




# Community Well-Being

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November 9, 2021



PURPOSE: To empower  
everyone, everywhere  
to live better, longer

VISION: To create a time  
when well-being is  
accessible to everyone





# Health Disparities



# Workforce Development

[ADVENTISTHEALTH:INTERNAL]

## Faculty Introductions

### PROGRAM DIRECTOR

Sara Bogner, MS PT

Sara Bogner has been a physical therapist in Ukiah and other Northern California areas for the past 19 years. She graduated from University of Oregon with a BS in Exercise and Movement Science and then attended PT school at Regis University in Denver, CO. She has worked with a wide variety of patients in almost every PT setting out there. She began teaching Anatomy at Mendocino College in 2016 and has been instrumental in the development of the Physical Therapist Assistant Program. Sara loves the energy and enthusiasm of students and is excited to be able to help them reach their educational goals. If she's not in her office or classroom, you can probably find her chasing around her three kids or running on the track, streets or hills of Ukiah.



### DIRECTOR OF CLINICAL EDUCATION

Joseph Munoz, PT, DPT

Joe Munoz has been a practicing Physical Therapist for nearly 15 years now and has lived in the Ukiah area since 2004. He received his Bachelor of Science in Biology from CSU Bakersfield and then received his Doctorate of Physical Therapy from Loma Linda University. Joe is excited about the PTA program and the opportunity to help individuals pursue a career of service to others in a profession that has given him so much. He has primarily worked in the outpatient setting at Adventist Health Ukiah Valley dealing with orthopedic pathologies, post-surgical rehabilitation, sports related injuries, work related injuries and neurological conditions. When not in the clinic, you will find Joe spending time with his family and on the soccer field coaching the youth of Mendocino County.



## Accreditation Status

Effective October 29, 2019, the Mendocino College PTA Program has been granted Candidate for Accreditation status by the Commission on Accreditation in Physical Therapy Education (1111 North Fairfax Street, Alexandria, VA, 22314; phone: 703.706.3245; email: [accreditation@apta.org](mailto:accreditation@apta.org)). If needing to contact the program/institution directly, please call 707.467.1062 or email [sbogner@mendocino.edu](mailto:sbogner@mendocino.edu).

Candidate for Accreditation is an accreditation status of affiliation with the Commission on Accreditation in Physical Therapy Education that indicates the program may matriculate students in technical/professional courses. Achievement of Candidate for Accreditation status does not assure that the program will be granted Initial Accreditation.

## CAPTE

1111 North Fairfax Street, Alexandria, VA 22314  
703.706.3245; [accreditation@apta.org](mailto:accreditation@apta.org)

## MENDOCINO COLLEGE

### Physical Therapy Assistant Program

#### Dean of Applied Academics

Dennis Aseltine  
[dasetlyne@mendocino.edu](mailto:dasetlyne@mendocino.edu) • 707.468.3234

#### Program Director

Sara Bogner, PT, MS PT • [sbogner@mendocino.edu](mailto:sbogner@mendocino.edu)

#### Director of Clinical Education

Joseph Munoz, PT DPT • [jmunoz@mendocino.edu](mailto:jmunoz@mendocino.edu)

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707.467.1062 • [www.mendocino.edu/pta](http://www.mendocino.edu/pta)

## MENDOCINO COLLEGE

### PHYSICAL THERAPIST ASSISTANT PROGRAM



*An exciting new career path  
at Mendocino College!*

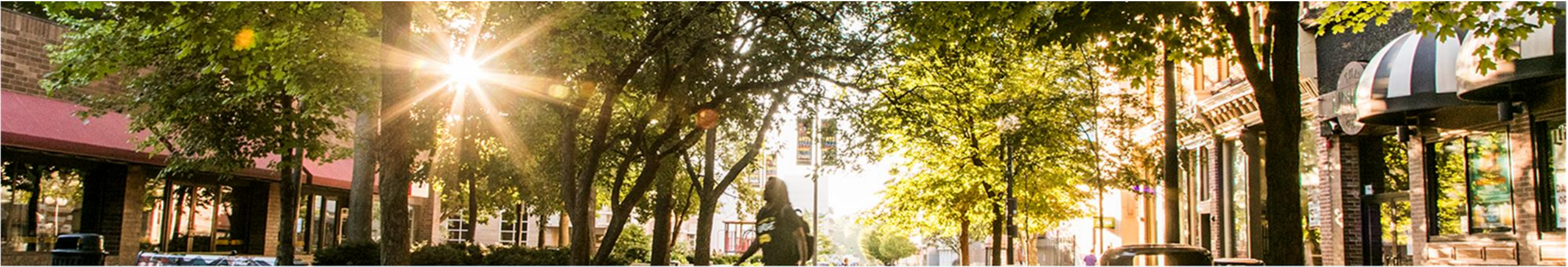


[www.mendocino.edu/pta](http://www.mendocino.edu/pta)



# Blue Zones Project Mendocino County

## Timeline



### ASSESSMENT & DEVELOPMENT

- Preliminary community assessment (2-day visit)
- Focus groups, 1:1's
- Presentations
- Sponsor identification and ROI analysis
- Identify volunteers and talent to support project roles

### FOUNDATION (9 months)

- Community Input & Discovery
- Well-Being Measurement
- Coalition Building
- Training
- Blueprint Development
- Volunteer Mobilization

### TRANSFORMATION: 5-10 years (4 years)

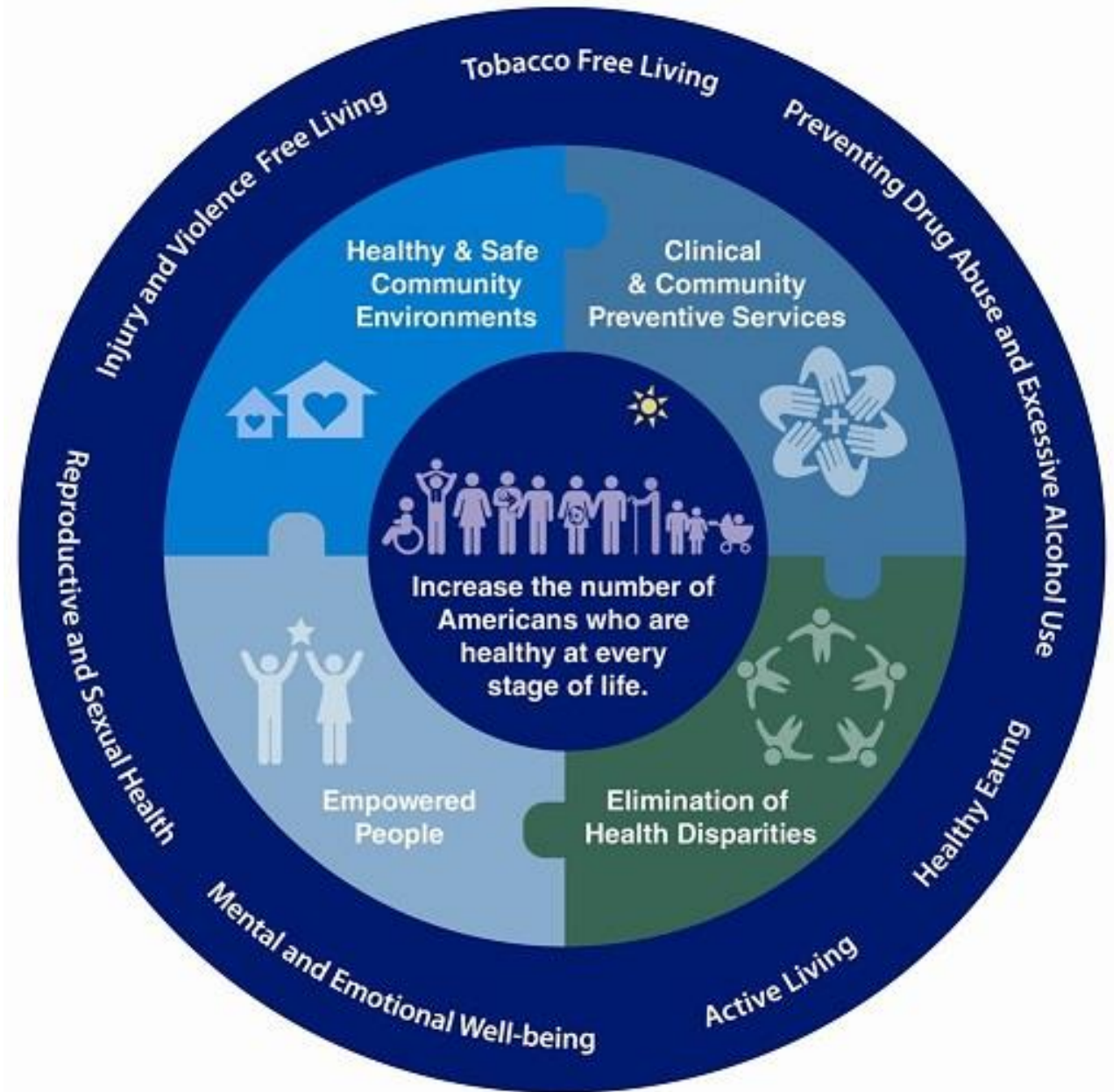
- Implement Blueprint
- Engage people and places
- Impact policy to drive environmental change
- KPIs reported on annual basis

### CERTIFICATION + SUSTAINABILITY + EVOLUTION

- Celebrate!
- Create and implement sustainable blueprint
- Continue impacting well-being in the community
- Showcase outcomes using Community Well-Being Index

# Mendocino County Well-Being Programs

- Tobacco Control Program
- Safe Rx Mendocino
- Drug Free Communities
- Substance Use Disorder Treatment Programs
- Nutrition Education and Obesity Prevention
- Public Health Nursing Home Visiting Program
- Healthy Families Mendocino County
- Women, Infants & Children Nutrition Program



Source: <https://www.mendocinocounty.org/government/health-and-human-services-agency/public-health/prevention-programs>



# ACEs in California

ACEs = Adverse Childhood Experiences

The 3 types of ACEs include

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



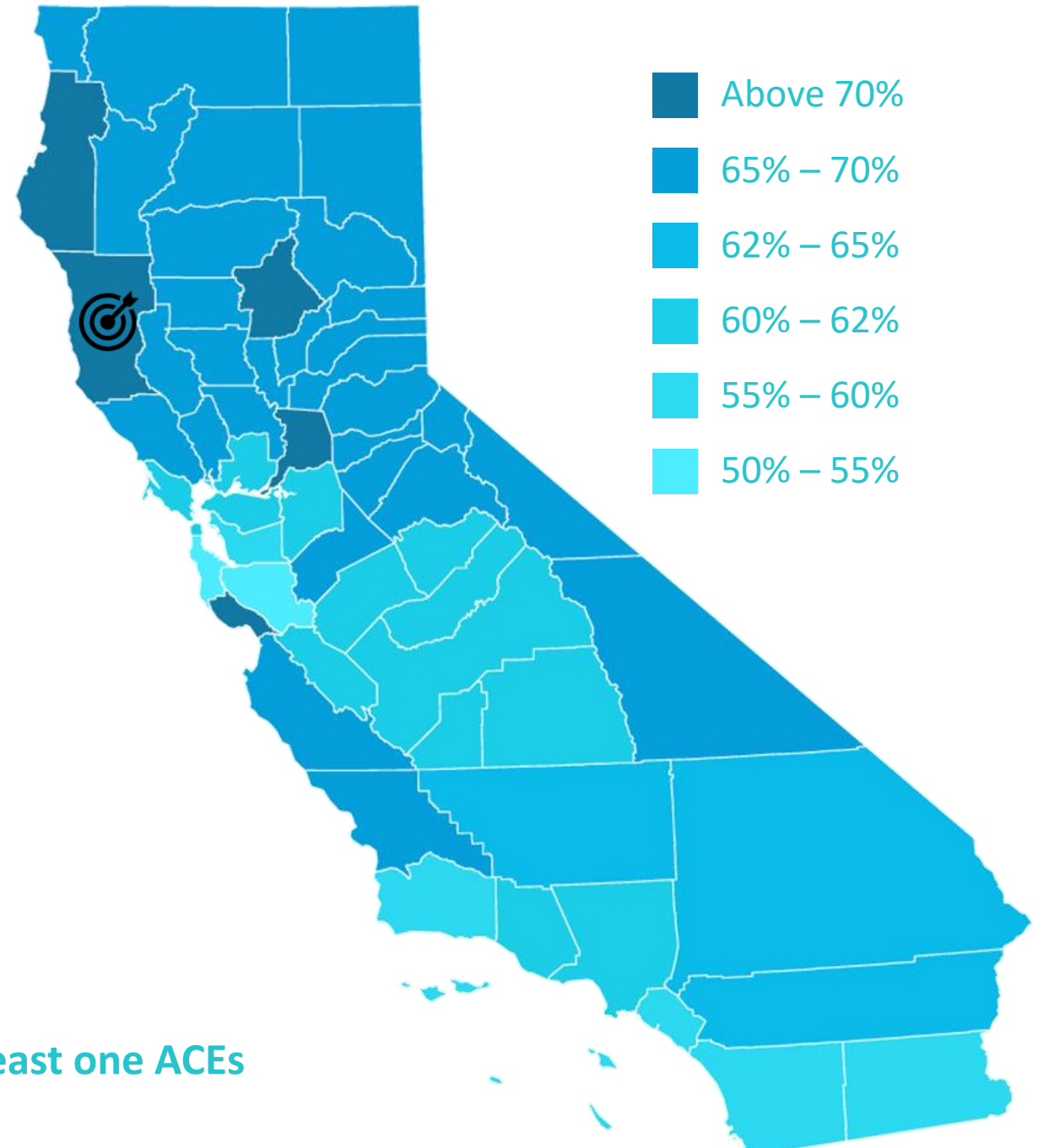
Abuse toward Parent



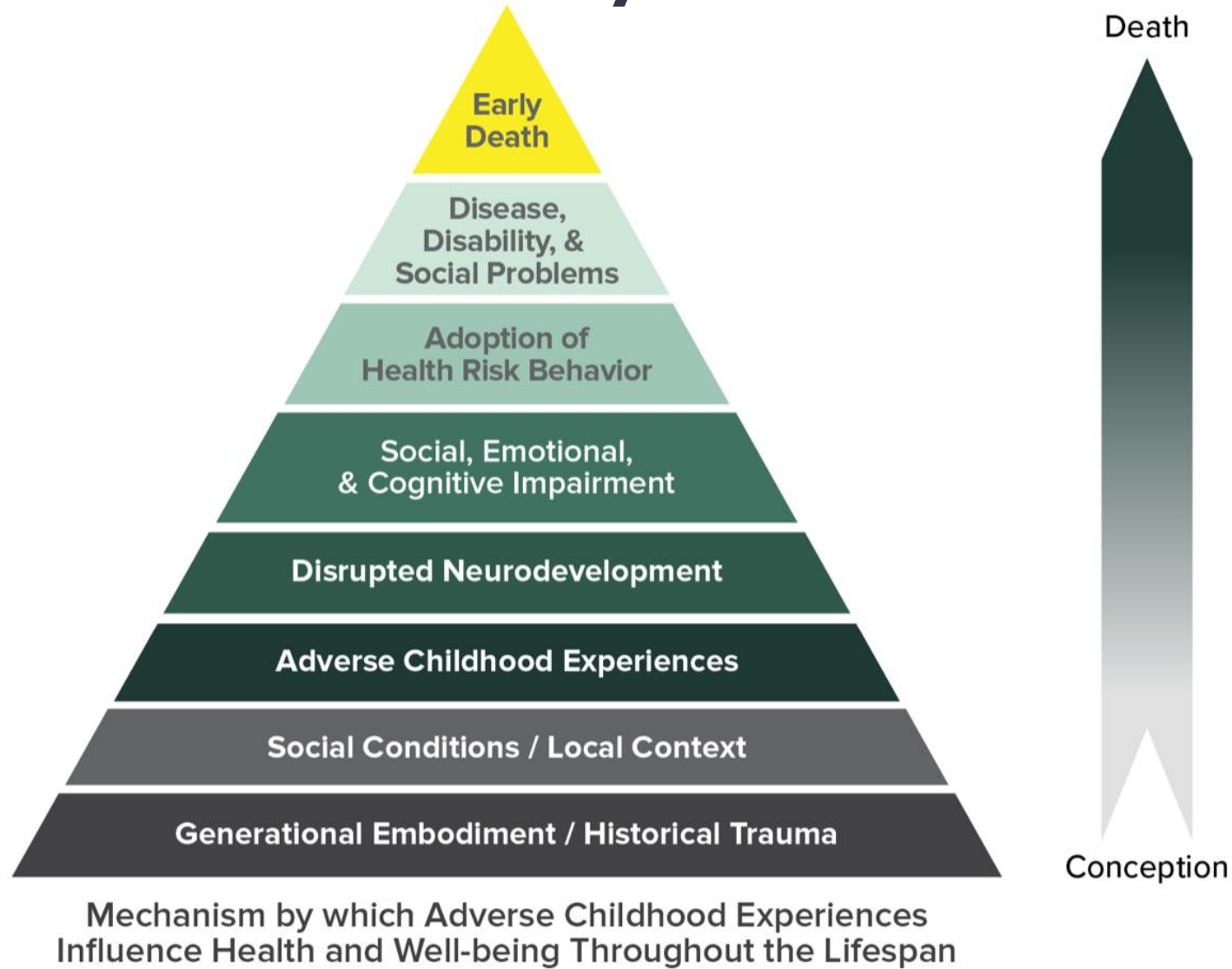
Substance Abuse



Divorce



# The ACEs Pyramid



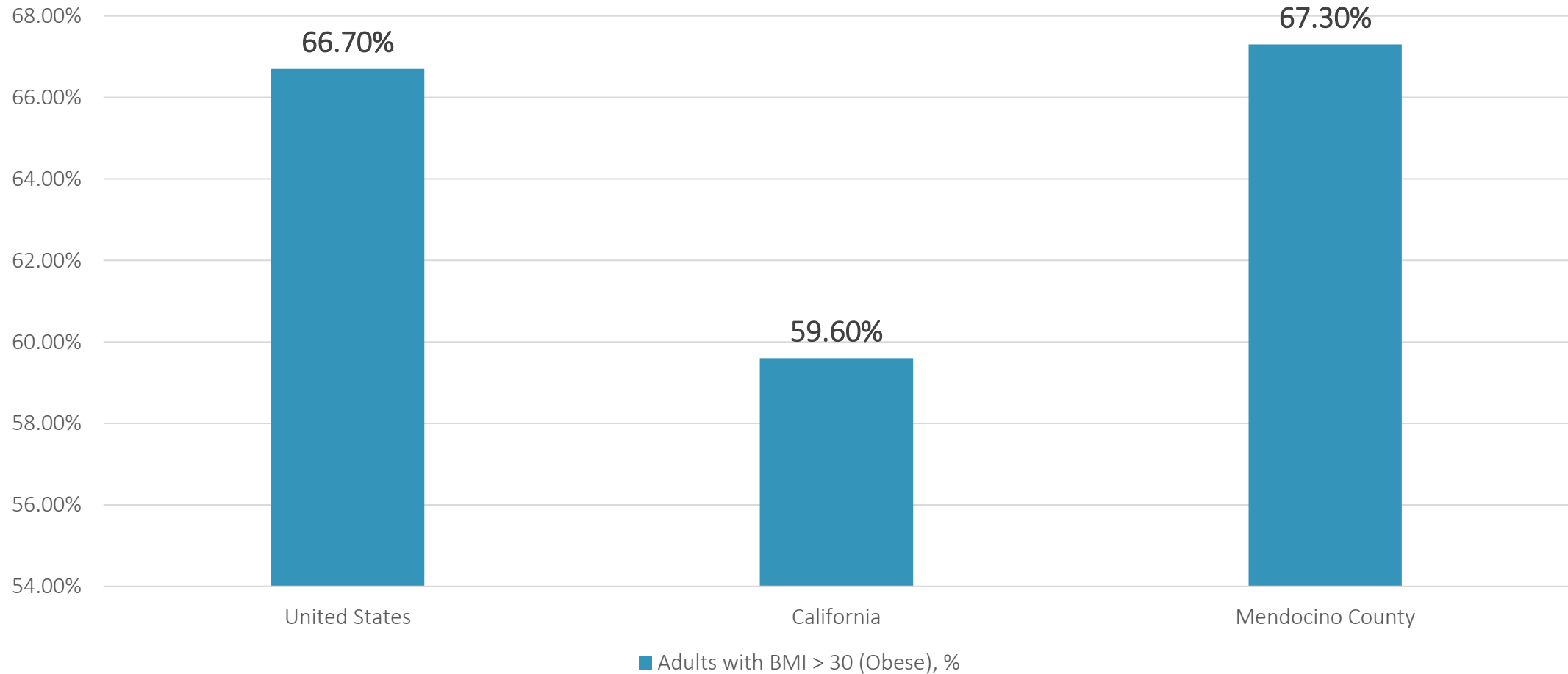
Source: Centers for Disease Control and Prevention, Violence Prevention, CDC-Kaiser ACE Study, The ACE Pyramid, <https://www.cdc.gov/violenceprevention/aces/about.html>





# Mendocino County – Overweight or Obese

% of Obese Adults, 2019

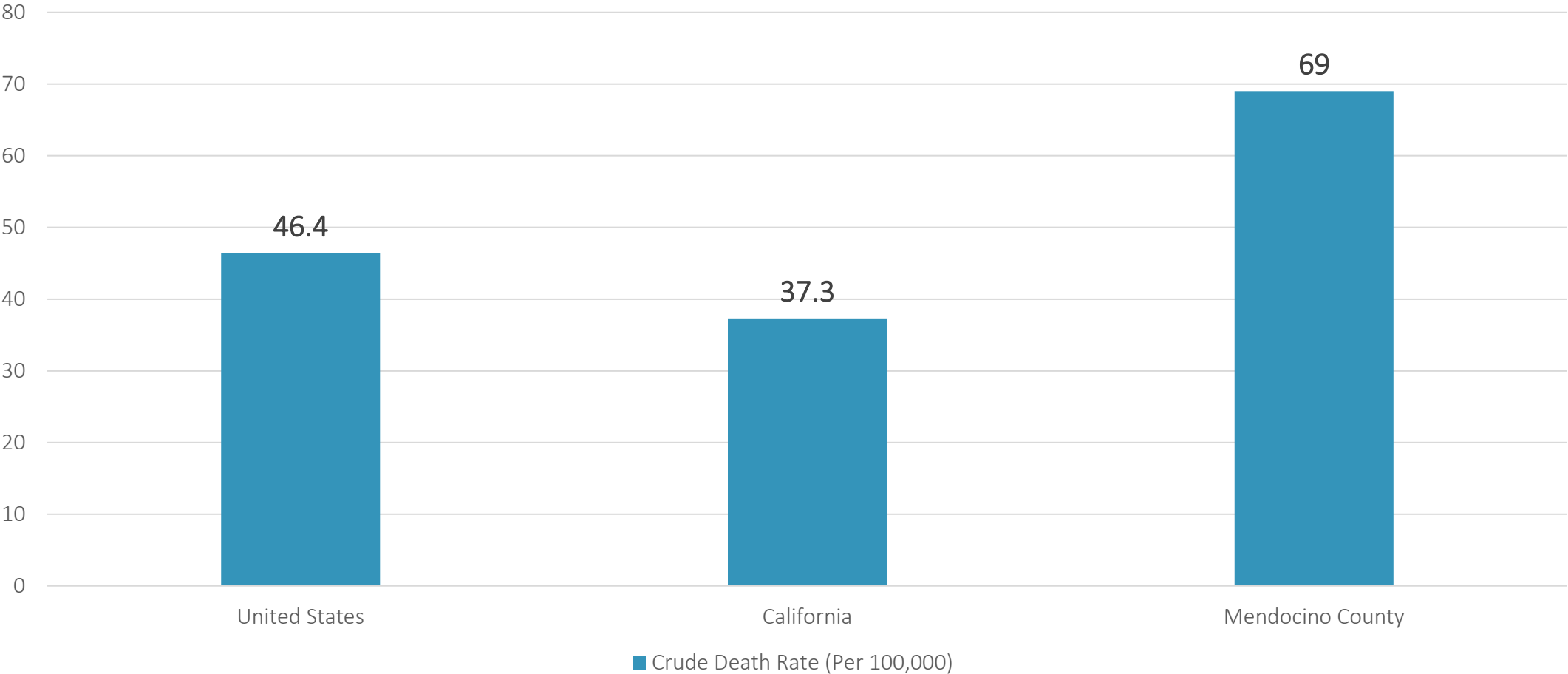


Source: California Health Interview Survey, 2019



# Mendocino County – Deaths of Despair

Crude Death Rate, Deaths of Despair, 2015-2019



Source: Centers for Disease Control and Prevention, National Vital Statistics System





# Improving Access to Care





# Expanded Behavioral Health Services









# Request

Mendocino County Board of Supervisors form an Ad Hoc Community Well-Being Committee to define how the County and Adventist Health can partner to make well-being accessible to everyone in Mendocino County.