



**GOLDEN VALLEY**  
HEALTH CENTERS



CALIFORNIA COALITION  
FOR RURAL HOUSING

# BEYOND A ZIP CODE

HEALTH AND HOUSING  
IN THE SAN JOAQUIN VALLEY

With Golden Valley Health Centers  
and the California Coalition for Rural Housing

# CALIFORNIA COALITION FOR RURAL HOUSING

The California Coalition for Rural Housing (CCRH) is a statewide nonprofit organization that works to ensure affordable housing opportunities for low income households in California. Formed in 1976 following a farmworker housing conference, CCRH is one of the oldest state low-income housing coalitions in the country. Through advocacy, community organizing, technical assistance, research and education, our goal is to make the case for rural housing improvement and strengthen the capacity of the nonprofit and public sectors to provide affordable housing and related facilities.

In partnership with Fresno State's Office of Community and Economic Development, CCRH staffs the San Joaquin Valley Housing Collaborative.

# GOLDEN VALLEY HEALTH CENTERS

Our mission is to improve the health of our patients by providing quality, primary health care services to people in the communities we serve regardless of language, financial or cultural barriers. Golden Valley found humble beginnings in 1972 as a hospital-operated migrant health program.

Throughout its history, Golden Valley Health Centers became known for growing by leaps and bounds in terms of quality and services. GVHC has not only spearheaded development of patient registries and population management for improved patient outcomes, but they've also developed cultural competency programs and continued to open new sites throughout the region.

GVHC is now 30 sites and growing, with over 125,000 patients being served every year. GVHC has earned The Joint Commission's Goal Seal of Approval and is an NCQA-recognized Patient-Centered Medical Home.

## **ABOUT US:** Ellen Piernot MB, MBA, Chief Medical Officer

Dr. Piernot is Board Certified in both Family Medicine and Clinical Informatics. Dr. Piernot has been with Golden Valley Health Centers (GVHC) in the Central Valley of California for the last two plus years. During her tenure, she has worked to develop a strong presence of clinical leadership through her four Regional Medical Directors and to expand the teaching opportunities offered at the health centers. Dr. Piernot has oversight of all the medical and behavioral health providers as well as provider recruiting, nursing, health education, and quality. Prior to arriving at GVHC, Dr. Piernot worked for both large and small FQHCs in Arizona and New Mexico. She completed Medical School at the Medical College of Wisconsin and her residency at Waukesha Family Medicine Residency in Wisconsin. Dr. Piernot earned her MBA from the University of New Mexico-Albuquerque. She was also a National Health Scholarship Corp scholar and completed her service in New Mexico.

## **ABOUT US:** Lise Talbott, MBA, Director of Clinical Education and Outreach

Talbott has been with GVHC since 2014. She works with our team of excellent health educators who assist patients with the prevention and management of chronic diseases as well as helping our prenatal patients have healthy babies. She also works with our growing team of Community Health Outreach Workers dedicated to spreading positive health education messages throughout our three-county service area. Lise has nearly 25 years of community health education and outreach experience focused in the Central Valley.

Alicia joined CCRH in August 2015 as the Housing and Community Development Director. She carries the organization's efforts throughout the San Joaquin Valley where she provides technical assistance to jurisdictions, community development corporations, and American Indian tribal communities. She is staff to the San Joaquin Valley Housing Collaborative and she supports resident engagement through the Residents United Network.

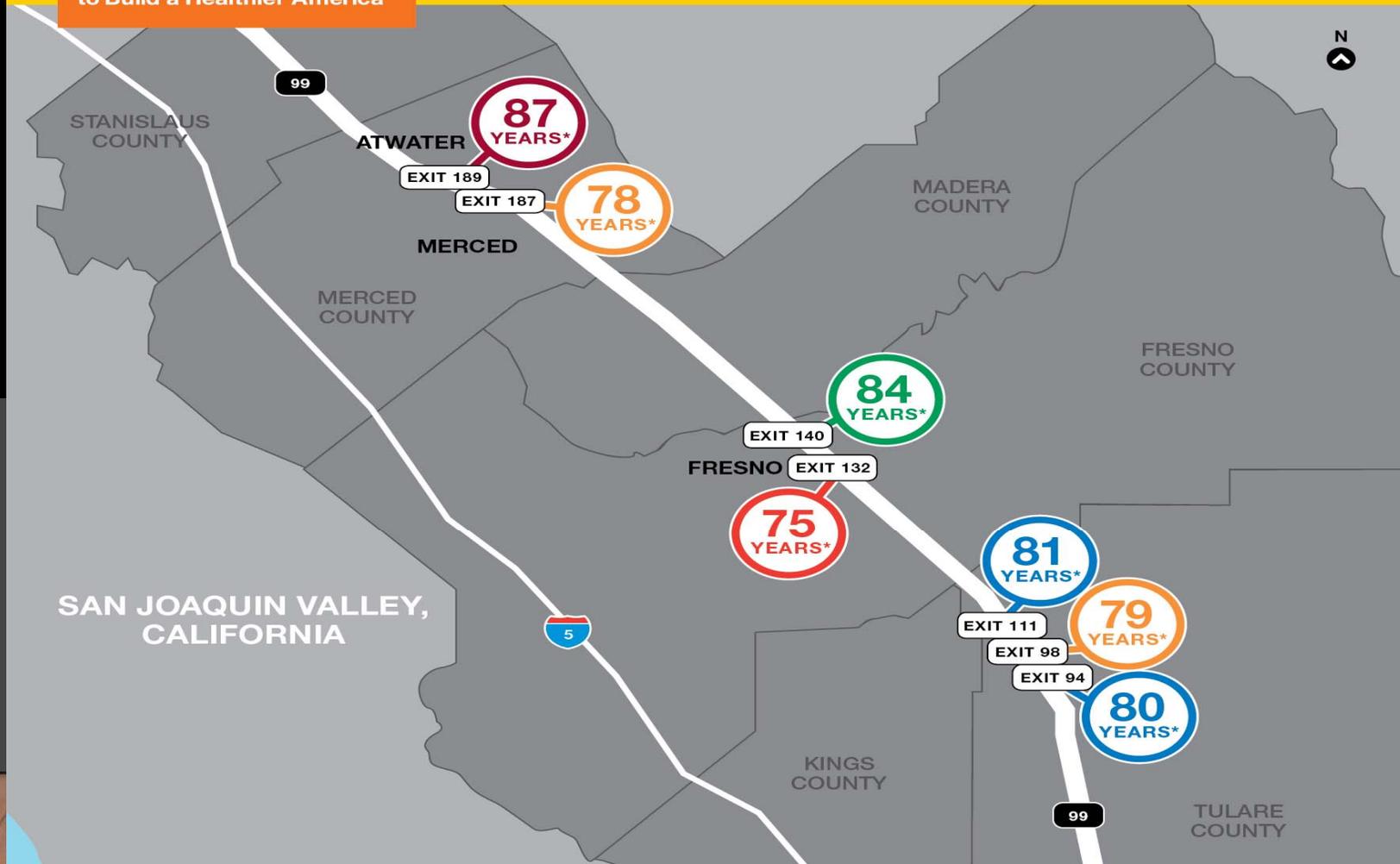
Before joining CCRH, Alicia worked launching resident civic engagement programs focused on infrastructure, affordable housing, and transportation advocacy. Alicia also worked has worked strengthening food systems through access and education to healthy foods and small business support for local growers. Alicia began her career in public health in HIV prevention and treatment strategies. She grew up in the rural foothills between the San Joaquin Valley and Yosemite National Park.

Alicia holds a Master of Arts in Nonprofit Leadership and Management from the University of San Diego, and a Bachelor of Arts in Community Studies and Education from UC Santa Cruz.

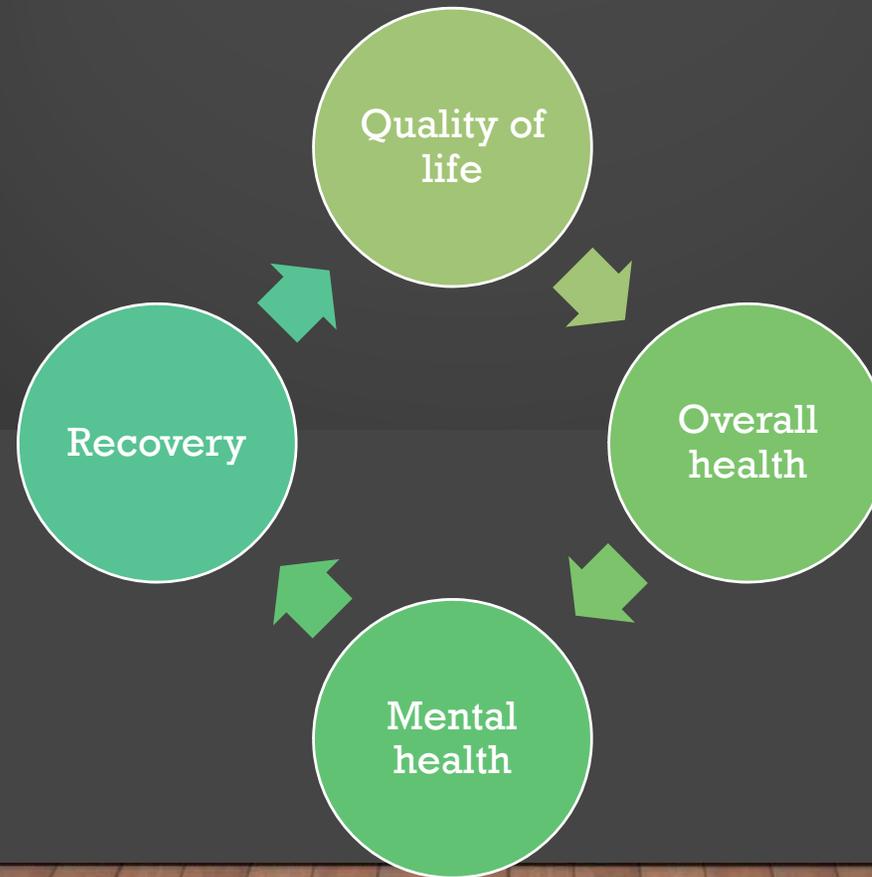
# ZIP CODE

RWJF Commission  
to Build a Healthier America

Robert Wood Johnson Foundation



# WHY IS HOUSING IMPORTANT FOR HEALTH?



# HEALTHY HOUSING: QUALITY AND ENERGY EFFICIENCY

The quality of housing itself can have health direct impacts –

- Older
- Not Maintained
- Prevalence of 'slum' housing
- Absentee landlords
- No heating
- No air conditioning
- Poorly insulated
- Vermin -- mites, roaches, rodents
- Presence of mold, mildew, asbestos, lead-based paint
- Without running water, full kitchens

Consider : impacts of undocumented status and fear of holding landlord accountable

Consider : older adults who can't afford to keep up on home maintenance

# LEAD EXPOSURE

Nine Fresno zip codes showed lead poisoning at least as high as that in Flint during the peak of that city's crisis.

Lead can be found throughout a child's environment.



1 Homes built before 1978 (when lead-based paints were banned) probably contain lead-based paint.



2 When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.



2 Certain water pipes may contain lead.



3 Lead can be found in some products such as toys and toy jewelry.



4 Lead is sometimes in candies imported from other countries or traditional home remedies.



5 Certain jobs and hobbies involve working with lead-based products, like stain glass work, and may cause parents to bring lead into the home.

# LEAD EXPOSURE



Damage to the  
brain and  
nervous system



Slowed growth  
and development



Learning and  
behavior problems



Hearing and  
speech problems

The good news:  
Lead poisoning is **100%** preventable.

## HEALTHY HOUSING: AFFORDABILITY

The more community members spend on housing, the less they have available for other necessities that impact health —

- **Healthcare**
- **Medicine**
- **Healthy Food**

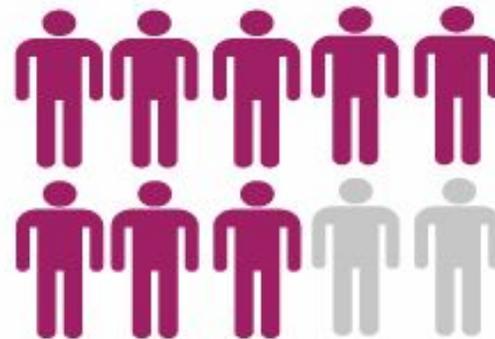
# HOUSING AFFORDABILITY

## Rental Cost Burden:

2 out of 5 people in the SJV rent



8 out of 10 of lower-income households pay more than 30% of their income in rent



1 out of 3 renters lives in overcrowded conditions



## HOUSING AND ENVIRONMENT

- Zoning of industrial areas
- Housing in proximity to freeways
- Housing near agriculture
- Water quality
- Air Quality

# HTTP://ARCGIS.IS/FR14C

## CalEnviroScreen 3.0 Overall Results and Individual Indicator Maps

from OEHHA



Pollution Burden

Population Characteristics

Overall Results

Pollution Burden

Ozone

PM 2.5

Diesel PM

Drinking Water

Pesticides

Toxic Releases

Traffic

Cleanups

Groundwater

Hazardous Waste

Impaired Waters

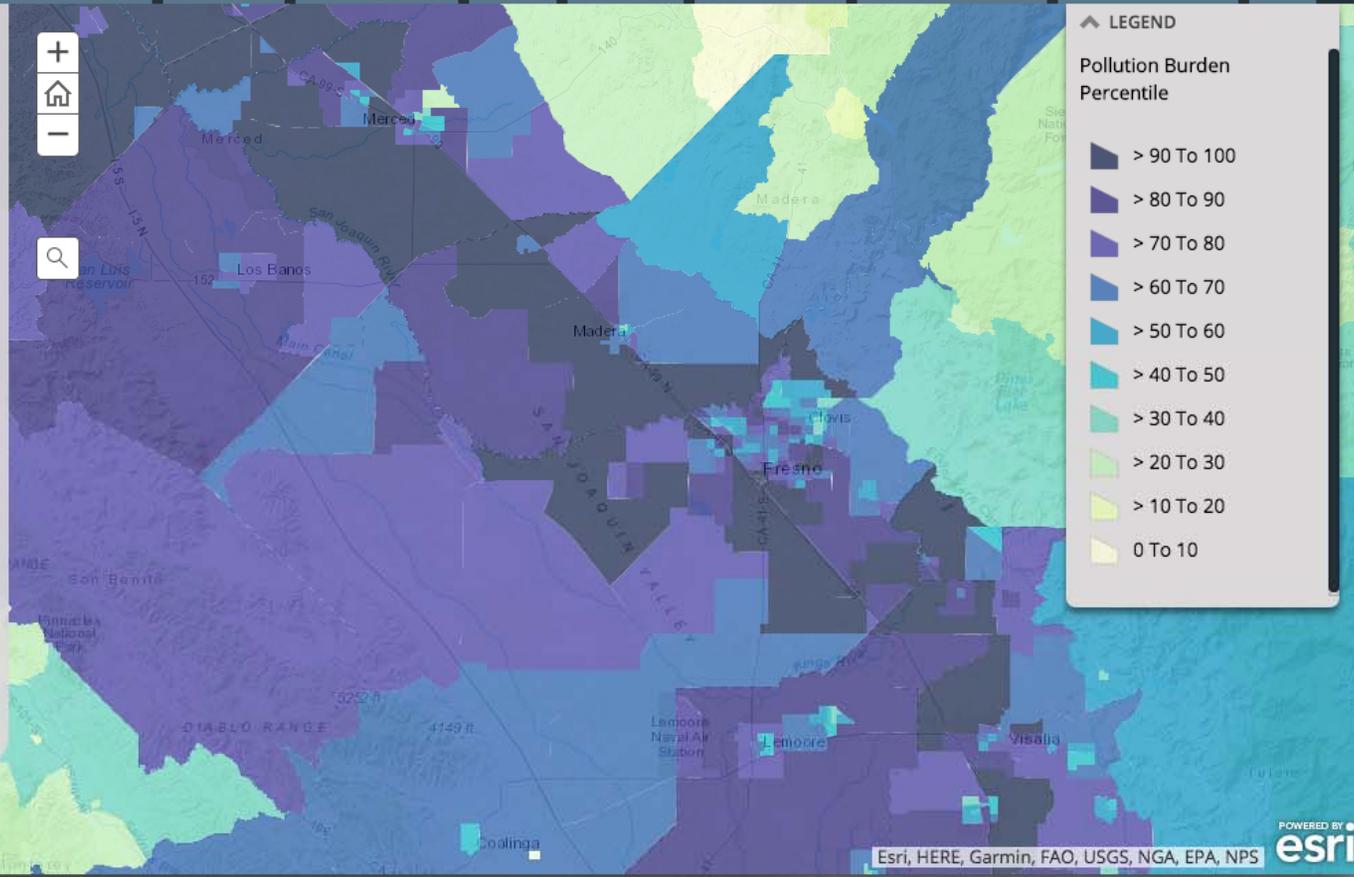


Overall CalEnviroScreen scores are calculated from the scores for two groups of indicators: **Pollution Burden** and **Population Characteristics**.

This map shows the combined Pollution Burden scores, which is made up of indicators from the Exposures and Environmental Effects components of the CalEnviroScreen [model](#). Pollution burden represents the potential exposures to pollutants and the adverse environmental conditions caused by pollution.

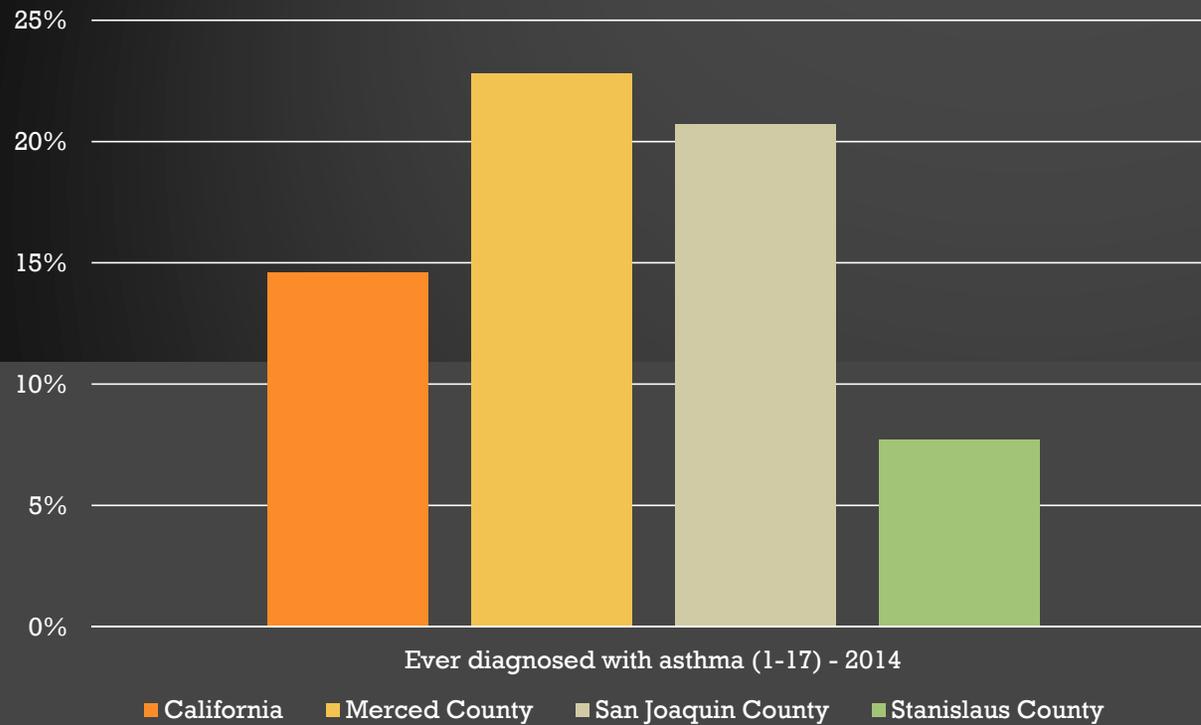
To explore this map, zoom to a location or type an address in the search bar. Click on a census tract to learn more about the indicator data. The 12 Pollution Burden indicator maps can be viewed by clicking on the tabs across the top. Click on the Population Characteristics tab at the very top to access the 8 Population Characteristics maps.

A [report](#) with detailed description of indicators and methodology and downloadable results are available at the [CalEnviroScreen 3.0 website](#).



# ASTHMA

2014, AskCHIS data



## Asthma

can be triggered by:

- Pests
- Secondhand Smoke
- Indoor Allergens
- Poor ventilation

# HEALTHY HOUSING: BUILT ENVIRONMENT

## Safety

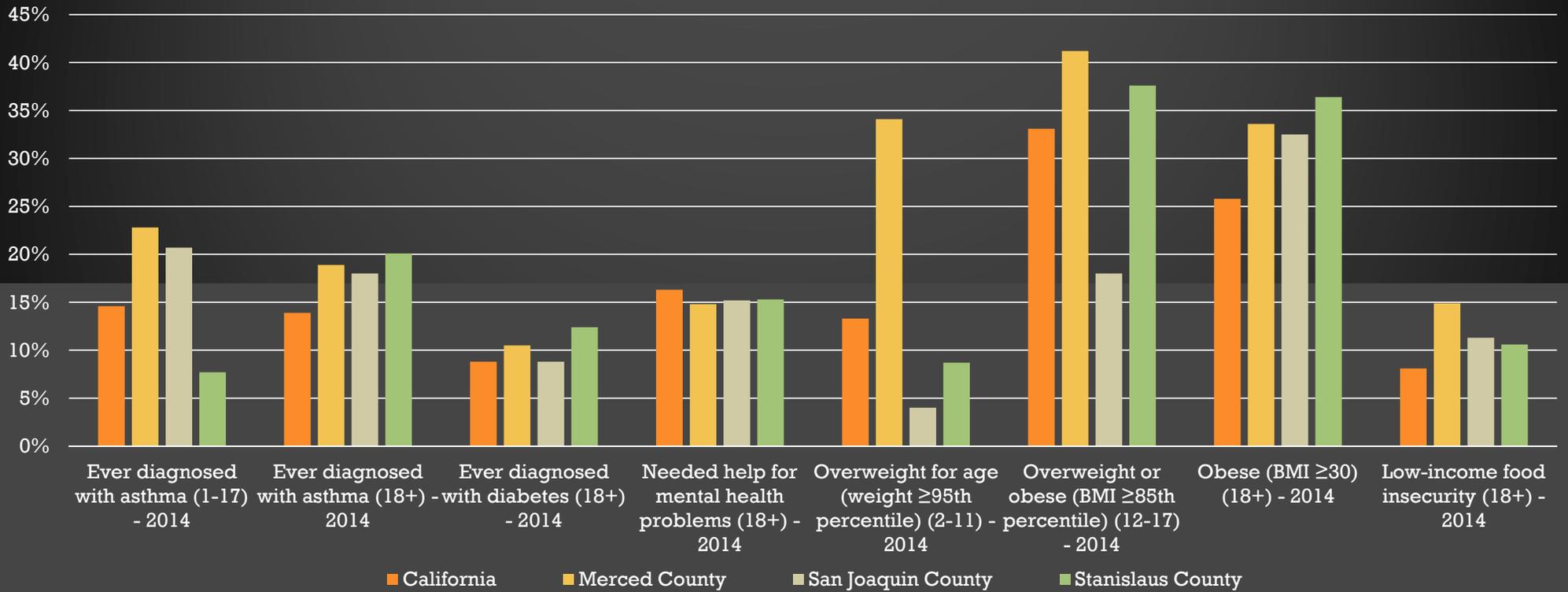
- Traffic Safety
- Accessibility
- Adequate lighting

## Places to Exercise

- Parks
- Greenspace
- Active Transportation Infrastructure like bike lanes, walking paths, complete sidewalks

# HEALTH IN THE SAN JOAQUIN VALLEY

2014, AskCHIS data



## HOUSING STABILITY

Overcrowding and housing instability cause incredible amounts of stress on families — adults and children alike

# STRESS IN THE CENTRAL VALLEY

## Impacts

- High rate of poverty
- Inadequate access to healthy food
- Unsafe drinking water
- Harmful air pollution
- Discriminatory policies and practices in schools
- Exposure to violence
- Inadequate housing supply

## Acute and Chronic Stress

## Health Disparities

- Asthma
- Obesity
- Diabetes
- Lead exposure

[https://www.sierrahealth.org/assets/pubs/A\\_Region\\_and\\_Its\\_Children\\_Under\\_Stress-Web.pdf](https://www.sierrahealth.org/assets/pubs/A_Region_and_Its_Children_Under_Stress-Web.pdf)

# HOW STRESS IMPACTS HEALTH

## EFFECTS OF EMOTIONAL STRESS ON THE BODY



High blood pressure



Increased susceptibility to substance abuse



Less resistance to disease



Depression

75%

of Americans reported experiencing at least one **symptom of stress** in the past month.



51%  
of women



32%  
of men

say they have laid awake at night in the past month due to stress.

# HEALTHY HOUSING: ACCESS TO RESOURCES

## **Access to public transportation**

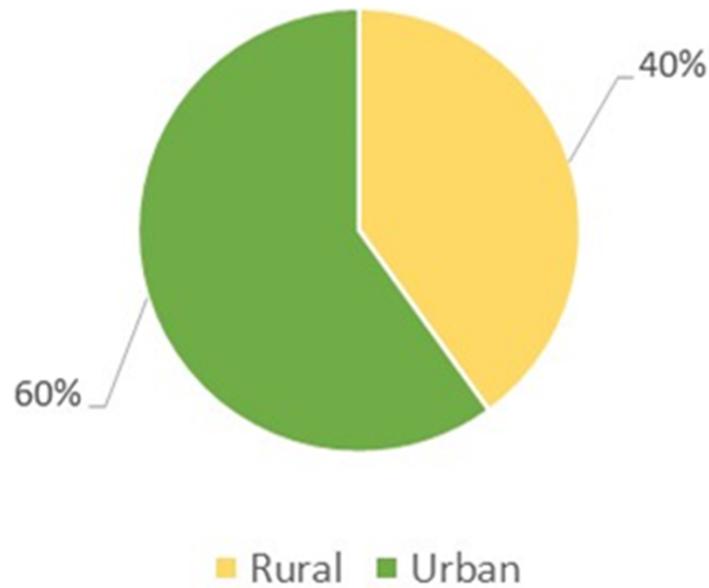
- driving less, polluting less, exercising more

## **Near Resources and Opportunity**

- Schools
- Employment
- Healthy food options
- Libraries
- Health Services

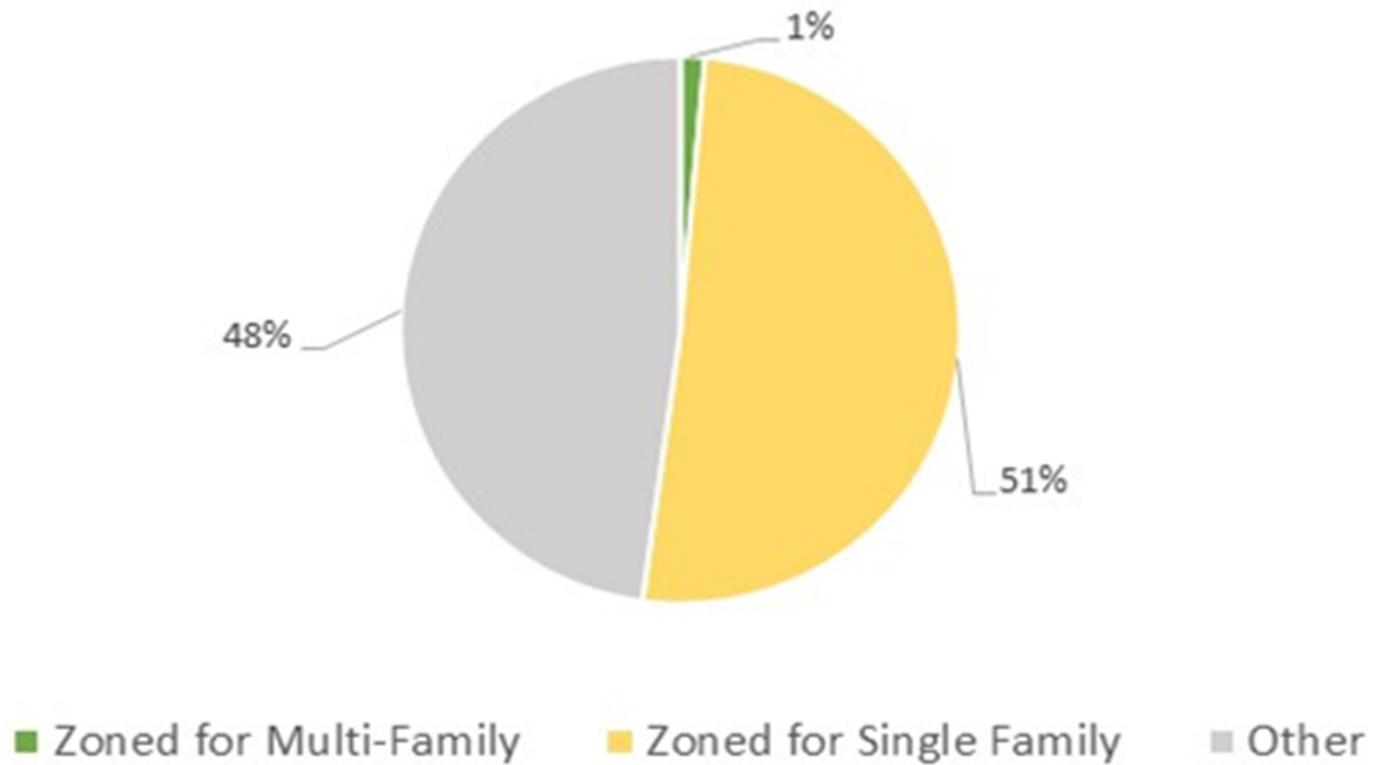
# Throughout the Valley high amenity sites exist in rural and urban areas

High Amenity Parcels: Rural vs Urban



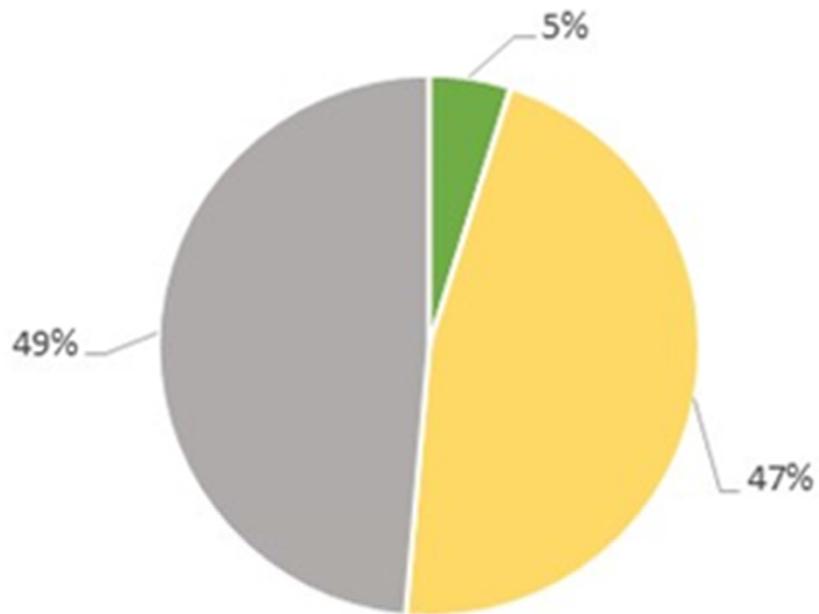
# MODESTO

City of Modesto High Amenity Parcels



# FRESNO

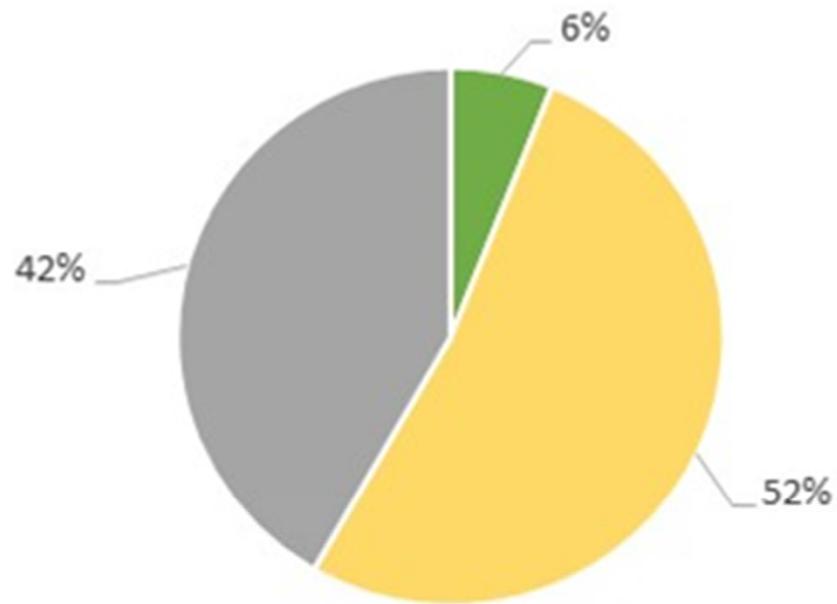
## City of Fresno High Amenity Parcels



■ Zoned for Multi-Family    ■ Zoned for Single Family    ■ Other

# STOCKTON

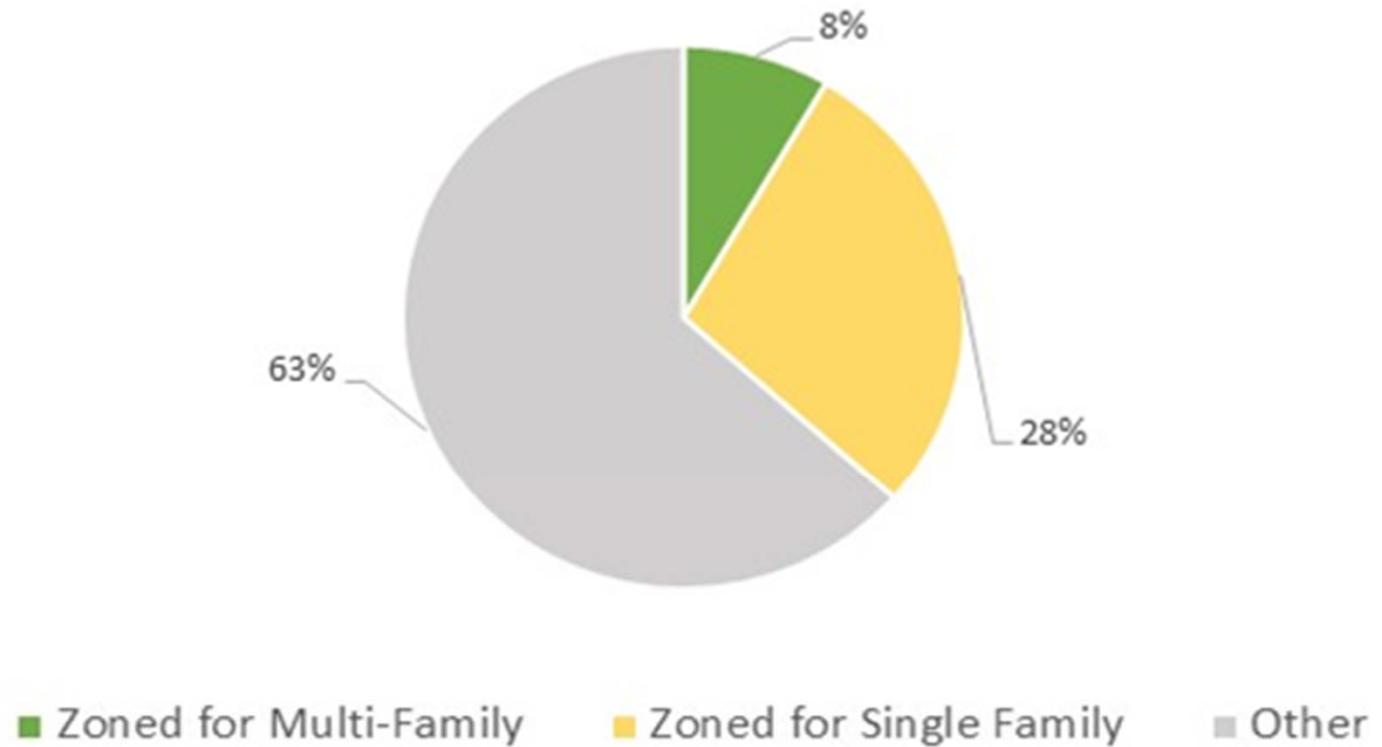
City of Stockton High Amenity Parcels



■ Zoned for Multi-Family    ■ Zoned for Single Family    ■ Other

# MERCED

City of Merced High Amenity Parcels



# OPPORTUNITIES FOR PARTNERSHIP

- Zoning and Land Use
- Health Care Centers Investing Directly in Affordable Housing Units
- Health Care Centers Providing Programming
- Health Care Centers Built into Community Space of Affordable Housing Communities

THANK YOU!