

Promoting Health Equity

Issue 8 • January 2021



Quote of the Month

"We cannot cease in confronting our country's history of exploiting identity. It is time for us to take a closer look at the inequities that are deeply rooted in our systems and institutions, and work together to create an America where every individual has the opportunity to succeed, regardless of race, gender, sexuality, religion, and identity."

— The 21-Day Equity Challenge

**Driver of Change: Interview with Adam
Lopez, Revive Community Church**

Helping the Community



Every issue we feature stories of individuals and agencies that are making a difference in their communities during this time of COVID-19.



Today we are talking with Adam Lopez, Community Relations Director for Revive Community Church in El Rio. In December Revive Community Church reached over 500 families in El Rio at two community relief events. They distributed over 200 boxes of food, thanks to the City of Oxnard and Food Share of Ventura County and 2,000 toys. In November, the UFW Foundation joined efforts and collaborated with Revive Community Church in serving over 300 families and distributing 300 grocery bags, 150 bags of clothes, and dozens of pairs of shoes.

When did you get involved with your work at Revive Community Church?

Adam: Our church's slogan is "Blessed to be a Blessing" and one of our visions has always been to be the church of influence in that community, especially in El Rio. El Rio is a 99% agriculture population, with underserved and under-resourced families. That was the inspiration and passion behind our wanting to get involved in the community, to really help the needy families. I believe it was in 2012, when I officially took on the role as community director.

What is your passion for working in the community?

Adam: My passion is servicing the needs of the families and educating them and bringing different resources to make navigating life a little bit easier and less stressful for them. It is to have a long-lasting impact with these families. We want the community to see our church as that church of influence, that

church of change, that church of impact and refuge. That is the passion, that we can make a difference outside of the walls of the church.

How are you specifically addressing issues of health equity in your work and your community? How are you making a difference?

Adam: That is a very important topic that we take with a lot of importance and urgency with our church. We have taken different approaches when it comes to health equity, education and awareness. First and foremost, we have been a strong partner of Ventura County Public Health for many years, and our church has hosted nutrition classes, exercise classes, health fairs and health workshops. We have partnered with Logrando Bienestar to do some intake information on families in need, and provide the necessary information for them to make wise choices. One of the most important things we have done is partner with Every Mind Matters, called 'Sanamente', to provide mental health awareness and suicide prevention. We received a grant from them for our church to be able to host seminars and workshops and work with troubled teens, especially in the demographics of the underserved, under-resourced, Hispanic ethnics, which is 99% of the population in El Rio.

So, we have taken many different approaches when it comes to health and how we educate the people, how we get information to the community and not just our church members. We also have collaborated with VCBH and VCPH on various community events.

What are the areas that you hope to make changes in?

Adam: You know the retention part of it is key, what I mean by that is we can give all the information that we want to the community, we can give the resources, trainings, seminars and educational tools, but, how do we hold them accountable, how do we know individuals have retained the information and actually doing changes in their personal lives? So, one of the areas that I want to change is that accountability aspect of it, how we are going to measure that what we do is actually effective. Like, yes we have a lot of events and yes, we provide a lot of resources and content and material; but, we need to have some type of follow-up system with these families on a continual basis, not just a one-time connection and we are done, and we must work on the follow-up and accountability, the consistency of constantly working with these families and individuals to make sure that they actually do make a change in their lives. That is the biggest area that I think we need to change.

Tell us one thing about you that helps us get to know you better?

Adam: Just one thing? One thing that I can say that would get to know me better is this: that what drives me in life is not positions, it's not titles, it's not money, it's not even my accomplishments or my kudos, what drives me is the sense of self accomplishment that what I do is having a long-lasting effect in

people's lives. I'm very selfish in that area where I don't care about me; I am very unselfish about me like I want other people to get the training. If it's a team effort I don't care if I am the master mind behind something, if it's a team effort and we get the job done I don't care who gets credit, it gets done and we have a life changing opportunity with families. And that is the one thing I can say that maybe would get you guys to know me better.

If you could give a closing remark for or words of inspiration for the community during this time, what would it be?

Adam: I would like to tell the community that during these times of uncertainty and a lot of devastation going on that even with the little bit that some families have or the areas that we are lacking we should be grateful. You know, if you have a healthy family during this time, that has not been affected, you should be thankful for that; that you have a home, a roof over your head, you have clothes, you have food, you have a job, you have a car, transportation. Let's not take those little things for granted because they are huge and if we have the opportunity to be a blessing to somebody and lend a hand and help someone, please don't hesitate, lend a hand and help someone who really needs it.

Thank you Adam for sharing your experience with us. You are an inspiring Driver of Change.

Learn more:

Adam Lopez

Revive Community Church

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Featured Resource: National Hispanic & Latino PTTC

Increasing Health Equity

"The mission of the National Hispanic and Latino Prevention Technology Transfer Center is to provide high-quality training and technical assistance to improve the capacity of the workforce serving Hispanic and Latino communities in behavioral health prevention, treatment, and recovery. We disseminate and support the implementation of evidence-based and promising practices to enhance service delivery, promote the growth of a diverse, culturally competent workforce, and bridge access to quality behavioral health services. We are committed to increasing health equity and access to effective culturally and linguistically grounded approaches."

The purpose of the Prevention Technology Transfer Center (PTTC) Network is to improve implementation and delivery of effective substance abuse prevention interventions, and provide training and technical assistance services to the substance abuse prevention field.

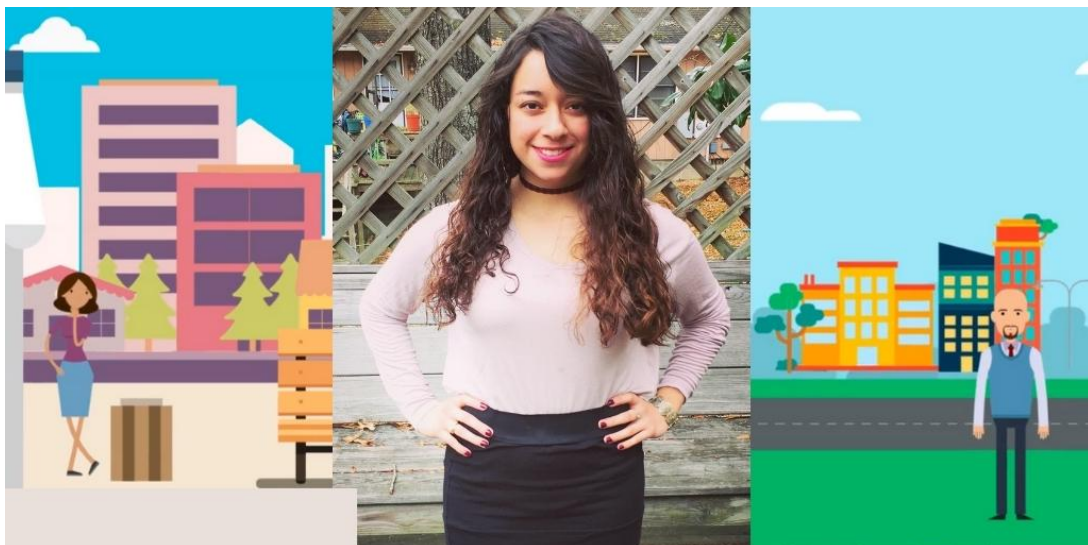
Learn more:

National Hispanic & Latino PTTC

pttcnetwork.org/centers/national-hispanic-latino-pttc/home

Inspiration: Jennifer Rangel, Creating Bilingual Cartoons to Teach Zoning 101 Urban Planning

‘Way to Give Back’



Excerpt from [Salud America!](#) blog

series about Salud Heros.
“Ever wondered why your
neighborhood looks how it does?”



Jennifer Rangel once asked herself this question. To find an answer, Rangel got a master's degree in urban planning. Along the way, this Latina planner learned that discriminatory urban planning practices, like the zoning of land, had been used for white advantage for over a century, segregating communities and forging inequities in health and wealth among Latinos and other people of color.

Rangel wanted to share what she learned. So she helped create workshops – then bilingual animated videos – to train neighborhood leaders, social workers, and others about zoning and how to get involved in zoning changes. *“Understanding zoning is a critical step for residents as they try to undo previous harms and to remedy policies and practices that perpetuate the harmful effects of discrimination and segregation,”* Rangel wrote on the Inclusive Communities Project website.

[See Rangel's Animated Videos About Zoning in English and Spanish.](#)

Salud America!
salud-america.org

Featured Resource: 21-Day Equity Challenge: Understanding Systemic Racism A Self-Guided Learning Journey



The 21-Day Equity Challenge explores difficult topics, like structural racism, segregation, and privilege, to open dialogue on how we can be champions of equity in our personal and professional lives. The 21-Day Equity Challenge is a powerful opportunity to develop a deeper understanding of how inequity and racism affect our lives and our community. The self-guided learning journey examines the history and impact of racism, and how it has shaped people's lives. The experience will deepen understanding and help launch what we hope will be a lifelong commitment to improving equity and inclusion.

The United Way of Central Iowa is sponsoring this challenge in their community.

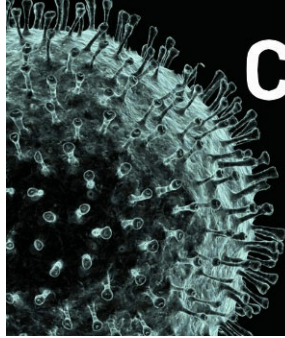
Learn more about this self-guided learning challenge:

www.unitedwaydm.org/equity-challenge

www.unitedwaydm.org/equity-challenge-day1

Learn More:
COVID-19 Conversations

The Realities of the Next Steps



COVID-19 Conversations



The American Public Health Association (APHA) webinar series provides scientific analysis of the latest COVID-19 developments for the benefit of policymakers, public health and health care officials, and the general public. The series is exploring the scientific basis for guidance issued by government, health and public health organizations, and industry, as well as answering questions that are top of mind for its audiences.

Learn more:

American Public Health Association (APHA)

www.covid19conversations.org/webinars

Featured Campaign: Vaping Historietas

Secondhand Vaping



VAPEO DE SEGUNDA MANO
Pequeñas partículas son un gran problema



SECONDHAND VAPING Through the Walls



See our latest campaign about the risks of secondhand vaping. We developed this campaign to address the health risks related to vaping and how it can affect others, which is especially timely due to COVID-19. The historietas format shares the information through engaging short stories and highlights how vaping can affect children and other family members. The goal is to increase awareness that can lead to a safer home environment, especially for children who may be most vulnerable.

The Secondhand Vaping historietas are available as videos, PDFs and printed booklets. To view and share, see:

English videos: www.vapingfactcheckvc.org

Spanish videos: www.vapeoverificado.org

PDFs:

[Historietas in English](#)

[Historietas in Spanish](#)

Printed booklets - contact Erika.Fernandez@ventura.org

Webinar Review: The Other Epidemic: Addressing Tobacco Use in Mental Health & Substance Use Facilities

The Impact of Tobacco Use

Public Health Law Center, December 8, 2020

During this stressful time of COVID-19, it's easy to lose sight of the impact of another epidemic raging across the U.S. -- tobacco use among those with mental health and substance use conditions. Approximately 1 in 4 adults in the U.S. has some form of behavioral health condition, and these individuals consume almost 40 percent of all cigarettes smoked by adults. In addition, people in treatment for substance use disorders have a high prevalence

of smoking, with studies finding rates between 65 and 85 percent among patients in addiction treatment.

This webinar focused on the importance of addressing tobacco use in mental health and substance use facilities, and effective approaches to help integrate tobacco cessation treatment into clinical practice.

Learn more:

Webinar Slides

www.publichealthlawcenter.org/sites/default/files/The-Other-Epidemic-Webinar-Slides.pdf

Public Health Law Center

www.publichealthlawcenter.org

Featured Publication: Mental Health Is a Global Public Health Issue

Gaining Understanding

"Mental, emotional, and psychological health have garnered increased attention as a major public health issue. Mental health includes not only the traditional focus on individual therapy interactions but also emerging frameworks designed to address mental health at the population health level.

Health is shaped by a plethora of determinants (eg, genetics, gender, socioeconomic status, education, physical environment, social support networks, access to health services) that operate at the individual, family, community, health systems, and societal levels. Because these determinants of health affect not only physical health but also psychological health, it's imperative in public health to gain a better understanding of the many pathways through which determinants of health impact the psychological well-being of large groups of individuals."

Preventing Chronic Disease (PCD) is pleased to release this collection, *Mental Health Is a Global Public Health Issue*, which consists of 10 articles that examine relationships between family history, self-care practices, sleep, obesity, educational attainment, and depression. This collection also includes one that addresses the critical need for a population approach to improve the nation's behavioral health during the COVID-19 pandemic, and one that offers recommendations on keeping parks and green spaces accessible to promote mental and physical health.

Learn more:

[Mental Health is a Global Public Health Issue](#), Preventing Chronic Disease, Centers for Disease Control and Prevention



Upcoming Events

We will keep you posted on upcoming events in each newsletter. If your agency is planning any online meetings, please send us the information so we can post it.

- APHA Webinar Series at www.covid19conversations.org

- **Hookah: Truths, Myths, and Options for Local Governments**

Webinar, 1/15/21, 11:00 am, Pacific Time

This webinar will discuss the challenges with enforcement created by hookah exemptions in flavor restrictions.

[Register here](#)

Learn more:

[California Commercial Tobacco Control, Public Health Law Center](#)

- **VC-ASH (Ventura County Action on Smoking & Health) Meeting**

1/21/21, 10:00 am, Pacific Time

Contact: Vicky.Gonzales@Ventura.org, (805)981-6656

- **Creating Healthy Environments with Language Justice**

Webinar, 1/26/21, 3:00 pm, Eastern Time

This webinar features three guests who will share a variety of experiences, perspectives, and insights around how language intersects with their efforts to improve health and equity.

[Register here](#)

Learn more:

[County Health Rankings & Roadmaps](#)

- **Suicide Prevention 101 for Parents: Recognizing Signs and What to Do**

Webinar, 1/27/21, 5:00 pm, Pacific Time

The webinar is provided in partnership by the California Department of Education, the Directing Change Program, and Teen Line.

[Register here](#)

Nominate a Driver of Change

Share your Stories

You may nominate a community member or colleague for recognition for exemplary work in the community to help build healthier communities and address health equity. Go to the website and nominate someone or yourself!



We would love to hear your stories of community change, what inspired you, and how you are making a difference.

Learn more:

Social Determinants of Health, Drivers of Change

www.healthequityvc.org/drivers-of-change

Stay Connected

Social Determinants of Health

www.healthequityvc.org

Ventura County Public Health

www.vchca.org/agency-divisions/public-health

Ventura County Behavioral Health

vcbh.org

Ventura County Limits

www.venturacountylimits.org

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