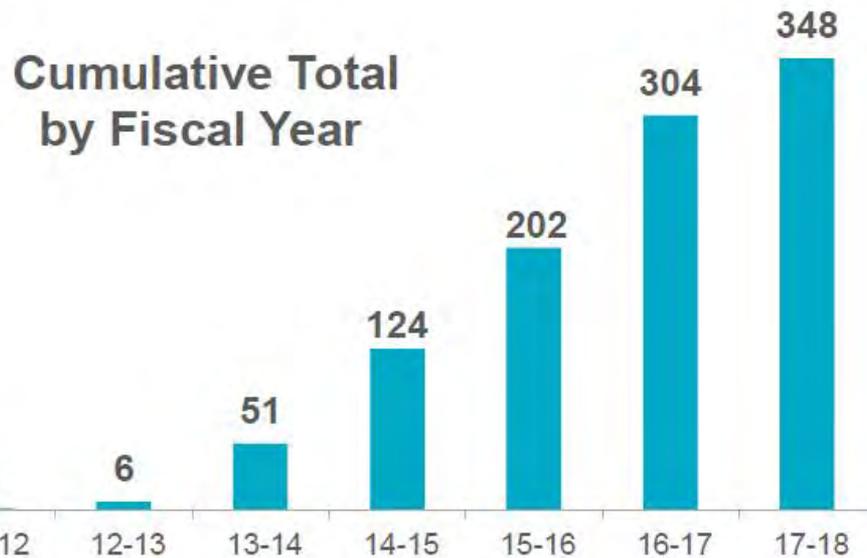
- **LUEG** – PDS

New housing units permits issued

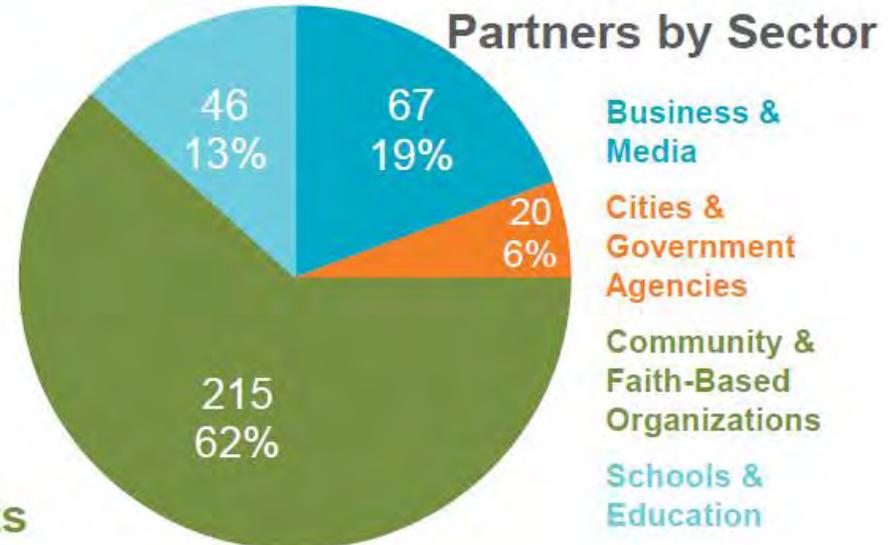
LIVE WELL SAN DIEGO/INDICATORS



RECOGNIZED PARTNERS



348
Recognized Partners
and 2 International Partners
as of 2/20/2018



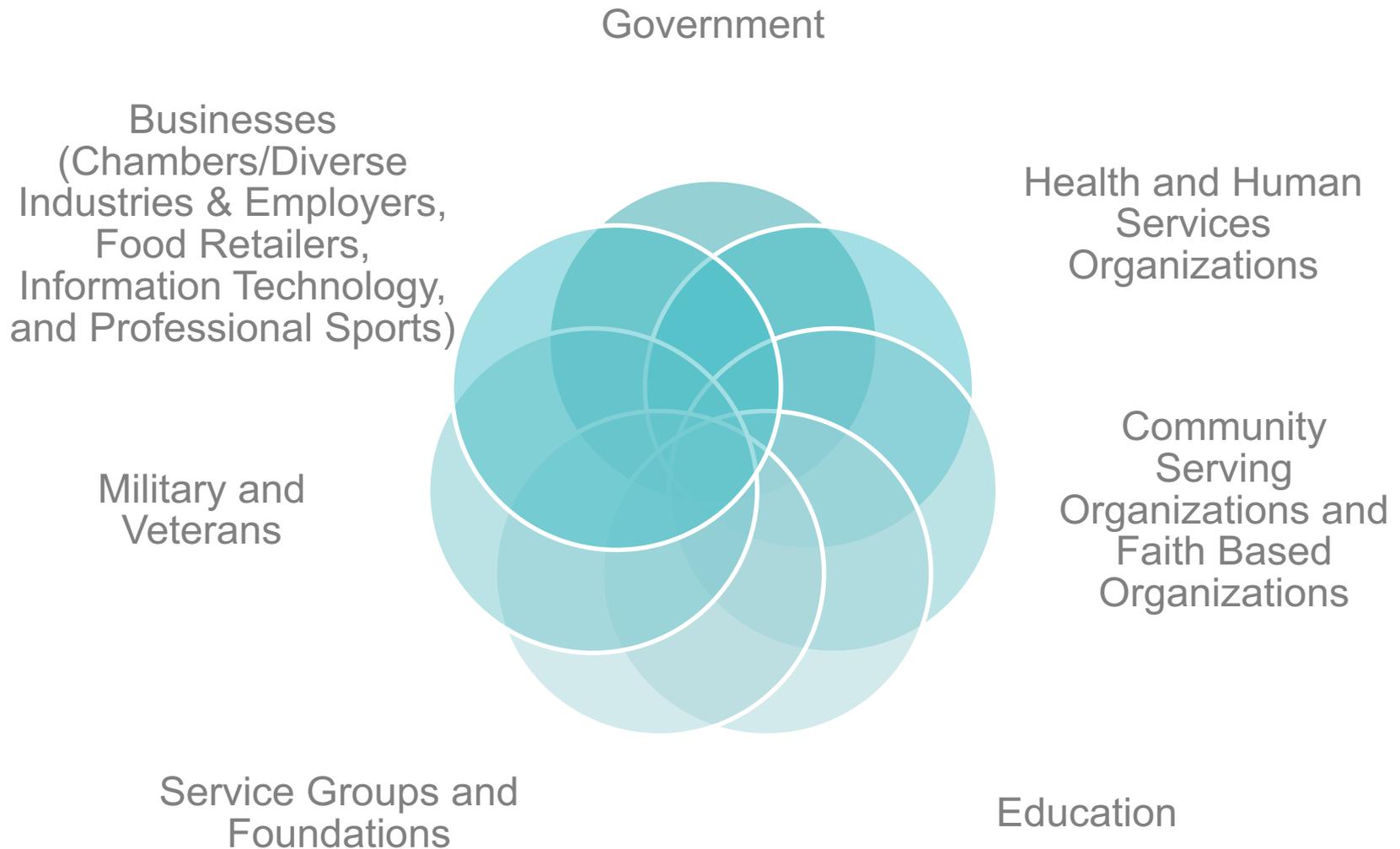
14 Cities - over 2.4 million Residents

36 School Districts - over 454,300 Students

RECOGNIZED PARTNERS



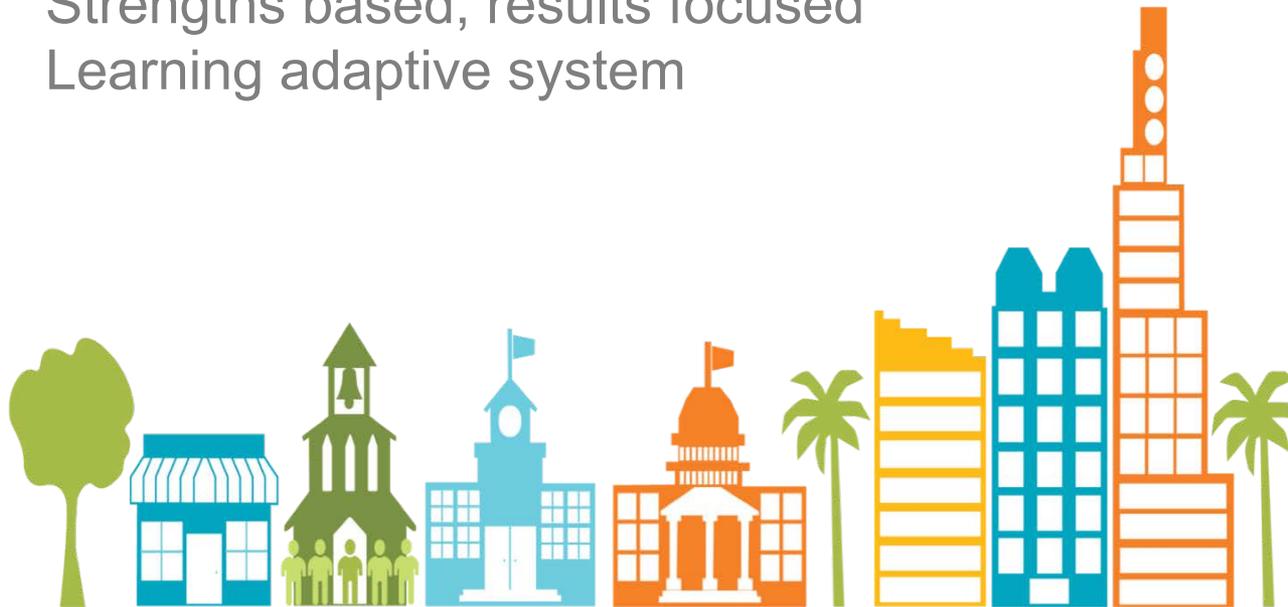
PARTNERSHIPS and ECOSYSTEMS EFFORTS ARE DYNAMIC



SUMMARY



- Comprehensive, cross-sector approach to wellness
- Person-Population centric across the entire lifespan
- Collective Impact/ enterprise-wide strategy
- Community led, 2-gen data driven
- Strengths based, results focused
- Learning adaptive system



LIVE WELL SAN DIEGO

San Diegans helping San Diegans Live Well

LESSONS LEARNED



Keep it simple – from messaging to measurement, “potent simplicity” is the rule

Keep it local – information, engagement, and action must occur at “sub-regional” level

Keep it real – data-driven, evidence-informed

Provide a common framework, but also flexibility - “one-size-fits-all” rarely works; emphasize outcomes, not just process, when possible.

Share the glory – widely acknowledge contributions of all



LIVE WELL SAN DIEGO IN ACTION

Dale Fleming

Director Office of Strategy and Innovation





LIVE WELL SAN DIEGO

Building
Better
Health

Living
Safely

Thriving

BUILDING BETTER HEALTH



Approved
July 2010



Access to quality care



Increased physical activity



Healthy eating



Stop tobacco use



Approved
October
2012



Residents are ***protected***
from crime and abuse



Neighborhoods are ***safe***
to live, work and play



Communities are ***resilient***
to disaster and emergencies



Approved
October
2014



Built and Natural Environment

- Transportation
- Built Environment & Neighborhoods
- Natural Environment
- Housing



Enrichment

- Civic Life
- Community Activities

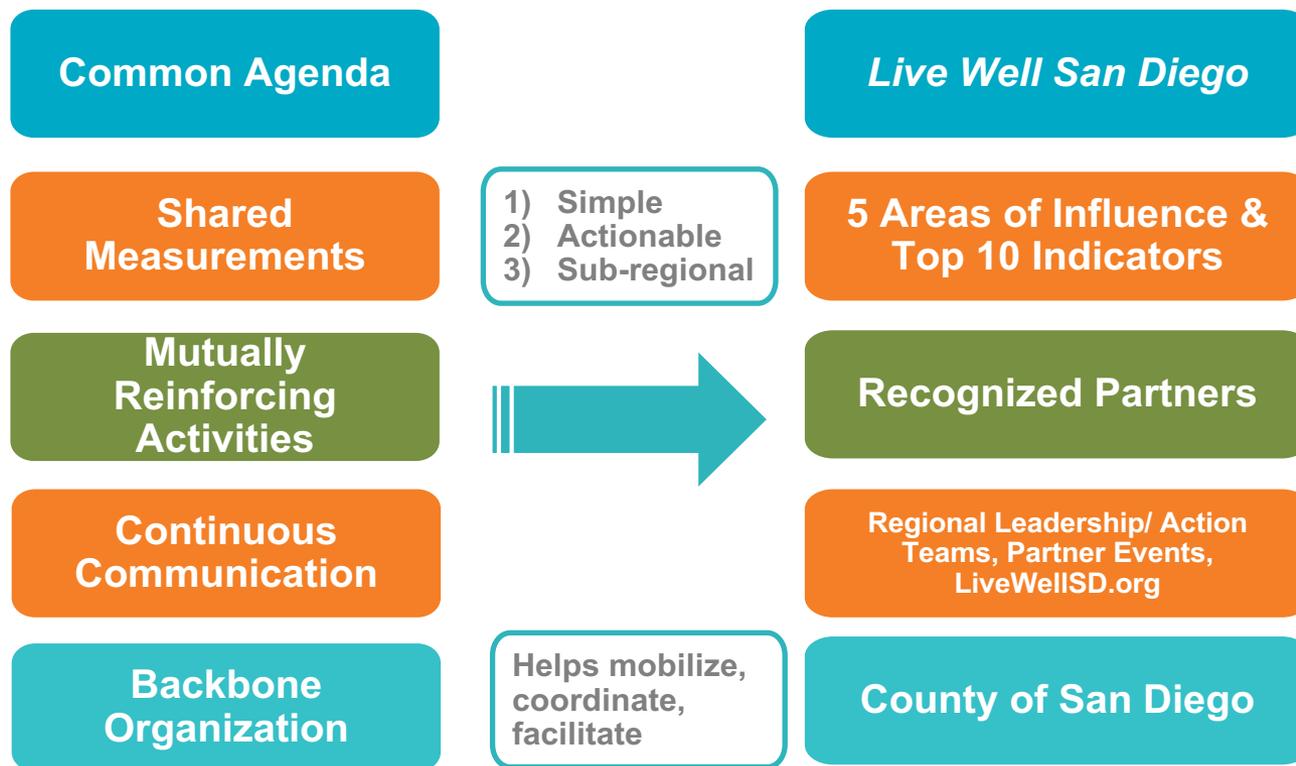


Prosperity, Economy & Education

- Workforce/Education
- Economic Development



5 CONDITIONS OF COLLECTIVE IMPACT



John Kania & Mark Kramer. Collective Impact. *Stanford Social Innovation Review*. Winter 2011.

INTEGRATION ACROSS INITIATIVES & SECTORS



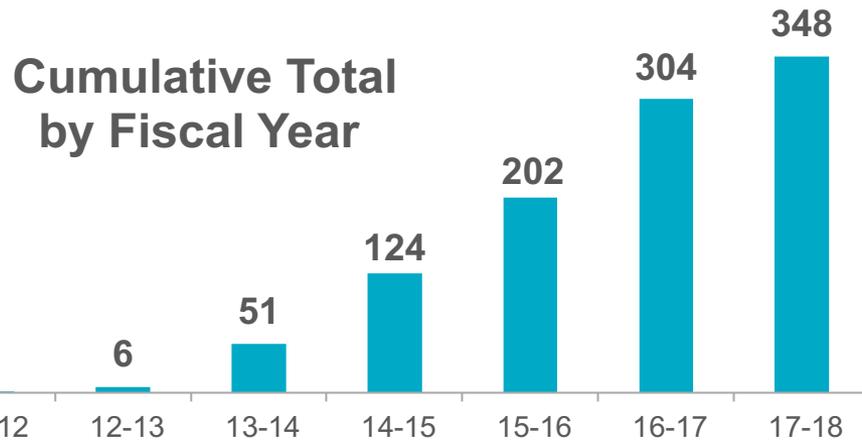


LIVE WELL SAN DIEGO PARTNERS

Fueling Cross-Sectoral Work



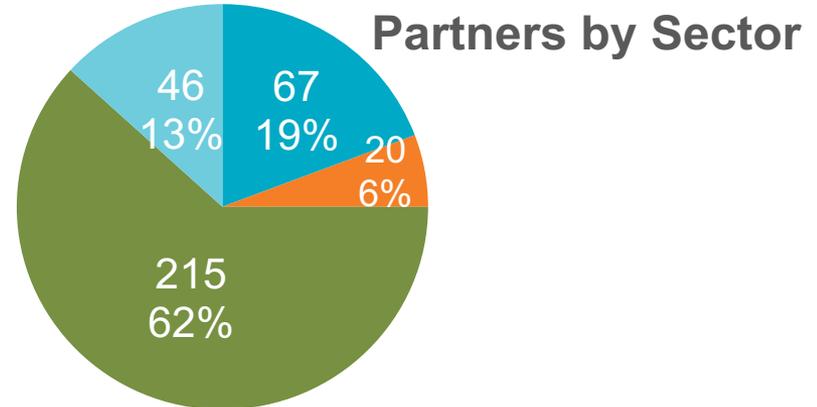
Recognized partners



14 Cities - over 2.4 million Residents

36 School Districts - over 454,300 Students

348
Recognized Partners
and 2 International Partners
as of 2/20/2018



BUSINESSES & MEDIA



LIVE WELL
SAN DIEGO





TOOLS FOR SCHOOLS



Live Well San Diego:
Partnering with Schools to Reduce
Childhood Obesity and Improve Student Wellness



SAN DIEGO COUNTY
OFFICE OF EDUCATION



CHILDHOOD
OBESITY
INITIATIVE



First 5
San Diego

August 2017
Second Edition



Body Mass Index (BMI) Surveillance Kit

Developed by the Chula Vista Elementary School District



To support **healthy, safe** and **thriving** communities in
San Diego County



Coast2CoastRx

SCHOOLS & EDUCATION



COMMUNITY & FAITH-BASED



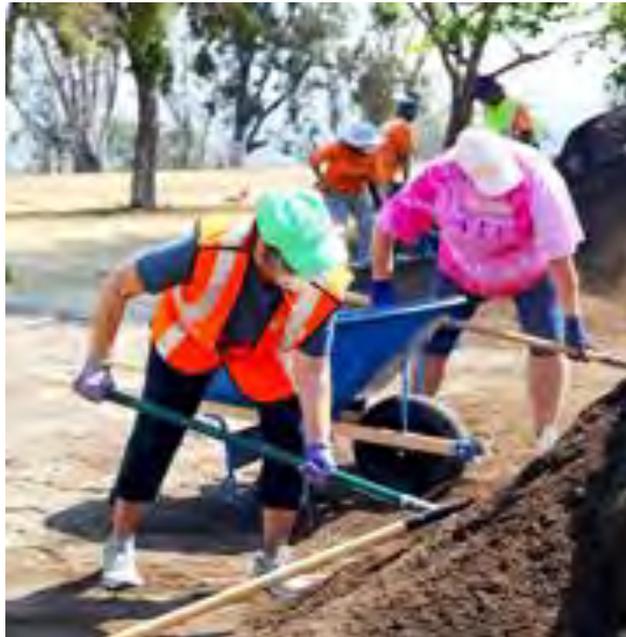
COMMUNITY & FAITH-BASED



COMMUNITY & FAITH-BASED



CITIES & GOVERNMENT





Data and measurement

Focusing on Results



5 AREAS OF INFLUENCE



Areas of Influence		Definition	Top 10 Indicators
	HEALTH	Enjoying good health and expecting to live a full life	Life Expectancy Quality of Life
	KNOWLEDGE	Learning throughout the lifespan	Education
	STANDARD OF LIVING	Having enough resources for a quality life	Unemployment Rate Income - Housing
	COMMUNITY	Living in a clean and safe neighborhood	Security Physical Environment Built Environment
	SOCIAL	Helping each other to live well	Vulnerable Populations Community Involvement



Using the same measurement system to track progress

Actions We Take Collectively Across Sectors



Results We Seek for Community Impact



HEALTH



KNOWLEDGE



STANDARD OF
LIVING



COMMUNITY



SOCIAL



LIVE WELL SAN DIEGO ADMIN

HEALTHY, SAFE AND THRIVING COMMUNITIES IN SAN DIEGO COUNTY

ABOUT | NEWS | CALENDAR | PARTNERS | START LIVING WELL | MAKING AN IMPACT

Live Well San Diego Data Access Portal

This data access portal will take you to the most recent demographic, economic, behavioral, and health data available by communities in San Diego County.

Browse all of the data in the catalogue here, or explore by category below.

- Demographic Profiles
- Non-Communicable (Chronic) Disease
- Communicable Disease
- Maternal and Child Health
- Injury
- Data about Disorders Related to Alcohol, Substance, Anxiety, Childhood, Developmental, Impulse Control, Mood, Personality, Attention-Deficit Conduct & Disruptive Behavior (ADD), Overdose/Poisonings, Schizophrenia/Other Psychotic, Self-Inflicted Injuries, Suicide
- Alzheimer's Disease and Other Dementias
- Maps, Charts, Graphs, Reports and Resources

HOME | TERMS OF USE | PRIVACY | HELP | RESULTS | CONTACT US

i+Health



ADVANCING THE LIVE WELL SAN DIEGO VISION

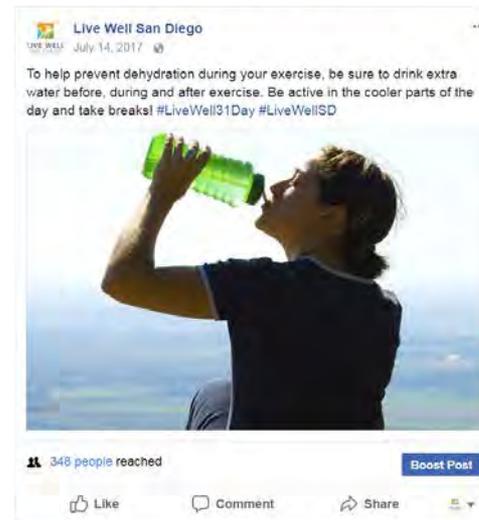


31-DAY CHALLENGE



The January *Live Well San Diego* 31-Day Resolutions Challenge is designed to help you try new things and accomplish simple tasks each day for a month. Participating in the challenge is a positive way to start the year and learn more about ways to live well every day. You can use this checklist to help you plan your month and keep up with each daily challenge.

- | | |
|---|---|
| <input type="checkbox"/> 1. Set A Resolution to Live Well Every Day | <input type="checkbox"/> 21. Learn About Another Religion or Culture |
| <input type="checkbox"/> 2. Start a Healthy Fitness Habit | <input type="checkbox"/> 22. Read the Nutrition Labels on Three Different Foods |
| <input type="checkbox"/> 3. Test Your Smoke Detector | <input type="checkbox"/> 23. Contact Your Local Elected Official |
| <input type="checkbox"/> 4. Find Your Personal Theme Song | <input type="checkbox"/> 24. Take a 5-Minute Shower or Less |
| <input type="checkbox"/> 5. Take the Time to Watch the Sunset | <input type="checkbox"/> 25. Promote a Stigma-Free San Diego County |
| <input type="checkbox"/> 6. Create an Emergency Contact List | <input type="checkbox"/> 26. Say Good Morning to the First Five People You See |
| <input type="checkbox"/> 7. Get Up-To-Date On Current Events | <input type="checkbox"/> 27. Take a Step Towards Emergency Preparedness |
| <input type="checkbox"/> 8. Eat a Vegetable Based Meal | <input type="checkbox"/> 28. Plant a Seed Today |
| <input type="checkbox"/> 9. Assess Your Workspace | <input type="checkbox"/> 29. Check Your Blood Pressure |
| <input type="checkbox"/> 10. Check Your Voter Registration Status | <input type="checkbox"/> 30. Discuss End of Life Decisions with Your Loved Ones |
| <input type="checkbox"/> 11. Drink Only Water Throughout the Day | <input type="checkbox"/> 31. Set New Goals for the Coming Year |
| <input type="checkbox"/> 12. Download a Service App | |
| <input type="checkbox"/> 13. Plan a Device-Free Activity | |
| <input type="checkbox"/> 14. Reconnect with a Positive Childhood Memory | |
| <input type="checkbox"/> 15. Commit to a Day of Service | |
| <input type="checkbox"/> 16. Set the Table for Mindful Eating | |
| <input type="checkbox"/> 17. Schedule A Check-Up | |



LOVE YOUR HEART



Search

HEALTHY, SAFE AND THRIVING COMMUNITIES IN SAN DIEGO COUNTY

ABOUT | NEWS & EVENTS | PARTNERS | LIVE WELL EVERY DAY | COMMUNITY | DATA & RESULTS | CONTACT | ADVANCE | ADVANCE

HOME | LOVE YOUR HEART

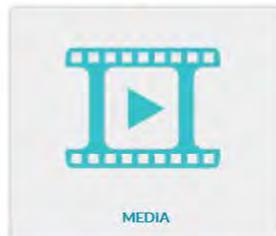
LOVE YOUR HEART

Love Your Heart is an annual event that took place on February 14, 2017, during which the County of San Diego and its partners provided free blood pressure screenings to the public at select sites throughout the San Diego region and Mexico. The goal of Love Your Heart is to activate residents to "know their numbers" and take charge of their own heart health.

Stay tuned for information on Love Your Heart 2018 coming soon!

Love Your Heart is a program under the *Live Well San Diego* vision. To learn more about *Live Well San Diego*, click on the page tabs above.

Map of 2017 Screening Sites



JOIN THE CONVERSATION WITH #LOVEYOURHEART

Love Your Heart 2016 Results

Love Your Heart 2015 Results

2017 Report Coming Soon!

2017 Data Report Slides

2017 Partner List

Ama tu Corazón en Español

Contact Us



Love Your Heart

Sponsored by SD County



LIVE WELL SAN DIEGO 5K



LIVE WELL SAN DIEGO 5K AND KIDS 1-MILE FUN RUN!

In Partnership with **San Diego Blood Bank**

We have a date for the 2018 *Live Well San Diego* 5K! Join us on July 29, 2018 at the County of San Diego Waterfront Park for this annual event.



WALK OR RUN TO SAVE LIVES
REGISTER NOW >>>

Photo by Saradpon Photography

SUNDAY, JULY 29, 2018 . WATERFRONT PARK

2017 Race Results

2017 Event Photos

The *Live Well San Diego* 5K is an annual event that brings thousands of San Diegans together for a run/walk and an interactive, family-friendly Discovery Expo in support of a healthy, safe and thriving San Diego County. In partnership with the [San Diego Blood Bank](#), this year's event is an opportunity for participants to be physically active, enjoy quality time with their neighbors and community members and connect with dozens of participating partners sharing information and resources. Benefitting the lifesaving work of the San Diego Blood Bank, this event also supports

Participants interested in the 2018 race can email the San Diego Blood Bank.

2017 Race Info Below

REGISTER NOW

Event Info

Volunteer

Sponsors & Exhibitors

Donate & Fundraise

Contact

Facebook Page



LIVE WELL ADVANCE



Session 1 1:45pm – 2:45pm

Session 2 3:00pm – 4:00pm

Strong Families, Thriving Communities Track	Developing and Supporting Resource Families	Supporting Foster Youth Through Mentorship
Food Systems Track	Addressing Food Insecurity at Every Age	Addressing Food Insecurity at Every Age
Developing a Dynamic Community for the 21st Century Track	A Plan for Communities to Live Well Throughout the Lifespan	Exploring the Economic Case for Live Well Communities
Volunteer Track	Up Your Attraction = Getting the Right Volunteers	Prepping Your Team to Keep Volunteers Engaged
Workforce of the Future: Opportunity Youth Track	Understanding the Story, Flipping the Script	Understanding the Story, Flipping the Script
Resident Leadership Academy Track	Realizing Healthy, Safe and Thriving Communities Through Leadership Development	Resident Leadership Academy Networking

4:10pm – 5:00pm

Keynote Presenter: Nick Hardwick
Sponsored by The San Diego Foundation





Address inequities, disparities and disproportionality by focusing on key interventions that will:

- Engage residents
- Strengthen services
- Serve for results



STRONG FAMILIES, THRIVING COMMUNITIES



Clinton Foundation

March 25, 2017

Like Page

"By addressing gaps, we can help increase the number of children and families who are getting the help they need."

Learn more about a new partnership in San Diego: wjcf.co/2n4oAAAd



Clinton Foundation Partners With SD County

The Clinton Foundation is partnering with the San Diego Foundation and San Diego County's Health and Human Services Agency to focus on children and families.

WJCF.CO

THANK YOU!

