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.”

HCN Connect News and More

Volume II. No. 1

January 2017

featuring

IN THIS ISSUE

- Supervisor John J. Benoit Passes Away
- WRCOG BEYOND Framework Fund Program
- The National Healthy Communities Platform
- 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: January 27, 2017.

Contact

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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.
WRCOG’s BEYOND Framework Fund program is continuing to enjoy success in supporting local initiatives aimed at improving sustainability in the WRCOG sub-region. Several BEYOND funded projects have direct implications for local and regional health outcomes, while others improve the environmental factors influencing social determinants of health. In the November 2016 HCN Connect Newsletter, we celebrated two health promoting BEYOND projects from Temecula and Moreno Valley. This month we are proud to share success stories from the cities of Jurupa Valley and Lake Elsinore where BEYOND was utilized, in addition to several other resources, to support large-scale projects.

In 2015, the City of Lake Elsinore took the initiative to actualize the vision of creating a state of the art sports complex at the Rosetta Canyon Park—a project previously started by a private developer, but abandoned in 2008. The new sports complex is expected to attract local and national sporting events, promoting both health and economic development. To save costs, Lake Elsinore served as the owner-builder for the project and utilized a mix of funding to bring the project to life, including the City’s BEYOND funds, which were dedicated to the purchase and installation of water-efficient turf fields.

To the north, the City of Jurupa Valley got creative with their BEYOND funding and stretched their allocation between four projects. The first project among these to be completed supported development of the Valley Patch Farmer’s Market, which opened in November 2016. Establishing the City’s first weekly market took four years of careful planning, community partnerships, and resource cultivation. BEYOND funding was used to support requisite zoning code amendments, venue procurement, and market management. We look forward to highlighting other exciting projects from Jurupa Valley and other BEYOND funded jurisdictions in future HCN issues.

This winter, WRCOG looks forward to launching Round II of the BEYOND program which will include a newly created funding pool explicitly dedicated toward health. We’ll be sure to update you all here.

For more information on BEYOND, please visit our webpage or contact Andrea Howard by phone at (951)955-8515 or email at howard@wrcog.cog.ca.us.
The National Healthy Communities Platform

By Miguel A. Vazquez, AICP

Health professionals and practitioners across the U.S. continue to join forces with the stewards of the built, natural and social environments to improve the health of our nation. Planners, designers, architects, engineers, developers, health foundations, elected officials, community-based organizations and many others are working together on issues related to the intersection of public health and community development like never before.

Prominent collaborations such as Plan4Health—a partnership between the American Planning Association and the American Public Health Association—are empowering coalitions to help improve health outcomes.

The Urban Land Institute's Building Healthy Places Initiative exemplifies how the private sector is responding to the need to incorporate health considerations into real estate development processes.

In many states, cities and counties are incorporating the Health in All Policies (HiAP) model into their daily work and through the development of health and wellness chapters into their General Plans. These examples did not happen by accident. For more than three decades, planning and health professionals have been nurturing what we know today as the healthy communities movement. Within the past five years, however, these collaborations, partnerships and initiatives have sprouted throughout the nation and are fostering an emerging narrative that envisions a more just, equitable and healthier society.

"We have traditionally thought about health in a very narrow context. Health is far more broad than what hospitals and doctors and nurses do. So how do we improve health across America? We need to go into the communities and think about the factors that drive health"

-Vice Admiral (VADM) Vivek H. Murthy, M.D., M.B.A. United States Surgeon General Quote from the 2015 Aspen Ideas Festival

Although the movement has made great strides, efforts are still scattered and uncoordinated without a common national healthy communities strategy.

AN OPPORTUNITY FOR ACTION

Imagine if the leadership of major private and nonprofit organizations, government agencies, professional associations, foundations, academics and community advocates advancing the healthy communities movement would coalesce in one place to learn from another. Imagine if these health champions would develop a unified national healthy communities platform that would serve as a common denominator and as a guiding beacon for others to engage in the movement.

The opportunity to realize these two milestones is now a reality.

BEYOND HEALTH CARE FORUM: CHARTING THE NATIONAL HEALTHY COMMUNITIES PLATFORM

On Saturday, February 4, 2017, a diverse group of leaders will come together during the 2017 New Partners for Smart Growth Conference in Saint Louis, Missouri to be a part of the "Beyond Healthcare Forum: Charting the National Healthy Communities Platform." Everyone is invited to be part of this effort. The forum's organizers, however would like to ensure that individuals or organization already working on healthy communities engage with our effort. Now more than ever, it is crucial that our voices are amplified. Charting a unified platform with strategies for policy development and implementation that advance equity in all aspects of the social, natural and physical environments is a long overdue task.

Please be advised that it is not necessary to attend the Beyond Healthcare Forum to be an active participant. This convening is the first milestone in the collective development of the National Healthy Communities Platform.

For more information about this effort, please visit: http://platformforhealth.rivcoph.org
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 Event

HARC’s Coachella Valley Health Survey

HARC was initially founded to provide local health data for the Coachella Valley region of Southern California. HARC continues to conduct a community-wide survey of the health of the region every three years. The survey covers a wide variety of health and well-being topics, such as health access, utilization, behaviors, major disease, mental health, and more. Results are provided back to the community at no charge. Results are provided in the form of a written Executive Report, an online searchable database, and a series of special reports and data briefs on topics of interest.

HARC’s latest 2016 data on the health of the Coachella Valley will be released on January 31, 2017. The event will include a resource fair, breakfast, and presentation of the latest data on health in the Coachella Valley. The presentation will highlight health issues that disproportionately impact the Coachella Valley, trends over time, and new variables. People who attend the event will be given a copy of the Executive Report, which will feature highlights of the study, accompanied by highlights of local efforts to improve health and wellbeing. The data will be available online later that day.

When:
Tuesday, January 31st from 8:00 am - 10:00 am

Where:
UC Riverside – Palm Desert Campus
75080 Frank Sinatra Dr, Palm Desert, CA 92211

The event is free to all, RSVPs are kindly requested to Theresa Sama - tsama@HARCdata.org.

Get Moving with APHA’s Step Challenge

For the second year in a row the American Public Health Association will coordinate a steps challenge to encourage physical activity and strive for the goal of reaching one billion collective steps. The challenge, appropriately named APHA's 1 Billion Steps Challenge, is open to everyone and is supported by StrideKick, who has once again offered users free access to their fitness tracking platform. Read more here.
**Smart Growth America** has released its flagship report about the alarming epidemic of pedestrian deaths: *Dangerous by Design 2016*. Their research has identified the most dangerous places in the nation to be a pedestrian, and has examined who is most at risk of being struck and killed by a car while walking.

Now in its seventh year, the 2016 edition includes new “Pedestrian Danger Index” numbers for all 50 states and the District of Columbia. [Explore the online feature](https://www.surveymonkey.com/r/CVopinions) to see the full rankings of the 104 largest metro areas in the country and all 50 states, as well as interactive maps of where fatal collisions occurred.

Policymakers at the local, state, and national level can and must take action to protect people from being struck and killed by cars while walking. *Dangerous by Design 2016* outlines where to focus these actions and the first steps to making it happen.

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**Community Survey for Perceptions of the Coachella Valley**

The Building Healthy Communities Coachella Valley coalition is teaming up with HARC (Health Assessment and Research for Communities) to do a survey to better understand community perceptions of the Eastern Coachella Valley, Western Coachella Valley, and the Coachella Valley as a whole.

The survey takes 10-15 minutes to complete and you’ll be entered to win one of four $25 Visa gift cards. Please answer the questions as honestly as possible. Your responses to this survey will remain anonymous.

The survey will be available October 25, 2016 to January 22, 2017.

You can take the survey here: [https://www.surveymonkey.com/r/CVopinions](https://www.surveymonkey.com/r/CVopinions)

If you have any questions, please reach out to HARC, Inc. – [staff@harcdata.org](mailto:staff@harcdata.org)

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**Safe Routes to School National Partnership**

**Safe Routes to Parks** is an initiative of the National Recreation and Park Association to increase access to local parks. Developed in collaboration with the [Safe Routes to School National Partnership](https://www.safeschools.org) and supported by the American Planning Association, the Safe Routes to Parks Action Framework provides local governments with evidence- and practice-based guidance on creating safe and equitable access to parks for all people.

Start engaging leaders and community members now in creating safe routes to parks by downloading the [Safe Routes to Parks Action Framework](https://www.safeschools.org/Safe-Routes-to-Parks).
Women’s Policy Institute – County

Apply to WPI – County, Class of 2017-2018

WPI-County is a renowned yearlong policy advocacy and leadership training fellowship for teams of three to five women and/or trans people who are looking to learn how to engage in policy advocacy at the county level. The 2017-18 program is designed for Riverside, Los Angeles, San Bernardino and Monterey Counties and is bilingual Spanish and English. Learn more here.

Important Dates:
Online Application Due: Tuesday, January 24, 2017, Noon PST
Application Status Notification: First week of March 2017

Informational Calls:
• January 12, 2017, 12-1:30 PM, English / 1:30-3 PM, Spanish
• January 17, 2017, 12-1:30 PM, English

If you plan to participate in one of our informational calls, please RSVP.
For more information on how to apply to WPI-County, please see the 'How to apply' page.

We encourage you to contact Program Associate, Elizabeth Ayala - elizabetha@womensfoundca.org with any questions or concerns, or to discuss your team's application.

Governments Engaging Youth

The Institute for Local Government seeks to raise local leaders’ awareness of the importance of youth civic engagement as well as to identify and spotlight municipal efforts in California. We aim to offer technical assistance to support the growing interest and ability of municipal governments to authentically engage the next generation of active citizens and future public service workers.

Share Your Local Agency's Story: Youth Civic Engagement
Instilling the importance of shared civic values and fostering youth development of civic skills is fundamental to the vitality of our democracy. Partnerships between local agencies and schools are essential to ensure that youth are provided with skills and experiences to become informed and activated to participate in civic life, including engaging with policy-makers and helping solve community problems. Exposing youth to municipal governments early will prepare a more engaged citizenry and entice a more diverse group of youth to consider careers in public service.

The Institute for Local Government is raising awareness of the importance of youth-civic engagement opportunities and municipal-school partnerships through its Governments Engaging Youth program. The program aims to spotlight current efforts, support communities implementing programs and provide technical assistance to authentically engage the next generation of active citizens and future public service workers.

Please share with us how your agency is supporting youth to become civically engaged and exposed to public service. ILG can help you strengthen or create a new youth-civic engagement program.
Contact Randi Kay Stephens about your current program or interest: 916-658-8207 or rstephens@ca-ilg.org.

Click here to learn more about Governments Engaging Youth.

Website: http://www.ca-ilg.org/
Where You Live Affects the Health of You and Your Kids…

Find out how healthy your town is with your free online Salud America’s Salud Report Card!

The report card answers questions like:
- How much fast food is in my city?
- Are there accessible parks?
- What's the poverty rate?
- Are there enough doctors?

Once you know the issues, use and share the Salud Report Card and its research and policy solutions to build a case for healthy change among friends, colleagues, and local leaders. Don't wait any longer to make a change for kids in your town. Start with the Salud Report Card!

Beyond the First Step: The Many Benefits of Walking

The benefits of walking are many and widespread. From personal, physical and mental health, to strengthening relationships and engaging community members, walking is a powerful tool. Join America Walks for our webinar, "Beyond the First Step: The Many Benefits of Walking" on January 11th at 11:00am PST to learn how individuals and organizations are harnessing the power of walking to create lasting positive change. This webinar is intended for our advocates just getting started on the walking path as well as anyone interested in learning more about this topic.

We will hear from representatives of Kaboom, Walk with a Doc and the Walking Classroom. Attendees will:
- Expand their knowledge on the benefits of walking
- Learn how walking can be used to build healthy individuals, communities and organizations
- Explore what all is included in walking and walkability

Click here to RSVP.

Funding Opportunities

- **Complete Streets Consortium Series**
  Deadline extended for applications for free standard technical assistance workshops – including the brand new Complete Streets Consortium Series! If your community is interested in implementing Complete Streets but needs help making it happen, consider partnering with two other communities for this free opportunity. Applications are due Thursday, February 2, 2017.

- **Environmental Justice Small Grants Program**
  Under this RFP, EPA will award grants that support activities designed to empower and educate affected communities to understand environmental and public health issues and to identify ways to address these issues at the local level. Approximately 40 one-year projects will be awarded at $30,000 each. The goal of this emphasis is to encourage and increase project performance in even more states and communities. Local environmental and public health issues can be found in every state and territory, and this reality should be reflected in the projects that are awarded. The application deadline is Monday, January 31, 2017 at 11:59pm EST.
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)

Housing & Health: A Summit on Safe & Affordable Housing in Riverside County

Please join the Riverside County Health Coalition (RCHC) and Healthy Cities Network (HCN) for Housing & Health: A Summit on Safe & Affordable Housing in Riverside County. Safe and affordable housing is an essential component of a healthy community. In Riverside County, homelessness and severe housing issues, such as overcrowding, high housing costs, and a lack of kitchen or plumbing facilities can contribute to poor health outcomes and overall wellbeing. As Riverside County strives to improve health and promote livable communities, multi-sector collaboration is needed to address the web of determinants that influence housing and health outcomes.

The Health & Housing Summit will serve as an outlet for:
• Highlighting current services and barriers to safe and affordable housing in Riverside County
• Expanding partnerships between public health practitioners and non-traditional partners
• Exploring innovative solutions for County-specific housing issues

The outcomes of the Summit will help guide future collaboration between RCHC/HCN and other County and community entities in expanding access to safe and affordable housing as well as improving health outcomes and health equity. For more information and to register, please visit: http://bit.ly/2h4DrYJ

**When:**
Wednesday, January 18th from 9:00 a.m. to 12:00 p.m.

**Where:**
Moreno Valley Towngate Community Center
13100 Arbor Park Lane
Moreno Valley, CA 92553
Healthy Jurupa Valley

Healthy Jurupa Valley is a coalition of residents, stakeholders, business owners, law enforcement, and city leaders working together for a healthier city.

The city-wide Healthy Jurupa Valley Coalition meets on the 1st Tuesday of every month. The work is accomplished through five ACTION TEAMS co-chaired by volunteer leaders from the community, and is focused on goals set by community members, for community members.

When:
1st Tuesday of the month from 8:45am – 11:00am

Where:
Crestmore Manor
4600 Crestmore Road
Jurupa Valley, CA

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

FREE Bike Skills & Repair Training

The Safe Routes to School Program and the Inland Empire Biking Alliance invites you to learn how to teach kids about bikes!

Training includes:
- Bike safety education
- The ABC’s of Bike Maintenance
- Teaching Bike Skills

When:
Saturday, January 28, 2017
- 8:00am - 12:00pm
  Classroom instruction and Interactive activities
- 12:00pm – 1:00pm
  Lunch Provided
- 1:00pm - 3:00pm
  Hands on Practice

Where:
Jurupa Mountains Discovery Center
7621 Granite Hill Drive
Jurupa Valley, CA 92509

To RSVP, please contact Maria “Alex” Lira by January 16th:
mlira@rivcocha.org
(951)358-7171

SAVE THE DATE!

RIV CO Active Trans Network

2017 SoCal Out-of-School Time Nutrition Summit:
Supporting Healthy, Engaged Kids When School is Out

When:
Tuesday, January 24, 2017 from 9:30am – 2:30pm
(9:00 check-in / continental breakfast)

Where:
San Antonio Regional Hospital
999 San Bernardino Road
Upland (San Bernardino County)

For more information and to RSVP, please contact:
Daisy Ramirez at (760)863-8278
handy.jessica@ymail.com