

**Building Better Health:**  
***“A healthy community is a safe  
community”***

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# Purpose

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- ❑ **Update on HHSA efforts to advance health and safety of San Diego residents.**
- ❑ **Identify the areas of convergence with City of San Diego's Commission on Gang Prevention and Intervention**
- ❑ **Identify future strategic and collaborative opportunities**

# Health Strategy Agenda (H SA): “Building Better Health”

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On July 13, 2010 the Board of Supervisors approved the Health Strategy Agenda, the County’s 10-year strategic plan.

## Four Major Themes:

- Building a Better System
- Supporting Healthy Choices
- Pursuing Policy Changes for a Healthy Environment
  - Communities Putting Prevention to Work (CPPW)
    - Resident Leadership Academy
    - Healthy Communities Campaign
    - School and Community Gardens
- Improving the Culture from Within

# Gang Prevention & Health

## What's the Connection?

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Community residents experience or perceive gang or community violence



- Community residents feel unsafe and do not frequent parks or open spaces
- They do not allow their children to play outside



- Lack of physical activity due to perception of safety could lead to sedentary lifestyles
- Sedentary lifestyles could in turn lead to chronic diseases such as obesity or diabetes

# Gang Prevention & Health

## What's the Connection?

When community residents perceive that they are safe, they are more apt to form social connections in their communities and thereby engage in healthy lifestyle activities and choices.



# Environmental Factors that Allow Gang Activity

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- ❑ Perceived and actual crime rate
- ❑ Lack of safe parks and open space
- ❑ Drug and alcohol use
- ❑ No eyes on the street
- ❑ Poor Lighting
- ❑ Graffiti/tagging



# **Preventing Violence & Healthy Eating Active Living (HEAL) Initiative**

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## **□ Reducing Violence Through Better Planning and Prevention**

- Parks**
- Apartment complexes**
- Trolley stations**

# Safe Routes to Schools

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- Walkability
  - Crosswalks
  - Sidewalks
  - Traffic calming efforts
    - Roundabouts
    - Medians







# Mental Health Services Act (MHSA)

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- **Issues in Need of Innovative Solutions**
  - **Alternative role models for Children & Youth**
  - **Truancy as it contributes delinquency and behavioral disorders**
  - **Empowering Youth to develop skills away from gangs and violence**
  - **Utilizing libraries are “safe zones” in trauma exposed regions**
  - **Sexual exploitation and trafficking of children**



# Mental Health Services Act (MHSA)

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- **Prevention and Early Intervention (PEI)**
  - **Alliance for Community Empowerment (ACE)**
    - Mobile outreach to children and families exposed to gang violence
  - **Families As Partners (FAP)**
    - Assessment and treatment for children and families involved in domestic violence



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**Next Steps:  
Safety Strategy Agenda**