



**BLUE ZONES™**

*live better, longer™*

# WELCOME TO THE 2025 CHNA

Monica Arrowsmith and Liz Rodriguez

Blue Zones National Team

# Community Health Needs Assessment

- Required of nonprofit hospitals
- Part of community benefit requirement
- Includes an assessment and a response to that assessment
- Conducted every 3 years





A vibrant, stylized illustration of a diverse crowd of people of various ages, ethnicities, and abilities walking together. The crowd includes an elderly man with a white beard, a woman with a large red skirt, a person with a cane, a person with a backpack, a person with a dog, and a person with a stroller. The illustration is composed of flat, colorful shapes and is set against a white background.

- A vibrant, stylized illustration of a diverse crowd of people of various ages, ethnicities, and abilities walking together. The crowd includes an elderly man with a white beard, a woman with a large red skirt, a person with a cane, a person with a backpack, a person with a dog, and a person with a stroller. The illustration is composed of flat, colorful shapes and is set against a white background.

# CHNA Sample Response Initiatives

## Mental Health

- Offer **Mental Health First Aid**
- Implement **Calm Classroom**
- Offer family education on **Lethal Means Safety**
- Provide Senior-to-Senior **Friendly Callers** program
- Fund **Rethreaded** which provides support and resources to survivors of human trafficking

## Access to Care

- Provide **virtual care visits**
- Implement **Find Help** agency referral system
- Operate **School Health Centers**
- Partner with organizations who provide access to care for those **without insurance**
- Supplement staff for **Volunteers in Medicine** clinic, including cardiology, gastroenterology, gynecology, and internal medicine.

## Poverty / Economic Stability

- Increase Access to **Healthy Food** (Screening, SNAP, Food)
- **Increase Employment Opportunities** focusing on low life expectancy zip codes.
- Ensure **seniors have access** to in-home and other supports for health and wellbeing, including **food**

## Chronic Disease

- Provide **Asthma Education** to children with asthma
- Provide a **Food Pharmacy** program to address diabetes, obesity & hypertension.
- Provide **Community Benefit Programming** to address the lack of services available to individuals with a differing ability.

## Maternal & Child Health

- Bring **Think First** (brain & spinal cord injury prevention program) training to the children of northeast Florida. First.
- Partner with the **Northeast Florida Healthy Start Coalition** to address needs of moms and babies.



Looking Ahead: 2025 CHNA

# Blue Zones CHNA Framework

## People

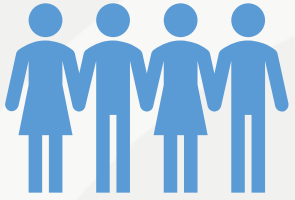
- ACCESS TO CARE
- HEALTH CONDITIONS
- HEALTH BEHAVIOR
- MENTAL HEALTH

## Places

- FOOD ENVIRONMENT
- BUILT ENVIRONMENT
- COMMUNITY VITALITY
- COMMUNITY SAFETY

## Equity

- HOUSING
- FINANCIAL STABILITY
- EDUCATION
- INCLUSION & EQUITY



# PEOPLE

## **ACCESS TO CARE**

Primary Care | Mental Health | Hospitals | Clinics | Dental Care | Insurance | Transportation | Health Literacy | Cultural Competency

## **HEALTH CONDITIONS**

Birth Outcomes | Obesity | Diabetes | Heart Disease | Asthma | Stroke | Cancer | Dementia | Kidney

## **HEALTH BEHAVIOR**

Tobacco | Alcohol | Drugs | Diet | STI's | Movement | Breastfeeding

## **MENTAL HEALTH**

Suicide | Deaths of Despair | Depression | Isolation | Stress | Anxiety | SMI | Trauma



# PLACES

**FOOD ENVIRONMENT** Food Insecurity | Healthy Food Access | Food Deserts | Grocery Store Accessibility | SNAP | Fast Food

**BUILT ENVIRONMENT** Walkability | Park Access | Broadband Access | Air Quality | Public Transit | Liquor Stores | Tobacco Retailers

**COMMUNITY VITALITY** Social Inclusion | Older Adults Living Alone | Civic Engagement | Economic Vitality | Place Attachment

**COMMUNITY SAFETY** Arrests | Firearm Mortality | Violent Crime | Property Crime | Disengaged Youth | Motor Vehicle Fatalities





# EQUITY

## HOUSING

Housing Cost Burden 50% | Affordable Housing | Homelessness | Homeless Youth | Housing Quality | Evictions

## FINANCIAL STABILITY

Unemployment | Childhood Poverty | Median HH Income | Labor Force | Debt | Housing Cost Burden 30%

## EDUCATION

Childcare Scarcity | Preschool Enrollment | Education Attainment | Absenteeism | Language Arts Proficiency

## INCLUSION & EQUITY

Food Disparities | Insurance Disparities | Broadband Disparities | Education Disparities | Neighborhood Segregation | Income Inequality | Premature Death Disparities



# Top 3 Categories of Highest Need



## People

**ACCESS TO CARE**

**HEALTH CONDITIONS**

**HEALTH BEHAVIOR**

**MENTAL HEALTH**



## Places

**FOOD ENVIRONMENT**

**BUILT ENVIRONMENT**

**COMMUNITY VITALITY**

**COMMUNITY SAFETY**



## Equity

**HOUSING**

**FINANCIAL STABILITY**

**EDUCATION**

**INCLUSION & EQUITY**



<b>ACCESS TO CARE</b>	Primary Care   Mental Health   Hospitals   Clinics   Dental Care   Insurance   Transportation   Health Literacy   Cultural Competency
<b>HEALTH CONDITIONS</b>	Birth Outcomes   Obesity   Diabetes   Heart Disease   Asthma   Stroke   Cancer   Dementia   Kidney
<b>HEALTH BEHAVIOR</b>	Tobacco   Alcohol   Drugs   Diet   STI's   Movement   Breastfeeding
<b>MENTAL HEALTH</b>	Suicide   Deaths of Despair   Depression   Isolation   Stress   Anxiety   SMI   Trauma
<b>FOOD ENVIRONMENT</b>	Food Insecurity   Healthy Food Access   Food Deserts   Grocery Store Accessibility   SNAP   Fast Food
<b>BUILT ENVIRONMENT</b>	Wakability   Park Access   Broadband Access   Air Quality   Public Tansit   Liquor Stores   Tobacco Retailers
<b>COMMUNITY VITALITY</b>	Social Inclusion   Older Adults Living Alone   Civic Engagement   Economic Vitality   Place Attachment
<b>COMMUNITY SAFETY</b>	Arrests   Firearm Mortality   Violent Crime   Property Crime   Disengaged Youth   Motor Vehicle Fatalites
<b>HOUSING</b>	Housing Cost Burden 50%   Affordable Housing   Homelessness   Homeless Youth   Housing Quality   Evictions
<b>FINANCIAL STABILITY</b>	Unemployment   Childhood Poverty   Median HH Income   Labor Force   Debt   Housing Cost Burden 30%
<b>EDUCATION</b>	Childcare Scarcity   Preschool Enrollment   Education Attainment   Absenteeism   Language Arts Proficiency
<b>INCLUSION &amp; EQUITY</b>	Food Disparities   Insurance Disparities   Broadband Disparities   Education Disparities   Neighborhood Segregation   Income Inequality   Premature Death Disparities





**BLUE ZONES™**  
*live better, longer™*

**THANK YOU!**