

# CONNECTIONS

Center for Civic Partnerships

California Healthy Cities and Communities

## Healthy Fontana

Fontana (pop. 170,099) is a diverse city including 58% Hispanic Origin of any race, 45% Caucasian, 12% African American, and 5% Asian. The City is located in San Bernardino County, 50 miles east of Los Angeles in the heart of the Inland Empire region of southern California. Incorporated in 1952, Fontana is a fast-growing and forward thinking community. The five-member City Council consists of the mayor and four council members elected at large on a non-partisan basis. Recognized as one of the 100 Best Communities for Young People and as one of the best places to raise a family, the City has developed many programs, initiatives and innovative strategies focused on promoting resident health, encouraging economic development, cultivating community partnerships, facilitating infrastructure improvements and enhancing the quality of life for residents.

The *Healthy Fontana* program was established in 2005 to promote healthy nutrition choices, active living and to incorporate Smart Growth concepts into the City while offering a more livable and healthy community. In June 2010, the city was awarded a California Healthy Cities and Communities grant. *Healthy Fontana* offers free programming to encourage a healthy lifestyle through walking clubs,

cooking classes and community outreach. With support from California Healthy Cities and Communities, *Healthy Fontana* is expanding their outreach efforts to include more school-aged children and community members.

---

**“With obesity on the rise in the nation, the City of Fontana and *Healthy Fontana*’s goal is to combat this epidemic through community and youth education by teaching them to make healthy choices, to be more active every day, and have access to fresh fruits and vegetables.”**

**Acquanetta Warren  
Mayor, City of Fontana**

---

In Fontana, 38% of the children and adolescents are overweight or obese and 55% do not meet the aerobic capacity fitness standard which is considered the most important indicator of fitness status (San Bernardino County, Dept. of Public Health, April 2009). Poor dietary patterns and lack of physical activity in early childhood can influence the development of chronic diseases later in life. In most cases, these poor health outcomes can be prevented with nutrition education and physical activity. Mayor Acquanetta Warren states, “With obesity on the rise in



*Healthy Fontana* staff educating the students on serving sizes and how many servings they should have a day.

the nation, the City of Fontana and *Healthy Fontana*’s goal is to combat this epidemic through community and youth education by teaching them to make healthy choices, to be more active every day, and have access to fresh fruits and vegetables.”

*Healthy Fontana* continues to transform itself into a healthy, active and livable community through four components – nutrition, active living, smart growth and community

*continued on page 2*

### Inside This Issue ...

#### Page 2 ...

- City of Selma Develops Program to Assist Seniors with Public Transportation

#### Page 3 ...

- HealthyCal.org

#### Page 4 ...

- Save the Date - CHCC Annual Conference - April 21, 2011
- Events and Resources

partnerships. These components make it possible for the residents to understand the benefits of a healthy lifestyle and teaching skills for good preventive care.

*Healthy Fontana* has developed and started a program to help educate the elementary school children about the importance of eating more fruits and vegetables. Working through the Fontana After School Program, five schools were selected as a pilot program to introduce fruit and vegetable education in hopes of increasing consumption and teach children to make healthy food choices.

A pre-survey was conducted to determine the children's current fruit and vegetable intake; it found that 40% of the children do not eat fruit every day and only 23% eat the recommended amount of fruit per day. Similar results were found with vegetable consumptions, where 57% of the students do not eat vegetables every day.

*Healthy Fontana* plans to increase fruit and vegetable consumption among the students and teach them the benefits to eating healthy and making smart choices. To achieve this, staff is conducting educational and interactive nutrition presentations, focusing on the importance of fruits and vegetables. A taste testing of different forms of fruits and vegetables was shared with all the students, giving them the opportunity to be introduced to different foods that they may not have tried before in their different forms, raw, canned or juice.

*Healthy Fontana* staff will continue to visit the school sites to conduct additional evaluations, educational presentations, award prizes and interactive activities. The Fontana After School staff will be reinforcing the fruit and vegetable message with complementing lessons, worksheets, activities and take-home material developed for this program. The take-



Students tasting baby carrots, dried cranberries, and 100% fruit/vegetable juice after learning about the importance of eating the recommended amount of fruits and vegetables daily from an interactive presentation by *Healthy Fontana*.

home material is offered in both English and Spanish to meet the needs of the community.

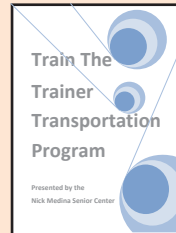
Along with this in depth work with the elementary students, the CHCC grant is researching a future Farmer's Market. This will allow easy access to fresh fruits and vegetables for the community. As part of the research the City hosted a small, one-time Farmer's Market, in conjunction with a Cultural Arts event, to expose the residents to the farmer's market and the availability of fresh fruits and vegetables. This was an opportunity to obtain feedback from the community regarding the interest level of a market, best days of the week, duration and activities wanted at a market. The residents were excited by the possibility and expressed a great interest in having a community Farmer's Market.

The City of Fontana is committed to promoting the importance of eating fruits and vegetables to the youth and community-at-large. These two goals of education and accessibility are steps toward living a better and healthier lifestyle for everyone in Fontana. 🌱

For more information on *Healthy Fontana*, contact Dede Benson, Community Services Coordinator II at: Phone: (909) 349-6914 Email: [dbenson@fontana.org](mailto:dbenson@fontana.org) Website: [www.healthyfontana.org](http://www.healthyfontana.org)

## City of Selma Develops Program to Assist Seniors With Public Transportation

With support from the California



Healthy Cities and Communities Program, the City of Selma (pop. 22,498) has increased transportation options for the city's older adult population. Results from a survey and subsequent focus

groups of adults in the community aged 45 and older identified the availability of more transportation options as high priority.

From the research conducted, a Train the Trainer Transportation Program was created. This program is designed to educate residents, members of public agencies and organizations in the community who want to learn about public transportation and assist others with public transportation needs.

It is designed to teach trainees how to navigate to surrounding communities utilizing the Southeast Transit system. In turn, trainees will train older adults on how to manage their transportation needs. The sessions are generally two hours and are conducted in groups of ten or less.

At the end of the training session, trainees' knowledge is assessed to ensure understanding of the material. Some of the topics covered during this training are how to plan a trip and bus etiquette. Upon successfully completing the session, trainees have a better understanding of how Selma Transit and Southeast transit system work hand in hand in providing transportation to areas such as Kingsburg, Fowler, Fresno and Clovis.

"We are starting to train volunteers that take older adults to Fresno and teach them how to use the bus system so they can go to doctor's appointments, social security appointments and other events. We hope to continue to expand on the program so we can equip more older adults to feel comfortable taking the bus," said Mikal Kirchner, Recreation Supervisor for the City of Selma. 🌱

For more information, contact Mikal Kirchner, Recreation Supervisor, City of Selma at [mikalk@cityofselma.com](mailto:mikalk@cityofselma.com)



**By Daniel Weintraub**  
**Editor,**  
**HealthyCal.org**

HealthyCal.org is aiming to become California's go-to web site for news and information about health care,

public health and healthy communities. We're also building our own online community of people who have an interest in these issues and want to share what they know with others who work in the field or are simply concerned about the health of their community and the state.

With initial funding from The California Endowment, I established HealthyCal.org a year ago and took the site live in February. I am a veteran of 25 years covering California public policy and politics for the Los Angeles Times, Orange County Register, Sacramento Bee and the New York Times.

I decided to leave the newspaper industry and start my own non-profit site after seeing the decline in coverage of health care and public health issues as newspapers and television stations shrunk their staffs amid the economic downturn and a fundamental restructuring of the news business.

Our site has two main elements:

--The California Health Report features coverage of the Capitol and other places where public policy decisions are made that affect us all;

--The Community Report focuses on how these issues are playing out in neighborhoods, towns and cities across the state. Professional journalists write some of these stories. Others are contributed by people in community-based organizations or community residents who have a story they want to share.

We also feature expert commentary on public health issues, a legislative calendar and bill tracking service, and a weekly graphic on children's health issues from our partners at kidsdata.org. Our weekly newsletter highlights what is on the site each Monday and includes a reader survey and hints about coverage to come.

That combination is proving popular with people from all over California and around the country.

"I love the mix of original reporting and community perspectives – reliable information and thoughtful analysis on issues that matter, collected in one place," said Carrie Spector, a regular reader and a communications officer for Oakland-based Public Health Law and Policy. "The weekly digest is invaluable, directing me right to the latest coverage."

While we have covered the roll-out of health care reform closely, our site's main emphasis is not on doctors and hospitals but on the conditions in our communities that affect our health long before we ever get to the clinic. Recent research has shown that your zipcode – where you live – tells as much about your health prospects and life expectancy as your medical records.

And so we are leading the state in our coverage of the connection between urban design and wellness. We've had a series of stories on the efforts of city and county planners to integrate health and wellness elements into their zoning, general plans and development decisions.

We've also covered the implementation of Senate Bill 375, which will lead local and regional planners to remake their transportation plans to encourage alternatives to the automobile.

We've written about the health disparities that exist between nearly adjacent communities, such as Richmond and Marin, gaps that are related to wealth and to the environmental conditions that



can preserve our health in one place and degrade it another.

Another area we've focused on is food security, and the ability, or inability, of low-income residents to find fresh and healthy foods in their neighborhoods. A related issue is the growth in interest in locally grown foods and community gardens.

Looking forward, HealthyCal.org will continue to cover all of these things as well as the new administration of Gov. Jerry Brown in Sacramento. Many of Brown's decisions on the budget and other matters will deeply affect Californians' access to health care and their ability to shape their communities for the better.

One thing that makes HealthyCal.org stand out from the traditional media is our commitment to connecting with the community we serve. I hold briefings about policy issues and regularly solicit ideas and questions about the political and policy process. People who become members of our community think of me as their personal journalist in Sacramento, and our team as their eyes and ears in places around the state.

Please join us at <http://www.healthycal.org> and help spread the word.



Connections is a publication of California Healthy Cities and Communities (CHCC). It is published three times per year. CHCC is conducted by the Center for Civic Partnerships, Public Health Institute, under Contract #10-10229 with the California Department of Public Health, supported by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention. The contents are solely the responsibility of the authors and do not necessarily represent the official view of the CDC.

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.

Executive Editor: Joan Twiss  
Editor: Nicole Hara  
Guest Writer: Daniel Weintraub  
Designer: Jade Chin

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

© 2011, State of California, Department of Public Health. This material may not be reproduced or disseminated without prior written permission from the California Department of Public Health.

# Connections

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

### Events

**Active Living by Design Annual Research Conference**  
February 22-24, 2011, San Diego, CA

<http://www.activelivingresearch.org/conference/2011?msource=cp9>

**Annual California & Pacific Southwest Recreation & Park Training Conference**

March 8-11, 2011, Sacramento, CA. Joan Twiss and Nicole Hara, from the Center for Civic Partnerships, will be presenting, "Planning for Aging Well in Communities."

<http://conference.cprs.org/>

**Association for Community Health Improvement 2011 National Conference**

March 29-31, 2011, Austin, TX  
<http://www.communityhlth.org/communityhlth/conf2011/annual11.shtml>

**6th Biennial Childhood Obesity Conference**  
June 28 - July 1, 2011, San Diego, CA

<http://www.childhood-obesity.net/>

### Websites

**"Water In Schools" Web-based Toolkit** - California Food Policy Advocates (CFPA) has just released a new web-based toolkit with resources and information to help schools promote water consumption and reduce the intake of sugary drinks. <http://waterinschools.org/index.shtml>

**The Department of Housing and Urban Development Regional and Economic Market Analysis** - HUD has unveiled a new interactive website that consolidates a wide variety of economic and housing market data at the regional, state, metropolitan area, and county levels.. <http://www.huduser.org/portal/>

### Publications

**Healthy People 2020** - The U.S. Department of Health and Human Services has released Healthy People 2020, the nation's new 10-year goals and objectives for health promotion and disease prevention, and "myHealthyPeople," a new challenge for technology application developers. <http://www.healthypeople.gov/hp2020/default.asp>



SAVE  
THE  
DATE



California Healthy  
Cities and Communities  
Annual Conference

April 21, 2011

The California Endowment  
1000 North Alameda St.  
Los Angeles, CA 90012

Conference registration is now open! Register before March 17, 2011 to take advantage of the Early Bird Registration Fee. Conference speaker information and registration are enclosed in this issue of *Connections*. Registration is also available at:

[www.civicpartnerships.org](http://www.civicpartnerships.org)