



A Look at Health in the Monument Corridor

When we asked community members about **healthy living in the Monument Corridor**, here's some of what we heard:

Health: Are you healthy? Is your family healthy? Is your community healthy?



Me

51% Yes **49% No**

It's not difficult to be healthy and to live healthily; it's just that sometimes we put up our own barriers.

— Jose Perez

83% have a family member or friend that inspires them to be healthy

66% eat healthier when they cook at home or with their family

Doctors say that people should get at least 30 minutes of exercise a day — **67%** don't

79% don't have time to exercise

Top 5 daily concerns about health:

- Eating habits
- Diabetes
- Mental health/stress
- Obesity
- Lack of exercise



My Family

59% Yes **41% No**

It's important to eat healthy for your body, but also just being happy. Having a happy home is very important to your everyday attitude.

— Janessa Mejia

51% family concerns keep them from eating healthy foods and exercising

81% their family eats too much junk

25% see money as a barrier to family exercise

50% cite their family's chronic illness and mental health/stress as barriers to health



Monument Community

Where there is unity, there is community.

— Andrea Rios

There are a number of concerns about the health of the Monument community. The factors most often referenced were:

- Safety
- Supportive Neighbors
- Cleanliness
- Organic Food
- Good Schools

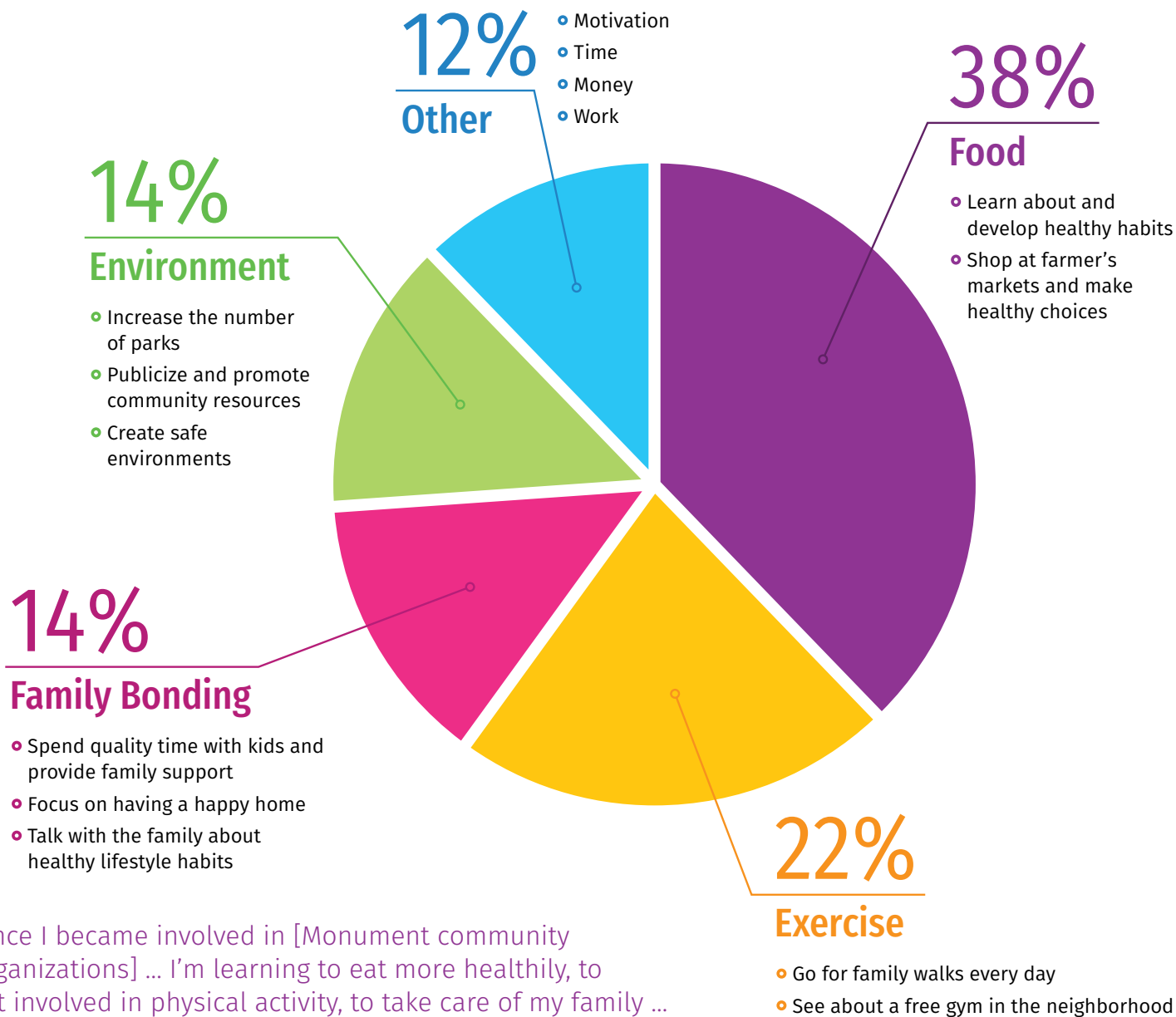
When asked if these factors are present in Monument:

22% Yes **78% No**

83% worry about safety in their neighborhood

84% said that safety concerns affect their use of local parks and other outdoor activities

When we asked Monument community members **what they need to help them and their families be healthier**, most of their answers centered on:



Since I became involved in [Monument community organizations] ... I'm learning to eat more healthily, to get involved in physical activity, to take care of my family ... I think that the community would be more involved if these groups would approach them and recruit them!

— Marisol Chavez



The connection between community conditions and health are well documented. Based on its 75 years of experience in health care and its decade-long Healthy Eating Active Living (HEAL) partnerships, Kaiser Permanente has learned that—as important as they are—health education and access to healthy options are only part of the solution. To learn about underlying conditions that impact the health-related choices people make, Healthy & Active Before 5, Story For All and Kaiser Permanente partnered in bringing an innovative, peer-based research project to Concord’s Monument Corridor.

A team of community members ranging from 15 to 71 years old learned about oral history methodology and then conducted interviews with their neighbors on topics such as exercise, food, safety, community and family. After reflecting on what they heard and experienced, they offered recommendations on ways to improve their community’s health.

This summary includes data derived from the community interviews. For the full report, contact Kaiser Permanente at 510.987.2237 or visit kp.org/communitybenefit/ncal after July 1, 2016.

Project Partners



kp.org/communitybenefit/ncal



www.storyforall.org



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