



# SA Tomorrow Comprehensive Plan

## Community Health and Wellness

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Director

Comprehensive Plan Committee

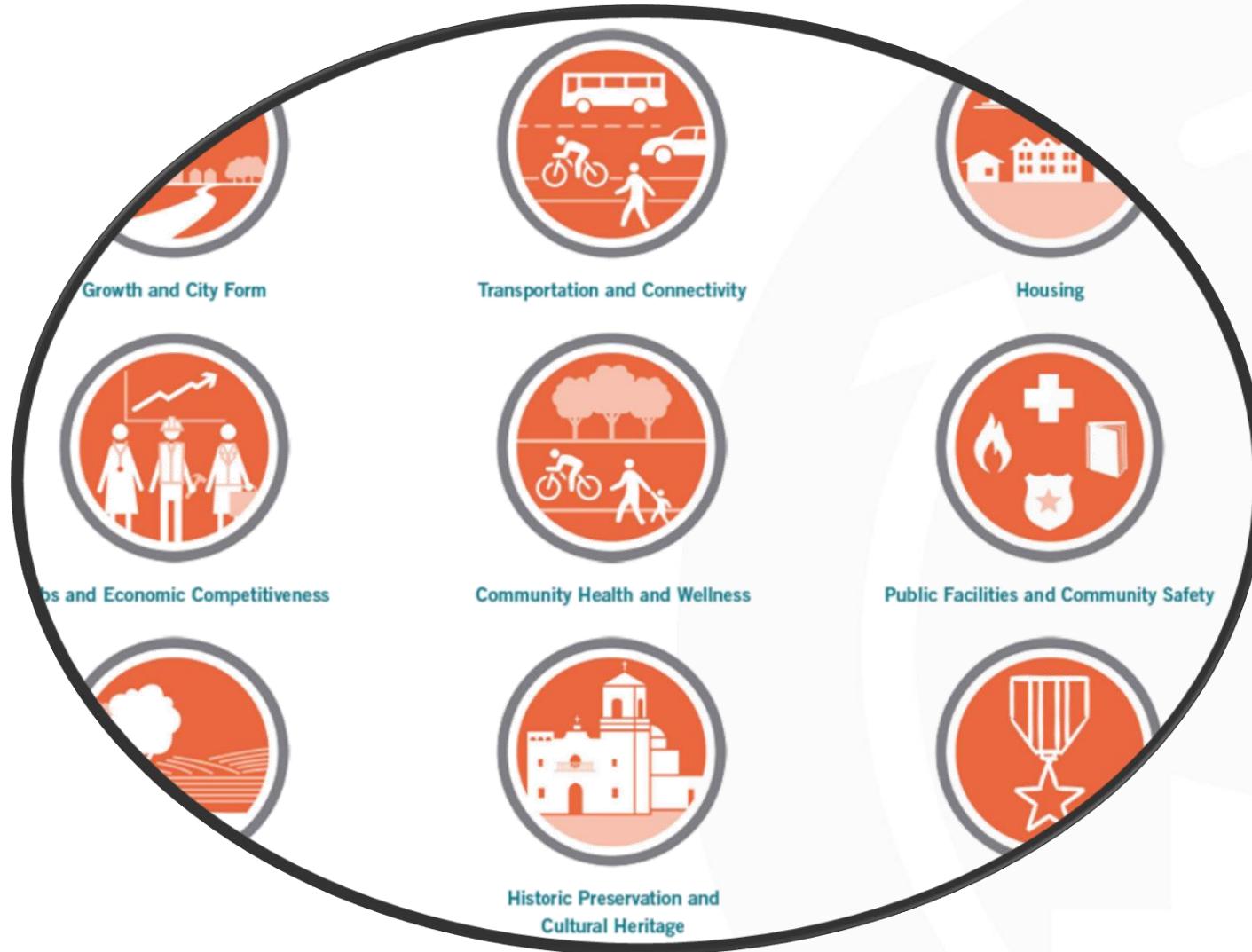
September 19, 2018

Agenda Item #3



CITY OF SAN ANTONIO  
**METROPOLITAN HEALTH DISTRICT**

# Community Health and Wellness



1 of the 9 areas  
of the SA  
Tomorrow  
Comprehensive  
Plan

# Community Health and Wellness Concerns



Healthcare  
and Food



Physical  
Activity



Health  
Outcomes



Transportation



Water and Air





# Select Indicators

- Percent of population with health insurance coverage
- Chronic Disease Rate (Diabetes rate and Obesity Rate)
- Number of people participating in enough aerobic and muscle strengthening activity to meet guidelines
- Teen Pregnancy Rate (ages 15-19)
- Asthma Rates
- Number of Households within a 1/2-Mile of healthy, affordable foods



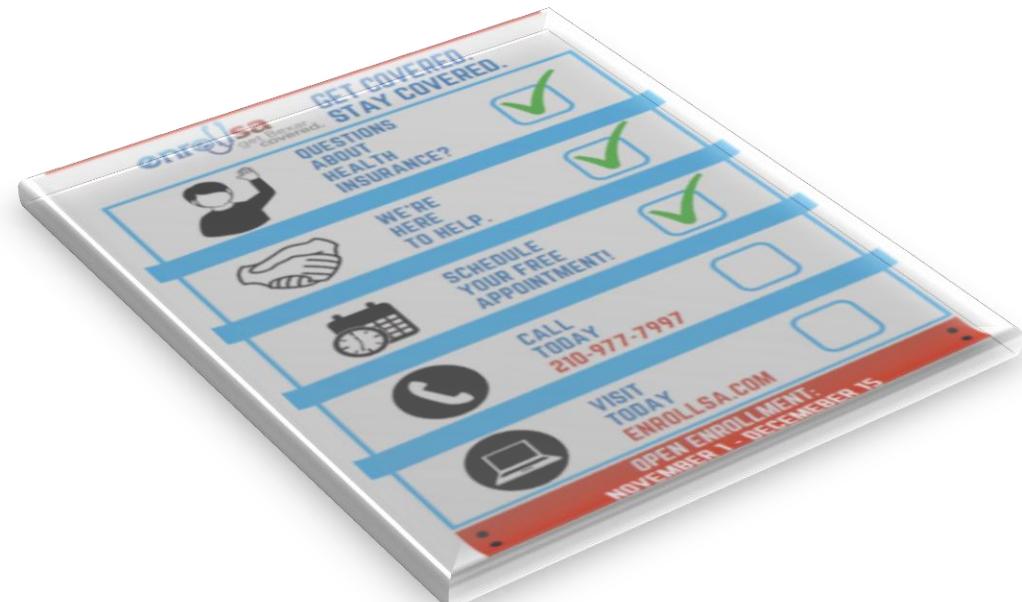
# Indicator: population with health insurance coverage

## Initiative

- Support EnrollSA Coalition and others who are already involved in promoting health insurance enrollment
  - Flyer distribution
  - Media promotion
  - Engaged faith-based community



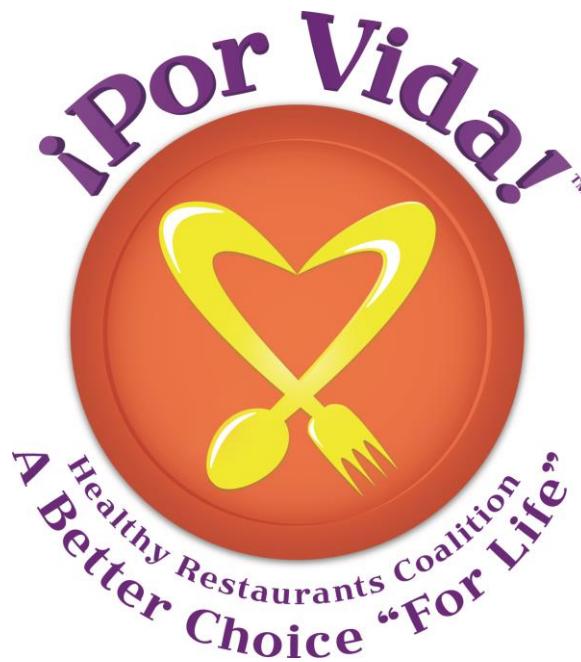
HealthCare.gov



# Indicator: chronic disease rate (obesity and diabetes)

## Initiative

- Healthy menu program



- Total Locations: 134
- Menu Items: 741

*A community of restaurants and businesses committed to offering healthy choices in San Antonio.*



# Indicator: chronic disease rate (obesity and diabetes)

## Initiative

- Nutrition education campaign

# ¡Viva Health!

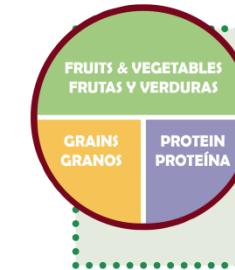
Eat well feel great. Come bien, siéntete bien



Eat well, feel great. Come bien, siéntete bien.

## Three Simple Messages:

1.



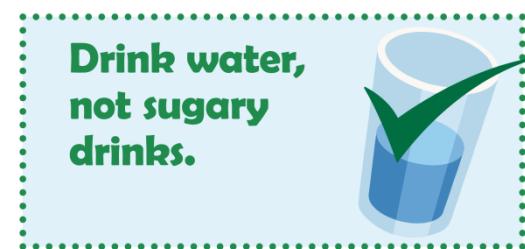
**1/2 your plate  
fruit & veggies,  
every meal,  
every day.**

2.



**For portion  
control, use a  
smaller plate.**

3.



**Drink water,  
not sugary  
drinks.**

# Indicator: chronic disease rate (obesity and diabetes)



## Initiative

- Diabetes prevention and management workshops
  - Free of charge to the community
  - Convenient locations across San Antonio



# Indicator: chronic disease rate



## Initiative

- Educate residents on the benefits of a healthy and active lifestyle

## Changing Policy



Creating environments that support active living and healthy eating.



## Empowering People

- ✓ Place-based
- ✓ Asset-based Community Development
- ✓ CDC/IOM Primary Prevention

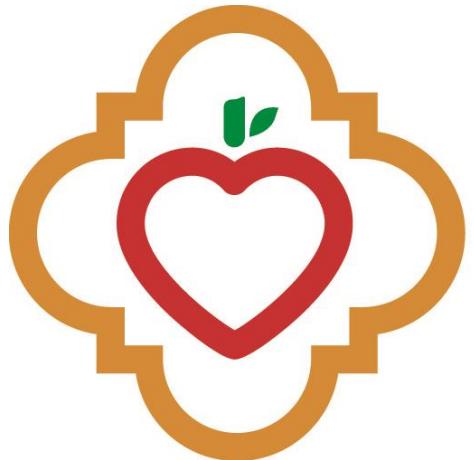


Community health worker meeting with a group of moms about improving the built environment in their neighborhood for their kids to play outdoors.



Indicator: people participating in enough aerobic and muscle strengthening activity to meet guidelines

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**Fit City SA**  
.com  
**Mayor's Fitness Council**

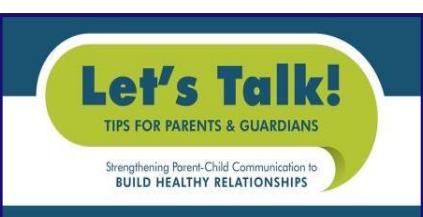


# Indicator: Teen Pregnancy Rate



## Initiative – Project WORTH

- Outreach and education for teens and parents
- Leads the San Antonio Teen Pregnancy Prevention Collaborative:
  - Reached **30,718** youth through evidence-based programs (FY16-17)
- Preventing repeat teen pregnancy
- Developed initiative to promote and strengthen parent-child communication and relationships
- Created initiative that empowers youth and connects them to resources and local opportunities in 5 areas



# Indicator: asthma rates

*Future Initiative*

Pediatric Managing Asthma  
Through Care Management in  
Homes (PMATCH)



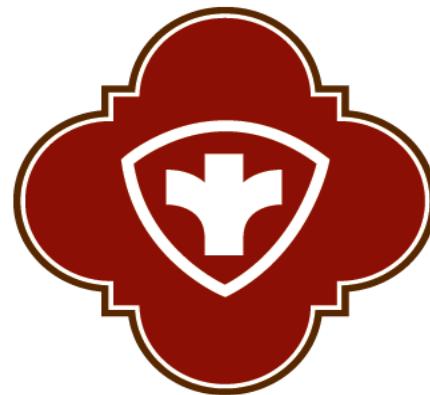
# Indicator: households within a 1/2 mile source of healthy, affordable foods

## *Future Initiative*

- **Healthy Corner Stores Pilot Project**
  - Increase access to healthy foods, including fresh fruits and vegetables in local convenience stores



# Thank you. Any Questions?



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