



### Part B: Narrative Questions

#### Detailed Instructions for: Question #4

#### QUESTION #4

#### **IMPROVED PUBLIC HEALTH (0-10 points)**

- **NOTE: Applicants applying for the disadvantaged community set aside must respond to the below questions with health data specific to the disadvantaged communities. Failure to do so will result in lost points.**

**A. Describe the health status of the targeted users of the project/program/plan. (3 points max)**

This Project is located in an area where a large number of social services and low-income and emergency housing aid the poor and homeless. These services include emergency and transitional housing, medical services, mental health services, food distribution and meal service facilities.

#### **DISADVANTAGED COMMUNITY**

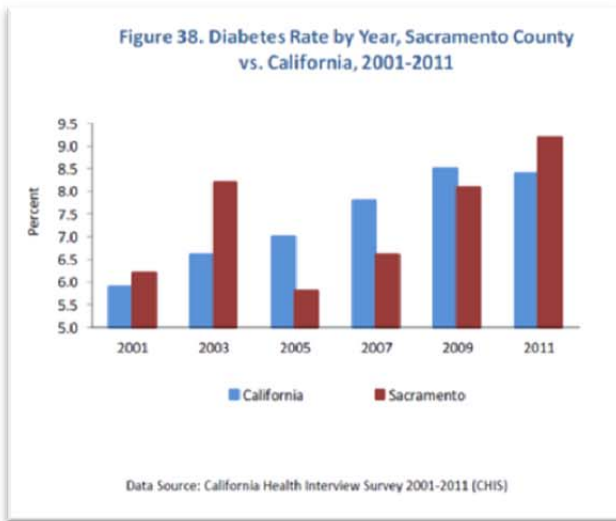
The area served by the North 12<sup>th</sup> Street Project is a Disadvantaged Community with residents struggling to meet basic health needs. According to the *Sacramento County Community Health Needs Assessment (2013)*, the area served by the Project experiences a significant disparity in health outcomes.

The zip codes in which the Project is located (95811, 95814), were identified as experiencing among the highest rates of health disparities and negative health outcomes in Sacramento County and higher than the state rate. Downtown Sacramento (95814) was among the top five highest rates for asthma-related emergency visits in the County and above the state rate.

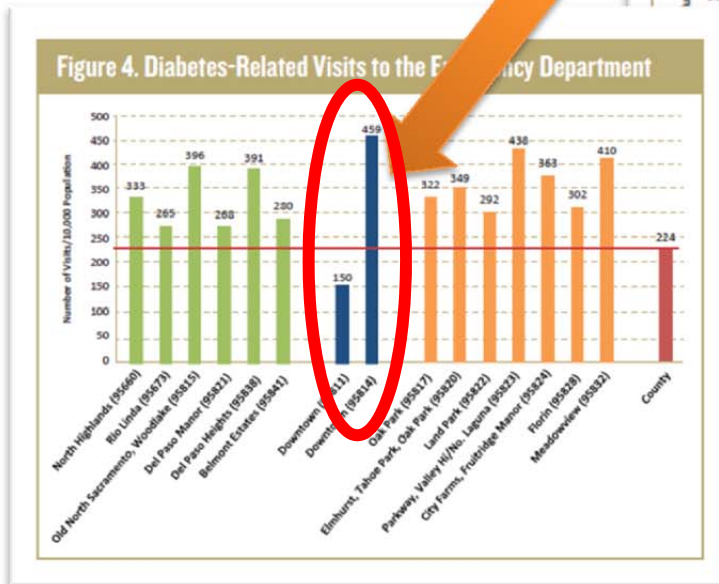
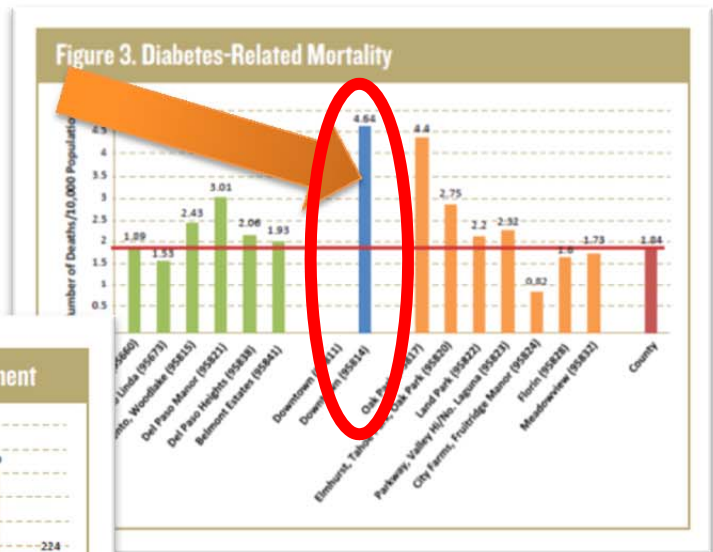
#### **DIABETES**

In 2011, Sacramento County had a higher diabetes prevalence rate than the state rate:

- The prevalence of diabetes in residents aged 65 years and over is significantly higher than in other age groups.
- 9.2% of adults have diabetes



- 21.1 deaths per 100,000 population for age-adjusted death rate due to diabetes.
- Zip code 95814 has the highest rate of diabetes-related mortality, more than twice that of the County.



Source: Sacramento County Community Health Needs Assessment (2013)

**OBESITY (highlights from the tables below)**

- Nearly 50% of students tested are overweight
- 62.1% of adults are obese or overweight
- 31% need improvement on body composition (“BMI”)
- 25.9% Need Improvement on aerobic capacity (“Endurance”)



- 41.4% of teens do not engage in regular physical activity
- 16.7% of adults are sedentary.

Although health statistics for transitional residents and children may not be completely accounted for in the public school data provided, the tables below reflect information for students in the Twin Rivers Unified School District which serves this community.

Indicator	Year	Twin Rivers Unified	Sacramento County	California	Data Source
5th Graders at a Healthy Weight or Underweight	2014	<b>53.3%</b>	62.2%	59.5%	California Dept. of Education, Physical Fitness Testing Research Files. Accessed at <a href="http://www.cde.ca.gov/ta/tg/pf/pftresearch.as">http://www.cde.ca.gov/ta/tg/pf/pftresearch.as</a>

**THE DIFFERENCE: 46.7% of 5<sup>th</sup> graders in this district are overweight. This is more than the County and State rates.**

**California Department of Education Statewide Assessment Division  
Twin Rivers Unified School District, Smythe Academy of Arts and Sciences  
2013-14 California Physical Fitness Report, Overall – Summary of Results**

Category	# of Grade 7 Students Tested	# of Grade 7 Students in Healthy Fitness Zone	% of Grade 7 Students in Healthy Fitness Zone	% of Grade 7 Students in Needs Improvement	% of Grade 7 Students in Needs Improvement-High Risk
Aerobic Capacity	216	145	67.1	<b>25.9</b>	<b>7</b>
Body Composition	216	110	50.9	<b>31</b>	<b>18.1</b>
Abdominal Strength	216	209	96.8	<b>3.2</b>	0
Trunk Extension Strength	216	49	22.7	<b>77.3</b>	0
Upper Body Strength	216	197	91.2	<b>8.8</b>	0
Flexibility	216	159	73.6	<b>26.4</b>	0



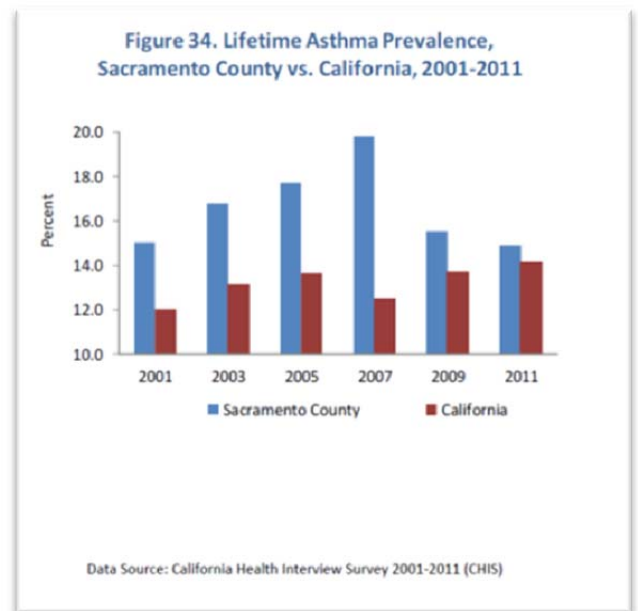
Indicator	Location	%	Source	Measurement Period
<b>Children &amp; Teens w/ Asthma</b>	Sacramento County	<u>10.6</u>	California Health Interview Survey	2011-12
<b>Adults w/ Asthma</b>	Sacramento County	<u>16.4</u>	California Health Interview Survey	2011-12
<b>Adults w/ Diabetes</b>	Sacramento County	<u>9.2</u>	California Health Interview Survey	2011-12
<b>Adults who are Sedentary</b>	Sacramento County	<u>16.7</u>	County Health Rankings	2011
<b>Adults who are Overweight or Obese</b>	Sacramento County	<u>62.1</u>	California Health Interview Survey	2011-12
<b>Teens who Engage in Regular Physical Activity</b>	Sacramento County	<u>58.6</u>	California Health Interview Survey	2011-12

Indicator	Location	Deaths/ 100,000 population	Source	Measurement Period
<b>Age-Adjusted Death Rate due to Diabetes</b>	Sacramento County	<u>21.1</u>	California Dept. of Public Health	2010-12

**ASTHMA**

Based on the 2001-2011 California Health Interview Survey (CHIS) results, Sacramento County has a higher prevalence of asthma than the State across all years. Multi-race (27.2%) followed by Caucasians (18.2%) and African Americans (11.7%) had the highest prevalence of asthma, and young adults aged 18-24 years (26.0%) followed by ages 25-64 years (15.3%), had the highest prevalence of all age groups.

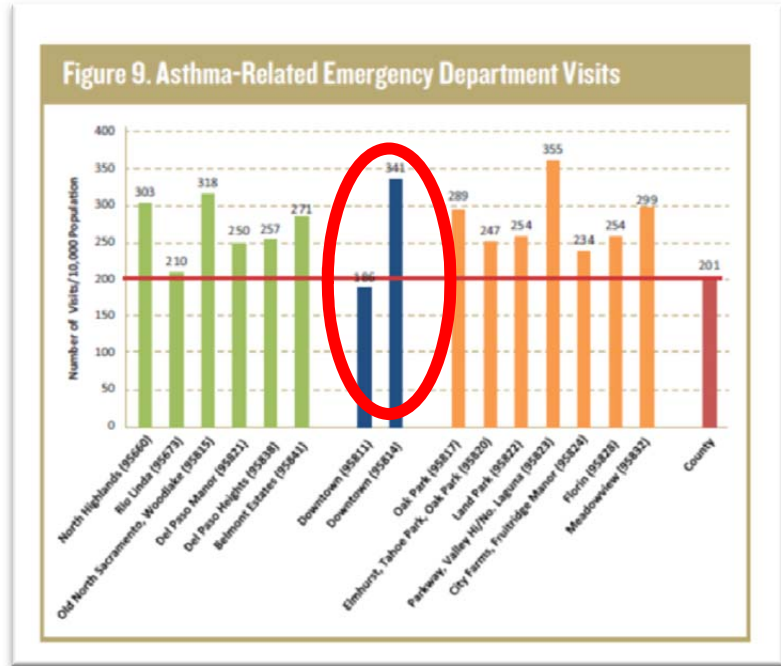
- 10.6% children & teens have asthma





- 16.5% adults have asthma

In zip code 95814, asthma-related emergency department visits were above the county rate of 201 emergency department visits/10,000 population and the state rate of 123 emergency department visits/10,000 population.



**Percent of Adults and Teens Who Are Obese, by Asthma Status, California 2009**

Almost one in three adults with current asthma (31%) is obese, and one in seven teens (age 12–17) with current asthma is obese (14.4%). For adults, obesity is significantly higher among those with current asthma than among those who have never had asthma.

Source: [www.CaliforniaBreathing.org](http://www.CaliforniaBreathing.org), *Asthma in California - A Surveillance Report*, May 2013. Please see **Attachment I** for additional information and a list of sources.

The following agencies and individuals were contacted to collect data and information on the public health status for the project area:

<b>PUBLIC HEALTH ORGANIZATIONS/AGENCIES CONTACTED</b>
<b>CALIFORNIA DEPARTMENT OF PUBLIC HEALTH</b> Victoria Custodio, Project Coordinator, Safe Routes to School
<b>CALIFORNIA DEPARTMENT OF PUBLIC HEALTH, Prevention First</b> Safe and Active Communities Branch Jeannine Barbato, Program Consultant
<b>COUNTY OF SACRAMENTO, DIVISION OF PUBLIC HEALTH</b> Olivia Kasirye, Public Health Officer
<b>COUNTY OF SACRAMENTO, DIVISION OF PUBLIC HEALTH</b> Chronic Disease Prevention Yvonne Rodriguez
<b>HEALTH EDUCATION COUNCIL</b> Sara Underwood, Program Administrator, TARC



<b>PUBLIC HEALTH ORGANIZATIONS/AGENCIES CONTACTED</b>
<b>HEALTH EDUCATION COUNCIL</b> Erica Lee, Program Administrator Sacramento County Schools & Afterschool Program
<b>CITY OF SACRAMENTO START PROGRAM</b> Rhonda Patterson, HSPC
<b>AMERICAN LUNG ASSOCIATION</b> Renee Sankus
<b>BREATHE SACRAMENTO</b> Kori Titus, CEO

**B. Describe how you expect your project/proposal/plan to enhance public health. (7 points max.)**

### **INTENDED HEALTH OUTCOMES**

The Project was initiated as a Caltrans Environmental Justice Grant to investigate opportunities to improve the accessibility and safety of the corridor to better meet its evolving needs. Implementation of this project would produce the intended outcomes as listed in the table below. These objectives married with the intended health outcomes, are consistent with overall missions of Sacramento County Public Health (SCPH) and Sacramento Metropolitan Air Quality Management District (SMAQMD) and the initiatives of the Healthy Sacramento Coalition (HSC) formed through the Sierra Health Foundation.

<b>PROJECT OBJECTIVE</b>	<b>INTENDED HEALTH OUTCOME</b>	<b>LOCAL HEALTH MISSION/INITIATIVE</b>
<b>Make North 12<sup>th</sup> Street accessible for all modes of transportation</b>	Increased physical activity and improved physical health	SCPH; HSC Active living
<b>Enhance safety on the corridor</b>	Increased physical activity and improved physical health	SCPH, HSC Active living
<b>Improve air quality</b>	Lower rates for asthma and other respiratory ailments	SMAQMD
<b>Encourage economic development in the River District and Alkali Flat</b>	Increased local employment, decreased homelessness, better ability to purchase fresh foods	SCPH, HSC Active living, healthy & safe physical environments.
<b>Make alternative modes of transportation convenient for residents</b>	Increased physical activity and improved physical health	SCPH, HSC Active living



Intended health outcomes (table above) were determined through a process of identifying: 1) current travel behaviors; 2) gaps and barriers for active transportation; and 3) solutions that remove barriers and gaps encouraging active transportation and achieving intended health outcomes. Information to substantiate the outcome was developed as follows:

- 1) Data on current travel behaviors and activity levels were collected through interviews, surveys, and pedestrian counts.
- 2) Data on gaps and barriers were collected through field reconnaissance, community meetings, and surveys.
- 3) Potential solutions have been developed through a collaboration of field reconnaissance data, community feedback, and engineering data collection through City records to determine feasible infrastructure improvements that create walkable routes for families.