



California Healthy Cities and Communities

# City of Chino Becomes a California Healthy City

Welcome to the newest California Healthy City – the City of Chino. Home to a diverse population of over 75,000 residents, Chino has developed strong partnerships with organizations, businesses and residents to plan for improving the community’s well-being. In anticipation of significant population growth over the next two decades, Chino is working to balance and meet the need for future housing and commercial development, while preserving open space and community identity.

In Summer 2003, city and community leaders began talking about how they could improve the health of Chino residents through physical activity, nutrition, and environmental enhancements. “We spent several months talking to many community partners,” says Pat McArdle, Deputy Director of Community Services. “We started out with a broad-based

group of 25-30 community leaders who explored the healthy city concept, and identified a process for improving Chino’s well-being.” To learn more about the healthy city concept, city representatives participated in the 2004 California Healthy Cities and Communities (CHCC) annual conference, held in Riverside. “The CHCC annual conference in Riverside really opened our eyes and allowed us to broaden our scope of what a city can - and should - do,” says McArdle.

Concurrent with the development of the Healthy Chino Coalition, the city annexed over 5,400 acres of dairy and farm land to develop The Preserve – a master planned community which supports health and well-being. Randall Lewis, spokesman for the Lewis Group of Companies, shares the city’s goals to support the well-being of current and future generations. Lewis provided significant contributions of time and money to the Healthy Chino initiative, and involved Healthy Chino stakeholders – including the city, school district, health department and other organizations – in the design of The Preserve. The development will include over 7,000 homes and apartments concentrated around a pedestrian-oriented commercial center, with half of The Preserve remaining open space. “We’ve gone beyond just thinking about structures,” says Lewis. “We’ve asked ourselves, “How can

we transform people’s lives and make them healthy?””

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Pat McArdle, Deputy Director of Community Services

With a small planning grant from CHCC, the Healthy Chino Coalition was expanded in October 2004 to include about 50 community members. A facilitator assisted the group with a vision and mission, and with identifying priority areas, possible programs, resources and linkages (see table).

The coalition also administered a survey to residents to determine

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### City of Chino Demographics

Population: 75,314  
 Median Age: 31.4 years  
 Median Household Income: \$55,185

#### Race/Ethnicity

Caucasian – 57%  
 Black/African American – 8%  
 American Indian or Native Alaskan – 1%  
 Asian & Pacific Islander – 5%  
 Other – 25%  
 Hispanic (any race) – 46%

Source: Census 2000

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their desired healthy and active living opportunities. The results of approximately 100 surveys expanded community feedback on activities that would promote healthy lifestyles.

In December 2004, the Chino City Council passed a resolution endorsing the Healthy Cities concept and formal participation in CHCC. “The Healthy Chino program is off to


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- Glen Rojas, City Manager

a great start,” says Mayor, Dennis Yates. “We believe that the programs and projects will greatly benefit our growing community.” Glen Rojas, City Manager, agrees. “The Healthy

Chino program will serve to further enhance the image and livability of the community.”

During the next year, the Healthy Chino Coalition will focus on fostering supportive environments, policies, and programs to promote physical activity,

wellness and increased knowledge of healthy lifestyles.

For more information on Healthy Chino, contact Pat McArdle, Deputy Director of Community Services, at (909) 591-9832 or [pmcardle@cityofchino.org](mailto:pmcardle@cityofchino.org) 

Focus Area	Possible programs, resources, linkages
<b>Safe/Walkable Neighborhoods</b>	<ul style="list-style-type: none"> <li>• Incorporate walking trails into the design of neighborhood parks</li> <li>• Create pedestrian connections from parks to homes or schools</li> <li>• Build more sidewalks along pedestrian corridors</li> </ul>
<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Secure corporate sponsors to support physical activity and healthy eating through collaborative promotional events and discounted services</li> <li>• Develop a Youth Fun Club to improve physical activity and healthy eating behaviors</li> </ul>
<b>Health &amp; Human Services</b>	<ul style="list-style-type: none"> <li>• Reduce barriers to accessing the City’s mental health services by promoting and supporting the San Bernardino County Department of Public Health’s 211 program</li> <li>• Continue to partner with the Chino Valley Medical Center to support a family healthcare center, located in a neighborhood park, to serve low-income families</li> </ul>
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Partner with the Chino Valley Unified School District to promote healthier food alternatives through the school lunch program and vending machines</li> <li>• Support and develop curricula focusing on healthier nutrition</li> </ul>
<b>Public Education</b>	<ul style="list-style-type: none"> <li>• Promote the healthy cities and communities concept to residents, organizations and businesses to affect health-related attitudes and behaviors</li> <li>• Develop a marketing plan, such as using a traveling display for community events, and 30-second commercials that support healthy lifestyles</li> </ul>

## Spotlight on The Eden Township Healthcare District

A California Healthy Cities and Communities Network member since 2000, the Eden Township Healthcare District (ETHD) serves residents of San Leandro, San Lorenzo, Castro Valley, Hayward and surrounding communities. ETHD’s dual role is managing an endowment and operating two hospitals - San Leandro Hospital and Eden Valley Medical Center.


ETHD’s Community Health Fund, endowed in 1998 when the Eden Valley Medical Center joined the Sutter Health family of hospitals, awards grants to local non-profits and government agencies to increase health care access to under-served and special needs populations. “With the Community Health Fund, we have invested nearly \$4 million in health programs in a part of Alameda County often overlooked for state and federal funding,” says George Bischalaney, ETHD President & CEO. “We have encouraged collaboration among these

providers to share overhead, provide complementary services, and to reenergize programs and services.” Examples of funded programs include:

- The Davis Street Resource Center, which provides free medical care, health education, job training, and childcare services to low-income families. Staff and residents determine the community’s health needs, which have been met by providing new services such as free dental care to home-bound individuals. “The Center has created a consistent presence in the community, building trust and mobilizing residents to address local health care needs,” says Cassandra Phelps, ETHD Director of Communications. “Not only have there been improvements in health and well-being, but additional resources have been leveraged including recognition and assistance from U.S. Congresswoman Barbara Lee.”

- Spectrum Community Services, which offers various services and initiated an injury prevention program for older adults. In collaboration with similar local agencies, Spectrum’s physical therapists visit residents in their homes or at skilled nursing facilities to work with seniors on fall prevention and provide in-home safety devices such as grab bars. The program’s outcomes include a reduced number of seniors admitted to the ETHD Trauma Center for fall-related injuries.

“This kind of success validates the difficult decisions we must make as organizations vie for grants each funding cycle,” says Bischalaney.

For more information on the ETHD, visit [www.ethd.org](http://www.ethd.org). For more information on the CHCC Network and how to join, visit [www.civicpartnerships.org](http://www.civicpartnerships.org). 



## Promoting Healthy Environments Insights from California's Public Health Officer

Dr. Richard Jackson, California's Public Health Officer, believes that the relationship between the built environment and public health has become self-evident:

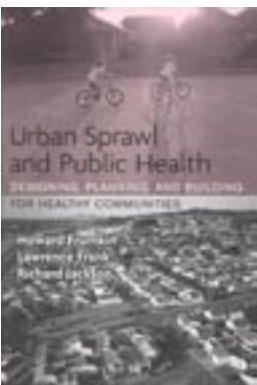
- *We don't walk because our communities are designed for cars.*
- *We live in neighborhoods that encourage privacy and isolation.*
- *We don't feel safe because we don't know our neighbors.*

An internationally recognized leader in environmental health, Dr. Jackson believes that the connections we make with each other and the environment are paramount to attaining mental and physical health. "The diseases of the 21st century will be chronic, such as obesity, heart disease, depression, and osteoporosis," says Dr. Jackson. "The design of communities needs to encourage walking, bicycling, and running. Residents need to be less dependent on a lifestyle that increases pollution. Neighbors need to build relationships to promote safe and secure environments."

In collaboration with Howard Frumkin and Lawrence Frank, Dr. Jackson co-authored the book – *Sprawl and Public Health: Designing, Planning, and Building for Healthy Communities* – which offers a comprehensive look at the interface of urban planning, architecture, transportation, community design, and public health. The authors make the case for "smart growth" as a public health strategy, where communities place homes, workplaces, stores, and other land uses near each other and offer alternatives to the automobile for getting from place to place.

Dr. Jackson comes from an extensive background in pediatrics. Most recently, he served as the director of the National Center for Environmental Health at the Centers for Disease Control and Prevention from 1994 to 2003; and as an adjunct professor in the departments of environmental and occupational health at George Washington University and at Emory University, and epidemiology and public health at the University of California, San Francisco. He became the State Health Officer in April 2004.

**Dr. Jackson will speak about the relationship between the built environment and public health in the opening keynote at the California Healthy Cities and Communities' conference, April 21-22, 2005, in Berkeley, California. For more information, visit [www.civicpartnerships.org](http://www.civicpartnerships.org).**



Frumkin, H., Frank, L., and Jackson, R. (2004). *Urban Sprawl and Public Health: Designing, Planning, and Building for Healthy Communities*. Washington D.C.: Island Press.

## Healthy Aging Policy Brief

Funded through a grant from The California Wellness Foundation, the Center for Civic Partnerships is developing a policy brief on community-based models that foster healthy aging. The brief will include planning processes, policy recommendations and case studies on physical improvements that support older adult health, safety and well-being. We invite you to share with us examples in California that promote healthy aging. Distribution will include elected and appointed officials throughout the State. For more information, contact Joan M. Twiss, Executive Director, Center for Civic Partnerships, at (916) 646-8680 or examples may be emailed to [ccp@civicpartnerships.org](mailto:ccp@civicpartnerships.org).

## CHCC Accomplishments Presented at 3rd International Conference on Urban Health

Joan M. Twiss, Executive Director of the Center for Civic Partnerships, and Peter Lee, Director of the Massachusetts Forum for Creating Healthier Communities, co-presented in a session at the 3rd International Conference on Urban Health, held October 20-22, 2004 in Boston. In the session, "*Community Mobilization through Community Visioning and a Planning Framework: Best Practice Scenarios*," the accomplishments of the healthy cities and communities movement in California, Massachusetts, and South Carolina were shared.

The overall conference theme focused on the determinants of urban health. Emphases included the physical and social environment and the role of community participation. For more information on the International Society of Urban Health, visit <http://www.isuh.org/>.

