

# 2014 Progress Report

## Community Health Improvement Plan 2014 - 2020



City of Long Beach

Department of  
Health and Human  
Services



March 4, 2015 (FINAL)



## Community Health Improvement Plan 2014-2020 2014 Progress Report

On November 7, 2012, the Long Beach Department of Health and Human Services (LBDHHS) convened a meeting of community stakeholders, representing a broad cross section of the City's public, private and nonprofit organizations, to present the summary of the Community Health Assessment (CHA), and engage participants in prioritizing key health and social issues in Long Beach. This forum sparked the beginning of the development of the Community Health Improvement Plan (CHIP). Over 75 community leaders attended the meeting and over 50 community leaders volunteered to serve on the CHIP Task Force to develop specific strategies aimed at solving the top health and social issues in Long Beach.

The CHIP provides guidance to the Health Department, its partners, and stakeholders for improving and maintaining the health of Long Beach. Task Force members serve as catalysts for fostering the community-wide collaborations necessary to sustain a public commitment to improving health and social conditions.

This annual progress report documents key accomplishments that contributes to the advancement of the goals and objectives of the CHIP. The key activities below are only a few of the many community-wide efforts that seek to improve the quality of life in Long Beach. It is recognized that they are many more citywide activities that contribute to fostering a healthy Long Beach. The LBDHHS is in process of developing a web-based data and best practices sharing platform that will facilitate better coordination of information and services. The implementation of the CHIP is a collective effort involving multiple partners and agencies throughout the City of Long Beach. Through this iterative learning process, we are continuously learning along the way on how to strategically use our strengths to make significant improvements in community health and well-being.

Key accomplishments are organized by strategies noted in the CHIP (Programs/Services and Education/Awareness, and Policies).

**GOAL 1: ENSURE HEALTHY ACTIVE LIVING BY ADDRESSING PREVENTABLE AND TREATABLE HEALTH CONDITIONS SUCH AS OBESITY, CHRONIC DISEASE, MENTAL HEALTH AND INCREASING ACCESS TO CARE.**

**OBJ. 1A: BY 2020, REDUCE ADULT AND CHILDHOOD OBESITY BY 5%.**

### **PROGRAMS/SERVICES AND EDUCATION/AWARENESS:**

Through various health and wellness programs offered by agencies in Long Beach, it is evident that there is a strong collective will and dedication to bend the curve on the obesity epidemic in Long Beach. Below are examples of programs and services that contribute to the reduction of obesity and other chronic diseases. The Long Beach Department of Health and Human Services (LBDHHS) along with the Long Beach Memorial Medical Center, Miller Children's & Women's Hospital Long Beach, Community Long Beach, St. Mary Medical Center, and The Children's Clinic, Serving Children and Their Families serve as the major providers of health and wellness services for the City of Long Beach. Together, these organizations work collaboratively to



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complement and enhance primary care and preventive health services to achieve optimal health for all of Long Beach residents.

There is a strong agreement throughout Long Beach of the importance of reducing obesity/overweight and improving access to healthcare and mental health services. Agency-specific strategic plans and improvement strategies highlight these health issues as priorities. This common recognition of the top health issues in Long Beach is a critical first step toward a systematic coordination and integration of services.

- **Maternal health and well-baby programs** such as home visitations, breastfeeding/lactation education and support, child birth and parenting classes, specialized classes for families and children with special needs, and pre-natal care are provided throughout the community. The LBDHHS is a Women, Infant, and Children (WIC) provider for Long Beach and provides critical nutrition services to the most vulnerable populations in Long Beach. Some programs, such as the Black Infant Health Program specifically target African American women in order to reduce disparities in maternal and birth outcomes.
- **Educational and skill building classes that promote healthy lifestyle** are provided to the community at no cost and are offered in English, Spanish, and Khmer to serve the City's diverse population. Educational workshops address tobacco prevention and cessation, diabetes prevention and management, asthma control and prevention, proper nutrition, and exercise. In addition, several community fairs held throughout the year provide information and resources on general health and wellness. Many of these educational programs are provided in after-school settings through partnerships with the Long Beach Unified School District and the Long Beach Department of Parks, Recreation and Marine. **Mobile clinics** through the LBDHHS and St. Mary Medical Center also provide health assessments, health screenings, and linkages to health insurance and other health and social resources for families and individuals.
- The Children's Clinic received funding through Choose Health LA Kids to reduce childhood obesity by delivering nutrition and physical activity education and resources to families with children ages 0-5, healthy cooking classes, and home visits by healthy lifestyle community health workers. Educational workshops also include: 1) opportunities for residents to engage in healthy lifestyles initiatives that promote systems and policy change; 2) CalFresh/SNAP training for community agency representatives; 3) nutrition education and skills-building learning opportunities to parents and other care providers of children ages 0-



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5 in grocery stores and/or markets; 4) participation in efforts to implement a county-wide voluntary public recognition program for restaurants that expand healthy children's meal menu options.

- The Children's Clinic implemented the Healthy Lifestyle Prescription Program where physicians prescribe patients healthy foods and physical activity to promote healthy weight and reduce the risk of chronic disease.
- The LBDHHS, Parks, Recreation and Marine (PRM) Department and non-profit organizations are critical partners in amplifying **access to resources that promote active lifestyles**. The City's partnership with organizations such as the Greater Long Beach YMCA and California State University Long Beach provide access to free and affordable fitness and nutrition classes. BIKEable Communities, another City partner, has numerous programs that encourage people to bike and walk on a regular basis and adopt safe cycling practices. The Long Beach Bike Fest, led by the BIKEable Communities, attracts over 2000 people for one day each year to downtown Long Beach to celebrate the Long Beach bike culture.
- Through the **Breastfeeding Peer Counselors Program**, the LBDHHS provides in-depth breastfeeding information and support to assist mothers who are WIC participants with meeting their goals to exclusively breastfeed with success. Counselors have personal experience with breastfeeding and provide current information to answer questions and concerns regarding breastfeeding. The breastfeeding peer counselors are available by phone, text and email. They also facilitate breastfeeding and Mommy Group Classes every third Thursday of each month at the Saint Mary's and North WIC locations.
- The LBDHHS **Little by Little Program**, exclusively at the Saint Mary's WIC Location, assists with increasing school readiness through enriching the home literacy environment in our WIC participants' homes. This program involves encouraging reading fifteen minutes a day to children and for parents to interact with their children through play and learn activities. The participants are provided with handouts, safety items and books geared for infants (1-11 months), young children (12-17 months), children (18 months- 5 years) every three months.
- In 2014 the Long Beach WIC program made health and wellness a part of their work culture and successfully completed the ten-step process to become a **certified wellness worksite**. This program promotes healthy behavior during work hours by encouraging staff to participate in regular physical activity and setting and accomplishing personal wellness goals.



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- Organizations that serve specific **cultural groups** such as Families in Good Health, Centro Community Hispanic Association, Cambodian Association of America and United Cambodian Community provide wellness and social service programs that address healthy living, stress reduction, and social support. These organizations are important partners in reaching populations with services that are tailored for linguistic and cultural needs of specific communities in Long Beach.
- **Large-scale citywide events** such as the Asthma Resource Fair and the Kid's in the Kitchen event, (co-sponsored by the Junior League of Long Beach and LBDHHS) facilitate a **coordinated and integrated approach to community fairs** and dissemination of health and resources to the community. Kids in the Kitchen is a free annual food and fitness event featuring healthy food tasting, physical activity games and demonstrations, health screenings, nutrition education and resources to help residents adopt and maintain healthy lifestyles. The Library Department participates in the Kids in Kitchen event to promote literacy and access tutoring services.
- The LBDHHS' Strategic Plan 2014-2019 has the reduction of obesity as one of its key goals and is aligning its wellness programs such as the HEAL Zone, Diabetes Education Program, Healthy Active Long Beach, Tobacco Education and Prevention, WIC , and clinical services to **better address coordination of services for maximum impact**. For example, the Child Health Disability Program (CHDP) enhanced its provider trainings and resource guide for pediatricians to educate patients about resources that promote healthy choices. Additional information on the LBDHHS' Strategic Plan may be found in the 2014 Progress Report.

### POLICIES

- The Development Services Department along with the LBDHHS worked collaboratively to develop the **Healthy Communities Policy** for Long Beach. Adopted by the Long Beach City Council in October 2014, the Healthy Communities Policy establishes a framework for developing each neighborhood into a healthy, prosperous and livable community. The Policy also aims to strengthen links between new trends in land use, mobility, environmental quality, healthy food access, and safe neighborhoods to improvements in community health, through collaboration, engagement and implementation. This is a major accomplishment for Long Beach that will have long lasting impact on ensuring health and wellness for all Long Beach residents.
- The LBDHHS is **expanding the scope of its wellness programs** such as the HEAL Zone, Diabetes Education Program, Healthy Active Long Beach, Tobacco Education and Prevention and WIC to address access to healthy food and exercise through assessments of the placement of healthy food choices, development of walking routes, fitness parks, and community gardens in underserved neighborhoods.
- TCC completed the **Long Beach Alliance for Food & Fitness (LBAFF)** strategic plan and



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governance structure with school food and physical activity and community food access workgroups. In addition, LBAFF developed a list of policy options to guide community advocacy efforts. LBAFF also hosts community fairs and classes to increase community awareness and skills around healthy behaviors.

### OBJ. 1B: BY 2020, INCREASE ACCESS TO MENTAL HEALTH SERVICES.

Mental health has been identified as one of the top health issues in Long Beach and various organizations have expanded their efforts to integrate mental health in programs that address physical well-being. Examples of activities that are contributing to the fulfillment of this objective are noted below.

#### PROGRAMS/SERVICES AND EDUCATION/AWARENESS:

- The **three MemorialCare System hospitals in Long Beach** provide support groups for family members/caregivers of children with a number of support groups offered in Spanish. In addition, their mental health awareness and education efforts include ***Stomp on the Roof*** mental health and disabilities wellness festival where local resources are provided for individuals and their families managing mental health, emotional health and recovery, intellectual and developmental disabilities, and elder care. The MemorialCare Center for Mental Health & Wellness at Community Hospital Long Beach (CHLB) offers a **full spectrum of mental health programs** to maximize the continuum of care for each patient, including a psychiatric inpatient program, outpatient psychiatric clinic and a partial hospitalization/intensive outpatient program.
- The LBDHHS' Strategic Plan 2014-2019 has mental health awareness as one of its key goals. The Mental Health Strategic Planning Committee has been working on a living document to **consolidate mental health resources into one directory** for internal and external use in the community. This is a living document and will be updated to reflect the availability of services in the community.
- The LBDHHS Mental Health Strategic Planning group is working on developing a positive **campaign** (messaging) regarding **mental health awareness** that can be used by the Health Department to promote positive messages and facilitate access to mental health services.
- The Library works with Mental Health America, Health Department, Police Department and Lincoln Park Task Force to educate staff to assist those in need of mental health services using the library.
- TCC's Every Child Bright Beginnings Initiative is focused on **ameliorating the impact of toxic stress and promoting resilience in very young children**. The program consists of capacity building and training on trauma-informed care, identifying the target population, screening, assessment and stratification and patient care interventions. TCC received federal and



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private funding to provide integrated primary care, behavioral health and substance abuse services. In order to better meet the mental health needs in the community in an integrated fashion, TCC has increased mental health services to the 37,000 patients served by over 50% in the last year.

- Mental health services designed and tailored for **specific cultural groups** in Long Beach are provided by Families in Good Health, Cambodian Association of America and United Cambodian Community. These organizations provide education, counseling and social support to address post-traumatic stress syndrome, depression, and other mental health disorders. Counseling sessions and case management are provided for individuals, families, couples, and seniors. Substance abuse prevention and counseling are integrated in discussions about mental health awareness.

### POLICIES

- The **Healthy Communities Policy** supports the integration of mental health into physical and community wellness. The policy supports the coordination of public health and healthcare systems to effectively provide mental health services to those in need of services and create a community-wide awareness of the importance of mental health in building a healthy city.

**OBJ. 1C: BY 2020, REDUCE THE PERCENTAGE OF UNINSURED BY 10%.**

### PROGRAMS/SERVICES AND EDUCATION/AWARENESS:

Access to quality care is an important component of health. The expansion of Medi-Cal and the implementation of Covered California has increased access to care to millions of individuals.

- LBDHHS is the lead convener of a **citywide coalition** of Affordable Care Act (ACA) outreach, education and enrollment partners, known as the **Long Beach Health Access Collaborative (LBHAC)**. The LBHAC has led the development and implementation of several large scale enrollments in Long Beach. LBHAC is composed of a diverse group of local organizations such as Centro Community Hispanic Association, Families in Good Health, The Children's Clinic, Long Beach Memorial Medical Center, St. Mary Medical Center, United Cambodian Community, Khmer Girls in Action, Greater Long Beach Interfaith Community Organization, Filipino Migrant Center, Cambodian Association of America, and Long Beach Community Action Partnership. Through the combined efforts of these organizations, it is estimated that approximately over 30,000 individuals received health insurance information through outreach and over 20,000 individuals were enrolled in health insurance in 2014.

**GOAL 2: CREATE SAFE PHYSICAL AND SOCIAL ENVIRONMENTS THAT PROMOTE GOOD HEALTH.**

**OBJ. 2A: BY 2020, INCREASE THE AMOUNT OF OPEN SPACE THAT PROMOTES ACTIVE LIVING.**



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#### OBJ. 2B: INCREASE COMMUNITY AWARENESS, SUPPORT AND INVOLVEMENT WITH THE IMPLEMENTATION OF THE SAFE LONG BEACH: SAFE FAMILIES, SCHOOLS, AND COMMUNITIES PLAN (VIOLENCE PREVENTION).

Social cohesion, perception of personal and community safety, and access to open space have positive impact on individual and community well-being. Several organizations in Long Beach contribute to health and wellness by ensuring safe physical and social environments. Examples of activities that contribute to the fulfillment of this objective are noted below.

#### PROGRAMS/SERVICES AND EDUCATION/AWARENESS:

- The City of Long Beach Human Dignity Program seeks to **prevent youth and gang violence, educates the community about cultural awareness and inclusion, responds to hate crimes and tensions before they escalate, mediates inter-cultural conflicts, and promotes community harmony**. One of its key mechanisms for preventing violence is through the CalGRIP (Gang Reduction Intervention and Prevention) Program. **CalGRIP** partners with community organizations to provide job training, education and awareness, and life skills development to support young individuals in their personal and professional growth.
- The **Neighborhood Resource Center** empowers hundreds of neighborhood associations to develop skills to engage their neighbors on community watch, beautification, and social cohesion efforts.
- The Long Beach **Parks, Recreation and Marine Department** is the primary provider and facilitator of use of open space and recreation services that promote good health in the City. The Department manages and maintains more than 3,100 acres of recreation space and offers recreation programs from arts and cultural, sports and fitness, and enrichment subjects for all ages from pre-school to senior citizen. More than 2,800 recreational and educational classes are offered each year.
- The BIKEable Communities increased open space in Long Beach by working closely with the Port of Long Beach to help develop a connection from the soon to be completed Mark Bixby Bike and Pedestrian Path on the new Gerald Desmond Bridge to downtown Long Beach. In addition, BIKEable Communities identified hazards on Pacific Coast Highway between Long Beach and Seal Beach and had them quickly rectified by Cal Trans. The group also identified safety hazards along the San Gabriel River Trail and mitigated the problem with assistance from the Long Beach Police Department.
- LBDHHS and the Long Beach Parks, Recreation and Marine Department installed outdoor fitness equipment at Coolidge Park and a Fitness Loop at Houghton Park.
- BIKEable Communities collaborates with regional organization such as the Los Angeles County Bicycle Coalition to support increased education and programs through their bike light give-away program in Long Beach (**Operation Firefly**).



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- In collaboration with the Long Beach Unified School District, the Public Works Department created pedestrian routes to schools through the **Safe Routes to School Project**. Safe routes maps are accessible via the Public Works' website and promoted by local Parent Teacher Associations and schools.
- In addition, the Public Works Department is collaborating with other city agencies and community organizations to continue to implement the **Bicycle Master Plan** for Long Beach. The Plan advocates for the creation and expansion of infrastructure that support biking as a viable and attractive mode of transportation.
- The City of Long Beach's **public safety** agencies and offices such as the Police, Fire Department and City Prosecutor's Office work collaboratively to ensure the safety of Long Beach through law enforcement, community watch programs, and emergency preparedness and response. The efforts of the public safety partners have led to the lowest levels of violent crimes in Long Beach in 40 years.
- Community agencies such as The Children's Clinic, Centro CHA and Long Beach Community Action Partnership contribute to creating safe environments by providing services that prevent violence such as **youth mentorship, leadership development, job training, and education**.
- The Children's Clinic provide services and ongoing trainings on **behavioral health programs**, trauma-informed care, mandated reporting, intimate partner violence prevention, mental health first aid, Advance Directives, crisis intervention, and motivational interviewing.
- The LBDHHS' Center for Families and Youth seeks to empower and **enhance family functioning** in the community while ensuring child safety and welfare. Services include family preservation through parenting classes, anger management, crisis intervention, youth support groups, and linkages to job training, housing assistance and drug treatment.

### POLICIES

- The **Safe Long Beach Violence Prevention Plan 2020** is a comprehensive strategic plan for action to prevent violence in families, schools, and communities. Addressing a broad safety agenda, Safe Long Beach draws upon the City's many existing assets. These include strong neighborhoods and neighborhood organizations, a thriving downtown, continuously emerging economic development opportunities, award-winning schools, and stable leadership. By forging relationships across disciplines, professions, and neighborhood boundaries, the plan seeks to provide victims with the protection and services they need to pursue safe and healthy lives, while supporting law enforcement to hold offenders accountable for their crimes.



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- The **Healthy Communities Policy** supports the safe and physical environments through promotion of health via land use, active transportation and mobility, and housing development.
- BIKEable Communities also worked with the **California Bicycle Coalition and Women on Bikes California** to coordinate and champion an active living agenda and promote the passage of legislation such as the 3-foot law.
- The LBDHHS' Healthy Active Long Beach Program, in partnership with City Fabrick, and the City's Planning and Public Works Departments, are developing pedestrian guidelines for 10 low-income neighborhoods to expand upon the City's current pedestrian plans. The intent of the guidelines is to recommend policies and standards to ensure that infrastructure projects in the area incorporate best practices for pedestrian design. The guidelines, when adopted, will help to promote walking and the development of safe routes to schools, parks and community gardens, and food stores within each of the neighborhoods.

### GOAL 3: ACHIEVE HEALTH EQUITY, ELIMINATE DISPARITIES, AND IMPROVE THE HEALTH OF LONG BEACH COMMUNITY RESIDENTS.

#### OBJ. 3A: SUPPORT THE LBUSD IN INCREASING THE PERCENTAGE OF STUDENTS MEETING GRADUATION REQUIREMENTS TO AT LEAST 90%.

Educational attainment is one of the key social determinants of health. The Long Beach Unified School District (LBUSD) continues to make significant strides in accomplishing its strategic plan goals and continues to be recognized nationally for its educational innovation and achievement.

About **96 percent** of students in the Class of 2014 passed either the math or English portions of the California High School Exit Exam, with **94 percent** passing both. The overall pass rate represents a 1 percent increase over the prior year.

Various organizations support educational achievement and excellence among youth. Examples are noted below:

#### PROGRAMS/SERVICES AND EDUCATION/AWARENESS:

- **After school, tutoring, and literacy** programs through the Library and Parks, Recreation and Marine.
- The Children's Clinic provides ongoing **integrative pediatric care** that includes developmental and mental health (including toxic stress) screenings to identify learning and developmental issues which could impact school performance.



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- **Best Start Central Long Beach** is an initiative funded by First Five LA which focuses on young children between pregnancy and preschool because research shows that more than 90 percent of brain development occurs in the first few years of life. Best Start Central Long Beach is composed of parents, business owners, child and health care providers, community service agencies, faith-based leaders, government officials and other community leaders who work together to transform their community into a place where young children can thrive. The activities of Best Start Central Long Beach can be found at <http://www.first5la.org/index.php?r=site/tag&id=617>
- **Building Healthy Communities (BHC) Long Beach** is an initiative funded by The California Endowment and is focused in Central and West Long Beach. BHC Long Beach works to build a sustainable community where health happens not just in the doctor's office, but also with active transportation options, quality housing, healthy food access, improved environmental health, increased school attendance, parent engagement, and youth violence prevention. BHC Long Beach has a community action plan that is aligned with the CHIP and their 2014 accomplishment report shows how the initiative has impacted other facets of health in Central Long Beach. The BHC Long Beach 2014 list of accomplishments can be found at [www.bhclongbeach.org](http://www.bhclongbeach.org)

Together, the Best Start and BHC Long Beach initiatives seek to draw attention to underserved communities in Long Beach where there is a great and imperative need for collective action around the reduction of poverty, crime, health related burden and other disparities.

### POLICIES:

- The **Healthy Communities Policy** supports health equity by adopting a Health in All Policies approach to integrate and align city services towards a common goal of creating a healthy Long Beach.
- The adoption of the **Local Control Funding Accountability Plan** for the LBUSD was accomplished in 2014 with strong engagement and participation from the community, especially from residents involved with the BHC Long Beach initiative. The goal of the Local Control Funding Formula (LCFF) is to significantly simplify how state funding is provided to local educational agencies (LEAs). Under the new funding system, revenue limits and most state categorical programs are eliminated. LEAs will receive funding based on the demographic profile of the students they serve and gain greater flexibility to use these funds to improve outcomes of students. The LCFF creates funding targets based on these student characteristics which could significantly lead to the **reduction of educational disparities through the redirection of resources to close the achievement gap among students of color.**



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### NEXT STEPS AND RECOMMENDATIONS FOR IMPROVEMENT:

Based from feedback from the CHIP Task Force, the group will work collaboratively to:

- Develop common messaging around health and wellness so that all agencies throughout the city are providing consistent messages to the community at large.
- Identify opportunities to implement the Safe Long Beach Violence Prevention Plan and Healthy Communities Policy.
- Develop better mechanism for sharing information across all agencies to facilitate coordination of services.
- Complete data platform to enable sharing and dissemination of data to help inform program and policy development.
- Recruit more mental health providers to the CHIP Task Force.
- Continue discussion on adopting the collective impact model to facilitate a coordinated approach to fulfilling the vision of ***safe and healthy Long Beach for all.***



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### *CHIP Task Force Community Partners*

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Best Start Central Long Beach, First Five LA  
BIKEable Communities  
Board of Health  
Building Healthy Communities Long Beach  
Centro Community Hispanic Association  
City of Long Beach Department of Parks, Recreation and Marine  
City of Long Beach Public Library  
City of Long Beach Development Services Department  
City of Long Beach Department of Health and Human Services  
Community Hospital of Long Beach  
Disabled Resource Center  
Families in Good Health  
Help Me Help You  
Homeless Services Advisory Committee  
Idea Group  
Junior League of Long Beach  
Legal Aid Foundation of Los Angeles  
Long Beach Cares  
Long Beach Memorial Medical Center  
Long Beach Unified School District  
Marietta Jones, Community Member  
Mental Health America Los Angeles  
Miller Children's Hospital  
St. Mary Medical Center  
The California Endowment  
The Children's Clinic Serving Children and Their Families