



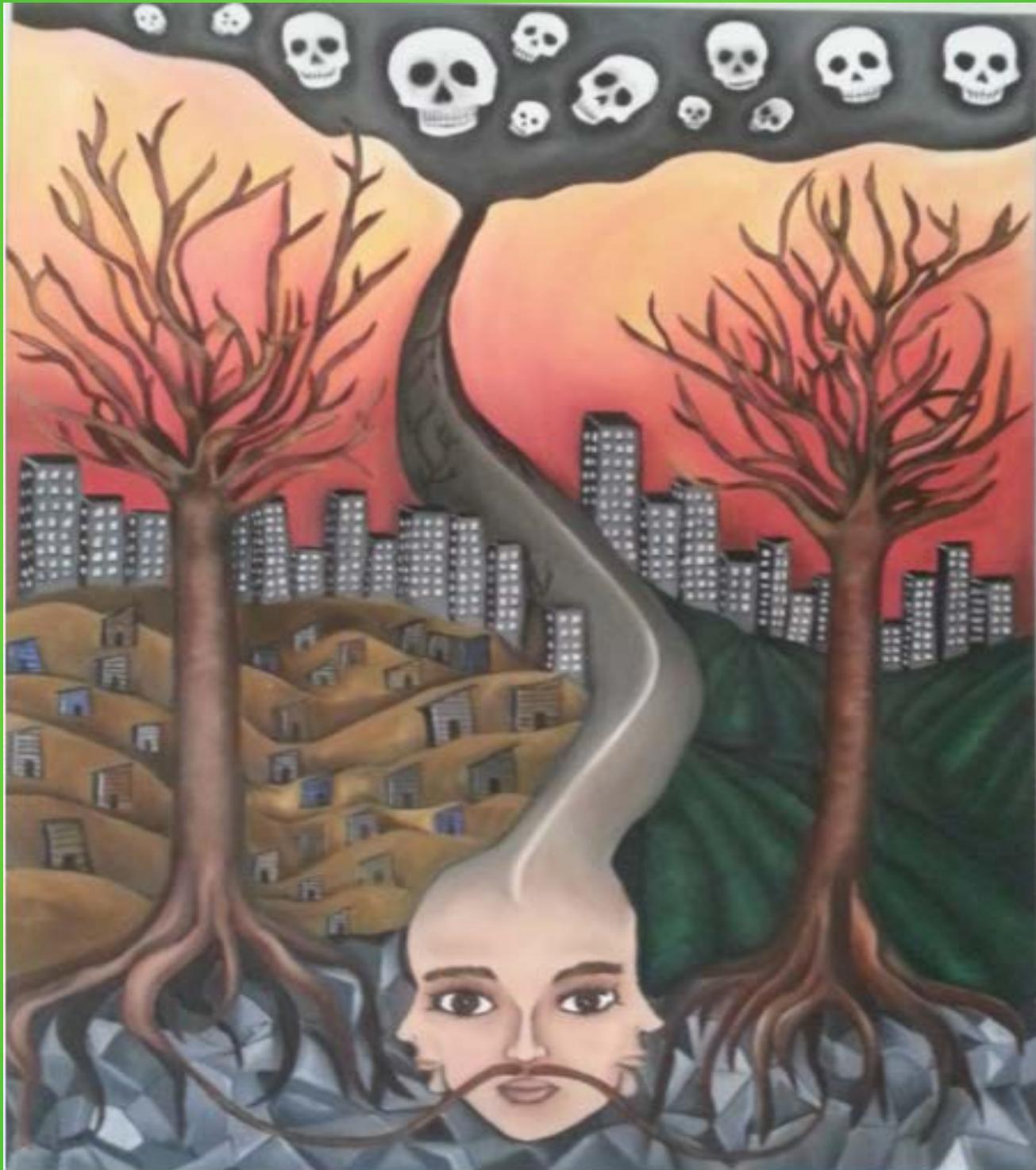
# Healthy Gente

CCLHO/HOAC

San Diego, California

16 October 2015

Alvaro Garza





a garza view

“Reducing Health Inequities is  
... an **Ethical Imperative.**  
Social Injustice is Killing  
People on a Grand Scale.”

WHO Commission on Social Determinants of Health

CALIFORNIA CONFERENCE OF LOCAL HEALTH OFFICERS

# Policy Platform

FALL 2010



## ~~Special~~ Issues in Public Health **Basic**

**ACHIEVING  
HEALTH EQUITY  
IN PUBLIC  
HEALTH**

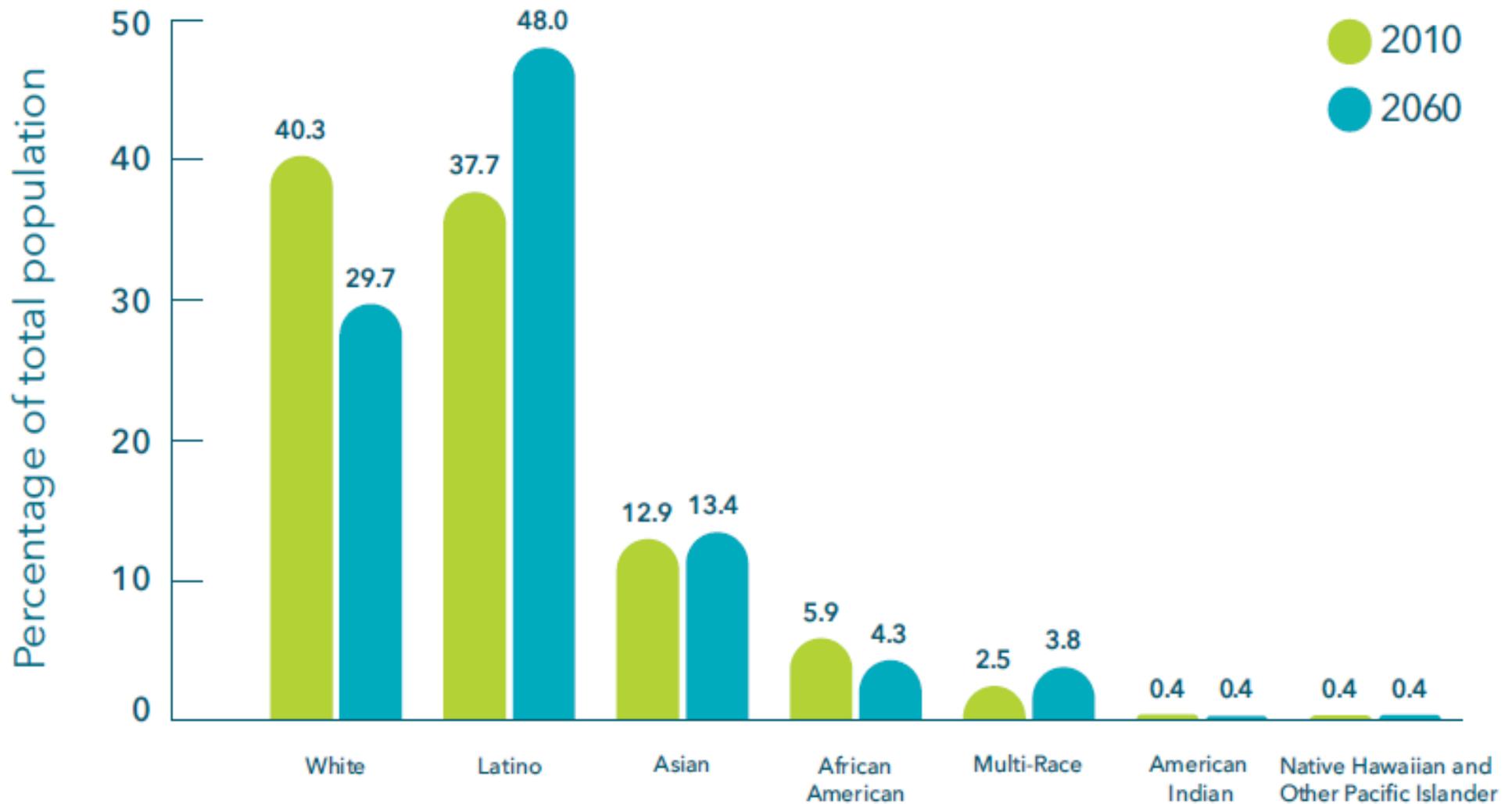
**BINATIONAL  
PUBLIC HEALTH**

There is increasing evidence that it may be more effective for public health practitioners to focus on strategies that address social determinants of health, rather than depend solely upon their traditional focus on risk factors that lead to increased prevalence of disease, injury, and mortality.

Binational health coordination is necessary to deal with national, state, and local health issues involving Mexico and the Central American countries from which large numbers of residents emigrate to the United States.

Enhanced border health projects that assure and improve the health of immigrants should be supported. Coordination with the California Department of Public Health's Office of Binational Border Health should be maintained.

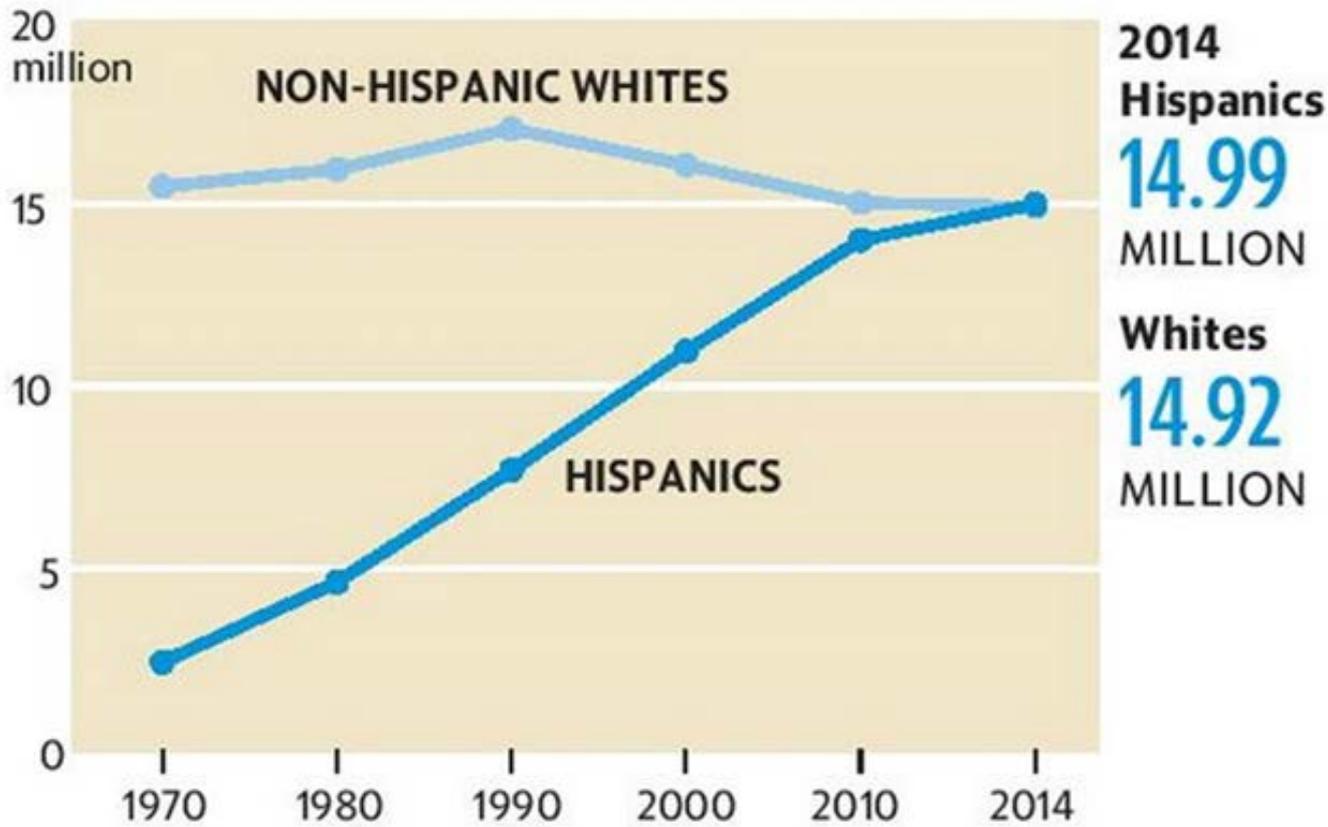
# LATINOS ARE PROJECTED TO BECOME THE LARGEST RACIAL/ETHNIC GROUP AND WILL ACCOUNT FOR NEARLY HALF OF ALL CALIFORNIANS BY 2060



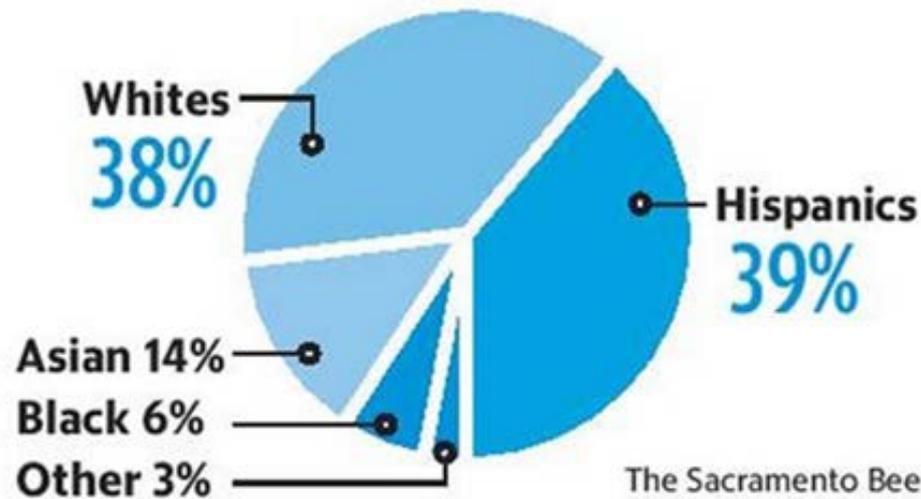
**FIGURE 1:** Percentage of California's population and projected population, by race/ethnicity, 2010 and projected 2060.

Source: California Department of Finance, Report P-1 (Race): State and County Population Projections by Race/Ethnicity, 2010-2060. Sacramento, California, January 2013.

## Population



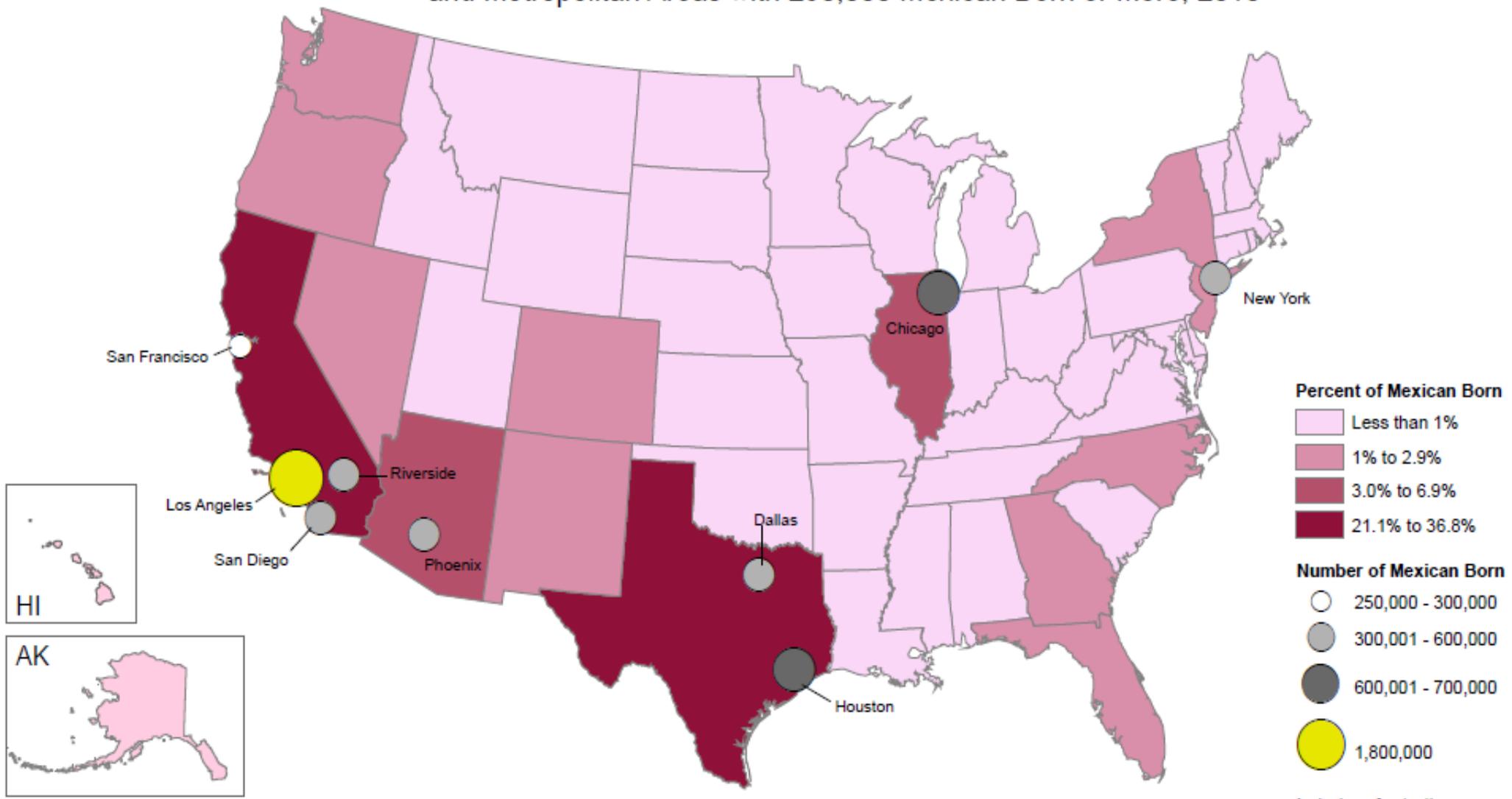
## CALIFORNIA POPULATION BREAKDOWN



Sources: U.S. Census  
Bureau, California  
Dept. of Finance

The Sacramento Bee

## State Proportion of the Mexican-Born Population in the United States and Metropolitan Areas with 250,000 Mexican Born or More, 2010



Source: 2010 American Community Survey, US Census Bureau.  
© 2012 Migration Policy Institute

# Populations / Communities

- **Border**  
60 miles
- **Binational**  
Statewide

# Healthy Gente

## Session Objectives

- **Information & resources** to help improve health and equity of binational communities
- **Advocate & collaborate** for policies & programs to improve health and equity of and by binational populations

[Keynote, Panels, Student]

# A PUBLIC HEALTH FRAMEWORK FOR REDUCING HEALTH INEQUITIES

## BAY AREA REGIONAL HEALTH INEQUITIES INITIATIVE

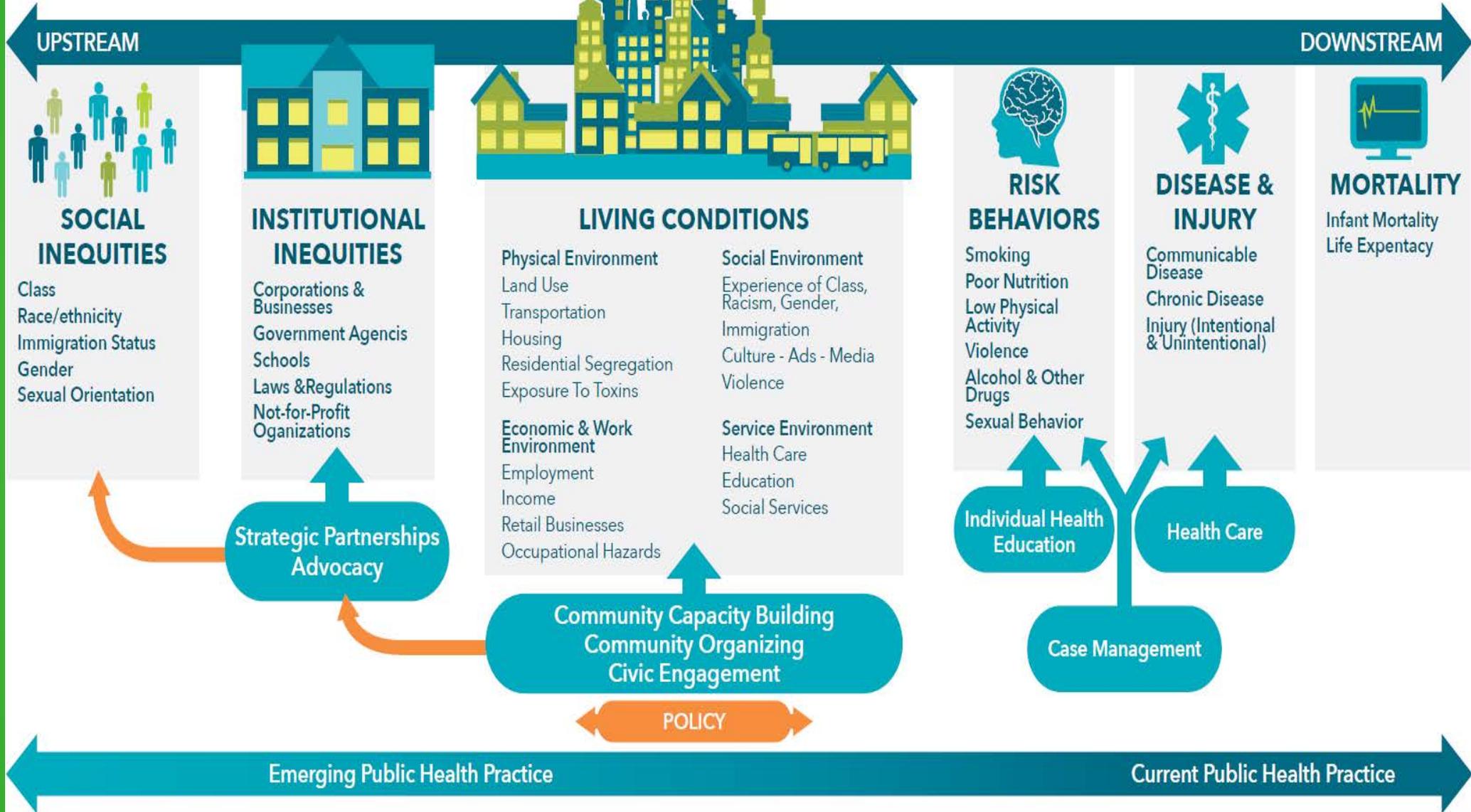


FIGURE 3: Bay Area Regional Health Inequities Initiative (BARHII) Conceptual Framework, 2006.

# 1<sup>st</sup> Panel Objectives

- Perspectives from  
**State, Federal, NGO, & Private Sector**
- Comments on comparative health/social equity issues in sending communities (Mexico) and receiving communities (California)
- **Binational Collaborations, Policies, Challenges, Recommendations to Improve Health of and by Binational Communities**

intermedio

# 2<sup>nd</sup> Panel Objectives

Public Health Practice

**Partnerships**

**Challenges**

**Successes**

related to improving health of  
Binational Communities

intermedio

## Conventional Health Tips

1. Don't smoke. If you can, stop. If you can't, cut down.
2. Eat a balanced diet with plenty of fruit and vegetables.
3. Make sure you stay physically active and exercise at least 3 times a week.
4. Manage stress by, for example, talking things through and taking time to slow down, or planning relaxing getaways.
5. If you drink alcohol, do so in moderation.
6. Cover up in the sun, and protect children from sunburn.
7. Make sure you practice safe sex.
8. Schedule regular check ups with your doctor and get screenings for cancer.
9. Be safe on the roads: Follow the highway code and wear your seatbelt.
10. Learn the ABCs of First Aid: airway, breathing, circulation.

## What Your Doctor Didn't Tell You

1. Don't be poor. If you can, stop. If you can't, try not to be poor for long.
2. Live near good supermarkets and affordable fresh produce stores.
3. Live in a safe leafy neighborhood with parks and green space nearby.
4. Work in a rewarding and respected job with good compensation, benefits, and control over your work.
5. If you work, don't lose your job or get laid off.
6. Take family vacations and all the benefits you are entitled to.
7. Make sure you have wealthy parents.
8. Don't live in damp, low-quality housing, near a busy road or polluting factory.
9. Be sure to own a car, so you don't have to rely on public transportation.
10. Learn how to fill out the complex housing benefit application forms before you become homeless and destitute.

# Health Equity

## Tips for Policymakers

- Equal **opportunities** for everyone, everyday, everywhere
- Quality **education** and job **training**
- Living **wages**
- Quality **housing**
- Health care **insurance**

# Health Equity

## Tips for Policymakers

- Linguistically and culturally competent quality health care
- Safe community spaces for physical activity
- Healthy, affordable food
- Healthy physical environments
- Think always health over profits

**1** NO  
POVERTY



**2** ZERO  
HUNGER



**3** GOOD HEALTH  
AND WELL-BEING



**4** QUALITY  
EDUCATION



**5** GENDER  
EQUALITY



**6** CLEAN WATER  
AND SANITATION



**7** AFFORDABLE AND  
CLEAN ENERGY



**8** DECENT WORK AND  
ECONOMIC GROWTH



**9** INDUSTRY, INNOVATION  
AND INFRASTRUCTURE



**10** REDUCED  
INEQUALITIES



**11** SUSTAINABLE CITIES  
AND COMMUNITIES



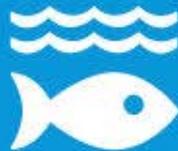
**12** RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



**13** CLIMATE  
ACTION



**14** LIFE BELOW  
WATER



**15** LIFE  
ON LAND



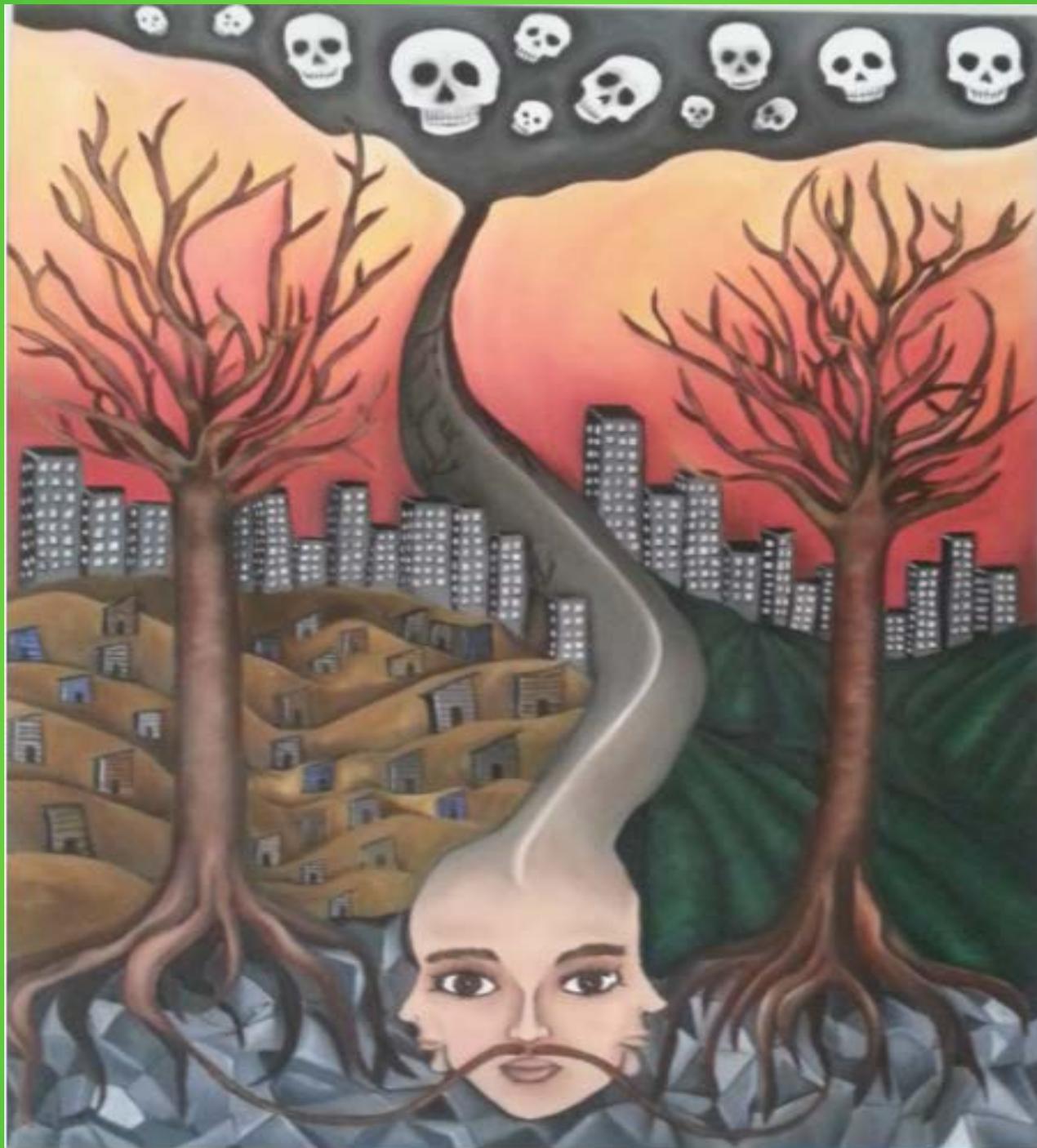
**16** PEACE AND JUSTICE  
STRONG INSTITUTIONS



**17** PARTNERSHIPS  
FOR THE GOALS



**THE GLOBAL GOALS**  
For Sustainable Development



Poema

**Gracias**  
*y*  
**Saludos**