

PUBLIC HEALTH PRIORITIES:

- BLUE ZONES ACTIVATE
- COMMUNITY HEALTH IMPROVEMENT PLAN



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SACRAMENTO COUNTY



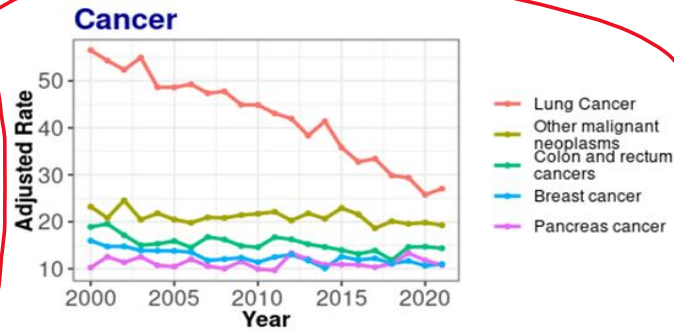
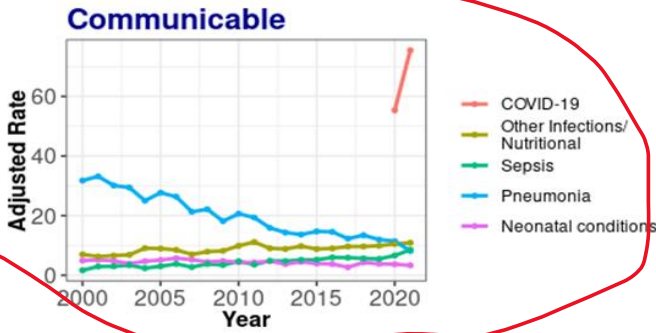
Promote • Prevent • Protect



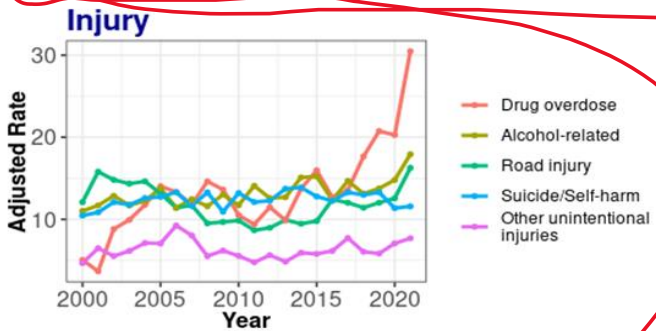
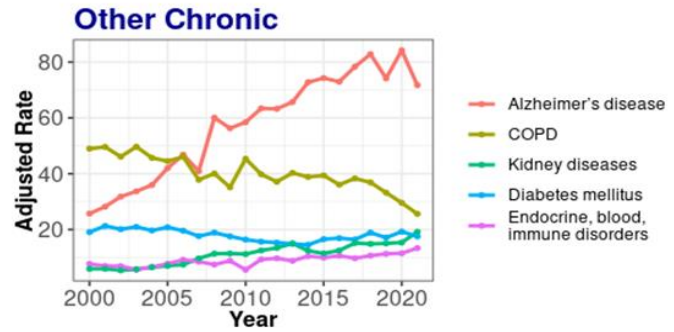
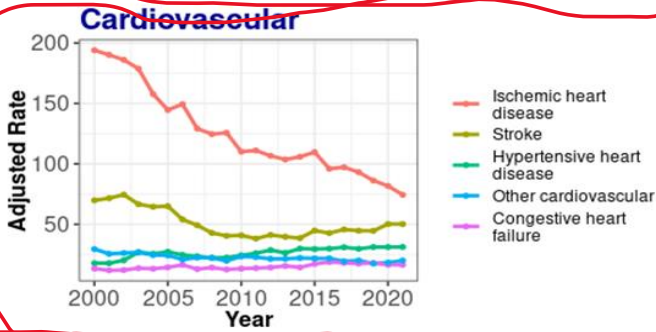
3.2 Trends In Top Public Health Conditions (by Broad Condition Groups), 2000-2021

This chart provides a deeper look into the trends in cause of death by showing the age-adjusted death rate trends of the top Public Health conditions within each Broad Condition group.

communicable



Lifestyle diseases



Diseases of despair



BLUE ZONES
ACTIVATE

Backed by research of the original blue zones—rare longevity hotspots where people thrive into their 100s—we help communities transform by making lasting changes to the environment in which people live, work, and play so that healthy choices are easier.

PROMISES

Live Better, Longer.

Healthier, Happier, More Productive Population

Participating communities have experienced double-digit drops in obesity and tobacco use and have saved hundreds of millions of dollars in healthcare costs



Improved Well-Being



Civic Pride & Economic Development

Our Surroundings Shape Us

Almost all Americans spend 90% of their lives within 20 miles of home. This is the Life Radius, and that is where we focus using evidence-based lessons longevity from the blue zones called the Power 9.

Our proven groundbreaking solution results in lasting changes to our human-made surroundings and systems which collectively nudge people to move and connect more, eat wisely, and develop the right outlook.



POWER 9®



LIFE RADIUS®



The Zip Code Effect

Research shows where we live has a bigger influence on our health than our genetics.



ALBERT LEA, MN

- 49% decrease in medical claims for city workers after one year
- 35% drop in smoking rates since 2010
- 2.9 years added to lifespans within one year



BEACH CITIES, CA

- 25% drop in obese and overweight adults from 2010
- 36% drop in smoking from 2010-2017
- 11% decrease in prescription costs for the public school district since 2011



FORT WORTH, TX

- 31% decrease in smoking from 2014
- In five years, city's well-being score rose from one of the unhealthiest cities in the country to one of the best (185th to 31st)



BLUE ZONES
ACTIVATE

BLUE ZONES RESULTS

Better Health, Lower Costs, Vitalized Economy



OBESITY

- 25% drop in obese and overweight adults in Beach Cities, CA (2010-2017)
- 15.5% decline in obesity rates since 2014 in Iowa City
- 34% of employees at NCH Healthcare System in Florida lowered their BMI



SMOKING

- 36% drop in smoking from 2010-2017 in Beach Cities, CA
- 35% drop in smoking rates in Albert Lea, MN
- 31% decrease in smoking in Fort Worth, TX from 2014 to 2018



HEALTH COSTS

- 49% decrease in medical claims for city workers in Albert Lea, MN
- \$27 million in savings during a three year period for Naples Community Hospital
- 11% decrease in prescription costs for Beach Cities school district



STRESS

- 10% decline in significant daily stress in Beach Cities, CA
- 12% drop in stress levels in Albert Lea, MN
- 10% decrease in stress in Southwest Florida communities



INVESTMENTS

- Albert Lea, MN received more than 40 million worth of add-on grants since start of program
- Muscatine, IA received major investments totaling \$425 million
- \$15 million allocated for sidewalks and bicycle infrastructure and \$5 million allocated for Safe Routes to School improvement in Fort Worth, TX



AWARENESS

- In Albert Lea, MN, 85% of residents were aware and 40% of residents engaged in the project.
- Awareness was 44% in Naples, FL and 33% in the region first phase of the project.
- Blue Zones Project Fort Worth was featured in over 2,200 news stories including *TODAY Show*, *The New York Times*, *Forbes*, *The Huffington Post*



SACRAMENTO COUNTY



PUBLIC HEALTH

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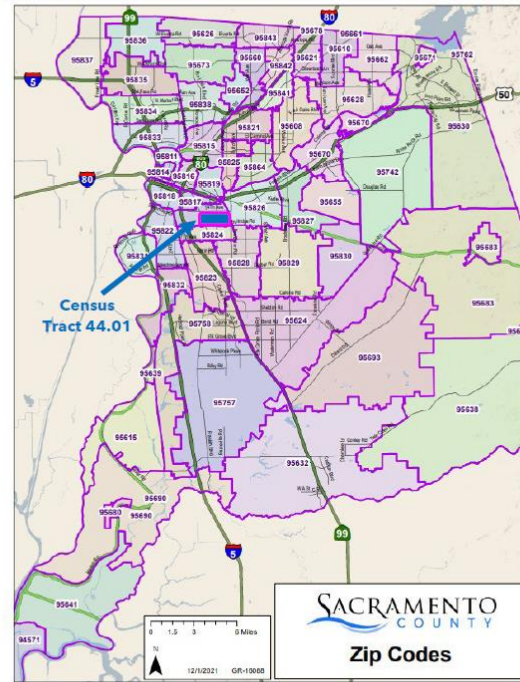


**PUBLIC HEALTH
ADVOCATES**

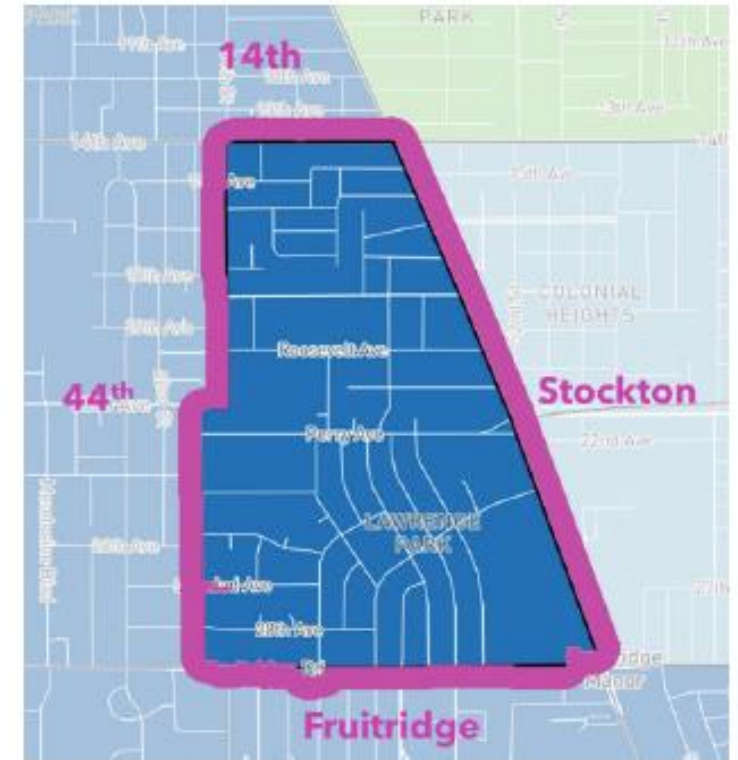
Community Health Improvement Plan

Published: January 18, 2024

Sacramento County Map with Census Tract 44.01 Highlighted



Map of Census Tract 44.01



CHIP



CHIP Goals and Objectives

- Overarching CHIP Goals:
 - Build leadership capacity and power through place-based training, strategic policy development, and community engagement
 - Increase income through program eligibility and employment to reduce poverty

- Food Access:
 - Promote access to and consumption of culturally relevant healthy foods through education, advocacy and community engagement
- Housing:
 - Reduce the number of people becoming unhoused in Sacramento county
- Mental Health:
 - Reduce barriers to physical and mental healthcare

