



# BUILDing Health in Ontario:

## Examining the results of a collaborative partnership model to create a Health Hub

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### Introduction

**San Bernardino County Department of Public Health  
Clinic Operations Division**  
**Site:** Ontario Health Center (OHC)  
**Preceptor:** Meaghan Ellis PsyD, PHN, MSN

**Mission:** Working in partnership to promote and improve health, wellness, safety and quality of life in San Bernardino County.  
**Vision:** Healthy people in vibrant communities.  
 Clinic Operations provides health care services that promote and improve the health of County residents, and assures the quality and accessibility of health care services to the public.

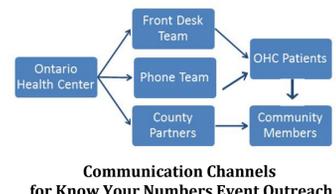
Through the BUILD Health Challenge Grant, the partners of the Healthy Ontario Initiative have created central hubs in which residents' nutritional, physical activity, and medical care needs can be met. As a Healthy Ontario Health Hub, OHC, an FQHC, is the only location that offers a medical clinic onsite. In addition to access to clinical care, OHC offers: Zumba fitness classes through the Zum up! Initiative and quarterly screenings for blood pressure, glucose, cholesterol, and body mass index levels through the Know Your Numbers Program. OHC is also part of a Food Access group seeking to bring fresh fruits and vegetables to clients of the space and the greater Ontario community. In addition, the partners have also worked to create an upstream data platform that focuses on maintaining local and up to date health data for the city.

### Strategies for Community Engagement

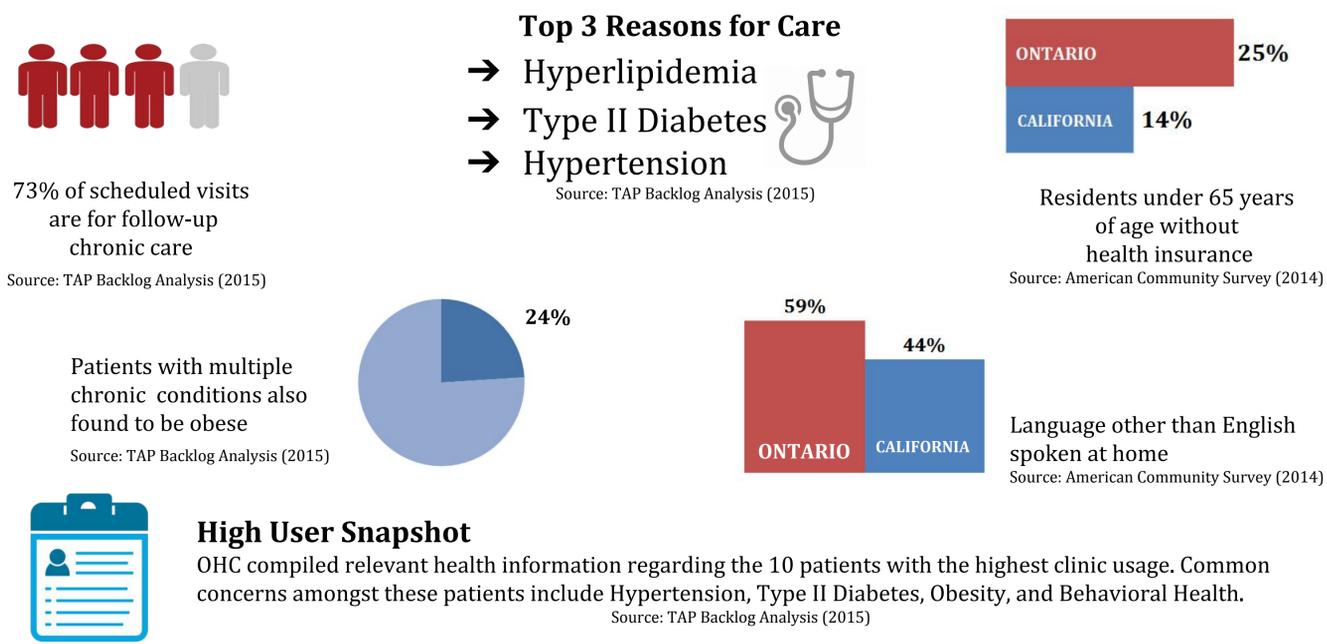
**Zumba Fitness Classes- Engaging Individuals**  
 Classes are taught by Ontario community members, many of which are also Community Health Workers working on various components of the BUILD Health Challenge grant.

**Food Access Work- Engaging Community Organizations**  
 Partners from the local community garden, OHC, the local school district, and other entities meet to plan greater opportunities for access to fresh fruits and vegetables. A community supported agriculture (CSA) model was piloted through OHC.

**Know Your Numbers Screenings- Engaging All**  
 Through the use of existing communication lines, information about the event was disseminated widely.



### Practice and Community Profile



### Results

**Zumba Fitness Classes**  
 OHC now offers classes 4 times a week to accommodate participants. These classes were made possible through a partnership with Zum Up!, a program providing Ontario residents with Zumba certification. An assessment of how class conditions can be bettered and what additional fitness classes can be offered has been undertaken.

**Healthy Food Access at OHC**  
 A community forum was conducted to explain the nature and value of joining a CSA. There were ultimately not enough participants to move forward. Feedback from community members found that the price point was too high to manage.

**Quarterly Know Your Numbers Screening**  
 The first screening event at OHC resulted in 37 individuals being screened. Of those screened, 8 were seen by a medical provider and connected to primary care that same day. In addition to screening, information about physical activity and healthy food opportunities were given to everyone in attendance.



### Conclusion

The Health Hub model has worked to connect a variety of individuals, particularly from communities facing the greatest health disparities, to opportunities in their own communities. The projects at the Ontario Health Center Health Hub capitalize on the strengths of multiple community partners, while always searching for upstream and innovative approaches to community engagement and sustainable resource allocation.

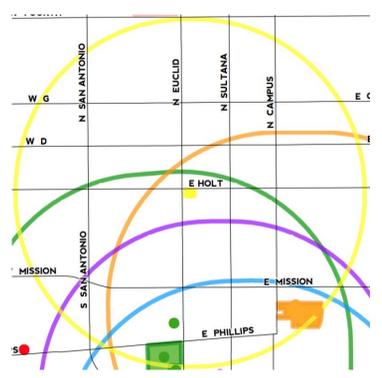
- Through this experience, competencies addressed included:**
- ★ Understanding the development, structure, and interaction of public health and health care systems
  - ★ Analyzing the effects of political, social, and economic policies on public health systems at various levels
  - ★ Analyzing the interrelationships among systems that influence the quality of life of people in a given community
  - ★ Plan health education strategies, interventions, and programs
  - ★ Communicate and advocate for health and health education

### Next Steps

- Health education classes and wellness tracking for Zumba Participants
- Expansion of fitness classes offered
- Affordable food boxes through community garden
- Integration of Know Your Numbers Screenings at OHC

### Healthy Ontario Health Hubs

Through the BUILD Health Challenge grant, projects in the Healthy Ontario Initiative, seek to improve the environment, systems, and policies in the City of Ontario by creating central locations or Health Hubs.



Map of OHC (center yellow square) and surrounding 1-mile opportunity area (yellow circle)

- Health Challenges faced by Residents**
- ❑ Poor nutritional access
  - ❑ Low rates of health care access
  - ❑ Obesity
  - ❑ Heart Diseases
  - ❑ 96% living in poverty\*

- What is a Health Hub?**
- A centrally located site which serves as an education and outreach center for health care and preventive wellness.
  - Includes opportunities for physical activity, access to fresh food and vegetables, and connections to primary care.
  - Each site has 1-mile opportunity area in which its target population lies.



Clinical Community Health Worker with Know Your Numbers patient at OHC event

\*HEAL Zone statistic from Ontario Montclair School District (2014)