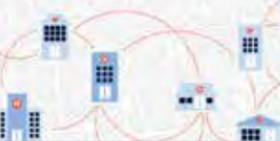


ACCESS TO HEALTHCARE		
	Community Clinic Consortium of Contra Costa & Solano and La Clínica de La Raza • <i>Contra Costa Data Sharing Initiative</i>	
	La Clínica de La Raza • <i>Care Team Uplift Initiative</i>	
	La Clínica de La Raza • <i>Contra Costa Call Center Initiative</i>	
SENIOR HEALTH & WELLNESS		
	Meals on Wheels Diablo Region • <i>Far East Contra Costa Service Expansion</i>	
	Ombudsman Services of Contra Costa & Solano and Contra Costa Senior Legal Services • <i>Resident Empowerment Program</i>	 A Partnership Supporting Long-term Care Resident
VETERAN HEALTH & WELLNESS		
	Veterans of Foreign Wars, Post 10789 • <i>Veterans Relief Fund</i>	
	Veterans of Foreign Wars, Post 10789 and La Clínica de La Raza • <i>East Contra Costa Veteran Health Navigation Partnership</i>	
FOOD SECURITY		
	Food Bank of Contra Costa & Solano; California State University, East Bay Foundation; Los Medanos College Foundation • <i>Food Pantries at Colleges in Eastern &amp; Central Contra Costa Initiative</i>	
	Food Bank of Contra Costa & Solano • <i>Partnered with Leshar Foundation and Y&amp;H Soda Foundation to support the Contra Costa &amp; Solano "State of Hunger Study"</i>	

## Power of PARTNERSHIP



Because of the support of John Muir Health — \$1 million per year — the Community Health Fund can carry out a unique community benefit function: distributing grants to nonprofit organizations working to improve the health and well-being of medically uninsured, underinsured, underserved, and vulnerable populations most at-risk for poor health in Central and East Contra Costa County.

## Social Determinants of Health Take Center Stage

### CHF Impact Update 2018

As a learning organization, we have become interested in research showing that many health outcomes in Contra Costa County are associated with the social determinants of health – a complex mix of socioeconomic factors, such as food insecurity, inadequate housing, poor education and toxic stress related to poverty and environment.

While we have previously supported some efforts to address these social determinants, this year, as we've learned more, our board and staff committed to consistently looking for how the social determinants might play a role in health challenges our nonprofit partners are trying to address and to working with them to identify others who can help address that aspect of the challenge. The initiative highlighted in this year's *Impact Update* is one example.

The Food Pantries at Colleges in Central and Eastern Contra Costa County Initiative began when the CHF became aware of how many students attending the region's colleges are affected by the devastating impact of food insecurity – a lack of consistent access to enough food for an active, healthy life. A national research survey recently found that 36 percent of students at surveyed colleges and universities do not get enough to eat.

Local college officials told us of students struggling to eat while clinging to their education as the promised path out of poverty. In response, faculty, staff and students had set up informal food pantries, distributing free food stored in file cabinets and closets. However, the more these dedicated individuals learned about the problem, the more they realized they needed a way to grow their efforts. That's how an alliance among Los Medanos College, California State University East Bay (CSUEB)-Concord and the Food Bank of Contra Costa & Solano began to take shape.

We began our support in the summer of 2017, with a grant that brought the organizations together with La Piana Consulting, to develop a business plan for a health initiative that would enhance and sustain the existing food pantry programs. Since that time, the two colleges have purchased refrigerators and expanded their physical space. They've added meat, eggs, baby formula and toiletry items to their offerings. They've hired staff, trained volunteers, extended their hours and implemented outreach efforts to raise awareness. In May 2018, Diablo Valley College joined the collaborative, and the partnership has expanded beyond the CHF's funding geography to include Contra Costa College in San Pablo and California State Maritime University in Vallejo.

The Food Bank has multiple roles. It trains campus representatives to enroll students in CalFresh, California's version of the federal government's Supplemental Nutrition Assistance Program, while also providing online food ordering, a responsive delivery system, recipes and nutrition education. Its college pantry coordinator convenes quarterly meetings of campus representatives to share ideas and develop long-range plans.

The goal is a healthier student population, better prepared to learn and to avoid the negative impact of other social determinants of health. We believe collaborative efforts that address the social determinants hold enormous promise for sustainably improving the health of Contra Costa County's most underserved individuals.



Lilian Roselin, Executive Director and Ken Carlson, Board Chairman, Community Health Fund

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- Lillian Roselin, Executive Director
- Mary Serrano, Grants & Financial Operations Manager

## THE NEED

36%

of students in a recent national survey of colleges and universities do not get enough to eat.



NEARLY  
**1 in 10**

community college students in the same national survey had gone a whole day without eating in the past month.

41.6%

of students attending California State Universities report experiencing food insecurity, according to a January 2018 study of student basic needs.

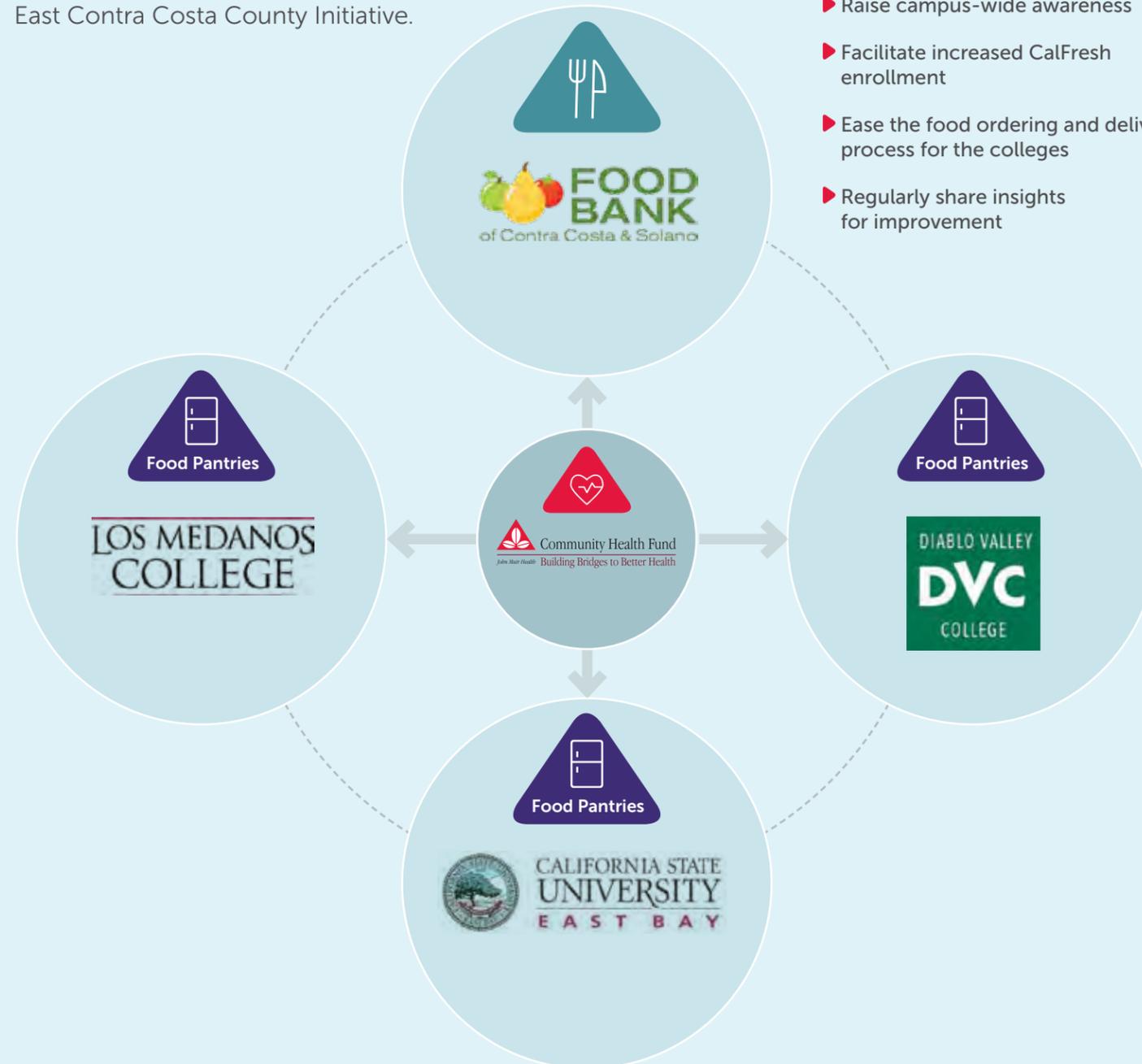


54.4%

of Los Medanos College and Diablo Valley College students who participated in a recent nationwide survey indicated that they had experienced some degree of food insecurity in the 30 days prior to the survey, according to a Contra Costa Community College District research brief released in April 2017.

**A**fter witnessing food insecurity firsthand, students and faculty at local community colleges and CSU East Bay-Concord began grassroots food pantry efforts aimed at providing free food to students in need.

The CHF supported further development and coordination of these pantries through its Food Pantries at Colleges in Central and East Contra Costa County Initiative.



CHF support has enabled the colleges – in collaboration with the Food Bank of Contra Costa & Solano – to:

- ▶ Add refrigeration
- ▶ Offer dairy, meat, eggs, fresh produce, and toiletries
- ▶ Extend food pantry hours of operation
- ▶ Grow the physical space
- ▶ Raise campus-wide awareness
- ▶ Facilitate increased CalFresh enrollment
- ▶ Ease the food ordering and delivery process for the colleges
- ▶ Regularly share insights for improvement



I am eternally grateful. If it wasn't for this program, I honestly don't even know if I would have been walking across the stage for graduation this spring.  
— Elouis R.

Many students I encounter struggle with paying rent or tuition, getting to the grocery store, or having time or money to buy food. There is nothing more rewarding than supporting these hard-working individuals.  
— Erin F.