



Center for Civic Partnerships
California Healthy Cities and Communities

Taking Action - Communities Moving Forward, Engaging Residents, and Building a Healthy Future

Participants at this year’s California Healthy Cities and Communities Annual Conference were inspired to continue moving forward in their communities. Speakers and participants shared their experiences and ideas on how to use these challenging times to tackle some of our communities’ most pressing problems like childhood obesity, shrinking resources, food access, transportation and violence prevention.

Improvement through Movement – Every City Needs a Little Push!

As this year’s keynote speaker, Dr. Toni (Antronette K.) Yancey led an activity packed presentation on how to incorporate physical activity into everyone’s lives with *Instant Recess*. The concept of *Instant Recess* integrates short bouts of physical activity throughout the day especially while at work or in school. The movement aims to make prolonged sitting as socially unacceptable as smoking, or drinking and driving.

She encouraged participants to try to incorporate physical activity breaks as a normal practice in their lives. Results from pilot studies of *Instant Recess* around the nation showed outcomes that included reduced “last minute” sick days at work, increased



Dr. Toni (Antronette K.) Yancey delivering keynote address at CHCC Conference

productivity at work, and increased percentage of children who were “on- task” in school. Dr. Yancey wants to get America moving and encouraged conference attendees to lead by example!

Promoting Adaptive Change in a Disruptive World

Dr. Frank Benest gave a plenary presentation on how to rebuild organizational capacity and promote adaptive change. Given the harsh economic environment local jurisdictions are operating in, he challenged conference participants to cross traditional boundaries and create

partnerships. He also stressed that developing talent now is a strategic investment in the future. Dr. Benest left attendees with one question to ponder “Starting Monday, what is one thing I can do that will begin to enhance organizational capacity and promote adaptive change in my organization?” What would you do?

Building a Healthy Future

Concurrent sessions were held throughout the day on a variety of topics to ensure conference participants found something that suited their needs.

One panel discussed the South Los Angeles Transportation & Food Access project. Presenters shared findings from the project drawn

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Time to Join the CHCC Network

If you would like to join the California Healthy Cities and Communities (CHCC) Network – now is the time!

The CHCC Network is a membership program created for cities/counties and groups interested in the principles and practices of healthy cities and communities. It provides a means of affiliation with the California program and the international Healthy Cities and Communities movement. Network membership runs from July 1 to June 30 of each year. Annual membership dues are \$250.

It's easy to join – go to www.civicpartnerships.org.



California Healthy Cities and Communities

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from community town halls, GIS mapping, research on best practices, store & mobile vending surveys, and engagement with decision makers.

A second panel focused on active transportation and recognizing and responding to student and family needs in low-income and high-risk communities. Participants learned how some of these challenges can be addressed by programs such as Safe Routes to School (SRTS). California's SRTS programs increase opportunities for safe, everyday physical activity for children by removing barriers, such as unsafe infrastructure, and supporting education/encouragement programs that facilitate children walking and biking safely to school.

“The best part of the CHCC Conference was all of the great information I learned from presenters plus the added value of networking!”

From conference participant evaluation form

The City of Rancho Cucamonga hosted a session on how to start or expand a healthy cities program. After a short formal presentation, they held multiple roundtables with different city department heads allowing



Rancho Cucamonga Panel – Ruben Brambila (Healthy RC Kids PM), James Troyer (Planning Director), L. Dennis Michael (Mayor), & Erika Lewis-Huntley, Management Analyst II)

participants the maximum amount of face-to-face interaction with the department of their choice.

A roundtable discussion was held on planning for aging well in communities. The discussion underscored the importance of planning now for the aging population. A user-friendly guide to elicit community engagement was provided to participants during the discussion.

Speakers from the City of Glendale shared their experience working with a grass roots organization to establish an eco-community garden on a vacant lot adjacent to the entrance of the 134 freeway. The Monterey Road Eco Community Garden became the first community garden in the State to be approved to use recycled water for irrigation.

There was a panel presentation that addressed the intersection of increasing physical activity and preventing violence. It broadened the understanding of the relationship between violence, chronic disease, and community vitality. Some of the strategies and tools that were highlighted to engage community members and advocate for policy and environmental change included the use of Photovoice and Crime Prevention Through Environmental Design (CPTED).

These presentations, as well as the conference agenda, can be found at www.civicpartnerships.org/docs/services/california_healthy_cities.htm



**MARK YOUR
CALENDARS FOR NEXT
YEAR!**

**California Healthy Cities and
Communities Annual Conference**

April 19, 2012

**The California Endowment
Center for Healthy Communities
Los Angeles, CA**

~ California Convergence ~

Residents & Stakeholders Working Together to Create Healthy Communities

The California Convergence is a powerful, regionally organized, statewide network. The focus: catalyzing community momentum to *reverse the tide of chronic disease* in low-income communities, by improving food and physical activity environments.

As community change initiatives have shown throughout California, **community action makes a difference**. Health disparities are reduced when schoolyards are opened for after-school activities; healthy foods are made available in farmer's markets and retail outlets; schools eliminate unhealthy food and soda; and workplaces, small businesses, hospitals, and government shift their practices to create a healthier environment.



A Santa Ana family plays soccer on a narrow strip of grass and asphalt next to the locked playground at Garfield Elementary School. Photo by Tim Wagner for Partnership for the Public's Health.

The California Convergence was founded in 2008, to lift up and address the priority issues and needs of community leaders engaged at the cutting edge of environmental approaches to improving food and physical activity environments.

CA Convergence initially included communities representing 7 different initiatives developed by 6 major health funders. Collaboratives were place-based and policy-focused, with a multi-field/multi-sectoral approach.

Steering Committee of Community Leaders

Today, a Steering Committee of community leaders from all parts of the state guides CA Convergence to unite community voices, support peer-learning, and to mobilize policy action. The Steering Committee has initiated development of a strong regional structure to increase the breadth and diversity of community leaders and local jurisdictions' representation, and to increase the collective ability to achieve major change.

Regions to Serve Local Communities

CA Convergence builds on what works on the ground and strives to achieve large-scale change that ultimately builds healthy communities and a healthy California.

The regional structure is designed to maximize the community voice and grass roots momentum to achieve change and health equity. With one well established region (Central California Regional Obesity Prevention Program) and five emerging regions, CA Convergence provides opportunities for local collaboratives and organizations to connect and share information; identify and request resources; and recommend statewide policy action relevant to local communities, cities, and counties.

Policy Priorities

In April, CA Convergence communities identified, and the Steering Committee confirmed, statewide legislative policy priorities and strategic action steps for the shared statewide CA Convergence 2011 platform.

Policy Priorities

1. AB 669 - Soda Tax
2. AB 581 - Healthy Food Financing Initiative
3. AB 516 - Safe Routes to Schools

CA Convergence: Collaborative Forum for Joint Action

The purpose of CA Convergence is to provide a collaborative forum for joint action efforts to:

- Increase access to healthy foods and physical activity
- Raise the visibility and voice of local leaders
- Increase democratic involvement and leadership voice of community residents
- Advocate for shared health-focused policies and practices in community, schools and beyond
- Share lessons learned, best practices, and resources
- Build health equity in communities by improving food and physical activity environments
- Build collaborative relationships with public, private and non-profit partners from diverse fields (e.g., local government, transportation, agriculture, land use, education, housing)

Action Steps to Support CA Convergence Policy Priorities:

1. ENACT DAY Held on May 4 in Sacramento, with over 100 participants, including 31 residents and community leaders, engaging in advocacy day activities
2. Soda Tax / Report: Capacity Building / Peer Sharing call
3. CA Convergence/Strategic Alliance Policy Action Meeting held on May 4 with new CA Health and Human Services Secretary Diana Dooley

Support for Regional Priorities

The Steering Committee also encourages and supports regions and sites to pursue local priorities.

For more information on CA Convergence visit California Convergence.org

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California Healthy Cities and Communities (CHCC) 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.

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Connections

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Events & Resources

Events

3rd Safe Routes to School National Conference

August 16 – 18, 2011 in
Minneapolis, MN
<http://www.saferoutesconference.org/>

League of California Cities Annual Conference: Cities Standing Strong for Cities

September 21 – 23, 2011 in
San Francisco, CA
<http://www.cacities.org/AC>

11th Annual New Partners for Smart Growth

February 2 – 4, 2012 in San Diego,
CA <http://www.newpartners.org/>

Publications

A Portrait of California –

Released by the American Human Development Project, the report goes beyond the state's fiscal and budgetary woes to examine the well-being of its people using the American Human Development Index, a measure based on official government data in health, education, and living standards. <http://www.measureofamerica.org/california/>

Multigenerational Households Are Increasing – AARP has released a new fact sheet regarding multigenerational households. The organization has found that growth of multigenerational households has accelerated during the economic downturn. <http://assets.aarp.org/rgcenter/ppi/econ-sec/fs221-housing.pdf>

Web Sites

California Environmental Health Tracking Program – A program within the California Department of Public Health and is funded by the Centers for Disease Control and Prevention's (CDC) National Environmental Public Health Tracking Program. This online tool allows you to create a map, chart or table on health topics linked to environmental pollution. The tool walks you through a series of quick steps to get statewide (and, in some cases, county-specific) information on topics ranging from asthma, to birth defects, to cancer. http://www.ehib.org/page.jsp?page_key=21

California Convergence –
Main Page
CaliforniaConvergence.org

Community Gallery
CaliforniaConvergence.org/gallery

Policy Priorities
CaliforniaConvergence.org/policy

Food Desert Locator – The USDA has launched a food desert locator that indicates areas in which there is low access to supermarkets or other sources of fresh food. Downloadable spreadsheets and search-by-address features are also included. <http://www.ers.usda.gov/data/fooddesert/fooddesert.html>

HealthDataBytes – Created by the UCLA Center for Health Policy Research, the blog aims to help anyone – from beginners to experts – understand and use data to seek funding, plan and evaluate programs and advance policies that build healthy communities. <http://www.healthdatabytes.org/>