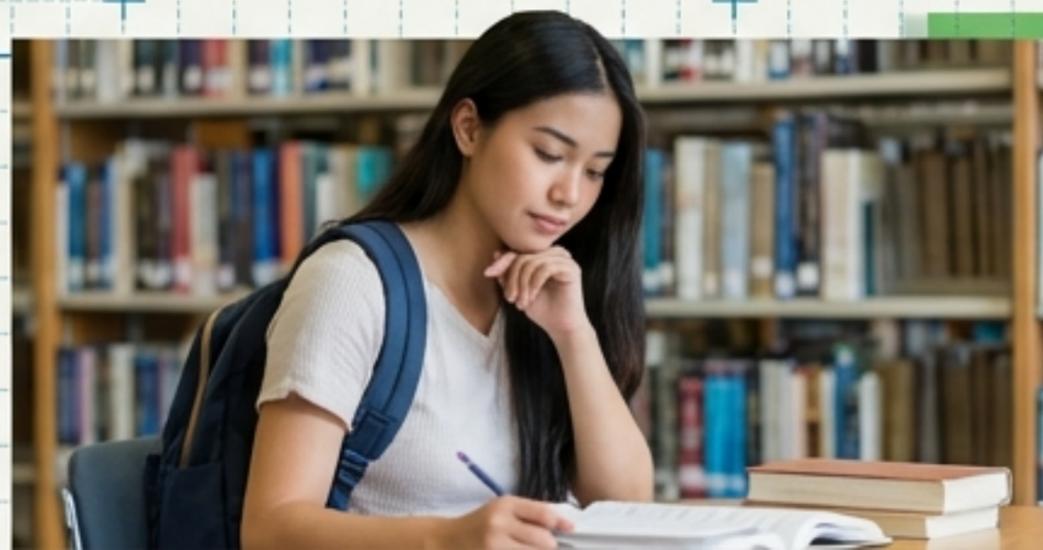




# The Berkeley Wellness Blueprint

Diagnosing Disparities, Prescribing Connection.

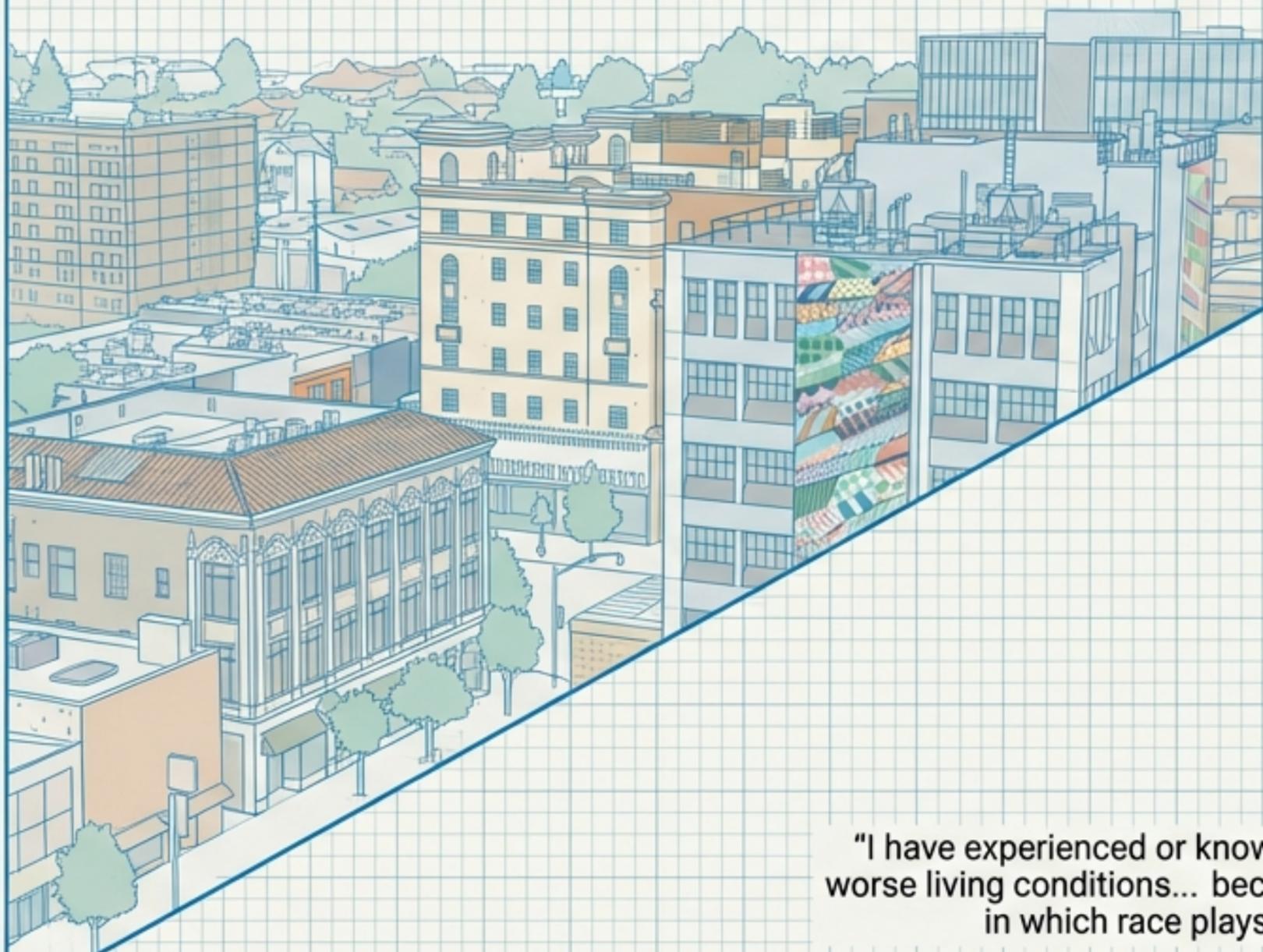


		
Community Health Assessment & Improvement Plan		
Status: DIAGNOSIS & PRESCRIPTION		

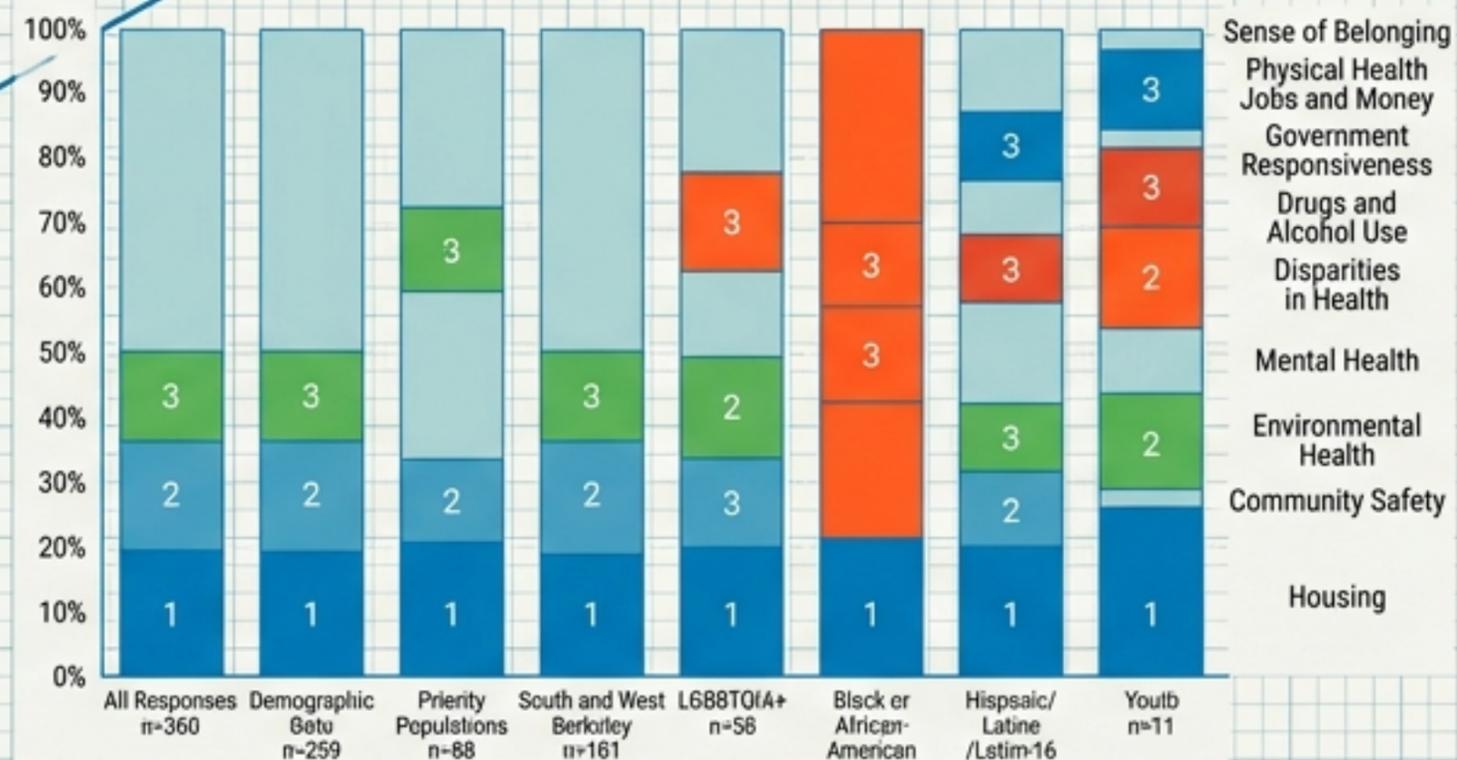
# A Paradox of Reputation and Reality

Finding 2: Diversity is valued, but structural inequities persist.

REPUTATION



REALITY



"I have experienced or know others who have experienced worse living conditions... because of socioeconomic factors in which race plays an important role."

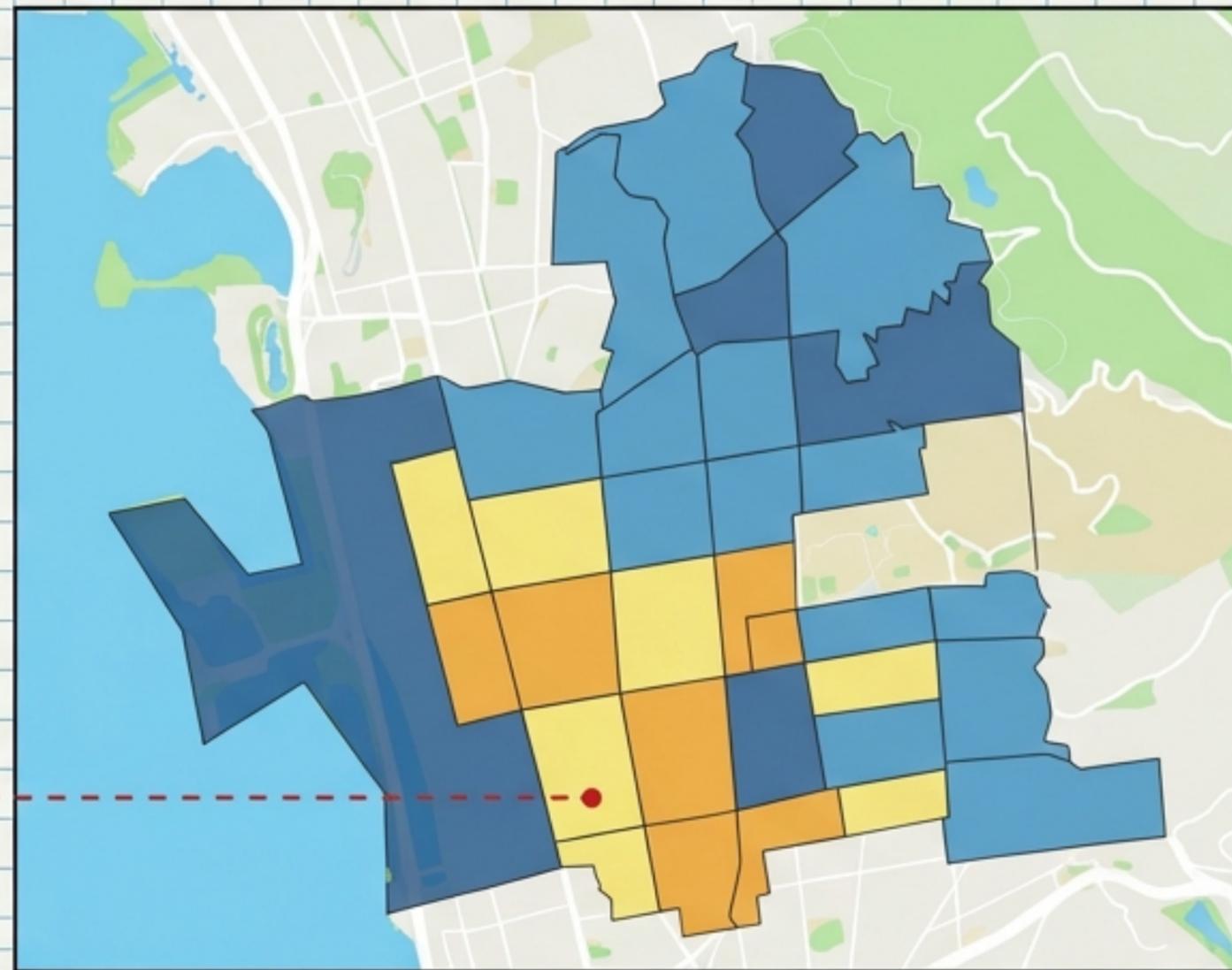
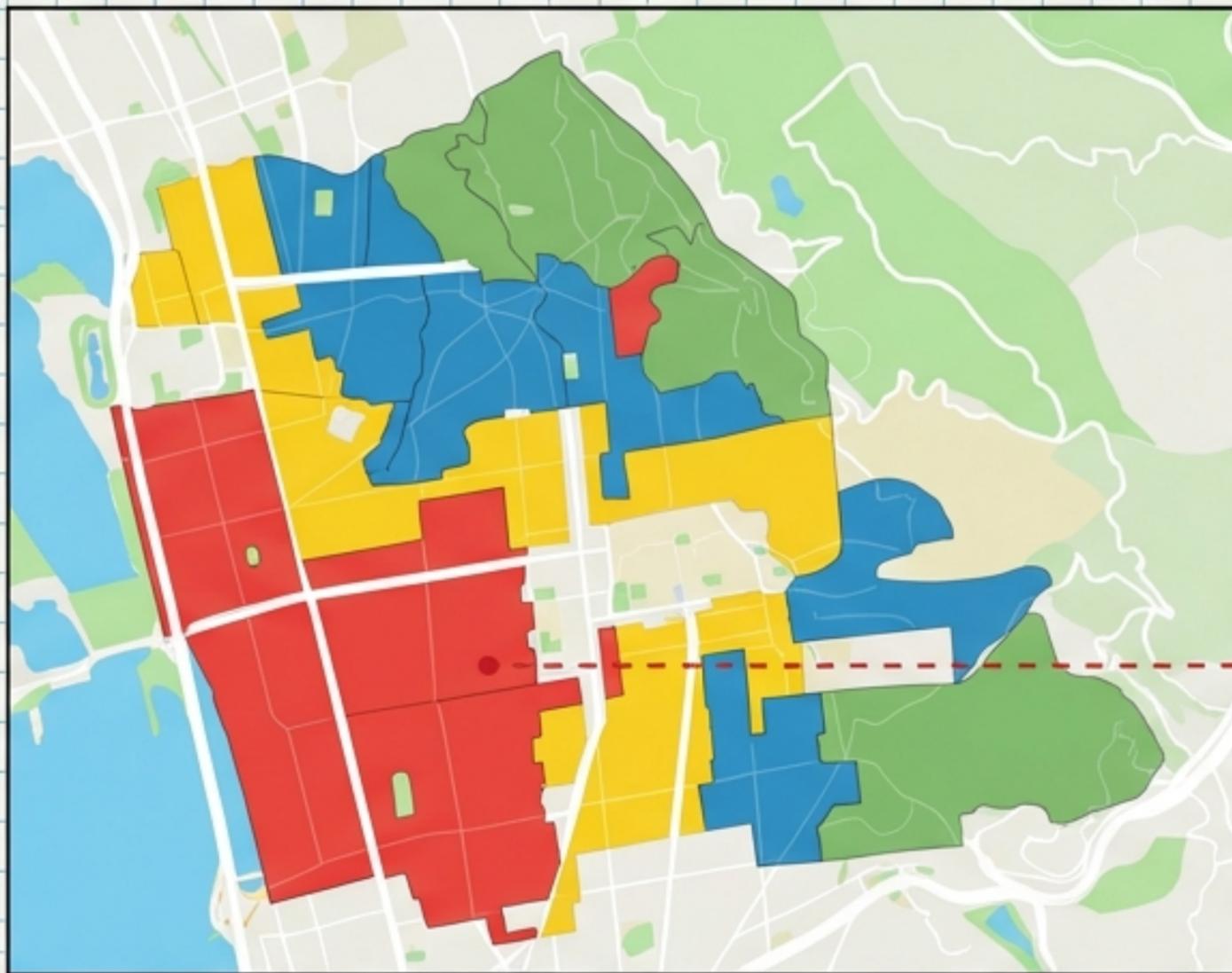
# Geography is Destiny

## 9 Year Gap

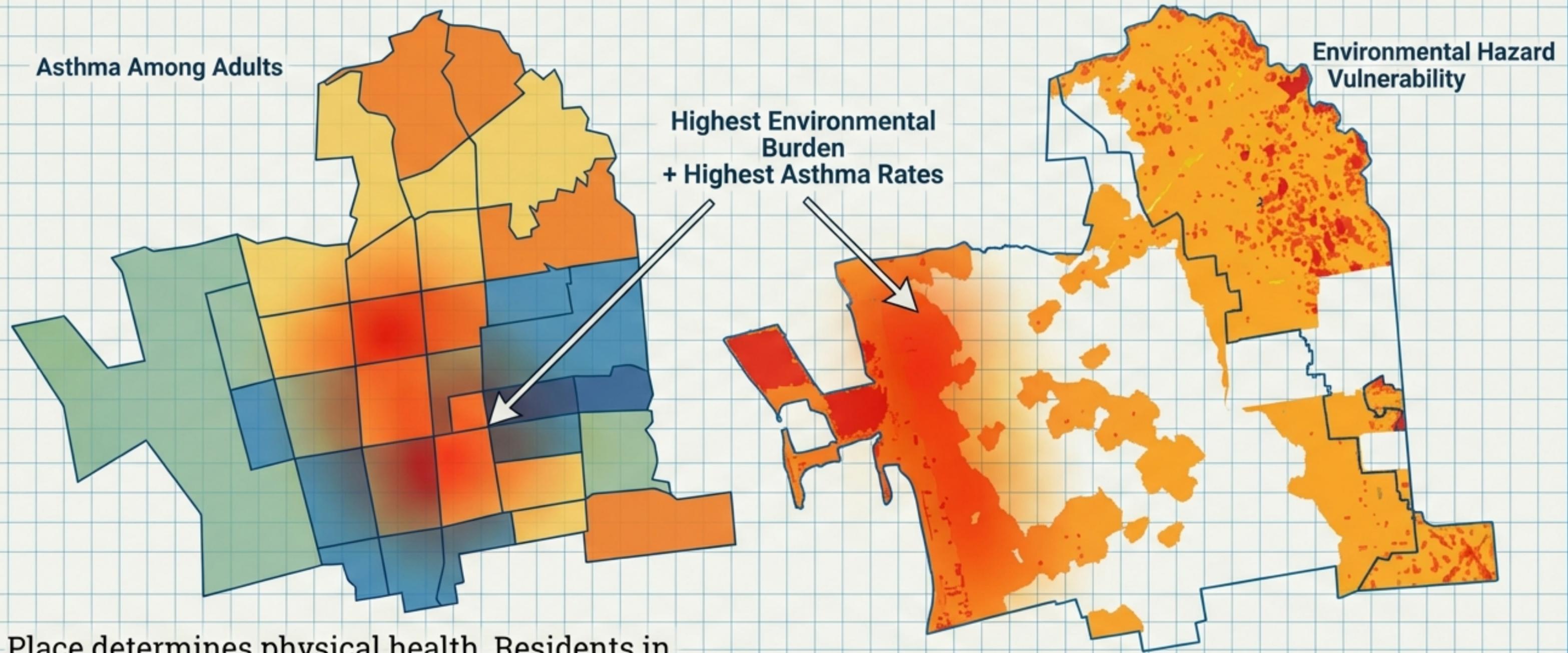
African American residents are projected to live 9 fewer years than the city average.

CAUSE

SYMPTOM



# The Environmental Toll



Highest Environmental Burden + Highest Asthma Rates

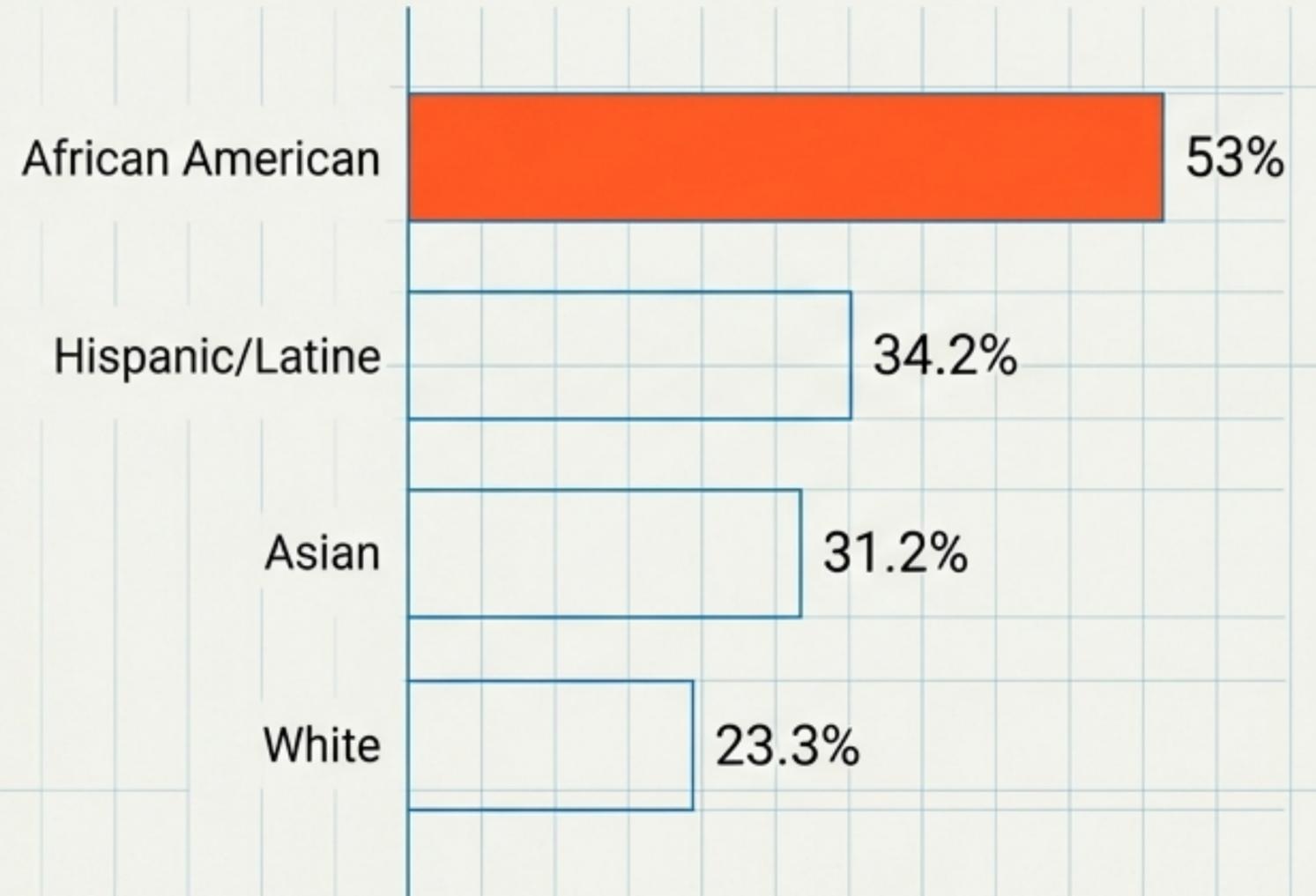
Place determines physical health. Residents in redlined districts breathe more polluted air and suffer higher rates of respiratory illness.

# The Displacement Crisis



**"I have seen many families of color leave... because the rent became too high."**

## Households Paying >30% Income on Rent



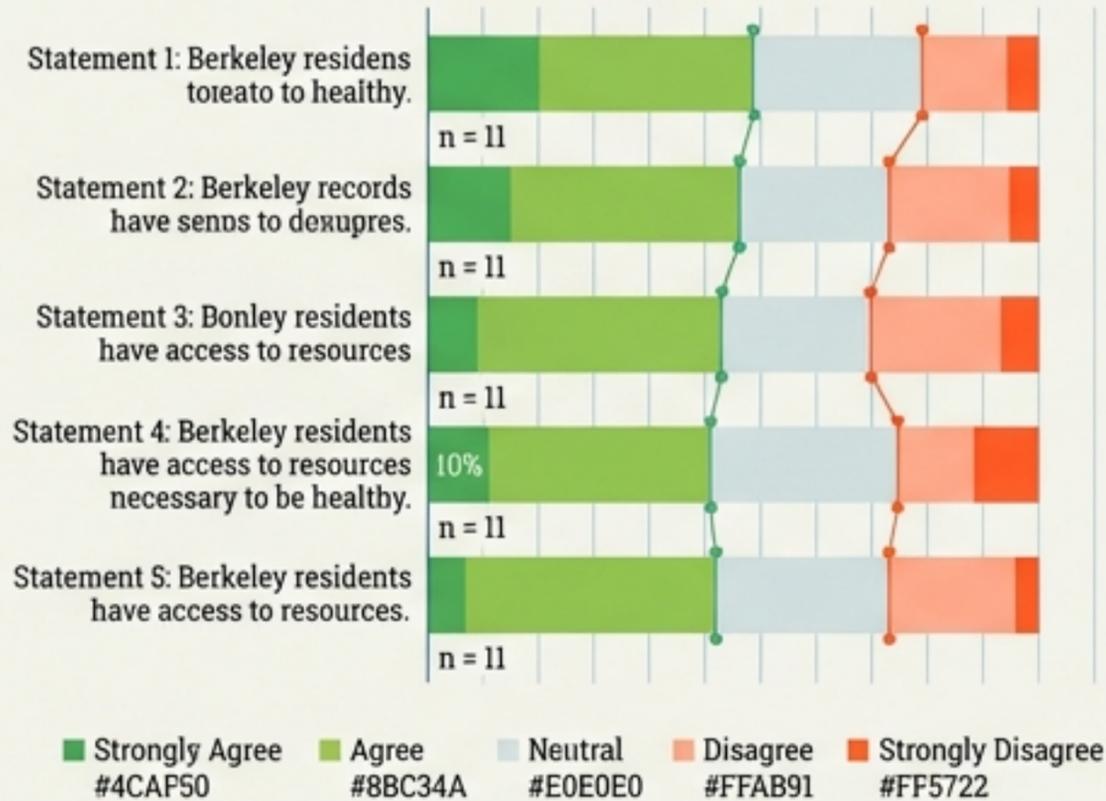
Finding 5: Affordability is the #1 Community Concern.

# A Crisis of Connection

The “Bookend” Effect: Youth and Seniors are most at risk.

## YOUTH

### Youth Responses to the Sentiment Statements



The Common Symptom: ISOLATION.

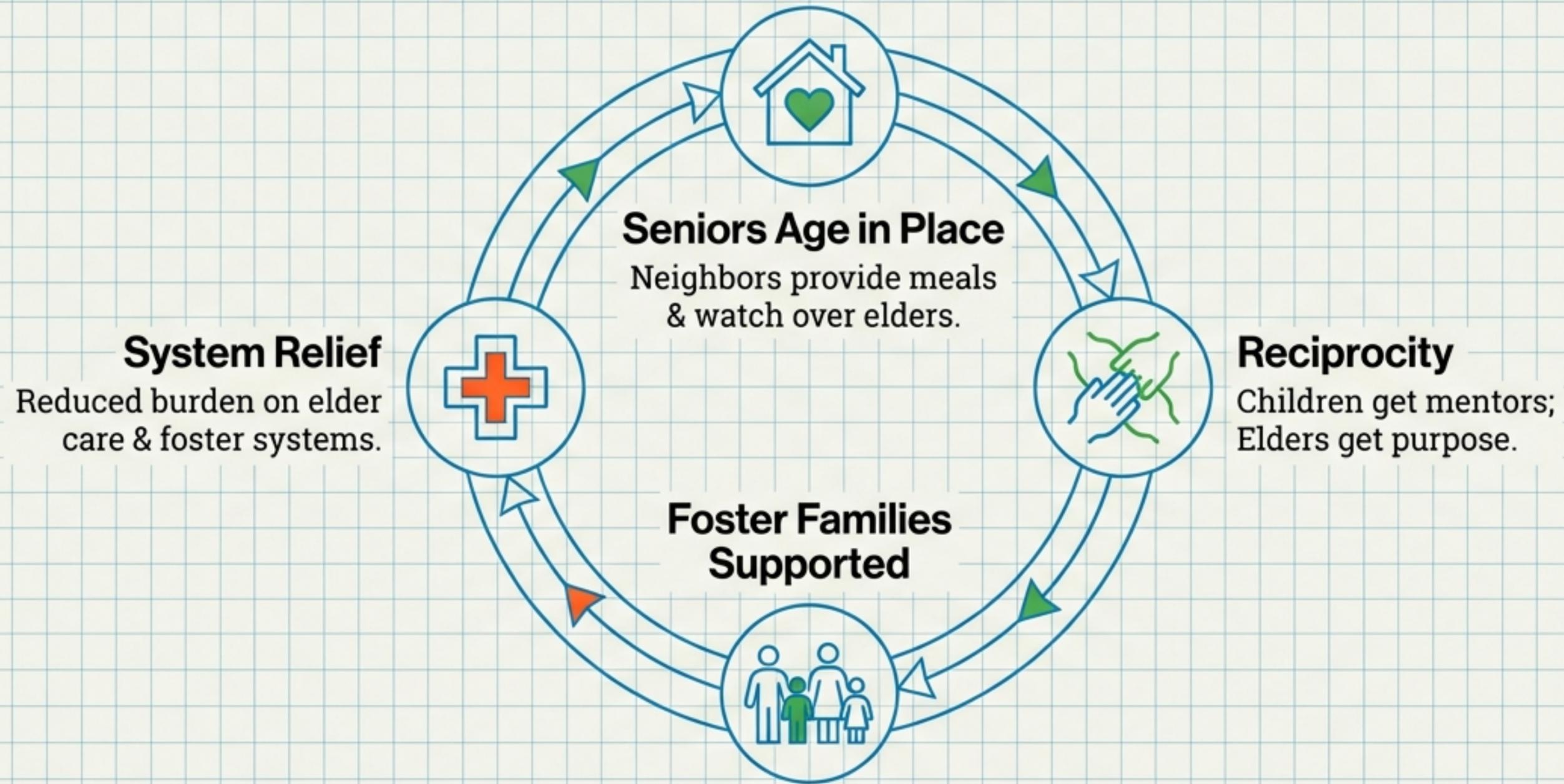
## SENIORS

**25%**  
of older adults feel socially isolated.

The pandemic exacerbated anxiety in the young and loneliness in the old. Both groups report feeling unprioritized.



# Building a Natural Support System

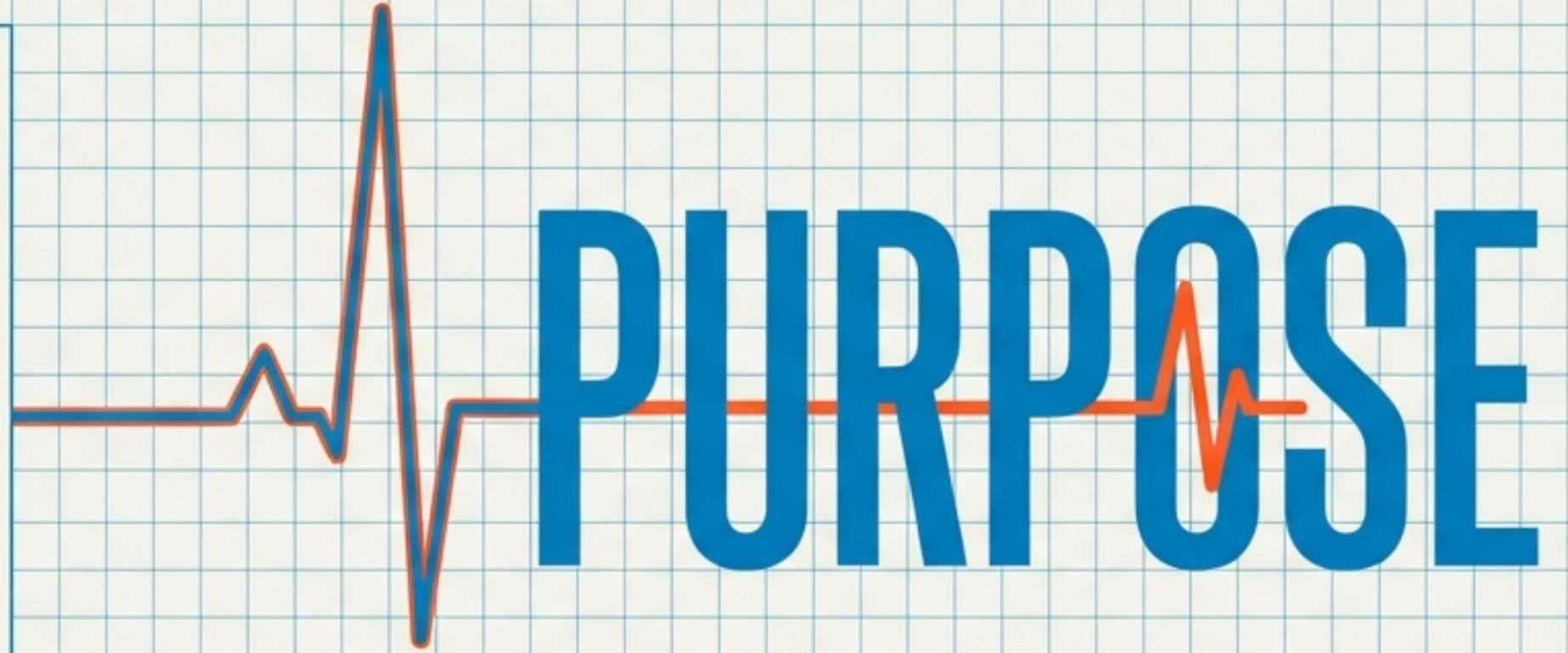


"People are coming to this community because they want a sense of connection...  
Our elders really want a sense of purpose."

# Connection as Medicine for Seniors

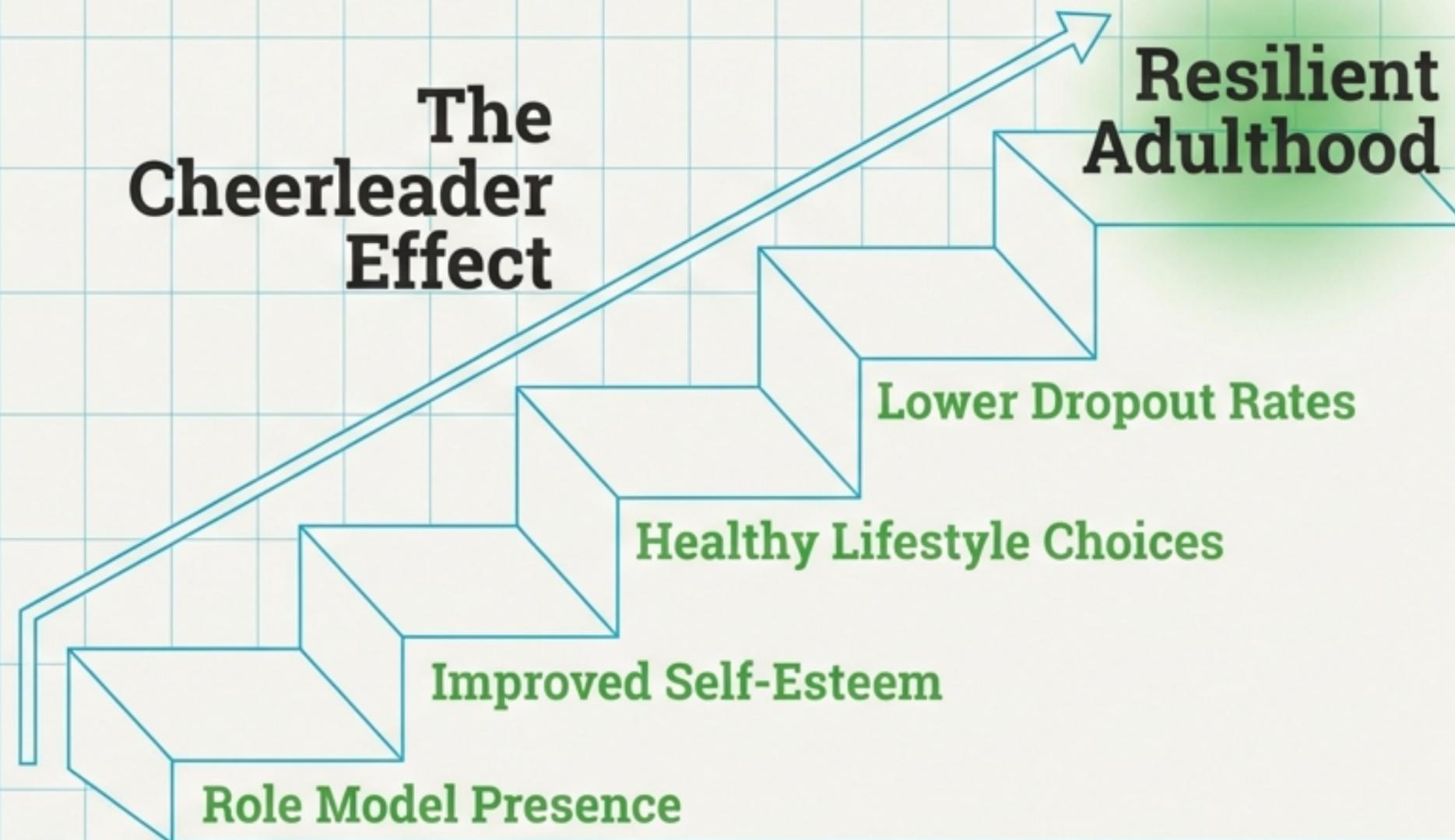
## Clinical Checklist for Connection

- 92%** of retirees say "Sense of Purpose" is vital.
- Volunteering burns **2x calories** vs. control group.
- Reduces risk of **dementia, heart disease, and stroke.**



**Key Insight:** Social Capital is a biological necessity. Isolation is a mortality risk factor.

# Stability & Mentorship for Youth



For foster youth, intergenerational living provides the “extended family” structure that interrupts cycles of trauma and displacement.

# Safety Through Belonging

## Re-defining Safety:

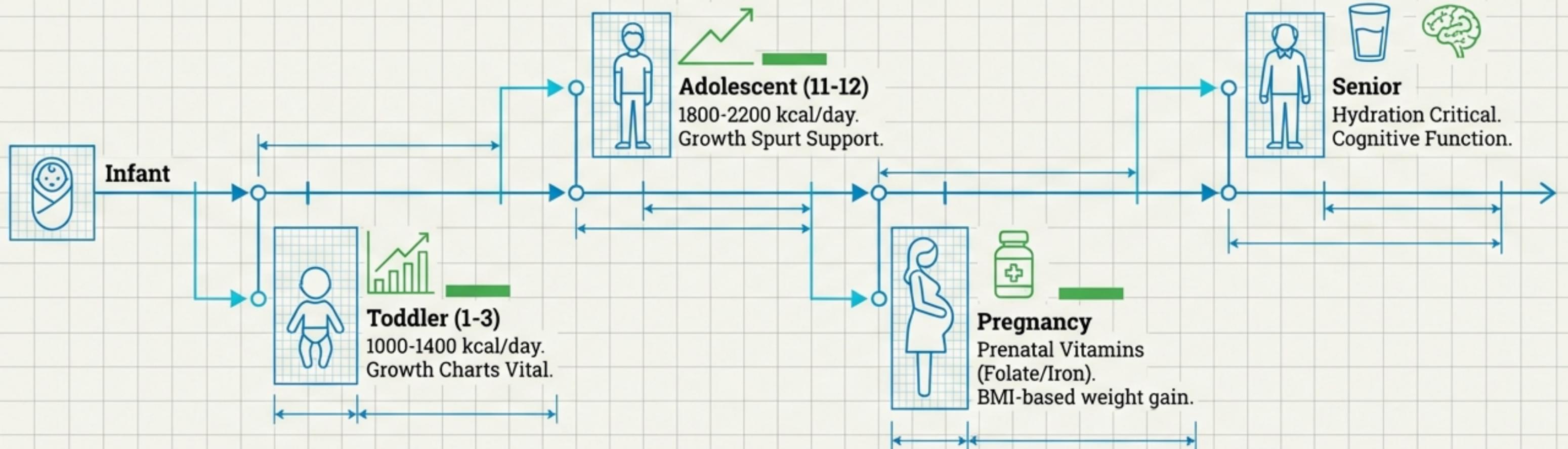
Safety is not just policing. It is presence.

Residents define safety as “creating spaces where people from diverse backgrounds can come together.”

“The extended family is nearby; everybody knows their neighbors. If somebody is troubled, it is rectified immediately.”



# Fueling the Lifecycle



A comprehensive **wellness blueprint** must ensure **food security** meets these specific biological demands.

# A Vision for a Thriving Berkeley



### Assessment

A collage of six images illustrating the assessment phase: a group of people in a meeting, a man and woman talking, a group of people around a table, a man pointing at a chart, a woman talking to a man, and a man looking at a document.

### Improvement Planning

A collage of six images illustrating the improvement planning phase: a garden with tomatoes, a group of people in a meeting, a man and woman talking, a group of people around a table, a man pointing at a chart, and a man looking at a document.

### Action

A collage of six images illustrating the action phase: a group of people running, a man and woman shaking hands, a man and woman talking, a group of people around a table, a man pointing at a chart, and a man looking at a document.

Invest in connection. Build the Blueprint.

# Conclusion



## The Berkeley Wellness Blueprint

**Equity + Connection + Housing = Wellness**

Read the full report and engage with the  
Community Health Improvement Plan (CHIP).