

Envision Health Update: *Moving from envisioning to living!*

Once again, our thanks for those of you who have been engaged in the Envision Health process. Attached is a visual summary of the November 18th Envision Health Convening we held in Pleasant Hill.

Following that community convening in November, we have been working to consolidate your powerful input, insights and recommendations. As you told us, health alone isn't enough—living life to the fullest means feeling safe, being healthy and having the opportunities to thrive. Just as importantly, you impressed upon us the importance of letting the individual describe what they are striving for.

Throughout December and the early weeks of this year, we have been consolidating and distilling the enormous amount of input provided during the three Envision Health convenings, as well as the hundreds of surveys many of you completed and encouraged your friends, colleagues and family members to complete. We've also been reviewing the efforts of the four Work Teams convened over the summer and returning to the trends that will shape Contra Costa in the future. It's a lot of information, but it's powerful and demands serious consideration.



While we are still refining the strategy, I wanted to share our latest thinking. It's exciting and I'm proud to say inspired by all we learned from you. We've set an ambitious goal, aiming to create a county where all people thrive, can embrace the life and lifestyle that they aspire to, and pursue their well-being in a manner that reflects their unique needs, culture, desires and aspirations. This goal demands a multi-faceted, multi-sector approach, with the opportunity to leverage all the work happening across the county to align and close gaps. We're calling this ambitious strategy **Living Contra Costa**.



Based on your input, *Living Contra Costa's* strategic vision is built on three key areas. First, we want to make sure that everyone is living safely – that they not only feel safe, but are protected with clean air, water and food.



Living healthy is a second area, and this extends beyond access to health care. We want to ensure that people can pursue and protect their health. And finally, *Living Contra Costa* will address living well—perhaps our broadest and boldest goal to ensure that the myriad of factors that

contribute to happiness (education, income, employment, connections, spirituality and personal growth) are all in place.



There's a lot to do and we look forward to sharing a more detailed view of the *Living Contra Costa* strategy in the coming weeks. We hope we can continue to count on your input and support as we move from envisioning health in Contra Costa, to delivering on that promise.