



# Healthy Kids Zone:

## Empowering Residents to Transform Communities

HEALTHY  
KIDS  
ZONE

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## Our Vision

Achieve Equity to Improve Health Outcomes and Well-Being among Residents of South LA.

## Our Mission

To promote social justice and achieve equity in community and environmental resources to improve the health and well-being of under-resourced populations.

## Our Aspirations



### Individuals

with the self-efficacy to undertake policy and systems change.



### Stakeholder Entities

that have the capacity to build community well-being through collective impact.



### Communities

that have social and physical conditions that lead to increased resiliency factors, well-being and economic opportunities.

## Our Competencies

Advocacy

Research & Analysis

Stakeholder Engagement



Capacity Building

Strategic Partnerships

# What is a Healthy Kids Zone (HKZ)?

A project that brings community members within a ½ mile radius of a school to work together to identify community challenges and health promoting policy solutions to those challenges.

**The ½ mile:**  
Health happens  
where we live,  
work, and play



# Concept to Action

2012-  
2014

With local public agencies and other groups HKZ concept designed to mitigate local issues contributing to health disparities.

2015

HKZ concept adopted into LA's General Plan Health Element. Key partners are convened for one year to launch a HKZ pilot.

2016

CHC asked to serve as backbone organization to implement the HKZ pilot project and evaluate the process.

2017 to  
Present Day

CHC convenes workgroup with community partners, public agencies, youth, and residents.

# How Does HKZ Work

**Broader  
Outreach &  
Awareness**

## **Phase I: Infrastructure & Workgroup Development**

Engage Key Stakeholders

Recruit Residents

## **Phase II: Community Assessment**

Train Residents

Collect Secondary & Primary  
Data

## **Phase III: Data Analysis & Policy Landscape**

Identify Community Needs &  
Community Solutions

Analyze Best Practices &  
Existing Policies

## **Phase IV: Strategy Development & Prioritization**

Community Discussions

## **Phase V: Advocate for Change**

Create an Action Plan

Meet with Decision-Makers

## **Phase VI: Monitor Progress**

Develop Monitoring Plan

Form Monitoring Group



# Potential Health Promoting Policy Solutions

Physical Activity/Recreation

Food Environment/Nutrition

Public and Perceived Safety

Health and Social Services

Transportation

Economic Development/Employment

Affordable Housing



# Pilot Site: Fremont High School

Located in an under-resourced area

A lot of existing infrastructure

Located within or next to other large community initiatives



# Community Engagement

- Promoted project throughout the community in various settings
- Strengthened partnership with schools & other community groups
- Residents trained on conducting assessments, outreach strategies, and sharing their story

## Successes



- Engaged with 1773 residents to understand issues from a community perspective
- 63 total youth and adult residents have been trained as HKZ Ambassadors
- Workgroup to includes 16 local community organizations and 7 residents



# HKZ Ambassadors



Anyone who lives, works or cares about improving the health of the community within the HKZ area and commits to outreach, education, and engagement activities with other residents.

# Community Assessment

## HKZ Ambassadors

- surveyed residents to identify the top community challenges to health & wellbeing
- conducted a Built Environment assessment of assets and deficits in the community
- organized community meetings to help analyze the data and collect input on potential policy solutions to the community-identified issues

## Successes

- Over 700 residents surveyed
- Conducted a built environment assessment of 29 of 40 areas of the community
- Engaged with and received input from 66 local business and churches
- Obtained 350 Input cards on the data
- 8 focus group sessions occurred with 150 participants in total



# Emerging Issues

- 1) Education on the new cannabis laws
- 2) Improving street infrastructure
- 3) Public Safety
- 4) Affordable Housing



# Where do we go from here?

- ▶ Engage with Public Agencies that have jurisdiction over and Community Groups that work on the identified issues
- ▶ Work with the local Neighborhood Council to identify their role and the resources they need
- ▶ Community forums/events in early 2019, where stakeholders will confirm the issues and prioritize strategies to advance
- ▶ HKZ Ambassadors and workgroup members will develop a plan to advance strategies
- ▶ Create Playbook for replication



# Questions?

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