

1220 Morello Ave. | Martinez, CA | Phone: (925) 839-0150 cchealth.org

Los Medanos Health Area Grant Report FY 2023–2025

Community Health & Wellness Impact Summary

Executive Summary

The Los Medanos Health Area (LMHA)—serving the communities of Pittsburg, Bay Point, and Clyde—has long been committed to addressing persistent health disparities, economic challenges, and barriers to essential services. Through years of sustained investment, the LMHA Grant has supported community-based organizations that are deeply rooted in the neighborhoods they serve, ensuring that services are both accessible and culturally responsive. Over the course of the 2023–2025 grant cycle, 13 of the 25 funded agencies successfully concluded their contracts, delivering a broad spectrum of services that directly aligned with the LMHA's Priority Health Areas:

- 1. **Improved access to affordable healthcare services**, including elder care, health-related clinics, and linkage to care.
- 2. **Mental health awareness, education, and prevention**, addressing depression, anxiety, stress, and suicide prevention.
- 3. **Chronic disease prevention and education**, with a focus on cardiovascular disease, diabetes, asthma, and food security.
- 4. **Support for unhoused individuals and families**, prioritizing services for children and families experiencing homelessness.
- 5. Substance use prevention and education, targeting alcohol, drug, and tobacco use.

The funded programs provided critical services such as free medical care, mental health counseling, youth and senior enrichment activities, nutrition education, housing navigation, and large-scale food distribution. These efforts not only addressed immediate needs but also contributed to long-term community resilience, health equity, and empowerment.

In a region where one in five residents faces hunger and many lack access to affordable healthcare, the impact of these programs has been profound. They have helped reduce preventable hospitalizations, improve mental and physical health outcomes, and create pathways to economic and housing stability. By investing in trusted, culturally responsive organizations, the LMHA Grant ensured that services were accessible, relevant, and grounded in the lived experiences of the community.

As we close this grant cycle, the work of these 13 agencies stands as a testament to the power of community-driven solutions in advancing health equity and improving quality of life across the LMHA.

- Total Amount Funded (13 agencies): \$1,165,392.68
- Total Residents Served (Est.): 30,000+
- Contract Period: July 1, 2023 June 30, 2025

Notable Highlights:

- Over 1.2 million pounds of food delivered
- 1,000+ free medical visits provided
- 43 CNA graduates placed into healthcare jobs
- 540,000+ meals served to seniors
- Hundreds of youths and seniors engaged in enrichment programs

Methodology

This report is based on End-of-Year Reports submitted by each funded agency. Data was reviewed for consistency and summarized using a standardized format. Metrics such as number of residents served, services delivered, and outcomes achieved were compared across agencies. Where available, geographic data was noted to assess reach in Pittsburg, Bay Point, and Clyde.

Agency Profiles and Findings

Agency: 18 Reasons

• Funding Received: \$ 100,000

Amount Spent: \$\frac{100,000}{}{}

• **Program Focus:** Cooking and nutrition education for low-income families

• Target Population: Children, teens, and adults in Pittsburg and Bay Point

Summary:

18 Reasons delivered its Cooking Matters and Food as Medicine programs, exceeding enrollment goals and demonstrating strong health outcomes. Participants reported increased fruit and vegetable intake, reduced sugary drink consumption, and improved BMI and A1C levels. Classes were held onsite and virtually, with trained chefs and nutrition educators. Despite occasional class cancellations and HIPAA compliance challenges, the program was highly successful.

Geographic Reach: Pittsburg, Bay Point

Photos:



Recommendation: Continue support for hybrid delivery and expand access to equipment and food boxes.

Agency: The Bay Church

• Funding Received: \$ 100,000

Amount Spent: \$ 99,985.12

• **Program Focus:** Hygiene services, food distribution, and health education

• Target Population: Unhoused and low-income individuals

Summary:

The Bay Church provided mobile showers, laundry vouchers, and food pantry services, exceeding goals in all areas except health screenings. While blood pressure and glucose checks were not implemented due to insurance and referral barriers, the program hosted health fairs and supported participants in achieving housing, employment, and sobriety.

Geographic Reach: Pittsburg, Bay Point

Photo:



Recommendation: Strengthen clinical partnerships for screenings and expand food distribution capacity.

Agency: Cancer Support Community

Funding Received: \$ 40,000

• Amount Spent: \$ 40,000

• **Program Focus:** Cancer support services, wellness education, and outreach

• Target Population: Cancer patients and their families in the LMHA

Summary:

Cancer Support Community (CSC) provided weekly support groups, yoga, communal meals, and educational workshops for individuals affected by cancer. They exceeded their outreach goals, enrolling 36 LMHA residents who attended 400 sessions. Programs were offered in English and Spanish, and new services included social work interns and a pilot meal delivery program. Participants reported improved quality of life, emotional connection, and better management of their treatment.

Geographic Reach: Pittsburg

Photo:



Recommendation: Expand Spanish-language offerings and continue meal delivery partnerships.

Agency: Center for Human Development

Funding Received: \$ 80,000

Amount Spent: \$ 26,228

Program Focus: Nutrition education and behavior change

• Target Population: Adults at risk of chronic disease

Summary:

CHD delivered two 8-week Healthy Eating Challenge sessions, enrolling 64 participants. While enrollment fell short of the 100-person goal, 73% of participants showed progress toward reducing BMI, and 87.5% consulted with a nurse. Cooking demos, nutrition education, and behavior tracking were core components. Participants reported increased fruit and vegetable intake and reduced sugar and salt use. Survey misalignment and limited time for hiring were noted challenges.

Geographic Reach: Pittsburg, Bay Point

Photo:



Recommendation: Improve survey tools and expand outreach to increase enrollment.

Agency: Buchannon Swim Program

Funding Received: \$ 30,000

Amount Spent: \$ 30,000

• **Program Focus:** Youth swimming instruction and water safety education

• Target Population: Underserved youth in Pittsburg and surrounding LMHA communities

Summary:

The Buchanan Swim Center utilized LMHAC grant funds to provide free swim lessons and water safety education to underserved youth. The program focused on teaching essential swimming skills, including floating, independent swimming, and safety techniques such as using personal flotation devices (PFDs), buoys, and recognizing lifeguards. A key feature of the program was "Safety Day," held during each two-week session, which became a favorite among participants. The program not only promoted physical activity and safety but also offered social engagement opportunities for youth. Testimonials from parents and students highlighted the program's positive impact and the value of continued participation through scholarship support.

Geographic Reach: Pittsburg, Bay Point

Photo:



- Continuing Safety Day as a core component of the curriculum
- Expand outreach to ensure more underserved youth can access swim scholarships
- Track long-term skill progression and retention among returning participants

Agency: City of Pittsburg – Twilight Hoops Program

• Funding Received: \$ 99,986

Amount Spent: \$

- **Program Focus:** Youth engagement through recreational basketball, mental health awareness, and chronic disease prevention
- Target Population: Youth and young adults in the Los Medanos Health Area

Summary:

The Twilight Hoops Program provided a safe, structured environment for youth and young adults to engage in recreational basketball while participating in educational workshops focused on mental health, chronic disease prevention, workforce readiness, and more. Operating for 10 weeks each spring, the program offered weekly games, mentorship, healthy meals, and access to community resources. Over the 2024 and 2025 cycles, the program served nearly 100 participants annually, with average weekly attendance of 26.9 in 2024 and 24.6 in 2025.

Survey data showed significant improvements in participants' mental health awareness and self-reported well-being. Participants also gained practical skills such as CPR training and financial literacy. The program helped youth access employment, open bank accounts, and connect with mentors. One participant, facing homelessness, was hired by the city and now serves as a coach and mentor for younger youth.

Geographic Reach: Pittsburg, Bay Point

Photos:



- Continue offering flexible "drop-in" format to increase accessibility
- Expand mental health and workforce development components
- Strengthen outreach to at-risk youth and deepen mentorship opportunities

Agency: Healthy Hearts Institute

Funding Received: \$ 100,000

Amount Spent: \$ 100,000

Program Focus: Food access, farm training, and community wellness

• **Target Population:** Disadvantaged communities and individuals with marginalized identities in the LMHA

Summary:

Healthy Hearts Institute exceeded its service goals by providing fresh, locally grown produce and hands-on farm training to underserved populations. Over the grant period, the organization grew and distributed 13,560 pounds of produce to local residents and students in the Mt. Diablo Unified School District (MDUSD), reaching over 200 families monthly through partnerships with the Contra Costa Food Bank, MDUSD, and its own distribution channels. In addition to food access, Healthy Hearts delivered 4,005 hours of farm training to 11 individuals from marginalized backgrounds. Trainees learned essential agricultural skills such as seed cultivation, irrigation repair, and harvesting. Participants reported reduced stress, increased community connection, and a sense of peace from working on the land. Despite its successes, Healthy Hearts faced challenges due to limited organizational capacity, which restricted its ability to expand services and fully document its impact. The organization is actively seeking funding to hire key staff and scale its operations.

Geographic Reach: Pittsburg, Bay Point **Photo:**



- Secure funding to expand staff capacity (e.g., farm manager, program director, outreach specialist)
- Enhance data collection and impact reporting
- Reintroduce health and wellness education components as capacity grows

Agency: Hope Solutions

Funding Received: \$ 100,000

• Amount Spent: \$ 96,956.68

• **Program Focus:** Housing stability, youth enrichment, mental health, and community wellness

• **Target Population:** Low-income families and youth residing at Bella Monte Apartments and Los Medanos Village

Summary:

Hope Solutions provided 2,144 hours of services to 91 households (220 individuals) in the Los Medanos Health Area, offering case management, eviction prevention, youth academic enrichment, and mental health support. The program also delivered 374 hours of social-emotional learning to 36 youth and 407 hours of wellness and harm reduction programming to 38 residents. Services included tutoring, summer camps, community events, and access to food and home goods through partnerships with White Pony and Loaves & Fishes. Long-standing staff relationships fostered trust and continuity, helping families build self-sufficiency and youth achieve educational milestones.

Geographic Reach: Pittsburg (Bella Monte Apartments and Los Medanos Village)

Photo:



- Increase outreach to meet original youth participation goals
- Expand capacity for mental health and harm reduction programming
- Continue leveraging community partnerships to enhance service delivery

Agency: Meals on Wheels Diablo Region

• Funding Received: \$\frac{5}{100,000}

• Amount Spent: \$ 100,000

• **Program Focus:** Senior nutrition and meal delivery

• Target Population: Food-insecure seniors in Pittsburg and Bay Point

Summary:

Meals on Wheels Diablo Region provided 61,672 meals to seniors, including home-delivered meals, breakfast bags, and café meals. While the Cultural Cuisine program faced disruptions due to vendor issues, MOWDR is transitioning to a new provider to offer globally inspired meals. Client testimonials highlighted the life-saving impact of the program. The agency continues to serve over 8,500 seniors countywide.

Geographic Reach: Pittsburg, Bay Point

Photos: No pictures shared

Recommendations: Finalize new cultural meal vendor and expand outreach to isolated seniors.

Agency: Opportunity Junction

Funding Received: \$ 100,000

• Amount Spent: \$ 100,000

• **Program Focus:** Healthcare workforce training (CNA and MA)

• Target Population: Low-income adults, especially women and BIPOC residents

Summary:

Opportunity Junction exceeded all CNA training goals, graduating 43 students and placing 41 into jobs at an average wage of \$24.61/hour. The MA pilot cohort launched successfully, with plans to expand. Participants received wraparound support, professional development, and clinical training. Alumni stories highlighted the program's transformative impact on career and personal growth.

Geographic Reach: Antioch (serving Pittsburg residents)

Photo:



Recommendation: Continue MA program expansion and deepen employer partnerships.

Agency: Pittsburg Fifty Plus Club

Funding Received: \$ 98,450

Amount Spent: \$ 94,717.52

Program Focus: Senior recreation and social wellness

• Target Population: Adults aged 50+ in Pittsburg

Summary:

The Fifty Plus Club delivered a wide range of recreational activities including bowling, kayaking, Paint Nite, movie nights, and dinner dances. Most program goals were met or exceeded, with the exception of kayaking (weather-related) and escape room sessions (venue closure). Hybrid meetings and a membership database improved access and tracking. Members reported strong emotional support and social connection.

Geographic Reach: Pittsburg

Photo:



Recommendation: Explore new venues for escape room-style activities and expand kayaking during favorable seasons.

Agency: RotaCare Pittsburg Free Medical Clinic

Funding Received: \$ 120,000

Amount Spent: \$ 120,000

• **Program Focus:** Free healthcare for uninsured residents

• Target Population: Uninsured adults in East Contra Costa

Summary:

RotaCare Pittsburg provided 1,010 free medical visits, 1,514 lab tests, 908 prescriptions, and 80 imaging tests—far exceeding all targets. The clinic also offered diabetes and hypertension education and referred patients to specialty care and social services. Staffing remains a challenge, particularly in recruiting volunteer physicians. Patient stories highlighted the clinic's role in preventing medical debt and improving health outcomes.

Geographic Reach: Pittsburg, Bay Point

Photo:



Recommendation: Increase provider recruitment and expand specialty care partnerships.

Agency: White Pony Express

• Funding Received: \$ 100,000

Amount Spent: \$ 100,000

Program Focus: Food rescue and nutrition security

• Target Population: Food-insecure families and individuals

Summary:

WPE delivered over 1.23 million pounds of fresh food to 19 partner sites in Pittsburg and Bay Point, serving 24,150 residents annually. The program eliminated 1,984 metric tons of CO₂e emissions and engaged 1,200 volunteers. Despite federal funding cuts and a major facility move, WPE maintained daily operations and increased refrigeration capacity. Deliveries were customized to meet cultural and dietary needs.

Geographic Reach: Pittsburg (14 sites), Bay Point (5 sites)

Photo:



Recommendation: Secure additional food sources and restore federal funding streams.

Key Outputs Delivered

Service Area	Output
Food Distribution	1.23 million lbs of food (WPE), 540,000+ meals (MOWDR), 340,000 lbs (Bay Church)
Healthcare Access	1,010 free medical visits, 1,514 lab tests, 908 prescriptions, 80 imaging tests. 43 CNA graduates, 41 job placements, MA pilot launched.
Nutrition Education	2 Healthy Eating Challenge cohorts, 3 health fairs, 6-week cooking classes
Youth Engagement	182 youth in Twilight Hoops, 374 hours of social-emotional learning
Senior Wellness	1,025 bowling sessions, 487 movie nights, 264 Paint Nites, 182 dinner dance attendees
Mental Health & Case Management	2,144 hours of service to 91 families, 69 youth groups, 17 wellness groups
Volunteer Engagement	1,200+ volunteers (WPE), thousands of hours across all agencies

Geographic Reach

Area	Estimated % of Services
Pittsburg	~60–70% (most agencies based or operating here)
Bay Point	~25–35% (notably served by WPE, Bay Church, RotaCare)
Clyde	~5% or less (limited direct data; likely served indirectly)

Environmental Impact

Greenhouse Gas Reduction:

- 1,984 metric tons of CO₂e emissions prevented by White Pony Express
 - Equivalent to removing hundreds of cars from the road annually

Outcome Highlights

"They saved my life. The doctors and nurses were so nice... they really took care of me." — Sergio, RotaCare Clinic patient

"I replaced chips and candy with fruit and whole wheat crackers... now I walk daily and feel better every day." – T.F., Healthy Eating Challenge participant

"I'd probably be eating out of a can without it." - Gilbert, Meals on Wheels recipient

"The emotional support we give and get from each other cannot be described in words." – Katy Castro, Fifty Plus Club member

"CSC has added a new dimension to my life. I have found that I now have a purpose in my life, to move forward with my fellow participants to help others affected by cancer. I am convinced that with each other's support, we can improve each of our lives and help those who are newly diagnosed with this horrible disease by sharing what we have learned here." – CSC participant

"Healthy Hearts Institute offered me the opportunity to learn how to grow food, earn money, and help my community. I am thankful for Healthy Hearts Institute." – Ms. Shirley- Community Resident

Conclusion

The LMHA Grant has made a measurable difference in the lives of thousands of residents across Pittsburg, Bay Point, and Clyde. From food security and healthcare access to youth development and senior wellness, the 13 funded agencies have demonstrated innovation, resilience, and deep community impact.

These programs did more than deliver services—they built trust, fostered dignity, and empowered individuals and families to take control of their health and well-being. Whether it was a senior receiving a culturally familiar meal, a young adult finding mentorship through basketball, or an uninsured resident accessing life-saving medical care, each story reflects the transformative power of community-based support.

The grant also revealed the strength of collaboration. Agencies worked together to share resources, refer clients, and create wraparound systems of care that addressed the complex realities of poverty, chronic illness, and social isolation. These partnerships amplified the reach and effectiveness of each program, demonstrating that collective action yields greater impact.

Importantly, the LMHA funding model allowed organizations to be responsive and culturally relevant—meeting people where they are, both literally and figuratively. Programs were delivered in schools, clinics, community centers, and even on the streets, ensuring that no one was left behind.

As the region continues to face rising costs of living, food insecurity, and gaps in healthcare access, continued investment in these programs is not just beneficial, it is essential. Sustaining and expanding this work will help build a healthier, more equitable future for all residents of the Los Medanos Health Area.