

Appendix 1. West County Community Demographics

West County Region	Zip Codes	Life Expectancy **	Race/Ethnicity "White" * (% ttl pop)	Race/Ethnicity BIPOC * (% ttl pop)	Children 0-17 * (% ttl pop)	Elementary School Enrollment *	No HS Diploma * (% pop 25+)
Sebastopol / West County	94922 94923 95444 95465 95472	84 yrs	81.9	18.1	16.4	1,223 (4.3% of ttl pop)	7.9
Russian River	95421 95430 95436 95446 95462 95486	82 yrs	83.8	16.2	14	878 (4.1% of ttl pop)	5.8

* <https://statisticalatlas.com/county/California/Sonoma-County>

** 2021 Sonoma County Summary Measures of Health

Community	ZIP	Median Income	Employment Rate	Poverty Rate	Food Stamp Recipients (% ttl pop)	K-12 School Enrollment	% Pop 25+ w/out HS Diploma	% Pop 25+ w/Bach. Degree	Lack Health Insurance
Sebastopol	95472	95,417	58.30	8+/- 2%	6.4	60.2+/- 5.2	5.4	44.7	4.6
Occidental	95465	65,357	59.60	11.2+/-5	2.2	92.5 +/- 8		48	4.7%+/-6
Graton	95444	63,396	50.30	0	4.1	88.2	18.9	44.8	0.0 +/- 10.6
Forestville	95436	75,417	65.30	8.20%	6.9	69.8	4.9	35.3	3.40%
Guerneville	95446	75,035	51.10	11.4%+/- 3%	15.3	67.1 +/- 9.2%		34.5	6.4% +/- 2%
Rio Nido	95471	78,672	38.50	19.90%		78.4			0.0 +/- 6.8%
Villa Grande	95486	78,672	100.00	0.0 +/- 49.6%		NA			0.0 +/- 49.6%
Monte Rio	95462	45,417	51.50	7.6+/- 6.2%	19.1	62.4 +/- 17.4	5.6	24.6	10.4 +/- 5.9%
Cazadero	95421	61,691	53.80	3.9% +/- 4.7%	5.8	0.505	5.1	17.1	6%+/- 3.3
Jenner	95450	62,979	56.60	0.0% +/- 16.4		0.72		40.6	0.0% +/- 16.4
Bodega Bay	94923	66,975	47.80	2%	2.8	52.9+/- 17.8		58.1	0.0% +/- 3.4%
Bodega	94922	112,244	49.40	12.3		100	16.6	15.7	6.6

Source: <https://data.census.gov/cedsci/>

US Census 2020 ACS 5-Year Estimates Subject Tables

Appendix 2. West County Health Center Client Demographics

	2016	2017	2018	2019	2020	2021
Total Patients	12,923	12,838	12,124	11488	10124	9,952
Total Homeless patients	388	691	586	602	593	735

Age						
0-17	22%	22%	22%	23%	19%	21%
18-44	32%	31%	31%	31%	31%	30%
45-64	30%	30%	29%	28%	29%	27%
65 +	16%	17%	19%	19%	21%	22%

Ethnicity						
White/Non-Hispanic	68%	68%	64%	76%	59%	59%
Hispanic	14%	14%	13%	14%	14%	14%
African American	<1%	<1%	1%	1%	<1%	<1%
Asian/Pacific Islander	<1%	<1%	2%	<1%	<1%	<1%
Native American	<1%	<1%	<1%	<1%	<1%	<1%
Unreported/Refused to report	12%	11%	15%	16%	20%	20%

Poverty Level						
0-100% FPL	21%	37%	20%	21%	18%	16%
101-200% FPL	13%	17%	12%	16%	14%	13%
201% + FPL	10%	14%	10%	13%	10%	11%
Unknown	56%	32%	58%	51%	58%	60%

Special Populations						
Non-English Speaker	10%	6%	7%	6.0%	6.0%	6.0%
Migrant/Seasonal	<1%	<1%	<1%	<1%	<1%	<1%
Homeless	3%	5%	5%	5%	6%	7%

Appendix 3. West County Schools

Appendix 4. Early Childhood

Number of Births (2016), Mean Strong Start Score (2016), Percentage of Families in Poverty (2017), and Percentage Non-white Population (2017), Overall Rank and Indicator Rank, by Census Tract

Portrait of Sonoma County Census Tract Name	# births	Overall rank	Mean Strong Start Score	Ranking - Strong Start	% below poverty	# families in poverty	Ranking - % families in poverty	% non-white	Ranking - % non-white
Guerneville/Rio Nido	31	10	8.9	4	16%	125	4	22%	2
Monte Rio	29	8	9.3	3	17%	114	4	18%	1
Southeast Sebastopol	35	7	9.1	3	3%	33	2	22%	2
West Sebastopol/Graton	29	7	9.1	4	5%	71	2	20%	1
North Sebastopol	40	6	10.0	1	10%	159	4	15%	1
Hessel Community	27	6	8.9	4	2%	32	1	15%	1
Jenner/Cazadero	22	6	9.3	3	4%	20	2	19%	1
Gold Ridge	30	5	9.9	1	8%	95	3	19%	1
Forestville	24	5	9.6	2	3%	28	2	21%	1
Occidental/Bodega	23	5	9.5	2	6%	50	2	9%	1
Southwest Sebastopol	27	4	10.3	1	5%	55%	2	12%	1
Russian River Valley	33	3	10.0	1	1%	15%	1	20%	1

2020 Sonoma County Early Childhood Scan

Prenatal Visit in 1st Trimester

Percentage of prenatal care patients who entered prenatal care during their first trimester.

UDS-CA Benchmark 2019	HP 2020	2016	2017	2018	2019	2020	2021
77.7%	N/A	82%	85%	79%	90%	92%	92.47%
		119/146	118/139	93/117	101/112	98/106	86/93

WCHC Uniform Data System, 2016-2021

Low Birth Weight

Percentage of babies of health center prenatal care patients born whose birth weight was below normal (less than 2,500 grams)

UDS-CA Benchmark 2019	HP 2020	2016	2017	2018	2019	2020	2021
93.2%	N/A	0%	0%	3%	0%	2%	5%
		0/84	0/69	2/44	0/45	1/59	2/38

WCHC Uniform Data System, 2016-2021

Appendix 5. What Is a Healthy Community to West County Stakeholders?

Imagine that you live in a truly healthy community. What would be different from the way things are?
Kids would have more things to do; no climate change and its negative impacts like fire; increasing number of people who are engaged in Fire prevention activities from hardening to fuel reduction to all sorts of things
Greater percentage of people actually able to do healthy activities a greater percentage than current. I would like to overhear discussions like in the grocery store about this, that it's just part of what people around here talk about how to get more healthy, how to get more fire safe.
Improve preventive care over acute care
Medical prevention and do the monitoring and the preventive and the primary care so that we did not react to things in a we were not reactive but could be proactive
We'd have equity and equality; we wouldn't have people living on the streets; we wouldn't have people who are food insecure; We wouldn't have some various segments of the community alienated from other segments of the community who wouldn't have denial happening.
Those more underserved their voices would be heard louder in health, safety and prevention, economics, business, whatever.
Having a healthy community would have policies in place regarding the sale of any tobacco products that addresses and eliminates the targeting of youth and BIPOC
Fire safety officer that you have somebody in the schools talking about what it's what the hazards are in vaping
Every homeless would have a home that would be a healthy community. I think that's a big issue in Sonoma County. Obviously, there's a lot more issues, but I think for me right now, homelessness would not part of a healthy community.
I think access to health care would be number one.
I would add to the access to healthcare. In in an affordable way. Again, that's equity and in addition to that, that they're the frailest within the community that there would be some means that these people are contacted in making sure that their health needs are being taken care of, like to say health advocate or case management or something like that.
a healthy community would have access to something local that is safe for women, parents, and children in these situations
cohesive processes and resources for early mental health referrals for all ages
All people that our school district serve in our community have access to all of the resources that are available in that Community. And by that I just take it a little farther that you know we have parents with different levels of ability to access systems to negotiate technology to work their way through the steps and needed things to get the Community resources and support that their family needs.
Healthier students and families...fewer rates of neglect, fewer rates of abuse. Adverse childhood experiences at a minimal, students with zero basis scores. Rn absence of homelessness. More parks and access to safe places to play and for families to have recreation. We would see more opportunities for just exercise in general. in a healthy community there would be a plethora of opportunities for Wellness activities trainings, for example, parent trainings or just parent interest, family interests. We would see more opportunities for transportation to Santa Rosa. That folks could access some needed health needs and other resources. Reduction in food insecurity for families.

Affordable housing and that's kind of the biggest issue that our seniors are dealing with. That is fundamental to a healthy community that people of all different socioeconomic levels can thrive and live and work in the communities that they work or live in. I see a healthy community where people can live affordably and have access to public transportation to get to their doctor's appointments and grocery shopping and to for social activities. And then of course, to be able to age in place safely.
More housing, fewer mental health issues. more resources for the families in this area in regards of a movie theater or somewhere families can gather together and be able to socialize, a place where a community can come together, folks can feel the sense of belonging. when a family has all the all the other needs being met, then they tend to be happier or live in a happier place. Yes, as a community, the cohesion, the community, feeling and the cohesion between folks in the community feels stronger.
Point Reyes Station has a Community Health Center. It has full time mental health services, it has a social services in the county, a Social Services Office and outreach workers that are dispatched from there. In other words, it has an array of services that we have none of. Services similar to Point Reyes station to serve our population
Everyone is helping each other. If there's like projects going on in the community, you feel like anyone would be willing to help and you don't feel scared, you feel safe and you're happy with anyone in in the community. You don't feel unsafe around others.
I think it's important for like in some way to be like active in the community...going out and doing projects or helping people, or if it's even just interacting with other people and trying to find common ground.
somewhere where there is a general goal of working towards mutual interest and benefit of all community members...having a lot of resources available for folks who need support and a judgment free zone where support is available.
free community garden, food, clinics for stuff like mutual aid, harm reduction, drug supplies like Narcan and test strips, free birth, control that stuff like that for people in the community they keep the community, healthy, therapy and stuff like that
support for everyone and individualized support and anything that people could need
Overall quality of life would be improved, longevity, healthier teens and young people
No fentanyl drug abuse issues, an overall more resilient community with all citizens being productive
Parks and community settings where you see that children, families, neighborhoods are playing, driving, connecting with one another
people experiencing a sense of well-being, in ease that makes it possible for them to enjoy one another in that space
awareness of access to resources to make those moments possible...to the extent that there's want in the community for mental health care, for healthcare, for wellness, support for food and nutrition that there are easy to access trusted, well resourced
Community support network that provides a safe space for people to access supportive resources
you wouldn't see people living on the streets or with obvious addiction and or mental health issues sleeping outside. Wouldn't see so many broken families, resulting in seeing families in trauma and children acting out at schools. Wouldn't see as many hungry seniors as we do now. And we wouldn't see the violence that we see whether inside the home or externally.

Everybody would be housed, would be earning a living wage, not a minimum wage, but a living wage. Everyone, no matter their documentation status, would have access to quality health care, mental health, dental health, the whole shebang. All workers would be safe and healthy on their jobs, provided with the education they need to encounter the multiple hazards they may encounter in the workplace, education that's accessible to them whatever their literacy level, whatever their native language, whether it's Spanish or an indigenous language
A community where people aren't being exposed to toxics like fungicides and Roundup unwillingly
More equality in terms of access to services and complete access to their basic needs; enough healthy food to have a healthy life, were lots of childcare services and mental health services
More people being active and outdoors and easy places to be in nature, community engagement
would have the means to provide services for our homeless and the mentally disturbed population within the homeless
a thriving, healthy community would have the means to deal directly with our populations that are suffering mental challenges even to the point of institutionalization
there is a young man that I know... he goes around, and he talks to the homeless people...I'm not quite sure what he does, but if there were more community liaisons that might be able to do more like he is already doing
Many existing community partnerships, including West County Community Services, Guerneville School, Senior Center, River to Coast (some could be improved, not always pleased with efforts to support unhoused)
Individual residents supported unhoused, even if not all community organizations do
Everybody in the community being kind of actively engaged and connected.
more opportunities for transportation to Santa Rosa. That folks could access some needed health needs and other resources.
We would see healthier students and families come. I could speak kind of broadly to that, but every in kind of every aspect we would see fewer rates of neglect, we would see fewer rates of abuse
More parks and access to safe places to play and for families to have recreation.
Absence of homelessness
A healthy community creates opportunity to go out into the fresh air, exercise, socialize publicly, build community and social connection.

What community strengths or assets currently exist that can be leveraged or maximized to move us toward a healthier community?
Independent thinking Demographic out here along the lower river we have people that many times are quick to criticize and slow to participate, but if they have the facts, I'm finding that they can come to consensus on issues
we've got a very strong nonprofit group of organizations within throughout Sonoma County. Specifically, when you get out to the river, you got river to coast children services.
I think Guerneville is a good model...Guerneville school has done a tremendous job in the last six years. Bolstering the community and developing the garden and a number of other really innovative things. And that's basically because they've had a Superintendent that has been absolutely amazing. She's been a Dynamo. She's just in the process of retiring, but and will be sorely missed. But I tell you, she's done a remarkable job. She's up in the school too. She has been just a hub, If you will for community involvement, and that's so basically the way that schools are supposed to be
West County Community Services, West County Health Center, Face to Face, other non-profits
The time, talent, and treasure in the people in the community. The gifts of what they know, what they've learned, their life experiences, the resilience. That that they have and can demonstrate and share.
a lot of great community assets West County...nonprofit service providers, in the school clubs and service network; the elementary schools and high schools and the middle school at the Willow site. Definitely in the faith community and informal communities of spiritual and religious practice, social organizations and service club organizations. And there's a genuinely a very rich service orientation that exists there in West County.
There's wealth directed by those who are willing towards needs, that's an asset that's out there too. That's often untapped by ourselves in the in the nonprofit or community as well.
We have a county supervisor who's very active in supporting this area, District 5. Linda Hopkins
there's this pride in living in West County, and that can be an asset, as long as they don't go nativist...that can be an asset-local pride, community pride
access to walking trails, hiking trails, biking trails, to recreation on water river ocean. There are a lot of parks, and they're accessible, open to everybody. In general, we have pretty decent schools. So there's the building blocks of healthy community
I think there's a lot of people that care, a community that cares about what's happening for other. Sebastopol, CBO network and some of the work that's been happening in Guerneville or Sebastopol.
A lot of community organizing is already happening around these issues, like thinking about how we're supporting the homeless population, or the response to COVID and food security needs.
we live in a beautiful place with access to a lot of recreation and clean air and water
The county is also building a lot of institutional support for some of the problems that we're trying to tackle, including the homelessness problem, which is one of the bigger problems in the County, but also lack of affordable housing and climate change.
our supervisor, Linda Hopkins who's amazing. So, our community does have a lot of strengths and the fact that people are trying to make things better
We are rich in agencies; we have nonprofits and community-based organizations that have strong partnerships. For example, having West County Health Centers and in the new site there's a lot of potential. so just the fact that we have that facility and the amazing stuff that they have.

Instead of trying to find one agency to do all the parent workshops, coming together to do that. I would say our school district serves as a hub of this community. We are just one single site, 15 acres. We host the town hall meetings. We serve at a shelter for shelter in place just a number of purposes, so I think. it's a great resource for the community
diverse culture in Guerneville, I think the community prides itself on being an accepting and inclusive culture. You have multi generations here and newcomers, so I think you have strong pride and history here in this community and then yet, I do think it's still a welcoming community.
We have a strong Russian River Chamber of Commerce and with that we have a strong camaraderie of the business owners in this community and how they come together and pull together for one another as well.
Council on Aging Day service
Volunteerism and the strong volunteer spirit of a few people that are that are exhausted because they are so few
Health Action committees are a huge strength. Not only experience with Petaluma Health Action Group and now West County Health Center, but I've also seen some of the things that Healdsburg m Santa Rosa and Sonoma Valley have in place. We have all of these Health Action committees that have best practices models that could be shared within the county...some other great practices that we can find out about and replicate
The Juvenile Justice Dept has a program called KKIS, Keeping Kids in School, a trauma informed program and using their funding to provide case managers. For truancy cases...programming where an individual connected to county resources works at the school site and gets to know the staff and the systems
Having mental health-based staff on school sites. It had a significant impact on academic growth. Positive impact on attendance. A reduction in in discipline issues, and it was significant to the amount where we could present that data to our board.
we have municipal advisory, Supervisor Hopkins, and maybe a couple members here from Bodega Bay that are in contact with her office and give her feedback about unmet needs or things the county couldn't do anything from road conditions to social needs
active and engaged City Council in Sebastopol
the will of the Sebastopol community to address homelessness
a lot of people who not only want to be healthy, but want to help the community, I think there is a community spirit
Right now we have Carrie and his wife Sally. An elderly couple who, I believe once were homeless and they kind of pulled themselves out and part of what they give back to the community as they pick up trash.
People definitely rise up to the occasion. You'd be amazed at how many people up here in Guerneville, provide when they know about our workforce, fund and they yet still give \$5 or \$10
we are working on strengthening that partnership through one example is the Guerneville Community School collaborative