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 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.

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:
September 25, 2017.

Contact
Salomeh Wagaw, MPH
swagaw@rivcocha.org
(951) 358-5557

Miguel A. Vazquez, AICP
mvazquez@rivcocha.org
(951) 358-7171
Strengthening California’s Healthy Communities Movement: APA California Planners4Health Initiative

Miguel A. Vazquez, AICP
APA California Planners4Health Initiative Task Force Member

About six years ago in 2011, I started my role as the first planner embedded at the Riverside County Department of Public Health (now known as the Riverside University Health System-Public Health). Aside from learning new public health vocabulary and the relationship between land use planning and chronic disease prevention, I had the opportunity to discover on my own what planners have done to improve public health.

Much to my surprise at that time, Internet searches produced limited web results on healthy communities planning from recognizable planning sources like the American Planning Association California Chapter (APA-California). The most common links pointed to healthy cities research and publications from public health organizations like the World Health Organization, and the Center for Disease Control and Prevention. I also discovered that the California Strategic Growth Council’s work on Health in All Policies was in its initial dissemination phase and that the American Planning Association’s Healthy Planning Report was being developed. That same year, I also joined the California Planning Roundtable (CPR) where we formed a Healthy Communities Work Group to address the need for healthy communities planning resources. Some of the initial ideas we identified included developing capacity building tools for planners and securing funding opportunities to help them understand how to integrate public health expertise, data and approaches into their daily work.

In contrast to when I started, a tremendous wealth of information, opportunities for collaboration, funding sources, healthy communities champions, initiatives, policies and resources—including a healthy communities definition and the social determinants of health paper published by CPR—now exist. Most importantly, the new APA California’s Planners4Health Initiative (APA-CA P4HI) represents one of the best opportunities for planners across the state for scaling up the movement.

As stated in the project’s website, the APA-CA P4HI is an endeavor to increase local capacity for creating stronger, healthier communities. It focuses on promoting greater coordination between planners and public health professionals at the state level.

In partnership with CPR, APA California received a $70,000 grant to help build local capacity for integrating planning and public health. APA-CA P4HI is part of APA’s Plan4Health three-year, $9 million program to help communities combat determinants of chronic disease – lack of physical activity and lack of access to nutritious foods. Funding for the initiative is provided through a grant from the Centers for Disease Control and Prevention (CDC).

Through APA-CA P4HI, APA California is using the grant funding to broadly share knowledge and resources so planners and public health professionals can help their communities more easily support and implement healthy living choices. The Chapter is working to bring together key stakeholders, leverage existing healthy community initiatives and efforts underway, and share planning and public health information.

Under the leadership of the APA-CA P4HI Task Force and Project Manager Linda Khamoushian, various portions of the initiative’s plan are near completion. They include the development of the project’s website, organizing two regional convenings in Sacramento County and Riverside County and drafting a long-term strategic plan for APA California’s Board consideration. It will be presented during the upcoming APA California annual State Conference in Sacramento.

Last week, on August 30 and 31, 2017, the Planning for Health Convening for Southern California took place in the city of Riverside, California. The event, in my opinion, establishes an important milestone in...
The healthy communities movement in our state on several levels. It is reflection of a national, multi-professional impetus to never abandon America’s ideals of solidarity and service for those in greatest need and despair.

The gathering also represents a good example of how far the planning and public health professions have come together and continue to forge alliances to improve community health. It was an event co-organized by the California Chronic Disease Prevention Leadership Project and the APA-CA P4HI.

The organizing committee strategically developed the event around four main themes:

• Engaging communities to develop and implement a shared vision for healthy neighborhoods
• Convening cross-sector collaborative partnerships to integrate healthy community principles into policies and community design
• Data for action: Tools for developing healthy and equitable communities
• Investing in change: Creative approaches to funding healthy community design

In addition to an impressive lineup of speakers, renowned USC’s Scholar Dr. Manuel Pastor, who is a national expert on social justice and the economics of inequity, delivered a poignant keynote address centered on current and projected changes in demographics and what they mean for planners, health advocates and elected officials. One of his memorable remarks alluded to the idea that “a sense of solidarity can help prevent catastrophes.”

The event also provided for prime networking opportunities for planners to continue to connect with public health professionals and to trigger more collaborative endeavors related to programs, policies and approaches to improve community health at the local level.

The next steps for APA-CA P4HI include:

• Present the draft Strategic Plan to the APA California Board of Directors at the annual conference at the end of September
• Continue to encourage the eight APA California Sections to adopt their own Planners4Health program
• Connect APA-CA P4HI with the APA/APHA Joint Call to Action and the proposed National Healthy Communities Platform

I firmly believe that APA-CA P4HI can be one of the best investments APA California has provided for its members to tackle the imminent social, environmental and economic challenges ahead of us. Only through collaboration we can prevail.

*This article was first published in the San Diego Planning Journal on September 7, 2017.*

Land Use Planning Awareness Project

**Blog**

Karla Martinez
Healthy Communities Planner Intern; RUHS-PH

The Land Use Planning Awareness (LUPA) project is a pilot project intended to increase awareness about the inherent relationship between planning and public health.

On August 9, 2017, Daisy E. Ramirez, Health Educator for the Riverside University Health System – Public Health (RUHS-PH), and I had the opportunity to present LUPA to the Desert Recreation District’s “Leaders in Training” youth group to help bridge the intersection between planning and public health.

Continued on next page...
This presentation was intended to provide the youth with knowledge regarding planning concepts when working with stakeholders to better their communities.

I was excited to teach the youth about LUPA and share my experience as a past participant and now as a Healthy Communities Planner Intern with RUHS-PH.

We began our presentation by watching a Tale of 2 Zip Codes produced the California Endowment to demonstrate the intersection between planning and public health.

Daisy continued by explaining the efforts that RUHS-PH is doing to advance the Healthy Riverside County Initiative: healthy eating, active living, reduction of tobacco use and creating healthy and safe built environments. These efforts are being done through policies such as Healthy City Resolutions, documents used to systematically guide cities through decisions that can positively enhance their community’s health, and the integration of a Health Element in General Plans—the guiding documents for growth and land development of a community.

We discussed the 7 mandated elements of a General Plan: land use, housing, circulation, conservation, open space, noise, safety. We linked the 7 mandated elements to our own experiences and community in the Eastern Coachella Valley.

My favorite component was sharing our three past LUPA projects with the youth. These three projects were conducted in partnership with the Environmental Youth Alliance housed at the Esperanza Youth and Family Center, youth from NOVA Academy and art students from Coachella Valley High School.

What’s interesting is being able to visualize how land use works, especially on a local level. Through these three projects we can project the work youth have contributed to empower and educate other youth on local planning.

There is something empowering about youth learning about the local work other young people are doing to get involved through land use. We hope that by showing the Leaders in Training our three youth-based LUPA projects we could spark curiosity among them to get involved in our project or locally.

In addition, I shared the transportation podcast I helped produce with KQED where I interviewed a young person who depends on public transportation but experiences the transportation inequities residents face daily in the ECV.

We finished off our presentation with a Place It! exercise that allowed the youth to put into practice their own vision of a healthy community.

They were given a blank canvas and a bag full of trinkets to design their “ideal city” and become their own planner.

The results were captivating. Many of the youth referenced the LUPA Planning 101 presentation and shared their innovative ideas to implement the health element into their general plan.

In all, the presentation given to the Leaders in Training was a great learning experience. I am overjoyed to have taken part in the LUPA presentation that – almost 4 years ago – changed my life and motivated me to major in Community and Regional Development at UC Davis.

I hope to continue educating young people about LUPA and its mission to increase the awareness between land use and community health. Through this internship, I anticipate continuing to blog and share my experiences as a LUPA Project team member and healthy planning advocate.

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**Announcements**

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/](http://www.shaperivco.org/)
How to Support Wellness In and Around the Workplace

Recognizing the connection between employee and community health, ChangeLab Solutions developed Walk This Way to outline state and local policies that support physical activity and wellness in and around the workplace. Developed for wellness promoters, including decision makers, business leaders, health department staff and other stakeholders, this resource provides common strategies for supporting workplace wellness. Want more on this topic? Check out America Walks’ webinar on Walking at Work: The What, Why & How of Walking Meetings (November 17, 2016 Webinar).

RWJF Funding Opportunities

• **2018 RWJF Culture of Health Prize Call for Applications The Health Impact Project**
The Robert Wood Johnson Foundation (RWJF) Culture of Health Prize (the Prize) recognizes communities that have placed a priority on health and are creating powerful partnerships and deep commitments that will enable everyone, especially those facing the greatest barriers to good health, the opportunity to live well. The Prize elevates the compelling stories of local leaders and community members who together are transforming neighborhoods, schools, businesses, and more. Learn more [here](#).

  **Application Deadline:** November 3, 2017, 3 p.m. ET.

• **Evidence for Action – Investigator-Initiated Research to Build a Culture of Health**
Evidence for Action (E4A), a national program of RWJF, funds research that expands the evidence base needed to build a Culture of Health. Their mission is to support rigorously designed quantitative, qualitative, and mixed methods research that yields convincing findings regarding the population health, well-being, and equity impacts of specific policies, programs and partnerships. We are especially interested in research examining the health impacts of programmatic or policy interventions that address factors outside the domain of health care services or public health practice. This is an open call for proposals. Learn more [here](#).

  **Application Deadline:** Open

• **Pioneering Ideas and Culture of Health**
The goal of RWJF’s Pioneering Ideas Brief Proposal funding opportunity is to better understand what new trends, opportunities and breakthrough ideas can enable everyone in America to live the healthiest life possible. Ultimately, this is meant to support work that will help demonstrate what a [Culture of Health](#) can look like—and how to achieve it. Learn more [here](#).

  **Application Deadline:** Open

RivCo Ready

Get prepared for disasters: make a plan for yourself, family and friends.

The devastation from the catastrophic flooding in Texas is an unfortunate reminder that we face hazards every day. Life in Southern California brings with it the potential for earthquakes, wildfires and floods. Planning now, before the disaster arrives, is the best way to ensure we are ready.

For even more emergency preparedness tips, visit [RivCoReady.org](http://RivCoReady.org) or follow us on Twitter [@RivCoReady](http://Twitter).
The Active Transportation Resource Team (ATRT) can provide technical assistance consultation to disadvantaged communities in Tulare and Riverside counties on issues relating to bicycle and/or pedestrian projects, programs or planning in your community.

A limited number of consulting hours are available. Most consultations will be in the range of 10-30 total consulting hours per applicant. The ATRT will prioritize requests based on our evaluation criteria, which include our assessment of the need, our available hours, geographic diversity within the two counties, and whether the request is a good fit with the expertise offered by our team. We will begin offering Consultations in September 2017 and continue through spring 2018, and will accept applications on a rolling basis during that period.

How To Apply:
Please fill out the online Consultations Request form.

Questions?
Please contact Barry Bergman at Rails-to-Trails Conservancy:
barry@railstotrails.org; or call 510-992-4635

As a valued member of one of our Community Health Improvement Plan (CHIP) workgroups, we are inviting you to participate in our third CHIP workgroup meeting of 2017. This meeting will feature a presentation from the University of California, Riverside’s Latino Health Riverside Project. Join us to learn more about this successful community partnership and lessons learned for enhancing community involvement in health improvement efforts.

We hope to see you then!

When:
Wednesday, September 27, 2017 from 10 a.m. – noon.

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

Click here to RSVP!

For more information, please contact:
Dianne Leibrandt, dleibrandt@rivcocha.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 provide: 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 9255)

Community Pedestrian & Bicycle Safety Training

Join us to learn how to make walking and biking safer in the community of North Shore! This workshop will teach you ideas and best practices for making walking and biking safer. Together with your fellow residents, you will identify priorities to share with the County on how to make walking and biking safer for seniors, youth, parents, people with disabilities, and all other residents.

Please wear comfortable shoes for our walk during the workshop!

**When:**
Friday, September 22, 2017 from 4 p.m. – 8 p.m.

For location information, call (714)742-2295

Click here to register.
This webinar will highlight our first Shared Use Ambassador Organization, the Ohio Department of Health, Creating Healthy Communities Program, and their commitment to shared use policy adoption, implementation, advocacy, and education in communities with chronic disease concerns. A statewide health initiative since 2010, Creating Healthy Communities (CHC) is a CDC-funded program committed to preventing and reducing chronic disease statewide. Currently in 23 counties in Ohio, the CHC program is found in rural, suburban, and urban communities and assists with the implementation of sustainable evidence-based strategies. Attend this webinar to learn more about the state-level program, support and resources, and to hear from select communities on how they are implementing shared use to advance physical activity and healthy living in areas of high need.

**When:**
Wednesday, September 27, 2017 from 1 p.m. – 2 p.m. ET

**Where:**
To register, click [here](#).

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Get ready to put on your walking shoes! This year, International Walk to School Day will be **Wednesday, October 4, 2017**. We are excited to get students walking and biking to school countywide!

To request an Interest Form for your school or to obtain more information on how you/your organization can participate, please contact Melissa Sanchez at mesanchez@rivcocha.org; (951) 358-7171.

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The San Pablo Avenue corridor is set for a transformational change to facilitate the development of a "City Center" for the City of Palm Desert. As part of the City's recent General Plan update this 1-mile corridor, which connects Magnesia Falls in the north to El Paseo in the south, is set for a complete street design that will reduce a vehicle lane in each direction, install round-a-bouts at key intersections, expand on-street parking, provide expansive bicycle lanes and pedestrian sidewalks, and add street trees and textural elements to create a true sense of place.

**When:**
Thursday, September 28, 2017 from 11:30 a.m. – 1 p.m.

**Where:**
To register, click [here](#).