"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 IV. No. 4
April 2019

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:
May 15, 2019

Contact
April Forrest Fellow/Intern
aforrest@ruhealth.org
(951) 358-7171

Miguel A. Vazquez, AICP
mvazquez@ruhealth.org
(951) 358-7171

You are a valued subscriber to HCN Connect. Update your subscription by e-mailing mvazquez@ruhealth.org

IN THIS ISSUE

Go BIKESHARE!
Healthy Eating and Physical Activity
Tobacco and Policy
Announcements/ Events
City of Riverside Launches Bike Riverside, the City’s First Bike Share Program

Just finished up at the courthouse and heading to The Mission Inn? There’s a bike waiting for you. Classes over at Riverside City College and you want to grab a bite at the Food Lab? A bike will get you there. A few months ago, the City of Riverside launched its first bike share program, Bike Riverside, giving the public access to 55 electric pedal assist bikes that can be used for short trips in the historic downtown and adjoining areas.

Bike Riverside provides a mode of transportation that is affordable, non-polluting and easy to use. The pedal assist function makes the bikes attractive to people who are not used to cycling. Just start peddling and the bike’s electric motor kicks in, helping you get to your destination faster.

Bike Riverside is available in a variety of options, including a $2 single trip (45 minutes), a $6 day pass (unlimited 45-minute trips for 24 hours), or a $20 monthly pass (unlimited 45-minute trips for a month). Users sign up on the website – BikeRiverside.org – or use the mobile app, or pay at a payment kiosk where they pick up the bike.

City Council approved an agreement in April 2018 with Bewegen Technologies, Inc. to plan and implement a bike share program. The project cost, about $334,000, was funded by a variety of grants designed to improve air quality and reduce traffic. Bewegen established the fee structure, which is roughly 20 percent lower than in cities like Santa Cruz, San Diego, Los Angeles and Long Beach. “This will offer residents and visitors a fun way to explore our city,” Public Works Director Kris Martinez said.

For more information contact:
Contact:
Phil Pitchford
Public Information Officer
951-826-5975
ppitchford@riversideca.gov
**Healthy Eating and Physical Activity**

---

**30 Minutes and 5 Ingredients-**
**Shrimp with Scallions and Crispy Potatoes-**
- 2 Tablespoons EVOO plus 1 teaspoon
- 2 Scallions- White and Green parts separated and thinly sliced
- 2 Teaspoons of Curry Powder
- 2 Potatoes- Cleaned, Peeled and Cubed
- 1 Pound frozen shrimp thawed, peeled, deveined
- Salt and Pepper

**Directions-**
1. In a large nonstick skillet, heat 2 tablespoons oil over medium-high. Add potatoes, and cook, stirring occasionally, until browned and crisp, 12 to 14 minutes. Add scallion whites, and cook 1 minute more. Transfer to a plate (reserve skillet).
2. Add remaining teaspoon oil, shrimp, and curry powder to skillet; cook, stirring occasionally, until shrimp are cooked through, 2 to 3 minutes. Return potatoes and scallion whites to skillet, and toss with shrimp; season with salt and pepper. Serve topped with scallion greens.

For Similar Recipes with 5 or less ingredients- **27 5-Ingredient Dinners That Are Actually Healthy**

---

**Take a Walk on the Wild Side- Super Bloom Trails**

**Walker Canyon, Lake Elsinore-**
The most reliable spot in Lake Elsinore to peep our poppies is Walker Canyon. Park along Walker Canyon Road and walk up the main dirt trail that’s essentially a continuation of Lake Street. The higher you go, the more you’ll be able to leave the crowds behind, and the more the wildflower offerings will diversify beyond orange poppies and into purple chia sage and California bluebells.

**Diamond Valley Lake, Hemet-**
One super bloom destination that’s not open any other time of year is Riverside County’s Wildflower Trail at Diamond Valley Lake, Part of the Southwestern Riverside County Multi-Species Reserve – which Metropolitan Water District created in 1992 and covers 9,000 acres – the wildflower trail is a 1.3-mile loop and just one of three trail options along the north shore of the lake (which is really a water reservoir). As the Diamond Valley Lake Marina controls access to the Wildflower – and charges for both parking and trail use – it tends to deter the more casual and careless wildflower observer. Your entrance fee will get you a map and a wildflower guide, but keep your eyes on the trail – rattlesnakes are known to hang out here.

You can also skip the trail and rent a boat to view the wildflowers from the surface of the lake – and to catch some fish while you’re at it. The lake is stocked with bass, trout, catfish, and more, and the marina offers a variety of boat rentals all year long.

---

---

Walker Canyon-Lake Elsinore Top Bottom Diamond Valley Lake, Hemet
Tobacco Companies Use Local Stores to Talk to Kids—Here’s What They Are Saying

When it comes to tobacco products, E-cigs* are sold in 2 out of every 3 stores that sell tobacco. That’s over 20,000 neighborhood stores in California alone. It’s easy to find fruit-flavored tobacco than to find real fruit at these stores. This may be the reason that 80% of kids who tried tobacco started with flavored tobacco products. Menthol cigarettes are sold in nearly all stores, and are cheaper in neighborhoods with more youth and African Americans. Promoting in these stores, tobacco companies spend billions in advertising. Youth don’t even have to make it into the stores. Times the advertising is happening at the storefront advertising for unhealthy products such as tobacco but also includes alcohol and sugary drinks. Low income areas are hit hardest with the unhealthy advertising. These stores with storefront advertising—90% of them sell junk food, alcohol and tobacco at a convenience in low income areas, it’s as easy as going to checkout. Priced even so that kids can afford. Most stores sell flavored cigarillos for less than $1. Even with cigarettes on the rise, cigarette prices are cheaper in neighborhoods with lower income.

SOLUTIONS

Tobacco companies spend billions in stores, and it shows. Youth don’t even need to go inside. Educate about the health risks of e-cigs and other new products and their role in the changing culture of tobacco use among youth.

Adopt a local policy or ordinance to...

**PROHIBIT** sale of menthol and other flavored tobacco products

**REQUIRE** licensing to increase pack size and the minimum price of cigarillos

**LIMIT** promotions and redemption of coupons

**REDUCE** density of tobacco retailers by regulating distances from schools and other stores

**LOWER** percentage of allowable storefront advertising to 10%

For More Information—
https://healthystoreshealthycommunity.com/
Change Lab Law & Policy innovation for the common good. A blueprint for change makers
Achieving health equity through law and policy.
For far too long, discriminatory laws and policies have prevented people from living healthy lives. Everyone deserves good jobs and schools, healthy food, safe neighborhoods, quality health care, and affordable housing. But some folks are excluded from accessing these basic needs because of unfair policies that create barriers to health in underserved communities. Changing existing laws and policies is the most effective method for undoing the harms of discriminatory policies and advancing health equity across America. ChangeLab Solutions is proud to announce A Blueprint for Changemakers: Achieving Health Equity Through Law & Policy. This new resource presents legal strategies and best practices to help policymakers, practitioners, and communities improve health outcomes.

The Blueprint outlines ways to leverage the unique power and efficacy of local policy solutions, incorporate health in all policies, and engage diverse community members in the policy process. At its core, the Blueprint focuses on comprehensive strategies to address the fundamental drivers of health inequities.

ChangeLab Solutions developed A Blueprint for Changemakers in partnership with the Robert Wood Johnson Foundation and a national committee of advisors.

Looking to advance health and equity in your community? ChangeLab Solutions is funded to provide technical assistance to help you implement the law and policy solutions that are outlined in the Blueprint. Contact ChangeLab Solutions to learn more.

Tools for Change-Our innovative policy solutions address many aspects of creating healthier communities for all.

Tools for Change: A Resource Catalog for Community Health provides an overview of publications and other tools we offer on our website at no cost. Download the catalog to learn how our tools can help you!

Catalogs Include:
- Good Governance
- Healthy Neighborhoods
- Food and Beverages
- Childcare and Schools
- Tobacco-Prevention
- Health Care

Looking to advance health and equity in your community? ChangeLab Solutions is funded to provide technical assistance to help you implement the law and policy solutions that are outlined in the Blueprint. Contact ChangeLab Solutions to learn more.

The mission of ChangeLab Solutions is to create healthier communities for all through equitable laws and policies. Check out the online catalog, connect on Twitter or Facebook, join our email list, and support our work!
Early bird registration for the 2019 Safe Routes to School Conference is now open! Discounted registration rates are available through June 30. Start making your plans now to attend the conference in Tampa, FL, November 12-14, and join hundreds of Safe Routes to School and active transportation professionals to exchange ideas and share knowledge in a culturally vibrant city that is best explored by foot, bike, and public transportation.

Visit [www.saferoutesconference.org](http://www.saferoutesconference.org) to meet the plenary speakers, and stay tuned for program information coming soon.

Riverside County Health Coalition

April 2019 General Membership Meeting

The next Riverside County Health Coalition (RCHC) meeting is scheduled from 10 a.m. to noon on Wednesday, April 17, 2019 at the Towngate Community Center in Moreno Valley. Julie Chobdee and Dr. Ann Cheney will present an overview of University of California, Riverside’s Healthy Campus Initiative and ways RCHC can support and expand their efforts.

The meeting will also include an overview of the California Healthy Places Index (HPI), provided by Helen Dowling from the Public Health Alliance of Southern California. HPI is a new tool to help communities identify local factors that influence health and well-being.

Wednesday April 17, 2019
10 a.m. to noon
Registration at 9:45 a.m.

Click HERE to RSVP.
https://www.eventbrite.com/e/april-2019-riverside-county-health-coalition-meeting-tickets-59005196130

Questions? Contact Dianne Leibrandt:
Dleibrandt@ruhealth.org
(951) 358-5557
Save the Date!

April 17th 2019: Riverside County Health Coalition Meeting

by Riverside University Health System - Public Health

Description

Join us from 10 a.m. to noon on Wednesday, April 17th for our second Riverside County Health Coalition (RCHC) meeting of 2019! Julie Chobdee and Dr. Ann Cheney will present an overview of University of California, Riverside’s Healthy Campus initiative and ways RCHC can support and expand their efforts.

The meeting will also include an overview of the California Healthy Places Index, a new tool to help communities identify local factors that influence health and well-being.

For More Information or to Register: Eventbrite-Riverside Health Coalition
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>TBA</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>
</tr>
</tbody>
</table>