

## Building a Stronger & Healthier Community: Clark Commons a Pilot Study

**Jamboree** recognizes the importance of addressing the SDOH in a community context in order to have a high impact in future health outcomes. (Figure 1). Jamboree understands that people's patterns of social engagement, sense of security, and well-being are affected by the conditions of where they live.

The residents of the city of **Buena Park** (Figure 2) are at a high risk for adverse health disparities such as obesity. Obesity is a risk factor for many health conditions such as diabetes and leading causes of death such as heart disease, stroke, and certain cancers. The city of Buena Park is one of the top cities in orange county with the highest obesity rates.

**1 in 5** OC adults is obese

Source: California Health Interview Survey, 2014

**1 in 6** OC 5<sup>th</sup> graders is obese

Source: California Health Kids Survey, 2014-2015

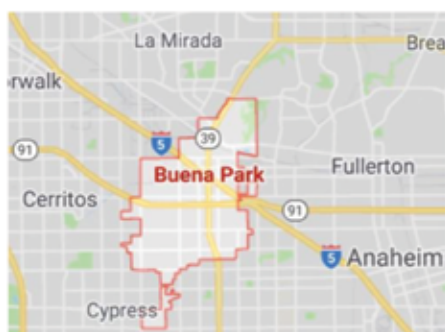


Figure 2. Map of the city of Buena Park  
Source: Google Maps



Figure 1. Social determinants of health  
Source: Healthy People 2020

In OC, the percent of people living with diabetes has continued to increase by relatively 2.5% each year. With high obesity rates and increasing health risks, the need for health programs focusing on fitness and nutrition education for the city of Buena Park.

**Clark Commons**, a 70-unit housing community, served a pilot for evaluating health education services and resources Jamboree offers. A series of assessments were conducted to assess the health needs for designing, implementing, and evaluating Jamboree's health initiatives at Clark Commons.

The **PRECEDE - PROCEED Model** was used to provide structure to the assessments. PRECEDE provides structure for planning a targeted and focused program, while PROCEED provides structure for implementing and evaluating the program.

**HIGHEST** rates of **OBESITY** in OC

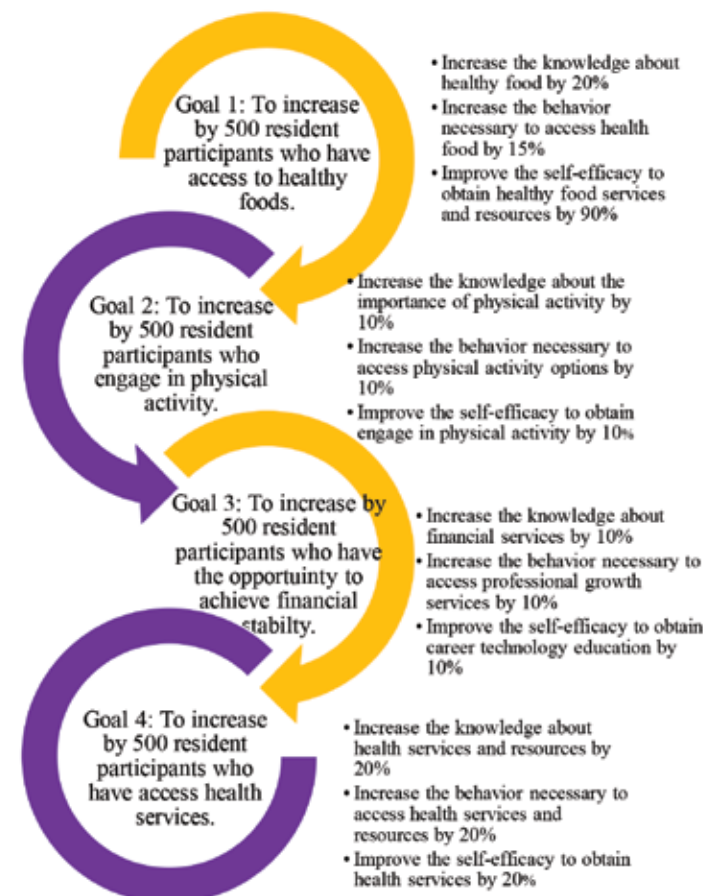
Anaheim  
Buena Park  
La Habra  
Santa Ana

## CLARK COMMONS PLAN OF ACTION

**Clark Commons Collaborative (CCC)**, partnerships formed by Jamboree which has evolved over the past two years into a multi-faceted model for resident-driven services and programs including:

- Orange County Health Care Agency
- St. Jude's Hospital
- Community Action Partnership of Orange County
- Child Guidance Center of Orange County
- Regional Occupational Program
- Mabel Pendleton Elementary School Principal and PTA.

### GOALS & OBJECTIVES



### WORKSHOPS EXAMPLES

- CalFresh & Medical
- Mental Health & Parenting Classes
- Financial Literacy (i.e. credit, savings, etc.)
- Basic Computer Skills & Resume Building
- Yoga & Zuma Classes
- Cooking Classes

### EVALUATION METHOD

**Social Cognitive Theory (SCT) Model** considers the relationship among the environment, the people, and their behavior. It describes the influence of individual experiences, the actions of others, and environmental factors on individual health behaviors.

SCT model provides opportunities for social support through using observational learning and other reinforcements to achieve behavior change including:

- Self-efficacy
- Behavioral capability
- Expectations
- Expectancies
- Self-control
- Observational Learning
- Reinforcements

Jamboree will use results of the study to modify and tailor services to meet the needs of the Buena park community.