HCN Connect
News and More

IN THIS ISSUE

Healthy LE – The Amazing Outlet Race Event
City Highlight – City of Moreno Valley
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: March 26, 2018

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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April 2018

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

RIVERSIDE COUNTY
HEALTHY CITIES NETWORK

"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."
Hosted in partnership with The Outlets of Lake Elsinore, the Amazing Outlets Race is one of the City of Lake Elsinore – Healthy LE’s most popular events, grown to recently attract hundreds of people within and outside the City limits. Event participants are strongly encouraged to work in teams as they embark in a scavenger hunt to solve puzzles and cryptic clues throughout The Outlets. In efforts to create a challenge and add to the fun, teams are also required to run through inflatable obstacle courses for a chance to win the grand prize.

The Amazing Outlets Race, like most of the free, all-ages Healthy LE events, began as a small event with a goal of encouraging the community to get outside, get active, and have fun while doing so. Recently, with the help of community input, the Healthy LE team has invested more in the creativity of the events, focusing on attraction that will engage the community and increase the overall attendance and participation at the events. This year new attractions included: inflatable obstacle courses, DJ, Snapchat filter, pre-registration incentives and additional prizes for the winners.

With hundreds of participants, the community truly enjoyed the event and continues to receive requests to continue the event for years to come. Looking ahead, upcoming Healthy LE events include the Unity in the Community 5K on April 21st, the Wellness Fair at the Day Downtown on May 19, the Dodgeball Tournament over the summer as well as the Healthy LE Poker Run and Santa Dash later this year. Get out there... Get Active, Stay Motivated, and Be Healthy! Stay Connected!

[Source: City of Lake Elsinore]

City Highlight – City of Moreno Valley

By David Downey, via The Press-Enterprise
Published: February 26, 2018

Moreno Valley is one of 35 finalists in the 2018 U.S. Mayors Challenge, a national competition that encourages city leaders to develop creative ideas for confronting some of the toughest urban problems.

More than 320 applications were submitted in the competition sponsored by Bloomberg Philanthropies, a city news release stated.

“These 35 really stood out for their potential to improve people’s lives,” Michael R. Bloomberg, founder of Bloomberg Philanthropies and three-term New York City mayor, is quoted as saying in the release.

Moreno Valley’s plan would provide incentives for working adults to pursue education and technical training while providing for their families, the release stated, in a community where many have no training beyond high school.

Moreno Valley now advances to a six-month “test, learn, and adapt” phase, during which cities refine their ideas and get up to $100,000 to test and build support for them. In October, four cities will receive $1 million awards, and one a grand prize of $5 million, to bring the ideas to life, the release stated.

[Source: City of Moreno Valley]
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

9th Annual
2018 National Innovative Communities Conference

Calling All Presenters!

We are pleased to announce Reach Out in Partnership with Partners for Innovative Communities, will now be accepting proposal applications for the 9th Annual National Innovative Communities Conference (NICC). NICC will be held at the Ontario Convention Center on the 5th and 6th of June, 2018 and is open to all individuals throughout the United States.

We are seeking renowned presenters, panelists and keynote speakers with cutting edge and dynamic topics. Our goal is to connect ideas, leaders, communities and resources to each other for health and wellness innovation and ignite transformation.

Being a presenter will bring great opportunity to connect with attendees such as: community leaders, parents, teachers, law enforcement and many more! As a presenter we ask that programs be emphasized appropriately and approaches taken to be easy to link across a broad spectrum of attendees.

Themes to be discussed include:
- Health and Equity
- Economic Development
- Community Climate
- Health Workforce

If you are interested in becoming a presenter please submit you proposal by visiting: https://tinyurl.com/2018-NICC-CFP

Deadline to submit proposals is Friday, May 11, 2018

For more information on NICC, please visit, www.pic-nicc.org to receive updates.

Contact Valerie@we-reachout.org for any inquires.
California Walks Technical Assistance Opportunity to Benefit Disadvantaged Communities

California Walks is able to offer free one-on-one assistance to help communities most in need participate and compete in ATP Cycle 4.

This technical assistance is limited to the following areas of the state:
- Central Valley
- North State
- North Coast
- San Bernardino County

Eligibility to receive assistance from California Walks is limited to local or regional government agencies, community-based organizations and advocacy groups. Applicants must be proposing projects that will benefit a disadvantaged community as defined by the ATP. Applicants must also be willing and able to commit staff time and availability to the project during the technical assistance period.

One-on-one assistance may consist of the following, depending on your community’s needs:
- Feedback on Previously Submitted ATP Applications;
- Consultation on Current ATP Proposal(s);
- Navigating the ATP Application Process;
- Limited Grant Writing Assistance;
- In-Person Stakeholder Engagement Workshop(s).

If you are interested in receiving One-on-One TA, and live in the specified areas, please complete this survey by June 15, 2018.

Health in All Policies Technical Assistance Program

NEW! NACCHO is now accepting applications on a rolling basis through May 15, 2018 for the Health in All Policies Technical Assistance Program for local health department staff interested in receiving assistance with a HiAP initiative. NACCHO defines Health in All Policies as a change in systems that determine how decisions are made and implemented at the local, state and federal level.

To learn more about this opportunity click here.

Employment Opportunity

You can become an instrumental part of the walking movement by joining America Walks as a Program Coordinator.

This position will allow you to help implement a newly developed technical assistance program, identify new ways for America Walks to serve community change agents and work with a dynamic team.

Know someone who would be a great addition to the America Walks team? Please forward this email and encourage them to apply. This is a great opportunity to engage with communities across the US on creating safe, accessible and enjoyable places to walk.
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/](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](http://www.HARCdata.org)
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 County Health Coalition General Membership Meeting**
Join us for a discussion on the connection between education and health, as well as strategies to empower youth and improve educational outcomes. As always, we strive to bring interested organizations and community members into our coalition membership. Please pass this invitation along to your partner networks. We welcome their participation!

**When:** Wednesday, April 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
Register [here](#).

**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)
WRCOG will host a webinar:
Managing Freight in Urban Multi-Modal Corridors – Implementing active transportation in urban freight corridors

(A webinar produced by APBP, the Association of Pedestrians and Bicycle Professionals)

How can a city provide bikeways in areas with trucking and goods movement, freight loading, deliveries and other municipal needs such as trash delivery? The monthly APBP webinar will highlight how to successfully manage multi-modal needs in corridors with diverse needs.

Speakers:
• Nick Falbo, City of Portland Bureau of Transportation
• Mary Lou Godfrey, Florida Department of Transportation

When:
Wednesday, March 21, 2018 from noon – 1:30 p.m.

Where:
WRCOG – Citrus Conference Room
3390 University Ave, Suite 450
Riverside, CA 92501

To RSVP, email demi@saferoutespartnership.org
For more information, click here.

Riverside County joins in national observance of “May is Mental Health Month”

Again this year, Riverside University Health System – Behavioral Health will conduct community events and engage in community outreach to raise awareness and reduce stigma about mental health as part of Riverside County’s month-long observance of May is Mental Health Month. This national awareness campaign began in 1949 to promote a greater understanding of mental health and to support the wellness and recovery of those living with mental illness.

The public is welcome to all events. Information about all events can be located at the hyper links found on this page. Here are some of the events taking place across Riverside County in May:

Saturday, May 5 - Perris City Hall, Front Lawn. A health and wellness resource fair will take place from 11 a.m. – 3 p.m. featuring exhibitors and information from community organizations. Exhibitors interested in participating in this event can learn more from the attached Exhibitor Registration Form. The public is welcome.

Tuesday, May 8 - The 16th Annual John J. Benoit Desert Mental Health Arts Festival Art Show & Creative Writing Contest. Enjoy paintings, drawings, sculptures, jewelry, and more with live music and Door Prizes! A free community event that supports the talents of local artists living with mental health diagnoses by showcasing their amazing poetry and art.

Tuesday, May 8, 2017 from noon to 3 p.m.
Taj Mahal Building, Riverside County Fairgrounds 82-503 Hwy 111, Indio, California 92201
Enter at Gate 4 off of Arabia Street

Thursday, May 24 - Fairmount Park in Riverside. A health and wellness resource fair will take place from 1 p.m. to 5 p.m. on the grounds of Fairmount Park in Riverside. Nearly 100 community organizations will be on-site to introduce their services and provide information. Exhibitors interested in participating in this event can learn more from the attached Exhibitor Registration Form. The public is welcome.
The 9th Annual National Innovative Communities Conference is the only conference in Southern California that promotes innovative, cutting-edge strategies, ideas and connections to create a vibrant, high quality of life for all communities and residents.

Our theme, ”Grow. Connect. Lead.” will connect your business or organizations with consumers and influencers who are passionate about change in their communities.

Attendees will take an active role on topics important to their health and safety and will personally network with leading experts. These are leaders in building the quality of life for the Inland Region - leaders who are on the front lines of creating peaceful, equitable environments in school, businesses, and communities through cross-sectoral leadership, economic development, and policy work.

Make sure to register right away to claim the early bird special. Early bird registration is available until Friday, April 27. Prices after the early bird rate will increase to $165. Registration will include 2 days admission, parking and lunch.

**When:**
June 5 - 6, 2018

**Where:**
Ontario Convention Center
200 E. Convention Center Way
Ontario, CA 91764

If you have any questions or concerns, please do not hesitate to get in contact with Valerie.

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**May is Bike Month: Let’s Share Bicycle Breakthroughs**

Has your community found success in bicycle education this year?

Join this webinar ready to hear about recent bicycle breakthroughs! Safe Routes to School practitioners will share lessons learned and best practices on creative ways to increase ridership during bike month and beyond.

**Speakers:**
- Hannah Williams, Program Services Manager, Safe Routes to School National Partnership
- Jenny Bordon, Active Living Coordinator, Minneapolis Public Schools
- Rhonda Bolick, Education and Encouragement Coordinator, City of Austin, TX

**When:**
Wednesday, May 2, 2018 from 10 a.m. – 11 a.m.
To register, click [here](#).

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**RIV CO Active Trans Network**

Save the Date:
Riverside County Active Transportation Network

You are invited to join us to:
- Discuss pedestrian and bicycle projects
- Share resources
- Learn best practices
- Increase active transportation countrywide
- And more

**When:**
Wednesday, May 16, 2018 from 10 a.m. – noon

**Where:**
- SCAG Office – Riverside Location
  3403 10th Street, Suite 805, Riverside CA 92501
- CVAG Office
  73-710 Fred Waring Dr., Suite 200, Palm Desert CA 92260
- SCAG Office – Los Angeles
  900 Wilshire Blvd., Suite 1700, Los Angeles CA 90017
HDC WORKSHOPS

The Healthy Development Checklist (HDC) was developed through a collaboration of Riverside and San Bernardino agencies to provide criteria for healthy development practices in the Inland Empire. The overall goal of the tool is to provide a resource to understand and evaluate overall performance and supportiveness of health in new residential development projects.

Four FREE workshops will be provided for planning and development professionals in the region. Space is limited. Priority will be given to professionals operating in cities within Riverside and San Bernardino Counties.

CENTRAL RIVERSIDE
MAY 14, 2018
1:30 pm - 5:00 pm
Riverside University Health System - Public Health
RUHS-PH Riverwalk
4210 Riverwalk Pkwy
Riverside, CA 92505

WESTERN RIVERSIDE
MAY 15, 2018
8:30 am - 12:00 pm
City of Lake Elsinore Cultural Center
130 South Main Street
Lake Elsinore, CA 92530

SAN BERNARDINO
MAY 16, 2018
8:30 am - 12:00 pm
SBCTA/SBCOG
1170 W. 3rd St.
2nd Floor
San Bernardino, CA 92410

COACHELLA VALLEY
MAY 17, 2018
8:30 am to 12:00 pm
La Quinta Wellness Center
78450 Ave. La Fonda
La Quinta, CA 92253

Light snacks and drinks will be provided

HEALTHY DEVELOPMENT CHECKLIST

Register at:
For information please contact
Miguel A. Vazquez at
mvazquez@rivcocha.org or at
(951) 358-7171