The RCHCN mission is to make the healthy choice the easy choice in all Riverside County cities through the advancement of health in all policies.

HCN Connect News and More

2017 Communications Merit Award Winner
American Planning Association-Inland Empire Section

featuring

IN THIS ISSUE

- The Color of Law
- Dangerous by Design
- HARC’s 5th Health Survey
- HCN Connect Intern Corner
- Announcements
- Meetings/Events

Let us feature your story, event or resource in HCN Connect!
Do you have a plan, program or endeavor designed to improve your community’s health? Do you have a resource you would like to share with the HCN? Please let us know!

Please submit ideas for the next publication by: March 15, 2019

HCN Connect is dedicated to keeping the community informed about the contributions that individuals and organizations are making to improve community and individual health in the Riverside County region.

Contact

April Forrest Fellow/Intern
aforrest@ruhealth.org
(951) 388-7171

Miguel A. Vazquez, AICP
mvazquez@ruhealth.org
(951) 388-7171

You are a valued subscriber to HCN Connect. Update your subscription by e-mailing mvazquez@ruhealth.org.
By Christine Sounders  
Via IES/APA

On Thursday, February 28, 2019, approximately 100 APA members, planners, housing experts, public health administrators, educators, and students convened at the La Sierra University Zapara School of Business in Riverside, CA for a conversation with Richard Rothstein, author of The Color of Law: A Forgotten History of How Our Government Segregated America. Mr. Rothstein discussed segregation in public accommodations, such as schools and transportation, are commonly understood as de jure segregation (imposed by law/the government) and as a society, we generally recognize that this is wrong and should be corrected. However, since the signing of the 1968 Fair Housing Act, residential segregation in all major metropolitan areas has persisted and is largely responsible for gaps in achievement, opportunity, wealth, and health, as well as political polarization. He argues that as a society, we have generally accepted the collective myth that neighborhoods are segregated as a result of de facto segregation (by private choices), a myth that was perpetuated by Supreme Court Justice John G. Roberts, Jr. in his 2007 ruling that limited the use of race in school plans for integration. Justice Roberts’ finding, explained in his opinion, was essentially that schools were segregated because the neighborhoods in which they were located were segregated, and since neighborhoods were segregated as a result of de facto reasons and not de jure, the government had no constitutional obligation to remedy the resulting school segregation.

Mr. Rothstein was an education policy researcher, and in his analysis of this decision, he discovered many ways in which local, state, and federal governments have implemented de jure segregation in housing. He discussed just a few of the federal government programs that were explicitly designed to segregate housing on the basis of race. Public housing was introduced as a New Deal program during the Depression, and was only available to middle class families. In the late 1930’s as a result of New Deal programs, and then into WW-II, separate housing was built for African Americans and whites, creating a pattern of segregation where it largely had not previously existed. During WW-II, African Americans moved to centers of war industry for jobs, resulting in an acute housing shortage. Housing for African Americans was generally built to low building standards in poorly located areas because many local governments made it clear that they were to leave after the war ended. Conversely, housing for whites was well built in desirable locations. Mr. Rothstein explained the “Poison Pill” amendment to the 1949 Housing Act, which ensured that public housing continued into the post-WWII 1950’s as a federally implemented, racially segregated housing program. In the 1950’s, the African American housing developments had long waiting lists, and the white developments were becoming vacant. This was due to other federal government programs, primarily lending regulations implemented by the Federal Housing Administration that required speculative suburban developers not to sell or allow the resale of homes to non-Caucasians, also making the GI Bill unavailable to returning African American war veterans. This resulted in the suburbanization of the white middle class into single family homes and concentrated African Americans into inner city public housing projects.

Mr. Rothstein concludes that since residential segregation was a result of explicit government policies, it is unconstitutional and the government has the obligation to remedy it. He acknowledges that the tools in which to do this are available to us as policy makers, planners and housing experts, but that the challenge is to create the political will to implement them.

If this brief summary of the conversation that took place intrigues you, please watch the video online at https://vimeo.com/321857517

Between 2008 and 2017, drivers struck and killed 49,340 people who were walking on streets all across the United States. That’s more than 13 people per day, or one person every hour and 46 minutes. It’s the equivalent of a jumbo jet full of people crashing—with no survivors—every single month.

In the past decade, the number of people struck and killed while walking increased by 35 percent. 2016 and 2017 were the two highest years since 1990 for the number of people who were killed by drivers while walking.

This report ranks states and metropolitan areas around the country using our “Pedestrian Danger Index,” or PDI. This index measures how deadly it is for people to walk based on the number of people struck and killed by drivers while walking, controlling for the number of people that live in that state or metro area and the share of people who walk to work. The 2019 edition of Dangerous by Design includes traffic deaths that occurred between 2008 and 2017 from the Fatality Analysis Reporting System (FARS), a national database of all fatal traffic crashes.

What this report shows is that our streets aren’t getting safer. Even more so, while traffic deaths impact every community in the United States, states and metropolitan areas across the southern continental United States, older adults, people of color and people walking in low-income communities bear a higher share of this harm.

Pedestrian fatalities have been steadily increasing. 2016 and 2017 were the most deadly years since 1990.
The Coachella Valley Community Health Survey—Palm Desert, CA (January 2019) — HARC, a nonprofit research and evaluation firm in Palm Desert, has launched the fifth iteration of its critical population health survey known as the Coachella Valley Community Health Survey. Anyone who has a cellphone or a landline, could be called to answer questions in this confidential survey related to important health topics. On behalf of HARC, interviewers from Kent State University will be making phone calls from January to July. Each week, HARC will randomly select a new participant to receive a $100 Visa gift card.

What is the Coachella Valley Community Health Survey?
The survey is a population health study that allows HARC to estimate the prevalence of health conditions, behaviors, major diseases, mental health, and much more for the entire Coachella Valley region. HARC also collects general demographics to more closely examine group differences, such as gender, race/ethnicity, and age. For example, HARC can estimate how many people need mental health care, but can’t get it, and which demographics are most impacted. Because this survey will be the fifth iteration, there will also be many areas that allow for examining trends of health characteristics over the past decade.

The survey is conducted via random-digit-dialing to minimize biased sampling and improve representativeness of the overall population. In other words, anyone in the Coachella Valley with a cellphone or a landline has an equal chance of being called to take this 22-minute survey. Those who participate in the survey help HARC to estimate critical health information for both adults and children. Data are collected over a period of 6 months and then weighted using data from the U.S. Census Bureau’s American Community Survey.

Once data collection is finished and HARC has analyzed and written the report of findings, everyone in the Coachella Valley will have access to this information for free. In fact, HARC produces a hard-copy report, conducts presentations, and uploads the data to ‘HARCsearch’, an online and user-friendly database.

Why is the survey important?
There is plenty of data available on the health of residents in California as well as Riverside County. However, the state and the county as a whole have a significantly different story to tell compared to the Coachella Valley. Because of that, data at the Coachella Valley level is collected and analyzed to accurately reflect the needs of the local community.

Local organizations including nonprofits, governments, educational institutions, hospitals and healthcare providers use HARC’s data to prioritize health needs in the community, develop programs to meet those needs, make compelling cases for funding, and for research purposes. Essentially, the data can help by identifying what the needs are and which groups need help. In fact, for HARC’s most recent 2016 version, local organizations brought in over $1.5 million in the first year since the results were released (January 31, 2017 to February 2018), citing HARC’s data.

Anyone who receives a call from Kent State University is strongly encouraged to take the time to take the 22-minute confidential survey. Sharing your story helps the Coachella Valley as a whole to improve the health and quality of life in the region. All who participate have a chance to receive a $100 Visa gift card, which will be distributed on a weekly basis.

About HARC
HARC is a nonprofit 501(c)(3) organization based in Palm Desert, CA. HARC provides research and evaluation services in the field of health, wellness, and quality of life, with a special focus on the Coachella Valley. To learn more about HARC, visit www.HARCdata.org

The Coachella Valley Community Health Survey is made possible by funding from our primary funder, Desert Healthcare District, as well as many other funders, including Alzheimer’s Association - Coachella Valley, City of Cathedral City, City of Coachella, City of Desert Hot Springs, City of Palm Desert, City of Palm Springs, City of La Quinta, Desert AIDS Project, Desert Care Network: Desert Regional Medical Center & JFK Memorial Hospital, Eisenhower Health, First 5 Riverside, Grace Helen Spearman Charitable Foundation, Inland Empire Health Plan (IEHP), RAP Foundation, Riverside University Health System - Behavioral Health, Riverside University Health System - Public Health, and several generous private donors.

For more information, contact: Dr. Jenna LeComte-Hinely
760.404.1945
Jlecomte-hinely@HARCdata.org
HCN Connect’s Intern Corner: Health Equity Series

Tips and Tactics
Health Equity Tip #1 - Find Health Equity Allies

Finding Health Equity Allies:
• A great way to find others that are interested in health equity are participate in community meetings. Look for people who nod with agreement when it comes to health equity and listen for those who speak up about racism, disability, socioeconomic status and gender.
• Become an advocate for health equity by sending articles to others about the importance of health equity.
• Identify people in your department or in nearby health departments, government agencies and nearby universities that are working towards health equity, access, health disparities, immigration, peoples with disabilities, and all that are impacted by inequities.
• Join health equity e-mail list like Public Health Awakened Spirit of 1848 to connect to others in your community.

Experiment with the best way to connect with your health equity allies.
• Try a lunch outing, post-work drinks or coffee or attending a local social justice event together.
When you meet up, try to have each person:
• What motivates them to do health equity work ("story of self")
For more information: https://mailchi.mp/humanimpact/health-equity-tip-01-organize-an-informal-hangout

HCN Connect’s Intern Corner: Quick and Healthy Meal Idea

Pan Roasted Chicken and Vegetables

Ingredients-
• 2 Pounds Red Potatoes
• 1 Large Onion- Chopped Coarsely
• 2 Tablespoons Olive Oil
• 3 Garlic Cloves Minced
• 1-1/4 Teaspoons Salt (Divided)
• 1 Teaspoon Dried Rosemary
• ½ Teaspoon Pepper
• ½ Teaspoon Paprika
• 6 Bone-In Thighs Skin Removed
• 6 Cups Baby Spinach

Directions –
• Preheat oven to 425°. In a large bowl, combine potatoes, onion, oil, garlic, 3/4 teaspoon salt, 1/2 teaspoon rosemary and 1/2 teaspoon pepper; toss to coat. Transfer to a 15x10x1-in. baking pan coated with cooking spray.
• In a small bowl, mix paprika and the remaining salt, rosemary and pepper. Sprinkle chicken with paprika mixture; arrange over vegetables. Roast until a thermometer inserted in chicken reads 170°-175° and vegetables are just tender, 35-40 minutes.

Nutrition Facts
1 chicken thigh with 1 cup vegetables: 357 calories, 14g fat (3g saturated fat), 87mg cholesterol, 597mg sodium, 28g carbohydrate (3g sugars, 4g fiber), 28g protein. Diabetic Exchanges: 4 lean meat, 1-1/2 starch, 1 vegetable, 1 fat.

For more information visit https://www.tasteofhome.com/recipes/pan-roasted-chicken-and-vegetables/
SCAG Launches Connect So Cal

Connect SoCal - The 2020-2045 Regional Transportation Plan/Sustainable Communities Strategy is a long-range visioning plan that balances future mobility and housing needs with economic, environmental and public health goals. Connect SoCal embodies a collective vision for the region’s future and is developed with input from local governments, county transportation commissions (CTCs), tribal governments, non-profit organizations, businesses and local stakeholders within the counties of Imperial, Los Angeles, Orange, Riverside, San Bernardino and Ventura.

What is at the heart of Connect SoCal are over 4,000 transportation projects—ranging from highway improvements, railroad grade separations, bicycle lanes, new transit hubs and replacement bridges. These future investments were included in county plans developed by the six CTCs and seek to reduce traffic bottlenecks, improve the efficiency of the region’s network and expand mobility choices for everyone.

In addition, Connect SoCal is supported by a combination of transportation and land use strategies that help the region achieve state greenhouse gas emission reduction goals and federal Clean Air Act requirements, preserve open space areas, improve public health and roadway safety, support our vital goods movement industry and utilize resources more efficiently.

To learn more about Connect So Cal visit http://connectsocal.org/Pages/default.aspx

APA Inland Empire Section Awards Program Open

The 2019 IES-APA Award Nomination period is officially open. The Awards Committee will be accepting nomination applications now through Friday, March 15, 2019. If there is a great project, plan, distinguished individual or firm worthy of being recognized for their excellence in planning, now is the time to showcase those accomplishments. Two new categories were added last year: Healthy Communities honoring efforts explicitly designed to improve health outcomes through planning policy, programs and Planner4Health for individuals who have advanced or promoted the cause and understanding of healthy communities planning through collaboration. For more information visit http://iesapa.org/2019-awards/
Riverside Resilience Quarterly Meeting

Description - The Riverside Resilience quarterly meeting is scheduled from 1 p.m. to 5 p.m. on Thursday, March 14, 2019 at UCR Palm Desert Center.

Work group members will present an overview of work accomplished, challenges and next steps. The meeting will also include a screening of the documentary "Resilience" as well as a panel discussion afterwards. More information will be released at a later date.

Location - UC Riverside-Palm Desert
75080 Frank Sinatra Drive
Building B
Palm Desert, CA 92211

Date and Time - Thu, March 14, 2019
1 p.m. – 5 p.m. PDT

For More Information and Tickets - https://www.eventbrite.com/e/riverside-resilience-quarterly-meeting-tickets-55647942494

Coalition For Tobacco Free Communities-2019 Quarterly Meeting Dates

These meetings are typically held every 3rd Tuesday of the month from 12:00 PM – 2:00 PM. Please note locations vary from meeting to meeting to accommodate all coalition members as the coalition serves all of Riverside County.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, February 19, 2019</td>
<td>12:00 – 2:00 PM</td>
<td>TBA</td>
</tr>
<tr>
<td>Tuesday, May 21, 2019</td>
<td>Noon – 2 p.m.</td>
<td>TBA</td>
</tr>
<tr>
<td>Tuesday, August 20, 2019</td>
<td>Noon – 2 p.m.</td>
<td>TBA</td>
</tr>
<tr>
<td>Tuesday, November 19, 2019</td>
<td>Noon – 2 p.m.</td>
<td>TBA</td>
</tr>
</tbody>
</table>

For meeting details please contact Andrew Jimenez at anjimenez@ruhealth.org or at 951-358-4977
Register today: www.pic-nicc.org

Tuesday, June 18th and Wednesday, June 19th
Ontario Convention Center

10TH ANNUAL NATIONAL INNOVATIVE COMMUNITIES CONFERENCE
NICC 2019

Leadership • Action • Legacy

Discover new resources, connect with influential community leaders, and take advantage of this unique opportunity to personally network with leading experts.

50 REACH OUT 50TH ANNIVERSARY

EARLY BIRD REGISTRATION $125
ENDS APRIL 1st
For additional pricing information visit www.pic-nicc.org
Meetings/Events

If you have any questions or need any additional information, please contact Luisa Aguilera at Laguilera@rivco.org.

FREE
April 27, 2019
8am-12pm

Food Vendors
Live Animals
Kids Zone

Healthy Living Extravaganza
Community Expo

- Community Resources
- Local Program Demonstration
- Wellness Products & Services
- Nutrition & Meal Planning
- Safety Awareness

In conjunction with the Wylie Center Unity 5K Color Run
Registration starts at 8am

Located at:
Rancho Jurupa Park
4800 Crestmore Road
Jurupa Valley, CA 92509

Questions? Contact RivCoParks at (800) 234-PARK (7275)

www.healthylivingextravaganza.com
Please visit the website to register for the Unity 5K run

If you have any questions or need any additional information, please contact Luisa Aguilera at Laguilera@rivco.org.
WHAT IS NUSA?
Since its inception, the organizational mission of NUSA has been to build and strengthen neighborhood associations and to promote productive communications and collaborations among those associations with both the public and private sectors. For the past 41 years, the organization has served these broad principles through its annual conference. NUSA’s annual conference provides an opportunity for people from all locations, sectors and levels of society to discuss the pressing issues of the times, share experiences and offer assistance, motivation and encouragement.
For more information, visit website- Palm Springs- NUSA Conference 2019
American Planning Association’s National Conference coming to San Francisco

Planning connects us at the American Planning Association’s 2019 National Planning Conference, April 13-16 in San Francisco. APA’s big event is packed with 13 special-interest tracks that cover a broad spectrum of practice in more than 230 expert-led sessions. NPC19 offers everything planners expect from the premier planning conference of the year: a great location, fresh ideas to take home, and new skills and connections to advance their careers. You’ll have the chance to explore San Francisco and the Bay Area where you’ll find a wide range of planning practices and trends. Over 60 mobile workshops will take you around the Bay Area to see planning in action. Registration for NPC19 includes all sessions, the popular Welcome Reception, an invitation to the Awards Luncheon, keynotes by violinist Vijay Gupta and documentarian Brett Culp, and more. Get all the details and sign up now at planning.org/npc. Use #NPC19 to share the news!

Childhood Obesity Conference coming to Anaheim

On behalf of the conference hosts, welcome to the 10th Biennial Childhood Obesity Conference to be held July 15-18, 2019 at the Anaheim Marriott Hotel in Anaheim, California! Conference hosts include The California Department of Public Health, California Department of Education, Nutrition Policy Institute UC Division of Agriculture and Natural Resources, The California Endowment, and Kaiser Permanente.

The 10th Biennial Childhood Obesity Conference is the nation’s largest, most influential collaboration of professionals dedicated to combating pediatric obesity/overweight. Nearly 2,000 attendees from across the country are expected to attend in 2019.

Join us as we continue to share and discuss emerging research, best practices, community-based efforts and effective policy strategies that promote and sustain healthy eating and physical activity practices for children, adolescents and their families!