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 II. No. 2
February 2017

featuring

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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: February 27, 2017.

HCN Connect is dedicated to keep 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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You are a valued subscriber to HCN Connect. Update your subscription by e-mailing dramirez@rivcocha.org
The Riverside County Health Coalition and the Healthy Cities Network (HCN) hosted the Summit on Safe and Affordable Housing on Jan. 18 in Moreno Valley. The meeting brought together community partners to tackle the affordable housing crisis in Riverside County.

The symposium focused on exploring the housing needs of Riverside County, services that are currently in place, as well as innovative solutions to move the dial forward in promoting equity and health. Approximately 90 guests attended the symposium from various sectors, including public health, environmental health, housing, education, government and social services.

Some of the key issues raised during the event included the influence of housing conditions and affordability on a person's physical and mental health and the shortage of available housing in Riverside County and how we can overcome the barriers to affordable housing.

In order to spark action after the symposium, RUHS – PH will meet with representatives from the Riverside County Planning Department, Housing Authority and other interested groups to assess how RUHS – PH can support their work.

If you have any questions or would like more information, please contact:

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Community Engagement Coordinator
Epidemiology and Program Evaluation
Riverside University Health System – Public Health
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A panel of speakers included (left to right): Heidi Marshall, executive director, Housing Authority of the County of Riverside (HACR); Michelle Davis, housing authority manager, city of Riverside; Kristi Lovelady, administrative services manager/deputy director, Riverside County Planning Department and Alexa Washburn, vice president of Policy & Planning, National Community Renaissance.

City Highlight: Healthy San Jacinto Coalition

On January 5, 2017, the Healthy San Jacinto Coalition held a Healthy Communities Element workshop at the Valley-Wide Recreation and Parks District office. Attendees learned about the current health conditions in San Jacinto; the definition of a “Healthy Communities Element;” the contents of a Healthy Communities Element; and important policy considerations for a healthy San Jacinto. Participants also had the opportunity to provide their thoughts, concerns, and ideas through an interactive exercise on the challenges to encouraging a healthy community and available opportunities and resources to address these challenges.

Continued on next page.
Heart Month Focuses on Women’s Health

By the American Heart Association

Heart disease is the No. 1 killer in women. Yet, only 1 in 5 American women believe that heart disease is her greatest health threat. During National Heart Month, celebrated every year during February, the American Heart Association (AHA) focuses specifically on targeting women about their health through their campaign Go Red For Women.

Here are some unsettling facts: Cardiovascular disease causes 1 in 3 women’s deaths each year, killing one woman every 80 seconds; Since 1984, more women than men have died each year from heart disease and the gap between men and women’s survival continues to widen; The symptoms of heart disease can be different in women vs. men, and are often misunderstood; and while 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of heart disease.

During February, the AHA recommends to all women to “Know Your Numbers” and schedule a visit with their healthcare provider to learn these: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases, as well as work to improve them if necessary.

A healthy diet and lifestyle are the best weapons to fight cardiovascular disease, with are part of the American Heart Association seven simple steps to improve your and your family’s heart health:

1) **Get active**: Aim for at least 30 minutes of moderate physical activity each day, five times a week.
2) **Eat better**: A heart-healthy diet is low in saturated and trans fat, cholesterol, sodium and added sugars and high in a variety fruits and vegetables, whole grain fiber and lean protein.
3) **Maintain a healthy weight**: If your BMI (body mass index) is 25.0 or higher, you will benefit by bringing your number below 25.
4) **Do not smoke**: To live a long and healthy life, breaking the nicotine addiction will be very important.
5) **Manage blood pressure**: Aim for blood pressure levels of less than 120/80.
6) **Control cholesterol**: Keep LDL or bad cholesterol levels below 100 mg/dL, HDL or good cholesterol above 40 mg/dL for men and 50 mg/dL for women, and triglycerides under 100 mg/dL
7) **Reduce blood sugar**: A fasting blood sugar level below 100 mg/dL is considered ideal.

For more information, please visit [www.heart.org](http://www.heart.org).
APA CALIFORNIA Launches Planners4Health Six-Month Initiative

FOR IMMEDIATE RELEASE
February 1st, 2017

The American Planning Association California Chapter (APA-California) has been selected as one of 28 APA state chapters to participate in the $1.5 million grant-funded Planners4Health initiative. The initiative will focus on building capacity at the chapter level to create stronger, healthier communities statewide by fostering greater coordination between planners and public health professionals. Chapters receiving funding were selected after participating in a peer-led application review process.

In collaboration with the California Planning Roundtable, APA California has put together a task force to oversee the project deliverables and ongoing activities. This task force will identify potential partners, leverage existing healthy community initiatives and efforts under way, share planning and public health information, bring together key stakeholders, and develop a strategic plan that will provide the necessary guidance to continue to build a health and planning movement in California beyond the six-month project timeframe.

“California planners have been leaders in making communities healthier places to live,” noted APA California President Pete Parkinson, AICP. “The Planners4Health initiative provides a great opportunity to build an even stronger connection between planners and public health professionals.”

Planners4Health is part of the American Planning Association’s three-year $9 million Plan4Health program that works to combat two 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). The first two years of Plan4Health focused on place-based initiatives. California participated in the second cohort through a project based in Sacramento called “Design 4 Active Sacramento (D4AS)” that brought together professional engineers, planners and public health professionals to create streets that are conducive to safely walking, biking and living through active design.

The Planners4Health initiative includes a dynamic Planners4Health Curriculum Series that is available to the public. The first webinar will be held on February 8. The “Assessing the Healthy Communities Landscape” discussion will evaluate the healthy communities movement, suggest options for promoting a healthy communities agenda, and explore how planning can help re-engineer systems to produce health equity for all.

For more information about Planners4Health or Plan4Health, visit www.planning.org/nationalcenters/health/planners4health and follow the hashtag #Plan4Health.

The American Planning Association California Chapter links planners statewide and nationwide through the National American Planning Association. Through this linkage, APA California members can obtain the latest information about planning, unite to influence legislative issues, and further professional expertise through conferences, meetings and workshops. APA California was chartered in 1948 and currently has over 4,500 members including practicing planners, elected and appointed planning officials, academicians, citizens and students. Elected state officers, and eight local Section officers, lead the Chapter. For more information, visit www.apacalifornia.org.

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Contact:
Linda Khamoushian, Planners4Health-California Project Manager, 310-696-1977; linda.khamoushian@gmail.com
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

HARC’s Data Release

HARC’s 2016 Coachella Valley Community Health Executive Report is now available!

Every three years, HARC conducts an extensive community health survey in the Coachella Valley. The survey topics are reviewed by a steering committee of community leaders each cycle, and include topics such as healthcare access, utilization, health behaviors, major disease, mental health, and more. The Executive Report summarizes the details of the Coachella Valley Community Health Survey, with comparisons to prior years of HARC data and to data from the county, state, and nation to identify disparities.

To access the Executive Reports, please click here to take a brief survey in order to obtain your free PDF of the report.

For more information, please contact staff@harcdata.org or call (760)404-1945.

Call for Applicants: 2017 Desert Fast Pitch

It’s time again for RAP Foundation’s Desert Fast Pitch Program!

RAP Foundation's Desert Fast Pitch program is geared to be an opportunity for nonprofit organizations to develop or improve their presentations skills in a fast paced "pitch" process while competing for immediate cash grant awards and on-going technical assistance through the coaching/mentor interaction. The goals of RAP Foundation's Desert Fast Pitch program are assisting organizations to building greater confidence in presentation skills and the tools necessary to tell their story, convey their organizational values, create a donor and volunteer base, and improve their organizational capacity.

All applications will be accepted until 5:00 p.m. on February 17, 2017.

To apply, please visit: https://rap.force.com/ or contact Eva Guenther-James at evagj@regionalaccessproject.org or call (760)674 – 9992.
2017 Walking College

Looking for a way to gain the skills and knowledge needed to make your community more walkable?

America Walks is excited to announce the opening of applications for the third 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.

Be sure to join us for an informational webinar February 14th at 11:00am with program director Ian Thomas to get the inside scoop on this year's program. [Register Here!]

Applications are due February 28th. [Apply Now!]

SCAG’s 2017 REGIONAL CONFERENCE AND GENERAL ASSEMBLY

Registration now open!

On May 4-5, over 900 local leaders from throughout Southern California will convene for SCAG’s 52nd annual Regional Conference and General Assembly at the JW Marriott Desert Springs Resort & Spa in Palm Desert. Join us for this two-day conference, which will feature presentations and panel discussions on new opportunities and innovations that will help meet the challenges of a region expected to add 4 million people over the next 25 years.

The conference will also present the 2017 SCAG Sustainability Awards, recognizing exemplary projects or plans that best integrate both land use development and transportation needs. This highly anticipated event brings together state and local elected officials, CEOs, business and civic leaders, transportation and environmental stakeholders, local government staff and others.

The conference is free for elected officials and city managers in the region. A reduced rate is available for students. For all other attendees, a special early bird registration rate of $250 will be available until March 31. Register at scag.ca.gov/ga2017. Stay tuned for program announcements, including keynote speakers and panel topics!

Interactive Infographics Show Progress Toward Healthy People Objectives

The Healthy People 2020 team is pleased to announce the release of our interactive infographics showing data from the Midcourse Review. [Check out the new infographics now!]

The Healthy People 2020 Midcourse Review helps us evaluate the progress we’re making as a Nation toward Healthy People goals and objectives. To support this process, we’ve created interactive infographics that show the status of measurable Healthy People objectives—so you can see where we’ve met our targets and where we still have work to do to meet our targets by the end of the decade.

We’re excited to share this new product with the Healthy People community—and we hope you enjoy the infographics!
Free Technical Assistance on Active Transportation Projects in California!

If you are working to make streets safer or to increase access to schools and parks so that children and families in your community can have more opportunities for physical activity – we can help!

The Safe Routes to School National Partnership can assist your efforts to make your community a place where kids can easily be active and healthy. We are offering long-term, free technical assistance to disadvantaged communities in California that are working to obtain funding to support of walking, bicycling, and Safe Routes to School. We are specifically interested in helping communities seeking funding from the State’s Active Transportation Program or other regional and state funding sources that fund Safe Routes to School projects, including both infrastructure and non-infrastructure activities.

If your community is selected, you will receive technical assistance over several months valued at more than $20,000 to help you achieve your goals, including:

- Regular one-on-one consultation with your project lead
- An in-person one-day workshop
- An action plan specific to your project
- Help navigating the application process for the Active Transportation Program and other funding sources for active transportation and Safe Routes to School

Eligibility is limited to those who are eligible to apply to the State of California’s Active Transportation Program, but who have not previously received ATP funding for this project. At the current time, eligible applicants include local government agencies, school districts, and other government entities. Nonprofits and community-based organizations are ineligible to apply, but can partner with a government agency on this application. Please see the 2017 ATP Guidelines for information on eligibility and the type of projects available for funding. Applicants must also be willing and able to commit staff time and availability to the project during the technical assistance period.

To apply, simply describe your community need in detail on the application form available here. Our staff of experts will review and score the applications and select five communities for this opportunity. Applications are due Monday, February 27, 2017, by 5:00 p.m. PT. If you have any questions during the application process, please contact Bill Sadler, California Senior Policy Manager: bill@saferoutespartnership.org.

WRCOG Public Service Fellowship 2017-2018

The Western Riverside Council of Governments is seeking interested and qualified candidates!

WRCOG Public Service Fellows will be placed in one of 22 local government agencies to experience the inner workings of a career in the public sector. Fellows will work directly with executive management to learn, develop and create new programs, policy, and initiatives in Western Riverside County. Fellows who complete the nine month program will be primed to successfully pursue a career in the public sector at a management level.

Applications for the WRCOG Public Service Fellowship are due February 17, 2017. Click here for more details.
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 am - 1:30 pm

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 am - 1:30 pm

Where: Located steps from the Cactus Avenue entrance of the Medical Center (26520 Cactus Avenue, Moreno Valley, CA 9255)

RIV CO Active TransNetwork

Join us for our first Riverside County Active Transportation Network meeting of the year!

The meeting will cover:
- Go Human Presentation
- ATP Cycle 3 Statewide Recommendations
- WRCOG Active Transportation Plan Update
- ATN Work Group Updates

When: Wednesday, February 15th from 10:00am - 12:00pm

Where: SCAG – Riverside County Regional Office
3403 10th Street, Suite 805
Riverside, CA 92501

Videoconferencing will be available at the following locations:
- Southern California Association of Governments (SCAG) Main Office
- Coachella Valley Association of Governments Office
*Teleconference is also available

To RSVP, please visit: http://bit.ly/2iN27FP

Contact Daisy Ramirez to get on the mailing list:
dramirez@rivcocha.org
(760)863-8278

The Riverside County Active Transportation Network Mission

The mission of the RCATN is to improve the quality of life of Riverside County Residents through the expansion of active modes of transportation the create economic opportunities for the communities, improve health conditions and prevent health issues, reduce greenhouse gas emissions, and reduce congestion.

The network provides resources and networking opportunities to transportation stakeholders from around Riverside County, including cities, health organizations, community groups and residents.
Healthy Jurupa Valley Community Meeting

Healthy Jurupa Valley’s mission is to inspire residents to ignite change, bring greater health, safety and quality of life to everyone in the city.

**When:**
1st Tuesday of the month from 8:45am – 11:00am
• February 7th, 2017 – Guest Speaker: Traci Vincent

**Where:**
Crestmore Manor Carriage House
4600 Crestmore Road
Jurupa Valley, 92509 CA

To learn more about each of the five Action Teams, please visit: [http://bit.ly/2falLLg](http://bit.ly/2falLLg)

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Path to a Walkable Future Webinar

Walkable communities are most successful when people come together to create a place where every person has safe, accessible and enjoyable active transportation. How can walking advocates work with other sectors to create vital and vibrant communities for the future? Join us for this webinar as we explore the "Path to a Walkable Future."

The webinar will feature speakers from Strategies 360, pathVu, LA-Más and BikeSD.

Attendees will:
• Explore the role walking and walkability has on creating sustainable communities
• Learn about coalitions and partnerships that have worked in creating walkable communities
• Hear how different sectors and industries are engaging in the topic of walkable communities

**When:**
February 8th at 11:00am – 12:00pm.
Register [here](#).

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#MoveEquity Tweetchat
Walking and Biking in Black Communities

How can we work together to make streets friendly, bikeable, walkable, and welcoming for people of all races without encouraging the effects of gentrification and displacement that often accompany active transportation investments?

In honor of Black History Month, this #MoveEquity tweetchat will focus on the unique challenges, opportunities, and experiences of advancing equitable, healthy, and fair transportation options in African American communities.

**When:**
February 15th at 10:00am PST

**Twitter handles:**
@SafeRoutesNow @GirlTrek @AmericaWalks
@BetterBikeShare @DetroitGreenway
@Voices4HK @LACBC

A discussion on the unique challenges, opportunities, and experiences of advancing equitable, healthy, and fair transportation options in African American communities.

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Marijuana Law: What’s Next?

We invite you to join us at our first meeting of the year where we will be wrapping up our strategic plan, and introducing our spotlight presentation "Marijuana Law: What’s Next?" a deeper look at California's new marijuana law and how it will impact us.

Register [here](#) to be a part of our next meeting. Your registration ensures lunch for the day.

**When:**
Thursday, February 23rd at 12:00pm – 1:30pm

**Where:**
Ontario Police Department
2500 S. Archibald Ave
Ontario, CA 91761

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Improving Diabetes Screening and Referral to Prevention Programs: A Healthy 2020 Spotlight on Health Webinar

**When:**
February 21st from 9:30am – 11:00pm PST

Join Healthy People 2020 and the Diabetes Advocacy Alliance for a Spotlight on Health webinar about diabetes screening and prevention.

Register [here](#).