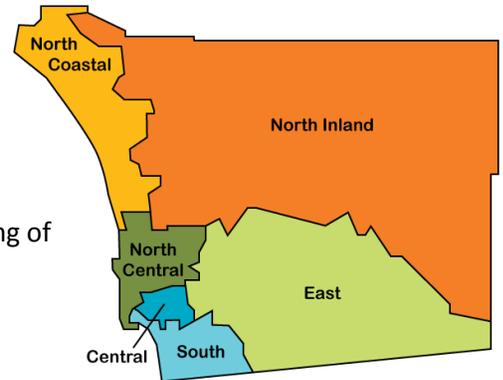


Live Well San Diego
South Region Leadership Team
Community Health Improvement Plan

The *Live Well San Diego South Region Leadership Team* was formed in June of 2010, with a mission to work together to improve community wellness and reduce health disparities through policy, environment and systems change.

Live Well San Diego is aimed at improving the overall health and well-being of San Diego County residents. It is built upon four pillars:

1. Building a Better Service Delivery System
2. Supporting Positive Healthy Choices
3. Pursuing Policy and Environmental Changes
4. Improving the Culture from Within County Government



The county of San Diego is divided into six Health and Human Services regions based on zip code.

South Region identified the following strategic issues: *Access to health home (medical, dental and mental) for vulnerable populations; Improve security and decrease violence; Increase healthy food access; Increase physical activity and active living and tobacco prevention.*

Each goal has an accompanying Measurable Objective of Success which is specific, achievable, and time-bound. These strategic issues and goals were developed using Mobilizing for Action through Planning and Partnerships (MAPP), a community-driven strategic planning process for improving community health through extensive deliberation by community organizations, county representatives, and residents at monthly leadership meetings and quarterly forums from January to October 2012.

The **Access to Health Home** goals are:

- Improve access to a comprehensive medical, dental and mental health home for vulnerable populations including:
 - Grandparents and other kin raising grandchildren/kin
 - Persons referred to mental health services
 - Pregnant women and young children.

The **Safety & Violence Prevention** goals are:

- Increase pedestrian and child safety
- Increase safety in multi-housing community
- Prevent underage drinking and proliferation of alcohol outlets

The **Healthy Food Access & Physical Activity and Active Living** goals are:

- Increasing physical activity and access to nutritious food options
- Developing systems within schools for measuring and reporting BMI/ Healthy weight plans

You are invited to attend leadership meetings to offer input on the implementation of these goals, form collaborative partnerships and learn more about the programs in your community. The *Live Well San Diego* South Region Leadership Team meets every other month.

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Some examples of *Live Well San Diego* Action in South Region include:

❖ **Live Well San Diego Designations**

- 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. Our diverse partners include cities, community and faith-based organizations, businesses, school districts that have a long-term role in promoting the Live Well San Diego vision.
- We encourage your agency to become a recognized Live Well Partner. See the full list of LWSD Partners at <http://livewellsd.org/partners/>

❖ **Pedestrian and Bicycling Safety**

- Working with cities to increase pedestrian and bicycling safety by supporting Safe Routes to Schools Programs and improvements to the physical environment.
- Working to complete the Bayshore Bikeway Connections between cities and connections from within the cities to the Bayshore Bikeway.

❖ **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

❖ **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.
- After completing the training, RLA graduates continue working with public and private institutions in their respective communities to implement these policy changes.

❖ **Communities of Excellence**

- Residents, leaders, businesses, and organizations living and working in our communities have the potential to collaborate more successfully across sectors, identify and align their strategic priorities more effectively, and engage a larger portion of the community in improving key community outcomes.
- By using a framework, communities can achieve better results, faster in the areas that really matter: educational attainment, economic vitality (jobs), health status, and safety.

❖ **5-2-1-0**

In 2012, the San Diego Healthy Weight Collaborative launched the 5-2-1-0 campaign. The 5-2-1-0 (daily recommendations to eat 5 fruits and vegetables, 2 hours of recreation screen time or less, 1 hour of physical activity, and 0 sugary drinks) messaging campaign was adapted from Let's Go! Maine.