“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 I. No. 3
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featuring

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- 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: September 19, 2016.

Contact

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

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

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Healthy Jurupa Valley (HJV) celebrated its 3rd Anniversary this June by presenting its accomplishments at the National Innovative Communities Conference. The community leaders of the five Action Teams, who donate their time and talents, shared with enthusiasm what it takes to keep a city-wide initiative like HJV rockin’ & rollin’. The city’s implementation partner, Reach Out, also shared the steps that were taken to bring all sectors of the community together and to ensure that HJV is a completely community-driven initiative.

One major initiative of HJV is “The Walk Rubidoux,” a place-based strategy focused on the Mission Blvd. corridor of downtown Rubidoux. The Walk combines physical activity, active transportation, the arts, public safety and small business development into one robust, coordinated effort towards a more healthy, safe and vibrant place for residents to recreate, shop and build community connections. Once The Walk Rubidoux is well established, HJV will bring the concept to Glen Avon and Mira Loma for the next Walk sites.

An important component of health is education, and HJV began building and placing Little Free Libraries in the city since its very beginning. Now with more than 13 Little Free Libraries in place at many different neighborhoods and at city and district buildings, HJV members will be building and placing an additional 15 more libraries over the next 10 months. The libraries not only help to build literacy with their free book sharing, but also are a tool to build a strong sense of community – neighbors strike up conversations and share their reviews of books while visiting the front yard bookworm magnets.

On the policy front at HJV, the Safety & Readiness Action Team authored an ordinance aimed at curbing synthetic drug sales and use, and since its passage by the city council, they have been working with the Sheriff’s Department on trainings for retailers, community education, and enforcement. This same team has worked to have a Prescription Drug Drop Box placed at the Sheriff’s Department in Jurupa Valley which will have a grand opening during our next Healthy Jurupa Valley meeting on September 6, 2016.

With similar drop boxes, more than 1,200 pounds of drugs have been safely disposed of. This box will add one more opportunity for residents to remove old, unused drugs from their homes and know that they are properly destroyed.

Also, next month, watch for a big announcement around the Farmer’s Market! HJV volunteers have been holding weekly produce sales at “The Patch,” a farm stand that will soon morph into a full-blown farmer’s market. We’re looking for vendors and just started accepting applications.

If you are interested in joining an Action Team: Community Prosperity, Arts & Recreation, Safety & Readiness, JV Family Resource Network, and Gardens & Markets, please contact Josie Gaytan at (909)982-8641 or josie@we-reachout.org. We are always looking for more willing hands who want to have fun while also doing so much good!

To learn more about HJV, please visit: http://jurupavalley.org/Residents/Healthy-Jurupa-Valley
The SHAPE Data Portal is Live!

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/

FARMERS MARKET SET TO GO AND GROW AT MEDICAL CENTER CAMPUS

New Weekly Farmers Market Opens as Medical Experts Spotlight Healthy Food Options

MORENO VALLEY, Ca. — Just in time for peak summer produce, a new weekly farmers market opened in August on the campus of RUHS Medical Center in Moreno Valley.

“Local residents, employees and campus guests will find locally grown fruits and vegetables in a beautiful environment,” said Judi Nightingale, DrPH, director of population health for Riverside County. “We are leading the way to health. A nutritious diet is an important part of that journey in every community.”

Nightingale said she expects the farmers market to flourish in coming months as activities that promote health and wellness are added and new vendors set up shop.

Farmers Market hours will be from 7:30 a.m. to 1:30 p.m. every Thursday, rain or shine, except holidays. Located steps from the Cactus Avenue entrance of the Medical Center, vendor tents will be set-up in the courtyard between the Medical Center and the Medical Education building, on the west side of the campus. Cash, credit cards and WIC will be accepted. In coming months, Cal Fresh EBT also will be accepted.

“The increasing number of farmers markets in the region reflects growing consumer interest in locally grown food,” said Oscar De Leon, farmers market manager. “Supporting local producers helps ensure farmers are paid a fair wage for their labor and strengthens the region’s food system.”

Vendors at the RUHS Farmers Market are certified by the California Department of Food and Agriculture, which verifies the produce being sold is high quality, locally sourced and meets regulatory standards. Studies have shown farmers markets boost local economies as a higher percentage of dollars remain within the regional economy in contrast to purchases made at large chain supermarkets.

“This is an important endeavor to promote healthy eating habits while supporting family farmers and expanding community engagement,” said Riverside County 5th District Supervisor Marion Ashley, whose own family history is deeply rooted in local farming. “It is exciting to see a renewed appreciation for our farmers.”

The farmers market is sponsored by Riverside University Health System and County of Riverside Culture of Health.

For more information, please visit www.RUHealth.org/FarmersMarket.
Go Human: Bike Safety Workshop

As part of the Go Human campaign, SCAG is sponsoring a series of FREE Bike Safety Workshops in Riverside County. These workshops are ideal for city staff, community group members, and health and transportation professionals championing local bike improvements, as well as members of the public looking to gain confidence with urban bike riding.

Learn Rules of the Road, ABC Quick Check, and other safety tips that will encourage biking in your community. No bicycle is needed to participate and light refreshments will be served.

We hope to see you there! Please share this invitation with professionals, community groups and Riverside/San Bernardino County residents in your network!

Go Human is a community outreach campaign with the goals of reducing traffic collisions in Southern California and encouraging people to walk and bike more. To learn more about Go Human, visit: http://gohumansocal.org/Pages/Home.aspx

Register for one of three Bike Safety Workshops in Riverside County:
http://svy.mk/2ayX8a3

Riverside: Tue Sep 6, 2016 from 6:00 – 8:00 p.m. at Bobby Bonds Park, Cesar Chavez Community Center (Community Room), 2060 University Ave. Hosted by Eastside HEAL Zone

Palm Desert: Wed, Sep 28, 2016 from 6:00 - 8:00 p.m. at the Coachella Valley Association of Governments, 73-710 Fred Waring Drive, #200 (Room 115). Hosted by CVAG

Hemet: Date and Time TBD

Three workshops will also be held in San Bernardino County. Details are available at http://svy.mk/2aXBoEU

If you have any questions, please contact:
Kate, Bridges
Kate.Bridges@sdgworld.net
(213) 425-0951

Riverside County Healthy Cities Network

RECIPES FOR HEALTHY COMMUNITIES: Exchanging stories about the ingredients that support community and individual health

Please join us for the second Riverside County Healthy Cities Network meeting. This convening will mark the launch of the HCN Community Health Framework: "A recipe book for improving our communities' health." Speakers will serve up recipes and share how they source the best ingredients for promoting health in Riverside County communities. Guests will share their secret concoctions for community health and contribute to the development of the HCN's Community Cookbook - a living book of recipes for better health.

When:
Monday, September 12th from 9:00 a.m. to 12:00 p.m.

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

For information about the event, please contact:
Daisy E. Ramirez at (760)863-8278 or at dramirez@rivcocha.org

Please register at http://ow.ly/WTXX303uaW2
Riverside County Community Health Improvement Plan (CHIP)

We are excited to be moving forward with the development of the Community Health Improvement Plan (CHIP). This process has only been possible with your participation and hard work!

Moving forward, each Workgroup will further develop the Strategies discussed during the July CHIP Meeting. We are continuously working to integrate the input and discussion from each of these meetings into the CHIP.

Each Workgroup will be meeting via Web-Ex as follows:

**September 14th:**
- **11:00AM - 12:00PM:** Promoting Healthy Behaviors
- **2:00PM - 3:00PM:** Creating Healthy Communities

**September 15th:**
- **11:00AM - 12:00PM:** Connecting and Investing in People
- **2:00PM - 3:00PM:** Access to Care

During this meeting, we will fine-tune the Strategies you developed and discuss how they fit with the CHIP Vision and Goals. We will also share the notes from the Annual CHIP Meeting.

Web-Ex Links:
- Promoting Healthy Behaviors
- Creating Healthy Communities
- Connecting & Investing in People
- Access to Care

If you have not already signed up for a Workgroup and would like to, please email Sheena Patel at shpatel@rivcocha.org.

For more information about our Priority Areas and Riverside County Health Data, please visit: www.shaperivco.org

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**Healthy Eating for Busy People**

*10 free spaces available*

This class is designed for those who are busy with a packed schedule but still want to eat well and maintain a healthy diet. Participants will discover the best grab and go meals and snacks, the biggest mistakes most people make when dining out, the healthiest menu options at popular fast food and restaurant chains, as well as taste healthy meals, snacks and treats. All participants will receive the Necessary Nutrition Fast Food/Restaurant Eating Guide.

**When:**
Saturday, September 17th from 10:00am - 11:30am

**Where:**
Necessary Nutrition
3985 University Ave,
Riverside, CA 92501

To RSVP, please call 951-259-5198 or email Rda@NessyNutri.com

*Free for any County or City Government employee

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**Did you know?**

International Walk to School Day will be held on **Wednesday, October 5, 2016**. The Riverside County Safe Routes to School Program is excited to get Riverside County schools walking!

If you have any questions or if you are interested in getting your school registered to participate, please contact the Safe Routes to School Program at (951) 358-7171.
Thank you for reading HCN Connect!

Join us for our fifth Riverside County Active Transportation Network meeting!

The meeting will cover:
- RTA First Mile-Last Mile Mobility Study (Presentation by Joe Punsalan, Senior Associate with KTUA)
- ATP Cycle 3 Debrief
- ATN Work Group Updates

When:
Wednesday, September 21st 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

For more information and to RSVP, please visit: http://bit.ly/2cuzEpY