RIVERSIDE COUNTY

HEALTHY

CITIES

NETWORK

RECIPES FOR HEALTHY COMMUNITIES:

Exchanging stories about the ingredients that support community and individual health.

Riverside University
HEALTH SYSTEM
Public Health

HEALTHY
RIVERSIDE
COUNTY
INITIATIVE
RIVERSIDE COUNTY HEALTH COALITION

Welcome, Introductions + Ice Breaker

Guest MC:

Arnold San Miguel

Regional Affairs Officer

Southern California Association of Governments (SCAG)

RIVERSIDE COUNTY HEALTHY CITIES NETWORK

AGENDA

- Welcome & Introductions
- What is the Riverside County Healthy Cities Network (HCN)?
- Healthy Community Framework
- Break
- Recipes for Healthy Cities: Presentations + Panel discussion
  - City of Palm Desert
  - City of Perris
  - City of Lake Elsinore
- Upcoming Funding Opportunities
- Mix + Mingle
- Wrap Up
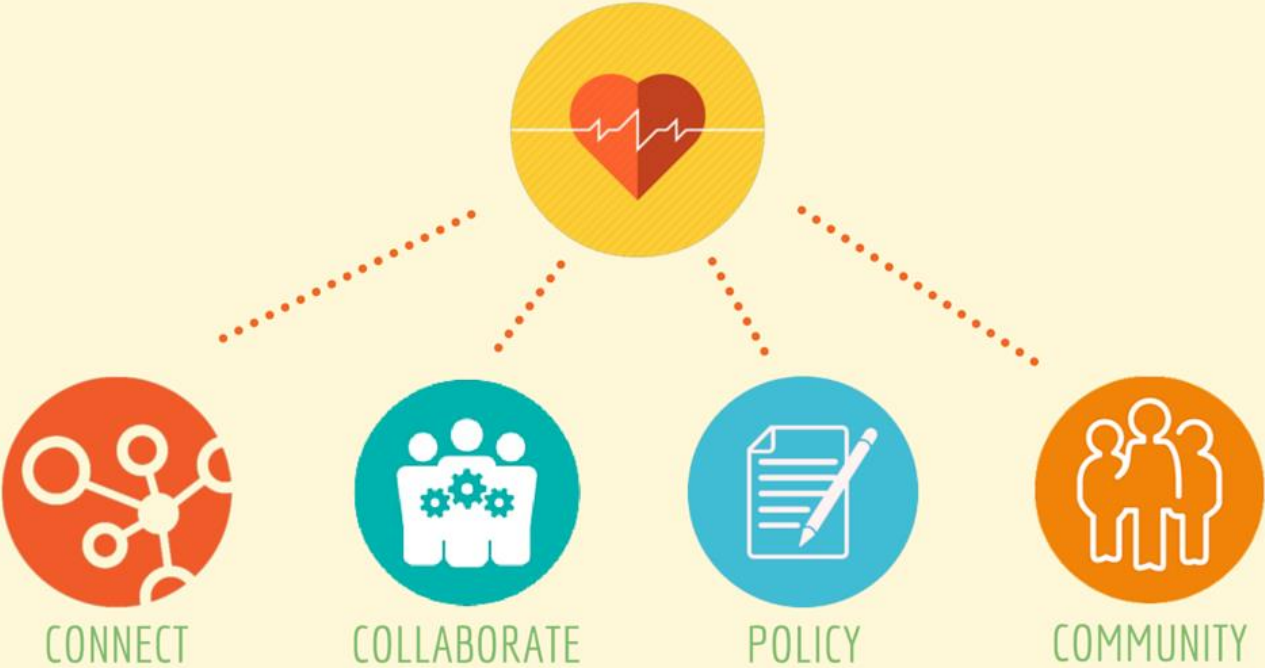
RCHCN Background

Miguel A. Vazquez, AICP

Healthy Communities Planner,

Riverside University Health System – Public Health

RCHCN Framework
A Recipe Book for Healthy Communities

Salomeh Wagaw, MPH

Epidemiologist,
Riverside University Health System – Public Health

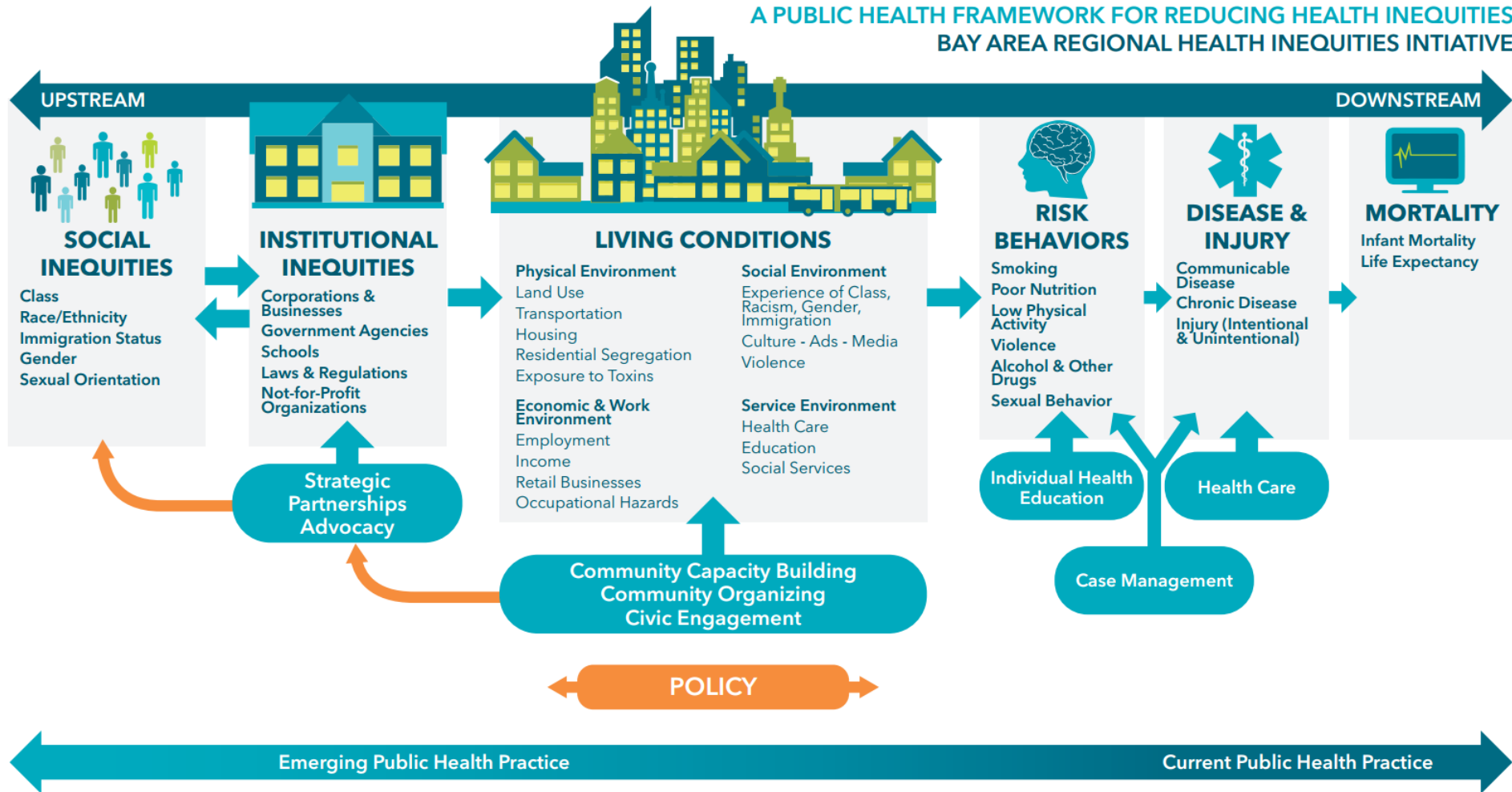## Andrea Howard, MPL

Staff Analyst,
Western Riverside Council of Governments (WRCOG)

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Adapted From…

A PUBLIC HEALTH FRAMEWORK FOR REDUCING HEALTH INEQUITIES
BAY AREA REGIONAL HEALTH INEQUITIES INTIATIVE

UPSTREAM   DOWNSTREAM

SOCIAL INEQUITIES
Class
Race/Ethnicity
Immigration Status
Gender
Sexual Orientation

INSTITUTIONAL INEQUITIES
Corporations & Businesses
Government Agencies
Schools
Laws & Regulations
Not-for-Profit Organizations

LIVING CONDITIONS

Physical Environment
Land Use
Transportation
Housing
Residential Segregation
Exposure to Toxins

Economic & Work Environment
Employment
Income
Retail Businesses
Occupational Hazards

Social Environment
Experience of Class, Racism, Gender, Immigration
Culture - Ads - Media
Violence

Service Environment
Health Care
Education
Social Services

RISK BEHAVIORS
Smoking
Poor Nutrition
Low Physical Activity
Violence
Alcohol & Other Drugs
Sexual Behavior

DISEASE & INJURY
Communicable Disease
Chronic Disease
Injury (Intentional & Unintentional)

MORTALITY
Infant Mortality
Life Expectancy

Strategic Partnerships Advocacy

Community Capacity Building
Community Organizing
Civic Engagement

Individual Health Education

Health Care

Case Management

POLICY

Emerging Public Health Practice   Current Public Health Practice

Community Factors

THE PLACE

What's sold & how it's promoted: characterized by the availability and promotion of safe, healthy, affordable, culturally-appropriate products and services (e.g., food, books and school supplies, sports equipment, arts and crafts supplies, and other recreational items); limited promotion and availability, or lack, of potentially harmful products and services (e.g., tobacco, firearms, alcohol, and other drugs)

Look, feel, & safety: characterized by a well-maintained, appealing, clean, and culturally-relevant visual and auditory environment; actual and perceived safety

Parks & open space: characterized by safe, clean, accessible parks; parks that appeal to interests and activities across the lifespan; green space; outdoor space that is accessible to the community; natural/open space that is preserved through the planning process

Getting around: characterized by availability of safe, reliable, accessible, and affordable methods for moving people around, including public transit, walking, biking

Housing: characterized by availability of safe, affordable, available housing

Air, water, & soil: characterized by safe and non-toxic water, soil, indoor and outdoor air, and building materials

Arts & culture: characterized by abundant opportunities within the community for cultural and artistic expression and participation, and for cultural values to be expressed through the arts

THE PEOPLE

Social networks & trust: characterized by strong social ties among persons and positions, built upon mutual obligations; opportunities to exchange information; the ability to enforce standards and administer sanctions

Community engagement & efficacy: characterized by local/indigenous leadership; involvement in community or social organizations; participation in the political process; willingness to intervene on behalf of the common good

Norms/expected behaviors & attitudes: characterized by regularities in behavior with which people generally conform; standards of behavior that foster disapproval of deviance; the way in which the environment tells people what is okay and not okay

FOUNDATION OF OPPORTUNITY

Racial justice & intergroup relations: characterized by policies and organizational practices that foster equitable opportunities and services for all; positive relations between people of different races and ethnic backgrounds

Jobs & local ownership: characterized by local ownership of assets, including homes and businesses; access to investment opportunities, job availability, the ability to make a living wage

Education: characterized by high-quality and available education and literacy development across the lifespan

What is the RCHCN Framework?

- **Encyclopedia of Cooking Ingredients**
  - Identification of the community-level factors influencing health outcomes—those factors outside of individual control, but influenced by the community
- **Community Cookbook**
  - Platform for gathering and sharing community strategies to yield more positive influence on health outcomes in each of the identified community-level factors
  - Framework & Recipes adapted from tested models
  - Recipes will be shared at HCN meetings and/or archived in the online Framework
- **Multigenerational**
  - The framework itself may be amended at any time
  - Recipes—or strategies—for influencing health will be added on an ongoing basis through community input

Framework Areas

- **Physical Environment**
- **Goods & Service Environment**
- **Social & Cultural Environment**
- **Economic Environment**

Physical Environment Defined

Encompasses the physical man-made & natural components of the community.

These elements influence:

- physical activity
- Social engagement
- Familial stability
- Risk of injury, violence, & exposure to hazards

Physical Environment

- Community design & feel
- Mobility
- Parks & open space
- Housing
- Safety
- Environmental quality

Good & Service Environment Defined

Encompasses the availability and accessibility of high quality, culturally competent products and services*

*Particularly influential to lower-income communities

Goods & Service Environment

- Places of belonging
- What's sold & how it's promoted
- Healthy food access
- Health care access
- Public safety
- Education

Social & Cultural Environment Defined

Encompasses **individual & institutional connections**—social capital—and the inclusion & **celebration of cultural** differences.

Influence **community cohesion and identity**, which may impact both mental and physical health outcomes.

Social & Cultural Environment

- Community & Civic Participation
- Social networks & trust
- Arts & culture
- Standard behaviors & norms
- Marketing & modeling

Economic Environment Defined

Encompasses those factors influencing financial stability.

Far-reaching implications on such areas as:

- Food security
- Housing stability
- Social structures
- Familial stability

Economic Environment

- Local ownership
- Employment & wages

Group Activity 1:
Refine the Cookbook

Provide Feedback for the Framework

- Elements to be added or subtracted

- Language modifications

- Restructuring of the categories

- How can the Framework be designed to provide greatest benefit, etc…

Group Activity II:
Chat Recipes

Discuss & Write-Down

- Healthy City Recipes you would like to share or learn from someone else

- Identify similar efforts members of your table are currently engaged in

- With your table, identify a person/organization making strides in an area of interest to someone else

SHARE YOUR RECIPES

BREAK

Healthy Cities Recipes

- ## City of Lake Elsinore
  Audrey Young, Management Analyst

- ## City of Palm Desert
  Eric Ceja, Principal Planner

- ## City of Perris
  Arcenio Ramirez, Program Assistant

Funding Opportunities Update

Christopher Tzeng

Program Manager
Western Riverside Council of Governments

Networking Time

Daisy Ramirez

Health Education Assistant

Riverside University Health System – Public Health

Wrap Up and Next Steps

Daisy Ramirez

Health Education Assistant

Riverside University Health System – Public Health

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