

HEALTHY & LIVABLE PITTSBURG COLLABORATIVE

Why a Healthy & Livable Pittsburgh Collaborative (HLPC)?

According to the Center for Disease Control and Prevention, community partnerships that are focused on disease prevention and are driven to address the health, social, and environmental needs of the community can positively impact the health status of residents.

There's a lot of work being done in Pittsburgh and HLPC aims to coordinate and expand these efforts.

What is the health status of Pittsburgh residents?

Pittsburg has significantly higher mortality rates due to chronic diseases than the rest of the county including 37% of deaths caused by diabetes compared to 19% throughout the entire county in 2005-2007[‡]. Pittsburg Unified had the highest rate of childhood overweight and obesity (44%) among all the major school districts in the county in 2010[‡].

According to the CCHS data report released in 2013, Pittsburg saw a 34% increase in population between 1990 – 2010 compared to the county's 31%*, and 16% of Pittsburg residents live in poverty compared to the county's overall rate of 9%[†].



Community-driven collaboration for a healthier Pittsburgh

With its history of investing in the quality of life and well-being of its citizens — from increasing access to over 30 parks and trails to offering free nutritious meals and aerobics classes to low-income seniors at the Pittsburg Senior Center — the city of Pittsburg knows the successes that come from local partnerships that focus on promoting healthy living, particularly among populations who are most at risk for chronic diseases like diabetes, heart disease, cancer, and stroke.

In May 2013, Contra Costa Health Services released a data report identifying the leading drivers of health disparities and high rates of chronic diseases in Bay Point, Pittsburg, and Antioch. Based on the data, numerous stakeholders decided that a collective effort was needed to improve community health, and that by coordinating local efforts, sharing resources, and starting new initiatives, a significant positive impact can be made on the health of Pittsburg residents. Soon after the report's release, the Healthy and Livable Pittsburgh Collaborative (HLPC) was formed bringing together community partners representing (cont'd)



Who is the Healthy & Livable Pittsburg Collaborative?

Healthy & Livable Pittsburg Collaborative (HLPC) is a multi-sectoral, community group that strives to promote healthy eating and active living among the Pittsburg community. Members of the HLPC Steering Committee include: Office of Supervisor Federal Glover, City of Pittsburg, Bike East Bay, Center for Human Development, Contra Costa Health Ministries Network, First 5 Contra Costa, Healthy and Active Before 5, Healthy Hearts Institute, John Muir Health, Kaiser Permanente, La Clinica de La Raza, Los Medanos Community Healthcare District, Pittsburg Unified School District, Wellness City Challenge, and Contra Costa Health Services

How is the community involved?

1. HLPC Steering Committee meets once a month and provides direction to the project.
2. Additional collaborative members will be recruited and invited to semi-annual convenings to network and coordinate efforts
3. Email announcements and Facebook will keep you informed of activities

Help us reach people in your network that are interested in healthy living in Pittsburg! If you or someone you know is doing health-promoting work in Pittsburg, contact us!

Contacts:

Coire Reilly:

coire.reilly@hsd.cccounty.us

Tracey Rattray:

tracey.rattray@hsd.cccounty.us

community-based and direct service agencies, the local school district, the healthcare sector, city and county agencies, elected officials and funders.

Healthy & Livable Pittsburg Collaborative—Community Action Plan

From March through June 2015, HLPC, with the support of Kaiser Permanente and John Muir Health, engaged and gathered input from Pittsburg seniors, youth, and adults on recommendations for developing strategies that would promote healthy eating and active living in the city. With this input, HLPC's Steering Committee developed a Community Action Plan. The Plan includes five long-term outcomes focused on nutrition and health education, physical activity, community engagement, physical environment, and policy. Each long-term outcome includes activities and their expected intermediate outcomes that will lead to an improvement of the health status of Pittsburg residents.

Community Action Plan—Five Long-Term Outcomes

1. Pittsburg residents across all age groups are eating healthier foods
2. Pittsburg residents across all age groups are getting more physical activity
3. Pittsburg city government, schools, faith community, businesses, and residents have enhanced partnerships for building community and social cohesion
4. Pittsburg is a safe and healthy environment that promotes active living
5. Pittsburg community leaders consider community health when developing new policies and practices



Sources:

* U.S. Census Bureau, 1990 and 2010 Decennial Census, 2009-2011 American Community Survey

† U. S. Census Bureau, 2010, 2009-2011 American Community Survey

‡ Contra Costa Community Indicators Report 2010

‡‡ California Department of Education, 2010 Fitnessgram 5th, 7th and 9th graders