



# *Sonoma County Health Action*

*Intersectoral Collaboration for Health:  
Reports from Local Health Departments*

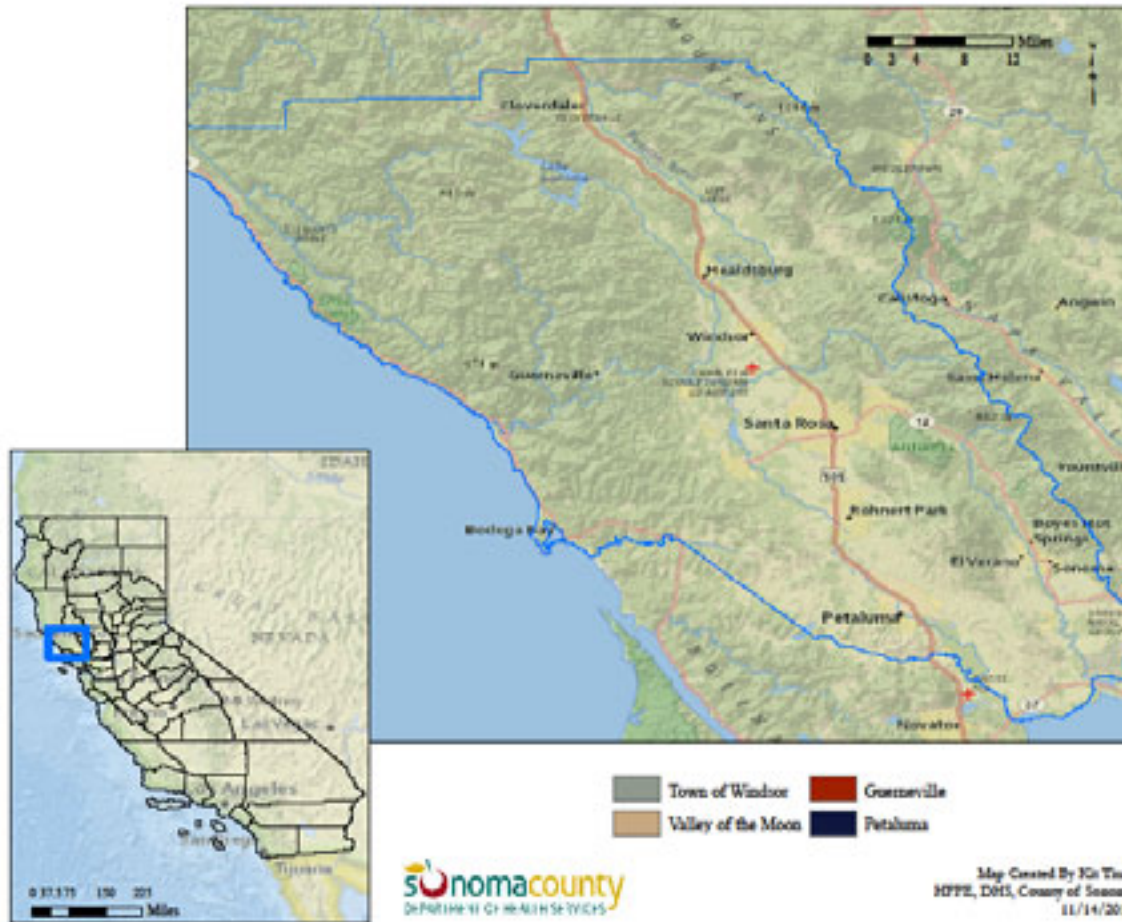
*Web-forum, November 15, 2012*

Peter Rumble, MPA  
Division Director – Health Policy, Planning &  
Evaluation



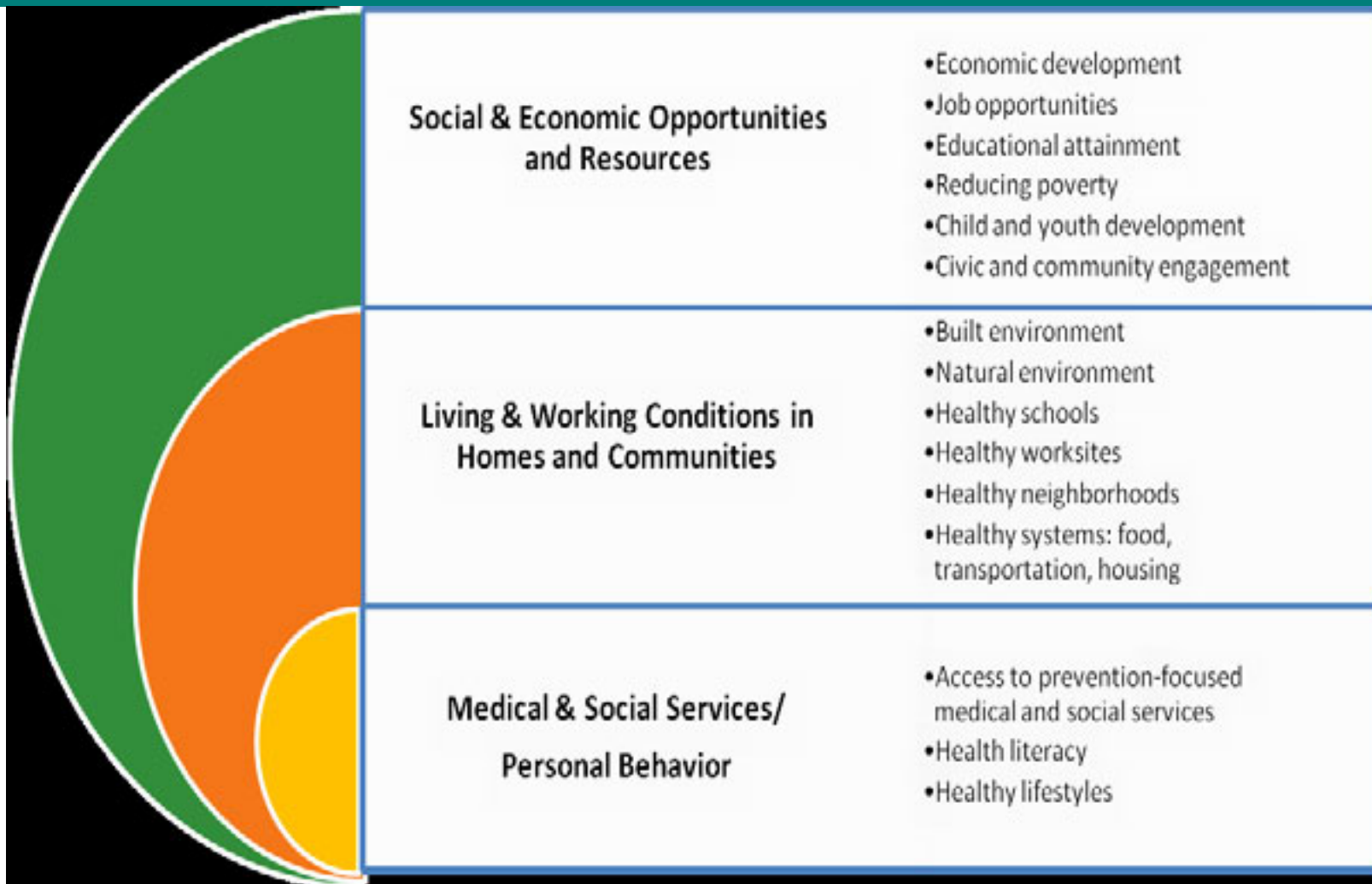
**sonoma county**  
DEPARTMENT OF HEALTH SERVICES

# Sonoma County



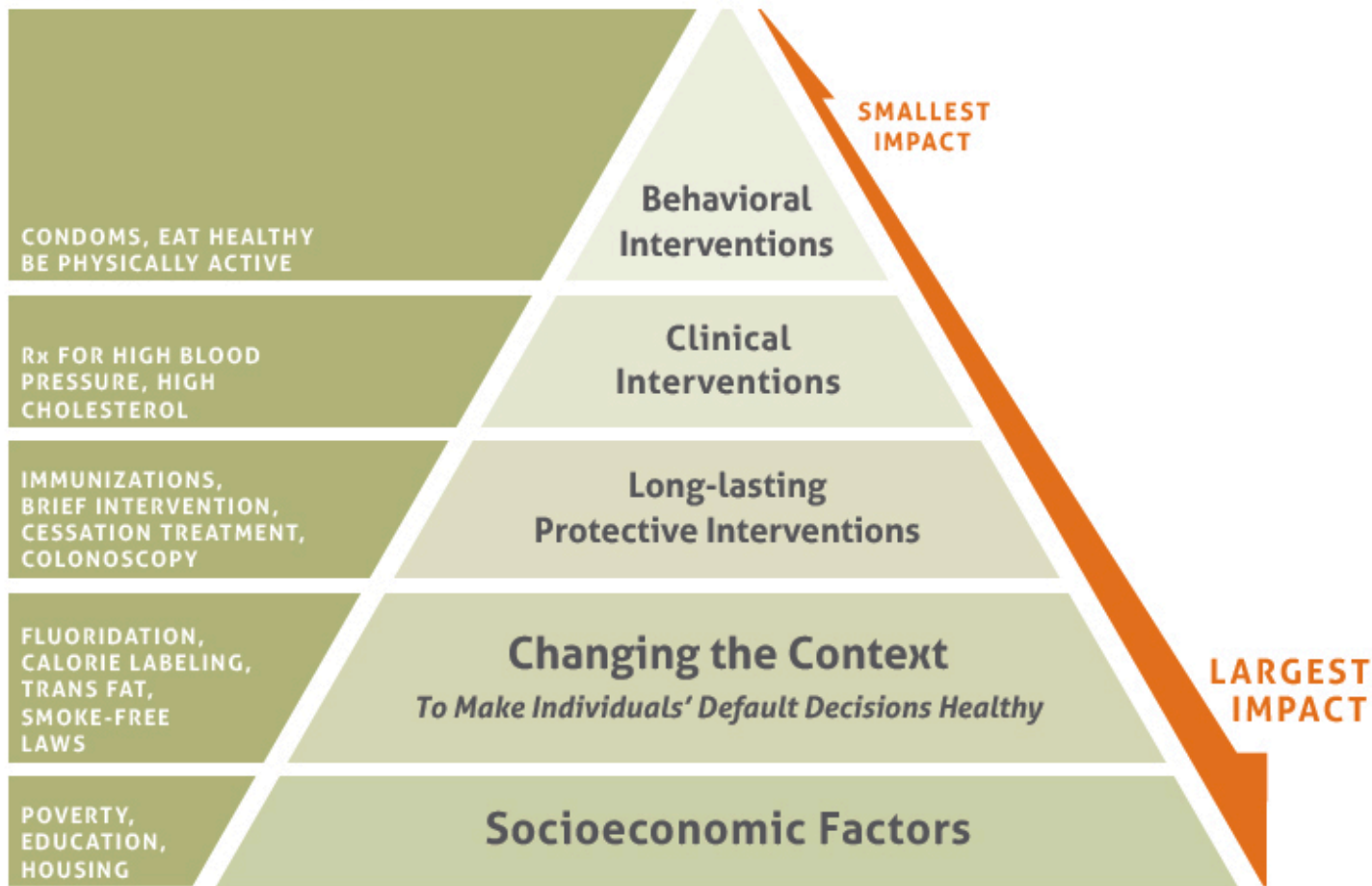
- *Population 487,000*
- *9 Cities; 150,000 in unincorporated County*
- *25% Latino; 43% births*
- *Increasing Senior and low-income populations*
- *Highest per-capita rate of volunteerism*
- *More non-profits per population than region*
- *Progressive policies*

# What Influences our Health

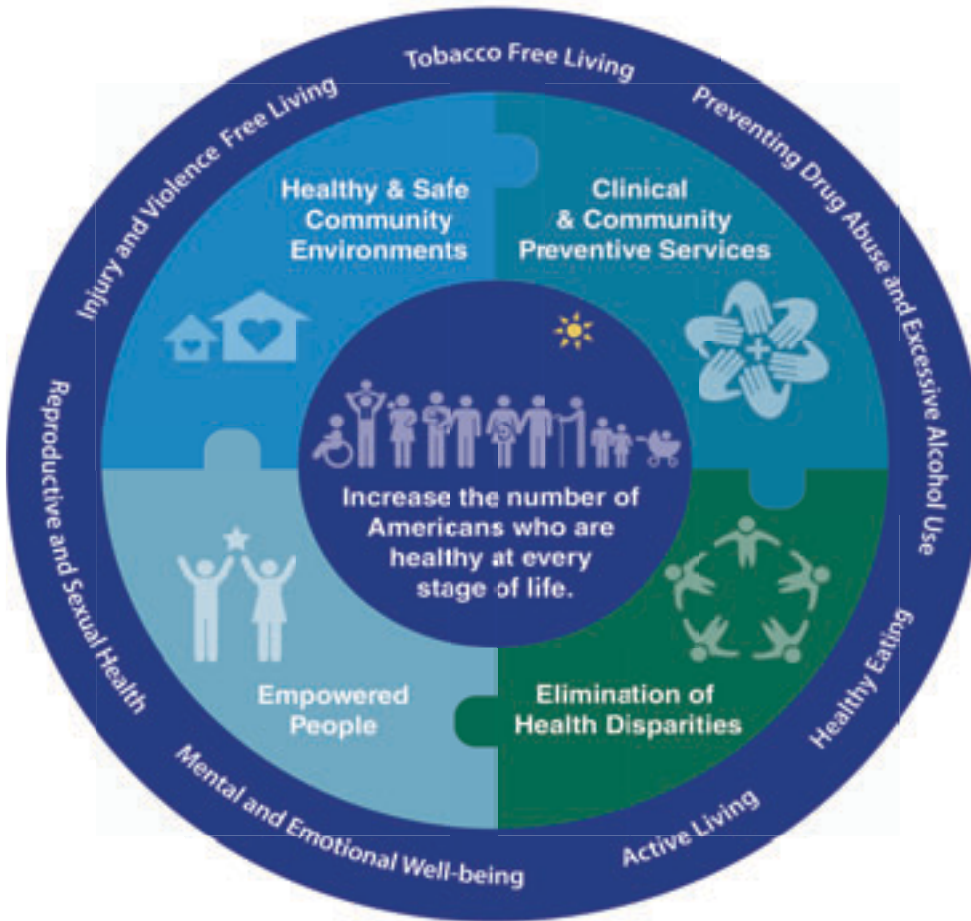


# How Can we Influence Health

## Interventions to Affect Health



# National Framework



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# Creating Health Action

**HEALTH ACTION**  
A 2020 VISION FOR SONOMA COUNTY

*By the year 2020, we envision that Sonoma County will be the healthiest county in California to live, work, and play ... a place where people thrive and achieve their life potential. This effort will take all of us working together to create a healthier community through collective action.*



# Health Action Membership

**Department of Health Services**

**John Jordan Foundation**

**Windsor Town Council**

**Exchange Bank**

**Sonoma County Health Officer**

**Sonoma County Economic Development Board**

**Sonoma County Human Services Department**

**West County Health Centers**

**Sonoma City Council - Representative**

**La Tortilla Factory**

**Community Baptist Church**

**Volunteer Center of Sonoma County**

**Northern California Center for Well Being**

**Kilkenny Advisors**

**North Bay Labor Council, AFL-CIO**

**Community Volunteer**

**Council on Aging**

**Kaiser Permanente**

**North Bay Leadership Council**

**Santa Rosa City Council**

**Sutter Medical Center**

**Rohnert Park City Council**

**United Winegrowers for Sonoma County**

**Sonoma County Board of Supervisors**

**Healdsburg City Council**

**Community Action Partnership Sonoma County**

**Community Volunteer**

**Kaiser Permanente**

**North Valley Bank**

**KRCB Television and Radio**

**Santa Rosa Community Health Centers**

**Sebastopol City Council**

**Santa Rosa Community Health Centers**

**Sonoma County Regional Parks**

**Cotati City Council**

**Real Estate Broker**

**Sonoma County Office of Education**

**Psych Strategies**

**United Way of the Wine Country**

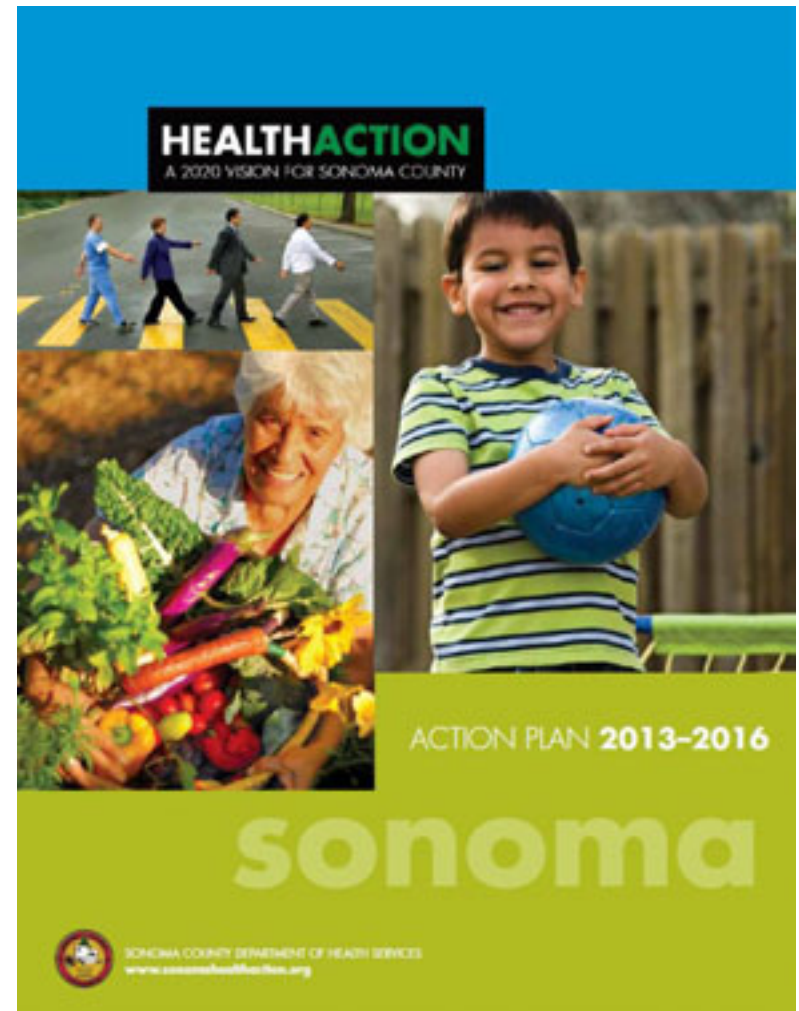
**Petaluma City Council**

**Cloverdale City Council**

**St. Joseph Health Sonoma County**

# Health Action Goals

1. *Youth graduate from high school on time.*
2. *Families have the economic resources to make ends meet.*
3. *Residents are connected to their communities and participate in community life.*
4. *Residents eat healthy food.*
5. *Residents are physically active.*
6. *Residents do not abuse alcohol or prescription drugs and do not use tobacco or illicit drugs.*
7. *Resident enjoy good mental health.*
8. *Residents take steps to prevent injury.*
9. *Residents have health care coverage.*
10. *Residents are connected with a trusted source of prevention-focused primary care.*





# HealthySonoma.org

Healthy SONOMA

View this site in Spanish/Español or other language

Powered by The Healthy Communities Network

Home > Community Snapshot

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RELATED CONTENT

Search

Compare by: **Region**

**Adults who are Obese** [Edit] [Delete]

Value: 28 percent

Measurement Period: 2007

Location: County : Sonoma

Categories: Health / Exercise, Nutrition, & Weight  
Health / Diabetes  
Health / Heart Disease & Stroke

24.9 29.7

Red > 29.7  
Green <= 24.9  
In-between = Yellow  
Unit: percent  
[View the Legend](#)

**What is this indicator?**  
This indicator shows the percentage of adults who are obese according to the Body Mass Index (BMI). The BMI is calculated by taking a person's weight and dividing it by their height squared in metric units. (BMI = Weight (Kg)/[height (cm) ^ 2]) A BMI >=30 is considered obese.

**Why this is important:** The percentage of obese adults is an indicator of the overall health and lifestyle of a community. Obesity increases the risk of many diseases and health conditions including heart disease, Type 2 diabetes, cancer, hypertension, stroke, liver and gallbladder disease, respiratory problems, and osteoarthritis. Losing weight and maintaining a healthy weight help to prevent and control these diseases. Being obese also carries significant economic costs due to increased healthcare spending and lost earnings.

**The Healthy People 2010 national health target is to reduce the proportion of adults who are obese to 15%.**

Technical note: The distribution for this indicator is based on data from 44 California counties.

Source: California Health Interview Survey

URL of Source: <http://www.chis.ucla.edu/>

URL of Data: <http://www.chis.ucla.edu/main/default.asp>

**Time Series Data**

**LOCAL 211 RESOURCES CALL 211**

- Northern California Center For Well-Being : Northern California Center For Well-Being
- Vintage House Senior Center : Vintage House Senior Center
- Sonoma County Indian Health Project : Senior Nutrition Site-Sonoma County Indian Health Clinic [More](#)

**NEWS**

- Body mass and waist size can predict heart disease
- Excess Weight Speeds Up Osteoarthritis
- Obese Heart Patients May Live Longer [More](#)

**INDICATORS**

- Adults who are Overweight or Obese
- Adults Engaging in Regular Physical Activity
- Teens who Engage in Regular Physical Activity [More](#)

**PROMISING PRACTICES**

- Hip-Hop to Health Jr [More](#)

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Demographics

HP 2010 Tracker

Sonoma 2020 Tracker

Topic Centers

Promising Practices

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Local Resources

Report Assistant

Related Links

Contribute Content

Health Action

United Way

Kaiser Permanente

St. Joseph

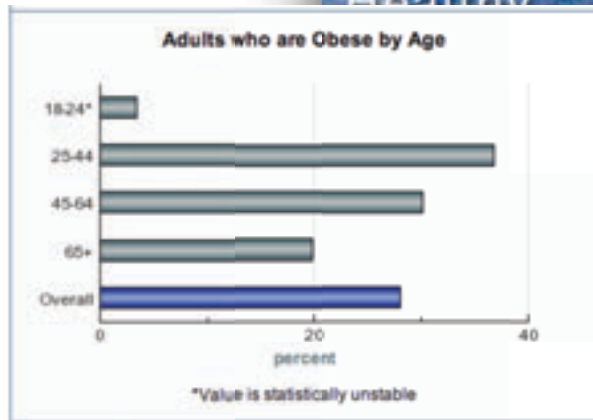
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Community Snapshot

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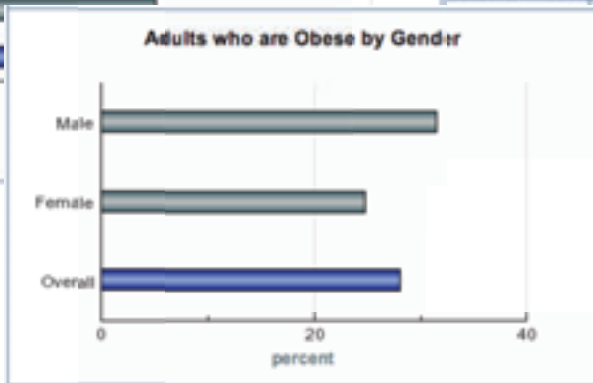
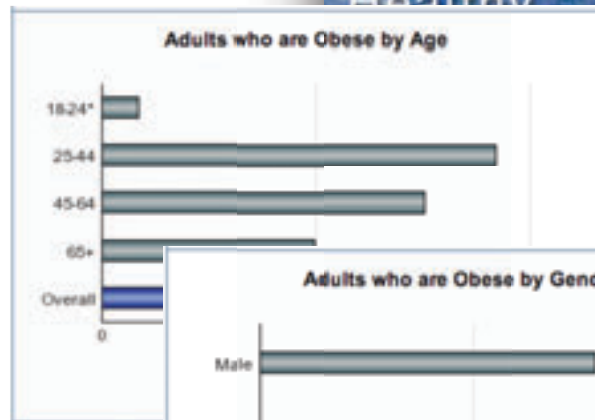
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Time Series Data

- HP 2010 Tracker
- Sonoma 2020 Tracker
- Topic Centers
- Promising Practices
- Event Calendar
- Local Resources
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- Contribute Content
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**Adults who are Obese by Age**

18-24*	~10%
25-44	~35%
45-64	~30%
65+	~25%
Overall	28%

**Adults who are Obese by Gender**

Male	~38%
Female	~28%
Overall	28%

**Adults who are Obese by Race/Ethnicity**

African American*	~75%
Asian*	~10%
Latino	~45%
White	~25%
Overall	28%

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Additional note: The distribution for this indicator is based on data from 44 California counties.

Source: California Health Interview Survey

Zoom to: County: Sonoma [Go]

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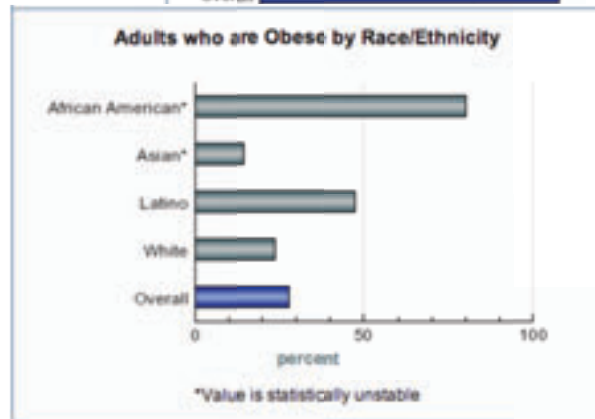
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Community Snapshot

are by: **Region**

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**Obesity and diabetes Prevalence**

Map Data

Explore the map

Data Layers

- Percent obese
- Percent diabetic

Show settings: Data Points

Zoom to: County : Sonoma Go

Note: data source may differ from dashboard indicator

- INDICATORS**
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# Health Action Initiatives



**iGROW**  
**sonoma**



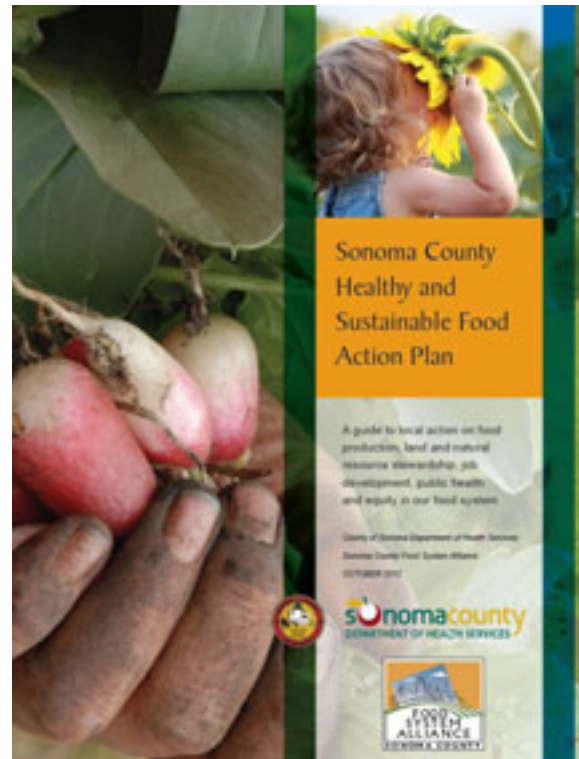
# Health Action Initiatives



**iWALK**  
**sonoma**



# Health Action Initiatives





# Health Action Initiatives

## Educational Attainment (Cradle 2 Career)

*Link between education and health is strong – critical to economic development*



## Health System Improvement (CHI)

*Ensuring people have access to high quality, integrated care*



## Income

*Ensuring everyone in Sonoma County has adequate and secure income*



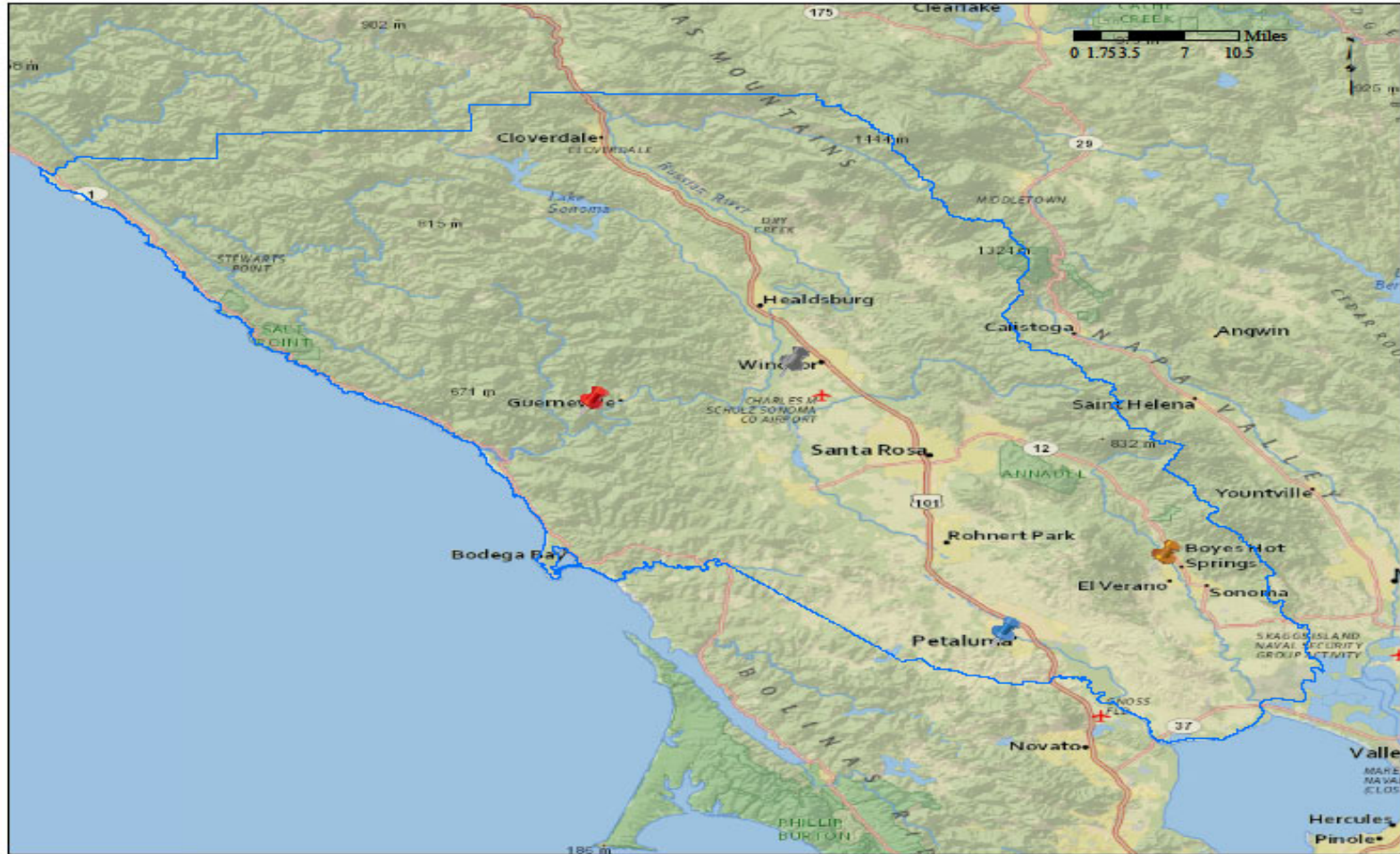
# Hope in New Opportunities

## Community Transformation Grant & Other

- **Systems to implement Healthy by Design – Sonoma State University and architects association**
- **Farm to School initiatives**
- **Parks collaboration, County lands for food**
- **Housing Element, General Plan, Health Impact assessment**
- **Broad community investments**



# Health Action “Chapters”



## **Web-Resources**

**County Website:** [www.sonoma-county.org/health/](http://www.sonoma-county.org/health/)

**HealthAction Website:** [www.sonomahealthaction.org](http://www.sonomahealthaction.org)

**Healthy Sonoma Website:** [www.healthysonoma.org](http://www.healthysonoma.org)

**Network of Care Website:** [www.sonoma.networkofcare.org](http://www.sonoma.networkofcare.org)

**National Prevention Council:** [www.healthcare.gov/prevention/nphpphc](http://www.healthcare.gov/prevention/nphpphc)

**Primary Care Capacity Report:** [www.sonomacounty.org/health/publications](http://www.sonomacounty.org/health/publications)

Thank you - Discussion