San Diego | PROGRAM PROFILE

The County of San Diego Healthy Works: Prevention Initiative is a city awardee of the State and Local Public Health Actions 1422 (SLPHA-1422) program, which aims to promote and reinforce healthful behaviors, best practices, and decrease health disparities to prevent and reduce chronic disease.

AWARD
$3,520,000

MAIN PARTNERS
- Be There San Diego (Collaborative)
- City of San Diego Local Government
- UCSD Center for Community Health

TYPES OF PARTNERS (NO.)
- Coalition/collaborative (1)
- County/city health department (1)
- Other local government entity (1)
- University/academic Institution (1)

TARGETED COMMUNITY
The center region of the city: City Heights, Southeast San Diego

PRIORITY POPULATION
Low-income African Americans and Latinos

SELECTION CRITERIA
- Burden of disease
- Community capacity
- Sociodemographics

FOCUS ON HEALTH FOR ALL: DUAL APPROACH AND MUTUALLY REINFORCING STRATEGIES

The SLPHA-1422 program aims to reduce health disparities by supporting states, large cities, and local communities working together to implement the Dual Approach using a set of comprehensive environmental, health system, and community-clinical linkage strategies. These strategies aim to reach both the general population at the state or large-city level and priority populations across the state or large city, and within targeted communities. The implementation of each approach supports the other in a mutually reinforcing way that strengthens their combined impact. The graphic below depicts examples of the Dual Approach and mutually reinforcing strategies with three strategies selected by the awardee.

Strengthen community promotion of physical activity though signage, worksite policies, social support, and joint use agreements

Implement evidence-based engagement strategies to build support for lifestyle change

Increase electronic health record (EHR) adoption and the use of health information technology (HIT) to improve performance

DUAL APPROACH

GENERAL POPULATION
Engage employers in adopting/implementing worksite wellness policies to strengthen physical activity, evidence-based employee engagement strategies, and linkages to lifestyle change programs.

GENERAL POPULATION
Collaborate with engaged worksites to implement a marketing plan to recruit and enroll participants in CDC-recognized diabetes prevention programs.

GENERAL POPULATION
Assess current and planned EHR activities within the City of San Diego, focusing on activities related to Meaningful Use.

MUTUALLY REINFORCING

PRIORITY POPULATION
Recruit worksites focusing on priority populations to participate in the LiveWell@Work Program.

PRIORITY POPULATION
Develop targeted communications for priority populations.

PRIORITY POPULATION
Work with Health Quality Partners of Southern California to adopt use of clinical decision support tool recommendations within local Federally Qualified Health Centers.
Live Well San Diego is the County of San Diego’s vision for a region that is Building Better Health, Living Safely, and Thriving. It aligns the efforts of individuals, organizations, and government to help all 3.3 million San Diego County residents live well. The Live Well Community Market Program, led by the County of San Diego Health and Human Services Agency, expands the scope of the healthy food retail environment in the City of San Diego. The program is focused in underserved neighborhoods and provides market owners with technical assistance and resources to increase the amount of produce they provide, the promotion of their produce, and the placement of their produce, in addition to improvements to the markets’ physical environment.

As part of its efforts to prevent type 2 diabetes, San Diego is scaling the National Diabetes Prevention Program and using a collaborative approach to ensure sustainability. With support of community partners, low-income and ethnically diverse priority populations can now access a CDC-recognized diabetes prevention program nearby. In 2014, only one program in San Diego County existed. Today, there are 12 programs and 19 newly trained lifestyle coaches from 11 different organizations.

Be There San Diego, a local coalition of patients, communities, health care systems, and others working together to prevent heart attacks and strokes, hosted a 2017 summit to increase awareness of the prevalence and incidence of heart disease, diabetes, and stroke. Participants received resources and ideas for positive changes that could be implemented in their respective organizations. A panel of San Diego clinical leaders shared best practices as a part of the process to develop regional recommendations to improve outcomes countywide.

**LARGE CITY PERFORMANCE MEASURE HIGHLIGHTS**

The Centers for Disease Control and Prevention’s National Center for Chronic Disease Prevention and Health Promotion funds the SLPHA 1422 program. The following are subawardee performance measure results by division.

**DIVISION OF NUTRITION, PHYSICAL ACTIVITY, AND OBESITY**
- **5** key community locations are implementing nutrition and beverage standards.
- **10** retail and community venues are increasing availability, affordability, placement and/or promotion of healthy foods.
- **10** community venues are promoting physical activity through signage, joint use agreements, and/or worksite policies.
- **17,059** adults have access to community venues promoting physical activity.

**DIVISION FOR HEART DISEASE AND STROKE PREVENTION**
- **1,115,854** patients are participating in healthcare systems with EHRs appropriate for treating patients with high blood pressure.
- **944,012** patients are participating in healthcare systems with policies or systems to encourage a multidisciplinary team approach to blood pressure control.
- **7** healthcare systems are engaging community health workers to link patients to community resources that promote self-management of high blood pressure.
- **10** healthcare systems are implementing a community referral system to evidence-based lifestyle change programs for people with hypertension.

**DIVISION OF DIABETES TRANSLATION**
- **374,139** adults have been reached through evidence-based engagement strategies.
- **37** adults at high risk for type 2 diabetes enrolled in CDC-recognized diabetes prevention programs.
- **944,012** patients are within healthcare systems with policies or systems to facilitate identification of people with prediabetes.
- **5** healthcare systems engaged with CHWs to link patients to community resources that promote the prevention of type 2 diabetes.