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. 2
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Let us feature your story, event or resource in HCN Connect!

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

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Contact

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:
February 28, 2018

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Why Walking Is A Women’s Issue

Via Katie Matchett, America Walks

Sexism on the Sidewalk: How Poor Street Design Keeps Women from Walking

This is a guest post by Katie Matchett. Katie is an urban planner and active transportation advocate in San Diego, California. She walks and bikes most days with her two young children, and sometimes even manages to find time to blog at Where the Sidewalk Starts.

“Can we walk there?” my daughter asked.

I was facing down a long afternoon with four kids under eight. A trip to the local coffee shop was in order, and since it was less than a mile away, I did what any good walkability advocate would do: I tossed all the kids in the mini-van and drove there.

My choice, like so many of women’s travel choices, was based primarily on safety. I was confident the kids could walk that far, and I knew it would be the healthier and more interesting choice for all of us—but without good walkability, I wasn’t sure that I could keep them all safe.

All across the country women, in particular mothers, make similar choices every day. Poor street design, disparate land use, time constraints, lack of personal safety—all of these conspire to force women off their feet and into cars. We have built a transportation system that discounts women’s travel needs, and women—and our communities—are suffering for it.

To understand what we should be doing better, it’s important to understand how women’s travel is different from men’s travel. Women make more trips than men, but travel shorter distances. They travel more with children, and their trips are more likely to be household-serving (e.g., shopping, daycare, errands), rather than for work or leisure. Women are also more likely to trip-chain (stop at multiple locations along the way during one trip). In particular for women with young children who haven’t started school, gender drives travel patterns.

In theory, the trips women take the most are ideally suited for walking. Short trips to the school, grocery store, or similar locations should be simple to complete on foot—and in the most walkable neighborhoods, women do walk a lot. However, more often we’ve built walkability out of our neighborhoods. Our streets lack sidewalks where kids can walk hand-in-hand or be pushed in a stroller. We fail to provide safe, regular crossing points along key routes. We create neighborhoods where stores, schools, and (critically) childcare are too far apart to be accessed on a single walking trip. We fail to consider the design elements (lighting, lack of hidden spaces, etc.) that can deter crime and make women feel safe while walking.

These challenges have a real impact on women’s health. One recent study investigated the physical activity patterns of over 700,000 people in 111 different countries. Using travel data from cell phone records, the researchers developed a measure of activity inequality that quantified the difference between the most physically active and least physically active portions of the population. Not surprisingly, the U.S. appears near the head of the list of least equal countries, topped only by Egypt, Canada, Australia, and Saudi Arabia.

Continued on next page…

Source: America Walks
The study found that the activity inequality measurement is an accurate predictor of overall obesity levels within a country—countries that have high activity inequality have significantly more obesity than countries with more equal activity levels.

Why do some countries have higher activity inequality than others? In large part, because of differences in physical activity between genders. In countries with high activity inequality, women are much less physically active than men. The built environment helps explain this disparity. The study showed that women are more physically active in walkable places. Moreover, it found that in cities with better walkability, activity inequality is lower and the gender gap between physical activity starts to disappear. In other words, if we build cities that allow women to walk safely, they will choose active travel—and overall health will improve.

How can we do that? Here are a few ways:

- **Study women’s travel**
  Designing transportation systems that encourage women to walk requires understanding how women travel, and what drives those travel patterns. Without more research into gender and transportation, we risk designing cities that ignore the needs of half their population.

- **Include women in the transportation planning process**
  When the predominant voices in transportation planning are men, it’s easier to ignore women’s travel needs. Some ways that we can encourage more women to participate in transportation planning are by meeting at the locations women already visit regularly (e.g., schools), welcoming children into meeting spaces or providing childcare during meetings, and ensuring women participate as leaders and decision-makers in the transportation industry.

- **Design walkable neighborhoods**
  Women will walk if they live in neighborhoods where they feel it is safe and comfortable to do so. Places with sidewalks that are wide enough for strollers, curb ramps, short street crossings, buffers along busy streets, and land uses that are close together can all promote active travel by women. At the same time, it’s important to address issues of personal safety and street harassment that are often specific to women. Public spaces shouldn’t make women feel vulnerable. Good lighting and visibility, more eyes on the street, and multiple paths in and out of areas can help with this.

Taking these steps might not solve all the challenges of inequality, but they’re a start. And they might just mean that next time, I’ll walk with all those kids to the coffee shop.

For more resources, please click [here](#).

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The Clinton Health Matters Initiative

Five years ago, the Clinton Health Matters Initiative began its community health transformation work in the Coachella Valley. Starting with the creation of the Coachella Valley Blueprint for Action and through the subsequent years of implementation, you have generously dedicated your time and resources to advancing the Bold Action Steps identified in the Blueprint. Together, we have worked across agencies and sectors to affect systems change that will lead to improved health outcomes for all residents of the Valley.

We have released a retrospective report—[Coachella Valley: Five Years of Community Health Transformation](#)—that highlights the accomplishments achieved over the past five years, identifies where work will continue, and provides lessons learned that can inform future collaboration within the region. Please take a moment to read the report documenting our five years together and be sure to view a special message of appreciation from [President Clinton](#).

The Coachella Valley is filled with people dedicated to improving the lives of those that live here, and it has been our good fortune to work in partnership on this initiative with each and every one of you. Thank you for working alongside of us.

Tricia Gehrlein
Director, Community Health, CHMI | Clinton Foundation

For more information, please click [here](#).
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

Announcements

2018 Walking College!

America Walks is excited to announce the opening of applications for the fourth year of The Walking College. The Walking College is an interactive, online educational program for walkable community advocates.

You should apply to be a Walking College Fellow if you:

• Have a passion for making your community more walkable and livable, and a vision for what that would look like;
• Want to develop a network of peer mentors and learn to advocate more effectively for walkable community policies and funding;
• Are willing to invest your personal time and energy in training.

America Walks is an inclusive organization and we seek applications from diverse individuals who are interested in getting more involved in the walking movement.

To learn more about the program, click here. Applications are due Feb. 28.

Safe Routes to Parks Grant Funds Available – Apply Today!

The JPB Foundation has provided a grant to the National Partnership to fund the Safe Routes to Parks Activating Communities program designed to increase safe and equitable access to parks. The program will provide grant funds to local communities in addition to training, coaching and technical assistance to support the development of action plans to improve safe and equitable park access in a total of 20 diverse communities across the nation over the next two years. Nationally available resources will also be developed to advance the work and virtually support other communities seeking to implement the Safe Routes to Parks framework locally.

To learn more about the grand funds, click here. Applications are due Feb. 23.
2018 Caltrans Excellence in Transportation Awards

The California Department of Transportation (Caltrans) is seeking entries for its 2018 Caltrans Excellence in Transportation (EIT) Awards Program. Now in its 32nd year, the awards program honors the best of California’s transportation projects from across the state.

The Caltrans EIT Awards Program is open to Caltrans districts, local and public transportation agencies, and private engineering and consulting firms. Public transportation improvements or projects currently in use and completed since January 1, 2015, are eligible. Please give thoughtful consideration to the projects in your jurisdiction eligible to compete in this year’s competition. We look forward to viewing your entries of the finest projects from your district, agency or organization.

The deadline is close of business, Friday, March 2, 2018.

Building Better Communities with Transit

This month marked the launch of a new monthly podcast series: Building Better Communities with Transit. The podcast is a new resource from TODresources.org, a project of the Federal Transit Administration administered by Smart Growth America. Podcast host Jeff Wood will be talking to TOD experts each month about how communities of all sizes can catalyze smarter growth by encouraging development around transit stations and along transit corridors. In the inaugural episode Breen Masciotra, transit-oriented development manager for the Port Authority of Allegheny County, PA, and Karina Ricks, director of the Department of Mobility and Infrastructure for the city of Pittsburgh, discuss Pittsburgh's challenges, opportunities, and the city's "secret sauce" for potential success.

Listen to the podcast and follow the channel to catch a new episode next month!

4th Annual Great Places in California Program

The California Chapter of the American Planning Association is pleased to announce the 4th Annual Great Places in California Awards. Applications may be submitted online. A "Great Place" in California is one that exemplifies character, design, usability, and has a sense of place. This can range from coastal communities to the mountains and can be within a large urbanized area or a rural setting. Three locations will be recognized with a Great Places in California award. For more information regarding the nomination criteria and to submit an application online, please visit the Great Places in California section of the American Planning Association - California Chapter website. Nominations that did not previously get recognized with an award, are eligible to apply again.

The nomination period will open Monday, Feb. 5, 2018 and close on Friday, March 16, 2018.

For questions related to the Great Places in California awards program, please contact the program coordinator, John Hildebrand - jhildebr@rivco.org or (951) 955-1888
Palm Desert, CA (January 18, 2018) — HARC, Inc., the Coachella Valley’s source for critical health and wellness data, announces the nominations for the 3rd Annual Coachella Valley Workplace Wellness Awards are now open. The awards are in recognition of exemplary workplaces that prioritize employee health and wellness and encourage others to do the same.

“Health and wellness should be relevant both inside and outside the workplace,” says Dr. Jenna LeComte-Hinely, Executive Director for HARC. “A healthy work-life balance reaps benefits for both the employer and the employee.” Dr. LeComte-Hinely says Annual Review of Public Health studies show workplace wellness benefits include increased productivity, decreased absenteeism, improved morale, decreased healthcare costs and decreased legal costs.

About Workplace Wellness Awards
Organizations eligible for and encouraged to participate in the awards competition include businesses, nonprofits, schools and governmental organizations. HARC will award four small organizations (1-100 employees) and four large organizations (100+ employees) in the following categories:

1. Nutrition: e.g., walking clubs at work, healthy food options in vending machines, weight loss support groups, free health screenings, etc.
2. Safety/Environment: e.g., ergonomic interventions, safety reward programs, tobacco bans, reducing exposure to toxins, etc.
3. Wellness/Mental Health: e.g., flex-time policies, enhanced employee recognition, supportive supervisors, team-building, etc.
4. Grand Prize Winner: exemplifies all three areas listed above.

Awards Luncheon
This year’s Workplace Wellness Awards luncheon will be held on June 7, 2018 from 11:30 a.m. – 1:30 p.m. at the Classic Club in Palm Desert. The event includes complimentary valet parking and lunch. Grand prize winners will be featured in The Desert Sun, courtesy of HARC.

How to Apply
Organizations are welcome to self-nominate and there is no charge to apply. All accepted applicants receive two complimentary tickets to the event. Go to http://harcdata.org/about-us/events/award/ to complete the application package. HARC staff will follow up and confirm the application.

Application due May 3, 2018 by 5:00 p.m.

Last Year’s Winners
• Large Organization Awards
  Grand Prize: Desert Oasis Healthcare/Family Hospice Care
  Categories:
  ▪ Nutrition and Fitness: Coachella Valley Water District
  ▪ Safety and Ergonomics: Desert ARC
  ▪ Mental Health and Well-Being: Hyatt Regency Indian Wells Resort & Spa

• Small Organization Awards
  Grand Prize: MSA Consulting, Inc.
  Categories:
  ▪ Nutrition and Fitness: United Way of the Desert
  ▪ Safety and Ergonomics: Friends of the Desert Mountains
  ▪ Mental Health and Well-Being: CVEP

About HARC
HARC is a nonprofit organization in Palm Desert, CA. HARC provides research and evaluation services in the field of health, wellness, and quality of life. HARC offers a wide range of research and evaluation services and consulting services. Among its most notable research and evaluation services is the triennial community-wide health survey which covers a variety of health and well-being topics. To learn more about HARC, visit www.HARCdata.org
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!

**County Administrative Center**
*When:* Every Wednesday from 8:30 a.m. - 1:30 p.m.
*Where:* Located in the courtyard of the County Administrative Center (4080 Lemon Street, Riverside, CA 92501), on the corner of Lemon and 10th Street

**Riverside University Health System - Medical Center**
*When:* Every Thursday (except major holidays) from 7:30 a.m. - 1:30 p.m.
*Where:* Located steps from the Cactus Avenue entrance of the Medical Center (26520 Cactus Avenue, Moreno Valley, CA 92555)

**Riverside County Circle**
*When:* Every Thursday from 10 a.m. - 2 p.m.
*Where:* Located near the HAB and DPSS Admin Building (4065 County Circle Drive, Riverside, CA 92503)

**Jurupa Valley**
*When:* Every Monday from 8 a.m. - 1 p.m.
*Where:* Located at the Rubidoux Family Resource Center (5473 Mission Blvd., Jurupa Valley, CA 92509)

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**From the Ground Up: Built Environment Strategies and Support for Walkable Communities**

The purpose of this webinar is to discuss how built environment strategies such as land development plans, policies, and zoning code reforms can support walkable communities — and the importance of collaboration between planners, transportation and public health practitioners. By the end of the webinar, attendees will be able to:

- Understand the evidence-based built environment strategies that improve physical activity
- Become familiar with the recently completed CDC-funded resources from the Institute for Health Research and Policy at the University of Illinois at Chicago
- Be able to illustrate the association between zoning elements and walking
- Be informed about the American Public Health Association collaborative activities with other agencies to promote walking and walkability as a way to improve public health
- Learn how state and local health departments can facilitate effective collaboration with planning, transportation and others to ensure activity-friendly policies and practices — including zoning code reform and land development plans.

*When:* Feb. 27, 2018 at noon.
Register [here](#).
Volunteer Engagement in Safe Routes to School

Safe Routes to School programs across the country know that volunteers are the heart and soul of the movement providing support for walking and biking to school at all levels every day of the school year through all types of challenges and weather. But how do programs engage volunteers to ensure smooth running programs? Join us while we talk with practitioners that have developed successful volunteer engagement strategies to boost health and safety in their community through Safe Routes to School.

**Speakers:**
- Lucy Neher, Safe Route to School Coordinator, City of Takoma Park, MD
- Calley Mersmann, Safe Routes to School Coordinator, Cleveland Metropolitan School District/City of Cleveland
- Vanessa Cascio, Lead Community Liaison, Living Streets Alliance

**When:**
Tuesday, Feb. 20, 2018 11:00 a.m. – noon.

To register, click [here](#).

Implementation & Equity 201: The Path Forward to Complete Streets

Join the National Complete Streets Coalition and the FTA-funded National Center for Mobility Management (NCMM) to explore the opportunities to include mobility management strategies when implementing Complete Streets and how to reduce mobility barriers and enhance opportunities for people with disabilities, older adults, and low-income individuals. The mission of the NCMM is to promote customer-centered mobility strategies that advance good health, economic vitality, self-sufficiency, and community. Participants will hear examples and obtain resources from NCMM and from Sheri Bean (Montachusett Regional Planning Commission) and Tricia Pistone & Jenna David (Montachusett Opportunity Council) about the strategies used in Northcentral Massachusetts to integrate mobility management and Complete Streets initiatives.

**When:**
Tuesday, Feb. 21, 2018 9:30 – 10:30 a.m.

To register, click [here](#).