

From Barriers to Breakthroughs: Advancing Healthy Living for Rural Older Adults

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County of San Diego

Aging & Independence Services

Sunday, July 19, 2026



Campo Case Study



Mountain Health Community Center

Campo, CA

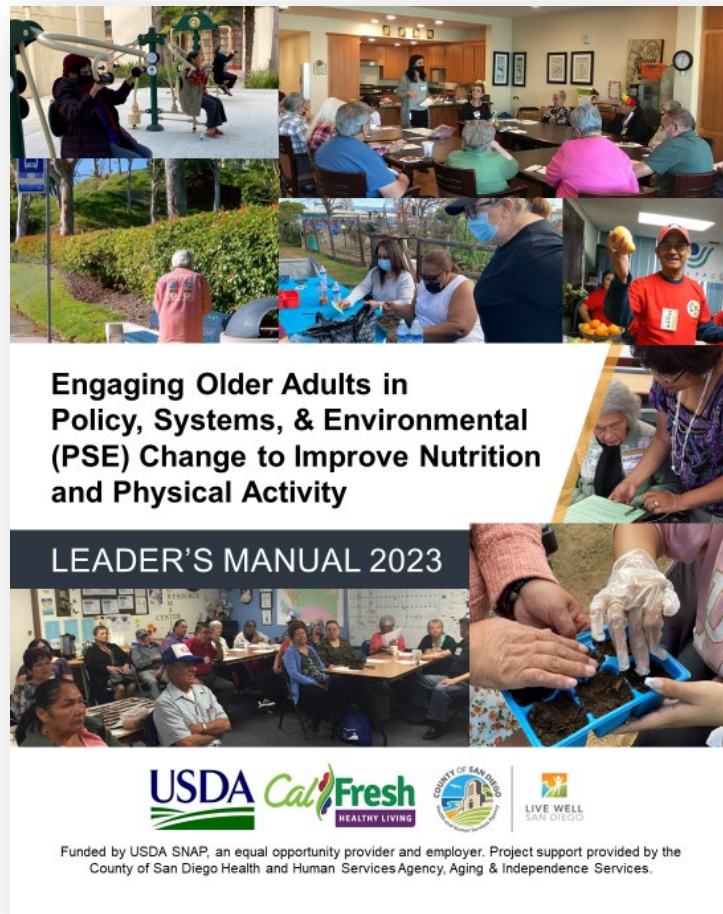


LIVE WELL
SAN DIEGO

Program in Action



Community Change



Step 1: Learning about Social Determinants of Health

Step 2: Identifying Resources & Barriers

Step 3: Coming up with Community Improvement Projects

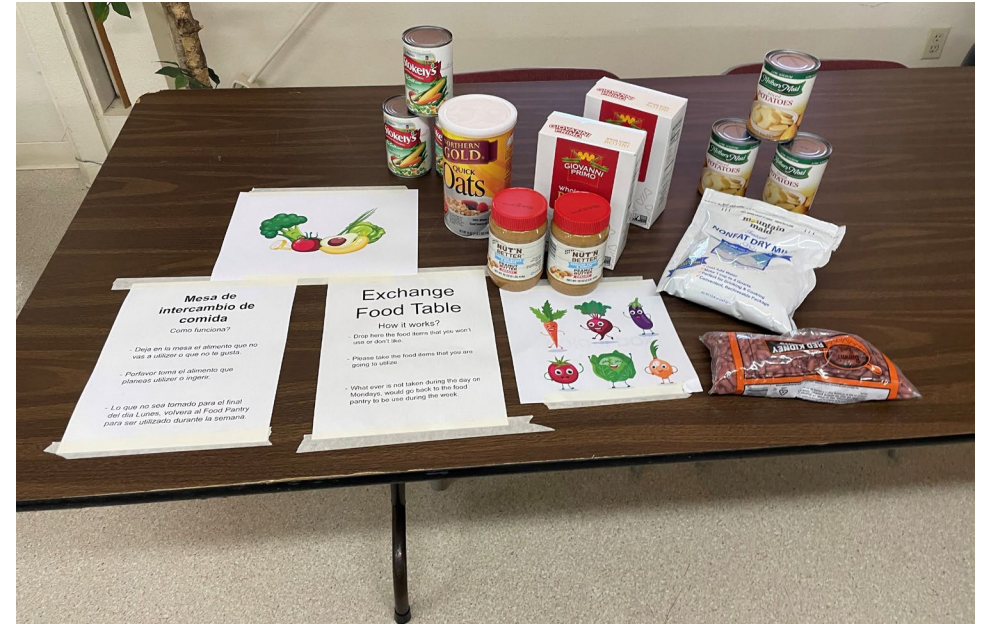
Step 4: Creating and Progressing through a Community Action Plan



Resident-Led Projects:

Improved access to food resources

- Food boxes delivered as residents participate in congregate meal program
- Table for exchanging unwanted food from food distribution
- Informal coordination of carpools



Resident-Led Projects:

Live streaming of “Feeling Fit Club”



Resident-Led Projects: Community Garden



LIVE WELL
SAN DIEGO

Resident-Led Projects: Do It Yourself (DIY) Gardening Kits





Discussion Questions

1. What challenges do you think we came across?





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2. How replicable do you think these ideas are?





Discussion Questions

1. What challenges do you think we came across?
2. How replicable do you think these ideas are?
3. Considering the resources and barriers in your community, what community change projects would you consider?



THANK YOU!

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