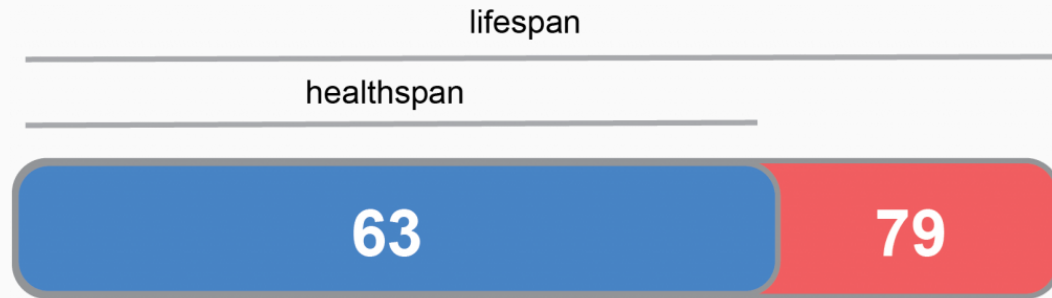


# HealthSpan

Healthspan is the amount of time a person lives in good health, free from chronic disease and disability. It's a model that focuses on living well, rather than just living longer.



**Figure 1: average healthspan vs. average lifespan in the US (in years)**

# Why is this important?

Aging in place

Supports the whole healthcare system, reduce chronic disease management

Economic Development

Increased collaboration between nonprofits and agencies

A more vibrant community environment

Positive environmental impacts

# HealthSpan Concept

Our mission is to create a thriving community where everyone has the opportunity to achieve their fullest potential and enjoy a high quality of life.

The HealthSpan initiative aims to enhance the overall health and well-being of our community by fostering a supportive environment that promotes physical, mental, and social wellness.

Through collaborative programs, educational workshops, community activities and accessible resources, we strive to empower individuals and families to lead healthier lifestyles, build strong connections, and cultivate resilience.

**Create a community where making the healthy choice is the easy choice!**

# HealthSpan Action Plan

- ➔ Complete a feasibility assessment to create a case for support
- ➔ Secure \$100,000 a year for three years to start
- ➔ Capacity building in staff and key partners
- ➔ Plan of action for how the community gets involved
- ➔ Create a sustainability plan

# Process to Date

Steering committee formed

Discovery meetings with Tahoe Forest Hospital, Beach Cities Health District, Petaluma

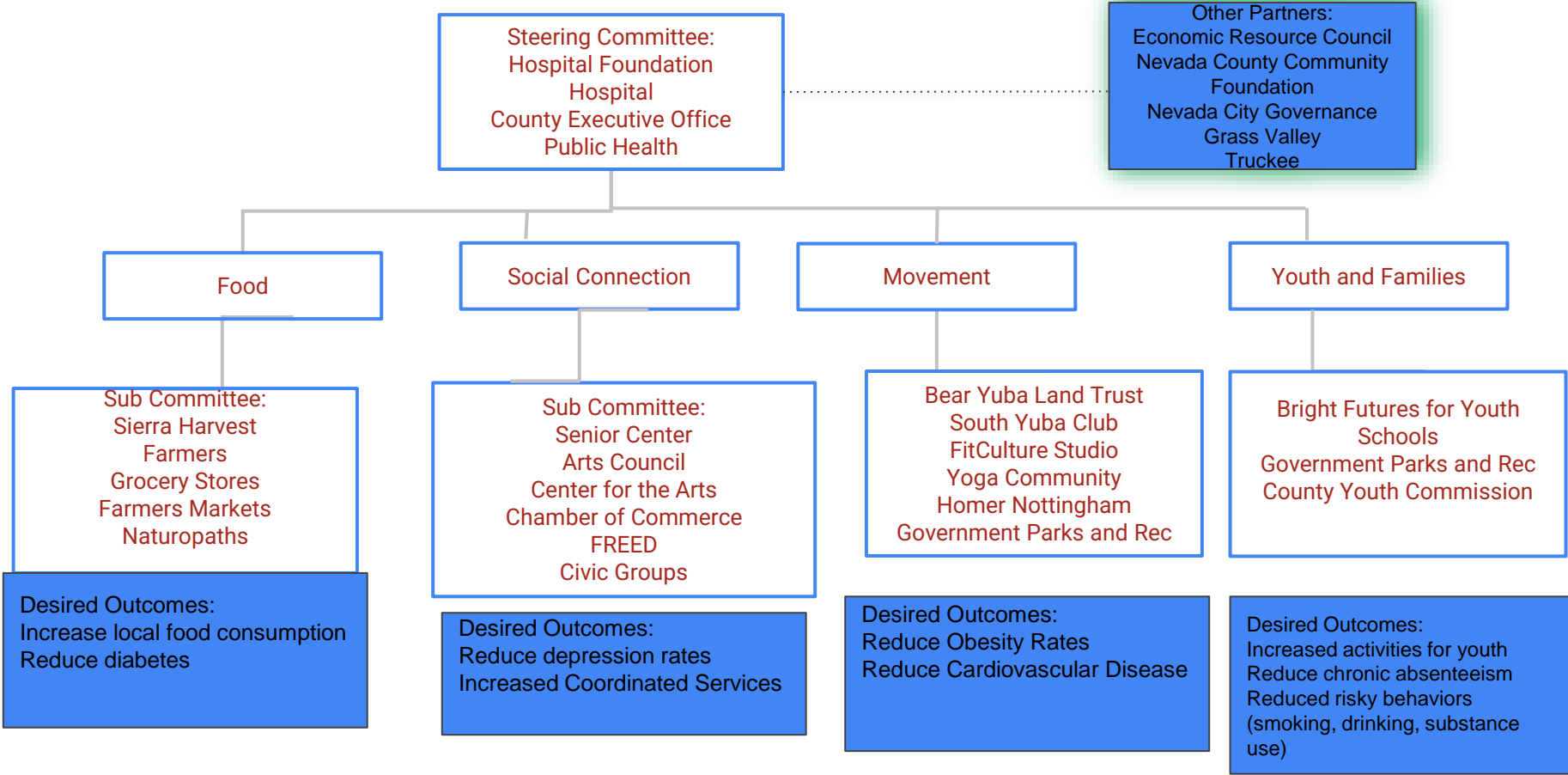
Community presentations on HealthSpan

Consultant engaged

Working on case for support document

Engaging next key strategic partners

# HealthSpan Structure



# HealthSpan Assessment Scope of Work

- Review relevant documents including previous community assessments
- Participate in two (virtual) one hour planning meetings in anticipation of in person gathering
- Participate one in person gathering in Nevada County of key stakeholders, moderating as appropriate
- Participate in one (virtual) one hour debriefing meeting
- Draft case statement for review by stakeholders
- Review and edit document with project partners
- Present as needed at two meetings of potential funders, virtual or in person if desired/feasible

# Additional Key Stakeholders

Cristine Kelly, Community Foundation (Executive Committee)

Eli Bacon, Sierra Harvest (Food)

Dan Frizell, School Superintendents (Youth)

Homer Nottingham (Executive Committee)

Leslie Lovejoy, Senior Center (Social Connectedness)

Erin Tarr Bear Yuba Land Trust (Movement)

Mike Carville, South Yuba Club (Movement)

Jenn Singer, Bright Futures for Youth (Youth)

Organizations to consider: Color Me Human, Nevada County Pride, City Leaders, Briar Patch, California Organics



# Other Potential Funders

California Wellness Foundation, Equity in Access-System Transformation.

Blue Shield of California Foundation, Align Systems with Community Priorities

Robert Wood Johnson Foundation, Exploring Equitable Futures

AstraZeneca Foundation, ACT on Health Equity: Community Solutions Challenge

# Potential Projects to Support/Advocate

Trail Connections

School Food

School Wellness Centers

Bike Lanes

Senior Center programs

Walking Groups

Increasing local food consumption

Youth Program