



Our Community Our Future

# Healthy Yolo

Quarterly Report

YOLO COUNTY HEALTH DEPARTMENT

April 2014

## Community Health Assessment

Healthy Yolo has compiled the information from the four community assessments into a comprehensive Community Health Assessment (CHA).

Healthy Yolo will make the CHA available to the public for review and input during the month of April. The CHA along with seven regional reports will be available on the Healthy Yolo website April 1<sup>st</sup>. Community members may review the CHA and write comments onto the document.

Healthy Yolo will present the CHA information to the city councils and conduct community forums throughout the county. Please see the page 3 for a calendar of upcoming community forums.

## Community Forums

During the community forums, the CHA information will be presented and community members will to help identify strategic issues or root causes of poor health outcomes. The forum will close with a question and answer segment and a discussion of the next steps. Healthy Yolo will collect the input from community members and incorporate them into the final draft of the CHA.

It is important that we hear from as many people as possible. Please join us at a community forum near you.

- Review the health status and contributing factors.
- Share your views about health issues in your community.
- Help identify strategic issues that must be addressed to improve health and well-being.

Visit our website to view the Community Health Assessment and Regional Reports at  
[www.HealthyYolo.org](http://www.HealthyYolo.org)

# Upstream Thinking

The profession of public health has a dominant metaphor that helps to explain its overall vision. This is the upstream-downstream story.

“One day several people along the shore of a river see somebody coming from upstream drowning. They jump in to save him and bring him to shore and nurse him back to health. The next day several more people come down the river drowning. The people along the shore rush into the river and save those people. Each day this happens with more and more people coming from upstream drowning in the river.

The people on the shore build a hospital by the river so they can save more people and even offer swimming lessons to those that have been pulled out of the river. They work tirelessly and get better and better at saving people; however, they cannot possibly pull all of the drowning people out and many still die. They become so busy and involved in all of the rescue work that they have no time to walk upstream and see why it is that so many people are falling in the river in the first place.

One day several public health people decide to head upstream and see what is causing so many people to fall in. They find colorful, clever signs with messages tempting people into the river: “Jump in – the water’s great!” They also find that some people live perilously close to the riverbank while others are protected, living at a distance from the worst dangers. They realize that this also contributes to the ultimate downstream health toll. The public health people start to shape the environment to make it more conducive to keeping people out of the water and ultimately fewer and fewer people fall into the river.”

Thinking upstream means making smarter decisions based on long-term thinking. Upstream thinking deals with the root causes of health issues whereas downstream thinking deals with the consequences. Unless we look upstream, we are never going to stem the flow. It makes more sense to prevent people from falling in a river in the first place rather than trying to rescue people out of a river one by one.

Moving further upstream allows us to better identify root causes, as well as the policies that might productively address such causes. We have to see beyond health care to what really makes us ill or well – income and its distribution, education, employment, social supports, housing, nutrition, and the wider environment – what are known as the social determinants of health. Public health is about moving toward prevention and creating those conditions in which people can be healthy.

## UPSTREAM



## DOWNSTREAM

# Upcoming Community Forums

## April

### 1<sup>st</sup> – Woodland City Council

6:00 pm  
300 First St, **Woodland**, 95695

### 14<sup>th</sup> – Clarksburg Community Church

5:30 pm to 6:30 pm  
52910 Netherlands Ave. **Clarksburg**, 95612

### 15<sup>th</sup> – Winters City Council

6:30 pm  
318 First St. **Winters**, 95694

### 16<sup>th</sup> – West Sacramento City Council

7:00 pm  
1110 West Capitol Ave. 3<sup>rd</sup> Floor  
**West Sacramento**, 95691

### 17<sup>th</sup> – Esparto Library

6:00 pm to 7:00 pm  
17065 Yolo Ave. **Esparto**, 95927

### 18<sup>th</sup> – Country Fair Estates, Community Center

3:00 pm to 4:00 pm  
5130 County Road 99, **West Dunnigan**, 95937

### 21<sup>st</sup> – Western Yolo Grange

6:00 pm to 7:00 pm  
16787 Forrest Ave. **Guinda**, 95637

### 23<sup>rd</sup> – Mary L. Stephens, Davis Library

6:00 pm to 7:00 pm  
315 E. 14<sup>th</sup> St, **Davis**, 95616

### 28<sup>th</sup> – Winters Community Library

6:00 pm to 7:00 pm  
708 Railroad Ave., **Winters**, 95694

### 29<sup>th</sup> - Yolo County Department of Employment & Social Services Community Room

6:00 pm to 7:00 pm  
25 N. Cottonwood St., **Woodland**, 95695

## May

### 1<sup>st</sup> – Arthur F. Turner Community Library

6:00 pm to 7:00 pm  
1212 Merkley Ave. **West Sacramento**, 95691

### 2<sup>nd</sup> – Knights Landing Community Center

6:30 pm to 7:30 pm  
42114 7<sup>th</sup> Street, **Knights Landing**, 95645