

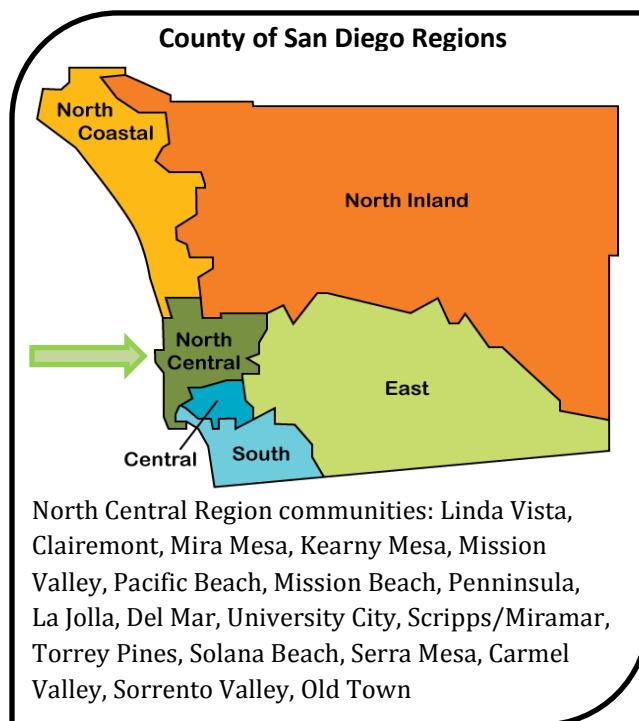
The *Live Well San Diego* North Central Region Leadership Team was formed in June 2012 to assist in the implementation of the *Live Well San Diego* initiative. This long-term strategy is aimed at improving the overall health and well-being of San Diego County residents through community involvement.

The Leadership Team meets monthly:

Meeting Time: Every 2nd Wednesday, 12pm-1:30pm

Meeting Location: Rotates within the region

Through community engagement and assessment, the North Central Region Leadership Team identified public health issues confronting the North Central region, and formed three committees listed below to address these issues.



Live Well San Diego North Central Region Leadership Team **Committees**

Preventive Healthcare

Increase access to preventive health care by linking residents to community clinics, healthcare providers, and programs by:

- Linking residents to transportation options to community clinics for medical appointments.
- Facilitating access to resources that teach residents on appropriate emergency room usage.
- Securing health care professionals who agree to promote 5-2-1-0 materials to provide for distribution.

Live Well San Diego Indicator: Lack of health insurance

Behavioral Health

Increase access to behavioral health services and decrease access to alcohol, tobacco, and other drugs by:

- Linking residents to appropriate mental health services, such as the 24-hour crisis line, QPR, and the It's Up to Us Campaign.
- Reducing access to alcohol, tobacco, and other drugs by promoting organizational strategies, such as crime-free and smoke-free multi-unit housing.

Live Well San Diego Indicator: Life Expectancy

Physical Activity

Create more pedestrian and bicycle friendly neighborhoods by working with community stakeholders to promote street calming, sidewalks, safe crossings, bicycle lanes, and other measures by:

- Generating a list safety concerns and other barriers to active transportation in the Linda Vista and Clairemont communities based on community surveys.
- Sharing the list of community-identified needs with neighborhood collaboratives, planning groups, and other community stakeholders.
- Support community groups in addressing concerns about pedestrian and bicycle safety as they arise.

Live Well San Diego Indicator: Life Expectancy

For more information on *Live Well San Diego* and the indicators visit www.LiveWellSD.org



Live Well San Diego North Central Region
Community Health Engagement Team
Partnerships and Projects



✓ **Live Well San Diego Designation**

Live Well San Diego is the County of San Diego's roadmap to achieve a healthy, safe, 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 (RLA) empowers residents to improve their quality of life by implementing policy changes that promote physical activity, safety, and healthy food choices. The RLA is a 10-week curriculum that incorporates cutting-edge knowledge on creating healthier neighborhood environments. This helps residents decide how they would like to see their communities improved. The RLA program recently began with community members in Linda Vista.

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

In the North Central Region, CX3 is taking place in the community of Linda Vista. 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.

✓ **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 in a position to recognize the signs that someone may be considering suicide is encouraged to sign up. If you are interested in signing up for a training, please contact Alexis Munoz at Alexis.Munoz@sdcounty.ca.gov.

If you would like to be added to our email distribution list or need more information, please contact Katie Judd at (858)668-3758 or Katherine.Judd@sdcounty.ca.gov