

Social Determinants of Health & Community Involvement

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Introduction

Healthy Fontana (HF) is a program in the City of Fontana that seeks to create greater awareness of health in the community to inspire people to make impactful changes to their lifestyle to live a long and healthy life. With the guidance of my preceptor, Jasmine Sarsadias, 5 social determinants of health: education, economic stability, social & community, health & health care, and neighborhood/built environment was analyzed to determine effect on involvement in community health programming.

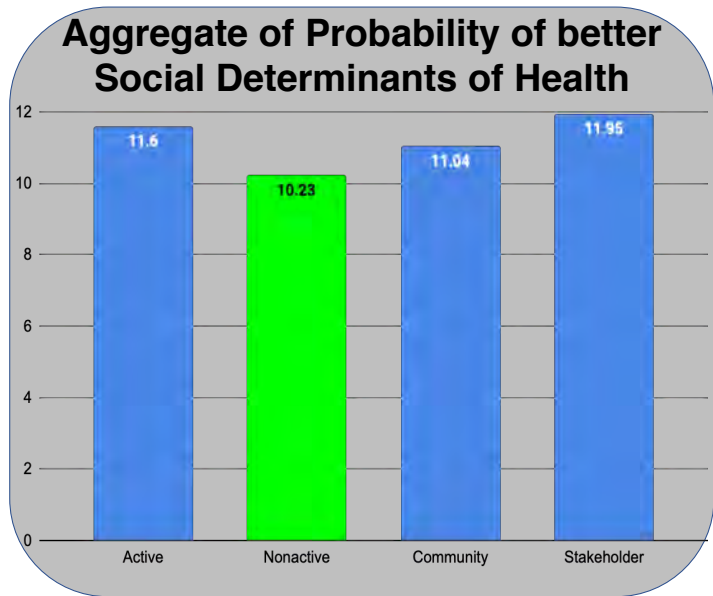
Methods

Survey Types

| Respondent Type | Surveys | Interviews |
|-----------------|------------|------------|
| Active HF | 10 | 3 |
| Nonactive HF | 8 | 7 |
| Community | 59 | 0 |
| Stakeholder | 12 | 4 |
| Total | 103 | |

Defined Survey/Interview Type:
Active HF: registered participants of the *Fontana Walks!* program who have submitted pictures/steps to the program in the last year.
Nonactive HF: registered participants of the *Fontana Walks!* program who have not submitted pictures/steps to the program in the last year.
Community: individuals who have not registered/participating in HF programming but live in Fontana; reached out by the local afterschool program, churches, and other connections.
Stakeholder: individual from an organization that have collaborated/partnered with the HF program.

Results



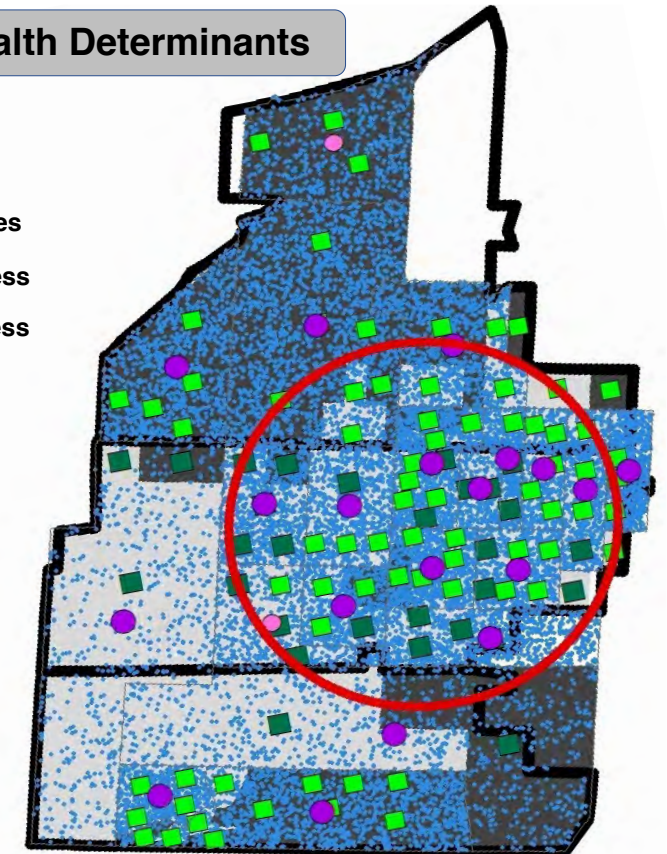
Low Social Determinants of Health → Low Community Involvement

Statistical Analysis:
 The bar graph to the left shows that the Nonactive HF members had the lowest level in all social determinants of health.

Economic & Neighborhood Health Determinants

- Fontana Boundary
- Lower Income Level
- Median Income Level & Higher
- People that use prescription drugs for Diabetes
- 100 or More Households with no internet access
- 100 or Less Households with no internet access
- Less than 100 Crime Points
- Higher than 100 Crime Points

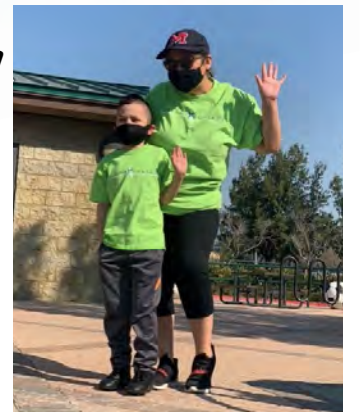
Low Economic Stability & Neighborhood and built Environment → More Health Concerns



Spatial Analysis:
 The map displays a red circle that defines the area that overlaps a lower income-level, more people with health concerns like diabetes, more people without internet access, and more crime points. This signifies that both economic stability and neighborhood and built environment are significant social determinants of health for Fontana residents.

“make small groups or a fellowship even if it is just 2 people... from the same neighborhood or nearby”

- Nonactive HF participant recommendation regarding *Fontana Walks!*



- Active HF participants

Conclusion

Social determinants of health do affect residents' health and community involvement. As a healthy community program, the City of Fontana could benefit from increasing socialization efforts to strengthen community involvement in the HF program. A method the program has connected through COVID-19 is distributing monthly e-Newsletters, and hopes to continue even after the pandemic, and encourage virtual walk events for participants like the picture above.