



**Santa Clara County General Plan Health Element  
Wellness Advisory Committee Meeting #1**

**MINUTES**

**Thursday, March 29, 2012 | 2:30 pm – 4:30 pm**

Sobrato Center for Non Profits 1400 Parkmoor Ave, Cupertino Room A, San Jose, CA 95126

On Thursday March 29th, 2012, at the Sobrato Center for Non Profits in San Jose, the Santa Clara County Planning Office, in conjunction with Public Health Department staff, hosted the first Wellness Advisory Committee (WAC) meeting for the SCC General Plan Health Element. The meeting purpose was to bring together the County's diverse community health stakeholders and introduce them to the County Health Element process.

Matt Raimi and Beth Altshuler from Raimi + Associates (the County's consultant for the project) provided a presentation on the purpose and process of the Health Element, the County's existing conditions, the connection between planning and health, and the various proposed public outreach methods for the project. Following a powerpoint presentation, the consultants facilitated a discussion with WAC members on health issues, opportunities, and challenges facing County residents and employees, and outreach ideas for the upcoming Healthy Communities Workshops and quality of life Survey.

WAC members were provided a handout of Preliminary Health Topics for the General Plan Health Element. They were asked if there was anything they wanted to add, change or remove. The following list summarizes their suggestions (*staff and consultant comments are in italics*)

**WAC Comments on Preliminary Health Topics List**

- Topics "A. Overall Health, Wellbeing, and Equity" and "D. Health Care and Prevention" have some overlap
- Under Topic A, add Mental Health Subtopic, including equity
- Under Topic A, add Communicable Diseases Subtopic
- Under Topic A, add Education Subtopic
  - *However, this is already a Subtopic under Topic I. Social Wellbeing/Social Cohesion*
- Add Safe Schools as new Topic, with Subtopics: crime, bullying, and socially safe
- Add Occupational Health and Safety as new Topic or Subtopic
- Add Gentrification/ Displacement as new Topic or Subtopic
- Add Homelessness as new Topic with Subtopics:
  - vulnerable populations
  - mental health/assessment

- subsidies
- Address Land Use Conflicts as new Topic or Subtopic - address need to separate industry from housing
  - *This is somewhat addressed as a Subtopic under C. Environmental Health*
- Address Catastrophic events (e.g., earthquakes)
  - *There are limits on how much the Health Element can address on this topic, because of the existing Public Safety Element*
- Address Affordable Transport
  - provide EcoPasses
- Address Decrease in Auto Dependency
- Suggest changing the food Topic name to "Viable integrated food system"
- Add Community Gardens Topic or Subtopic
- Consider these and other demographic changes
  - emerging trends/ existing conditions
  - the aging Population
  - Single (childless) adult population
  - **\*\*the above populations need to be addressed throughout the process and documents**

#### **What are some of the health issues in SCC?**

- Comprehensive Health insurance for all ages
- Integrate physical and mental health
  - Need greater awareness and to treat both simultaneously
- Coordinated health care delivery systems
- General increase in obesity
- Oral Health especially fluoridation
- Access to affordable quality childcare (especially since the loss of CalWorks)
- Mental Health and substance abuse
  - returning veterans
  - homelessness
  - poverty
  - stress
- Poor air quality
- Access to healthy affordable food
- Coordination of public and non-profits
- Auto dependency
- Active transportation policy barriers such as Levels of Service (LOS) and parking requirements; they need to be changed
- Sustainability / energy reduction (and education on this at a young age)
- Reduce greenhouse gas emissions.
  - Enhance biking and walking
  - Reduce minimum parking requirements
  - Make active transportation more appealing

- Dysfunction in the home
  - Youth nutrition needs improvement
  - Kids go to school stressed-out
- Social isolation - lack of community connection

### **Miscellaneous Questions and Comments**

- County vs. cities - How is the Health Element going to affect the cities and/or the unincorporated areas?
  - Policies that impact land use and other physical aspects of place will only apply to County Unincorporated areas. Other policies that are more programmatic and directional will be addressed County-wide with the support and leadership of the Public Health and other County departments that DO have jurisdiction over the entire County. The County hopes that this Health Element can serve as a template for other cities that are interested in incorporating health into their own general plans.
- How are the many cities in the County going to be included in this County process?
  - We'll be asking city managers and their liaisons in County cities to participate in the Health Element process
    - Note: the County was involved in the San José and Mountain View General Plan update processes, and a similar process is envisioned with the other cities
- Where are the large employers in Santa Clara County in this process? - They make major decisions for the built environment.
  - Their development has consequences
  - encourage them to provide health coverage
  - Partnership opportunities

### **Healthy Communities Workshops**

As part of the public outreach effort for the Santa Clara County Health Element, the Planning Department will be hosting three Healthy Communities Workshops throughout the county - South County, North County, and Central County. The purpose of these meetings is to include the community by introducing them to the purpose and process of the General Plan Health Element and educate them on the relationship between health and planning. The workshops are also intended to provide project staff an understanding of the community's definition of health and its vision for what makes a healthy Santa Clara County as well as obtain information from the community on the health issues, assets and opportunities in the County. The meeting dates and locations are as follows:

South County - Morgan Hill  
 Thursday, April 12, 6:00 - 8:30 p.m.  
 (Presentation starts at 6:30 p.m.)  
 Morgan Hill Community Center, Hiram Morgan Hill Room  
 17000 Monterey Rd, Morgan Hill, CA

North County - Cupertino  
 Thursday, April 26, 6:00-8:30 p.m.  
 (Presentation starts at 6:30 p.m.)  
 Quinlan Community Center, Cupertino Room  
 10185 N. Stelling Rd, Cupertino, CA 95014

Central County - San Jose  
Monday, April, 30, 6:00 - 8:30 p.m.  
(Presentation starts at 6:30 p.m.)  
Sobrato Center for Non-Profits, Cupertino Rooms A and B  
1400 Parkmoor Ave, San Jose, CA 95126

- How can we expand outreach for the upcoming workshops?
  - What we are already doing:
    - Facebook <http://www.facebook.com/HealthySantaClaraCounty>
    - [Trilingual Flyers](#) Mailing – English, Spanish, and Vietnamese
    - County Public Information Office wrote and sent:
      - Press release to all media outlets
      - Announcements on Board of Supervisor’s calendars
      - Numerous newspapers and a few radio shows announced the workshops.
    - County Website [www.healthysantaclaracounty.org](http://www.healthysantaclaracounty.org)
    - [E-Blast](#) from SCC Health Element
    - Numerous partners agencies, organizations and community partners included the workshop announcement in their own e-blast / newsletters.
    - 14,000 Bilingual English-Spanish postcards distributed in 18 Goodwill locations in the county
  - Suggestions for this round or the next round of workshops?
    - Outreach to farmers markets and flea markets
    - Provide childcare
    - Provide food/dinner
    - More flexible timing (2.5 hours is a considerable amount of time)
    - Meeting times/ formats might leave out the most vulnerable populations
    - Webinar

### **Quality of Life Survey**

The County Health Element process is teaming up with the 2012 Community Assessment Project (CAP). The CAP is a collaborative effort between the United Way, San Jose State University, and MANY other community organizations. SJSU will administer a shorter version of the survey via a random sample phone survey. The rest of the survey will be online at <http://www.surveymonkey.com/s/SantaClaraCounty> starting Saturday April 21, 2012.

The survey will have questions on the following topics:

- Economic Conditions
- Health and Wellness
- Safe and Attractive Neighborhoods
- Quality of Life and Community Participation
- Transportation and Mobility
- Demographics

Community groups will be conducting survey outreach at the Gilroy Earth Day festival. If you are interested in conducting survey outreach with your organization / community, then please contact Beth Altshuler at [beth@raimiassociates.com](mailto:beth@raimiassociates.com) or 510-200-0522.

- Should people who work but not live in the County take the survey?
  - *We would like to distribute the through community networks and allow people at their own discretion to determine if they're community member. Provide zip code and see results from there.*

**WAC Member Attendees:**

1. Myrna Zendejas, SCCOE, 408.453.6762, Myrna\_Zendejas@sccoe.org
2. Jenny Niklaus, EHC, 539-2113, jniklaus@ehclifebuilders.org
3. Angelica Diaz, Community Health Partnership, 579-6018, angelica@chpscc.org
4. Mike Fischetti, Health Advisory Commission (HAC), 650-962-8805, drpesto@hotmail.com
5. Dennis Achce, Breathe California, 408-998-5865, dennis@lungsrus.org
6. Megan Fluke, Sierra Club, 650-390-9604, megan.fluke@sierraclub.org
7. Rabiah Khalid, AACI, 408-975-2730, Rabiah.Khalid@AACI.org
8. Erin Munning, Greenbelt Alliance, 831-345-4375, emunning@greenbelt.org
9. Nate Montgomery, HAC, 408-406-6577, nmontgomery@c4chroniccare.org
10. Yadira Quintero, Kaiser Permanente, 408-476-4027, yadistero@gmail.com
11. Jennifer Williams, Farm Bureau, 408-776-1684, sccfb@sccfarmbureau.org
12. Christopher Lepe, Transform, 408-406-8074, clepe@transformca.org
13. Hanh Nguyen, Kaiser Permanente, 408-361-2048, Hanh.X.Nguyen@nsmtp.kp.org
14. Teddy Daligga, The Health Trust, 408-879-8432, TeddyD@healthtrust.org
15. Pooja Trivedi, Silicon Valley Leadership Group, 408-501-7876, ptrivedi@svleadershipgroup.org
16. Barbara Avery, El Camino Hospital, 650-988-7412 and HAC, Barbara\_avery@elcaminohospital.org
17. Paul Taylor, Momentum for Mental Health, 408-254-6828, Ptaylor@MomentumMH.org
18. Julie Hutcheson, SCC Food System Alliance, 650-968-7243 x339, julie@greenfoothills.org
19. Ying Smith, SCVTA, 408-321-5770, ying.smith@vta.org
20. Trish Dorsey, Goodwill, 408-869-9230, TrishD@goodwillsv.org
21. Kathy Forward, Nami Santa Clara County, 408-453-1800, kathyforward@namisantaclara.org
22. Todd Hansen, The Health Trust, 408-559-5582, ToddH@healthtrust.org

**Project Management Team:**

1. Cherry Maurer, SCC Planning Department, (408) 299-5746, cherry.maurer@pln.sccgov.org
2. Bill Shoe, SCC Planning Department, (408) 299-5749, bill.shoe@pln.sccgov.org
3. Bonnie Broderick, SCC Public Health Department, (408) 793-2706, Bonnie.Broderick@phd.sccgov.org
4. David Hill, SCC Public Health Department, (408) 792-5073, David.Hill@phd.sccgov.org
5. Susan Stuart, SCC Public Health Department, (408) 793-2721, Susan.Stuart@phd.sccgov.org
6. Matt Raimi, Raimi + Associates, (510) 200-0520, matt@raimiassociates.com
7. Beth Altshuler, Raimi + Associates, (510) 200-0522, beth@raimiassociates.com

8. DJ Harris, Raimi + Associates, (510) 200-0523, [dj@raimiassociates.com](mailto:dj@raimiassociates.com)