

Health Starts Where You LIVE



THE HEALTHY
SACRAMENTO
COALITION



**Communities
Transforming**
To make healthy living easier

Building a Healthier Sacramento

Chet P. Hewitt is president and CEO of Sierra Health Foundation. Debra Oto-Kent is executive director of the Health Education Council.
COURTESY PHOTOS



"To achieve health equity everyone must have the opportunity to pursue a healthy and full life, regardless of their race, class or neighborhood."

Chet P. Hewitt, president and CEO of Sierra Health Foundation

"We believe that everyone deserves to live in a healthy neighborhood."

Debra Oto-Kent, executive director of the Health Education Council and former Chair of the Healthy Sacramento Steering Committee (2012-2013)

Repairing health inequities takes partnerships BY MICHELLE CARL

What does it mean to be healthy? It could mean visiting a doctor's office for a cholesterol screening or getting a prescription when you're sick. But it's so much more than that. Being healthy means having fresh broccoli to put on the table. It means a safe park where your children can play. It means having clean air to breathe.

Many organizations in our community share the view that our health is impacted by where we live. Eighty-two of those organizations have come together as the Healthy Sacramento Coalition. With funding from the Centers for Disease Control and Prevention and leadership provided by Sierra Health Foundation, the Healthy Sacramento Coalition was created in 2011 in order to better understand how our environment affects our health in Sacramento.

"We believe that everyone deserves to live in a healthy neighborhood. This includes living in a safe, tobacco-free environment with access to healthy foods," says Debra Oto-Kent, executive director of the Health Education Council, one of the coalition's members. "We believe that all residents should have access to resources to help them be healthy, where they live, learn, work, play and pray."

Health is certainly a hot topic these days. The passage and rollout of the Affordable Care Act has created a national dialogue about health care, one that often has become politicized.

But Chet P. Hewitt, president and CEO of Sierra Health Foundation, thinks a parallel conversation needs to be occurring — one in which we ask how we can create healthier communities that prevent people from having to see the doctor in the first place.

"What things can we do in our personal lives to make ourselves healthy?" Hewitt asks. "If you do have a chronic disease, how do you manage that well, so you're not in the emergency room any more than you need to be?"

To do this, he says we have to look at the social determinants of health — how your income, ethnicity or address can influence your well-being. It's not as easy as a desire to live a healthy lifestyle. You need access to fresh food, tobacco-free environments and safe places to exercise.

Hewitt uses the example of a child who sits at home and watches TV because his parents don't feel it's safe to play at the park down the street. That child may be at a greater risk for obesity.

A lack of options factor into a person's ability to make healthy choices, and it can create real health disparities. In Sacramento County, African-Americans have the lowest life expectancy of any ethnic group. In the Old North Sacramento/Woodlake neighborhood, nearly a third of residents call themselves smokers, well above the county average of 14 percent. There are many neighborhoods where half of residents age 12 and older are overweight or obese.

"There's something else amiss in those communities that we in society have got to be willing to deal with," Hewitt says. "To achieve health equity everyone must have the opportunity to pursue a healthy and full life, regardless of their race, class or neighborhood."

The Healthy Sacramento Coalition has chosen to target its efforts on three Focus Communities (North, Downtown and South Sacramento) and 15 ZIP codes within those communities that have disproportionately higher rates of disease.

"The goal of the coalition is to prevent heart attacks, strokes, cancer and other leading causes of death and disability through evidence and practice-based policy, environmental, programmatic and infrastructure changes," Oto-Kent says.

But Hewitt cautions that this kind of change is not something that one organization alone can do for a community. It takes partnerships between the public sector, law enforcement, nonprofits, investors and community groups with different ideas, insights and experiences.

"We have a lot of work to do, but I believe it is doable work," Hewitt says. "It's going to require cross-sector participation, a willingness to come together and engage in healthy debate, and a commitment to transforming the way systems operate. We will need to listen to folks we too often fail to include in these conversations and focus on neighborhoods that are too often left behind. Our goal is straightforward; specific and measurable improvements in health and well-being."

Healthy Sacramento Coalition Creation and goals

The Affordable Care and Patient Protection Act's Prevention and Public Health Fund established Community Transformation Grants. In 2011, the Healthy Sacramento Coalition and Sierra Health Foundation were awarded a \$499,229 capacity-building grant to assess Sacramento County's current chronic disease prevention policies and initiatives. Healthy Sacramento Coalition is one of 61 Community Transformation Grant grantees doing this work across the country.

Administered by the Centers for Disease Control and Prevention, the grant program supports the planning and implementation of projects proven to reduce chronic diseases, which, according to the CDC, are responsible for 75 percent of health care costs in the United States.

The Community Transformation Grant lays out five strategic topics:

- 1) **Tobacco-free living**
- 2) **Healthy eating and active living**
- 3) **High-impact quality clinical and community preventive services**
- 4) **Social and emotional wellness**
- 5) **Healthy and safe physical environments**



For more information and to stay informed, follow us on Facebook:
www.Facebook.com/HealthySacramentoCoalition.

Healthy Sacramento Coalition is made possible by funding from the Centers for Disease Control and Prevention.

THE HEALTHY
SACRAMENTO
COALITION

A Breath of Fresh Air

Tobacco use impacts your health — even at home

BY MICHELLE CARL

When Mimi Dixon moved into her senior apartment community in 2006, she had a simple request of the property manager: She didn't want to live next to a smoker.

"I quit smoking in 1992, and I really can't bear the smell of it," says Dixon, 69. "I know how dangerous secondhand smoke is to your health, and I just can't be around it."

But her downstairs neighbor was just that — a smoker.

Dixon says she was exposed to smoke in her apartment. Her clothes reeked of tobacco. She was constantly sick and suffered from bronchitis. She couldn't have her grandchildren visit out of fear of exposing them. Even taking a shower felt like she was bathing in a giant ashtray.

"There was no way to escape," she says.

Dixon's own home had become hazardous to her health. And like so many people exposed to secondhand smoke, she had no choice in the matter.

Encouraging tobacco-free living is one of the focus areas of the Healthy Sacramento Coalition and it's one of the easiest ways to improve the health of Sacramentans.

"If we can prevent tobacco use we can prevent the No. 1 killer," says Kimberly Bankston-Lee, program director for both The SOL Project and STAND, two efforts to limit exposure to tobacco smoke. "Tobacco use causes so many diseases that eventually lead to death that we feel like if we can protect people from secondhand smoke, if we can prevent kids from ever trying to smoke, and if we can help people who do smoke now quit, then we can save a lot of lives."

The SOL Project targets efforts that will reduce exposure to secondhand smoke in the African-American community, specifically by encouraging restaurants to adopt no-smoking policies on outdoor dining patios. The project assisted Sacramento Regional Transit with a 100 percent smoke-free policy, which is now in the implementation phase and will soon be rolled out to the public. A new effort is examining how your likelihood of smoking might be connected to where you live.

"We're also looking at tobacco from a social-determinants-of-health point of view," Bankston-Lee says. "We're going to

look at where people live, where they work and what they're exposed to as far as the hazards of tobacco."

For instance, she says communities with higher percentages of African-Americans have been shown to have more menthol tobacco advertising and decreased prices.

"The tobacco industry has to replace all the people who die from tobacco use — that's why they target and try to encourage tobacco use," she says.

The other organization Bankston-Lee represents, STAND (Sacramento Taking Action Against Nicotine Dependence), looks at ways of reducing exposure to secondhand smoke at community college campuses and vocational institutions. One of the projects of Breathe California of Sacramento-Emigrant Trails, the group has worked with the Los Rios Community College District to adopt smoke-free campuses. They've also sought to counter tobacco marketing aimed at youth by getting young people involved in spreading the anti-smoking message.

But the new push is toward reducing exposure in multi-family housing, and it's based on some interesting developments in research, Bankston-Lee says.

"Scientists are starting to figure out where people are exposed most. It used to be in the workplace, but now the highest place they're exposed to smoke is in the home, especially if they live in multi-family housing," she says.

STAND has partnered with the Rental Housing Association of Sacramento Valley to educate the rental housing industry on the benefits of offering smoke-free units. Many have voluntarily begun offering smoke-free units, with Bankston-Lee estimating there are 8,000 to 10,000 smoke-free units in Sacramento County.

Dixon is proud to say she lives in one of them.

After her downstairs neighbor's apartment caught fire due to a lit cigarette, Dixon decided to do something about it. She spoke during an Elk Grove City Council meeting, eventually leading to her community designating smoke-free units.

She hopes one day a state law will require smoke-free units in every apartment community.



Mimi Dixon suffered living above a smoker in her senior apartment community for five years. She fought to get smoke-free units in the complex.
PHOTO BY LAURA MARIE ANTHONY



"If we can prevent tobacco use we can prevent the No. 1 killer."

Kimberly Bankston-Lee, project director, STAND and The SOL Project

Spotlight on: Sacramento County Tobacco Control Coalition

The Sacramento County Tobacco Control Coalition (TCC) is one of 82 organizations that make up the Healthy Sacramento Coalition.

For more than 30 years, the Tobacco Control Coalition has been protecting people from secondhand smoke by encouraging public policy change and helping smokers quit. The TCC is a standing committee of the county's Public Health Advisory Board.

Volunteers on this committee helped establish ordinances in the city of Sacramento that **require licenses for tobacco sellers** and prohibit new tobacco retailers within 1,000 feet of any school. Efforts like these can help reduce tobacco sales to minors. The coalition has also helped **make all Department of Housing and Urban Development leases for low-income housing smoke-free**, which is important because low-income residents typically have higher exposure to tobacco smoke.

The TCC is currently helping with an effort to make the campus at California State University, Sacramento 100 percent smoke-free. They have worked to ban smoking in entryways, parks, public events and many other public places.

"We are countering the tobacco industry in doing that," says Carolyn Martin, chairperson of the Sacramento Tobacco Control Coalition. "It's all part of making this a healthier, smoke-free county."

Spotlight on:

Health Education Council

One of 82 member organizations in the Healthy Sacramento Coalition, the Health Education Council's mission is to create healthier communities through education and policy and to increase access to healthy foods and physical activity.

One way HEC has done this is through implementation of various initiatives that focus on **curbing chronic diseases** such as cancer; diabetes, heart disease and obesity in low-income communities, and providing access to health resources at HEC's Ventanilla De Salud (VDS) program housed at the Mexican Consulate.

Another effort, The Worksite Program encourages employers to **adopt healthy workplace policies** and increase access to healthy foods and physical activity in workplaces. The campaign provides employees with workplace assessments and helps them implement wellness programs designed to improve employees' health and well-being.

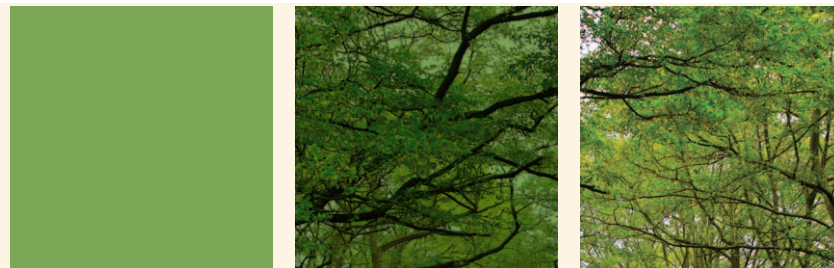
"Many businesses, large and small, have found that worksite wellness programs are good business," says Dana Fields-Johnson, program director at HEC, explaining that healthier employees are better workers.

The Health Education Council also provides staff support, facilitating the work of the Healthy Sacramento Coalition. HEC focuses on the two most preventable causes of death, tobacco and unhealthy eating/inactive living, to reduce health disparities.



"We want people to know that they can cook something that's healthier for them for the same amount they'd spend at McDonald's."

**Shaunda Johnson,
Health Education
Council**



Park Revitalization a Symbol of Health

Initiative encourages physical activity, better eating habits by fixing up Valley Hi Park

BY MEREDITH J. GRAHAM

Two years ago, while Health Education Council staff and a group of community members were surveying Valley Hi Park, a local gang member pulled out a gun and popped off a warning shot. Everybody ran for cover, but nobody was hurt.

"It could have had an adverse affect. People could have said, 'This park is too dangerous,'" says Shaunda Johnson, program coordinator at the Health Education Council for the Healthy Eating Active Living (HEAL) Zone Initiative. "But it was actually a catalyst for groups to come together to fight crime and implement positive programming in the park."

The audit looked at everything from lighting and access to the status of playground equipment and sports fields at the park, which spans more than 16 acres.

"It was beyond underutilized," Johnson says. Instead of taking advantage of having a place to exercise and play, the people who live in the Valley Hi neighborhood were afraid to use the park, because of the gangs, and the equipment and fields had fallen into a state of disrepair. Research has shown that physical activity can help fight obesity, making active living one of the main goals of the Healthy Sacramento Coalition. When residents don't have safe places to recreate in the community, it can lead to poorer health.

But on a recent sunny morning at the park, Johnson points to people walking on the trails as a sign the revitalization has worked. Since the audit, residents have taken back Valley Hi Park. With direction from HEAL Zone, which is funded by Kaiser Permanente, representatives from the neighborhood church and apartment buildings have come together to hold family-friendly events there. HEAL Zone has installed fitness equipment along the perimeter path, and other groups like United Way have organized cleanup days.

Early on, HEAL Zone put together a youth basketball league, and it has also started walking groups, including one that meets every Saturday. At the end of the walk, participants can grab a bag full of free produce donated by the Sacramento Food Bank.

"HEAL Zone spearheaded the walk, but since Aug. 24, the community coordinates it," says Johnson, explaining that HEAL Zone's big-picture plan is to create change that has a lasting impact. One of its goals is sustainability, ensuring the community takes ownership of the programs to keep them going.

In addition to revitalizing the park, HEAL Zone has enhanced its efforts by combining forces with other HEC programs such as FitKids and the Sacramento Healthy Stores Initiative, which puts healthy foods inside a variety of retail outlets such as convenience stores, corner stores and ethnic markets. Accomplishments include introducing cooking classes in Valley Hi apartment complexes focused on healthy meals and working with school cafeterias to cut back on sugary snacks in favor of fruits and veggies.

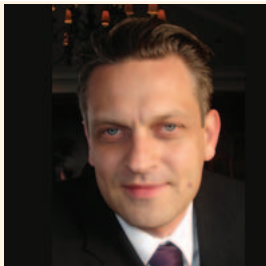
"A lot of what we're doing is dispelling the myths about healthy eating," Johnson says. "We want people to know that they can cook something that's healthier for them for the same amount they'd spend at McDonald's."

Together, the healthy eating and active living initiatives aim to shift the culture in Valley Hi to one that embraces physical activity and healthier food choices for the long haul. And it all started in the park.



Shaunda Johnson, Health Education Council program coordinator, shows off one of the fitness machines HEAL Zone installed in Valley Hi Park.
PHOTO BY MEREDITH J. GRAHAM

Jonathan Porteus is the CEO of WellSpace Health, formerly known as The Effort. Porteus says preventative care is a large part of the community clinic's mission.
PHOTO COURTESY OF
WELLSPACE HEALTH



Making the Change

Prevention strategies improve outcomes for everyone

BY MIKE BLOUNT

"An ounce of prevention is worth a pound of cure," Benjamin Franklin once famously said. Today, key health care providers in Sacramento are echoing that philosophy as they come together to encourage widespread integration of clinical and community health prevention strategies — not only because it's much less costly, but also because it significantly improves each patient's quality of life.

Jose Alberto Arevalo, senior medical director for Sutter Independent Physicians, says preventative care is the key to health care today.

"Traditionally, medical care has been what we call 'rescue medicine,'" Arevalo says. "We were seeing people after they were already sick and we tried to make them better. The reality is that we're intervening at a time when the disease has already taken its toll. It's also extremely costly care. Preventative care is a much more logical way to approach disease, and if we can intervene early enough, in some cases we can stop the disease from even occurring."

As part of the Healthy Sacramento Coalition's efforts to prevent diseases in our community, Arevalo's organization has been focusing on patient education. Through designated health coaches, patients can learn about their disease in depth, and are encouraged to make lifestyle changes to prevent it from getting worse. For example, a patient with adult-onset diabetes

"We don't think that vital signs just reside in an exam room. It's affecting you wherever you are."

Jonathan Porteus,
CEO, WellSpace Health

may be referred to a health coach who may recommend an exercise plan and certain foods to avoid. Patients are also encouraged to visit their doctor regularly for checkups.

"Another good example of this kind of intervention is cervical cancer," Arevalo says. "We know human papillomavirus (HPV) is responsible for most all cervical cancer. If we can intervene early enough, we can save lives. We want to find the disease before it ravages the person and make better use of our money and the patient's money toward their care."

WellSpace Health, formerly known as The Effort, is also focusing on prevention strategies. WellSpace Health CEO Jonathan Porteus says the community clinic uses similar strategies when dealing with patients who have chronic disease, but also uses them to address substance abuse, child abuse, gang and violence prevention and suicide prevention. These issues can

impact the health of individuals and the entire community.

"One of the things that I love about the Healthy Sacramento Coalition is that we're all talking about prevention, but we're also talking about prevention across a spectrum of settings," Porteus says. "We don't think that vital signs just reside in an exam room. It's affecting you wherever you are, so we're looking at the mundane settings where we can do prevention, and how does that affect health outcomes?"

WellSpace Health has integrated behavioral health specialists, who step in after a patient has visited the clinic to provide education and encourage lifestyle changes. Porteus says they are mainly focused on addiction and mental health issues, but they also look at other factors that may impact a patient's long-term health, and how that person's choices may affect others.

"We know that if we can get someone to stop smoking that will create less costs downstream," Porteus says. "But what we're also looking at is how that person changing their life is impacting others around them. If you have exercise equipment in a park, and that person starts using it, maybe someone else will use it and so on. ... We know that if we can create those types of interventions, the person will be less likely to get sick, more likely to seek help early on, and more likely to have a positive impact on the health of those around them."

Spotlight on: Right Care Initiative

The Right Care Initiative is one of the 82 member organizations of the Healthy Sacramento Coalition. To help close the gap between scientific evidence and practice among California health care providers, the Right Care Initiative was formed in 2007 as a partnership between the California Department of Managed Health Care and the Deans of the UC Berkeley and UCLA Schools of Public

Health. The organization aims to catalyze the **adoption of the best evidence-based practices** through a combination of periodic meetings, research, support and collaborative action throughout the state.

"The Right Care Initiative, as a Healthy Sacramento Coalition partner, works to spread evidence-based practices for reducing heart attacks and strokes," says Director Hattie

Hanley. "One very promising example is adding pharmacists to care teams to improve blood pressure, blood sugar and cholesterol control."

For more information on the Right Care Initiative, visit www.dmhc.ca.gov/healthplans/gen/gen_rci.aspx or contact Director Hattie Hanley at 916-323-2704 or hhanley@dmhc.ca.gov.

Olivia Kasirye, public health officer for the Sacramento County DHHS, says the disparity in health between ZIP codes in Sacramento County is a complicated issue that involves several factors.
PHOTO COURTESY OF SACRAMENTO COUNTY DHHS



Health by the Numbers

Why are residents of some ZIP codes healthier than others?

BY MIKE BLOUNT

When it comes to the health of residents in Sacramento County, the quality is all over the map, so to speak. The Healthy Sacramento Coalition is focusing on 15 ZIP codes that are identified as having health disparities when compared with the rest of the county. For example, in the north Sacramento neighborhood of Del Paso Heights, the infant mortality rate is the highest in Sacramento County, with a rate of 6.73 deaths per 1,000 live births.

But explaining the disparity from ZIP code to ZIP code requires a careful examination of several factors, according to Olivia Kasirye, public health officer for the Sacramento County Department of Health and Human Services. Among the factors the Healthy Sacramento Coalition is looking at within each area are the social and economic makeup, access and quality of care, environmental quality and education. It's a complicated issue, but Kasirye says the best strategy toward a solution is to have the community come together to solve it.

"The good thing about coming together as a coalition is we can have a greater impact because we can share resources, as opposed to working alone."

Olivia Kasirye,
public health officer for the
Sacramento County Department of
Health and Human Services

"The good thing about coming together as a coalition is we can have a greater impact because we can share resources, as opposed to working alone," Kasirye says.

She adds that the Healthy Sacramento Coalition is focused on making changes that will have a larger impact in the long term, such as an increase in the number of people who have access to fresh foods. Bringing farmers markets to these neighborhoods, or encouraging people to grow their own fresh foods in a personal garden, are just a couple of the ways the coalition is tackling the issue.

"Looking at the data gives us an idea of some of the factors we are facing, but each organization brings a different perspective," Kasirye says. "Some are looking at policies, some are focused on education and some are focused on access. It's not an easy answer, and no one organization is going to have all of the answers."

Can your ZIP code determine your health?

Where you live plays a large role in your and your family's health. This map shows the three Focus Communities the Healthy Sacramento Coalition has identified as having high rates of poor health when compared with the rest of the county.

95838 Del Paso Heights has the highest rate of infant mortality in Sacramento County, with a rate of 6.73 deaths per 1,000 live births.

95823 The Parkway/Valley Hi/North Laguna neighborhood has the highest rate of hypertension-related mortality in the county.

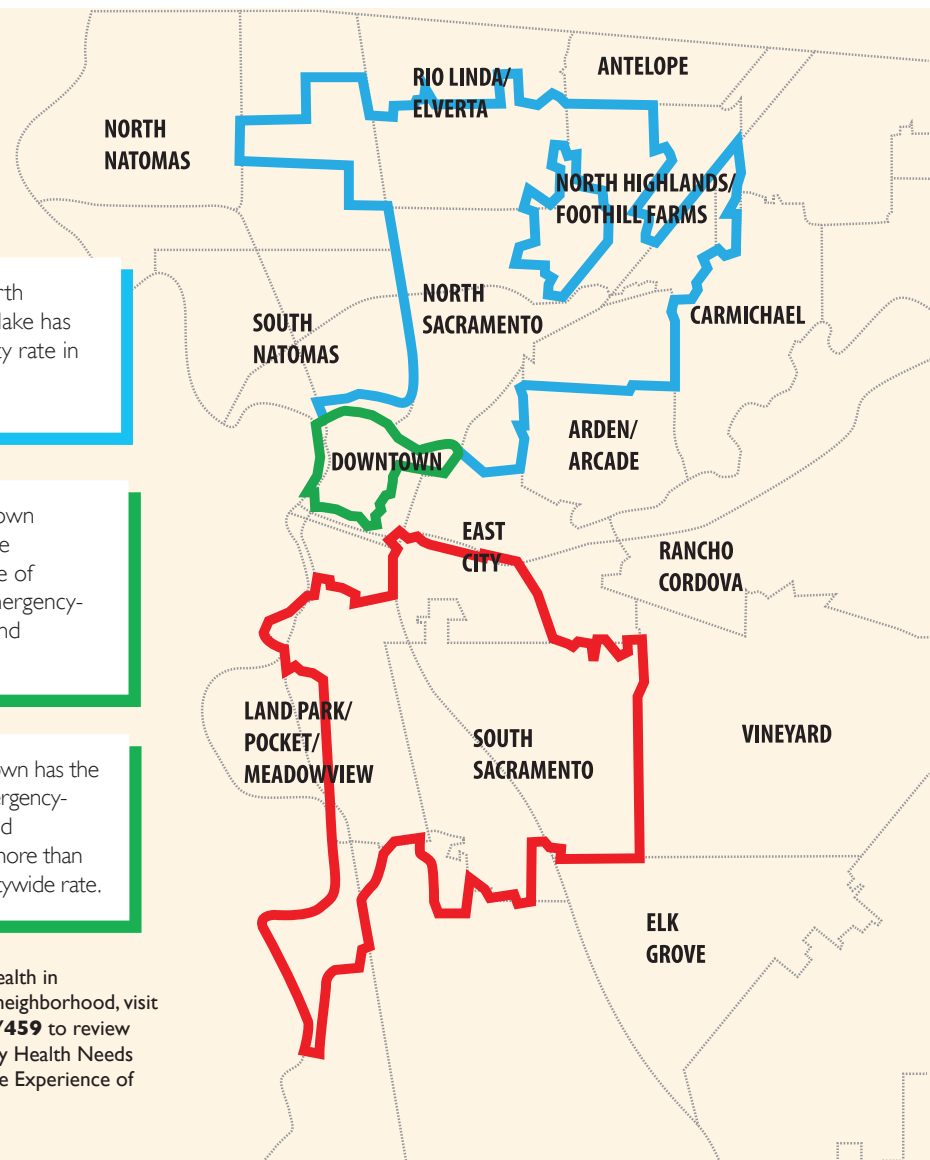
95815 Old north Sacramento/Woodlake has the highest mortality rate in the county.

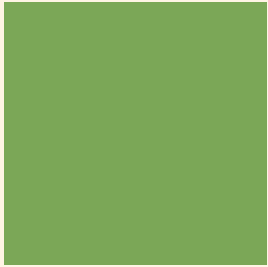
95814 Downtown has more than twice the countywide rate of tobacco-related emergency-department visits and hospitalizations.

95814 Downtown has the highest rates of emergency-department visits and hospitalizations — more than four times the countywide rate.

FOCUS AREA	ZIP CODES	NEIGHBORHOODS
 NORTH AREA	95660, 95673, 95815, 95821, 95838, 95841	North Highlands, Rio Linda, Old North Sacramento, Woodlake, Del Paso Manor, Del Paso Heights, Belmont Estates
 DOWNTOWN	95811, 95814	Richards, Alkali Flats, Mansion Flats, Midtown, Richmond Grove, Southside Park
 SOUTH AREA	95817, 95820, 95822, 95823, 95824, 95828, 95832	Oak Park, Elmhurst, Tahoe Park, Land Park, Parkway, Valley Hi/North Laguna, City Farms, Fruitridge Manor, Florin, Meadowview

For more detailed information on health in Sacramento County, including your neighborhood, visit www.sierrahealth.org/pages/459 to review The Sacramento County Community Health Needs Assessment and the Chronic Disease Experience of Sacramento County Residents.





Warren Barnes has an active role in the Healthy Sacramento Coalition and previously served on the Steering Committee.
PHOTO BY LESLIE BILLINGS

Up to the Task

Warren Barnes shares where the Healthy Sacramento Coalition is going and how you can take part

BY MEREDITH J. GRAHAM

As pastor of Sacramento's Grace Presbyterian Church and a consultant at the UC Berkeley School of Public Health, Warren Barnes has been involved in the Healthy Sacramento Coalition (HSC) from the very beginning. Despite a funding setback this year due to the federal budget sequestration, he says the HSC will keep building on its successes.

How did you get involved in the Healthy Sacramento Coalition?

I became involved when the Centers for Disease Control and Prevention announced its Community Transformation Grants program, and, in effect, requested proposals from local initiatives to collaborate to focus on smoking cessation, healthy eating/active living, and decreasing the incidence of heart disease and hypertension.

I participated in numerous meetings to plan the proposal for Sacramento County and edited portions of it before submission to the CDC. Since the proposal was funded [in 2011], I have served on the Steering Committee, the Policy Work Group, HSC training programs, and plenary meetings.

How successful do you feel the program has been?

Bringing together ... virtually all organizations that are directly involved in some aspect of public health [as it relates to the HSC] has been a gargantuan task. I consider that the HSC has been very successful to date. The HSC certainly would have moved into the implementation phase October 1 of last year but for sequestration. Sequestration required, among other things, a reduction in monies available to the CDC, including its Community Transformation Grants.

As we enter year three for the Healthy Sacramento Coalition, what are the main goals?

Because we cannot enter the implementation phase this year, we will be continuing in the capacity-building phase with some pilot projects. Also, the HSC restructured from having three work groups (policy, communications and training) to having three substantive task groups: tobacco cessation, healthy eating and active living, and clinical/community [preventive] issues.

The tobacco cessation and the healthy eating/active living task groups have previously agreed upon pilot programs to oversee. The clinical/community task group is currently considering practical pilots that would

build on the progress already achieved by the Right Care Initiative (a participant in the HSC) through its University of Best Practices. That initiative has focused on preventing heart attacks and strokes and has focused on health care facilities and their clinical leaders. The concept would be to support the ongoing clinical improvements and build in a community-based component.

How has the coalition had an effect on the overall health of Sacramentans?

It would be reasonable to assume that some modest gains may have been made because of the synergistic effect of getting all these people together and working together.

For example, Grace Presbyterian Church has introduced fruit and vegetable trays at least one Sunday a month, and has used healthy heart information in sermons from time to time. Grace also sponsored three forums on From Farm to EVERY Fork in October — a direct result of the HSC because the forums were a collaboration of several HSC organizations that had not come together before. Grace is also spearheading the development of a SNAP (CalFresh) booth Saturday mornings, collaborating with an HSC organization that we hadn't even heard of before [the Alchemist Community Development Corp.].

I'm sure other organizations have similar stories.

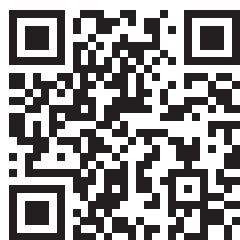
How can people get involved?

Individuals are welcomed with open arms by many of the organizations participating in the HSC. Grace is an example of how people can get involved. We have 11 volunteers to be trained and to staff the SNAP booth, all of whom signed up on the last night of the forum series, and 13 people volunteered to contribute toward the \$5,000 cost to get the SNAP booth up and running for a year (a major undertaking for a small church with modest financial resources). None of this would have been possible without the HSC.



For more information and to stay informed, follow us on Facebook:
www.Facebook.com/HealthySacramentoCoalition.

THE HEALTHY SACRAMENTO COALITION



Scan here to contact member organizations <https://www.sierrahealth.org/hsc/member-organizations>



Contact one of HSC's member organizations to find out how you can make your community a healthier place to live.

Healthy Sacramento Coalition is made possible by funding from the Centers for Disease Control and Prevention

Tobacco-Free Living Workgroup

- » American Cancer Society
- » Asian Resources Inc.
- » Breathe California of Sacramento Emigrant Trails
- » Drexel University Sacramento, School of Public Health
- » Health Education Council
- » Kaiser Permanente
- » La Familia Counseling Center Inc.
- » Mutual Assistance Network
- » Sacramento Chinese Community Center
- » Sacramento County, DHHS, Division of Public Health
- » Sierra Health Foundation
- » The SOL and STAND Projects
- » UC Davis Center for Healthcare Policy and Research

Clinical and Community Health Integration Workgroup

- » Anthem Blue Cross
- » Asian Resources Inc.
- » California Northstate University College of Pharmacy
- » California Chronic Care Coalition
- » California Rural Legal Assistance Foundation
- » Center for Fathers and Families
- » Drexel University Sacramento, School of Public Health
- » Grace Presbyterian Church
- » Health Education Council
- » Health Net State Health Programs
- » La Familia Counseling Center Inc.
- » Latino Physicians of California/Senior Medical Director (Sutter)
- » Mutual Assistance Network
- » Sacramento Native American Health Center Inc.
- » Sierra Health Foundation
- » UC Davis Health System, Dept. of Family Medicine
- » Yes2Kollege, Education Resources Inc.

Healthy Eating Active Living Workgroup

- » Alchemist Community Development Corporation
- » American Heart Association
- » Asian Resources Inc.
- » California Rural Legal Assistance Foundation
- » Center for Collaborative Planning
- » Center for Fathers and Families
- » Crossings TV
- » Harmon Johnson Healthy Start
- » Health Education Council
- » Iu-Mien Community Services
- » Fairytale Town Inc.
- » Kaiser Permanente
- » Liberty Towers Church — Sac Youth Initiative
- » Nourishing the Kids Media
- » Oak Park Preschool Inc.
- » Sacramento Area Council of Governments
- » Sacramento Chapter of the Links Inc.
- » Sacramento Chinese Community Center
- » Sacramento County DHHS, Division of Public Health
- » Sacramento Housing Alliance
- » Sacramento Tree Foundation
- » Sierra Health Foundation
- » The California Endowment
- » UC Davis Health System Center for Reducing Health Disparities
- » UC Davis Health System, Institute for Population Health Improvement (IPHI)
- » WEAVE Inc.
- » Yes2Kollege Education Resources Inc.



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