



# SA Tomorrow Comprehensive Plan

## Community Health and Wellness

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Director

Comprehensive Plan Committee

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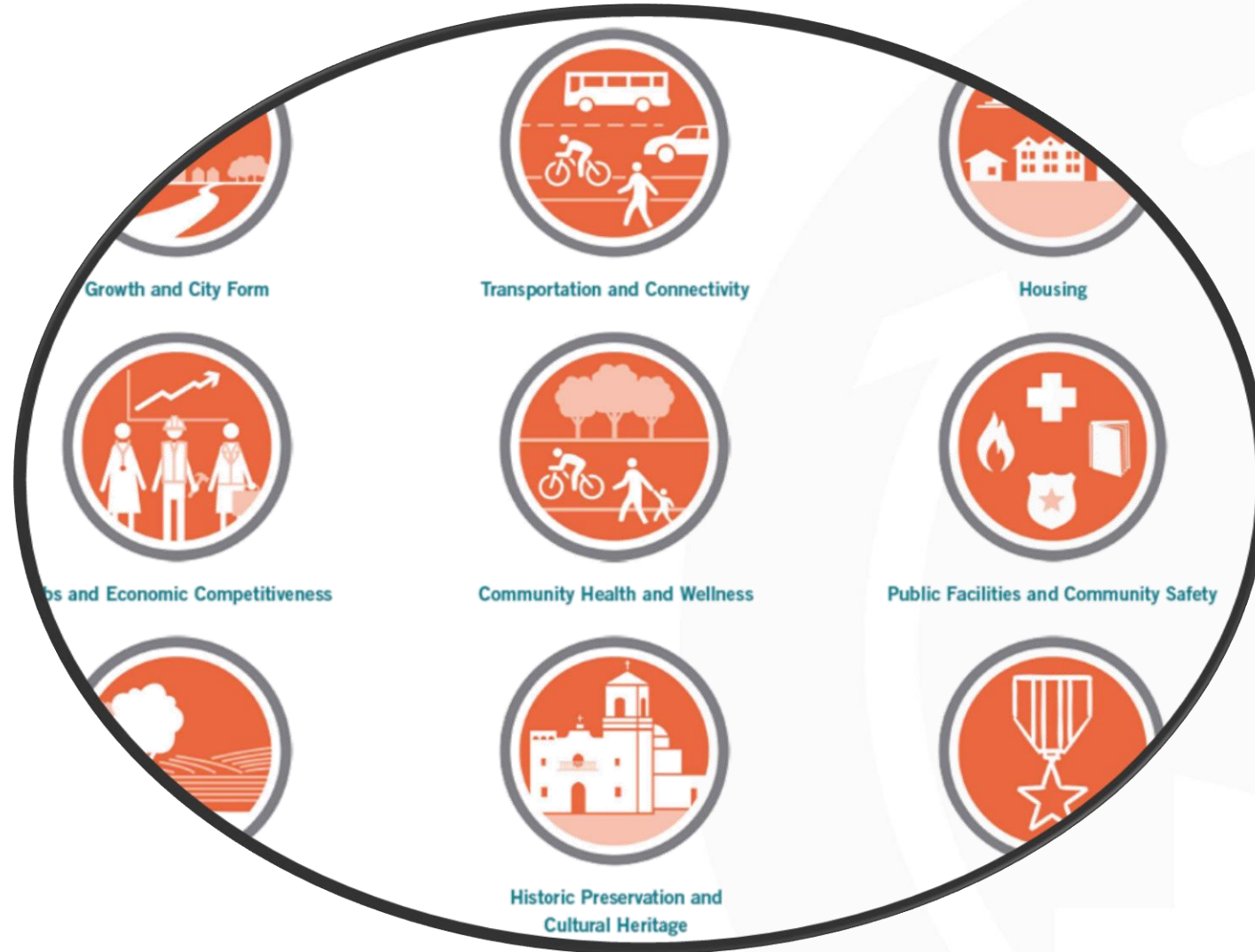
Agenda Item #3



CITY OF SAN ANTONIO  
**METROPOLITAN HEALTH DISTRICT**

# Community Health and Wellness

1 of the 9 areas  
of the SA  
Tomorrow  
Comprehensive  
Plan



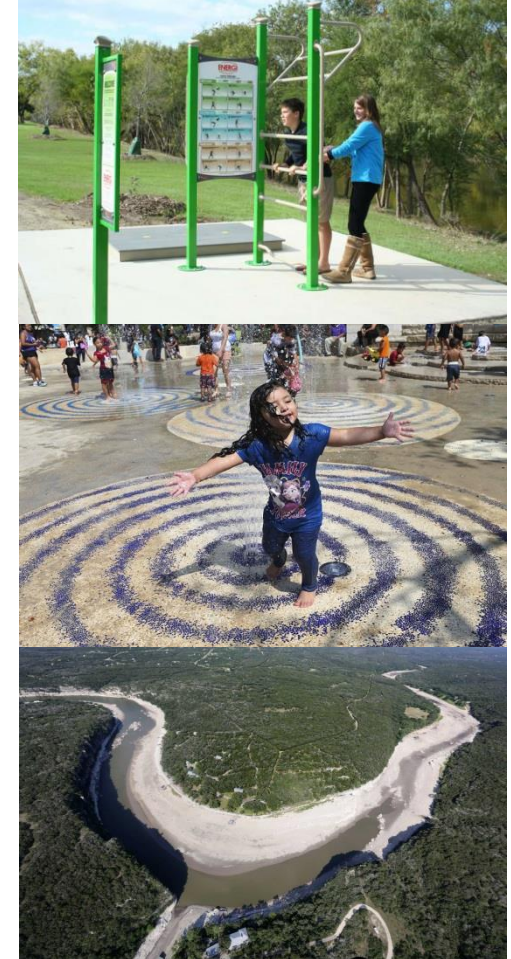
# Community Health and Wellness Concerns





# 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

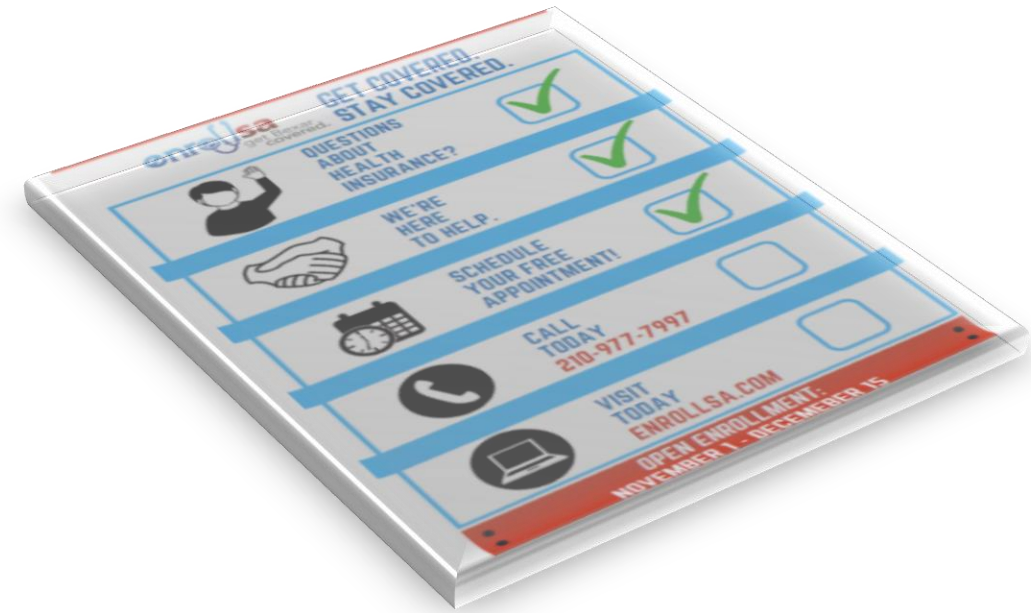


# Indicator: population with health insurance coverage

## 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



Affordable Care Act



# 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

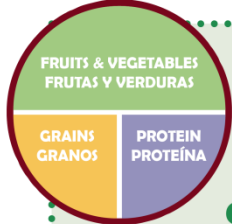
- Nutrition education campaign


# ¡Viva Health!


Eat well feel great. 🌸 Come bien, siéntete bien



## Three Simple Messages:

- 

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

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

**Drink water, not sugary drinks.**

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

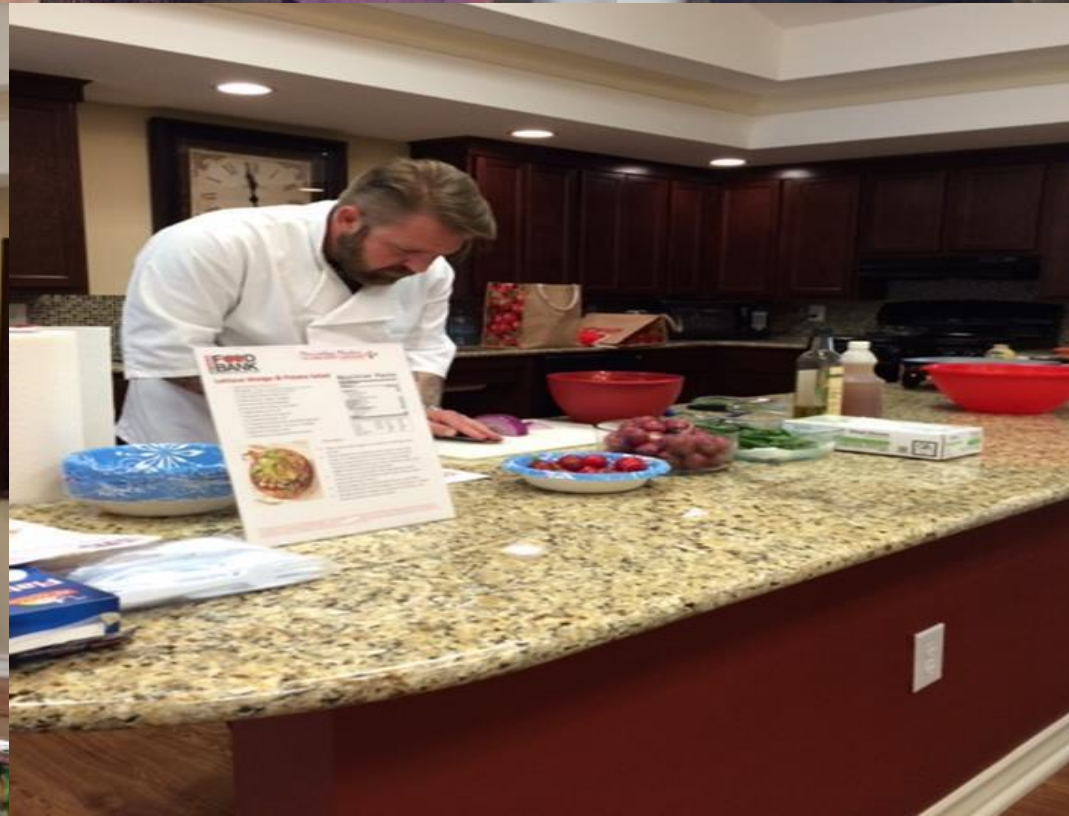
# Indicator: chronic disease rate (obesity and diabetes)



## 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



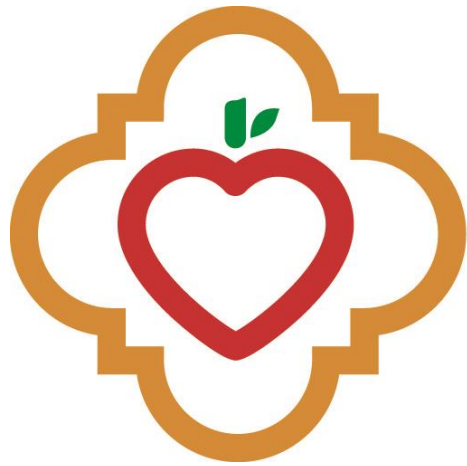
Community health worker meeting with a group of moms about improving the built environment in their neighborhood for their kids to play outdoors.

# HEALTHY NEIGHBORHOODS



Empowering Communities towards Healthy Eating and Active Living

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



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



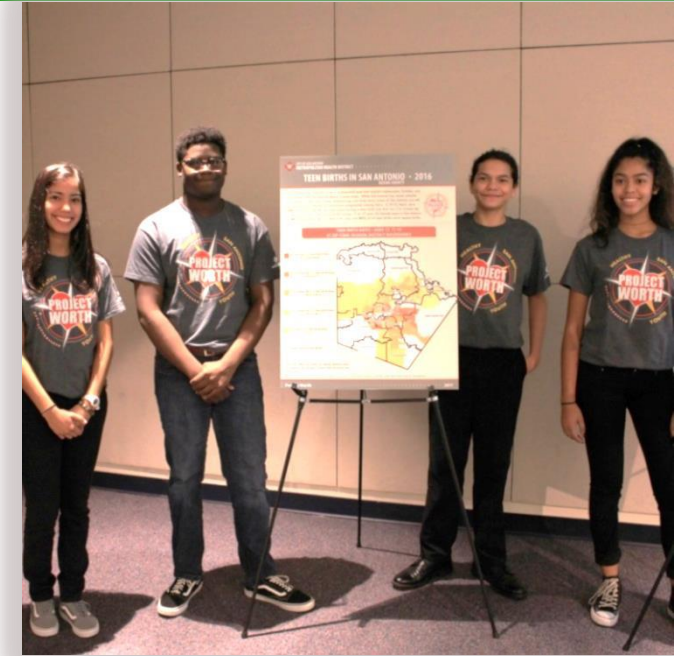


# Indicator: Teen Pregnancy Rate



## 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 ½ 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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