

STAFF REPORT

SUBJECT: Speaker Series 2 Synopsis: Healthy Communities Seminar

RECOMMENDED ACTION: Information

DISCUSSION:



On July 18, 2017, San Joaquin Council of Governments successfully held their Healthy Communities Seminar, the second of three total in the 2017 Speaker Series. Audience members heard from speakers Barbara Albersoh, Lianne Dillon, Michael Nguyen, and Johnathan Yeh. These speakers were incredibly knowledgeable in their fields and created an open atmosphere for conversation, questions and in-depth discussion. San Joaquin Council of Governments began their 2017 Speaker Series on May 18th, 2017, kicking it off with the Regional Affordability Seminar. This seminar addressed issues of affordability and its relationship to transportation, housing, and commuting patterns. The data-rich presentations concluded with a panel including speakers John Beckman from the Building Industry Association of the Greater Valley, David Garcia from Ten Space Development, and Alicia Sebastian from California Coalition for Rural Housing.

Barb Albersoh, Senior Deputy Director of San Joaquin County Public Health Services presented on

the obesity epidemic and how healthy eating and active living can make a difference in people's lives. She stressed the importance of land-use and transportation investments working to facilitate active living and opportunities for exercise in routine daily activities.

Lianne Dillon, Deputy Program Director at California Strategic Growth Council

spoke on her current work at the State level with the Health in All Policies initiative. She presented on the state level approach to improving community health at the local level and provided valuable information on State funding opportunities available for local and regional entities to aid in these efforts.

Michael Nguyen and Johnathan Yeh both from Health Plan of San Joaquin joined the conversation to give a presentation on the Health Plan of San Joaquin, current updates on the Affordable Care Act (ACA) and how California is expected to be impacted by modifications to the ACA.

RECOMMENDATION:

There is no recommendation, this staff report is for informational purposes.

FISCAL IMPACT:

Sufficient resources have been budgeted in the approved FY 2017-2018 Overall Work Program to cover on-going speaker series activities.

OVERVIEW:

The goal of the Healthy Communities Seminar was to address health concerns at the state level and relate them to the county level. The seminar addressed issues such as air quality, obesity, access to active transportation, walkability of communities, how to build a community with healthy components, and lastly, how healthcare impacts the health of communities.

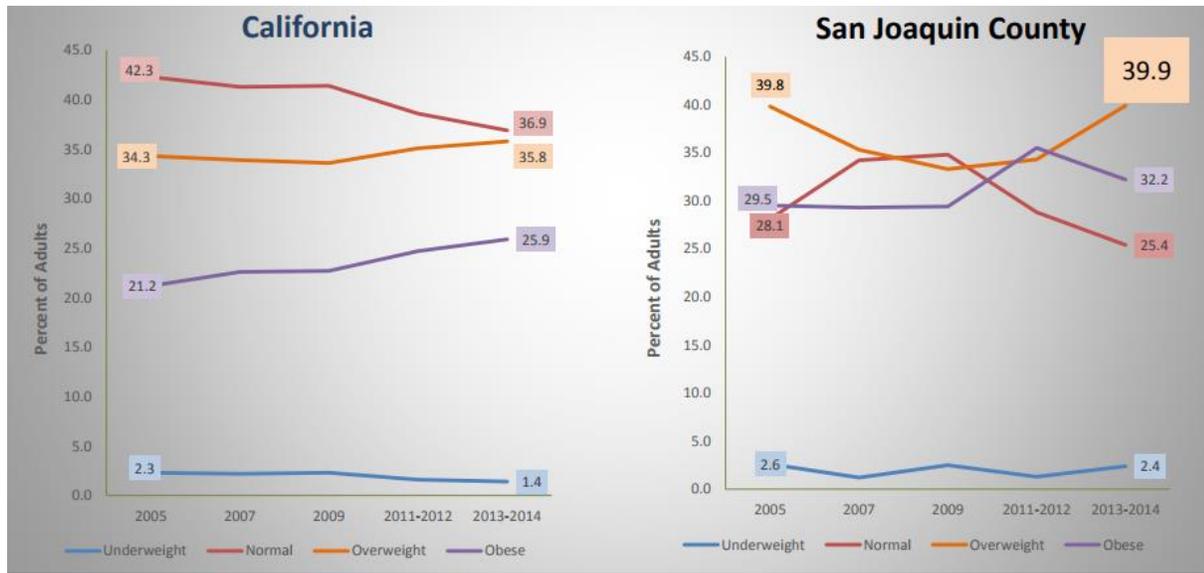
The first speaker, **Barb Alberson** began the conversation addressing obesity prevention and why it is important. Some points Ms. Alberson noted are:

- Obesity has increased greatly over the last 30 years in the United States. In California alone obesity has increased from less than 10% of all adults in 1985 to 20-25% in 2014. Obesity rates continue to increase.
- Both California and San Joaquin County's obesity rates have been steadily increasing. **San Joaquin County has seen an increase in obese adults. In 2005, 29.5% of adults were considered obese and 39.8% overweight. By 2014, these numbers increased to 32.2% obese and 39.9% overweight.**

Chronic Disease Facts:

- Obesity is tied to chronic diseases. This is the primary reason it is so important to prevent obesity, so that chronic disease numbers go down too.

Because obesity rates are so high, chronic disease rates are soaring within California and San Joaquin County, as the two are related (see graph below on weight levels in comparison to each other).



San Joaquin County Public Health Services, Alberson

Ms. Alberson continued to explain how chronic disease is linked to obesity and why prevention is so imperative to the health of our communities. Some facts on chronic disease include:

- About 45,000 adults have diabetes in San Joaquin County, if you add pre-diabetic individuals, it equates to **48% of our adults**.
- Compared to the other 57 counties in California, **San Joaquin County has the 4th highest diabetes-related, age-adjusted death rate**.

Ms. Alberson concludes that this is not something that’s affecting only adults, but children as well. Poor health outcomes are due to physical inactivity, dietary behaviors, physical environment, food environment / food that is available to people, and “place”. One of the key characteristics of why “place” matters is because areas with higher walkability increases physical activity greatly, and physical activity helps people to stay healthier. Ms. Alberson ended her presentation with a discussion of walkability and the importance of active living.

Lianne Dillon presented on the actions it takes to advance the health in communities. She spoke on three things specifically:

- Parks, greenspace, and healthy tree canopy
- Active transportation, land use, and schools
- Equity in government practices

Ms. Dillon works with the California Health in All Policies task force. It is the goal of the task force to promote a government culture that prioritizes health and equity for all Californians in all policy areas, as well as infuse state agency and department practices with health and equity considerations.

Ms. Dillon discussed the ways in which active transportation projects can help ensure equity for communities and, similar to Ms. Alberson, argued that it is very important for the overall health of communities. She backed this by showing that chronic diseases are related to other factors as well,

including air quality, and access to sufficient, affordable, and nutritious foods. She mentioned that asthma is a huge health problem affecting San Joaquin County residents. **20% of adults in SJC have been diagnosed with asthma.**

Michael Nguyen and Johnathan Yeh

concluded the presentations - tying them together by introducing the relationship that medical care and health insurance have in determining the health of communities. HPSJ is one of two large plans in San Joaquin County covering low-income residents. **Currently the Medicaid and Medi-Cal programs cover over 30% of all Californians and more than 50% of Californian children.**

When ACA went into effect in 2014, San Joaquin County went from an uninsured rate of 17.2% to 7.7%

45% of low income residents in San Joaquin County have unreliable access to healthy foods.

HPSJ has been recently looking at the impacts of the Affordable Care Act and how its modification or repeal may impact California, as well as its effects on local initiatives within San Joaquin and Stanislaus Counties. Prior to ACA, individuals without health care insurance would go without preventive services often leading to chronic conditions. The repercussions of the ACA repeal without replacement in California may result in:

- 5 million people losing their health insurance, **95,923 people in San Joaquin County will be affected by this (those who are insured under Covered CA and Medi-Cal)**
- California would lose \$20 billion in federal funding for Medi-Cal and Covered CA
- California would lose 209,000 jobs, **4,000 jobs lost and \$324 million lost in GDP for San Joaquin County**

Economic Impacts 

ACA Medi-Cal Expansion: Payments to Healthcare Providers

Over \$540 million estimated in annual spending to Medi-Cal Expansion health plans in San Joaquin and Stanislaus, including HPSJ.

HPSJ: Over \$330 Million in ACA Expansion Revenue –

Nearly 95% of HPSJ total—expansion and non-expansion—revenue is spent on members' medical expenses.

Payments to Local Healthcare Providers



Local Budgets: Uncompensated Care & Indigent Care

Counties, hospitals, and clinics expect significant impacts with coverage losses, such as:

- increases in uncompensated care at hospitals and clinics
- increases in indigent care mandates on counties
- increases in preventable hospitalizations and avoidable health problems

CONCLUSION:

The lively presentations and discussion during the question and answer session were both robust and interesting as the topic of healthy communities is currently trending. Walkability, air quality, chronic diseases, and the Affordable Care Act / healthcare are all important considerations in the planning field. Hearing from professionals with data and opinions in their respective fields was enlightening and educational. Please visit <http://www.sjcog.org/339/Speaker-Series-2017> to read more about the Speaker Series and to access the PowerPoints, agendas, and more!

NEXT STEPS:

The next date for the 2017 Speaker Series will be:

September 21, 2017.

The topic will focus on the economic impact of transportation investments; additional detail will be forthcoming!

save the date
& get excited!

Prepared by: Summer Anderson, Assistant Regional Planner