

Elements of a Health Santa Cruz County

Community and Environment	Wellbeing	Healthy Eating Active Living	Economic	Behavioral, Physical, & Mental Health	Safety	Education	Arts and Culture
Community consensus on what is a health community	Neighborhoods that know & support each other; focus on building relationships	Makes wise choices (exercise, diet, sanitation, alcohol/tobacco)	Affordable houses (x2)	Access to substance abuse disorder treatment	Safe & nonviolent	Equal access to quality education, arts, physical activity	Performing Art
Neighborhoods that know & support each other; focus on building relationships	Enjoyment & happiness	Accessible & mobile (can walk/bike, public transportation)	Youth employment	Makes wise choices (exercise, diet, sanitation, alcohol/tobacco)	Employment that is ample & safe	Access: housing, health, education, food	Equal access to quality education, arts, physical activity
We'll know it's different when hear people talking about what is going on in their neighborhood – not socially isolated	Inter-generational interactions	No fast food/good food/home cooking	Foundation for health lifestyle (access to education, jobs, affordable housing)	Easy access to health care for all (mental health)	Public safety	Equal access to medical, dental & mental health professionals & be <u>educated</u> enough to utilize those resources	Music
Neighborhood parks	Laughter	People walking, biking, etc.	Employment that is ample & safe	Equal access to medical, dental & mental health professionals & be educated enough to utilize those resources	Walkable, safe, free of violence	Lack of education & income disparity	Art
Multi-cultural neighborhoods	Enjoyment & happiness	People eat lots of fresh food – fruits & veggies	Affordable housing! Jobs for all!	Improved access to care	Safety	Education supports readiness for employment	Equal access to quality education, arts, physical activity
Makes wise choices (exercise, diet, sanitation, alcohol/tobacco)	Active/engaged/inspired	Easy access to health care for all (nutrition & lactation)	Access: housing, health, education, food	Lower incidences of disease (medical, dental, and behavioral)	Reduction in violence (ie. gangs, domestic violence)	Decrease in high school drop out rates	
Accepting & respectful	Accepting & respectful	Walkable, safe, free of violence	Robust economic engine & low unemployment	Longer life expectancy	Safe		
Accessible & mobile (can walk/bike, public transportation)	Happiness	Equal access to quality education, arts, physical activity		Low disease ratio	Where we feel safe & inspired to exercise, worship (or not) & socialize		
Smoke-free/no fossil fuels	Waves/wind/laughter	Lactation accommodation	Affordability (housing, food, etc.)	Access to Healthcare for all	Decrease crime		
Smell clean water/air	Strong support maternity/paternity, 1 year leave	Population embraces and demands a health environment (healthy food and active living opportunities)	Better infrastructure	Effective programs to address homelessness, substance abuse, mental health, nutrition			
Birds, crickets, seals	Happy children playing	Bike paths, walking paths, sidewalk, beauty	Lack of education & income disparity	Decrease in drug use			
Baby friendly hospitals & lactation accommodation	People laughing	Healthy food and clean water	Less homelessness/more affordable housing				

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Free of traffic noises	Talking with neighbors	Fresh air/healthy environment/food	All of this is supported by systems (public & private)				
Bike paths, walking paths, sidewalk, beauty	Babies with parents	Access to healthy food & physical activity	Access to affordable housing				
Nature	Recreation	Healthy food	Livable wages				
Fresh air, ocean	Children/families laughing & playing	Where we feel safe & inspired to exercise, worship (or not) & socialize					
Progressive, supportive, focused on equality, uplifting to all, interconnected	Respectful	Clean water, fresh health food, air					
Ethnic diversity	Caring	Effective programs to address homelessness, substance abuse, mental health, nutrition					
Fresh air/healthy environment/food	Equitable	Bikes, walking, parks, open spaces, community centers					
Parks & Recreation areas	Non-judgmental	Access to healthy foods at restaurants, schools, neighborhood grocery stores					
Esthetics	Inclusive						
Respect for the environment	Where we feel safe & inspired to exercise, worship (or not) & socialize						
Clean water, clean air & green spaces	Harmony (ie., natural beauty, happy health kids, mixed use/mixed income neighborhoods with cross-cultural, cross-class interaction. Everyone housed.)						
Better infrastructure	Hello! Greetings! Birds!						
Cleaner community (water, air, litter)	Harmony						
Clean							
Place with clean water, air							
Clean water, fresh health food, air							
Nature, friendly hand-shakes							
Clean air, fresh nature							
Clean environment/safe environment							
Active/Outdoor Recreation							
Pet friendly							

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