"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."

Vol. IV. No. 5

HCN Connect
News and More

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

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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:
June 15, 2019

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You are a valued subscriber to HCN Connect. Update your subscription by e-mailing mvazque@ruhealth.org
Why Does National Mental Awareness Month Matter To You?

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI and the rest of the country are raising awareness of mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

Why Care?
The WhyCare? campaign is an opportunity to share the importance of mental health treatment, support and services to the millions of people, families, caregivers and loved ones affected by mental illness and a challenge to address broken systems and attitudes that present barriers to treatment and recovery.

Care has the power to make a life-changing impact on those affected by mental health conditions. Through our own words and actions, we can shift the social and systemic barriers that prevent people from building better lives.

Care is a simple 4-letter word, but a powerful way to change lives for people affected by mental illness. It’s an action. It’s a feeling. It’s a gift we give to ourselves and to each other. People feel loved when someone cares. People feel heard when someone cares. People recover when someone cares. Society changes when people care. Entire systems change when people care.

**Mental Health Facts**

- 1 in 5 adults in the United States lives with a mental health condition.
- 1 in 25 (10 million) adults in the United States lives with a serious mental illness.
- 43.8 million adults in the United States face the day-to-day reality of living with a mental illness.
- Half of all lifetime mental health conditions begin by age 14 and 75% by age 24, but early intervention programs can help.
- African Americans and Hispanic Americans used mental health services at about half the rate of whites in the past year, and Asian Americans at about one-third the rate.
- 90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the United States, but suicide is preventable.

The best treatments for serious mental illnesses today are highly effective; between 70 and 90% of individuals have significant reduction of symptoms and improved quality of life with the right treatments and supports.

Additional facts and citations are available at [Mental Health by the Numbers](https://www.nami.org/).
May is All About Being Fresh - 9 Reasons Gardening is the Ultimate Mind-Body Workout

Us Californians live for Sunshine! What better way to grab some rays and along with the joy of gardening, connecting to nature, the pride of growing your own plants, flowers and food and of course, the amazing health benefits. According to the Centers for Disease Control, gardening is compared to “moderate cardiovascular exercise.” Gardening 30 to 45 minutes a day can burn 150 to 300 calories. Here are 9 reasons you should make Gardening apart of your routine:

1. It gets you moving
2. It sparks creativity
3. It helps to reduce stress by helping you relax
4. It’s a great form of functional exercise
5. It improves flexibility, balance, and sensory perception
6. It boost those feel-good hormones
7. It cultivates a healthier heart
8. It improves sexual function
9. It’s an opportunity to give back to your community.

For more information about the 9 reasons gardening is the ultimate mind-body workout visit- mindbodygreen.com

May is All About Being Fresh - Avocado and Mango Salad Recipe

Avocado and Mango Salad Recipe

Ingredients-
• 3 tablespoons of EVOO
• 3 tablespoons of fresh lime juice
• 2 teaspoons of agave (or honey)
• 1 teaspoon of ground cumin
• 1 teaspoon of ancho chili powder
• 1 jalapeno diced and seeded
• Kosher Salt
• Fresh Ground Pepper
• 2 Heads butter lettuce- Washed, dried and torn to bite size pieces
• 3 Mangoes- Peeled and diced into ½ inches pieces
• ¼ cup of Red Onions diced
• ½ cup cilantro leaves
• 2 Avocados- Halved, Pitted and diced

Recipe- How to Make It
Step 1
To prepare the vinaigrette, whisk together the olive oil, lime juice, agave nectar, cumin, chili powder and jalapeño in a small mixing bowl. Season with salt and pepper. Set aside.

Step 2
In a large mixing bowl, toss the lettuce leaves, mango, red onion and cilantro with vinaigrette. Divide among 8 bowls and top with the avocado.
What’s in a Cigarette?

There are approximately 600 ingredients in cigarettes. When burned, cigarettes create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer. Many of these chemicals also are found in consumer products, but these products have warning labels—such as rat poison packaging. While the public is warned about the danger of the poisons in these products, there is no such warning for the toxins in tobacco smoke.

Here are a few of the chemicals that are used in your home that include warning labels—

- **Acetone**—found in nail polish remover
- **Acetic Acid**—an ingredient in hair dye
- **Ammonia**—a common household cleaner
- **Arsenic**—used in rat poison
- **Benzene**—found in rubber cement and gasoline
- **Butane**—used in lighter fluid
- **Cadmium**—active component in battery acid
- **Carbon Monoxide**—released in car exhaust fumes
- **Formaldehyde**—embalming fluid
- **Hexamine**—found in barbecue lighter fluid
- **Lead**—used in batteries
- **Naphthalene**—an ingredient in mothballs
- **Methanol**—a main component in rocket fuel
- **Nicotine**—used as an insecticide
- **Tar**—material for paving roads
- **Toluene**—used to manufacture paint

What’s in an E-Cigarette?

The main component of e-cigarettes is the e-liquid contained in cartridges. To create an e-liquid, nicotine is extracted from tobacco and mixed with a base (usually propylene glycol), and may also include flavorings, colorings and other chemicals (such as formaldehyde and acrolein, which can cause irreversible lung damage).

For more information, please visit - American Lung Association
The HEALU Network Presents
a Four-Part Summit Series

Equity As A Through Line:
Social Movements, Public Finance, and Infrastructure Investments for Healthy Communities

Register today at https://tinyurl.com/y5xvcbvn

ENSURING EQUITY IN INFRASTRUCTURE INVESTMENTS
May 2nd @ Casa Italiana

BUILDING CAPACITY IN UNDER-RESOURCED COMMUNITIES
June 13th @ LA84 Foundation

ENHANCING COMMUNITY ENGAGEMENT PRACTICES
September 9th @ The California Endowment

MEASURING NEED AND SUCCESS:
METRICS FOR HEALTHY, EQUITABLE LAND USE
November TBD

Exploring practical lessons about advancing health equity and racial justice through public finance and infrastructure investments

#HEALU4ALL
Coalition For Tobacco Free Communities- Serving Riverside County

Join Us on Facebook!
We are excited to announce the launched a new social media page (Coalition for Tobacco Free Communities – RC). As a follower of the page you will see the latest tobacco news, community announcements, and opportunities to become involved! To follow us on Facebook, click here; then click “Like” at the top of the page.

Palm Springs Adopts Tobacco Retailer Permitting Ordinance

On October 17, 2018, the Palm Springs City Council unanimously adopted the Riverside County Tobacco Retailer Permitting (TRP) Ordinance. The ordinance requires all tobacco retailers in the City to purchase an annual permit from the Riverside County Department of Environmental Health. These funds are used to enforce California law prohibiting underage tobacco product sales. Riverside County is close to becoming the first county in California to have all jurisdictions adopt a tobacco retail permitting ordinance.

Coalition For Tobacco Free Communities- Serving Riverside County

2019 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, May 21, 2019</td>
<td>12:00 – 2:00 PM</td>
<td>4210 Riverwalk Pkwy –1st floor Suite 110 Orange Room - Riverside, CA 92505</td>
</tr>
<tr>
<td>Tuesday, August 20, 2019</td>
<td>12:00 – 2:00 PM</td>
<td>TBA</td>
</tr>
<tr>
<td>Tuesday, November 19, 2019</td>
<td>12:00 – 2:00 PM</td>
<td>TBA</td>
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Congratulations APA Award Recipients-

Congratulations to all the winners of the 2019 APA Awards. We are proud to announce that many of the awards that Riverside County is being recognized for are in efforts related to active transportation.

Congratulations Winners-
- City of Lake Elsinore- For Downtown Lake Elsinore and East Lake Specific Plans
- Riverside Transit Authority (RTA)- For First and Last Mile Mobility Plan
- City of San Jacinto – For Trails Master Plan
- City of Hemet- For Mobility Plan
- Riverside County- Active Transportation Network
- City of Murrieta- For Performance Standards and Process Guidebook
- Jurupa Valley- For Huerta De Valle Community Garden
- Riverside County- Neighborhood Mobility Plan for the Communities of Thermal & Oasis (Riverside County)

Out of the 17 Awards Awarded 8 Went to Riverside County. Keep up the great work Riverside County! Awards will be received on May 23rd, 2019

For more information- [2019 APA Awards](#)

Thank you for reading HCN Connect!