Understanding Health at the Macro Level

- Despite our wealth, the U.S. is unhealthier across the board than our peers.
- There is evidence that flattening the social gradient improves the health of all. (Not a zero sum proposition).
- Focused upstream interventions (policy and place) may offer promise.
How is the ACPHD Moving Upstream?

1. Community Capacity Building/youth development
2. Local Policy agenda
3. Internal Capacity Building
A Framework for Health Equity

UPSTREAM

Discriminatory Beliefs (ISMS)
- Race
- Class
- Gender
- Immigration status
- National origin
- Sexual orientation
- Disability

Institutional Power
- Corporations & other businesses
- Government agencies
- Schools

Social Inequities
- Neighborhood conditions
  - Social
  - Physical
- Residential segregation
- Workplace conditions

DOWNSTREAM

Risk Factors & Behaviors
- Smoking
- Nutrition
- Physical activity
- Violence
- Chronic Stress

Disease & Injury
- Infectious disease
- Chronic disease
- Injury (intentional & unintentional)

Mortality
- Infant mortality
- Life expectancy

HEALTH STATUS

HEALTHCARE ACCESS

- Adapted by ACPHD from the Bay Area Regional Health Inequities Initiative, Summer 2008
Community Capacity Building/Empowerment

“Aims to strengthen characteristics of communities to plan, develop, implement & maintain effective community programs that positively affect broader community conditions that determine health and well being”

-adapted from the W. K. Kellogg Foundation
Project Description

Building social, political and economic power in low-income communities of color
Community Capacity Building
Place-based

Build social, economic and political power in communities to advocate for equal distribution of resources:

1. Win concrete improvements in residents' lives
2. Build skills of residents to speak & act effectively on their behalf
3. Engage residents to influence decisions made by those in power
4. Build strong local neighborhood groups that can mobilize community for action
Improving Pregnancy Outcomes Program (IPOP)

Pregnant women learn important perinatal health information such as the signs of preterm labor, benefits of breastfeeding, maternal depression, SIDS risk reduction, and child passenger safety during an IPOP community baby shower event.
Alameda County Public Health Department

Local Policy Agenda

HEALTH EQUITY

Internal Capacity Building

Community Capacity Building

http://www.acphd.org/healthequity
A Framework for Health Equity

Socio-Ecological

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HEALTH STATUS

HEALTHCARE ACCESS

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Local Policy Agenda

The Alameda County Place Matters team promotes health equity through a community-centered local policy agenda focused on education, economic development, incarceration, land use, and transportation.
Life and Death from Unnatural Causes:

Health and Social Inequity in Alameda County
Report Chapters

• Executive Summary
• Introduction
• Part One: Health Inequities
• Part Two: Social Inequities
  • Social Inequities: Root Causes of Health Inequities
  • Segregation
  • Income & Employment
  • Education
  • Housing
  • Transportation
  • Air Quality
  • Food Access & Liquor Stores
  • Physical Activity & Neighborhood Conditions
  • Criminal Justice
  • Access to Health Care
  • Social Relationships & Community Capacity

• Historical Overview
• What Research Tells Us
• A Look at Alameda County
• Data to Action: Policy Implications
Looking At Ourselves

Internal Capacity Building
Internal Capacity Building Goals

- Improve practice to eradicate health inequities
- Ensure staff understanding of public health
- Create a shared vision and unified direction for health equity
- Develop present and future leaders
- Raise staff awareness and commitment towards a common goal
Internal Capacity Building Activities

- Sharing the vision
- Leadership and Professional Development Programs
- PH 101 staff training
- Institutional Racism discussions
- Strategic Plan focused on Social Justice
Public Health 101

Module 1: PH History; Public Health System
Core Functions & 10 Essential Services

Module 2: Cultural Competency and Cultural Humility

Module 3: Undoing Racism

Module 4: Health Status/Inequities
Social Determinants of Health

Module 5: Community Capacity Building
Module III: Undoing Racism

What is this thing called race?

RACE

the power of an illusion

Courtesy of California Newsreel
Institutional Racism
Managers’ Retreat

Racism
Dialogues for Staff and Community
• Show the 3 films to all new hires
• Share with school-age kids

Effect Legislation Process to Address Racism
• Be part of the legislative process to change the current laws which perpetuate racism

Improve Hiring Process
• Strive for staff diversity to match county diversity
• Speed up hiring process to allow more people ability to access jobs

Examine Policies for Racism
• Examine our policies to see if they perpetuate racism

Leadership, senior managers, leadership and management fellows ~ 120 people
The Only Real Solution

We have to work with our communities to build social, political, and economic power
It is not simply that poor material circumstances are harmful to health; the social meaning of being poor, unemployed, socially excluded, or otherwise stigmatized also matters. As social beings, we need not only good material conditions but, from early childhood onwards, we need to feel valued and appreciated. We need friends, we need more sociable societies, we need to feel useful, and we need to exercise a significant degree of control over meaningful work. Without these we become more prone to depression, drug use, anxiety, hostility and feelings of hopelessness, which all rebound on physical health.
Healthy Food

Housing

Childcare

Parks and Activities

Economic Justice

Residents

Preschool

Edcuation

Medical Care

Jobs

Clean Air

Policy Makers

Safe Neighborhoods

Transportation

We each have a role.
Building Healthy Communities
Contact Information

Tony Iton, MD, JD, MPH
Senior Vice President
The California Endowment

aiton@calendow.org
510 271-4310