



Sierra County
Public Health

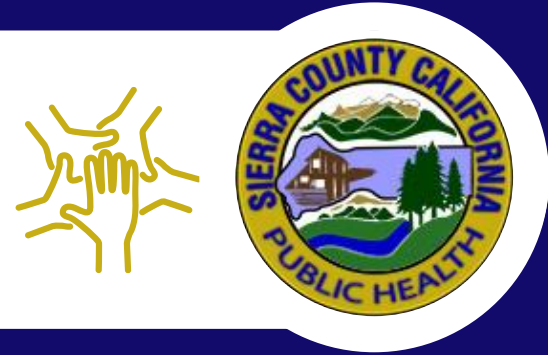
FROM ASSESSMENT TO ACTION

Building Community
Partnerships to Improve Rural
Health in Sierra County

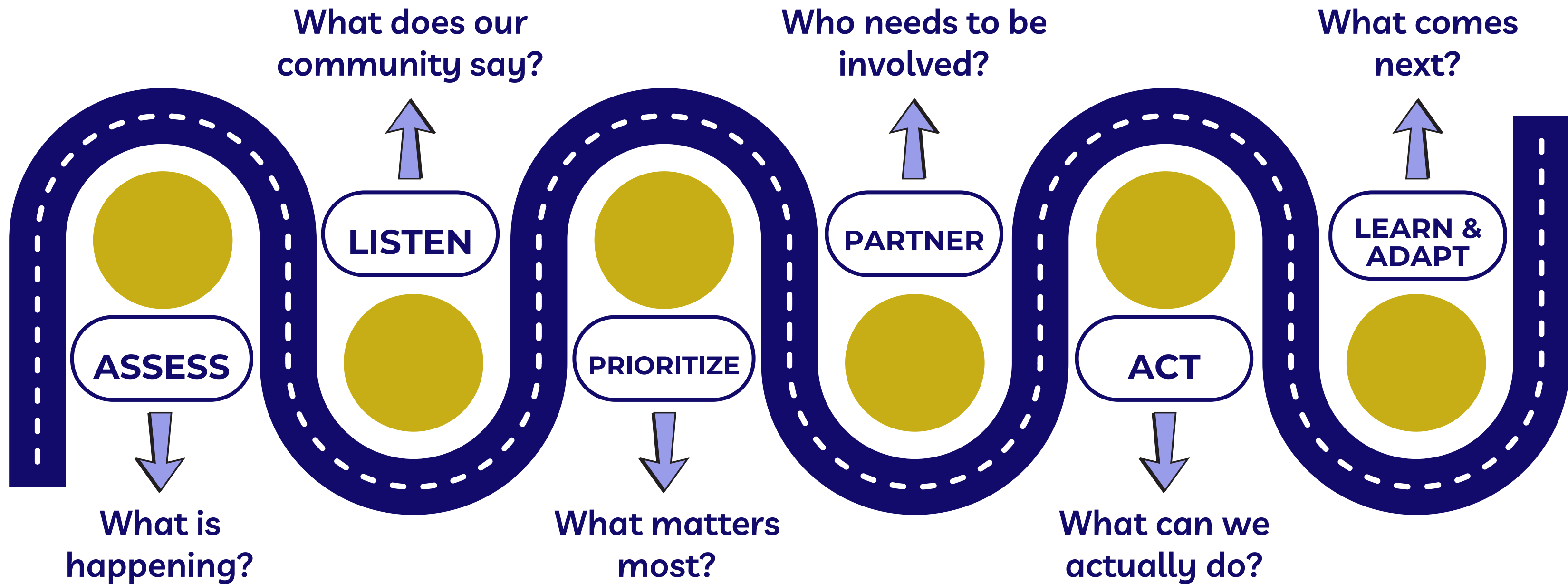
CHEAC 2026 Workshop

Tina Slowan-Pomeroy, PhD
Melanie Del Carlo, MS, CHES





Today's Journey From Data → To Action



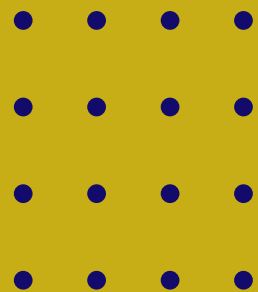
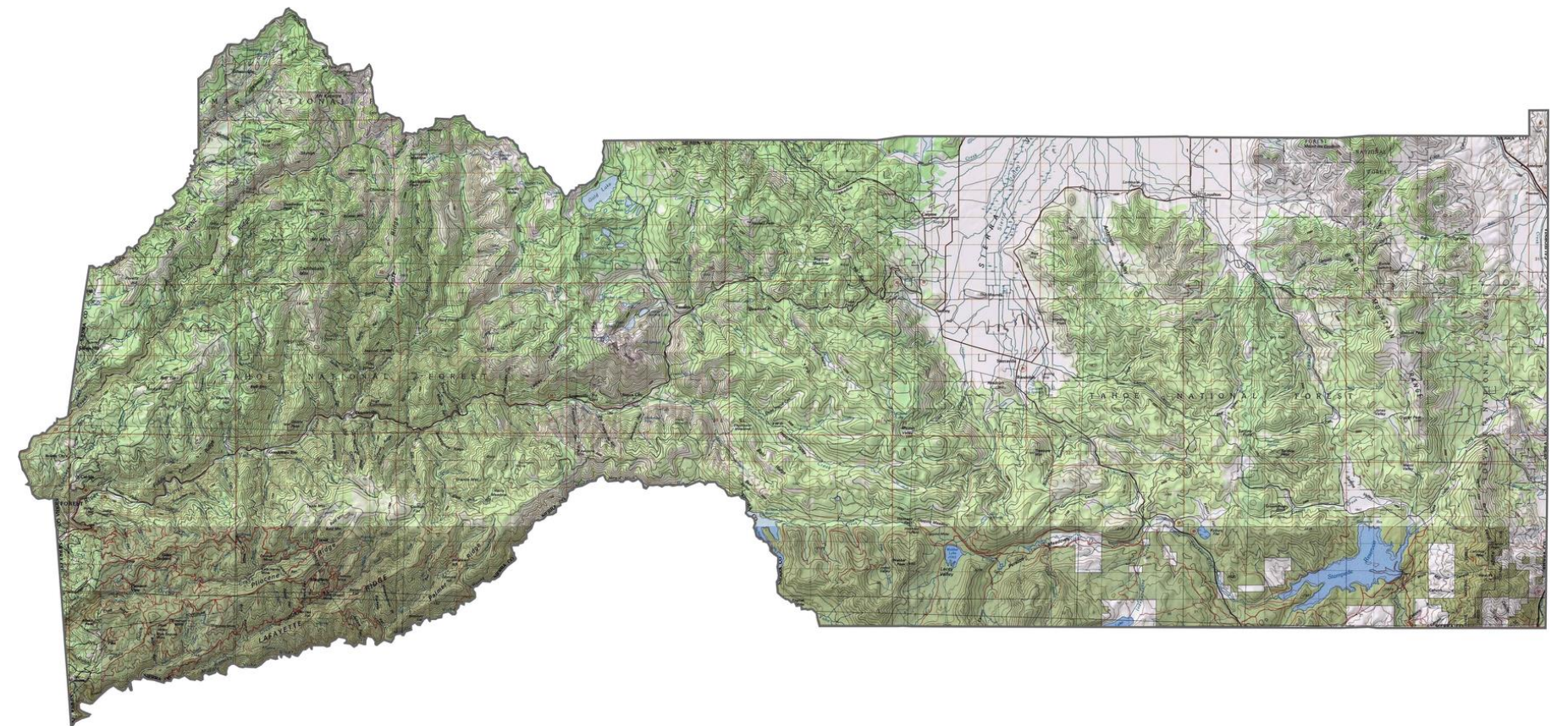


Welcome to Sierra County!

A LITTLE COUNTY WITH BIG GEOGRAPHY

~ 3,100 residents
~ 953 square miles
~ 3.4 people/sq. mile

- 1 incorporated city - Loyalton
- 1,768-9,062 ft. elevation





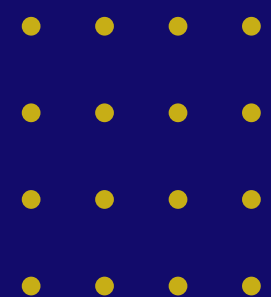
Rural ≠ Simple

CAPACITY

Staffing
Funding
Resources

CONNECTION

Communication
Trust
Visibility



**SMALL POPULATION
≠
SMALL PUBLIC HEALTH
CHALLENGES**

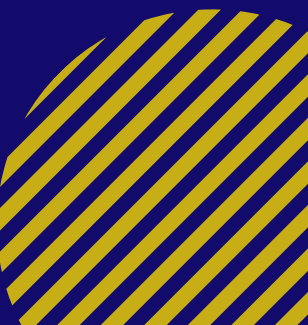
ACCESS

Healthcare
Food
Transportaion
Recreation

GEOGRAPHY

Distance
Terrain
Weather

***But rural communities also have
something powerful:
relationships.***





THE CHA GAVE
US THE “WHAT”

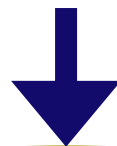
DATA



COMMUNITY VOICE



PARTNER INPUT



**CHIP SHARED
PRIORITIES**

Why We Started with the CHA



Our CHA gave us a really important starting point.

We didn't want our CHIP to simply be a list of statistics.

We wanted to understand what those numbers actually meant to the people.



So, we combined the data with community conversations, survey responses, and input from partners and stakeholders.



Listening to Our Community

We didn't just collect data, we listened.

Community Learning Conversations

Community Survey Responses

Community Events

CHIP Advisory Group Formed

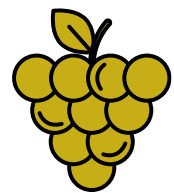
Goal-Specific Workgroups Developed

Conversations helped us understand the issues behind the data.





THREE PRIORITIES EMERGED



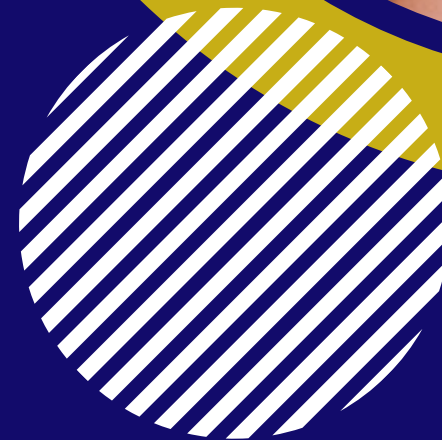
NUTRITIOUS FOOD
Increase Access to Nutritious
Foods Year-Round.

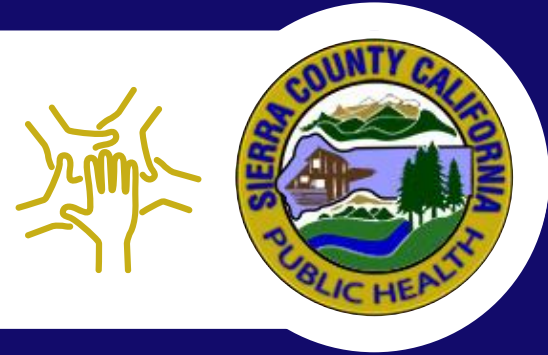


RECREATION
Improve Access to Recreational
Activities for All Ages.



COMMUNICATION
Improve communication and
awareness county-wide.





THE BIG QUESTION: NOW WHAT?



CHA

What are the needs?



CHIP

What can we do about them?

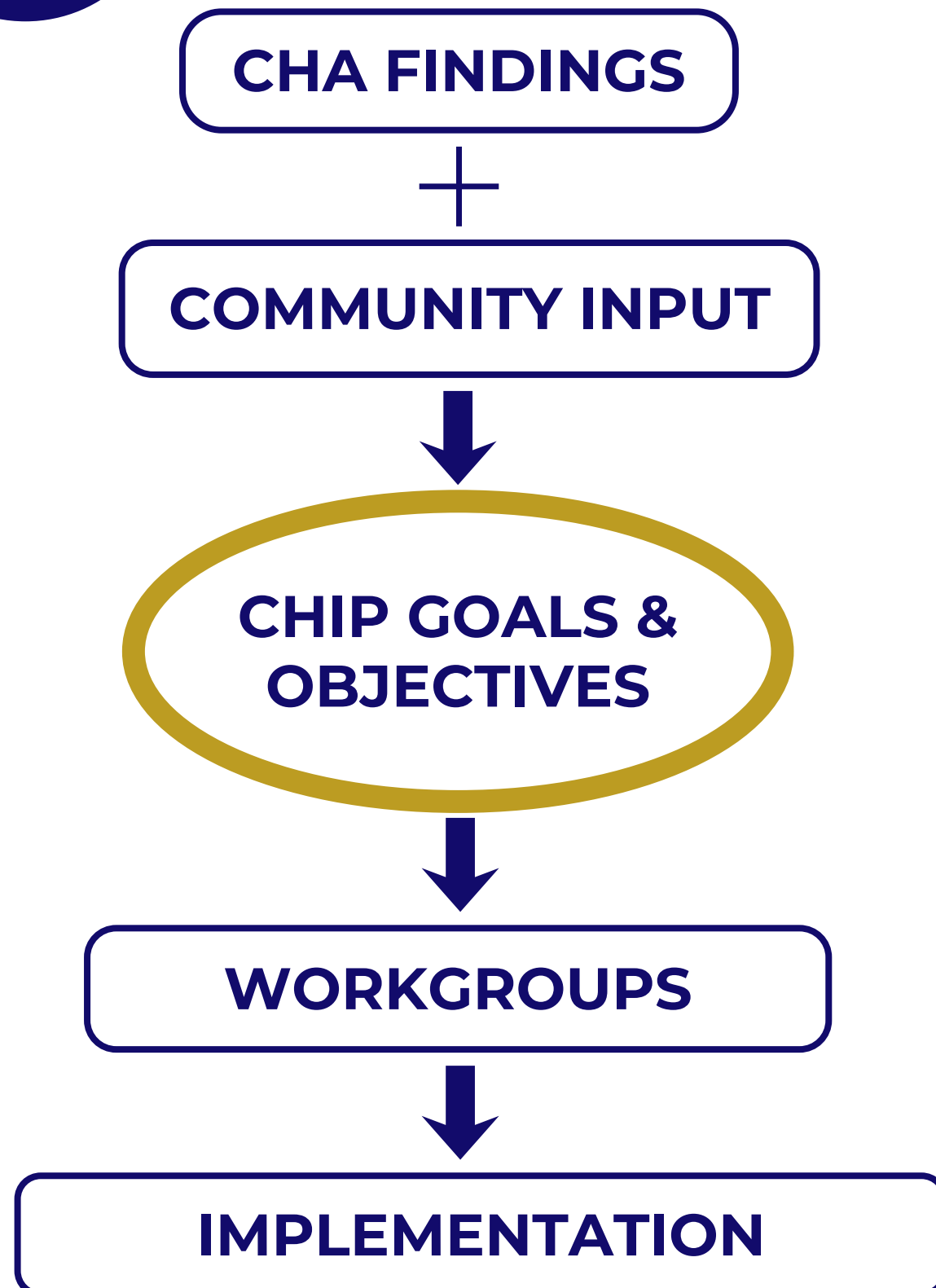
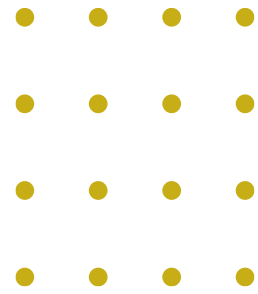


PARTNERSHIPS

Who can help us?



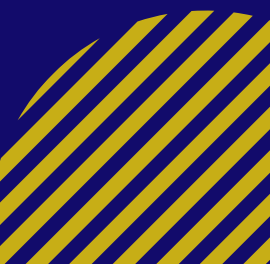
The partnerships are what allow us to actually do something about those needs.



The CHIP Became Our Roadmap

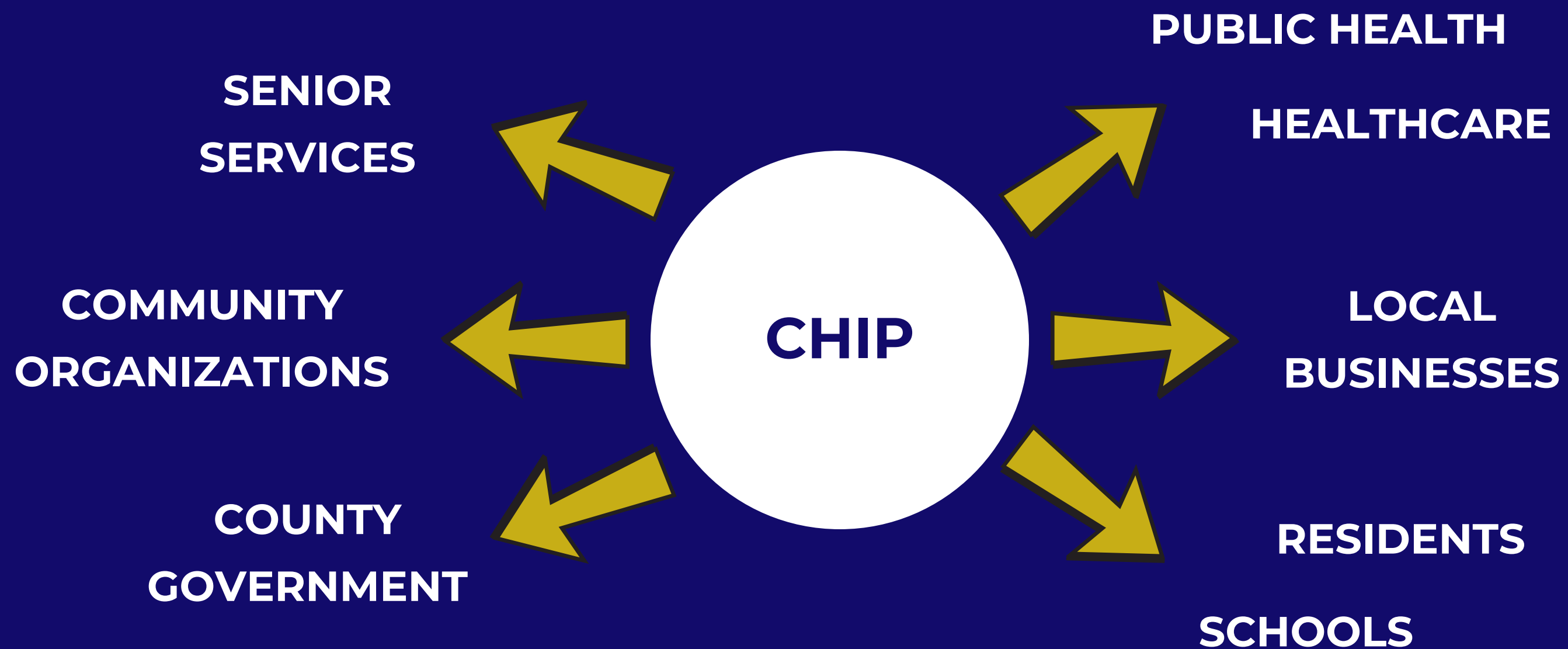


The plan gave us structure.
The partnership gave us capacity.

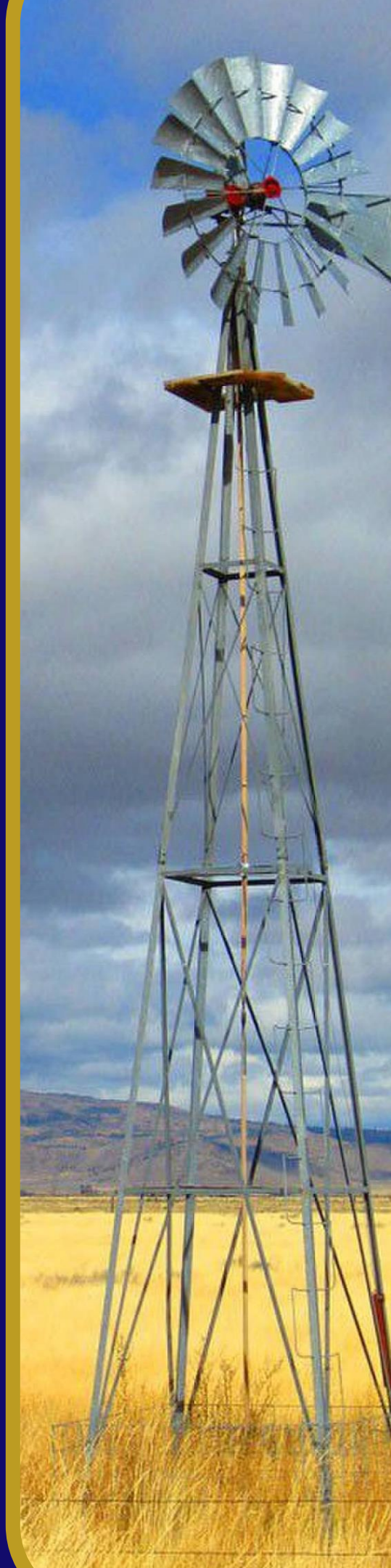




We Could Not Do This Alone



WHO ISN'T AT THE TABLE YET?





TURNING PRIORITIES INTO PEOPLE & ACTION

WORKGROUPS HELPED US:

- ✓ Share responsibility
- ✓ Bring different perspectives
- ✓ Identify realistic strategies
- ✓ Connect existing resources
- ✓ Build relationships
- ✓ Move from planning → implementation

Provide the space for conversations about what we can realistically do.

Not always about creating something new.

Sometimes the best strategy is to connect existing resources in a different way.



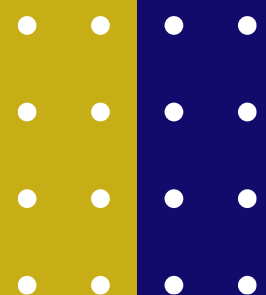


IT HASN'T ALWAYS BEEN EASY

WHAT'S WORKED

- Stronger partnerships
- More community visibility
- Small projects creating momentum
- Existing events becoming engagement opportunities
- Flexibility

REAL-WORLD IMPLEMENTATION IS MESSY



WHAT'S BEEN CHALLENGING

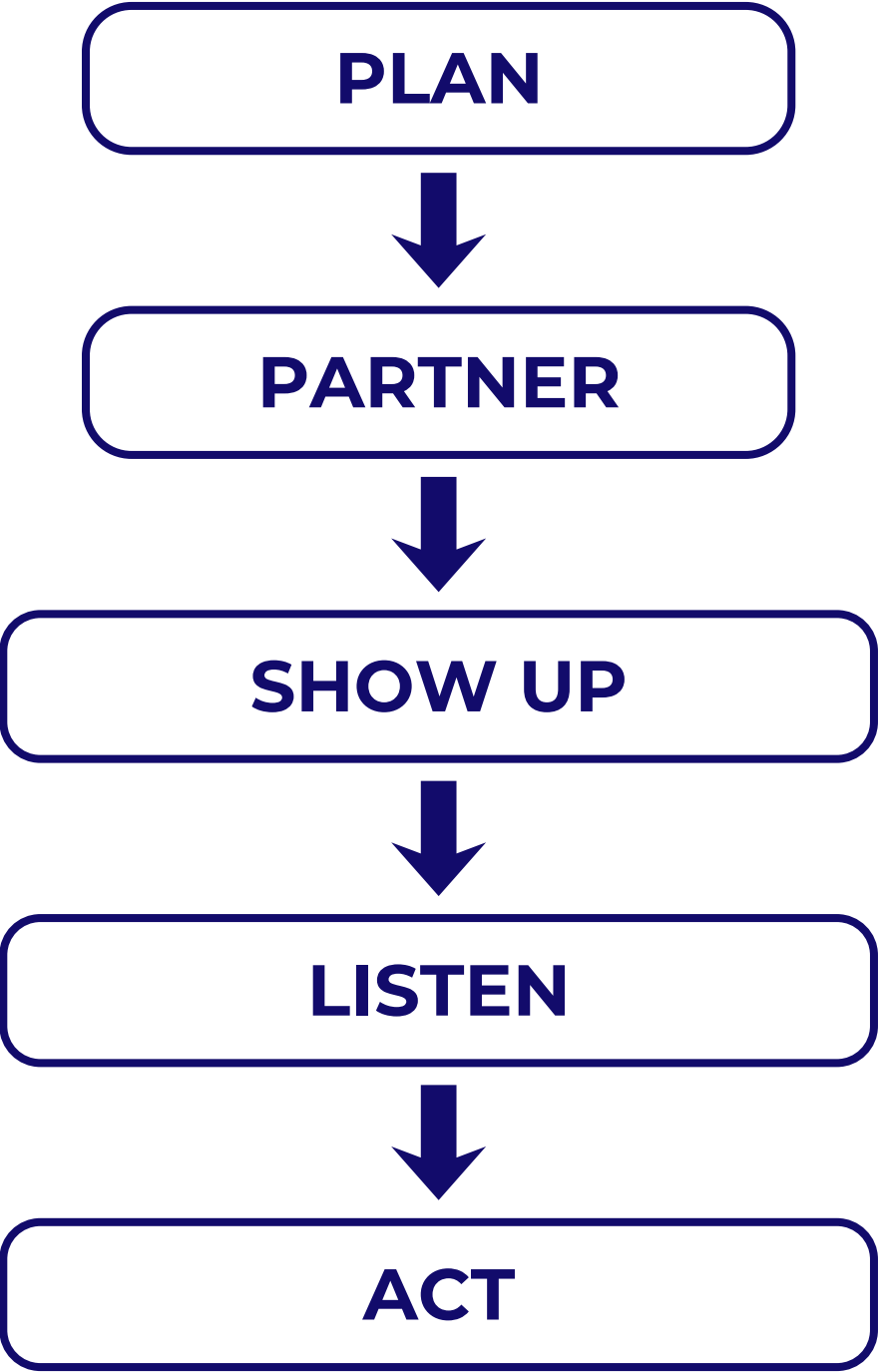
- Limited capacity
- Funding
- Geography
- Maintaining participation
- Competing priorities
- Keeping momentum

A CHIP should be a roadmap, not a document that prevents you from adapting





THE CHIP CAN'T LIVE IN A MEETING ROOM



We can have great meetings and great objectives, but eventually we have to take that work out into the community.



LIVE WELL SIERRA HEALTH AND WELLNESS FAIR & RABIES CLINIC

CONNECTING COMMUNITY MEMBERS TO THE
RESOURCES, SERVICES, AND SUPPORT THEY NEED
TO LIVE HEALTHIER LIVES

Join Us On

SATURDAY, AUGUST 1, 2026 | 10AM - 2PM
LOYALTON PARK, 105 BECKWITH ST.

- Helpful Community Resources
- Dog & Cat Vaccinations & Licensing*
- Free Food - First Come, First Served
- Fun-Filled Family-Friendly Activities
- Free Drawing - Win Prizes!

FOR MORE INFO
PLEASE CALL

(530) 993-6700



SIERRA COUNTY HEALTH & WELLNESS FAIR

ONE EVENT MANY PARTNERS ONE COMMUNITY

35 Community Partners

99 Community Members

148 Meals Served

31 CHIP Survey Responses

Gave us an opportunity to be
visible in the community & for
people to interact with
multiple agencies in one place.





WHAT THE HEALTH & WELLNESS FAIR TAUGHT US LISTENING DOESN'T END WHEN THE EVENT DOES

WHAT WENT WELL

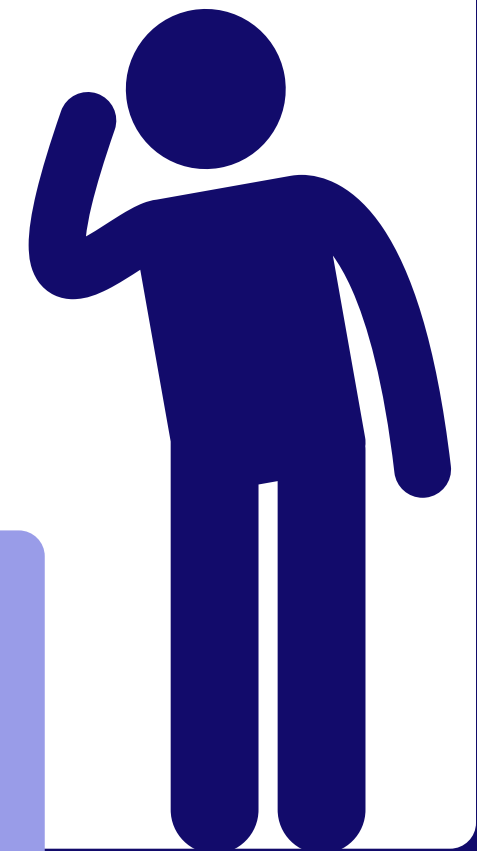
- More Partners
- More Participants
- More Connections
- More Community Feedback

WHAT WE HEARD

- Too Hot
- Accessibility Concerns
- Location
- Promotion

FEEDBACK → IMPROVEMENT

These aren't things you find in the CHA or CHIP, but they matter when you're actually trying to engage people.





TAKING PUBLIC HEALTH ON THE ROAD

WHEN THE COMMUNITY CAN'T COME TO US...

WE GO TO THE COMMUNITY!



Outreach Van

A mobile platform for:

- visibility
- outreach
- information
- interagency collaboration



We want people to recognize it & understand that it's a resource for the community!





SMALL PROJECTS • BIG POTENTIAL

FOOD ACCESS

Community Gardens
School Partnerships
Food Distribution
Community Markets

HEALTHY AGING

Senior Engagement
Accessible Activities
Resource Connections

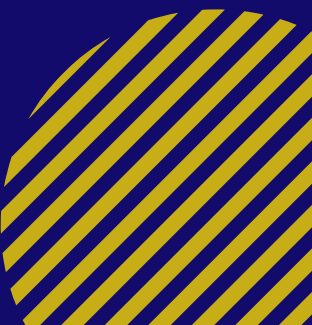
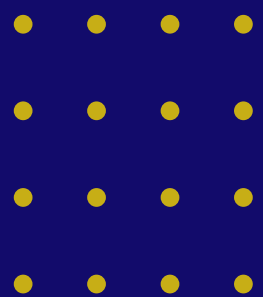
RECREATION

Community Activities
Inclusive Opportunities
Outdoor Engagement

COMMUNICATION

211 Phone Line
Outreach Van
Partner Messaging
Coordination

**START
SMALL**
•
**BUILD
MOMENTUM**





WHAT WE'RE LEARNING

RELATIONSHIPS COME FIRST

START SMALL

MEET PEOPLE WHERE THEY ARE

BE WILLING TO ADAPT

CELEBRATE PROGRESS

In a small county, sometimes progress doesn't look like a huge new program. Sometimes progress is getting three organizations to work together who weren't working together before.

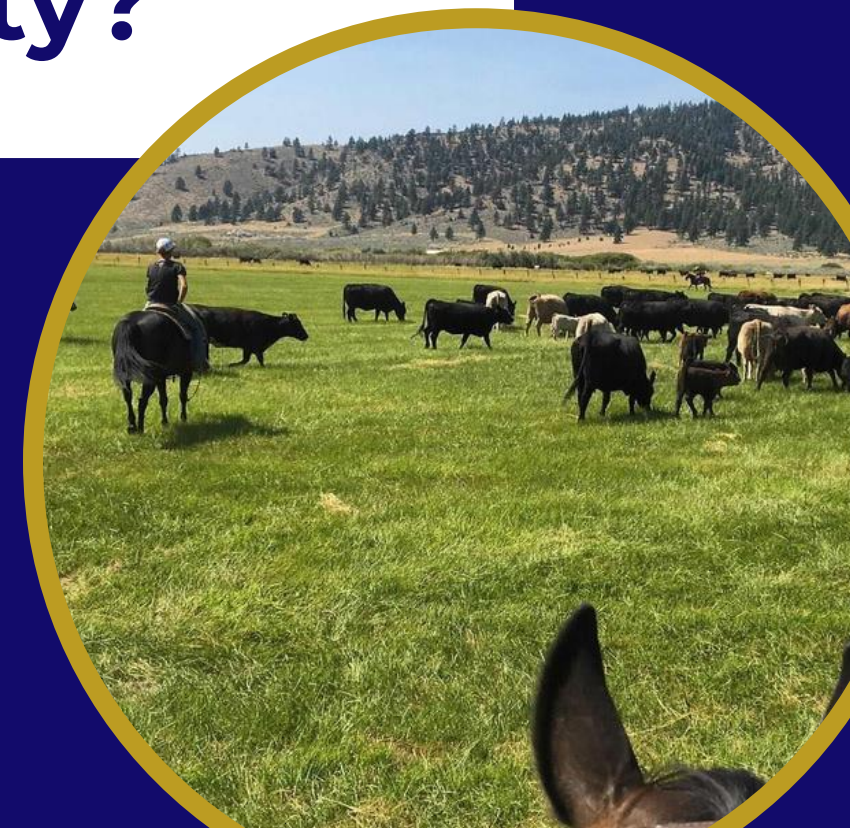




NOW WE WANT TO HEAR FROM YOU!

SIERRA COUNTY IS ONE STORY. WHAT'S YOUR STORY?

**What does
community-centered
public health look like
in YOUR county?**





STANDING TOGETHER FOR HEALTH

CONCEPT MAPPING ACTIVITY - 20 MINUTES



1

IDENTIFY

What are the barriers?

2

EXPLORE

What engagement strategies work?

3

CONNECT

How do we sustain partnerships?

4

SHARE

What is your county's bright spot?



STANDING TOGETHER FOR HEALTH

CONCEPT MAPPING ACTIVITY - 5 MINUTES - QUESTION 1

1

WHAT GETS IN THE WAY?

Think about your county.

GEOGRAPHY

STAFFING

TRANSPORTATION

COMMUNICATION

FUNDING

TRUST

COLLABORATION

ENGAGEMENT



*What's the biggest barrier
you're trying to overcome?*



STANDING TOGETHER FOR HEALTH

CONCEPT MAPPING ACTIVITY - 5 MINUTES - QUESTION 2

2

HOW DO YOU ENGAGE PEOPLE?

What actually works?

EVENTS

SCHOOLS

OUTREACH

INCENTIVES

PARTNERSHIPS

TRUSTED MESSENGERS

MOBILE SERVICES

FREE FOOD!



What gets people to show up, and to keep showing up?





STANDING TOGETHER FOR HEALTH

CONCEPT MAPPING ACTIVITY - 5 MINUTES - QUESTION 3

3

HOW DO WE KEEP PEOPLE AT THE TABLE?

Consider:

Consistent communication

Small achievable goals

Flexible participation

Clear roles and responsibilities



What makes someone want to come back?





STANDING TOGETHER FOR HEALTH

CONCEPT MAPPING ACTIVITY - 5 MINUTES - QUESTION 4

4

WHAT'S YOUR BRIGHT SPOT?

What's one thing your county is doing that others could learn from?

It could be:

A program

A partnership

An event

A communication strategy

A creative workaround

A small win!



*It doesn't have to be perfect.
It just has to be working.*





LET'S FIND THE CONNECTIONS

What themes showed up?
What challenges are shared?
What solutions are transferable?
What surprised you?
What idea are you taking home?

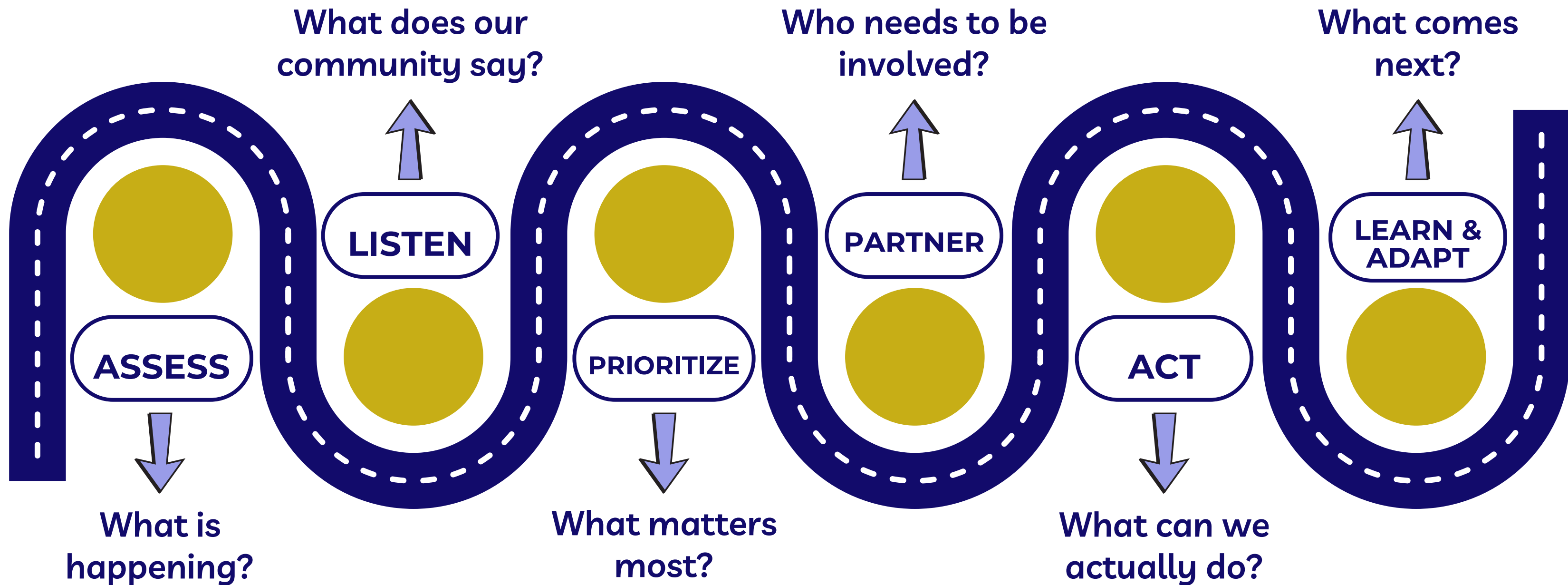
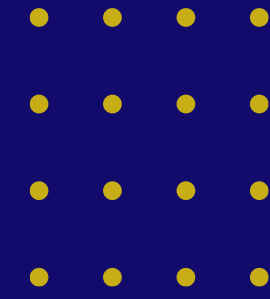


Let's share themes & take homes

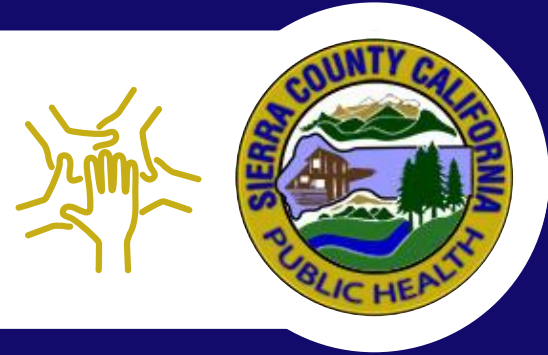




BRINGING IT BACK TO THE JOURNEY FROM ASSESSMENT TO ACTION



AND START AGAIN!



FIVE TAKEAWAYS



1

**DATA TELLS US WHERE TO
LOOK.**

2

**COMMUNITY VOICE TELLS US
WHAT MATTERS.**

3

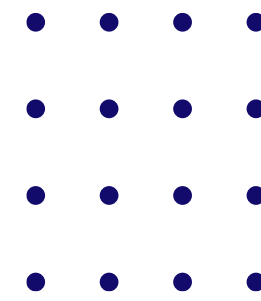
**PARTNERSHIPS TURN
PRIORTIES INTO ACTION.**

4

**SMALL WINS BUILD
MOMENTUM.**

5

**RURAL PUBLIC HEALTH IS
BUILT ON RELATIONSHIPS.**



STANDING TOGETHER FOR HEALTH

What will you take
back to your county?

Thank you!

Sierra County Public Health

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