

**County of San Diego, Health and Human Service Agency**  
**2011 COMMUNITY TRANSFORMATION GRANT - SUMMARY SHEET**

**Background:** In October, 2011, the County of San Diego, Health and Human Services Agency (HHS), through the leadership of Public Health Services, was one of 35 communities nationwide—and one of 10 communities in California—to receive a Community Transformation Grant (CTG) implementation award from the Centers for Disease Control and Prevention. CTG funds are authorized under the Patient Protection and Affordable Care Act of 2010 to help communities implement projects proven to reduce chronic diseases – such as heart disease, stroke, and diabetes —by promoting healthy lifestyles and communities, especially among population groups experiencing the greatest burden of chronic disease.

**Award Amount and Term:** \$3,053,793/year for five years (FY 2011-2015)

**Goal:** To help improve population health, reduce health disparities, and lower health care costs.

**Purpose:** To create healthier communities by A) building capacity to implement broad evidence and practice-based policy, environmental, programmatic and infrastructure changes in counties, states, tribes and territories; and B) supporting implementation of interventions in five strategic areas aligning with Healthy People 2020 focus areas, and achieving demonstrated progress in the following five performance measures: 1) changes in weight, 2) changes in proper nutrition, 3) changes in physical activity, 4) changes in tobacco use prevalence, and 5) changes in emotional well being and overall mental health, as well as other program-specific measures.

**San Diego CTG Overview:** HHS will implement the County of San Diego CTG award aligned with the 3-4-50 principle to produce improvements in risk behaviors (i.e., tobacco use, poor diet, physical inactivity) and risk factors (i.e., high blood pressure, high cholesterol, high glucose, increased weight) that contribute to chronic diseases.

CTG Strategic Direction & Goal	Strategies
<b>Tobacco-Free Living *</b> → • Prevent & Reduce Tobacco Use	1.1 Protect people from secondhand smoke* 1.2 Increase smoke-free multi-unit housing
<b>Active Living &amp; Healthy Eating *</b> → • Prevent / Reduce Obesity • Increase Physical Activity and Improve Nutrition	2.1 Increase availability/affordability of healthful foods 2.2 Improve school nutrition 2.3 Improve quality & amount of school physical education & physical activity (PA) 2.4 Increase PA opportunities in community & workplace 2.5 Implement workplace breastfeeding/lactation policy
<b>Increase Use of Clinical Preventive Services *</b> → • Increase Control of High BP & High Cholesterol * • Increase Access & Demand for High Impact Preventive Services	3.1 Provide training & technical assistance to implement systems that improve delivery of services consistent with USPSTF recommendations 3.2 Improve chronic disease outcomes
<b>Social &amp; Emotional Wellness</b> → • Increase Child and Adolescent Health and Wellness	4.1 Promote effective parenting practices
<b>Healthy &amp; Safe Physical Environment</b> → • Increase Bicycling & Walking for Transportation & Pleasure • Improve Community Environment to Support Health	5.1 Establish community design standards to make streets safe for all users 5.2 Establish community protocols to assess the impact of community health & wellbeing

(\*Indicates a required activity)

## INTERVENTIONS AND ACTIVITIES FOR EACH CTG STRATEGIC DIRECTION (SD) OVER A FIVE-YEAR SCOPE

<b>SD1: Tobacco Free Living* Interventions</b>	<b>Community Transformation Activities</b>
1.1a Smoke-free Worksite Policies	<ul style="list-style-type: none"> <li>• Implement smoke-free worksite policies.</li> </ul>
1.1b Procurement Policies	<ul style="list-style-type: none"> <li>• Incorporate tobacco control requirements into new County procurements.</li> </ul>
1.2 Adopt smoke-free policies for interior of Multi-Unit Housing *	<ul style="list-style-type: none"> <li>• Implement voluntary smoke-free multi-unit policies, working with local Housing Authorities.</li> </ul>
<b>SD2: Active Living &amp; Healthy Eating* Interventions</b>	<b>Community Transformation Activities</b>
2.1a Healthy Food Systems	<ul style="list-style-type: none"> <li>• Implement the Countywide Healthy Food Systems Strategic Plan.</li> </ul>
2.1b Farm-to-Institution	<ul style="list-style-type: none"> <li>• Implement farm-to-institution programs.</li> </ul>
2.1c Urban/Rural Agriculture Planning Policies	<ul style="list-style-type: none"> <li>• Increase access to healthy food through zoning, policy, and/or ordinance changes.</li> </ul>
2.2a Improving School Meals	<ul style="list-style-type: none"> <li>• Improve nutritional quality of school food including reduction in sodium and sugar and increase fiber and protein. .</li> </ul>
2.3a Moderate to Vigorous Physical Activity (MVPA)	<ul style="list-style-type: none"> <li>• Increase moderate to vigorous physical activity during physical education classes.</li> </ul>
2.3b Physical Activity at School	<ul style="list-style-type: none"> <li>• Improve opportunities for youth to engage in physical activity during the school day.</li> </ul>
2.4a Implement Regional Safe Routes to School Strategic Plan	<ul style="list-style-type: none"> <li>• Implement a comprehensive Regional Safe Routes to Schools strategic plan.</li> </ul>
2.4b Regional Public Health Element for Land Use & Transportation Plans	<ul style="list-style-type: none"> <li>• Develop and adopt a public health element and performance measure for Regional Comprehensive Plans and Transportation Plans.</li> </ul>
2.4c Active Transportation and Public Health Evaluation Institute	<ul style="list-style-type: none"> <li>• Develop a regional monitoring &amp; evaluation program for transportation and health outcome data.</li> </ul>
2.5 Worksite Breastfeeding / Lactation Policy	<ul style="list-style-type: none"> <li>• Establish worksite breastfeeding policies.</li> </ul>
<b>SD3: Increase Use of Clinical Preventive Services* Interventions</b>	<b>Community Transformation Activities</b>
3.1a Increase Appropriate Clinical Care of Hypertension and Hyperlipidemia *	<ul style="list-style-type: none"> <li>• Implement best practices for patient management, provide training and educational materials, and work with efforts to implement Million Hearts Initiative.</li> </ul>
3.1b Worksite Wellness	<ul style="list-style-type: none"> <li>• Work with employers to implement summary plan description language in the <i>Purchasers Guide to Clinical Preventive Services</i> into their health plan packages.</li> <li>• Increase number of employers that provide health plan benefits for Clinical Preventive Services.</li> </ul>
<b>SD4: Social &amp; Emotional Wellness Interventions</b>	<b>Community Transformation Activities</b>
4.1 Nurse Family Partnership	<ul style="list-style-type: none"> <li>• Implement evidence-based practices and tools that support effective parenting practices.</li> </ul>
<b>SD5: Healthy &amp; Safe Physical Environment Interventions</b>	<b>Community Transformation Activities</b>
5.1 Complete Streets Policy and Implementation	<ul style="list-style-type: none"> <li>• Provide technical assistance to jurisdictions to institutionalize the implementation of the California Complete Streets Act of 2008 in local circulation elements and transportation plans.</li> </ul>
5.2 Health Impact Assessment (HIA) Program	<ul style="list-style-type: none"> <li>• Institutionalize the methodology &amp; process for assessing health impacts of proposed transportation plans and projects within SANDAG.</li> <li>• Conduct economic and health cost-benefit assessment of active transportation and public transit investments.</li> </ul>

(\*Indicates a required activity)

**CTG is a program of Live Well, San Diego!**

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