

# Live Well San Diego East Region Leadership Team



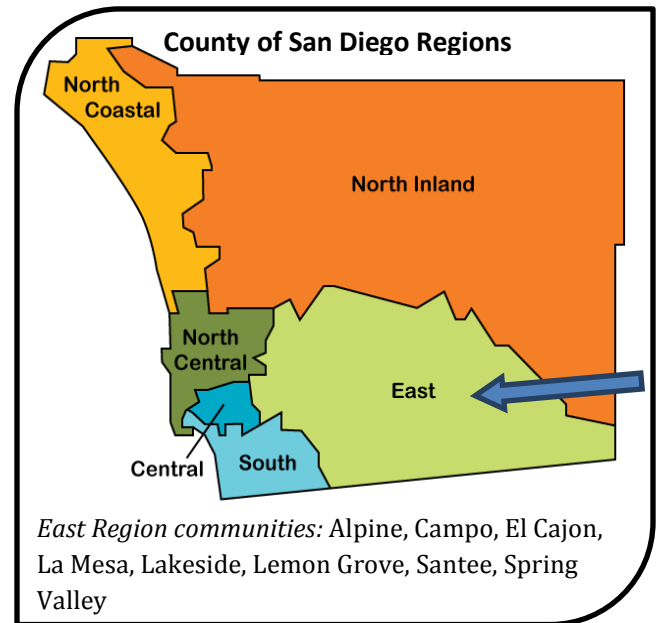
The Live Well San Diego East Region Leadership Team was formed to assist in the implementation of the Live Well San Diego initiative. This long-term strategy is aimed at improving the overall health and well-being of San Diego County residents through community involvement.

The Leadership Team meets monthly:

Workgroup Time: Monthly, 11:00am-12:00pm

Meeting Time: Monthly, 12:00pm-1:00pm

Meeting Location: Rotates within the region



Through community engagement, planning, and assessment the East Region Leadership Team identified public health issues confronting the community, and formed three workgroups to address these issues.

## Live Well San Diego East Region Leadership Team **Workgroups**

### **Active Living**

Increase physical activity for East Region residents by:

- Increasing public-private partnerships to improve access to physical activity

### **Healthy Eating**

Increase healthy eating in East County by:

- Implementing educational resources to promote awareness about healthy eating in East County
- Pursuing environmental changes that result in increased healthy eating opportunities

### **Substance Abuse Prevention**

Reduce exposure to secondhand smoke and reduce underage consumption of alcohol by:

- Implementing policy and system change to create a smoke-free environment
- Implementing policy and systems change to promote responsible consumption of alcohol



Live Well San Diego East Region  
Community Health Engagement Team  
Other Partnerships and Projects



✓ **Live Well San Diego Designation**

Live Well San Diego is the County of San Diego's roadmap to achieve a safe, healthy, and thriving region. Partnerships are essential to our success. Community partners such as non-profits, businesses, and schools that have a long-term role in promoting the Live Well San Diego vision are designated as official partners.

✓ **Resident Leadership Academy (RLA)**

The Resident Leadership Academy empowers residents to improve their quality of life by implementing policy changes that promote physical activity, safety, and healthy food choices. The RLA is comprised of a 10-week curriculum that is designed to be shared with resident leaders to inspire action and facilitate sustainable, community-driven leadership on public health issues. The Resident Leadership Academy in El Cajon began in Spring 2013.

✓ **Communities for Excellence- Nutrition, Physical Activity, and Obesity Prevention (CX3)**

In the East Region, CX3 is taking place in the community of El Cajon. The residents are looking to implement recommendations centered on healthy food options, corner store makeovers, pedestrian safety and pedestrian friendly neighborhoods.

✓ **Youth Engagement & Action for Health (YEAH!)**

The YEAH! Program engages youth groups in identifying and working to change community conditions to better support healthy behaviors. While participating in this project, youth will identify and work toward a goal and gain valuable leadership experience.

✓ **Safe Routes to Schools/Safe Passage**

The second leading cause of unintentional death for school aged children is pedestrian injuries, many of which are preventable. Safe Routes to Schools/Safe Passages aims to improve the safety around schools, specifically focusing on and promoting walking and bicycling to school. This is done through educating children and the community, partnering with traffic law enforcement, and developing plans to create safe streets. La Mesa Safe Routes to School Guide can be located at <http://www.casaferoutestoschool.org/wp-content/uploads/2012/04/La-Mesa-SRTS-Guide.pdf>

✓ **Intergenerational Programming**

Building meaningful partnerships across the age spectrum to address health and social challenges in our neighborhoods is a key component to a healthy, safe, and thriving community. Incorporating intergenerational strategies into new and existing programs can enhance efforts, leverage resources, and improve health outcomes. Regional activities include collaborating with partners on increasing access to care, improving mental health, promoting physical health, reducing isolation, fostering mentoring and more- all with an intergenerational lens.

✓ **Question, Persuade, and Refer (QPR)**

QPR is an emergency intervention to help a person who is considering suicide. In a free one-hour training, individuals learn to recognize warning signs, what questions to ask, and how to offer hope and help. Anyone who is in a position to recognize the signs that someone may be considering suicide is encouraged to sign up.

*If you would like to be added to our email distribution list or need more information,*

Date created: 1/15/2013 *please contact Katie Judd at (619)401-3836 or [Katherine.Judd@sdcounty.ca.gov](mailto:Katherine.Judd@sdcounty.ca.gov)*

[www.LiveWellSD.org](http://www.LiveWellSD.org)