Reimagining Obesity Prevention Through an Equity Lens
Learning Objectives

1. Recognize how the practice of preventing obesity is evolving. Tobacco model, spectrum of prevention, partnerships, cross-sector collaboration, community, PSE

2. Describe how the obesity prevention movement is migrating into other sectors. Environment, agriculture, law, economics, education

3. Describe how the obesity prevention movement is taking on an equity agenda. SDOH, people power, youth organizing, HiAP

4. Identify opportunities to gain clinical impact and sustainable resources ACA triple aim, payment reform, pay for success, wellness fund

5. Identify how narrative is changing what people think and do about obesity/health. Navigation, literacy, self-reliance, advocacy, stewardship
Inequities Underlie Obesity
**Goals**

**Safe Streets**
To keep kids and communities safe, address crime like doctors treat disease—with public health approaches driven by data and proven preventative approaches.

**Fresh foods**
More and better outlets readily available in lower income communities of color. Less junk food available.

**Places to play and walk**
More California neighborhoods—especially low income ones—get you moving, not driving. More parks, bike lanes, housing near business and transit connected to resources and opportunities.

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**Strategies: drivers of change**

- Change the narrative
- Policy advocacy
- People power
- Collaborate / Partnerships

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**Long-Term Outcomes**

**Improved Health Outcomes**

**More Healthy Places**

New norm: Health is a shared responsibility.
## Obesity Prevention - Catalyst for Equity

<table>
<thead>
<tr>
<th>Year</th>
<th>Description</th>
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<tbody>
<tr>
<td>1990</td>
<td>CA Tobacco Control Program (Prop. 99)</td>
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<tr>
<td>1992</td>
<td>CA Pan-Ethnic Health Network</td>
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<td>1999</td>
<td>NACCHO Health Equity programs</td>
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<td>2000</td>
<td>Partnership for the Public’s Health</td>
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<td>2001</td>
<td>Bay Area Health Inequities Initiative (BARHII)</td>
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<td>2002</td>
<td>Strategic Alliance</td>
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<td>2003</td>
<td>Healthy Eating Active Communities/ Central California Regional Obesity Prevention Program</td>
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<tr>
<td>2004</td>
<td>Health Impact Assessment</td>
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<td>2005</td>
<td>Healthy Eating Active Living, Kaiser Permanente</td>
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<td>2006</td>
<td>Healthy Places Coalition</td>
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<tr>
<td>2007</td>
<td>California Convergence</td>
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<tr>
<td>2008</td>
<td>“Unnatural Causes” Documentary and Training</td>
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<tr>
<td>2009</td>
<td>CCLHO, Chronic Disease Prevention Capacity Building</td>
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<tr>
<td>2010</td>
<td>CA/Hi Public Health Leadership Institute</td>
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<tr>
<td>2011</td>
<td>CA Health in All Policies Task Force</td>
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<tr>
<td>2012+</td>
<td>Community Transformation Grants/ Communities Putting Prevention to Work</td>
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</tbody>
</table>

LGHCTF / Innovations
CA4Health: A Community of Practice

Collaborating for Impact

The New CA4Health

• Statewide Infrastructure
• Local Programs, Regional Nodes
• Aligning Goals, Leveraging Resources

evolving practice of obesity prevention
Collaboration for Health and Equity

- Build Capacity
- Advocate
- Partnerships
- Stewardship
- Involve youth

- 100% Coverage & access
- Health homes
- Community outreach
- Empowered patients

• Health Equity Priority
• Bridge Care and Community
• Health Impact Assessment
• Health in All Policies

evolving practice of obesity prevention
Community of Practice within a System of Prevention

- Disease Prevention
- MCAH
- BARHII, SoCal & Central Cal Alliances for PH Equity

Primary Prevention:
- Share knowledge
- Collaborate / Integrate
- Pipeline to Readiness
- Scale & Innovate
- Improve policies and systems
- Regional Nodes

Health in all Policies:
- Accountable Community Health
- Health Homes
- Pay for Success

Medical Care:
- Dependable Resources

Community Integration:
- Other Sectors
  - Transportation
  - Housing
  - Jobs
  - Schools
  - Business

Public Health

Community of Practice:
- CoP

Equity

Integrating practice across sectors
Improving Health and Equity

Preventing childhood obesity is a critically important step to create equity and lasting health.

- Health and equity in all practices
- Health services, primary prevention
- Affordable housing
- Quality education
- Public safety
- Healthy food, water
- Social connections

taking on an equity agenda
Political Determinants of Obesity

- Food policy
- Transportation policy
- Education policy
- Commerce & communications policy
- Housing & development policy
- Immigration policy
- Health policy

taking on an equity agenda
Power to the People

• Arvin / Lamont – residents push for clean drinking water
• Local residents push for health elements, HiAP in Monterey, Coachella, LA, SF, Richmond, etc.
• Coachella – 150 residents train to participate in public land use and transportation decision-making
Large majorities of Berkeley and San Francisco voters approve controls on sugar sweetened beverages.
Hundreds campaign for equitable park space

Authorities Reject Bus Wrap as “Too Political”
Transformative Policies

School Climate
School Wellness
Comprehensive Supports

Building Healthy Communities

Transformative Policies

Health Happens in Schools

Health Happens in Neighborhoods

Food Environment and Food Systems
Land-Use Planning and Anti-Displacement
Community and Economic Development
Environmental Health and Justice
Systems that Restore and Heal
Healthy Youth Opportunities

Public Health
Coverage, Care and Community Prevention
Health Care Services
Pay for Success
Accountable Communities for Health.

Multi-payer, multi-sector alliance of providers and community stakeholders. Aim is to improve quality, control costs, improve health and equity.

In exchange for global payment for persons with diabetes or other conditions, an ACH will:

• Manage all care
• Invest in prevention to improve population health
• Develop financing mechanisms for sustainability, including a Wellness Fund

Gain clinical impact and sustainable resources
Trauma Informed Care and Prevention

Adverse Childhood Experiences lead to overweight and obesity

- Physical / Emotional Neglect
- Physical, Psychological, or Sexual abuse
- Substance using parent
- Domestic violence
- Mental illness in home
- Criminal behavior
- Parental divorce / separation

- Childhood experiences carry into adulthood
- Challenges in school, at work, in relationships
- The more ACEs a child has, the higher the risk of developing obesity and chronic disease
- Effective intervention requires emotional support
- Recognize risks - Prevent in the first place

Clinical impact and equity
Health Happens…

*Changing How People Think and What People Do About Health*

- Culture of Health
- Healthy Self
- Health Happens Here with Us
Health Happens Here with Us

• Aid system navigation. Promote prevention
• Link health needs to community solutions
• Help uninsured reduce risks
• “Activate” health consumers to accelerate social change
• Promote and build capacity for stewardship
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Thank You!