



San Fernando Becomes a California Healthy City

Welcome to the newest California Healthy City – the City of San Fernando! Home to over 23,000 residents, the majority of whom are Latino, San Fernando became the region’s first organized community in 1874, thus earning the title “First City of the Valley.”

San Fernando has a long history of programs and initiatives that align with the Healthy Cities model. The City provides many recreational opportunities and health programs for residents of all ages such as sports and after-school programs, farmers markets and senior expositions. The City is also in the process of implementing several infrastructure improvement measures such as corridor-specific plans and downtown mixed use development projects as well as

a bicycle, pedestrian, and parks master plan. The master plan will provide the basis for future public and private development projects while serving the needs of community members. Despite these significant efforts and accomplishments, City leadership feels that more needs to be done to improve livability and quality of life for San Fernando residents. Specifically, concerns over the rise in childhood obesity, the dropout rate and crime, have increased the City’s need for community-driven, collaborative health programs.

City representatives became interested in California Healthy Cities and Communities (CHCC) in June 2005 after Recreation and Community Services staff attended the CHCC annual conference. Staff described the conference as uplifting and informative and asked for guidance in applying healthy cities concepts locally. San Fernando became a member of the CHCC *Network*, which gave them access to additional CHCC resources and tools. With technical support from CHCC, City staff began developing a healthy cities steering committee reaching out to diverse groups such as the City Council, Chamber of Commerce, local commissions, and nonprofit organizations. The committee established an initial

list of priority concerns for the City which included Health Promotion, Nutrition/Physical Activity, Youth Development Programs, Education/Lifelong Learning, and Environment/Neighborhood Enhancement. Earlier this year, San Fernando received a small planning grant from CHCC to expand on the steering committee’s work.

The City and Partners in Care Foundation, a local nonprofit, conducted a community survey to assess residents’ opinions of the health priorities and needs in San Fernando. The survey sought to identify what residents believed were the most critical health challenges, the assets and resources to address those challenges, and to define and develop solutions to improve community health and livability. Residents, public officials, city staff, and nonprofit and business leaders participated in

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City of San Fernando Demographics

Population: 23,564
Median Age: 27.3 years
Median Household Income: \$39,909

Race/Ethnicity

Caucasian: 43%
Black/African American: 1%
American Indian or Native Alaskan: 1.7%
Asian & Pacific Islander: 1.2%
Other: 49%
Hispanic (any race): 89.3%

Source: US Census 2000

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a focus group to identify key components and questions for the survey, which was conducted in English and Spanish. Surveys were directly distributed to residents and also made available to residents attending community meetings or visiting City Hall.

“The City of San Fernando is genuinely excited about the opportunity of truly becoming an active partner with our community. Our CHCC program will build upon the City’s current health promotion and smart growth planning efforts. Our goal is to develop a more invigorating built environment that is both seamless and conducive to a healthier lifestyle for our youth, seniors, and everyone in between.”


***- José E. Pulido
City Administrator
Partners In Care Foundation
Board Member
City of San Fernando***

Survey results showed walking to be the preferred physical activity among all age groups and in both English and Spanish-speaking households. Residents wanted opportunities to pursue healthy activities in a safe environment that also supported a variety of linguistic and cultural backgrounds.

Based on these findings, the steering committee developed a program to improve physical fitness through the implementation of a city-wide walking club. Additionally, the program will provide opportunities for walking club members to give input regarding the development of master plans for bicycle paths and routes, pedestrian walkways, and development of the City’s existing parks, allowing residents

to voice their opinions on future development efforts.

The City recently received a CHCC grant of \$12,500 to help implement the walking program and master plan survey.


For more information, contact Diana Carrillo, Recreation Supervisor, at (818) 898-1234 or e-mail dmcarrillo@ci.san-fernando.ca.us. 

Five Years or More: Congratulations CHCC Network Members!

The CHCC Network, established in 2000, consists of cities, county agencies, special districts and nonprofit organizations that are interested in building more livable and safe communities. Current members that have participated for five or more years include:

- Center for Collaborative Planning
- City of Chino Hills
- City of Culver City
- City of Duarte
- Eden Township Healthcare District
- City of Escondido
- Group Health Community Foundation
- City of Irvine
- City of Montclair
- City of Oceanside
- City of San Bernardino
- St. Joseph Health System
- Tehama County Department of Education
- Tehama County Health Partnership
- City of Watsonville
- City of West Hollywood

Congratulations to these members for their continued commitment to Healthy Cities and Communities!

For more information or to join the CHCC Network, visit www.civicpartnerships.org. 

Staff Updates

Maya Wallace, Center Program Associate, recently joined the California Healthy Cities and Communities team. For the past year, Maya worked in the Organizational Development Services Program. Maya brings experience in educational research, human resources and marketing to her position. Prior to joining the Center, Maya spent five years designing instructional materials and training schoolteachers in the use of educational technology. In addition, Maya has worked on digital divide and technology issues in minority communities. She holds a Bachelor’s degree in Cognitive Science from Northwestern University and is currently pursuing a Master’s in Public Policy and Administration at California State University, Sacramento. Join us in welcoming Maya to CHCC!

~

Tanya Kleinman has returned to the Center as a Senior Program Associate, following the birth of her son and work as the Development Director of the Water Education Foundation. Tanya will provide technical support in the Organizational Development Services Program and work on special projects, Center-wide. Welcome back, Tanya!

~

Carol Pepper-Kittredge, who served as Senior Program Associate on a part-time basis since October 2004, has recently accepted the position of Director of the Sierra College Center for Applied Competitive Technologies. Carol provided extensive research and development assistance with the Center’s recent healthy aging publication. We hope to have an opportunity to work with Carol again. Congratulations, Carol! 

~ Transportation ~

City of Lincoln Enacts Neighborhood Electric Vehicle (NEV) Transportation Plan

Editor's note: In the last issue of Connections, we announced the release of a new publication, "A Healthy Community Perspective on Aging Well," (available at www.civicpartnerships.org). In this issue, we continue a series on innovative and promising practices that expand upon six domains featured in the publication: Varied Housing Options, Transportation, Community Involvement, Employment, Lifelong Learning, and Supportive Services.

Adults age 55 and older comprise over 21% of the City of Lincoln's population, many of whom live in Sun City Lincoln Hills. With such significant representation, these older adults have successfully influenced the City's transportation planning efforts, including supporting Neighborhood Electric Vehicle (NEV) legislation that is the first of its kind in the nation.

In 2002, residents of Lincoln Hills formed a Low Speed Vehicle (LSV) group to "educate, inform and socialize in our common interest of operating and maintaining a low speed vehicle within the Sun City Lincoln Hills community and neighboring areas." With over 100 LSV owners as members, the group became a powerful advocate for NEV-friendly policies and civic improvements.

The group worked with city officials and their local Assemblyman to enact AB 2353, Chaptered September 9, 2004, authorizing Lincoln and the City of Rocklin to establish a five-year

pilot program for NEV travel. AB 2353 also allows for the issuance of a restricted driver's license which permits a motorist to be licensed to drive only a NEV.

"The intent was to enable any resident to travel from their home to Downtown Lincoln," says Tom Cosgrove, former Mayor and current City Councilmember. "The NEV project will result in air quality improvements, energy savings, reduced travel costs, and increased mobility and independence for Lincoln's aging and impaired drivers."

Efforts began to extend NEV roadway infrastructure throughout the City. Designated lanes and dedicated parking spaces were established at two nearby grocery stores. The City's Public Works Department has also been requiring NEV parking and electric charging stations at all shopping centers, and most recently at Home Depot and Lowes.

On August 8, 2006, the City Council approved the adoption of two plans – one for NEVs (citywide) and one for golf carts (in a master planned community) – greatly expanding residents' access to stores, medical facilities and public buildings without an automobile. Both plans identify appropriate routes, provide design drawings based on lane standards, identify parking areas and provisions for charging stations, and interface with public transportation nodes where feasible.



Example of an electric vehicle.

© 2006 Global Electric Motorcars, LLC, A DaimlerChrysler Company

The next phase of the project includes signing and striping NEV and golf cart lanes. Funding, estimated at \$1 million, will be provided by Congestion Mitigation and Air Quality (CMAQ) Improvement Program funds.

For more information, contact John Pedri, P.E., Director of Public Works/City Engineer, at (916) 645-8576 or jpedri@ci.lincoln.ca.us.

To view the draft plans, resolution and other documents, go to the City of Lincoln's website at www.ci.lincoln.ca.us and select "Agendas and Minutes" on the left side; "Agendas," and type in 8/8/06 in "Find agendas by date." Documents are on pages 521-626.

Do you have a promising practice, e.g., service, policy or program, that is improving mobility? If so, please send information on it to us at chcc@civicpartnerships.org or to our mailing address at:

Center for Civic Partnerships
1851 Heritage Lane, Suite 250
Sacramento, CA 95815



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California Healthy Cities and Communities assists cities and communities with developing, implementing and evaluating inclusionary, community-driven programs, policies and plans, which address environmental, social and economic determinants of health. CHCC advocates a broad definition of health: a shared vision; widespread community participation; system reform; collaborative partnerships engaging local assets; and a means to measure progress and base improvements upon results.

Executive Editor	Editor	Staff Writer	Designer
Joan Twiss	Thea Perrino	Carol Pepper-Kittredge	Jade Chin

California Healthy Cities and Communities
Tel: 916/646-8680 Fax: 916/646-8660
Email: chcc@civicpartnerships.org

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Center for Civic Partnerships
California Healthy Cities and Communities
1851 Heritage Lane, Suite 250
Sacramento, CA 95815



A Center of the Public Health Institute

Events & Resources

Websites

Discovering Community Power: A Guide to Mobilizing Local Assets and Your Organization's Capacity

This study, by Asset-Based Community Development (ABCD) Institute in cooperation with the W.K. Kellogg Foundation, documents how to strengthen an organization by enhancing connections with the community's assets as well as bolster the community by investing in the community's assets. To read the report, visit: <http://www.northwestern.edu/ipr/abcd.html>

Community Quality of Life: A Health Promotion Approach to Understanding Communities

The community quality of life approach from the University of Toronto emphasizes the social determinants of health and well-being, using a quality of life model to consider the effects of these determinants. For more information, visit: <http://www.utoronto.ca/qol/communit.htm>

Nutrition and Physical Activity Policy Database

This searchable database from Prevention Institute is designed to provide community advocates, health professionals, policymakers

and those working in related fields with concrete examples of local-level policies that have been adopted and/or implemented to improve nutrition and physical activity environments. The database can be viewed at: <http://www.preventioninstitute.org/sa/policies/index.php>

Publications

Food and Fitness Matter: Raising Healthy, Active Kids

This 24-minute video from Parents' Action for Children is designed to engage parents in efforts to prevent childhood obesity. English and Spanish versions are hosted by actor Julia Louis-Dreyfus and comedian George Lopez, respectively. Visit the Parents for Action website for more information at: <http://www.parentsactionstore.org>

Obesity: The New Frontier of Public Health Law

This report is a New England Journal of Medicine review of legal strategies to combat obesity in the US. [*NEJM*, Vol. 354(24) pp.2601-2610 June 15, 2006.] To view the report, visit: <http://content.nejm.org/cgi/content/full/354/24/2601?query=TOC>

Health Impact Assessment for Healthy Public Policy: The Way Ahead

This paper was presented at the 2006 HIA International Workshop on Global and Regional Challenges for Healthy Society. Health impact assessment (HIA) is a tool designed to improve people's lives, and create healthy societies, through the development of healthy public policies and projects. To view the paper, visit: <http://pcwww.liv.ac.uk/~alexss/thailand.pdf>

Events

Rail ~ Volution 2006: Building Livable Communities with Transit

November 5-8, 2006
Chicago, IL
<http://www.railvolution.com>

California Childhood Obesity Conference

January 23-26, 2007
Anaheim, CA
<http://www.cce.csus.edu/conferences>

6th Annual New Partners for Smart Growth: Building Safe, Healthy and Livable Communities

February 8-10, 2007
Los Angeles, CA
<http://www.newpartners.org/about.html>