



Community Partner Spotlight: Live Well San Diego

The County of San Diego's Health and Human Services Agency (HHSA) *Live Well San Diego* is a vision for a region that is building better health, living safely, and thriving. For 13 years, the *Live Well San Diego* vision has unified the efforts of individuals, organizations, and government to help San Diego County residents live well. Over 550 organizations throughout the County have made a formal commitment to partner with *Live Well San Diego*. This includes the City of Chula Vista which recently marked 10 years as a *Live Well San Diego* recognized partner and has been essential in promoting and supporting well-being.

With a shared interest in equity and well-being, HHSA-Department of Homeless Solutions and Equitable Communities (HSEC) collaborates with the City on efforts that reflect the needs of the region, providing culturally and linguistically relevant community engagement. The HHSA-HSEC provides resources and support to address the needs of traditionally under-resourced and vulnerable groups, immigrant and refugee communities, and people at risk of or experiencing homelessness.

Through collective efforts, HHSA-HSEC has connected Chula Vista residents to community resources and information to improve their health and well-being. In 2023, some of these efforts included:

- Working together to promote the federal Affordable Connectivity Program which is designed to increase residents' access to quality and affordable internet. Efforts included leveraging HSEC-Community Health Workers to help eligible residents navigate language barriers, provide access to the technology, and educate residents on how to register.
- Teaming up with the City Homeless Outreach Team on weekly coordinated outreach to assist people experiencing homelessness within the community. Together, the team provides direct access to public benefit programs, housing resources, and connections to services.
- Collaborating with County Parks and Recreation to host a kinship corner at the Holidays at the Lake event in Chula Vista at which families had the opportunity to enjoy arts and crafts, play lawn games, take photos, and connect with vital resources for kinship care.

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- The Intergenerational Games bring older adults and elementary school children together to encourage physical activity, impart information about nutrition and healthy behaviors, and foster intergenerational relationships among active seniors and children through an inspiring half-day of fun and fitness. In 2023, over 90 active participants participated in the games at the City's Monteville Park.
- Love Your Heart (LYH) is an annual event in which organizations from across the U.S. and Mexico join to provide free blood pressure screenings to the public. Love Your Heart helps tens of thousands of people get to know their blood pressure numbers and take charge of their heart health. Hundreds of Chula Vista residents checked their blood pressure during last year's LYH campaign. Residents also received free blood pressure monitors and vital heart health information.
- The *Live Well San Diego* vision led to the creation of collaborative groups across the County known as *LWSD-Community Leadership Teams*. The *LWSD-South Region Community Leadership Team* serves as a platform to bring together dedicated cross-sector partners, providers, and thoughtful leaders. The group has over 90 members committed to a collective mission of improving the well-being of the South Region community through collaboration and policy, and changes to the system and environment that promote equitable, healthy, safe, and thriving communities.

Thank you to each member, partner, and collaborator who has contributed across the region. To learn more, visit [Department of Homeless Solutions and Equitable Communities \(sandiegocounty.gov\)](https://sandiegocounty.gov) and [Live Well San Diego | Home \(livewellsd.org\)](https://livewellsd.org)

