

# Fallbrook Regional HEALTH DISTRICT

To: Board of Directors  
Fallbrook Regional Health District

From: Bobbi Palmer, MBA, MSW  
Chief Executive Officer

Date: August 3, 2018

Re: Status Report Based on Phase 1 Outcome Measurements

Collective Impact: A higher performing approach to achieving large-scale impact.

- County Services are being provided at the Wellness Center with back-to-back 6 week series. 1. Managing Chronic Pain and 2. “Healthier Living for Spanish Speakers”.
- FRHD is sponsoring a kick-off event September 5 at the Wellness Center. An integrative model delivering with participation from community health contract awardees delivering health screenings, education, wellness modalities and a farmer’s market will introduce our community to healthy living as a byproduct. Measurement and improved well-being WBI metrics include decreasing risk factors including stress, lack of exercise, poor nutrition, high blood pressure and high cholesterol. Utilization of community metrics of public health indicators and health events will target health disparities prevalent in the district area.

Creating collective efforts through developing a structure and framework: Utilization of the National Health Awareness Calendar will create both an awareness of health disparities on a monthly basis and to tie-in funding provided by the district through community health contracts (CHC). Articles will be written on a monthly basis and showcased in the Village News and other media outlets. Beginning in October the Wellness Center will be the hub of both activities and health education.