

# Fallbrook Regional HEALTH DISTRICT

## AGENDA SPECIAL BOARD MEETING Friday, December 18, 2020, 10:00 a.m.

In accordance with the current State of Emergency and the Governor's Executive Order N-25-20, of March 12, 2020 and N-33-20 of March 19, 2020, teleconferencing will be used for this meeting. Board members, staff and members of the public will be able to participate by webinar by using the following link: <https://us02web.zoom.us/j/84969513794> Meeting ID: **849 6951 3794** Password: **288352** Participants will need to download the Zoom app on their mobile device. Members of the public will also be able to participate by telephone using the following dial in information: **Dial in #: (310) 372-7549** **Passcode 660448.**

### **A. CALL MEETING TO ORDER / ROLL CALL / ESTABLISH A QUORUM / PLEDGE OF ALLEGIANCE**

A Special Meeting may be called at any time by the President, or three Board members, by delivering notice to each Board member and to each local newspaper or general circulation, radio, or television station requesting such notice in writing, personally or by mail. Such notice must be delivered personally or by mail at least twenty-four (24) hours before the time of such meeting as specified in the notice. The call and notice shall specify the time and place of the special meeting and the business to be transacted. No other business shall be considered at special meetings. Such written notice may be dispensed with as to any Board member, who at, or prior to the time the meeting convenes, files with the Secretary a written waiver of notice. Such waiver may be given by telegram. Such written notice may also be dispensed with as to any member who is actually present at the meeting at the time it convenes.

### **B. APPROVAL OF THE AGENDA**

### **C. PUBLIC COMMENTS**

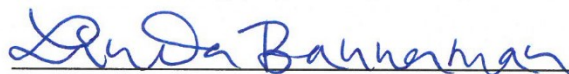
Opportunity for board members and citizens to speak on items of interest within subject matter jurisdiction of the District. Please note that, for comments made on items not appearing on the current agenda, the Board may take no action as to the comment at the current meeting (Gov't Code 54954.3[a]), and the Board is allowed only a brief response to the speaker's comment. For the record, please state your name. "Request to speak" cards should be filled out in advance and presented to the Board Chair or the recording secretary. The Board has a policy limiting any speaker to not more than five minutes.

### **D. DISCUSSION/POSSIBLE ACTION ITEMS**

C1. Review progress and discuss strategy for the next step of data collection with Catalyst

### **E. ADJOURNMENT**

**NOTE:** I certify that on Thursday, December 17, 2020 I posted a copy of the foregoing agenda near the regular meeting place of the Board of Directors of Fallbrook Regional Health District, said time being at least 24 hours in advance of the meeting. The American with Disabilities Act provides that no qualified individual with a disability shall be excluded from participation in, or denied the benefits of District business. If you need assistance to participate in this meeting, please contact the District office 24 hours prior to the meeting at 760-731-9187.



Board Secretary/Clerk

# Fallbrook Regional Health District Health and Wellness Center

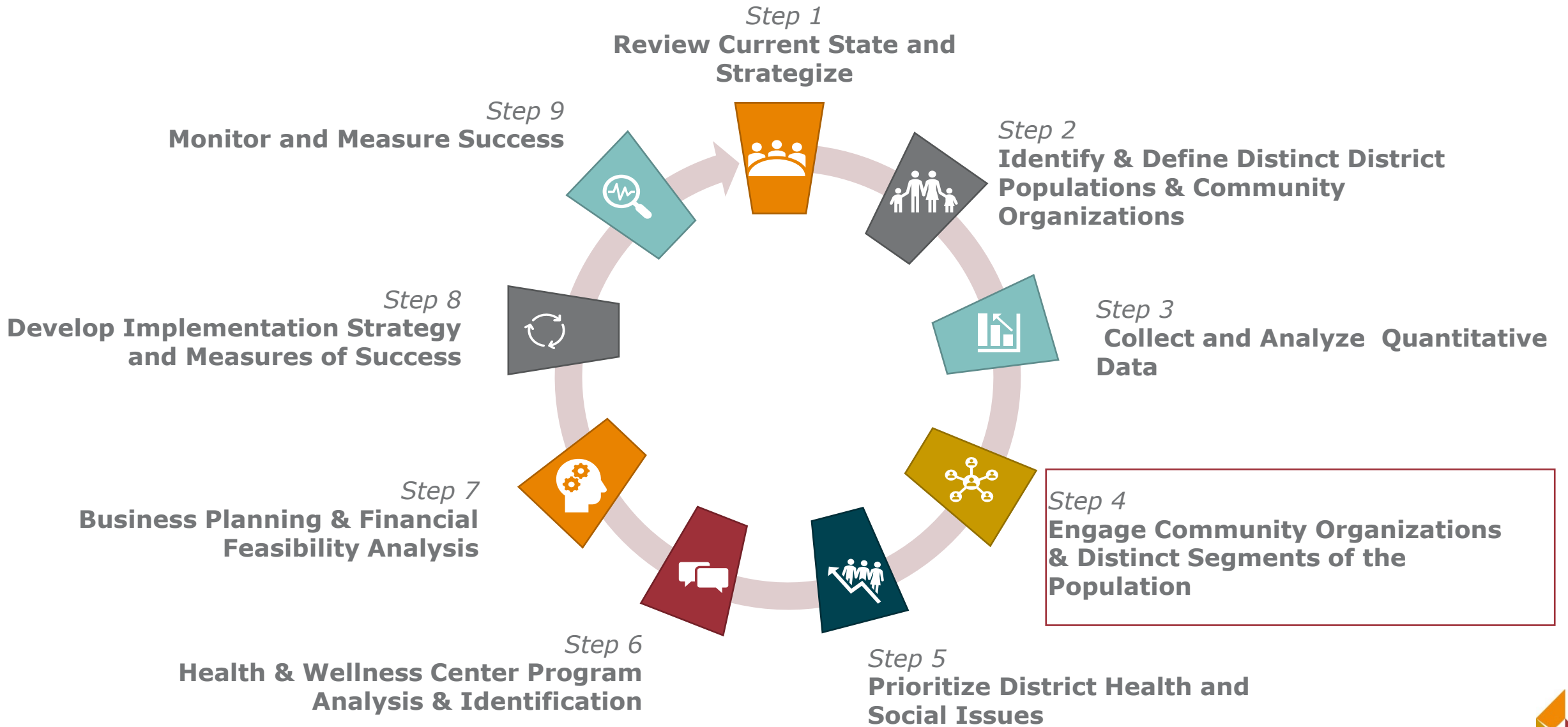
**Board Meeting  
December 18, 2020**



# Board Meeting Agenda

- Project Review
- CBPI Approach and Methodology
- Execution Plan around Community Based Participatory Input (CBPI) and Focus Groups
- Next Steps

# FRHD Health and Wellness Center: Phase 2



# Community Needs Inform Wellness Center

## Step 4

## Step 5

## Step 6

## Step 7

### Analysis of Needs

#### Quantitative

Census tract assessment of social determinants of health

Prioritization of social issues by tract and by issue

Qualitative findings to validate

Inform to topics to further explore in the qualitative analysis

#### Qualitative

Input from **community-based organizations** on needs and resources

**CBPI** to get broad input on priority social determinants

**Focus groups** to gather population-specific input

Gap analysis of social and health needs

### Programming

Board Prioritization of community social and health needs

Community program analysis

Evidence-based programs to address community needs

Programmatic recommendations

### Feasibility Analysis

Determine the types of spaces needed to support the programs

Determine the magnitude of scale for programs

Feasibility analysis

Transition to architectural firm

# Step 4: Engage Community Organizations



Population Data

Community Based  
Participatory  
Input(CBPI)



Focus Group  
Discussion

Current Service  
Offerings



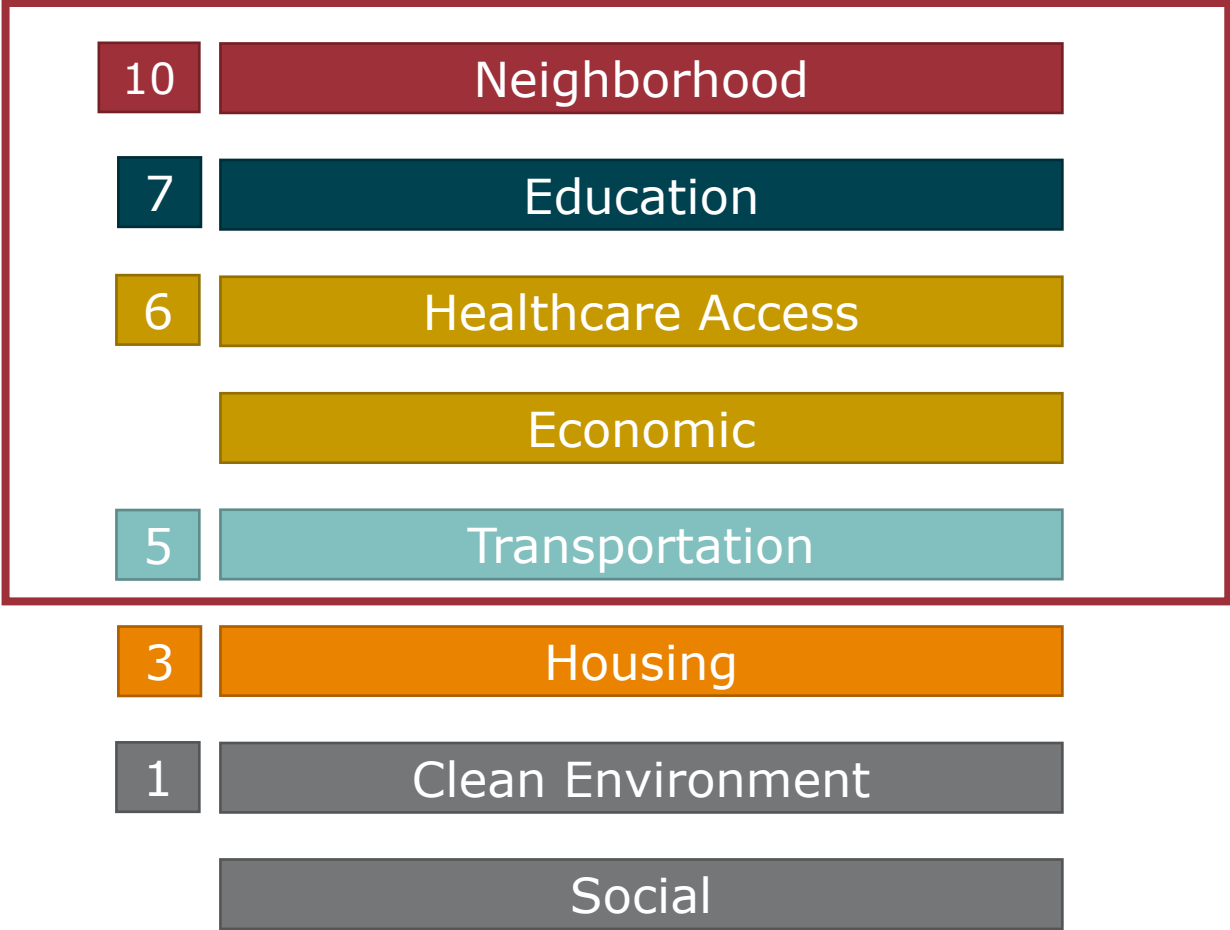
- The types of programs/services your organization offers to the residents of FRHD and the value those programs provide.
- The top social and health issues faced by the population you work with and the root cause of these social and health issues.
- Describe current program/service gaps to address these priority issues adequately.
- Opportunities to expand existing programs to other groups and add new programs to close the current gaps in services.
- Current barriers to access social services and/or healthcare services for District residents.




# SDOH Priorities

Ranked by Number of Census Tracts Below 50th Percentile

Priority SDOHs will inform the conversations to be had with the community feedback groups





Randomized/Stratified  
Surveys  
VS  
Community Based  
Participatory Input  
(CBPI)





# Community Based Participatory Input (CBPI) vs Survey

## Random/Stratified Survey vs CBPI

A **simple random** sample is used to represent the entire data population and randomly selects individuals from the population without any other consideration.

A **stratified random** sample, on the other hand, first divides the population into smaller groups, or strata, based on shared characteristics.

- Simple random and stratified random samples are statistical measurement tools.
- A simple random sample takes a small, basic portion of the entire population to represent the entire data set.
- The population is divided into different groups that share similar characteristics, from which a stratified random sample is taken.

**CBPI** is intended to support other data sources and further validate findings.

# Survey Approach

Census Tract	City Relationship	Population (N)	Sample Size (n)
186.11	Bonsall	8,052	367
188.01	Bonsall	3,614	348
188.02	Bonsall	8,122	367
188.03	Bonsall	4,564	355
189.03	Fallbrook	4,861	357
189.04	Fallbrook	5,640	360
189.05	Fallbrook	6,765	364
189.06	Fallbrook-South	6,033	362
190.01	De Luz	5,946	361
190.02	Rainbow	1,759	316
	Totals	55,356	3,557

A **stratified random** sample would need a response rate of 6.4% of the entire population, sample size of **3,557**. This would provide a statistically significant number of responses for each census tract.

A **simple random** sample for the Fallbrook Area would only need a response rate of .7% of the entire population, sample size of **382**.

We will constantly monitor these thresholds as results from the survey come back.

$$\text{Sample size} = \frac{z^2 \times p(1-p)}{e^2} \div \left( 1 + \left( \frac{z^2 \times p(1-p)}{e^2 N} \right) \right)$$

z (z-score, 95% Confidence Interval) = 1.96  
 e (Margin of Error) = 5%  
 P (Response Distribution) = 50%



# CBPI Goals

- Confirming and solidifying qualitative data collected to date
- Providing outreach into each of the census tracks
- Ensuring input from all viewpoints of the community
- Focusing efforts towards the community need and SDOHs
- Understanding the local context and to support the feedback sessions
- Designed to monitor participate and close any gaps as they are occurring.



# Community Based Participatory Input(CBPI)

## Neighborhood

#	Question
12	How many neighbors do you know?
13	Overall, how safe do you feel in your community?
14	Do you have any safety concerns in your community?



# Informing the Wellness Center - EXAMPLE 2

## Neighborhood

11. Overall, how safe do you feel in your community?

Not Safe	Less Safe	Neutral	More Safe	Very Safe
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. Do you have any safety concerns in your community?

Heard of car break-ins, Petty theft, traffic violations

350 characters left.



## Connecting the dots between community need, strategy, and space

EXAMPLE:  
Community  
Insecurity

### Recommendation (Example) – Prevention

- Community outreach
  - Community watch program
  - Community networking programs
- Community watch meetings
- Law enforcement outreach
- Self defense programs
- Safety Tips
- Monthly news letter
- Neighborhood/Cultural Events

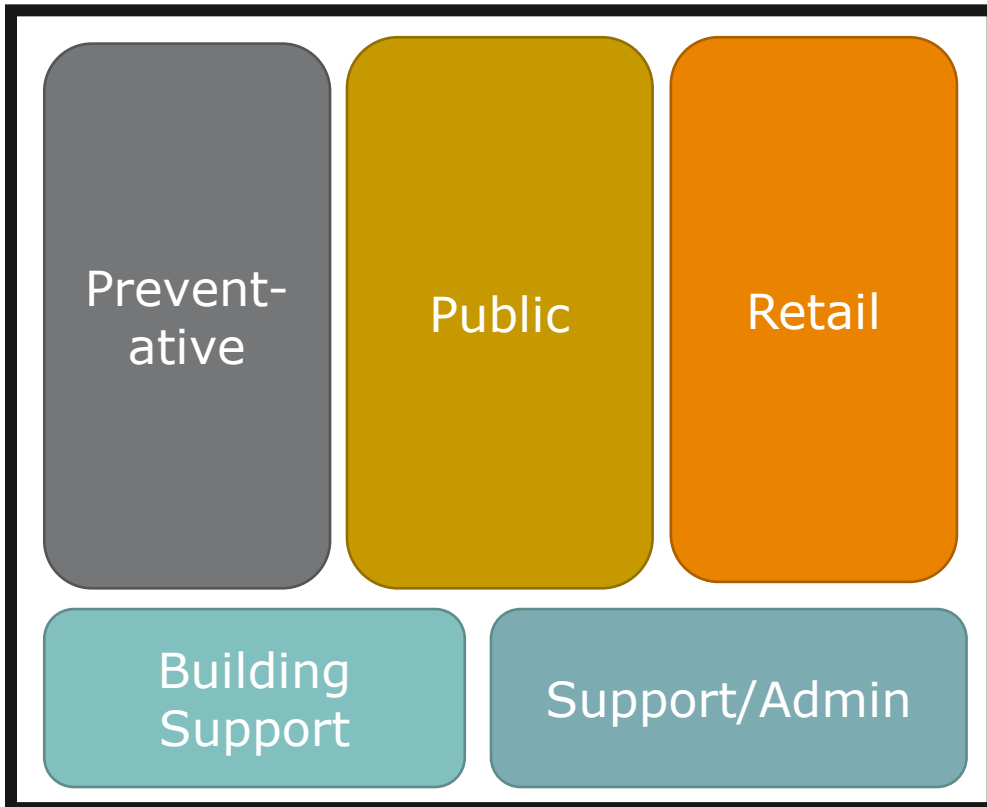
Wellness Center  
Impact

- Anticipated Volumes to Inform Space Planning
  - Classrooms
  - Kitchen
  - Location within the building
  - Location on the lot
- Community Gap analysis
- Feasibility Study
  - Do you Partner with other community services
  - Will this space support other services
- Community Outreach



# EXAMPLE: Building Programming

Connecting the dots between  
community need, strategy, and space



## Services

### Program

- Consultation Clinics: 550-1,200 DGSF/Provider
- Group Training Rooms: 16-25 SF/Person
- Physical Therapy: 120 DGSF/Station
- Gym & Clinic: 120 DGSF/station

## Retail

### Program

- Dining & café: 1,000 – 3,000 SF per vendor

## Public

### Program

- Lobby, Reception – Factor of programmed daily volume and schedule
- Community needs/conference/gathering spaces

## Support & Admin

### Program

- Administrative & Business Offices 250-350 SF/Person
- Conference Room or Other internal programs
- Ancillary programs: Lab, pharmacy, linen, biomed

## Building Support

### Program

- Building Net to Gross 1.3-1.4 factor of DGSF
  - Includes exterior wall, building circulation, MEP, FP
- Delivery entrance/dock
- Mobile unit dock
- EVS/Maintenance/Engineering



# Community Based Participatory Input(CBPI)

## Healthcare Access

#	Question
24	How often are you able to get the care needed when seeking medical attention?
25	What are some of the health issues your household faces? Select all that apply:
26	Which are some conditions your household face daily? Select all that apply:





# Informing the Wellness Center - EXAMPLE

## Healthcare Access

23. What are some of the health issues your household faces? Select all that apply:

- Diabetes 1
- Diabetes 2
- High Cholesterol
- High Blood Pressure
- Vision Limitations
- Digestive Disorders
- Arthritis
- Obesity
- Asthma
- Cancer
- Heart Disease
- Anxiety
- Depression
- Other Mental Health Concerns
- Substance Abuse Addiction
- N/A
- Other



# Informing the Wellness Center - EXAMPLE

## Connecting the dots between community need, strategy, and space

**EXAMPLE:**  
High Obesity Rate\*  
Health Risk  
Heart Disease  
Strokes  
High Blood Pressure  
Type 2 Diabetes

**Recommendation (Example) – Prevention**  
Direct experience preparing and tasting healthful foods, increasing activity, and education continue to be promising interventions.  
Dissemination of School-Based Childhood Obesity Prevention Education  
Adult & Adolescent Workshops  
Fuel for Fun – multi-component school and family-based intervention

**Cooking with Kids = Plus = Parents and Play**  
Classroom based cooking and tasting  
School Cafeteria Connections – Reinforcement  
About Eating – online interactive tool or classes about food and nutrition  
Family Activities – Dance Studio, Yoga,  
Community Garden  
Nutritional Screening

**Wellness Center Impact**

Anticipated Volumes to Inform Space Planning  
Classrooms  
Kitchen  
Location within the building  
Location on the lot  
Community Gap analysis  
Feasibility Study  
Do you Partner with other community services  
Will this space support other services  
Community Outreach

\*Evidenced: Census Tract, California Healthy Places Index, Community based Participatory Research  
\*\* Review of current community programs, Institute of Food Safety and Nutrition (IFSN), Volume Indicators for Census Tract



# Community Based Participatory Input(CBPI)

## Education

#	Question
17	What is the highest level of education you have completed?
18	Were there situation(s) that prevented you from continuing your education?



# Community Based Participatory Input(CBPI)

## Economic

#	Question
15	In the last 12 months, did your household ever cut the size of meals or skip meals because their wasn't enough money for food?
16	If Yes, how many months did your household cut the size of meals or skip meals?
19	Employment Status: Are you currently...?
20	What are some of the challenges that you face in gaining employment or securing a better job?
21	What type of employment programs would you participate in if they were available in your community?
22	After the bills are paid, how often do you have money to spend on leisure activities (i.e., sports, travel, movies)?
23	What type of programs would help your household be more prepared for financial security?



# Community Based Participatory Input(CBPI)

## Transportation

#	Question
7	Is transportation a barrier to participation in community events?
8	What type of transportation do you typically use?



# Execution Plan



# CBPI Distribution Methods

Email Distribution

Link via Website

Community Flyers

Paper Options at  
CBOs

Incentive Program



# CBPI Distribution and Focus Groups

Some community based organization will be utilized for distribution while others will be invited to attend focus groups

## CBPI Distribution

- Fallbrook Food Pantry
- Boy and Girls Clubs
- Fallbrook Chamber of Commerce
- Fallbrook Regional Health District
- Foundation for Senior Care
- Palomar Family Counseling

## Focus Group Selection

- Parent Leaders
- ESL Learners
- HS Students
- Seniors
- Farm Workers
- Military
- Faith Leaders

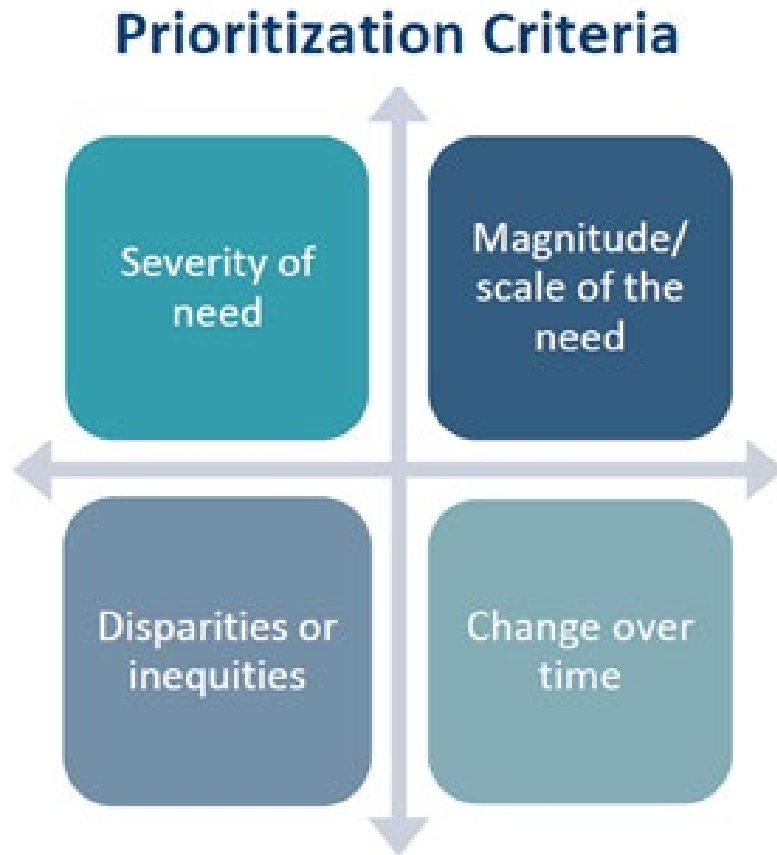




# Next Steps



# Step 5: Prioritize District Health and Social Issues



- Alignment with the District vision;
- Current programs/services available in the District;
- Potential to leverage existing community relationships/resources;
- Impact on related health/social issues;
- Importance to the community (voice of the residents); and,
- Implementation effort required.



# Appendix




# SDOH Overview (1/2)


	Neighborhood 10/10	Education 7/10	Economic 6/10	Healthcare Access 6/10	Transportation 5/10
Indicators	<ul style="list-style-type: none"> <li>Alcohol Availability</li> <li>Park Access</li> <li>Retail Density</li> <li>Supermarket Access</li> <li>Tree Canopy</li> </ul>	<ul style="list-style-type: none"> <li>College Degree or Higher</li> <li>HS Enrollment</li> <li>Pre-School Enrollment</li> </ul>	<ul style="list-style-type: none"> <li>Above Poverty</li> <li>Employed</li> <li>Median HH Income</li> </ul>	<ul style="list-style-type: none"> <li>Insured Adults</li> </ul>	<ul style="list-style-type: none"> <li>Auto Access</li> <li>Active Commuting</li> </ul>
Relationship to Health	<ul style="list-style-type: none"> <li>Support physical activity</li> <li>Reduce chronic disease</li> <li>Improved nutrition and health</li> <li>Trees reduce stress and promote health</li> <li>Mitigate impact of climate change</li> </ul>	<ul style="list-style-type: none"> <li>Increased life expectancy</li> <li>Decrease chronic disease/infant mortality</li> <li>Improved cognitive skills and decision making</li> <li>Build social skills</li> </ul>	<ul style="list-style-type: none"> <li>Positive outcome on health outcomes</li> <li>Decreased infant mortality</li> <li>Decreased elderly disability rates</li> <li>Decreased mental health rates</li> </ul>	<ul style="list-style-type: none"> <li>Insurance is a strong predictor of access to health and outcomes</li> </ul>	<ul style="list-style-type: none"> <li>Access to work, school, recreation, healthy foods, healthcare, etc.</li> <li>Active commuting                             <ul style="list-style-type: none"> <li>Physical exercise</li> <li>Social interaction</li> <li>Reduces air pollution</li> </ul> </li> </ul>
Program Examples	<ul style="list-style-type: none"> <li>Provide access to trails and park</li> <li>Farmers' market</li> <li>Nutrition/cooking programs</li> <li>Retail tenants</li> <li>Stress reduction program</li> </ul>	<ul style="list-style-type: none"> <li>Early childhood education</li> <li>Parental support groups</li> <li>Study hall/tutors</li> <li>Adult classes</li> </ul>	<ul style="list-style-type: none"> <li>Workforce Development</li> <li>Skills training</li> <li>Employment opportunities</li> </ul>	<ul style="list-style-type: none"> <li>Help to apply for health assistance prog</li> <li>Health and wellness programs</li> <li>Health fairs</li> <li>Screening vaccinations</li> <li>Vision screening</li> </ul>	<ul style="list-style-type: none"> <li>Enable active commuting</li> <li>Offer transportation options</li> </ul>

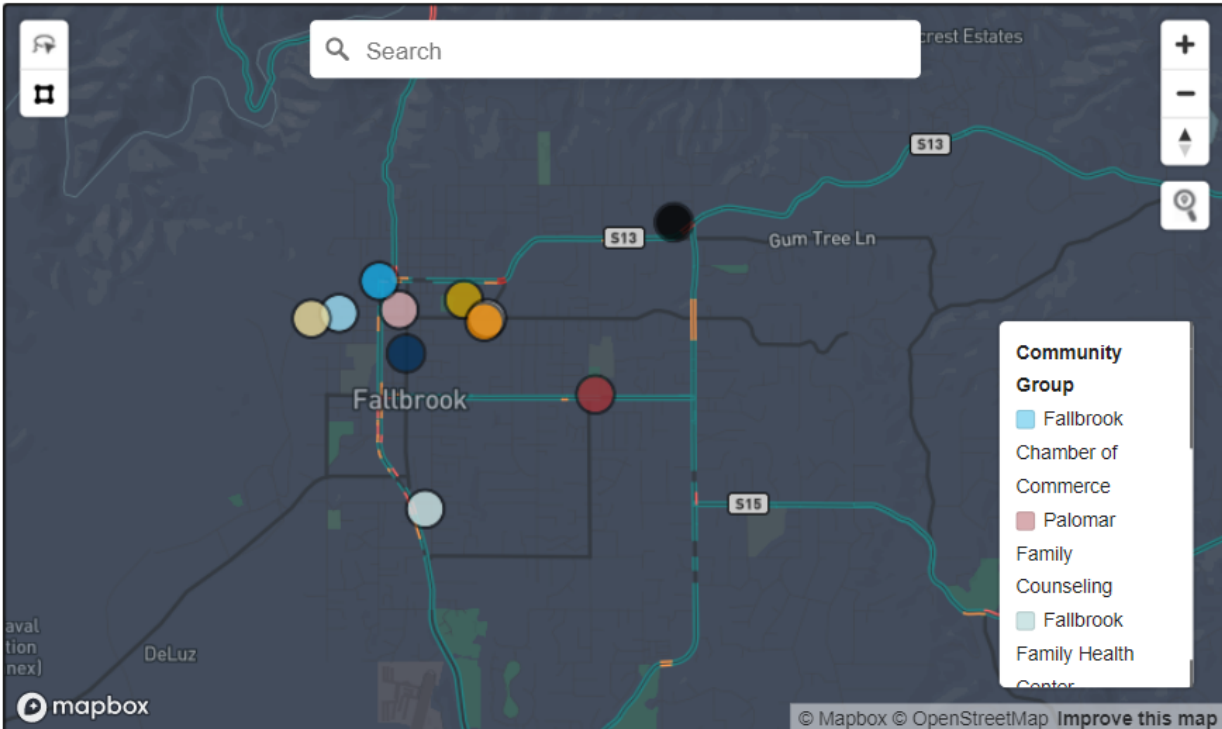


# Review of Current Community Service Offerings



**CATALYST**  
a Division of Haskell





Service Offering	Language	Membership Fees
Adopt- A-Family		
Backpack Program		
Behavioral Health- Psychiatric Services and Counseling		
Car Van Transportation		
Character and Leadership Development- Public Sopeaking, spiritual values, academic performance	English	Monthly (\$30)
Community events		Annual (\$100-285)
Community food Drives		
Comprehensive Perinatal Services Program		
Computer Learning Center		Free
Cooking Matters		
Counseling for Children, Younth. Adults and Families - Clinical therapy and family, couple services	English and Spanish	
Dancing Wellness exerises, Pool, Chess, Mah Jong. Ukulele		Annual (\$15)
Dental, Vision and Chiropractic Care		
Education and Career Development- Computer Lab	English	Annual (\$30)
Educational and cultural for emotional growth and skill development	Spanish	\$32-11,476 (family size)

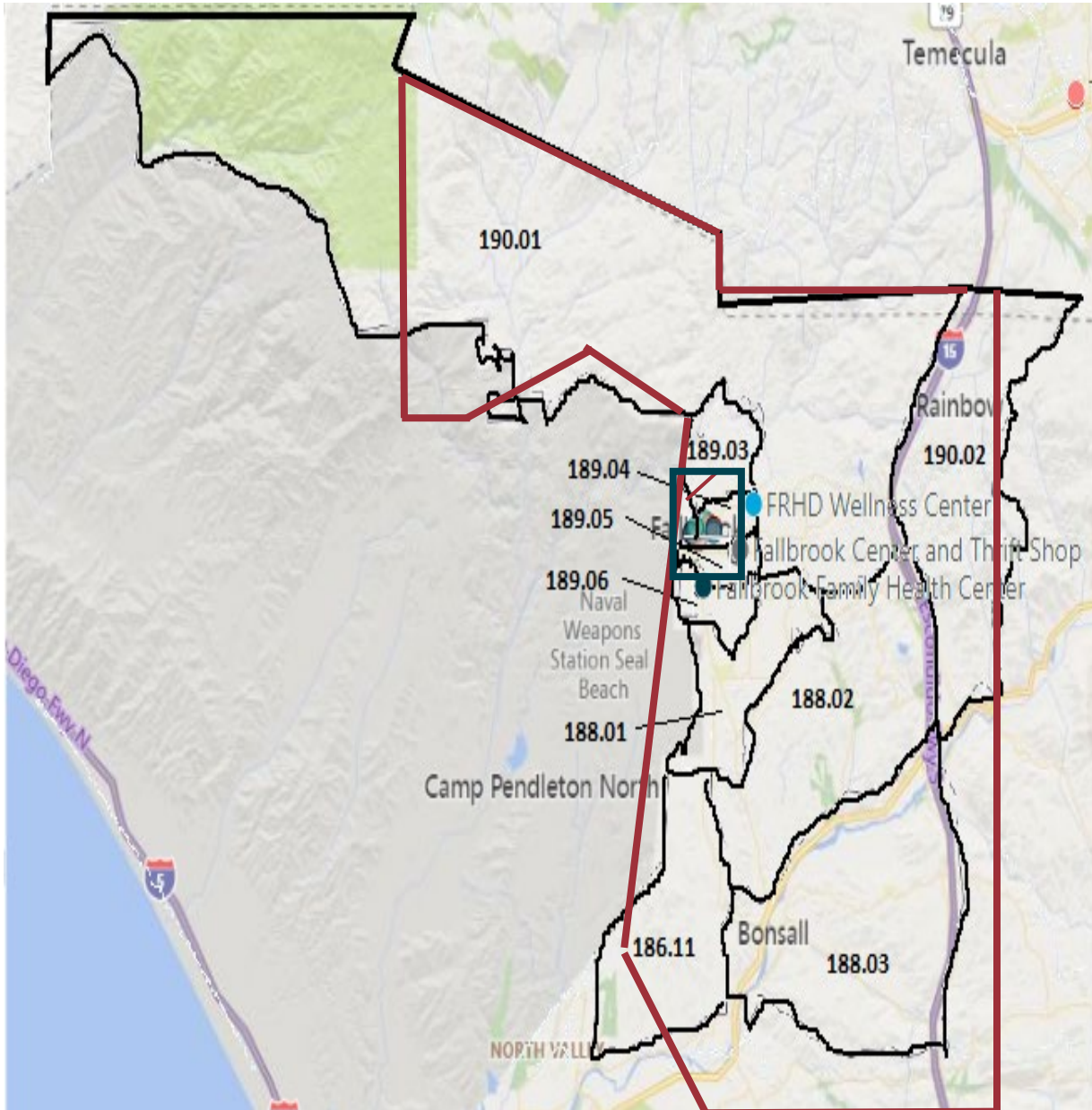
Main Group	Adults (50+)	All ages	Children (<19)	Children (11-18)	Children (15-18)	Children (2-15)	Children (5-15)	Elderly And Disabled	Families	Parents	Seniors	Total
Community Engagement		3								1		4
Counseling		4							1			5
Educational	1		3	2	1	1		1	1			10
Recreational			1								1	2
Service		7	1					1			3	12
Total	1	15	5	2	1	1	1	3	2	1	4	37



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# FRHD Census Tracts



City Relationship	Census Tract
Bonsall	186.11
Bonsall	188.01
Bonsall	188.02
Bonsall	188.03
Fallbrook	189.03
Fallbrook	189.04
Fallbrook	189.05
Fallbrook-South	189.06
De Luz	190.01
Rainbow	190.02



# SDOH by Census Tract

Percentile ranking relative to California

Census Tract	186.11	188.01	188.02	188.03	189.03	189.04	189.05	189.06	190.01	190.02
City	Bonsall	Bonsall	Bonsall	Bonsall	Fallbrook	Fallbrook	Fallbrook	Fallbrook	De Luz	Rainbow
<b>HPI Score (Percentile)*</b>	50.1	70.4	52.3	71.3	26.0	18.2	29.8	37.7	52.3	52.0
<b>Economic</b>	53.7	53.1	47.7	64.0	22.8	22.6	20.8	24.0	56.5	46.7
<b>Education</b>	34.3	84.5	9.0	58.3	10.3	3.3	19.0	37.5	51.1	34.6
<b>Transportation</b>	26.4	42.8	77.7	44.0	71.1	9.7	67.5	53.2	33.8	89.0
<b>Social</b>	52.9	93.5	96.0	96.4	58.5	58.2	54.1	63.9	50.4	72.5
<b>Neighborhood</b>	21.1	17.5	18.7	41.4	18.5	47.9	19.6	33.5	23.6	21.8
<b>Healthcare Access</b>	72.9	63.0	52.5	65.7	10.0	11.7	24.3	34.8	37.6	44.2
<b>Housing</b>	51.5	48.4	79.7	66.9	40.0	22.3	60.0	50.2	85.2	57.4
<b>Clean Environment</b>	66.9	89.2	87.0	85.8	86.2	87.0	88.0	85.3	44.3	65.6

HPI Score is rolled up SDOH



# SDOH Quartile Rankings by Census Tract

Percentile ranking relative to California

Census Tract	186.11	188.01	188.02	188.03	189.03	189.04	189.05	189.06	190.01	190.02	
City	Bonsall	Bonsall	Bonsall	Bonsall	Fallbrook	Fallbrook	Fallbrook	Fallbrook	De Luz	Rainbow	Number of Tracts Below 50 Percentile
HPI Score	3	3	3	3	2	1	2	2	3	3	4
Economic	3	3	2	3	1	1	1	1	3	2	6
Education	2	4	1	3	1	1	1	2	3	2	7
Transportation	2	2	4	2	3	1	3	3	2	4	5
Social	3	4	4	4	3	3	3	3	2	3	1
Neighborhood	1	1	1	2	1	2	1	2	1	1	10
Healthcare											
Access	3	3	3	3	1	1	1	2	2	2	6
Housing	3	2	4	3	3	1	3	2	4	3	3
Clean											
Environment	3	4	4	4	4	4	4	4	2	3	1

1	1	25	Bottom Quartile
2	26	50	
3	51	75	
4	76	99	Top Quartile





# CBPI

#	Question	Label/SDOH
1	Please select your Age Group	Baseline
2	From the map below, please indicate where your household's primary residence is located	Baseline
3	How did you hear about this survey? Select all that apply	Baseline
4	How often do you participate in community events?	Community engagement
5	If you do not participate in community events, why not?	Community engagement
6	What type of community activities would you participate in if they were available in your community?	Community engagement
7	Is transportation a barrier to attending events in the community?	Transportation
8	What modes of Transportation do you use in a typical week?	Transportation
9	In the past week, on how many days have you done 30 or more minutes of physical activity(i.e., sport, exercise)?	Physical activity engagement
10	What type of physical activities would you participate in if they were available in your community?	Physical activity engagement
11	What type of programs are you most excited about participating in at the future wellness center?	Wellness Center



# CBPI

#	Question	Label/SDOH
12	How many neighbors do you know?	Neighborhood
13	Overall, how safe do you feel in your community?	Neighborhood
14	Do you have any safety concerns in your community?	Neighborhood
15	In the last 12 months, did your household ever cur the size of meals or skip meals because there wasn't enough money for food?	
16	If yes, how many months did your household cut the size of meals or skip meals?	
17	What is the highest level of education you have completed?	Education
18	Were there situation(s) that prevented you from continuing your education?	Education
19	Employment Status: Are you currently...?	Economic
20	What are some of the challenges that you face in gaining employment or securing a better job?	Economic



# CBPI

#	Question	Label/SDOH
21	What type of employment programs would you participate in if they were available in your community?	Economic
22	After the bills are paid, how often do you have money to spend on leisure activities (i.e., sports, travel, movies)?	Economic
23	What type of programs would help your household be more prepared for financial security?	Economic
24	How often are you able to get the care needed when seeking medical attention?	Healthcare Access
25	What are some of the health issues your household faces? Select all that apply:	Healthcare Access
26	Which are some conditions your household face daily? Select all that apply:	Healthcare Access
27	Do you have any additional input, questions, or concerns about the survey for the future wellness center?	Wellness Center

