

Visioning as a Tool for Community Engagement in the City of Ontario



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Introduction

Project: Healthy Ontario Preceptor: Karen Thompson

The Healthy Ontario Initiative is a long-term effort to decrease the burden of disease in the City of Ontario (population ~170,000). The Initiative's efforts are directed toward four Pillars of Health: prevention and wellness, access to healthcare, education and lifelong learning, and safe and complete neighborhoods.

The Healthy Ontario Initiative efforts are supported by the BUILD Health Challenge grant, and the Kaiser Permanente Healthy Eating Acting Living (HEAL) Zone grant. The HEAL Zone grant established a 1.3 square mile target area (population ~14,000), with a high chronic disease burden. The HOI chose to layer grant resources, and established five HEAL Zone and BUILD Health Hubs within, and adjacent to, the HEAL Zone neighborhood. HEAL Zone resources are also being used to draft a long-term guiding policy document called the Healthy Ontario Master Plan. Community prioritization of needs was established through the use of community visioning sessions.

Methods

Community members were invited to attend a facilitated discussions centered on the four Pillars of Health.

Dorothy A. Quesada Community Center

- Session scheduled immediately following regular community Zumba class.
- Facilitators were volunteer Randall Lewis Health Policy Fellows and a City of Ontario intern.

De Anza Community Center and Health Hub

- Facilitation staff consisted of one returning Randall Lewis Fellows, and three newly-trained community members.

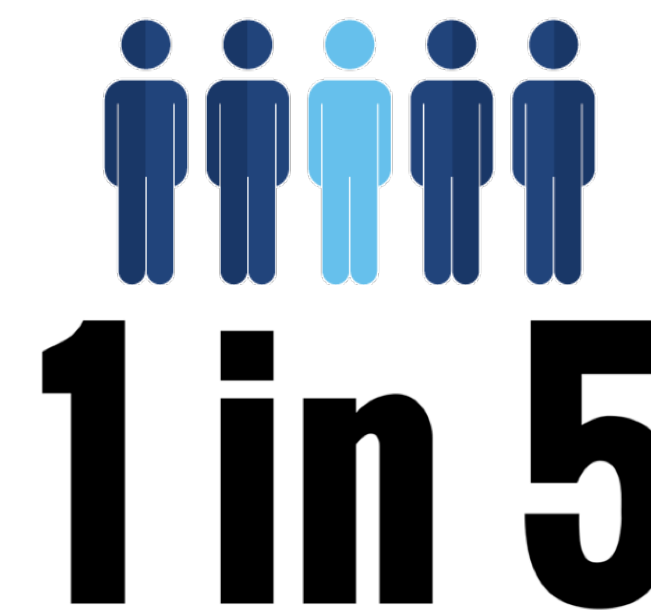
HEAL Zone Characteristics



identify as Hispanic



of adults lack a high school diploma



families live in poverty

HEAL Zone residents experience risk and protective factors in their daily lives. When designing community health initiatives, it is important to consider both challenges and strengths. HEAL Zone community residents are protected by high rates of home ownership, social bonds, and a strong, shared culture.

Dorothy A. Quesada Community Center Priorities



Fitness and nutrition classes for all ages



Information about health insurance options for children and low-income individuals



Support for students struggling in school



Increased lighting and safety patrols in parks

De Anza Community Center Priorities



Nutrition classes to supplement popular fitness classes



Increased support when navigating the health care system



English classes



Increased neighborhood security

Next Steps

- Review available services offered by the City of Ontario, and other Healthy Ontario Initiative Partners.
- Identify partners capable of providing highest-need services, as prioritized by community.
- Identify best channels through which to disseminate information about new and existing services.
- Develop a strategic plan to maintain and grow a network of community-based facilitators.
- Evaluate latest draft of the Healthy Ontario Master Plan, vet it through city agencies, and ensure that prioritization reflects community-identified needs.
- Submit final draft of the Healthy Ontario Master Plan as a deliverable for the Kaiser HEAL Zone grant.
- Submit final draft of the Healthy Ontario Master Plan for adoption by the City of Ontario City Council.

Acknowledgements

Demographic information retrieved from the City of Ontario's Kaiser HEAL Zone grant application.

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