

# COMMUNITY REPORT CARD UPDATE: HEALTH

BY JANET ZIPSER ZIPKIN | **TAHOE DONNER GIVING FUND COMMITTEE**

Do you think we have a healthy community? In fact, Tahoe Truckee is often rated as healthier than other parts of the U.S., with lower obesity, more physical activity, fewer cigarette smokers and a greater sense of being in excellent health. Based on the recently released Community Report Card compiled by the Community Collaborative of Tahoe Truckee, a program of Tahoe Truckee Community Foundation, following is a snapshot of some of the health challenges we face and what's being done to keep our community healthy.

## ALCOHOL

In 2014, there were 160 DUI arrests in the Town of Truckee, with 21 percent of all traffic collisions involving a drunk driver. Lest we blame it all on partying tourists, the reality is that 69 percent of these DUIs report a Truckee address. Of particular concern is the effect of substance abuse on our youth. Research shows that alcohol can actually cause alterations in the structure and function of the developing brain, making our youth more susceptible to impulsive decisions and exhibiting a disregard for consequences.

In Truckee, substance abuse is actively addressed by national as well as local agencies, with the emphasis on education in the schools, community presentations and media events. Additional efforts are directed specifically to

high school athletic programs to explain how alcohol affects the adolescent brain.

## MENTAL HEALTH

Sadly, we have seen far too many incidents of suicide, self-harm and feelings of depression in our community. A task force now addresses adolescent suicide by providing education on recognizing the warning signs and guidance on how to have a direct conversation regarding suicide. In-depth training about suicide prevention has been expanded for those who work with youth in our region.

## HEALTH DISPARITY

Although Truckee residents enjoy healthy lifestyles with a strong emphasis on recreation, nutrition and healthy choices, there are significant health disparities between our Hispanic and non-Hispanic residents. Our Hispanic residents fared worse in overall ratings of general health and were less able to see a doctor or dentist due to cost or lack of transportation.

*Promotores*, or community health advocates, help ensure that culturally diverse populations and underserved communities receive referrals to medical, oral and behavioral health services including prevention and screening. Additionally, they identify and assist with resources and needs for food, housing, transportation, jobs and education.

## MAKING IT BETTER: TAHOE DONNER GIVING FUND

The good news is that we 25,000-plus Tahoe Donner members have an opportunity to make a real impact on our community's well-being by supporting the non-profit organizations that have been working so hard to improve our region's health and human services. It's easy—just make a tax-deductible gift to the Tahoe Donner Giving Fund (TDGF), which is managed by Tahoe Truckee Community Foundation. Additional areas of need and potential TDGF grants include the environment, conservation and animal welfare; education and youth development; and arts and culture, to be covered in future issues of Tahoe Donner News.

Find more information about TDGF and additional resources for this article at [tahoe-donner.com/giving-fund/](http://tahoe-donner.com/giving-fund/).

*With appreciation to the following for providing insights and facts for this article: **Caroline Ford**, Executive Director of Wellness Neighborhood/Community Health, Tahoe Forest Health System; **Adam McGill**, Chief of Police, Town of Truckee; and **Alison Schwedner**, Director of The Community Collaborative of Tahoe Truckee.*

# TAHOE DONNER'S ROBB ETNYRE ELECTED TO CACM'S BOARD OF DIRECTORS TEAM

Tahoe Donner Association is pleased to announce that General Manager Robb Etnyre is one of the newest additions to the California Association of Community Managers, Inc. (CACM) 2015 board of directors.

"Tahoe Donner is a thriving mountain community built upon guiding principles with a goal to provide exceptional outdoor recreation, member services, community events and programs; otherwise known as a large scale community in the common interest development world," said Etnyre. "It is an honor to join the CACM in order to work within a corporate board construct with CACM's management team to continue to improve an industry association which serves community management professionals that manage common interest developments (CIDs) in which 38 percent of California residents reside."

Etnyre, along with Amber Nelson, John Cligny, Phyllis Harkins, and Melinda Young, were elected during a statewide CACM membership

election. The newly elected board of directors, including Etnyre, met at the annual membership meeting that took place in January in Oakland, Calif.

CACM is a professional trade association aimed at instilling success in the California common interest development industry, including large scale communities like Tahoe Donner to small multi-residential communities and portfolio management companies who manage multiple properties.

CACM promotes and upholds higher standards and ethical behavior, in addition to providing professional educational and certification programs covering a wide range of community management topics. The organization is comprised exclusively of community association managers and practitioners.

Tahoe Donner Association is proud to have Etnyre join the team.