

VibeSolano, Inspiring Healthy Outcomes – Year 3 Proposal

Diabetes Education and Blood Glucose Screenings

During July and August 2019, under a contract with Solano County, Touro University's Mobile Diabetes Education Center (MOBEC) provided blood glucose screenings and diabetes education to over 300 individuals across Solano County. They concentrated their education and outreach in some of Solano's most vulnerable neighborhoods.



Just Check It: High Blood Pressure Prevention

Since the January 2019 launch of the Blood Pressure Self-Monitoring program, Just Check it!, VibeSolano in collaboration with the Solano County Library System has successfully loaned out 71 blood pressure kits to members of the community. The Solano County employee wellness blood pressure stations continue to be utilized in 9 employee breakrooms throughout the County. This program has led the Solano County Sheriff's Department to purchase additional blood pressure monitors to increase usage and to encourage self-monitoring of blood pressure among their staff.



Senior Falls Prevention

VibeSolano became aware of a client who had a huge barrier to being able to get a ramp at her home to be able to get safely into her front door. Her health insurance would cover for the ramp itself but NOT for the shipping charges for the ramp. Knowing that this was a fall prevention necessity, we used Yocha Dehe Wintun Nation funds in the fall prevention category to pay the shipping charges on this ramp so that the client could complete the purchase. Here are some comments directly from the client, Estella G: "I can't thank Solano County....enough for everything that they did for me. I appreciate them with all my heart. I live on limited income, so although the shipping charges may not seem like much, it's a big expense for me. There is no way that I could ever repay everyone that was involved that helped to make this happen for me. There needs to be more people like this. We don't all have the money in situations like this; there aren't many people on earth like this."

Water Stations

Building on the successes of the provision of 125 water stations with bottle fillers in Vallejo, Vacaville, and Fairfield-Suisun Unified School Districts, the Vallejo Senior Center, a couple of private schools, Solano Community College's Early Learning Center, the Trower Center, the North Bay Athletic Association and Vallejo and City of Suisun City parks, we are next striving to provide at least 6 water stations, and their installation, for Dixon Unified School District, and one for St. Dominic's in Benicia. So far, Yocha Dehe Wintun Nation funding has enabled us to install at least 31 water stations for which the installation fees were beyond the capacity of the school or agency to provide. With the water stations project, we work with the school's administration to tighten up their beverage standards, working to decrease access to and consumption of sugary drinks, and to increase access to and consumption of free, delicious, cool, water. A group of youth from the Solano County Office of Education's Friday Night Live program are very excited about working with us on the next phase of water stations with Dixon and/or a water promotion campaign that goes along with the installation of the water stations. The youth are excited about helping us craft messages that will help motivate students K-12 to drink more water, and to build on Friday Night Live's work promoting the Armijo High School water station #hydr8nstation, which became a "go to" selfie spot for proms and other big events, and very cool to use!



Program	Description	Proposed Budget
Chronic Disease Prevention	<p>Diabetes and hypertension rates in Solano County are among the highest in California, and many people with pre-diabetes or elevated blood pressure are unaware that their levels are too high. VibeSolano will:</p> <ul style="list-style-type: none"> • Continue diabetes prevention community education and classes through VibeSolano and in partnership with Touro University; • Target a specific educational campaign to counter the impression discovered in a recent diabetes listening session that community members of color perceive a diabetes diagnosis as “a death sentence” • Train community health promoters to teach & facilitate DPP and community chronic disease prevention programs; • Continue <i>Just Check It</i> blood pressure monitoring program in collaboration with Solano’s library system 	\$60,000
Injury Prevention	<p>Senior falls are the leading cause of trauma cases at area hospitals. VibeSolano will:</p> <ul style="list-style-type: none"> • Continue Matter of Balance training with the Fall Prevention Partnership; • Partner with the Area Agency on Aging to support access to affordable, reliable, and quality home modification services (i.e. grab bars, lever door knobs) that support safe in-home independence for seniors and persons with disabilities; • Work to ensure that our spaces support seniors to be able to walk and bike more safely in their neighborhoods. 	No new funds requested in year 3, as we are continuing this category with year 2 funds
Food Systems & Water Access	<p>Based on findings over the past two years, Solano’s food system faces many challenges and students lack easy access to clean water. To address these issues, VibeSolano will:</p> <ul style="list-style-type: none"> • Build on success of the 2019-20 pilot program with Solano Community College’s Early Learning Center to incentivize local hospitals, schools, and/or businesses to buy fresh produce from local farmers • Provide youth in 6 Dixon schools and at least one school in Benicia with a total of 10 water stations and installation to improve access to water. • Provide reusable water bottles as part of an educational incentive for students and community members to use water stations. 	\$105,000
Primary Prevention Innovations	<p>Yocha Dehe funds create a unique opportunity for VibeSolano to take a leadership role in primary prevention work, such as:</p> <ul style="list-style-type: none"> • Engage the community to assess local needs in healthy living. • Support the creation of meditative walking paths to encourage outdoor exercise. • Continue optimizing the VibeSolano website and focused outreach that assists residents to be informed, be involved, be connected and be inspired to improve spaces and make life-saving changes; • Engage youth in projects that promote resiliency and health equity. 	\$29,000
Total		\$194,000