



CONTRA COSTA COUNTY

AGENDA - PUBLISHED

Los Medanos Health Advisory Committee

Tuesday, April 8, 2025

5:00 PM

2311 Loveridge Rd.
Los Medanos Conference Room
Pittsburg, CA

352 Shoreline Dr.
Pittsburg, CA

Zoom:

<https://cchealth.zoom.us/j/96421869738>

Dial in: +1 646 518 9805

Webinar ID: 964 2186 9738

Agenda Items: Items may be taken out of order based on the business of the day and preference of the Committee

1. Roll Call and Introductions
2. Public comment on any item under the jurisdiction of the Committee and not on this agenda (speakers may be limited to two minutes).
3. RECEIVE and APPROVE Record of Action from March 11th, 2025 [25-1293](#)
Attachments: [LMHAC MeetingMinutes_03-11-25](#)
4. RECEIVE Internal LMHAC Program Proposal for Pittsburg Plays [25-1294](#)
Attachments: [PLAYSProposal2025](#)
5. RECEIVE Staff Report on the 2025-2027 Grant Program [25-1295](#)
6. RECEIVE Staff Report on LMHA Health Needs Survey [25-1296](#)

The next meeting is currently scheduled for April 29th at 5:00 pm.

Adjourn

The Committee will provide reasonable accommodations for persons with disabilities planning to attend the Committee meetings. Contact the staff person listed below at least 72 hours before the meeting. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by the County to a majority of members of the Committee less than 96 hours prior to that meeting are available for public inspection at 2311 Loveridge Rd. Pittsburg, during normal business hours. Staff reports related to items on the agenda are also accessible online at www.contracosta.ca.gov. If the Zoom connection malfunctions for any reason, the meeting may be paused while a fix is attempted. If the connection is not reestablished, the committee will continue the meeting in person without remote access. Public comment may be submitted via electronic mail on agenda items at least one full work day prior to the published meeting time.

For Additional Information Contact: ernesto.delatorre@cchealth.org.



CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

File #: 25-1293

Agenda Date: 4/8/2025

Agenda #: 3.

Advisory Board: LOS MEDANOS HEALTH ADVISORY COMMITTEE

Subject: RECEIVE AND APPROVE Record of Action from March 11, 2025

Presenter: Ernesto De La Torre

Contact: ernesto.delatorre@cchealth.org

Information:

Receive and approve record of action from March 11th, 2025.



CONTRA COSTA COUNTY

Committee Meeting Minutes

Los Medanos Health Advisory Committee

Tuesday, March 11, 2025

5:00 PM

2311 Loveridge Rd.
Los Medanos Conference Room
Pittsburg, CA

352 Shoreline Dr.
Pittsburg, CA

Zoom: <https://cchealth.zoom.us/j/96421869738>

Dial in: +1 646 518 9805

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Agenda Items: Items may be taken out of order based on the business of the day and preference of the Committee

1. Roll Call and Introductions

The outgoing Vice Chair, Dennisha Marsh called the meeting to order at 5:06pm

Present Jelani Killings, Lloyd Mason, Sefanit Mekuria, and Dennisha Marsh

Absent Angelica Lopez, Christopher Pedraza, and Charles Tremaine

2. Public comment on any item under the jurisdiction of the Committee and not on this agenda (speakers may be limited to three minutes).

3. Receive and Approve 2025 Meeting Schedule

Motion to accept 2025 Meeting Schedule as presented with the option to revisit the schedule at a later date to consider a reduced schedule.

Motion: Killings

Second: Mekuria

4. Selection of Committee Officers for 2025

Motion to appoint Dennisha Marsh as Committee Chair and Loyd Mason as Committee Vice Chair for 2025.

Motion: Killings

Second: Mekuria

5. Receive staff report on Los Medanos Health Area Budget

Attachments: [LMHA 25-26 Budget](#)

This Discussion Item was received.

6. RECEIVE Staff Report on the 2023-2025 Grant Program

This Discussion Item was received.

7. Receive Staff Report on the 2025-2027 Grant Program

Staff was asked to see if it is possible to have a closed door meeting to review the submitted grant proposals. Staff will inquire and return with information at the next meeting on 4/8/25.

Staff was provided with background on a sports program sponsored by Supervisor Gioia's office and the West County Community Healthcare District. Staff will meet with City of Pittsburg staff, Health Department Staff and bring a proposal for the next meeting on 4/8/25.

This Discussion Item was received.

The next meeting is currently scheduled for April 8, 2025 at 5:00 pm.

Adjourn

Dennisha Marsh, Chair, adjourned the meeting at 6:08 pm.

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CONTRA COSTA COUNTY

1025 ESCOBAR STREET
MARTINEZ, CA 94553

Staff Report

File #: 25-1294

Agenda Date: 4/8/2025

Agenda #: 4.

Advisory Board: LOS MEDANOS HEALTH ADVISORY COMMITTEE
Subject: RECEIVE Internal LMHAC Program Proposal for Pittsburg Plays
Presenter: County and City Staff
Contact: ernesto.delatorre@cchealth.org

Information:

At the 3/11/25 LMHAC meeting Mayor Killings shared an outline of a program that is currently taking place in Richmond to reduce costs for youth athletics. This is a multi-partner program. Staff was asked to work with the City of Pittsburg and receive a first proposal for a similar program.

Recommendation(s)/Next Step(s):

Staff requests the advisory committee to discuss the attached program proposal and provide staff direction for next steps.

Pittsburg PLAYS- Promoting Local Access to Youth Sports Program Proposal

Program Overview

The Pittsburg PLAYS initiative 2-year pilot is a partnership between Pittsburg (City), East County School Districts (ECSD) collectively including Pittsburg Unified School District (PUSD), Mt. Diablo Unified School District (MDUSD), Antioch Unified School District (AUSD), and East Contra Costa County Children and Youth Sports Programs (Youth Sports).

PLAYS’s goal is to increase usage of ECSD sports facilities by non-profit local youth sports groups through a City funding investment towards the cost of using ECSD indoor and outdoor facilities. The County funding program will cover the full cost of ECSD fees associated with the use of ECSD sports facilities by Youth Sports. PLAYS will also fund a Community Coordinator position to administer the PLAYS program and increase usage of ECSD facilities by Youth Sports.

This program will significantly reduce the high rental costs for Youth Sports and make it possible for more East County youth to engage in healthy sports activities.

Background

The COVID-19 pandemic significantly impacted the availability and cost of using indoor and outdoor fields and facilities owned by ECSD. Following the pandemic, the rental costs for these facilities have increased, making it more difficult and expensive for youth sports groups to access them. This has resulted in underutilization of ECSD sports facilities, overcrowding at local parks, and created barriers to entry for these groups.

To address these challenges, Contra Costa County Supervisor John Gioia worked with local youth sports leaders and organizations to develop this program to increase access and reduce costs for the use of WCCUSD sports facilities by West County children and youth. The City of Pittsburg is using this model to create a pilot for these groups in the service area of the Los Medanos Health Advisory Committee.

Green spaces, such as neighborhood public-school fields and facilities, create connections to nature and promote mental, physical, and social developmental benefits among children and youth. Research shows that the benefits associated with providing children and youth accessible greenspace has a direct correlation to positive health outcomes. Greenspaces have also shown significant health benefits for adults, the economy, and the community environment. And yet with all its benefits, children's access to fields and other green spaces is diminishing, limiting potential prospects for optimal physical and emotional health.

According to the Centers for Disease and Prevention (CDC), regular physical activity through sports participation in a neighborhood or community green space can provide both physical and mental health benefits for children and youth. Constructive use of after-school time, with peer interaction and adult supervision, can help mitigate opportunities for youth to be isolated or otherwise engaged in unhealthy behaviors.

Regular sports and physical activity participation can increase self-confidence, thus enabling children and youth to improve their focus, school performance, sleep, and increase energy levels. Youth and children who participate in sports are also less likely to display anxiety disorders, depression, suicidal and violent tendencies, and more likely to report higher levels of happiness and well-being. Youth sports programs also provide added motivation to stay physically fit and ready for competition, which may discourage athletes from sexual activity and encourage the use of birth control to reduce the incidence of teenage pregnancy. Finally, the overall health benefits of sports programming for children and youth is that they can greatly reduce the likelihood of youth being overweight or obese and foster the establishment healthier lifestyle habits at an early age.

Obesity prevalence among children and youth continues to be high in the United States. According to the Centers for Disease Control, nationally, the prevalence of obesity was 19.7% for youth ages 2-19 from 2017 to 2020. The prevalence by age group was 12.7% among 2- to 5-year-olds, 20.7% among 6- to 11-year-olds, and 22.2% among 12- to 19-year-olds.

Unfortunately, neighborhoods with a large proportion of low-income or racial/ethnic minority residents typically experience limited access to quality parks and green space, as well as limited physical activity programming within the spaces. These disparities have only grown since the COVID-19 pandemic, underscoring the need to ensure that the benefits of parks and green space are accessible to and enjoyed by the community at large.

The COVID-19 pandemic disrupted student routines and reduced their daily levels of physical activity within a school environment. Unfortunately, this led to an increase in children and youth obesity rates among many communities. The CDC has indicated that children gained weight at a faster rate during the pandemic (June 2020-November 2020) compared to pre-pandemic, with younger school-aged children (ages 6-11) experiencing a rate of Body Mass Index (BMI) change that was 2.5% higher than before the pandemic.

Strategies for increasing access to green spaces and the ability of children and youth to establish a healthy lifestyle are vital and can be promoted through the expansion of partnerships.

Joint use of existing city and school district facilities is an effective way to increase usage of underutilized facilities, lower usage costs, decrease the need to build expensive new sports facilities, and host programs more cost-effectively in convenient locations, and increase connectivity to local green spaces.

The PLAYS pilot program will be funded through Los Medanos Health Advisory Committee revenue received by Contra Costa Health Services.

Annual Budget \$250,000

Item	Cost per year
PLAYS Community Coordinator	\$50,000
School District Fees for Facility/Field Use	\$200,000

Expected Beneficiaries

- East Contra Costa County Children and Youth in Pittsburg, Bay Point and parts of Antioch
- Local non-profit children and youth sports organizations serving residents in the LMHAC service area

Project Objectives

- Increase usage of ECSD indoor and outdoor sports facilities
- Increase healthy sports opportunities for East County youth
- Prioritize access to school facilities based on residency of youth organization members
- Decrease the rental costs to organizations serving local youth
- Improve field and facility rental process for ECSD
- Improve the health of local youth through increased sports activity

Implementation

The County, City and ECSD recommend hiring a part time Community Coordinator to support the implementation and administration of the program. The Community Coordinator will work with ECSD staff and make regular report outs.

The part-time Coordinator's main tasks include, but are not limited to, improving the field and facility rental process, collect data to assist with reporting, assist with billing to Contra Costa County, and assist with communication between sports organizations, ECSD and the County.

Implementation

- Number of East County Children served
- Number of sports organizations benefiting from the program
- Number of fields and facilities rentals
- Number of hours spent doing physical activity
- Pre and post surveys from sports organizations benefiting from program and the school community



CONTRA COSTA COUNTY

1025 ESCOBAR STREET
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Staff Report

File #: 25-1295

Agenda Date: 4/8/2025

Agenda #: 5.

Advisory Board: LOS MEDANOS HEALTH ADVISORY COMMITTEE

Subject: RECEIVE Staff Report on the 2025-2027 Grant Program

Presenter: Ernesto De La Torre

Contact: ernesto.delatorre@cchealth.org <<mailto:ernesto.delatorre@cchealth.org>>

Information:

On March 6, 2025 the RFP for the 2025-2027 grant program was distributed via email to a list of 118 local agencies that provide health related services in the Los Medanos Health Area or surrounding regions. On March 11 the email was distributed to another 100+ agencies working in Contra Costa County.

Since the RFP was distributed staff has met with 13 agencies to provide support and guidance on how to build a quality proposal.

Timeline Report:

Item	Date	Status
RFP Release	March 6, 2025	Complete
Bidder's conference	March 18, 5:00 pm	Completed with 73 participants, 62 via Zoom and 11 in-person
RFP application due date	April 18, 2025, 5:00 pm	On track
Los Medanos Health Advisory Committee, individual review and score proposals	April 21-April 29, 2025	On track
Public meeting of LMHAC to review proposal scores and make recommendation to the Board of Supervisors. < https://cchealth.zoom.us/j/96421869738 > April 29, 2025, 5:00 pm According to the Brown Act and the Better Governance legislation this meeting needs to remain public		

Board of Supervisors to consider award recommendations from the advisory committee. Awards announced after BOS approval.	On or after May 6, 2025	On track
Begin contracting process	TBD, after BOS approval	



CONTRA COSTA COUNTY

1025 ESCOBAR STREET
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Staff Report

File #: 25-1296

Agenda Date: 4/8/2025

Agenda #: 6.

Advisory Board: LOS MEDANOS HEALTH ADVISORY COMMITTEE

Subject: RECEIVE Staff Report on LMHA Health Needs Survey

Presenter: Ernesto De La Torre

Contact: ernesto.delatorre@cchealth.org <<mailto:ernesto.delatorre@cchealth.org>>

Information:

Staff is moving forward with the Los Medanos Health Area Health Needs Survey. Below is the project plan for the LMHA Health Survey.

The LMHA Health Survey questions are complete, and the survey is with the Communications team for graphic design and branding. Once complete the survey will be distributed via email and at community engagement opportunities across the LM Health Area.

Los Medanos Health Needs Survey Project Plan

1. Introduction

- **Purpose of the Outreach:** To gather feedback from the community about the health resources needed in the Los Medanos Health Area (LMHA).
- **Target Audience:** Community members in the LMHA, including Pittsburg, Bay Point, and Clyde. The focus will be on Latino, Black African American, youth, elderly, Spanish speakers, low-income families, unhoused individuals and families, and immigrant populations.

2. Specific Measurable Outcomes:

- Number of individuals engaged
- Number of surveys completed (paper and/or digital)
- Collect community feedback on health needs
- Identify resource gaps

3. Key Stakeholders and Partners

- Key community organizations that serve the LMHA community, including local businesses, schools, and community centers.
- LMHA Grantees, Keller Canyon Mitigation Fund Grantees, and other community-based organizations (CBOs), faith-based groups, and schools will help with outreach and survey distribution.
- CCH Programs at the Pittsburg Health Center

4. Outreach Methods:

- Hosting community events, resource tables, food distribution sites, and partnering with local community based organizations.
- Surveys will be distributed and collected at these events and locations.
- Surveys will be distributed via email and accessible online via QR code.
- Social media posts will be developed to increase participation.

5. Timeline and Milestones

- The survey has been submitted to CEI for graphic design and approval. Once finalized, outreach partners will be contacted to schedule event dates and email distribution will begin. Staff have requested a Social Media presence for the survey.
- Outreach events are expected to begin in late April and will last 4 weeks.
- The final report will be completed and presented to the LMHAC by July 8, 2025.

6. Survey questions:

Questions request ranked responses.

- How would you rate your own health? *Very Healthy to Very Unhealthy*
- How would you rate your Community's Health? *Very Healthy to Very Unhealthy*
- Access to Affordable Healthcare - *Not important to Very Important*
- Chronic Disease Management (Diabetes) - *Not important to Very Important*
- Chronic Disease Management (Heart Disease) - *Not important to Very Important*
- Mental Health Services - *Not important to Very Important*
- Substance use - *Not important to Very Important*
- Nutrition and healthy eating - *Not important to Very Important*
- Physical activity opportunities - *Not important to Very Important*
- Cancer management - *Not important to Very Important*
- Maternal and child health - *Not important to Very Important*
- Elderly care and support - *Not important to Very Important*
- Assault and gun violence - *Not important to Very Important*
- What are barriers to accessing healthcare or other health resources for you or your loved ones?
- Please share any additional concerns or issues you would like addressed which weren't mentioned above.