Mariposa Health Statistics

38% have been diagnosed with diabetes
39% have been diagnosed with asthma
64% have high blood pressure
Using data to analyze, track trends and report:

THE MARIPOSA
HEALTHY LIVING
INITIATIVE

DETERMINANTS → FACTORS → HEALTH OUTCOMES

LENGTH OF LIFE

QUALITY OF LIFE

PHYSICAL ENVIRONMENT
SOCIAL & ECONOMIC ENVIRONMENT
INDIVIDUAL BEHAVIORS
HEALTH CARE
INDIVIDUAL CHARACTERISTICS

HEALTHY HOUSING
ENVIRONMENTAL STEWARDSHIP
SUSTAINABLE & SAFE TRANSPORTATION
SOCIAL COHESION
PUBLIC INFRASTRUCTURE
HEALTHY ECONOMY
Buildings and exterior spaces are designed with **active living guidelines**
- Central Stairwells
- Natural Day Lighting,
- Bike Parking in units and in secured areas,
- Bike repair stations for residents,
- B-Cycle stations,
- Play Areas for kids and adults,
- Parks and Trail Connections

**Master Plan Emphasis on Healthy Development**
Healthy Living Programming

**Nutrition**
- Cooking Matters
- Kitchen Cue
- Fresh Takes to take SNAP benefits

**Fitness**
- Yoga for the People
- Walking Club
- Sit and Be Fit
- Zumba

**Wellness**
- Flu Shots
- Medicare Info Sessions
- Family Dinner Night
Evaluation Design

Progression of events

**Intervention:**
- Built Environment improvements
- HEAL programs
- Healthy Living Coordinator
- Health Navigator

**Increase/improve behaviors:**
- Exercise
- Nutrition
- Access to and utilization of healthcare
- Decrease other modifiable risk factors

**Improve health and health-related outcomes:**
- BMI
- Chronic disease management
- Chronic disease prevalence

Evaluation Metrics

**Process Monitoring:**
- Meeting grant objectives
- Resident utilization of HEAL assets

**Intermediate Outcomes**
- Changes physical activity
- Changes in nutrition
- Changes in access to and utilization of healthcare
- Changes in Modifiable risk factors

**Long-term Outcomes**
- Changes in BMI
- Changes in chronic disease management
- Changes in chronic disease prevalence

Analyzed in the context of environmental factors that facilitate or impede positive change. Examples include: Affordable Care Act, social conditions such as crime, neighborhood gentrification, etc.
Number of Emergency Department Visits per 1,000 Residents: Census Tract 19.01, All Ages, 2011-2014