

IMPROVING LIVABILITY IN HEALTHY CITIES

GRANT PARTICIPANT PROFILES

El Monte

The City of El Monte, incorporated in 1912, is the 10th largest city in Los Angeles County and the “hub” of the San Gabriel Valley located at the intersection of two major freeways. With a dense urban environment and physical challenges related to the bifurcation of the community by a major interstate and rail corridor, El Monte has recently embarked on several major initiatives that build on the strengths of its diverse population to create a healthy community. In July 2007 in partnership with the city and key public and private sector partners, the California Community Foundation launched the El Monte Community Building Initiative to revitalize three underserved neighborhoods. Under the El Monte Policies for Livable, Active Communities and Environments (PLACE) Initiative, begun in 2008, the city is creating a Health and Wellness Element of its General Plan with a variety of policy goals to facilitate and promote healthier, active lifestyles among El Monte residents.

Under the first year of CA Healthy Cities and Communities funding El Monte organized a pilot walking club at Arceo Park targeting Latino adults (25-55 years old) and older adults (55+ years old). Trained walking guides facilitated and supported participants’ efforts to increase their level of physical activity and improve their health.

Goals

During year two funding the Healthy Cities and Communities Initiative in the City of El Monte will assist in efforts to expand the Healthy El Monte Walking Club to five park sites. The goal is to increase the level of physical activity in community residents. The objective is to increase walking activity by 60 minutes a week among all participants in the walking club. The target population for the walking club is Hispanic adults between the ages of 25-55 and Hispanic older adults ages 55 and above.

Demographics¹

Population: 111,335
 Median Age: 31.2 years
 Median Household Income: \$39,534
 Ethnic Diversity:

White	5.7%	Native American	0.2%
Black	0.7%	Asian/Pacific Islander	24.1%
Other/Multi-Race	0.5%	Latino (any race)	68.7%

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Fontana

Fontana is a city in San Bernardino County, located about 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 nutritional choices, active living and to incorporate Smart Growth concepts into the City to offer a more livable and healthy community. Healthy Fontana offers free programming to encourage a healthy lifestyle through walking clubs, cooking class and outreach programming. Through support from CA Healthy Cities and Communities, Healthy Fontana will be expanding the outreach efforts to include more school-aged children and the community.

Goals

Keeping in line with the 2010 Healthy People objectives, Healthy Fontana’s goal is to increase fruit and vegetable consumption of the residents through outreach efforts, educating school-aged children and their parents. Nutrition presentations, exercises, and activities revolving around fruits and vegetables will be performed over the course of the year. Through assessments and evaluations, Healthy Fontana will establish a base line of fruit and vegetable consumption, and monitor progress, and change throughout the duration of the programs.

Demographics²

Population: 184,152
 Median Age: 27.9 years
 Median Household Income: \$62,111
 Ethnic Diversity:

White	61.5%	Native American	1.5%
Black	11.2%	Asian/Pacific Islander	8.0%
Other/Multi-Race	22.2%	Latino (any race)	65.6%

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Willits

The City of Willits lies in the center of rural Mendocino County, 35 miles east of the Pacific Ocean and 150 miles north of San Francisco. Willits has an impressive history of undertaking innovative strategies toward improving community health in partnership with talented, energetic, and visionary local groups. In spite of the challenges associated with creating a pedestrian and bicycle friendly community when your city's Main Street is part of U.S. 101, that's exactly what Willits is doing. It's proactive and collaborative approach to building a healthier community began in 1999 with a three-day Walkable Communities Workshop. In 2008, its first year as a California Healthy City, Willits developed and adopted a Bicycle and Pedestrian Specific Plan (BPSP), in concert with community residents. Our Year 2 grant project was to begin implementation of the BPSP by designing and creating safe and attractive walkable spaces within the downtown portion of Main Street (U.S. Hwy 101) to enhance health and safety for pedestrians, bicyclists, and all modes of transportation, that would encourage and facilitate residents' and visitors' choices to walk or bike to work, school, shopping, entertainment and other services. The objective is to double the current level of walking and bicycling in Willits by 2020. Our Year 3 CA Healthy Cities grant is [Growing Healthier Food For Willits Children And Youth](#), with the objective of getting healthy food into our schools.

Goals

The goal of this program is to increase and institutionalize the use of fresh local produce in the meals that schools provide to Willits students. In a collaborative effort with local farmers, organizations, and the Willits Unified School District, we are working to reduce the proportion of children and adolescents who are overweight or obese. By the end of the grant period (month 12) we are striving have completed the following objectives:

- Food service staff will have the needed skills, knowledge, and tools to incorporate increasing amounts of fresh local produce into school meals.
- Willits schools will purchase 10% of the produce used in school meals from local sources.
- WUSD will have institutionalized a system through which produce preparation can be completed by trained groups of students.

Demographics³

Population: 5,073

Median Age: 35.8 years

Median Household Income: \$26,283

Ethnic Diversity

White	83.7%	Native American	3.5%
Black	0.6%	Asian/Pacific Islander	1.2%
Other/Multi-Race	3.8%	Latino (any race)	14.7%

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¹Source: US Census Bureau, 2005-07 American Community Survey

²Source: US Census Bureau, 2005 - 2009 American Community Survey (available for cities greater than 65,000 population)

³Source: US Census Bureau, 2000 Census (Updated census data for small communities not yet available)

California Healthy Cities and Communities is one program of the Center for Civic Partnerships. For more information on the Center and its other programs, visit our website at www.civicpartnerships.org or call (916) 646-8680.

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