



Solano Coalition for Better Health

Since Solano Coalition for Better Health's (Coalition's) inception in 1988, it has spearheaded the development of various community programs to address health issues among the medically underserved, uninsured, and vulnerable individuals in Solano County. By developing effective partnerships with health care providers, public health agencies, and community organizations within Solano County, the Coalition acts as a vehicle to plan and implement access initiatives across the health care community.

The Coalition provides a forum for many individuals and community organizations through its role as community advocate for positive change in the health status of the Solano County community. In collaboration with its health, education, government, business, and other community organization partners, the Coalition advocates to improve the health and quality of life in the Solano County community.

In March 2016, the Coalition implemented a healthy beverage and physical activity policy. This policy has helped influence the Coalition's Staff overall health by reducing or eliminating unhealthy behaviors such as drinking sodas during meetings or lunches and by promoting activities that support individual and community health such as encourage and making rooms available for breastfeeding mothers.

Signing and implementing the policy, was a relatively easy process. However electing /dedicating staff to help monitor the policy goals would have gone a long way in engaging self-efficacy around personal goals.

"Healthy people build stronger, happier, and more productive communities." SCBH staff.

The staff enjoys the incentives and advise that they remind them to focus on healthier lifestyles. There are more water bottles present on their desks instead of sodas and more staff use the water filtered water pitcher more frequently throughout the day.

More inquires have been made to have physical fitness groups and small groups or individuals have started to walk around the building or area during breaks or lunch.

One of the challenges during the policy implementation was making sure everyone was participating in some way as we have a lot of offsite staff. The solution to this was to check in during staff meetings and make sure that every staff member had a water bottle and water was available at their sites.

The Coalition has recently moved locations and plans to carry out the same policies. Follow up will be made to engage the staff to create a "health team" to research physical fitness options.

