



Addressing Health Disparities Through Partnerships

Programs: Communities of Excellence (CX3) & Healthy 4 Life

Kevin Mahany, St. Mary for
Healthy High Desert Summit 2015



Partnerships

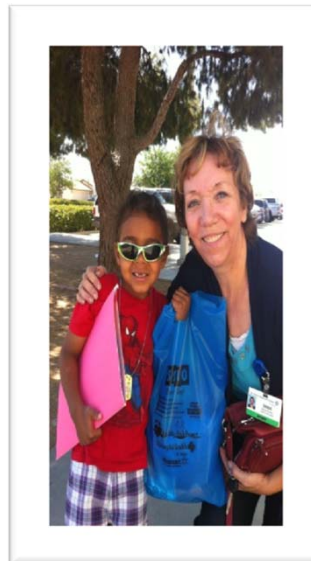
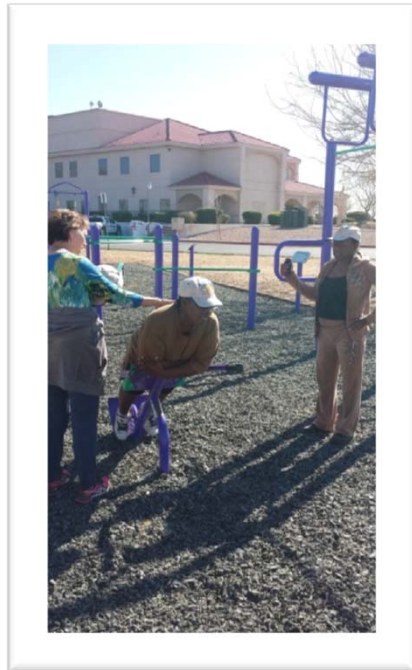
- Legacy of the Sister of St. Joseph of Orange “to go out into the city, divide up the neighborhoods, find out the needs and do your best to meet them, and find lay people who want to do good works with you.”



- Partnerships:



Healthy 4 Life



Accomplishments:



678 – 1:1 Nutrition Counseling Sessions – 110 lost weight



Dories Davies & Richardson Parks – CA Endowment Grant



54 Nutrition Presentations, 703 total attendance

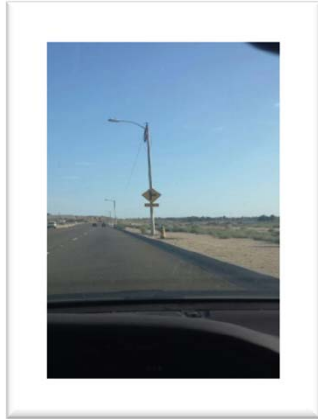


Adelanto Smoking Ban Policy expanded to include vaping



Hesperia Preschool Healthy Food Policy for Parent Meetings

Communities of Excellence (CX3)



Accomplishments:



Mayor Pro Tem Weight Loss Challenge in Adelanto



Clean Up Adelanto Campaign



Free Zumba Classes



Free Community Walks



Retail Program – Guadalajara Market, Victorville



Safer Streets – Victorville (Central Street Sign)



Hesperia Median Main & Balsam (50 collisions, 2002)

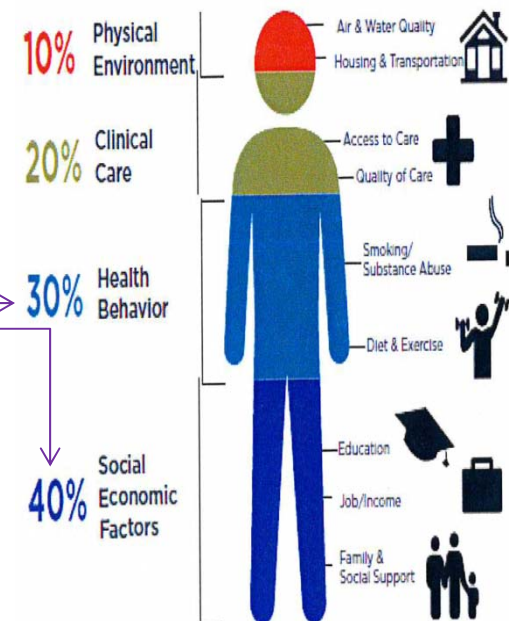
Healthier Communities Created

- **Health is more than clinical care:**

- Social Economic Factors & Health Behavior have an overwhelming impact on overall health.

- **Our neighborhoods choose our behaviors**

- Residents identified as the biggest stakeholders
- What do they see and feel improves wellbeing
 - Example: Residents wanted Zumba Classes
 - Local community members donate time as instructors
 - Adelanto Senior Center donates space for classes for classes
 - City of Victorville's Park and Recreation help locate facilities for Zumba
 - Healthy Cities work to install Fitness Parks and consider policies addressing tobacco, Spice and Bath Salts and alcohol



Factors that Influence Health

Key Learnings

As called out in the county's new community transformation plan we have High Desert partnerships using programs addressing:

- (1) The prevalence of chronic diseases such as diabetes and obesity
- (2) Working to connect residents to health services
- (3) Promoting healthy relationships
- (4) Increasing access to healthy food options, safe places to enjoy exercise, fitness and active transportation
- (5) Teaching residents how to advocate for their own health and
- (6) Reducing exposure to drugs and unsafe conditions