



**Department of Public Health**

# **Building Healthy Communities - Forging new ground with our Transportation and Planning Partners**



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[www.SBCounty.gov](http://www.SBCounty.gov)

# Healthy Communities

## What is a Healthy Community?

“One that strives to meet the **basic needs** of **all residents**; it is guided by **health equity** principles in the decision-making process; it **empowers** organizations and individuals through **collaboration**; civic and cultural **engagement** for the creation of **safe** and **sustainable environments**.”



*San Bernardino County Department of Public Health*

~California Planning Roundtable

# Healthy Communities

## San Bernardino County - Healthy Communities Program

- Created in 2006 – to provide technical assistance to communities throughout the County, giving specific recommendations for policy and environmental strategies to improve residents' health.
- Provide “seed money” to cities to begin Healthy City Initiatives
- We collaborate on multiple projects throughout the region

Healthy Apple Valley  
Healthy Chino  
Healthy Hills (Chino Hills)  
Healthy Colton  
Healthy Fontana  
Healthy GT (Grand Terrace)  
Healthy Hesperia  
Healthy High Desert (Adelanto/Apple Valley/Hesperia/Victorville)  
Healthy Montclair  
Healthy Ontario  
Healthy RC (Rancho Cucamonga)  
Healthy Rialto  
Healthy Rim Communities  
Healthy Upland  
Healthy Victorville  
Healthy Yucaipa



*San Bernardino County Department of Public Health*

# Healthy Communities - Evaluation

## *How effective is this program?*

### Participating Cities

- Chino 2004 Carolyn Owens Community Center
- Fontana 2004 City Hall
- Hesperia 2010 City Hall
- Montclair 1998 Human Services Department
- Rancho Cucamonga 2008 City Hall
- Upland 2014 City of Upland Recreation and Community Services Division
- Yucaipa 2012 Community Services Department

#### RE-AIM Framework Components

**R**each your intended target population

**E**fficacy or effectiveness

**A**doption by target staff, settings, or institutions

**I**mplementation consistency and adaptations made during delivery

**M**aintenance of intervention effects in individuals and settings over time

# Healthy Communities – Strategic Plan

## *How do we achieve our goals?*

### OPPORTUNITIES TO INTEGRATE HEALTH INTO LOCAL PLANNING AND POLICIES

The policy and planning opportunity areas discussed in this section highlight various mechanisms that local governments possess to manage their resources, generate revenue, set and enforce regulations, and provide guidance on how they plan to grow and develop into the future. Opportunities exist for SBCDPH to work with cities and localities to catalyze PSE change for healthy communities. This section is not exhaustive of all possible opportunities for the health de

#### PLANNING

**Long-range planning** is the technical process of planning for growth and development within a community. The development of plans—such as general plans, master plans, active transportation plans, or specific area plans—can serve as a road map for where the city will invest in infrastructure; how it will prioritize allocation of resources; and steps the city agencies and departments will take to create wonderful places to live, work, and play.

#### LICENSING AND PERMITTING

Local governments license and permit a variety of services that have implications for healthy communities, ensuring that businesses and other entities meet minimum standards for safety. For example, food and alcohol licenses regulate restaurants, bars, and

#### PUBLIC SAFETY

Public safety is a critical aspect of a healthy community. Only when people feel safe will they be able to go outside to exercise, walk or bike to school, or engage with their neighbors. Public safety includes safety from crime and violence, as well as safety from injuries and collisions. Both are important aspects of PSE change that lead to healthier environments. Many policy and planning strategies can support increased safety within communities.

# Moving Forward

- Incentivize cities and towns to implement strategies aligned with our Strategic Plan
  - *(with a specific focus on addressing a health equity issue)*



- A return of Safe Routes to School



# Moving Forward

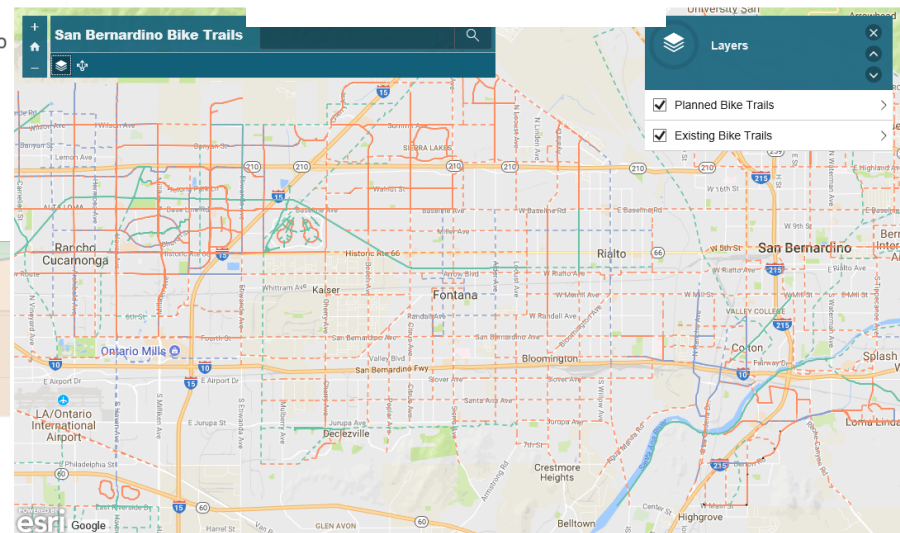
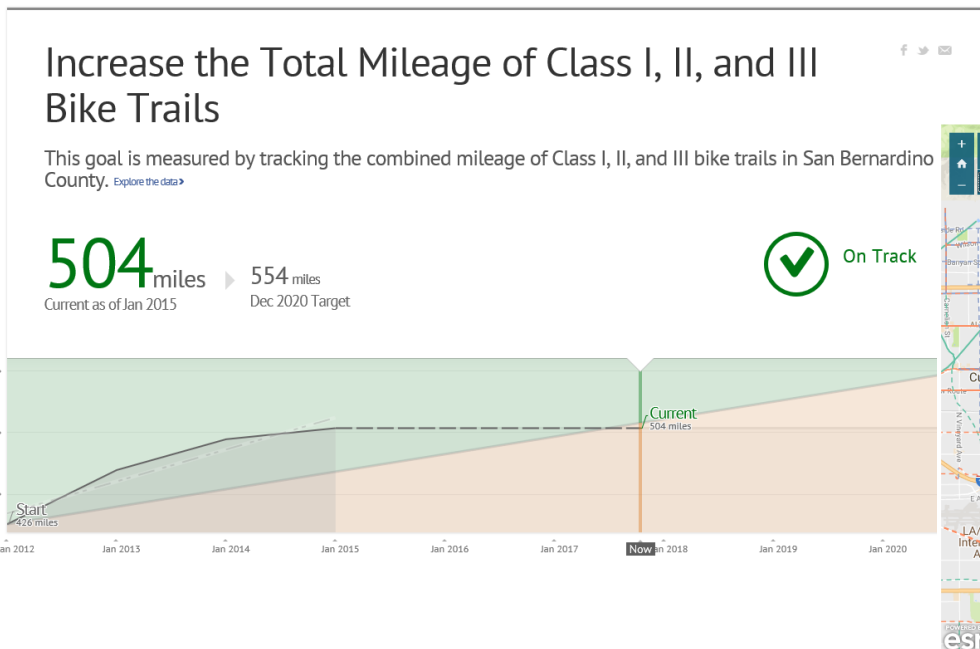
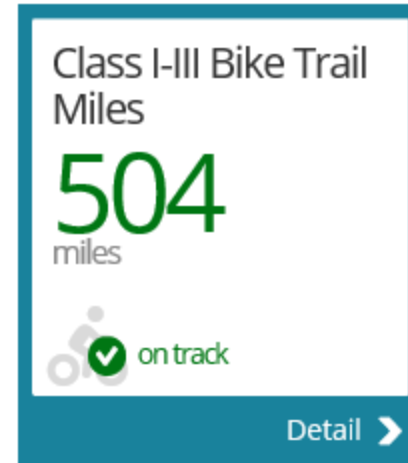
- Working with local low and mixed-income developments :
  - Community gardens
  - Pathways and bikeways
  - Safety through Environmental Design



# Building Accountability with our Community Transformation Plan

- Alignment of the data and goals with our transportation partners

## Built and Natural Environment



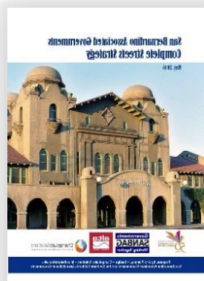
# Providing Resources

## A Resource Guide for Built Environment

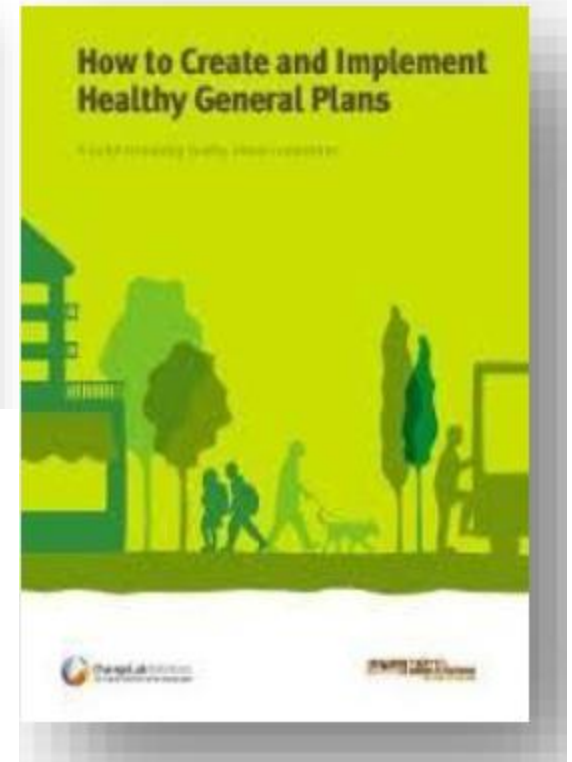


### Toolkits

1. [San Bernardino Associated Governments: Complete Streets Strategy](#) \*



Complete Streets are designed and operated to enable safe access for all users, including pedestrians, bicyclists, motorists, and transit riders of all ages and abilities. The **San Bernardino Associated Governments (SANBAG) Complete Streets Strategy** aims to help local jurisdictions implement Complete Streets policies and projects in their communities. The Strategy will help jurisdictions comply with Assembly Bill (AB) 1358, also known as the Complete Streets Act of 2008, which requires consideration of complete streets with any substantive revision to general plan circulation elements. *\*Please note to access the Complete Street Strategy the user will need to scroll to page 278.*



# Working Together for the Inland Empire

Riverside County CHIP and San Bernardino County Community Vital Signs

Bridging for Health

The California Endowment HIAP

