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PUBLIC NOTICE

Board of Directors
STRATEGIC DIRECTION OVERSIGHT COMMITTEE
1819 Trousdale Dr. (Classroom)
May 1, 2024
5:00 PM - 6:30 PM

A G E N D A

- 1. Call to Order & Roll Call:** Chair Cappel
- 2. Approval of Minutes:** SDOC January 16, 2024 **Pg. 1-3**
- 3. 2024 Committee Charge Review:** Ana M. Pulido **Pg. 4**
- 4. Strategic Plan Update:** Ana M. Pulido, CEO and Fátima Rodriguez, SID **Pg. 5-12**
- 5. Adjournment**

Next Strategic Direction Oversight Committee meeting: July 3, 2024



**Strategic Direction Oversight Committee Minutes
January 16, 2024**

1. Call to Order: Chair Cappel called the meeting to order at 5:02 p.m.

Roll Call: SDOC members present were Cappel, Pagliaro, Aubry, Quigg, Emmott, Johnson, McDevitt, Kraus

Absent: Bandrapalli, Jackson

2. Approval of Minutes: SDOC November 1, 2023

3. Strategic Plan Update – Logic Model Development: Ana M. Pulido, CEO and Fátima Rodríguez, Strategic Initiatives Director (SID)

CEO Pulido and SID Rodríguez presented the Strategic Plan update.

Presentation Highlights

PHCD Framework for 2023-2025 Strategic Plan

Vision: All District residents are living their optimal health.

Mission: To support district residents OF ALL AGES to achieve optimal health and wellness through education, prevention, advocacy, and safeguarding community access to basic health services.

Core Values: Collaboration, Stewardship, Inclusion, Transparency

2023-2024 - A Strategic Framework for Programs: Create a common strategic framework for core programs, with a focus on establishing metrics and funding support commensurate with the community benefit.

2025 - Key Metrics: Establish and begin tracking success on a set of key health metrics for the District in each focus area:

4 FOCUS AREAS

PHCD CORE PROGRAMS*

*excluding Sonrisas and The Trousdale

Select Health Needs	allcove	Health & Fitness Center	Community Health Events	Community Grants
Mental Health of children, youth, adults, and seniors	✓	✓	✓	✓
Lack of social support and socialization in youth & seniors	✓	✓	✓	✓
Chronic disease in adults and seniors (diabetes, heart disease)		*	✓	✓
Nutrition and access to healthy foods	✓	✓	✓	✓
Limited physical activity and agility among adults & seniors		✓	✓	✓
Lack of access to preventive screenings, for specific communities	✓		✓	✓

Youth Mental Health Outcomes –allcove™

- Increased sense of agency (self-awareness and self-advocacy) for youth
- Increased knowledge and application of wellness strategies for coping and management in everyday life
- Improved interpersonal relationships and skills
- Increased access and affordability of mental health & health care services
- Early identification and treatment for mild to moderate mental health issues
- Established continuum of care services and referral pathways with countywide agencies
- Decreased need for youth to access crisis resources
- Reduction in severe mental health prevalence amongst young people
- Transformation of how youth mental health services are informed, adapted, and delivered
- Support reduction in rates of poverty, homelessness, and unemployment in youth

Health Outcomes - Health & Fitness Center

- Improved physical fitness and mobility in members
- Increased knowledge about disease management and healthy lifestyles
- Better adherence to personal health and fitness goals
- Improved confidence levels in physical abilities
- Reduction in symptoms related to chronic illnesses (e.g., diabetes, heart disease)
- Decreased reliance on medication or mobility aids (walkers, canes, etc.) due to improved health
- Enhanced mental and social well-being, and stress reduction
- Extended life expectancy and quality of life for members with chronic conditions
- Reduced hospital readmission rates among members
- Decreased overall health care costs for members and insurers

Health Outcomes - Community Health Events (Vaccination Clinics, Health Screenings)

- Increased knowledge about nutrition and greater access to healthy foods
- Enhanced awareness and access to community-based resources to support healthy lifestyle choices
- Reduced barriers and increased access to preventive screenings and diagnostic services among priority/target populations
- Cancer detected at early stage
- Reduced disparities in cancer screening
- Reduced cancer morbidity and mortality
- Access to vaccinations for target populations
- Reduced burden of disease for vaccine preventable conditions
- Improved quality of life

Key Guidance from the SDOC

(1) For key programs, reframe aspirational outcomes through short-term, intermediate and long-term outcomes.

(2) Review validated assessment tools to drive metrics work.

4. Adjournment: 6:18 pm



BOARD OF DIRECTORS
STRATEGIC DIRECTION OVERSIGHT
COMMITTEE 2024

Purpose:

To advise the Board on economic, technological, and healthcare trends that may impact the health of the District's residents and the Board's response to those impacts and to provide oversight of the District's progress relative to the Board's strategic goals. Functions of this committee include:

1. Advising Board on community needs and District-proposed programs and projects to address needs.
2. Conducting an annual review of the Strategic Plan's implementation and performance to goals, objectives, and outcomes.
3. Providing oversight of new programs' performance relative to plans and metrics.
4. Serving as a key resource and liaison to local, state, and national trends that impact/influence the health of the community and the strategic activities of the District.
5. Providing input to the Board on the District's master property planning activities and future development of properties and facilities

Membership:

The Committee will be comprised of two representatives from the District Board of Directors and at least seven members from the community-at-large that reflect a broad range of professional skills, the geography of the District, as well as racial, ethnic, and gender diversity of constituents. Members will be appointed for 3-year terms and can be reappointed for additional 3-year terms. The Committee will be chaired by a Board Director; all will be voting members of this Committee. The District's CEO serves as a non-voting member.

Members and Terms:

	Proposed
➤ Director Lawrence Cappel, Chair	
➤ Director Frank Pagliaro, Co-Chair	
➤ Dr. Wade Aubry, Healthcare Policy, Hillsborough	2023-2025
➤ Nirmala Bandrapalli, Burlingame Resident, former Planning Commissioner	2020-2023
➤ Dr. Cameron Emmott, Former PHCD & MPMC Director, Hillsborough	2022-2024
➤ Mark Johnson, Real Estate Broker, San Mateo	2022-2024
➤ Daniel Quigg, Civic Leader, Millbrae	2021-2023
➤ Connie Jackson, Retired City Manager, San Bruno	2023-2025
➤ Ashley McDevitt, Director of Community Resources, San Mateo	2020-2023

Meetings are held on the **1st Wednesday** of the odd months, 5-6:30 PM at the District office.



STRATEGIC PLAN UPDATE

STRATEGIC DIRECTION OVERSIGHT COMMITTEE

May 1, 2024

Agenda

Our Mandate: Develop strategic frameworks for core programs to serve as a foundation for the District's Strategic Plan.

Meeting Objective 1: Walkthrough the process of collaboration in developing logic models (health needs/inputs/outputs/outcomes)

Meeting Objective 2: Receive feedback on short-term health outcomes and metrics for two core programs.

Our Journey

Where we started

Where we are headed



Logic Model Development

Confirm program priorities & intended impact



Affirm with research and community health assessment findings



Collaborative Process

Identify validated tools and metrics



Examine data collection process



Refine outcomes and metrics



Pilot test instruments and data collection approach



Forever Fit

Wellness & Nutrition
12-Month Program

- Forever Fit is a comprehensive wellness and nutrition program designed to foster lasting health improvements and lifestyle changes among individuals with sedentary lifestyles and at risk of chronic conditions.
- The program aims to empower participants to achieve and maintain optimal health through exercise classes, nutrition discussions, and wellness education.

Health & Fitness Center

Health Needs

In 2022, **10.4% of residents 18 years old and over in San Mateo County have diabetes**, a drop of 2% since 2018.

The **condition occurs mostly disproportionately in particular racial/ethnic groups**, such as Pacific Islander (28.2%), Hispanic (10.9%), and Blacks (18.1%).

17.5% of adults 65 years and older have diabetes in San Mateo County vs. 8.5% of those under the age of 65 years.

60.4% of San Mateo County residents are considered overweight (BMI of 25-30), a 5% increase since 2013. 25.6% of the same population are considered obese (BMI of 30 or greater).

Inputs

- Staff expertise
- Exercise classes
- Health screening and fitness assessment tools
- Educational workshops
- Community health educators
- Workshop pre-post surveys
- Informational materials (brochures, videos)
- Facilities & exercise equipment
- Communication tools (website, social media, newsletter)

Outputs

- # of program participants
- # of health assessments and screenings
- # of fitness classes attended
- # of evidence-based educational workshops
- Quantity of educational materials

Health Outcomes

1-3 months

Participants will show continuous improvement in key health outcomes over time and through adherence to the program.

4 - 8 months

9-12 months

- Increased **awareness in behavior change habits** to adopt healthier lifestyle choices (survey)
- Adoption of **healthier habits and lifestyle choices** related to nutrition, sleeping habits, and fitness routine (survey)
- **Weight and/or fat loss and body composition** changes (scale)
- **Improved blood glucose levels** to improve insulin sensitivity (tool, lab test Hba1c score)
- Improvements in **cardiovascular endurance, muscle strength, and flexibility** (physical tests)
- Improvement in mental health with a **reduction in stress, anxiety, and depression** (PHQ-9).

PHCD Health & Fitness Center

"Steady Steps" - 12 Week Program

- Aims to lower the risk of falls among older persons through education, exercise, and environmental modifications.
- By addressing both physical and environmental variables, "Steady Steps" helps individuals preserve their independence and quality of life.

Health Outcomes *(Short-term)*

- Improved knowledge of key exercises to strengthen body (survey)
- Increased awareness and knowledge of fall hazards and prevention techniques (survey)
- Increased confidence and reduction of fear of falling to improve participation in activities (FESI, FRAT)
- Decreased fall risk (FRAT)

allcove San MateoTM

- allcove is the first youth mental health drop-in center designed with, by, and for youth ages 12-25 looking for support with mild to moderate needs in San Mateo County.
- The Center offers mental health, physical health, substance use, family support, peer support, supported education and employment services, and a space for youth to hang out or study.

Focus of Logic Model Development: ***Mental Health Stream***

Health Outcomes ***(Short-term)***

- Improvement in symptoms since first initial visit and/or what brought them in
- Increase in awareness of coping skills
- Reduction in self-harm/suicide impulses
- A decrease in depression among youth accessing services

* Through post visit surveys and datacove reporting (to be developed by Stanford University)

Next Steps

- Incorporate SDOC feedback
- Share health outcomes and metrics for Vaccinations and Health Screening Programs as part of process to receive SDOC feedback
- Draft District-wide strategic framework