neighborhoods, and reducing environmental exposures from unstable and unsafe housing options.4 In 2013, food and health care expenses, decreasing stress, providing access to healthy options for families in homelessness in 2013.5 6

for San Bernardino County was 79% in the 2013-14 school year,2 and only 19% than households headed by a high school dropout. The high school graduation rate households headed by a high school graduate accumulate ten times more wealth (1) Education; (2) Economy; (3) Access to Health and Wellness (includes: Access to Healthcare, Behavioral Health, and Healthy Behaviors); and (2) Safety (including community and school safety).

The Community Transformation Plan offers a common understanding of key health issues San Bernardino Vital Signs Community Transformation Plan

The Final Priority Areas of the Community Transformation Plan include:

- Education;
- Economy;
- Access to Health and Wellness (including Access to Health Care, Behavioral Health, and Healthy Behaviors); and
- Safety (including community and school safety)

EDUCATION

There is much evidence linking educational attainment and high school graduation rates to improved health outcomes. As reported in the Vital Signs Final Report people with more education have lower rates of the most common acute and chronic diseases. High school graduates earn higher salaries, have better self-esteem, more personal life satisfaction, fewer health problems, and less involvement in criminal activity as compared to high school dropouts. In addition, households headed by a high school graduate accumulate ten times more wealth than households headed by a high school dropout. The high school graduation rate for San Bernadino County was 79% in the 2013-14 school year; and only 19% of county residents had a bachelor’s degree, a graduate degree or a professional degree as compared to 31% across the state in 2013. Yet roughly 60% of jobs nationwide require some type of training or education beyond high school.4

ECONOMY

Economic factors including poverty, employment opportunities and access to affordable housing have been shown to influence access to health care and health outcomes. It has been shown that stable, affordable housing may improve health outcomes by freeing up family resources for healthy food and health care expenses, decreasing stress, providing access to healthy options for families in neighborhoods, and reducing environmental exposures from unstable and unsafe housing options.3 In 2013, 19% of San Bernadino County residents were living in poverty, and 2,321 individuals were experiencing homelessness in 2013.3

ACCESS TO HEALTH AND WELLNESS

Access to Health and Wellness encompasses many aspects of health outcomes including Access to Healthcare, Behavioral Health, and Healthy Behaviors. Many of the socioeconomic factors mentioned previously affect the health of San Bernadino County residents. Families and individuals without health insurance coverage often have unmet health needs, which drive preventer services, suffer delays in receiving appropriate care, and experience more hospitalizations. In other words, uninsured individuals are less likely to receive medical care, and more likely to have poor health and to die prematurely.3 High rates of unemployment destabilize local health care systems, putting the health and wellbeing of entire communities at risk.7 Health insurance coverage in San Bernadino County remains below California and the Healthy People 2020 targets.8 Healthy behaviors influence the overall health and well-being of residents. Overall, fewer adults in SBC walked for transportation, fun, or exercise than in California and less than 20% of teens (ages 12-17) in SBC met the CDC recommendation of 60 minutes of physical activity each day, greater than compared to California at 15% in 2009.9 Behavioral health needs are regularly recognized as not being met across populations. The Substance Abuse and Mental Health Services Administration (SAMHSA) estimated a prevalence rate of 23.8% of the general population having a behavioral health condition, while less than half of those individuals generally receive behavioral health care.11

SAFETY

Healthy and safe environments allow people to access resources and make healthy choices they might not otherwise be able to make. Although the crime rate in San Bernardino County has decreased from 36 crimes per 1,000 residents in 2006 to 31 crimes per 1,000 in 2010, it has remained higher than the state average since 2007.10 Crime contributes to poorer physical health for those directly impacted by crime and community members. In addition to direct physical injury, victims of violence are at increased risk of depression, substance abuse, anxiety, reproductive health problems, and suicidal behavior.12 People living in unsafe neighborhoods also tend to have fewer options for public transportation or open spaces to be active, factors which further diminish their ability to engage in healthy behaviors.

End Notes

3 American Community Survey, United States Census Bureau. (2013).选型 economic characteristics, 1-year estimates, Table DP03, 2013
4 The Final Priority Areas of the Community Transformation Plan include:
5 Vital Signs: Community Transformation Plan At A Glance 2015-2020
6 Vital Signs: Community Transformation Plan At A Glance 2015-2020
7 Vital Signs: Community Transformation Plan At A Glance 2015-2020
8 Vital Signs: Community Transformation Plan At A Glance 2015-2020
9 Vital Signs: Community Transformation Plan At A Glance 2015-2020
10 Vital Signs: Community Transformation Plan At A Glance 2015-2020
11 Vital Signs: Community Transformation Plan At A Glance 2015-2020
12 Vital Signs: Community Transformation Plan At A Glance 2015-2020

The Community Transformation Plan can be found online at www.communityvitalsigns.org

June 2015

Examine opportunity to strengthen the link between preschool and K-12 Education

Do document and centralizing information about available educational resources.

Portunities to strengthen the link between preschool and K-12 Education

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San Bernardino County Community Transformation Plan (Overview)

We envision a county where a commitment to optimizing health and wellness is embedded in all decisions by residents, organizations and government.

### Purpose:
Community Vital Signs is a community health improvement framework jointly developed by San Bernardino County residents, organizations, and government. It builds upon the Countywide Vision by adding evidence-based goals and priorities for action that encompass policy, education, environment, and system change in addition to quality, affordable and accessible health care and prevention services. It provides the basis for aligning and leveraging resources and efforts by diverse agencies, organizations, and institutions to empower the community to make healthy choices.

### Vision:
We envision a county where a commitment to optimizing health and wellness is embedded in all decisions by residents, organizations, and government.

### Values:
Community Vital Signs is guided by the following values:
- **Community-driven:** Shared leadership by and for residents, engaging and empowering all voices
- **Cultural competency:** Respecting and valuing diverse communities and perspectives
- **Inclusion:** Actively reaching out, engaging, and sharing power with diverse constituencies
- **Equity:** Access to participation, resources and services, addressing historical inequities and disparities
- **Integrity and Accountability:** Transparent and cost-effective use of resources
- **Collaboration:** Shared ownership and responsibility

### Strategies:
Strategies further define what needs to be achieved to realize the goals in the plan, as well as what actions are needed to be successful. In order for SBC to achieve its vision of a county where a commitment to optimizing health and wellness is embedded in all decisions by residents, organizations, and government, it is important to recognize the value in adopting strategies at multiple levels across multiple sectors. The following are a list of select potential strategies; for a full list, please see the Potential Strategies to Achieve Collective Goals section of the Community Transformation Plan.

### Examples of Potential Strategies (1-2 Years)
- **Education**
  - Increase options for active transportation planning such as walking and biking
  - Increase the percentage of residents participating in daily physical activity
- **Economy**
  - Improve job opportunities and economic development
  - Increase the percentage of residents participating in daily physical activity
- **Access to Health and Wellness**
  - Increase the number of health care consumers in underserved communities
  - Increase access to healthy food options within communities

### Community Vital Signs

<table>
<thead>
<tr>
<th>Education</th>
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<th>Safety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase high school graduation rates</td>
<td>Increase productivity</td>
<td>Increase the number of health care consumers in underserved communities</td>
<td>Increase participation with law enforcement at schools</td>
</tr>
<tr>
<td>Increase the number of students choosing STEM (science, technology, engineering, mathematics) careers, including those in health care</td>
<td>Increase business expansion</td>
<td>Reduce substance use</td>
<td>Increase community and faith based collaborations to reduce substance use</td>
</tr>
<tr>
<td>Increase awareness, funding and capacity at the county level to support wellness in the workforce</td>
<td>Increase funding to first-time home health</td>
<td>Increase behavioral health awareness</td>
<td>Increase school safety at all grade levels</td>
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<td>Increase the number of linguistically and culturally competent behavioral health services available in the County</td>
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<td>Reduce the misuse and abuse of alcohol, prescription, and other drugs in the community</td>
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<td>Reduce the prevalence and increase the management of chronic diseases (including diabetes, obesity, and cardiovascular disease)</td>
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### Long-Term Goals (7-10 Years)
- **Education**
  - Increase the number of linguistically and culturally competent behavioral health services available in the County
  - Increase behavioral health awareness
  - Increase access to health and wellness

- **Economy**
  - Increase economic development
  - Increase the percentage of residents participating in daily physical activity

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  - Increase school safety at all grade levels
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