

Kaiser Permanente: Working to Meet Health Needs in Fremont

Key Findings about People in the Community

Total Population 269,538



- 33%** rent/mortgage is 30% or more of income
- 9%** no high school diploma
- 20%** live in a food desert
- 24%** children eligible for free/reduced price lunch
- 17%** below 200% FPL*
- 22%** physically inactive youth

26% lack social or emotional support

20% heavy alcohol use (self-reported)

15% experience food insecurity

73% of adults and **60%** of youth do not consume adequate fruits and vegetables

38% of adults and **17%** of youth are overweight

14% need mental health care (self-reported)

Kaiser Permanente works in partnership with other health organizations to learn about the issues and conditions impacting the health of our communities by reviewing data sources and talking with public health experts and community stakeholders. This snapshot displays Kaiser Permanente’s strategies, 2017-2019, to respond to some of the most pressing needs in our community, leveraging our unique resources and expertise.

Areas of Focus

Healthy Eating Active Living (HEAL)

- ◆ Increase to healthy affordable foods, including fresh produce, and decrease access to unhealthy food
- ◆ Increase enrollment in and use of federal food programs
- ◆ Increase access to physical activity opportunities in schools

Mental Health & Wellness

- ◆ Provide screening and identification related to behavioral health needs among low income, vulnerable and uninsured populations and connect them with the appropriate services or support
- ◆ Support opportunities to prevent and reduce the misuse of drugs and alcohol
- ◆ Provide access to programs, services or environments that evidence suggests improves overall social/emotional wellness

Access to Care

- ◆ Support outreach, enrollment, retention and appropriate utilization of health care coverage programs
- ◆ Increase and systematize access to needed social non-medical services
- ◆ Provide support to increase enrollment in public benefit programs among vulnerable and low-income populations

Community Safety

- ◆ Increase availability of safe parks and public spaces
- ◆ Increase availability of education, job training and enrichment programs for youth
- ◆ Support programs that prevent and address family violence through reducing risk factors, enhancing protective actors and linking to appropriate resources
- ◆ Provide victims of violence with services needed for recovery and resilience

*Federal Poverty Level (200% FPL for a family of four ranged from \$47,100 to \$48,500 between 2013 and 2015)