



# FUTURE WELL COMMUNITIES

Chronic diseases, also called noncommunicable diseases (NCDs), affect every family and every community – causing 71% of deaths globally and 88% of deaths in the U.S. That’s why Abbott and the Abbott Fund are working to find new answers, through our life-changing technologies, across our businesses and in partnership with others through Future Well initiatives.

Future Well Communities is a new Abbott Fund program that tackles chronic disease by addressing the social and economic barriers that prevent good health – also known as the social determinants of health.

Future Well Communities is being launched in Stockton, California. Working in close collaboration with local government, leading institutions and community groups, we’re focusing on addressing the diabetes epidemic – nearly 60% of adults have diabetes or prediabetes and 33% are obese in Stockton and broader San Joaquin County.

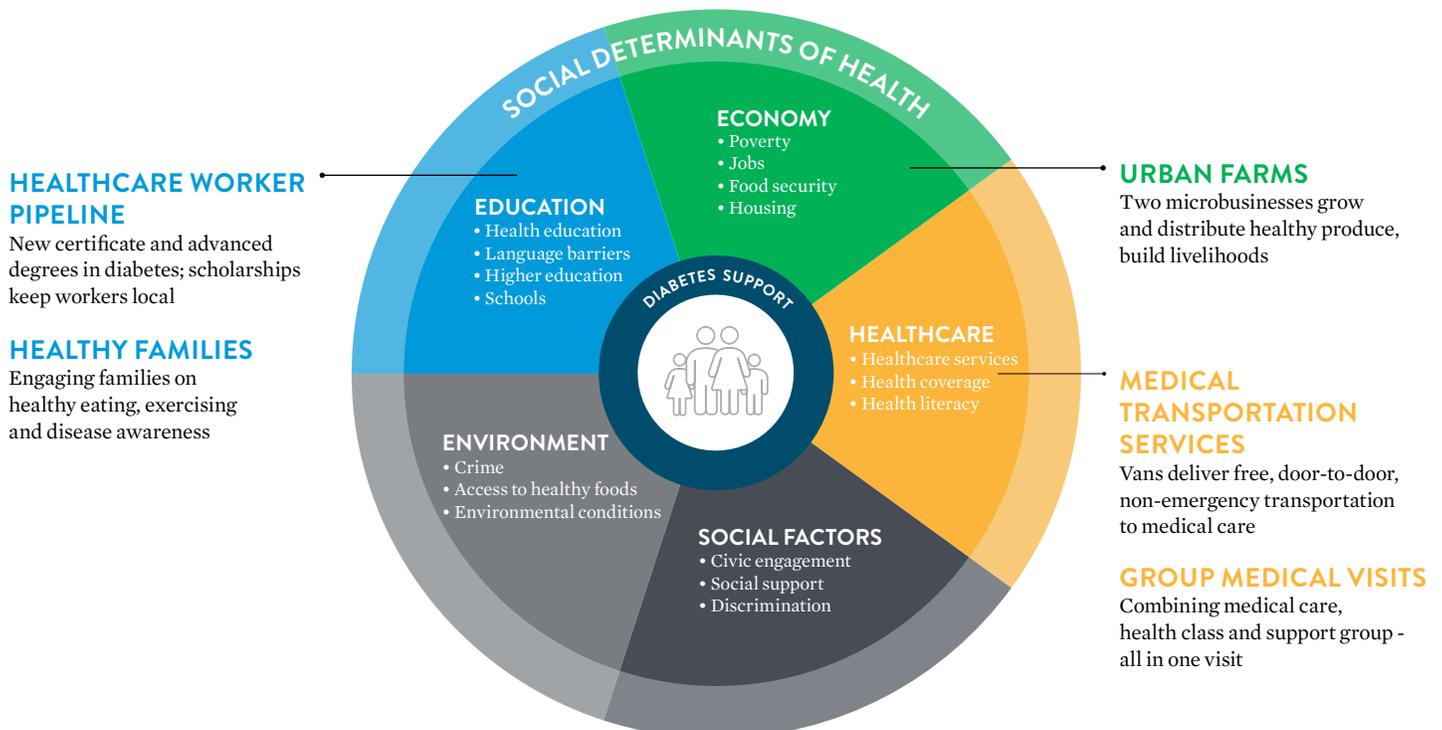
Future Well Communities is supporting innovative, locally driven answers that help the people of Stockton to tackle diabetes and build healthier lives and communities.

## SOCIAL DETERMINANTS OF HEALTH (SDOH)

All too often, people’s health is determined by their zip code. The everyday conditions in which we’re born, live, learn, work and play have a significant impact on the health of individuals, families and communities.

Also known as the social determinants of health (SDOH), these interconnected factors can be organized into five main areas – healthcare, education, environment, economy and social factors.

In Stockton, Future Well Communities focuses on addressing key needs in three areas: healthcare, education and economy.



# PARTNERSHIPS IN STOCKTON

## EDUCATION



### **Healthcare Worker Pipeline:**

- Like many communities, Stockton faces a shortage of trained healthcare workers, especially those with an understanding of the care and treatment of diabetes.
- To help fill the gap, Future Well Communities is collaborating with the [University of the Pacific](#) to create two new educational programs: a diabetes certificate program to help community health workers gain a concentrated diabetes focus, and a diabetes track for graduate degree programs in nursing and social work.
- Future Well Communities also will provide scholarships to select students in exchange for a commitment to stay in Stockton to help address diabetes locally.

### **Healthy Families:**

- Chronic illness impacts families. According to the [American Journal of Preventive Medicine](#), if your parents have Type 2 diabetes, your chance of developing it increases significantly. To prevent diabetes in future generations, families need to educate themselves to reduce their risk factors and get healthy through better diet and exercise.
- Future Well Communities is supporting El Concilio's [Healthy Families](#) program, which aims to help families refocus their health.
- Families participate in six sessions – led by community health workers known as [promotores](#) – on healthy eating, shopping and cooking; the value of exercise; and diabetes, cardiovascular and oral health education and awareness.

## ECONOMY



### **Urban Farms:**

- According to research from [UC Davis](#), the San Joaquin Valley is the most productive agricultural region in the world, growing more than 250 crops – but many neighborhoods in Stockton don't have access to grocery stores with fresh produce.
- To help expand access to healthy food in food deserts, Future Well Communities is partnering with [PUENTES](#), a local urban farming community, to support two different urban farming microbusinesses that focus on educating and bringing local, healthy produce to the community.

## HEALTHCARE



### **Medical Transportation Services:**

- Successfully managing a chronic illness like diabetes often means frequent doctors' appointments.
- For many in Stockton, this is a real challenge: there are gaps in public transportation and, when available, ride-sharing services or taxis are expensive.
- Future Well Communities is supporting local nonprofit El Concilio's [medical transportation](#) program by purchasing transport vans that provide free, door-to-door, non-emergency transportation for medical patients in need.

### **Group Medical Visits:**

- For many, Type 2 diabetes isn't easy to manage. [Community Medical Centers \(CMC\)](#) offers shared medical appointments to people with uncontrolled Type 2 diabetes.
- Because patients are more likely to go to medical appointments and benefit from them if they have support, this program is one part medical visit, one part health class and one part support group. Participants attend multiple sessions with the same group over time to make sure they have consistency in managing their diabetes.
- With support from Future Well Communities, CMC is expanding the program to more locations in Stockton to help reach additional patients who need help managing their condition.