



## Fremont City Council

3300 Capitol Avenue  
Fremont, CA 94538

**SCHEDULED**

Meeting: 09/10/19 05:30 PM  
Div/Dept: Human Services Department  
Category: Agreements and Contracts

### STAFF REPORT (ID # 3870)

Sponsors:  
DOC ID: 3870

## HEALTH PROMOTION CONTRACT - Authorization to Contract with Alameda County Health Care Services Agency

### Contact Persons:

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**Executive Summary:** Since 2006, Alameda County has provided funding to the City, in partnership with the Afghan Elderly Association (AEA), to carry out a project to improve the health and mental health of Afghan seniors. Alameda County Health Care Services Agency is renewing funding for this project in FY 2019/20 in the amount of \$194,289. Staff is recommending the City Council authorize the City Manager to execute a contract in the amount of \$194,289 with the Alameda County Health Care Services Agency for Fiscal Year 2019/20 to implement the Health Promoter Project.

**BACKGROUND:** Since FY 2006/07, the Human Services Department has partnered with the Afghan Elderly Association (AEA), a nonprofit organization, to carry out the Health Promoter Project to help improve the health and mental health of Afghan seniors. Many of the thousands of refugees from Afghanistan who arrived in the United States in the 1970's and 1980's after fleeing the war with Russia are now aging. Demographic estimates show that the San Francisco Bay Area, and specifically Fremont, is home to one of the largest concentrations of Afghans outside of their own country. It is well documented that older immigrants have challenges accessing necessary health and social services, and therefore experience poor physical health status. Refugees in particular also suffer increased mental health issues, often from the effects of post-traumatic stress, depression and anxiety due to difficult life experiences. This program is unique in that it offers a continuum of supportive services embedded in a community program that focuses on the needs of older adults. In this way, the program has had a positive impact on an often underserved group of people.

**DISCUSSION/ANALYSIS:** The primary component of the Health Promoter Project is the use of Afghan Health Promoters, individuals from the Afghan community who each have received substantial community health training. They meet regularly with Afghan seniors, and based on client need, provide emotional support, health education, and coordinate referrals for health and social services. They can visit isolated seniors in their homes, if needed. They educate and support clients in both healthy living behaviors and chronic disease management. In group settings, they provide exercise instruction, blood pressure screening, and translation services. Health promoters also collaborate with other County programs to assure Afghan elders access appropriate services.

The Human Services Department provides program oversight for the project and a public health nurse/case manager, who supports the health promoters as needed and provides medication management. A Human Services Program Coordinator works directly with the health promoters to develop an individual plan of care for clients and oversees the

implementation of the plan. Each plan is unique, but will generally be comprised of the following components: 1) Health education and screenings to help seniors identify and achieve health goals; 2) Coordination of access to community mental health, health and social services; 3) Escort and translation services for medical, mental health, and social services appointments; 4) Linkages to affordable housing and transportation; and 5) Assistance in completing documents related to citizenship, immigration, taxes, MediCal and other community resources. The AEA employs the health promoters. Through a project director and project assistant, the AEA also provides operational management for the project.

**FISCAL IMPACT:** The Alameda County Public Health Department is providing \$194,289 in FY 2019/20 funding for the Health Promoter Program. As part of the FY 2019/20 Adopted budget, the City Council appropriated sufficient funds for this program. The contract, which is with the Afghan Elderly Association, totals \$110,000. The remaining funds, \$84,289, will support the City's administrative oversight and Human Services staff, including the Program Coordinator and Nurse/Case Manager.

**ENVIRONMENTAL REVIEW:** None required.

**ATTACHMENTS:** None.

**RECOMMENDATION:** Authorize the City Manager, or designee, to execute a contract with the Alameda County Health Care Services Agency in the amount of \$194,289 for the period of July 1, 2019 through June 30, 2020 for the Health Promoter Project.