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: November 28, 2016.
On October 19th, the Riverside County Health Coalition hosted its final general membership meeting of the year in Moreno Valley. The meeting opened with a presentation on social equity and the built environment from Heather Rosenberg, director of Building Resilience – Los Angeles, a program of U.S. Green Building Council (USGBC). The presentation explored USGBC-LA's Building Resilience program in Los Angeles, as well as ways to promote building resilience at the local level. For more information on their work or building resilience, please visit www.resilience.la.

The remainder of the meeting focused on the Community Health Improvement Plan (CHIP). Attendees were given a brief overview of the CHIP before breaking off into groups to discuss and finalize priority area performance measures and community targets.

Please join us for our next meeting on Wednesday, January 18th, 2017, which will focus on affordable housing! For more information of the RCHC, please contact:

Sheena Patel, MPH
Epidemiologist
Epidemiology and Program Evaluation / Vital Records
Riverside University Health System – Public Health
shpatel@rivcocha.org
(951) 358-7756

The Creating Healthy Communities workgroup provided input regarding performance measures for the CHIP.

The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute have partnered together to create a user-friendly tool for communities to assess local health priorities.

The County Health Rankings & Roadmaps Program compiles health data from a range of sources to provide communities with an overview of local health outcomes and behaviors; some of which include quality of life indicators, health behaviors, as well as physical environment factors. The program also provides local jurisdictions the opportunity to compare health outcomes and behaviors with neighboring and state-wide jurisdictions.

While the program can be beneficial for communities in many ways, it is a great resource to help influence the dialogue on health at the local level as it highlights the many determinants in our communities that impact our health. To get started, visit www.countyhealthrankings.org.
The following is shared from one of the first lives touched by the 100 Mile Club.

Determination. Confidence. Hard work.

As an 11-year-old girl being raised by a single mother in an environment where success was not experienced was my reality. I struggled in school. I was disconnected and unhappy. I had no clue about success or how to achieve it - and the ability to imagine success was impossible.

I didn't realize it at the moment but my life completely changed when I met Kara Lubin, my 5th grade teacher in 1995. She began our school day by having us run or walk before she started teaching the class. My first thought was how is running or walking going to help me? But I still gave it a chance because I was intrigued with my new teacher.

As the year continued, I was able to connect better with my teacher and peers. I understood what was my personal best, being able to work as a team, and what success felt like. Attending school became important because of the possibility of going to college. To be able to achieve my dream that would lead to my success was no longer impossible.

By the end of 6th grade I earned 200 miles. I was leaving Ms. Lubin's class determined to achieve my personal best; confident to believe in myself in order for others to believe in me. I understood that with hard work, there will be moments of both failure and success.

Today, I am proud to say that I had many moments of disappointments and victories in my life, but I always kept in mind what I was able to achieve as an 11-year girl. The Pyramid of Success was instilled in my core. I'm the first in my family to attend college and receive a degree in Political Science from California Baptist University. I strongly believe The 100 Mile Club shaped my life with running/walking 100 miles and giving me the opportunity to achieve personal success.

To conclude, I'll end with how my journey began: "Boys and girls, you are going to run 100 miles this year. I'm going to help you do it, and we're going to start today." Kara Lubin.

About 100 Mile Club

The 100 Mile Club was created 24 years ago by Kara Lubin, a special education teacher from Norco, CA. Every morning Lubin found herself in a classroom of restless students. In hopes of helping them concentrate, she began asking them to run 10 minutes every morning. She noticed a huge difference in their behavior as the kids became more engaged, focused, and eager to learn. Her idea evolved in to what is now a nationwide program with nearly 3,000 schools in all 50 states and more than 200,000 students. The 100 Mile Club was one of two organizations named national winner of The Active Schools Acceleration Project competition, which identified and rewarded the most creative, impactful, and scalable school-based programs to promote children's physical activity.

For more info, visit [http://www.100mileclub.com](http://www.100mileclub.com)
To the North, BEYOND funding was used to reinvigorate the Moreno Valley Employment Resource Center (ERC), which was initially launched with limited resources as part of the Hire MoVal initiative combatting unemployment following the 2008 recession. The newly renovated and relaunched ERC now houses 38 new computers and a beautiful work space to provide integral services including resume assistance, workshops, and job listings. Visit the ERC website for more information on their programming.

The cornerstone of BEYOND is WRCOG's Sustainability Framework, adopted in 2012, which serves as a guide that members can draw from in developing approaches to improve their communities.

For more information on BEYOND, please visit BEYOND online or contact:

Andrea Howard
Staff Analyst
Western Region Association of Governments
(951)955-8515
howard@wrcog.cog.ca.us.

The Temecula Emergency Management Video includes details on emergency procedures across the city.

Is California a Leader in the Healthy Communities Movement? – Miguel A. Vazquez, AICP

“For the past five years, I have been fortunate to be an active participant in the growing healthy communities movement. I am witnessing a paradigm shift in the planning profession in which the human condition is on par with the traditional market-driven built environment focus. Part of my personal story can serve as an indicator supporting my own assertion.”

Read more here: CALPlanner Vol. 16, Issue 04, Page 2
By Laura Roughton

What happens when you mix the Habitat for Humanity Neighborhood Revitalization Initiative (NRI), a willing neighborhood, a city partner and a local artist? You get a community that has come together as neighbors who have had their streets repaved and beautified their two entrances with painted intersection murals that reflect the elements and beauty of their neighborhood. Habitat for Humanity, the Demeter/Razor Way neighborhood, the City of Jurupa Valley and local artist Christine Chavez came together to do just that. Thanks to Christine’s artistic design and gift for teaching, this project was a great success! Installed on two different weekends this past year, these intersection murals are a sight to behold. Until I am told differently, I stand by my statement that these are the only two painted intersections in the Inland Empire.

These projects along with the groundwork that Habitat for Humanity has laid have brought neighbors out of their homes and into each other’s lives. It is so much more than a beautification project. It is good, old-fashioned neighborhood building at its best! These two streets intersect with 28th Street between Rubidoux Blvd. and Hall. Come on by and see for yourself and I just bet, you will meet a neighbor or two.

For more pictures and information regarding this project, please visit: https://www.facebook.com/Neighbor2gether4ever

Volunteers successfully completing the first painted intersection.

Announcements

Community Health Improvement Plan

We are happy to announce the release of the 2016-2021 Community Health Improvement Plan (CHIP). Thank you to all our community partners for your participation and guidance during this process. To access the CHIP, please visit the Riverside County’s Health Coalition’s website.

SHAPE Riverside County

WHAT DO YOU NEED?
- Health Data
- Demographic Data
- Healthy People 2020 Tracker
- SocioNeeds Index
- Compare Indicators
- Locate Reports
- Find Promising Practices
- Needs Assessment Guide

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/
ABOUT THE PROJECT
The Western Riverside Council of Governments (WRCOG) received a grant from Caltrans to prepare an Active Transportation Plan for the sub-region. This is a planning effort that is focused on understanding and enhancing the environment for people who walk and bike.

The ATP effort recently concluded an existing conditions report that included a community and staff survey as part of the stakeholder engagement. This project, active through the end of 2017, will continue the region’s conversation regarding the needs and opportunities for all roadway users, and help to establish a policy framework enhancing active transportation mobility and safety for the future.

WRCOG invites local stakeholders, such as agency staff, public health professionals, planners, engineers, and non-profit organizations to participate in WRCOG Active Transportation Plan (ATP) Working Group through the Riverside County Active Transportation Network.

As WRCOG moves forward with the ATP, the project team will work on developing Goals and Objectives and defining a draft regional transportation network. These topics will be the focus of the conversation during the next scheduled meeting:

When: Wednesday, November 16 from 9:15 am - 9:45 am, immediately before the regularly scheduled Riverside County Active Transportation Network meeting.

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

If you have any questions, please contact: Miguel Núñez, AICP Fehr & Peers M.Nunez@fehrandpeers.com (213) 261-3050

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

If you have any questions, please reach out to HARC, Inc. - staff@harcdata.org

About Building Healthy Communities Coachella Valley

Building Healthy Communities (BHC) Coachella Valley is a coalition of organizations and residents with a mission to transform the social and economic conditions in the eastern Coachella Valley by building strong local and visionary leadership that collaborates to develop vibrant, healthy, and sustainable communities.

For more information regarding BHCCV, please visit: https://www.facebook.com/BHCCoachellaValley/
ULI Building Healthy Places Initiative

By Sara Hammerschmidt via the Urban Land Institute

“Randall Lewis, a ULI Foundation governor and longtime ULI member, has made a $500,000 gift in support of the ULI Building Healthy Places (BHP) Initiative. Lewis’s gift will fund the creation of several new programs and build internal capacity within the BHP Initiative, which is intended to leverage the power of the Institute’s global networks to shape projects and places in ways that improve the health of people and communities.

Lewis’s gift will enable ULI to scale up efforts to disseminate knowledge about health-promoting design, building, and land use practices among Institute members and significantly increase awareness of the impact that the built environment has on human health among ULI member networks and emerging real estate and land use professionals.”

Read more.

Streetlight Demonstration Tours: Regional Streetlight Program

The Regional Streetlight Program is an ongoing effort between WRCOG and its member jurisdictions to identify the feasibility of acquiring 63,000 streetlights from Southern California Edison (SCE), retrofit them to cost-effective and energy-efficient lights, and provide regional operations and maintenance as needed.

Provide your feedback!
WRCOG has launched five Streetlight Demonstration Areas in Hemet to showcase new lighting technologies that are being considered for widespread use as part of this Program. The Demonstration Areas enable members of the public to view and comment on what types of streetlights they would want to see installed in other participating jurisdictions in Western Riverside County.

RSVP for one of the tours (they're all the same) to see the streetlights installed in our Demonstration Areas. Tours are about 2 hours and showcase lighting characteristics of LEDs and how they can offer lower energy costs, enhanced public safety, and minimized light pollution.

During each tour attendees will be guided through the Demonstration Areas and have the chance to assess various LED lighting scenarios on public roadways and in residential and commercial areas. Bus transportation is provided during the tour, but some walking is involved.

Where:
West Valley High School
3401 Mustang Way, Hemet, CA 92545
* Parking lot on Mustang Way and S. Sanderson Ave.

Date:
November 10, 14, 29, or December 7

Time:
5:30 pm – Check In & Introductory Presentation
6:00 pm to 8:00pm – Guided Streetlight Tour
* Refreshments provided

For more information, contact Anthony Segura at (951) 955-8389 or segura@wrcog.cog.ca.us

Location of the five Streetlight Demonstration Areas in the City of Hemet.
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)

Healthy Planning Leadership Series: Healthy Food Systems

This webinar session will bring together Planning and Public Health Experts to highlight the opportunities within land use planning to simultaneously plan for Healthy Food Systems. This is particularly important with SB1000, new legislation that requires local jurisdictions to address food access for disadvantaged communities.

**HOST:** Governor’s Office of Planning and Research

Participate in engaging conversations with:

- Matt Raimi, the founder of Raimi & Associates and lecturer at UC Davis Extension and Planetizen
- Jessie Gouck, Lead Program and Policy Specialist with the Nutrition Education and Obesity Prevention Branch of the California Department of Public Health
- Keith Bergthold, Executive Director at Fresno Metro Ministry and previously City of Fresno’s Assistant Director of Planning

Who should tune in?

- Planners, public health professions, planning commissioners, elected officials, public works, health care providers and anyone interested in building healthy communities.

**When:**
Thursday, November 10th from 12:00 p.m. to 1:00 p.m.

For information and to register for the webinar, please visit: [http://bit.ly/2eR8qS1](http://bit.ly/2eR8qS1)

* Using Go To Webinar, download before event

This event is sponsored by the California Chapter of the American Planning Association & Health Officers Association of California

**CM and CME Credit Available**
Join us for our sixth Riverside County Active Transportation Network meeting!

The meeting will cover:
- ATP Cycle 3 Statewide recommendations
- Bike Sharing Prospects
- Upcoming funding opportunities
- International Walk to School Day 2016
- ATN Work Group Updates

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/2eaczZl

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

SAVE THE DATE:
2017 General Membership Meeting Schedule

When:
- Wednesday, January 18, 2017
- Wednesday, April 19, 2017
- Wednesday, July 19, 2017
- Wednesday, October 18, 2017

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

http://www.healthyriversidecounty.org/Coalition

Community Health Improvement Plan
The Community Health Improvement Plan (CHIP) is now posted on the Coalition Website! You can find it HERE. Thank you for your dedication and enthusiasm in working to develop the CHIP.

The Riverside County Health Coalition Mission
The Riverside County Health Coalition is a public and private partnership whose mission it is to promote, improve, and sustain social and physical environments for healthy eating behaviors and active lifestyles for wellness through policy development and advocacy, environmental change, and community empowerment in Riverside County. To fulfill its mission, the Riverside County Health Coalition will gather, support, and mobilize partners from multiple domains; provide leadership and vision; and coordinate county-wide efforts in the promotion of healthier living throughout our county.
You're invited to our third annual Jurupa Valley Small Business Summit & Expo. This event is presented by the Healthy Jurupa Valley Community Prosperity Action Team and admission is free.

**When:**
Monday, November 14th from 4:00pm – 7:30pm

**Where:**
County Village Ballroom
10250 Country Club Drive
Jurupa Valley, CA 91752

For more information and to RSVP, please visit: [http://conta.cc/2dZ7V0g](http://conta.cc/2dZ7V0g)

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**Riverside County Bike Collaborative**

Join us for our first meeting to discuss ways we can collaborate on all things bike.

**When:**
Monday, November 7th from 10:00am – 12:00pm

**Where:**
Health Administration Building
4065 County Circle Drive, 1st Floor – Auditorium
Riverside, CA 92503

Call 951.358.5898 for more information.

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**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](http://bit.ly/2falLLg)

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**GRAND OPENING: The Valley Patch**

Jurupa Valley’s 1st Farmers Market Ribbon Cutting

**When:**
Saturday, November 12 from 8:30am – 1:00pm

**Where:**
Jurupa Valley Spectrum
8022 Limonite Ave
Riverside, CA 92509

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**HealthyPeople.gov**

Who’s Leading the Leading Health Indicators?

Webinar: Environmental Quality Healthy

**When:**
Thursday, November 17th from 12:00am – 1:00pm ET

Join the webinar to learn how the New York City Department of Health and Mental Hygiene Air Quality Program is working to improve air quality in New York City by monitoring the impact of pollutants.

For more information and to RSVP, please visit: [http://bit.ly/2e5NQWn](http://bit.ly/2e5NQWn)

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Thank you for reading HCN Connect!