"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**

**Volume III. No. 7**
**July 2018**

**Featuring**

**IN THIS ISSUE**

- Public Health & Safety Officials Stress Water Safety
- City Highlight – City of Palm Desert
- Announcements
- Upcoming 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:
July 30, 2018

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Public health, safety officials stress water safety during news conference
With seven child drowning deaths in Riverside County this year so far, health and public safety officials stressed the importance of water safety during a news conference.

The conference, held July 2 at Lake Elsinore's Elm Grove Beach, was organized by the Riverside County Water Safety Coalition and included speeches from public health and safety officials. Kim Sarutawari, Director of the Riverside County Department of Public Health, began talking about the different children who died by drowning.

They included a 6-year-old boy who drowned after driving a battery-operated car into a pool in Jurupa Valley, a 9-year-old Palm Desert girl who fell into a pool trying to reach a tennis ball and a 2-year-old who fell into a backyard pool in Corona while his family barbecued in the front yard.

"We're here today because of a public health crisis in Riverside County," Sarutawari said. "It has not only taken seven children so far, but it has left many other families dealing with the pain and anguish of a child who has suffered severe brain damage.

"For years we have told the community that child drowning is 100 percent preventable and we've asked parents, guardians and anyone responsible for watching over children to be alert all the time around a body of water."

Dr. Michael Mesisca of the Riverside University Health System Medical Center said that because children have small airways, it doesn't take a large amount of water or a long time for a child to become submerged and lose vital oxygen. A child can drown in something as small as a bucket while a parent washes a car.

"The child falls into the bucket and within a matter of minutes they stop breathing," Mesisca said. "They can't get themselves out of it and they end up either permanently injured or dead as a result."

Water Safety Coalition officials are encouraging people parents, guardians and supervisors of children to keep an eye on them at all times around bodies of water.

Officials are also asking people to take stock of both indoor and outdoor drowning hazards. Indoor hazards include buckets with water in them, unattended or unemptied bathtubs, running and unattended showers, open lids on washing machines and deep bowls for pet water.

Outdoor hazards include uncovered spas or pools; unlatched or broken pool and spa gates; unattended, partially full or full kiddie pools; hoses left running and unattended; birdbaths or fountains; outdoor showers and floating toys not retrieved from pools (the toys can attract children into the water).

After the news conference, visitors could visit booths offering information on such things as where to get free swimming lessons and information on CPR.

Emily Craig of the Cal Fire/Riverside County Fire Department was offering free CPR demonstrations. She noted that CPR is critical after a pediatric drowning because it's important to free up a child's airway and get much needed oxygen to the brain.

Craig said that people should take two fingers and push down fast and hard just under the child's chest while periodically giving "rescue breaths."

For adult near-drowning incidents, people should place the victim on his or her side to help get water out of the airway, then roll the victim on his or her back and proceed with compressions using both hands.

Craig said that for adults, hands-only compressions until paramedics or law enforcement show up is fine. A person does not need to perform rescue breaths on an adult victim.

Craig said that cities often offer CPR lessons as part of partnership with the Cal Fire/Riverside County Fire Department. People can also find classes through the American Heart Association by visiting heart.org/cpr.
Syphilis forum held in Palm Desert to address local infection spike

A surge in syphilis cases in the Coachella Valley will bring local health officials to Palm Desert today for a discussion on stemming the rising presence of the disease in the region.

Dubbed the Riverside County Syphilis Community Collaborative, the collective of medical professionals will convene at UC Riverside-Palm Desert to formulate solutions to a rise in syphilis cases seen both in the Coachella Valley and the nation at large.

County health officials say that the rate of syphilis cases countywide is about 12 per 100,000 people, but in the Coachella Valley, it is about 32 per 100,000. The rate is particularly pronounced in Palm Springs, where there are more than 100 cases per 100,000 people, according to the Riverside University Health System.

The collaborative held its first meeting in Palm Springs last month, which officials said generated productive discussion between health officials, local residents and nonprofit groups.

“We couldn't have asked for a better first meeting,” said Dr. Cameron Kaiser, county public health officer. “There were great ideas, great participation, and solid discussion. I look forward to start turning those ideas into solutions to our high rates of syphilis in this second meeting.”

Fourth District County Supervisor V. Manuel Perez said “I'm glad that partnering agencies from the community are continuing efforts to stop the spike in syphilis rates. Everyone participated with enthusiasm and thoughtful dialogue and brought forward suggestions that we will pursue.”

The state department of public health also reported recently that sexually transmitted diseases in California reached a record high in 2017, with a 45 percent increase seen in cases of syphilis, chlamydia, and gonorrhea compared to five years ago.

In addition, 30 stillbirths in 2017 were attributed to congenital syphilis, the highest such figure since 1995, according to California health officials.

Attending the news conference was Toni Rosseau and her 9-year-old daughter Summer. Summer suffered severe brain damage seven years ago after falling into a pool.

"She got out while I went to go use the restroom," Rosseau said. "There were doors open. I found her at the bottom of the pool."

Summer went 36 minutes without a heartbeat before she was revived. Though doctors expected that Summer would be blind and wouldn't recognize people, that has not been the case. She has been able to see, recognize and even learn, according to Rosseau.

But Summer will never be able to walk or talk again.

Rosseau said that people often assume that because a person didn't die in a drowning they'll fully recover.

"It doesn't work like that," she said. "It's the brain injury that affects them like this."

For more information on water safety, visit https://rivcowatersafety.net.
The SHAPE Data Portal

SHAPE Riverside County is sponsored by the Riverside University Health System - Public Health, a department of the County of Riverside. To learn more, please visit: http://www.shaperivco.org/

WHAT DO YOU NEED?
- Health Data
- Demographic Data
- Healthy People 2020 Tracker
- SocioNeeds Index
- Compare Indicators
- Locate Reports
- Find Promising Practices
- Needs Assessment Guide

Healthy Snack Day

Wednesday, August 29th

Overview:
A snack is defined as food eaten between regular meals. It can help children get the nutrients they need to grow and maintain healthy weight. Local implementation agencies (LIAs), schools, and community-based organizations (CBOs) can host Healthy Snack Day events in their local communities. There are free print materials for partners to host their own event. Partners (schools, cities, nonprofits, childcare, churches, anyone) can contact Andrea Morey: amorey@rivcocha.org to order a kit for their site.

Goals:
- Educate children and adults on the benefits of choosing nutritious and healthy snacks
- Promote simple ways to practice healthy snacking

2018 State Report Cards Are Out Now!

The Safe Routes to School National Partnership and the Y have released Making Strides: 2018 State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities, a report that helps state leaders and decision makers prioritize transportation investments, resources, and policies that support walkable communities.

The rankings show that there is enormous opportunity for states to enact new, health-promoting, evidence-based policies—and strengthen existing ones that will benefit our communities. The report finds that a majority of the states rank in the middle categories of “Warming Up” and “Making Strides,” with only two states ranking in the highest category of “Building Speed,” and three states ranking as “Lacing Up,” the lowest category.

Click here to explore the report, fact sheets guides to using the information, and detailed maps showing each state’s status and progress across various indicators of support.
The Active Transportation Program (ATP) Cycle 4 Call for Projects is now open. Please review the California Transportation Commission's ATP Guidelines and visit the Caltrans ATP Cycle 4 website for more detailed information, including the application, instructions, and documents you must have in order to prepare and submit an application. Applications are due July 31, 2018.

The ATP application now includes five project types. The questions in the application form will change depending on which project type is selected. The project types are:

- Large Project, Infrastructure only or Infrastructure/Non-Infrastructure (Total project cost greater than $7M)
- Medium Project, Infrastructure only or Infrastructure/Non-Infrastructure (Total project cost from $1.5M to $7M)
- Small Project, Infrastructure only or Infrastructure/Non-Infrastructure (Total project cost under $1.5M)
- Non-Infrastructure
- Plan

The Caltrans Highway Safety Improvement Program (HSIP) Cycle 9 Call for Projects webinar recording and questions and answers document have been posted. Check them out on the HSIP Apply Now website.

Applications are due Friday, August 31, 2018. All applications will be submitted electronically only (no hard copy submissions). Any submittal after midnight of 8/31/2018 will not be accepted. For questions regarding the call for projects and how to submit an application, please contact your Caltrans District Local Assistance Engineer (DLAE) and visit the Caltrans HSIP Cycle 9 website.

Applicants are expected to review the HSIP Guidelines and Local Roadway Safety Manual for California Local Road Owners prior to working on their specific applications:

- HSIP Guidelines - Provides overall guidance and general information for the HSIP program.
- Local Roadway Safety Manual for California Local Road Owners - Assists local agencies in preparing a proactive safety analysis of their roadway networks, identifying their safety improvement priorities and applying appropriate countermeasures. The local agencies are expected to utilize the concepts in this manual in developing safety projects for competing the HSIP federal funding.

Visit the Caltrans HSIP Cycle 9 Call for Projects website for more detailed information, including the documents you must have in order to prepare and submit an application.

Parks help people be physically active, enjoy the outdoors, and connect with their neighbors. But what about places where parks are inconvenient to get to, run down or unsafe, or don’t exist at all? During this #MoveEquity tweetchat, we’ll discuss the importance of making sure that parks are accessible to people who bike, walk, and take transit, ideas for bringing pop-up and temporary parks to places that lack parks and natural spaces, and creative and collaborative ways communities have worked with neighbors to improve local parks and park access.

**When:** July 25 at 11:00 am PDT  
**Where:** On Twitter with hashtag #MoveEquity
## Upcoming Meetings/Events

**County of Riverside Certified Farmer’s Market**

*Our Certified Farmers Market* aligns with the mission of the County’s Culture of Health and the CEO’s goal to improve health and promote livable communities through partnerships, policies, systems and initiatives. It is also one of the strategic goals of the [Healthy Riverside County Initiative](#) for healthy eating.

Vendors will be providing: fruits, vegetables, eggs, berries, oils, honey, bread, flowers...and much more!

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<thead>
<tr>
<th>Location</th>
<th>When</th>
<th>Where</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>County Administrative Center</strong></td>
<td><strong>When:</strong> Every Wednesday from 8:30 a.m. - 1:30 p.m.</td>
<td>Located in the courtyard of the County Administrative Center <em>(4080 Lemon Street, Riverside, CA 92501)</em>, on the corner of Lemon and 10th Street</td>
</tr>
<tr>
<td><strong>Riverside University Health System - Medical Center</strong></td>
<td><strong>When:</strong> Every Thursday (except major holidays) from 7:30 a.m. - 1:30 p.m.</td>
<td>Located steps from the Cactus Avenue entrance of the Medical Center <em>(26520 Cactus Avenue, Moreno Valley, CA 92555)</em></td>
</tr>
<tr>
<td><strong>Riverside County Circle</strong></td>
<td><strong>When:</strong> Every Thursday from 10 a.m. - 2 p.m.</td>
<td>Located near the HAB and DPSS Admin Building <em>(4065 County Circle Drive, Riverside, CA 92503)</em></td>
</tr>
<tr>
<td><strong>Jurupa Valley</strong></td>
<td><strong>When:</strong> Every Monday from 8 a.m. - 1 p.m.</td>
<td>Located at the Rubidoux Family Resource Center <em>(5473 Mission Blvd., Jurupa Valley, CA 92509)</em></td>
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### Riverside County Health Coalition General Membership Meeting

Join us for our *Annual Community Health Improvement Plan (CHIP) Update*. During this meeting partners will have an opportunity to reassess community resources and priorities to ensure we are moving forward in addressing key health issues for Riverside County.

**When:**
Wednesday, July 18, 2018 from 10 a.m. to noon.
Registration at 9:45 a.m.

**Where:**
Towngate Community Center
13100 Arbor Park Lane
Moreno Valley, CA 92553

For more information, please contact Dianne Leibrandt at [dleibradnt@rivcocha.org](mailto:dleibradnt@rivcocha.org)
Register [here](#).
Clinicas de Salud del Pueblo, Inc.

Coachella Valley Unified School District

Los Medicos Voladores & Tzu Chi

Present

OASIS FLYING DOCTORS & CV MEDICAL VOLUNTEERS EVENT

Saturday September 29, 2018 8:00 am – 3:00 pm

Desert Mirage High School
86150 66th Avenue,
Thermal, CA 92274

For more information contact Lucy Moreno at 760 960-4349

WORKING TOGETHER TO BUILD HEALTHY COMMUNITIES!
At America Walks, we believe every community member has a right to safe places to walk and be physically active. Unfortunately, the rise in pedestrian fatalities in recent years reminds us that our work in protecting that right is far from done. Hear from those leading the call for slower speeds and communities putting people first in the call for safer streets.

**When:**
Wednesday, August 8, 2018
11am-12pm PDT

Register [here](#)!

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**July is Parks & Recreation Month!**

Walkable, bikeable park access means double the opportunity for physical activity – on the way to the park and within it!

The Safe Routes to School National Partnership is hosting a **free** webinar to share how improving safe access to parks aligns with and can strengthen Safe Routes to School and active transportation advocacy efforts. Participants will also learn about new resources and upcoming funding opportunities to work toward walkable, bikeable park access.

**When:**
Tuesday, July 24, 2018
11am-12pm PDT

Register [here](#)!