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. 4
October 2016

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: October 21, 2016.

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

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The Healthy Cities Network hosted its second meeting on Sept. 12 in Moreno Valley. Attendees from throughout Riverside County gathered to discuss what they are doing to promote health in their cities.

“This meeting was intended to compile ‘recipes’ for achieving our best health in our communities,” said Salomeh Wagaw, Epidemiologist with Epidemiology and Program Evaluation.

During the meeting, led by Arnold San Miguel, Regional Affairs Officer of Southern California Association of Governments, participants heard successful recipes from the cities of Palm Desert, Perris and Lake Elsinore.

“We loved hearing from our panel about all the great things happening in communities throughout Riverside County. Of course, the important thing is to work towards translating all these great ideas into concrete policies where the health of our residents becomes a priority,” said Wagaw.

The next meeting is already in the works for early 2017.

Click here to view the presentations:
http://www.healthyriversidecounty.org/Built-Environment/Healthy-Cities-Network

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The Healthy Communities Movement Today

RUHS-PH Deputy Director Michael Osur, MBA and Healthy Communities Planner Miguel A. Vazquez, AICP teamed up on writing an article for The Commissioner, a bi-monthly publication part of Planning Magazine—the magazine of the American Planning Association. In this article, the authors explored how the healthy communities movement has evolved in the past few decades and how efforts in Riverside County fit into that national picture.

“How do we create a built environment that encourages a healthy lifestyle with the goal of improving the overall health of our nation? One way is through continued collaboration among planners and public health professionals. More communities are incorporating health endeavors and engaging public health professionals in their comprehensive planning efforts.” APA President Carol Rhea, FAICP, recently raised this question and challenge in the American Public Health Association’s Public Health Newswire. APA and APHA are collaborating through the Plan4Health project (plan4health.us) to build local capacity to address population health goals. Read more.
Perris, CA – The City of Perris has been selected as one of 50 members of the HealthyCommunity50 in the Healthiest Cities & Counties Challenge to receive a $10,000 community seed award. By participating in the Challenge, City of Perris is in the running to receive a prize that will support their Live Well Perris Project.

The Challenge, a partnership between the Aetna Foundation, the American Public Health Association and the National Association of Counties was launched in April during National Public Health Week. The Challenge will award $1.5 million in prizes to small and mid-sized cities, counties and federally-recognized tribes that are able to show measurable change over the course of several years working with cross-sector partnerships to implement health innovations and data-driven solutions. Hundreds of city governments, local municipalities, health departments, educational institutions and other public/private entities applied to be a part of the Challenge.

The HealthyCommunity50 were chosen based on plans to improve the health of their communities in at least one of five domains: Healthy Behaviors, Community Safety, Built Environment, Social/Economic Factors and Environmental Exposures.

Through the Challenge, the City of Perris will expand the vision of its community demonstration garden, known as the Perris Green City Farm by creating thirty additional hub and local community garden sites, allowing residents within the City to have access to food gardens within a .5 mile radius. The project comes at a critical time for the City in its efforts to address food deserts and combat obesity and other health related illnesses in an underserved community. The Live Well Perris Project will create a sustainable platform to expand health equity using five pillars of a healthy community: Health Education, Access to Social and Economic Resources, Public-Private Partnerships, Community Inclusion and City Leadership.

“At the Aetna Foundation, we’re seeking to reward innovation for communities implementing new ways to improve health outcomes,” said Dr. Garth Graham, president of the Aetna Foundation. “We want the Healthiest Cities & Counties Challenge to serve as a catalyst for collaboration in local communities around the country working to move the needle in combating health disparities.”

All selected HealthyCommunity50 members will be visited by an expert judge panel to answer questions, understand the community’s approach to the project first-hand and speak with the members of the cross-sector team and key stakeholders. At the conclusion of the Challenge, the programs most able to show measurable change will be eligible for prize awards from $25,000 - $500,000. Participants will be judged on their own progress and will not be competing against each other.

For more information, please visit: http://cityofperris.org/news/2016/stories/10-04-16_healthy-city.html

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The team leading the Perris Green City Farm Program. (Left to Right: Armando Panchi, Arcenio Ramirez, Richard Belmudez, Isabel Carlos, Crystal Lopez and Eduardo Sida.)
Better Cities, Better Health

“By 2025, two thirds of the world’s population will live in cities. We know that urban life can have a tremendous impact on a citizen’s health and wellbeing. Without careful attention and planning, poor outdoor and indoor air quality, contribute to major respiratory illnesses. Poorly designed cities with buildings far from public transportation and walkable areas intensify global epidemics of obesity and diabetes. But the good news is that green buildings and communities empower us to improve cities, and in turn improve health and wellbeing for urban dwellers”.

This was the abstract for the Better Cities, Better Health session during the GreenBuild Conference International Summit organized by the US Green Building Council (USGBC). The session included participation of HCN co-chair Miguel A. Vazquez, AICP as a panelist who highlighted regional collaborations and strategies for improving health outcomes. During the conference, The WELL Building Standard®, a performance-based system for measuring, certifying, and monitoring features of the built environment that impact human health and wellbeing, through air, water, nourishment, light, fitness, comfort, and mind was emphasized. This new tool can be a pivotal linkage between the so-called green professionals and public health advocates.

To learn more about WELL please visit http://www.usgbc.org/articles/what-well

Planners and Public Health working together to promote healthy communities.

HCN co-Chair, Miguel A. Vazquez, AICP attended a convening in central California which brought together planning and public health professionals on September 14, 15, 2016. Participants identified opportunities to pursue collaborative, cross-sector work to address shared priorities and goals. Using real life case stories, attendees learned about the concrete strategies used by several local jurisdictions that have successfully brought together planners, public health and community members to design healthy built environments. This event was in part organized by Plan4Health—an initiative between the American Planning Association and the Public Health Association—and included the involvement/sponsorship of many organizations working on the integration of health and planning including the Governor’s Office of Planning and Research, the Local Government Commission, the Institute for Local Government, Walk Sacramento, the American Lung Association, the California Department of Public Health, The California Endowment, the California Planning Roundtable, the Public Health Institute and more. Additional gatherings with this format are being considered in the future for other California regions.

This event was organized by the California Chronic Disease Prevention Leadership Project—a unique partnership of California’s local public health leaders in the California Conference of Local Health Officers (CCLHO) and the County Health Executives Association of California (CHEAC). The Leadership Project aims to make chronic disease prevention a higher priority for Local Health Departments (LHDs), to strengthen their capacity to address chronic disease, and to promote effective public health practices to prevent it.

For more information about this effort please contact Mary Anne Morgan at maryannemorgan2@gmail.com
Creating the Health Policy Leaders of Tomorrow

By Cassie Nguyen

“All I can say is: Pursue something you enjoy and allow yourself to learn as much as possible. Every task is an opportunity to learn something new, that may not be used the same day, but eventually it will.” This is what Oscar Romero, former Randall Lewis Health Policy Fellowship (RLHPF) recipient and current Planning Technician for the City of Riverside recently shared with me as one of the lessons he learned during his time as a RLHPF at the San Bernardino Associated Governments (SANBAG).

Oscar represents one of 95 RLHPF alumni who have been placed at 35 sites throughout southern California. The RLHPF is an innovative approach to create the future leadership of health policy practitioners. This effort was the creation of two leading Inland Empire figures: Randall Lewis, a real estate developer and Dora Barilla, DrPH, assistant professor at Loma Linda University. Both of them imagined 6 years ago what the vision and mission of the fellowship would be. Today, the 8-month fellowship serves as the premier hands-on opportunity for master-level students to learn, apply and contribute to the health policy work increasingly being done in the public sector.

The need for the RLHPF

Certain chronic diseases are the leading causes of death in the U.S. They also have a significant economic and social cost. Among the top leading causes of death in the United States includes diabetes, cancer, stroke, and heart and lung disease. According to the Centers for Disease Control and Prevention (CDC), more than 25 million people - both diagnosed and undiagnosed cases - have diabetes and the direct medical expenditures attributable to diabetes equal to over $116 billion. Diabetes disproportionately affect minority populations and the elderly and its occurrence is likely to increase as minority populations grow and as the U.S. population ages.

“Our part of the world is modeling the change we want to see – a new paradigm in health begins.” Partners for Better Health.

There must be health policies in place that address this significant problem and other health related diseases. I believe that modeling the change we want to see is the way to move forward. For this reason, I have been interning this summer with the Riverside University Health System-Public Health (RUHS-PH). Through this connection, I learned about the RLHPF to which I applied and got accepted for the 2016-2017 cohort.

The RLHPF vision and mission are drawn from the values at Partners for Better Health which manages the fellowship. This non-profit organization envisions “assisting communities throughout the United States in developing a population-based health system that reflects the health needs and preferences of the segments of our community, with service and access solutions that are appropriate in scale and cost, developed through collaboration and cooperation between the communities and the health sector.”

This idea of collaboration and cooperation between local government and the health sector is where my beliefs align with those of the RLHPF. Only through working together we can better understand and interpret health needs, conceptualize, and incubate solutions. In this manner, we can draw upon the resources of public and private organizations and also from the voluntary contributions made by people in the communities they serve. I learned that Oscar’s main goal when applying for the fellowship was to merge fields he is interested in, specifically those related to active transportation. He currently is working on multi-purpose trails which are a priority in Riverside. The idea is that by increasing the number of trails available can provide some vehicular

Continued on next page...
My Personal Journey towards Healthy Living

At the young age of 16, my passion and devotion for health policy and advocacy developed from my year and a half battle fighting brain cancer. This life-changing experience propelled me into a professional learning quest that began as an undergraduate, class of 2015, and as graduate student, class of 2017, in the esteemed UC Riverside School of Public Policy emphasizing in health policy.

By experiencing the significant impact health obstacles and setbacks a severe illness can create, I became a health policy advocate for the American Cancer Society as a Legislative Ambassador and National Brain Tumor Society to fight for cancer related health legislation. Because of my past experience, passion and devotion for improving the wellness of others, I also created a free film instruction camp called Spotlight On Hope Film Camp which serves as a therapeutic outlet for kids with cancer and their siblings and now as a RLHPF I am looking forward to learn valuable lessons that I can use to make a my impact of greater consequence just like Oscar is doing.

During my interview with Oscar Romero, I learned how important his participation in the fellowship was instrumental in his career development and how he is applying his primary interest in his work through health policy. I am very excited about the future opportunities the RLHPF can yield for me and for others who have gone or are going through the program.

For more information regarding the fellowship please visit [http://p4bhealth.org/randall-lewis-health-policy-fellowship/](http://p4bhealth.org/randall-lewis-health-policy-fellowship/) or contact Maggie Hawkins at (909)984-9153.

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UC SOS: UC Sustain Our Students

By Muhammad Sohail

At the University of California (UC) system, students lack access to sustainable Basic Needs Resources (BNR) that would ensure academic, personal, and professional success and elevate the eco-social commitment in our campuses, our communities, and our California. We propose that campuses adopt a series of sustainability-minded measures to address BNR security at the UC campuses. This campaign demands a reevaluation of our policies and facilities to make the necessary changes for a healthy and self-sustaining future.

Basic needs are defined as affordable and quality food and housing—not the ramen-noodle-every-night diet and not living in a car or remaining transient. According to a recent University of California Undergraduate Experience Survey (UCUES), more than 68% of UC Riverside (UCR) students are food insecure; this is above average rate given that UCR enrolls more Pell grant recipients/low-income students than any other UC campus. Data on housing insecurity at UCR has still yet to be recorded, but recent reports indicate that almost 1 in 5 UC Students (Statewide) are housing insecure. In the coming weeks, the UC Student Association will be hashing out the details of this campaign.

If you or your organization would like to know more or contribute to the development of our plan, please contact Muhamad Sohail at [msoha002@ucr.edu](mailto:msoha002@ucr.edu).
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/)

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**HARC Celebrates Ten Years of Providing Critical Data to Organizations That Enrich the Lives of the Local Community**

*It observes the milestone with a new website, logo and blog.*

**Palm Desert, CA** — HARC, Inc. (Health Assessment and Research for Communities) is celebrating its tenth anniversary and has now been providing critical data to local organizations for more than a decade. For the last ten years, HARC has provided objective, reliable research, analysis and technical services to local organizations, nonprofits and Coachella Valley communities to facilitate better decision-making regarding health and quality of life. HARC’s work spans many diverse fields, all with the common theme of improving lives. HARC is observing this new decade with newly redesigned website, a new logo and a new blog.

Since HARC was founded in 2006, the organization has conducted extensive research on a wide range of topics, including mental and physical health issues, areas of deficiency in current methods of treating at-risk community members, and other important health-related matters. It publishes its results every three years in a free report called the Community Health Monitor. Local organizations use the unique and valuable data contained in the report to create and evaluate the success of community programs and strengthen their funding requests. This data has enabled more than 40 local organizations to raise more than $12.8 million for critically needed programs and services such as free HIV tests, meal delivery for home-bound seniors, transportation for people with disabilities, and much more.

“It is staggering to think about the many Coachella Valley lives HARC has directly or indirectly influenced over the last decade,” said Jenna LeComte-Hinely, PhD, Chief Executive Officer of HARC, Inc. “We are proud that our hard work has allowed so many local organizations to better serve their clients and continue to enrich the lives of the residents of the entire Coachella Valley.”

**About HARC**

HARC is a nonprofit 501(c) (3) organization based in Palm Desert, CA. It is dedicated to providing objective, reliable research, analysis and technical services to communities in order to facilitate better decision making regarding health and quality of life.

For more information or to access the blog, go to [http://harcdata.org](http://harcdata.org).
According to the Environmental Health Coalition, on Saturday, September 24th, Governor Brown signed into law SB 1000 by Senator Connie Leyva (D-Chino) which will improve local planning efforts to reduce disproportionate environmental and health impacts on California’s most vulnerable residents by ensuring that local governments include an Environmental Justice (EJ) Element in General Plans. The bill was co-sponsored by the California Environmental Justice Alliance and Center on Community Action and Environmental Justice, and also received broad support from organizations, planners, and residents. Read more.

City of Riverside to implement various citywide walking and biking improvements

The City of Riverside received funding as part of the Active Transportation Program Cycle 1 to install various Citywide walking & biking improvements. These projects were developed through existing master plan documentation, and extensive community outreach. Project components include:

- Expansion of the city’s existing class II bike lane network by 17 miles
- Construction of an approximately 1-mile long two directional multi-use path along the north side of MLK Boulevard.
- Installation of a bike station at the downtown Metrolink hub
- Installation of informational kiosks at trailheads
- Upgrade two existing rapid flashing beacon crossings to HAWK signals (concept shown above), and install Accessible Pedestrian Signal improvements at five locations
- Installation of a new bicycle staging area at Ryan Bonaminio Park
- Installation of two City bike share program terminals
- Conversion of two parking locations to bike corrals
- Construction of missing links within the sidewalk infrastructure, and installation of crosswalks and new walking paths at several locations

These improvements are expected to be constructed in early 2017, followed shortly by improvements funded as part of ATP Cycle 2!

For more information, please contact:

Nathan Mustafa, P.E.
City of Riverside
Senior Traffic Engineer
Bicycle Coordinator
(951) 826-2251
Kaiser Permanente: Riverside Community Survey

A message from Kaiser Permanente...

Dear Residents and Providers in Riverside County,

We are conducting a community survey to better understand how we can improve access to care, mental health services, and obesity/diabetes in Riverside County. This survey is being conducted as part of our commitment to the community.

The survey is open to all providers and community members in Riverside County. We appreciate your participation and would greatly appreciate if you would share this link with the providers and community members that you know.

https://www.surveymonkey.com/r/KPRivCo

The survey link will be provided to you by our partners HARC (Health Assessment and Research for Communities). Individual survey responses will only be seen by HARC; no one at Kaiser Permanente will ever be able to see your individual responses or connect your survey to your name. The survey link will direct you to an online questionnaire—which should take between 10 to 15 minutes to complete.

The survey will be available between October 6th to the 11th, 2016.

Please take a few minutes to share your thoughts with us. This survey is very important and we truly appreciate your time and your thoughtful responses. Thank you in advance for your participation.

For more information, please contact:
Cecilia Arias, MPH, MCHES
Community Benefit Health Manager
Kaiser Permanente
Cecilia.X.Arias@kp.org
(951) 602-4193 (tie-line 265)

Riverside County Safe Routes to School Program

Thank you to all of the schools that participated in this year’s International Walk to School Day on Wednesday, October 5th!

Don’t forget to share photos of your Walk to School Day event on our Facebook Page: https://www.facebook.com/RivCoSafeRoutesToSchool/

City of Eastvale – Rosa Parks Elementary students, staff and parents walked from Cedar Creek Park to school.

City of Riverside – Students from McAuliffe Elementary gather to walk to school.
Riverside County Health Coalition General Meeting

Community Health Improvement Plan (CHIP) Update - At the July 20th Community Health Improvement Plan (CHIP) Meeting, partners and stakeholders discussed the four priority areas: Promoting Healthy Behavior, Creating Healthy Communities, Connecting and Investing in People and Improving Access to Care. Priority Area groups of 10-15 individuals, facilitated by community partners, discussed the Visions, Goals and Strategies of the CHIP. Using the Spectrum of Prevention which ranges from broad policy level to individual program level interventions, two types of strategies were discussed. Groups discussed strategies and programs currently in place and also brainstormed new strategies and programs that address the four priority areas. The strategies will be used to inform the development of measurable objectives for the CHIP.

The workgroups met again to fine-tune and discuss programs, policies and strategies that align with CHIP goals. Using feedback and discussions from the meetings, we will work to write measurable objectives for the CHIP.

Please join us at the next Riverside County Health Coalition General Meeting, scheduled for October 19th, where we will continue the development of CHIP Strategies and Objectives.

**When:**
Wednesday, October 19th from 9:45 a.m. to 12:00 p.m.

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

For information about the event, please contact:
Sheena Patel at (951)358-5557 or at shpatel@rivcocha.org

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)
Happy Healthy Halloween Zombie Walk

**When:**
Sunday, October 30\(^{th}\) from 3:00pm – 9:00pm

**Where:**
Mission Springs Park
66750 Palm Ln,
Desert Hot Springs, CA 92240

To learn more or register a booth, please visit:
http://dhshealthycity.com/

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As part of CCV’s dedication to environmental justice, they organize an annual Environmental Health Leadership Summit (EHLS) in the Imperial Valley, which has been a success since its initial inception on June 2, 2007. EHLS is considered to be the first conference in the Imperial Valley solely dedicated to discussing topics concerning the environment.

For more information and to register, please visit:
http://ejsummit.com/

**When:**
Saturday, October 22\(^{nd}\) am from 7:00am – 4:45pm

**Where:**
Brawley Union High School
480 North Imperial Avenue
Brawley, CA 92227

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RIV CO ActiveTransNetwork

**SAVE THE DATE!**

**When:**
Wednesday, November 16\(^{th}\) from 10:00am – 12:00pm

**Where:**
SCAG – Riverside County Regional Office
3403 10\(^{th}\) Street, Suite 805
Riverside, CA 92501

*Teleconference is also available*

For more information and to RSVP, please contact:
Daisy Ramirez at (760)863-8278

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Healthy LE Collaborative Meeting

**Collaborate** with other local organizations and partner to further develop a healthy culture throughout Lake Elsinore.

**When:**
Thursday, October 13\(^{th}\) from 9:30am – 12:00pm

**Where:**
Lake Elsinore Cultural Center
183 North Main Street
Lake Elsinore, CA 92530

Please RSVP before October 11\(^{th}\) to Audrey Young at ayoung@lake-elsinore.org.

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New Partners for Smart Growth Conference

**Registration** is now OPEN for the 16th Annual New Partners for Smart Growth: Practical Tools and Innovative Strategies for Creating Great Communities Conference, held February 2-4, 2017 in St. Louis, MO.

Register here: [https://www.newpartners.org/](https://www.newpartners.org/)

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Thank you for reading
HCN Connect!