



# Nevada County Public Health Department

## Community Health Assessment Public Meeting: Results and Discussion

### What is Public Health?

According to the Institute of Medicine it is ***“What we, as a society, do collectively to assure the conditions in which people can be healthy.”***

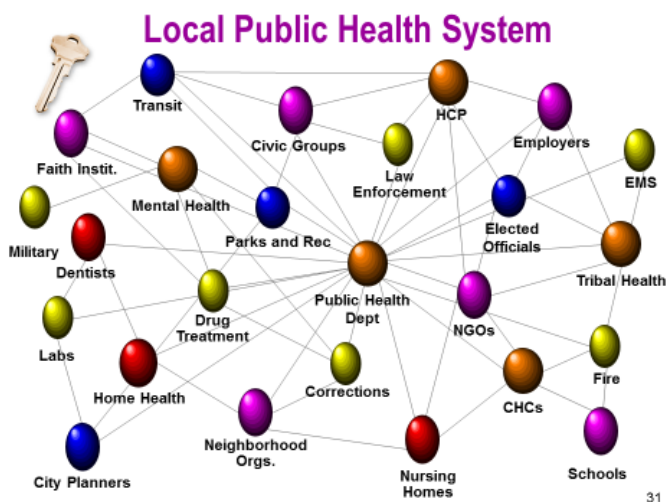
This definition of public health puts an emphasis on what we do collectively. And it doesn't guarantee health for all. Rather it emphasizes how we work together to “assure the conditions in which people can be healthy.”

Public health is much more than the Public Health Department. We, residents and community members of Nevada County all have a shared responsibility in population-based disease prevention, health protection and health promotion.

Developing a healthy community involves planning and collective action to generate solutions to community problems and build on existing strengths and assets. The Community Health Assessment and your participation in this meeting are essential steps in the process.

### Who are the Partners?

The Public Health System includes obvious partners, as well as less obvious ones. It includes physicians, police, community centers, churches, parks departments, civic groups, drug treatment programs, elected officials, nursing homes, schools, hospitals, clinics, nonprofit organizations and transit, just to name a few. These public health professionals work to prevent problems from happening or recurring through implementing educational programs, recommending policies, administering services and conducting research. In addition, other individuals and groups (e.g., community members, agencies, faith and community based organizations, schools and civic groups, etc.) contribute in many of the same ways while also having an important role in helping to reach deeper into the various communities of Nevada County.



### What is a Community Asset?

According to the Community Tool Box (CTB) which offers an online, freely accessible “box of tools” to support community work, a community asset (or community resource, a very similar term) is anything that can be used to ***improve the quality of community life***. And this means an asset can be a:

Person – For example, someone who organizes a walking group, someone that starts a discussion group on healthy lifestyles, or a firefighter or law enforcement officer who's willing to risk their life for community safety. You and everyone else in the community are potential community assets. Each

person has skills or talents, and everyone can provide knowledge about the community, connections to the people they know, etc.

Physical structure or place -- a school, hospital, church, library, recreation center, social club. An unused building that could house a community hospice, or a second floor room ideal for community meetings. A park, a wetland, or other open space also count as physical structures.

Community service – working to make life better for some or all community members, i.e., farmer’s markets, bike paths, good public transportation, early childhood education center, community recycling facilities.

Business that provides jobs and supports the local economy, and which can serve as a leader among its peers.

## What are your thoughts?

Following the presentation participants will be asked the following questions.

Question #1 - What **assets in your community** contribute to the positive health conditions you experience or those described in the presentation?

Question #2 – What do you consider the **most important health issues to focus on improving** and why? When prioritizing, consider issues that:

- Impact a large number of the population
- Have serious consequences
- Show wide disparities between groups or increasing trends
- Are susceptible to proven interventions
- If addressed, is there potential of a major breakthrough in approaching community health improvement?

Question #3 – What are suggestions for data to reliably monitor and determine change? Data needs to be:

- Related to community health
- Reliable – data QA, frequency of collection, ability to compare to peer, state or national data
- Measurable and Actionable – can it tell us something about what needs to happen to move the trend in a favorable direction?

Depending on time available, we will either ask individuals to share their ideas with the entire group or we will ask you to jot them down on a handout to turn in or post on a flip chart page.