

Healthy Communities Element Workshop Notes

Healthy Communities Element Workshop January 5, 2017 Valley-Wide Recreation & Parks District



On January 5, 2017, the Healthy San Jacinto Coalition held a Healthy Communities Element workshop at the Valley-Wide Recreation and Parks District office. Attendees learned about the current health conditions in San Jacinto; the definition of a “Healthy Communities Element;” the contents of a Healthy Communities Element; and important policy considerations for a healthy San Jacinto. Participants also had the opportunity to provide their thoughts, concerns, and ideas through an interactive exercise on the challenges to encouraging a healthy community and available opportunities and resources to address these challenges.

The input provided by workshop attendees will be used to develop a Healthy Communities Element, which will be part of the San Jacinto General Plan. The Healthy Communities Element will include specific goals, policies, and programs to address public health challenges and opportunities in San Jacinto. The following are the next steps in developing the Health Communities Element:

- Healthy Communities Existing Conditions Analysis- *Winter 2017*
- Healthy Communities Draft Goals and Policies- *Winter 2017*
- Draft Healthy Communities Element- *Spring 2017*
- Required CEQA Documentation- *Late Spring 2017*

Community Identification Exercise

The following thoughts, concerns and ideas were offered by workshop attendees. Each topic area is an important policy consideration in supporting and building healthy communities.

Repetitive listing of items/ideas represent their multiple occurrences on individual Post-It notes. These items/ideas are listed repeatedly to fully represent all workshop participants’ views and input.

Land Use/ Community Design

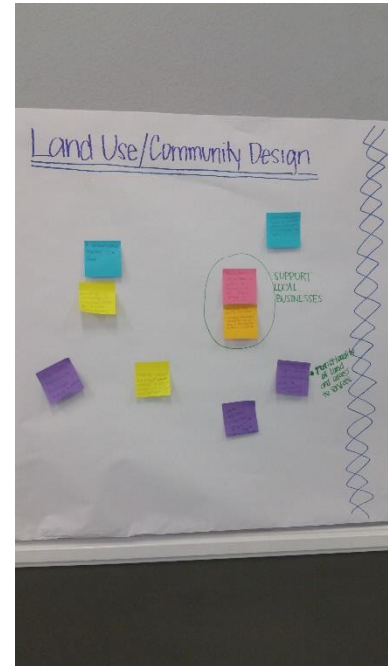
- Support Local Business
 - o Promotion of shopping centers and businesses for local shopping access
 - o Bring more local jobs to the area. Encourage employers/ industry to set-up shop in San Jacinto by offering tax breaks
- Use traffic medians to encourage music outdoors, gazebo’s?
- Buildings with pathways to encourage employees to walk during breaks
- A walkway/pathway connecting SJ to Hemet
- Buildings with more and bigger windows to reduce energy use and allow sunlight! Vitamin D ☺

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- Save farmers corner iconic to region. Eminent domain/ tax deal?
- Allow slightly higher density to promote walking in proximity to parks, schools, and shopping
- Functionality of land and access to services
 - o Friendly and approachable, not institutionalized access to community resources

Transportation

- Public Transportation
 - o More accessible bus lines
 - o More public transportation
- Complete streets
 - o Bike lanes: to reduce our carbon footprint and encourage exercise
 - o Transportation of elderly provided
 - o Multi-purpose trails on key local streets
 - o Complete streets: sidewalks, bike lanes
 - o Upgrade pedestrian travel along public streets, street trees, benches, etc.
 - o Connectivity, sidewalks, pathways, public transit
 - o Support biking/ skateboarders walking with sidewalk and bike lanes
- Better access to freeways
- Transit: bus shelters to protect from extreme weather conditions
- Ride share resource for non-employees at some location shopping, etc.
- Safe routes to parks (SRTS National Center) – resource



Arts and Culture

- Art and Music programs for kids
 - o Local YMCA or Boys Girls- a [place for kids to attend during non-school time i.e. holiday breaks
 - o Utilizing the arts and culture to give children opportunities to explore music and art through concerts, art displays, history
- Public Art
 - o Murals by local artists- beautification projects
 - o Art on electric boxes
 - o Jurupa Valley has done intersection art within communities
 - o Arts in the parks, kids and adults
- Historical Resources
 - o Restoring historical sites
 - o San Jacinto museum used more
- Neighborhood festivals
 - o Festivals on Main Street

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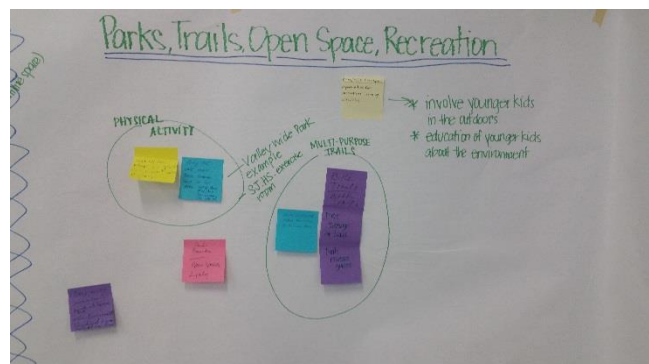
- Encourage neighborhoods to host block parties to celebrate various cultural traditions

Social Capital

- Marketing and publicity
 - Community outreach through social media: Next Door App, Facebook, Twitter
 - Marketing/ promoting activities and city events at churches and schools
- Encourage health ministries
- Encourage faith based organizations to attend these meetings
- Community events
 - Have an event like “Taste of the Valley” free and spotlights local restaurants and groups
 - Have more city events that are better promoted. The city has limited these- need more
- Incentivize health education
 - Community Health Fairs, 5K
 - Seminars/ workshops/ practical lessons by health providers
- Include community members
 - Better buy-in
 - Challenge: too many groups “Doing their own thing”
 - Address: get more collaboration of entities
 - Resource: city to get all parties together to combine resources
- Conduct a community survey to gather more input: stores, events
 - Afternoon meetings for more input
- More youth engagement, youth advisory
- Promote small business. Have a business spotlight each week on the website
- Senior mobile home parks
- Community centers
- Churches (utilize space)

Parks, Trails, Open Space, Recreation

- Physical activity
 - Walk with the Mayor is a great component! Keep it going!
 - Policy that would install basic exercise equipment at all parks (pull-up bars, stair step, pushup bars, leg lifts etc.)
 - Valley wide park example
 - SJ. HS. Exercise room
- Easy access “nature trails” north of levee east with environmental educational program, public and school/science
- Park benches, open spaces lighting
- Multi-Purpose Trails
 - Multi-purpose trails linking downtown to Estudillo House
 - Bike trails, walk trails



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- More signage for trails
- Trails resource guides
- Opportunities for recreational learning activities
 - Involve younger kids in the outdoors
 - Education of younger kids about the environment

Access to Healthy Food

- Support Farmers Markets
 - Greater support of Farmers Markets
 - City of Los Angeles created a policy that all Farmers Markets accept EBT. This helps a large population in the area have access to fresh fruit and vegetables
 - Make Farmers Markets better known
 - Expand Farmers Market to times when more can attend – weekend?
- Provide Summer Meals for Kids
 - Locations to feed children during the summer
 - Look for opportunities to feed students apart from school day
 - Park accessibility for summer meals through school district
- Community and Backyard Gardens
 - Encourage families to grow their own gardens and fruit trees
 - Community gardens- different locations
- Create a Children food competition that incorporates healthy eating
- Development incentives to attract businesses
 - Reducing allow more business to come to SJ
- Cheaper healthy food access. Nowadays for some families is very expensive to buy fruits and vegetables
- Healthy food workshops (City of Perris)
 - Less fast food, alcohol stores)

Complete Healthcare

- New healthcare facilities
 - Build a new acute care facility
 - Challenges: affordable clinic for non/underinsured
 - Address: low cost/ free clinics
 - Resources: major health foundations grants, state and federal funding
- Existing Challenge
 - Communication with constituents
 - Address it by mailings/ community meetings in many neighborhoods
 - Opportunities/ resources: community centers, hospital, doctor's offices, local foundations
- Healthcare for all! Including undocumented adults who work in agriculture
- Youth prevention, suicide and drug abuse
- Provide resource guides: phone numbers

Healthy Communities Element Workshop Notes

- Mental health care
- Addressing the obesity prevention issue in local areas

Schools and Childcare Centers

- Incentivize walking/ biking to school for students
- Safe havens from crime 24/7 youth shelter
- Providing student and parent nutrition education through school district
- More resource centers for parents/ families at schools
- Affordable options: childcare

Environmental Health

- Enforce strict sanctions for littering and vehicles releasing excess emissions/pollution
- Using code enforcement to ensure communities houses etc. look better. In conjunction with their offering help to homes that need assistance to upgrade/look better
- Community environment for safety of children (transients, criminal activity, etc.)
- Aquaponics: big in this area; in schools and because of EMWD (*aquaponics: a system of aquaculture in which the waste produced by farmed fish or other aquatic animals supplies nutrients for plants grown hydroponically, which in turn purify the water*)
- Incentivize drought tolerant landscaping at private/public buildings and homes
- Regularly scheduled volunteer clean-ups of the streets and city houses
 - o Community clean-up days
 - o Homeless issues/ encampments
 - o Education of community about process to help clean up
- SB 1000 Environmental Just. In General Plans
 - o Specific policies addressing disadvantaged communities

Safety

- Green coalition “Neighborhood Night Out”
 - o Safe routes for students walking to and from school
- Traffic management closer to schools
- Neighborhood Watch
 - o Neighborhood watch programs
 - o Encourage neighborhoods to start a neighborhood watch program
 - o Encourage current neighborhood watch programs to remain active
 - o Community policing
 - o Neighborhood watch
 - o Incentivize neighborhood watch program
- NextDoor website, social groups online
 - o Does SJ have an app to report any safety road concerns
- Police presence at neighborhood level social events to promote relationships
- Street lighting
 - o Lighting of the streets, too dark
 - o More street lighting
 - o LIRCOG: streetlight demonstration, energy efficient (City of Perris) resource

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- More safety areas for low income families where they can do more physical activities
- How do we handle the homeless issue?

Other Topics

- Communication and Collaboration
 - o Communication and information disbursement for community access
 - o Information from all local entities to make best use of opportunities. Work together-partnerships
- National School Lunch Program
 - o Additional sites
 - o Serve meals for children
 - o Expand program
 - o Breakfast, lunch and snack
- Affordable Housing opportunities, low income
- Economic Development
 - o Where business owners come and voice concern
 - o Tourism and marketing
 - o Tourism
- Financial education for families
- Ex: Brother Beno's
- Health Jurupa Valley
- Include "all" community members- better buy-in
- Listen to community voices → what are methods and strategies
- Hemet/ Meniffee Health Fair
 - o Encourage workshops and topical specific issues- effective
 - o Cost challenge - \$20-25k each
- Gravity of mental health issue in Valley
 - o Impact to hospital system locally
 - o Bed counts
- Unique tools to educate/ get info out
 - o "WIIFM"
 - o ENE based info
- Partnerships with external OPE's
- Youth connect to outdoors
 - o U.C.C.
 - o Who is teaching them about it?