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BUILDING HEALTHY, EQUITABLE COMMUNITIES

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SPOTLIGHT

Student Vaccination and Health Screenings

Children in California are required to receive certain immunizations and health screenings to attend public and private elementary and secondary schools, childcare centers, family day care homes, nursery schools, day

nurseries, and developmental centers (pre-kindergarten facilities). In this [brief video](#), we let parents know about this requirement and the next steps to get started. [Learn more about school and childcare health requirements](#). The [vaccine and health screening video is available in Spanish](#). Please be sure to share these videos ([English](#) and [Spanish](#)) with partners!



Staff Perspective

Celebrating our Successful Collaboration in North Fair Oaks & Redwood City

By Mai Le, Community Health Planner

The [North Fair Oaks/Redwood City Community Collaboration for Children's Success](#) (NFO/RWC CCCS) Neighborhood Action Team recently gathered for a celebration at the Redwood Shores Library. We played games, enjoyed fajitas, and even sang some karaoke! Rafael Avendano, Executive Director of Redwood City Together, highlighted achievements and invited folks to reflect on our work together. What came through was the power of collaboration and trusting relationships between so many partners who are committed to seeing our youth succeed.

The NFO/RWC CCCS Neighborhood Action Team launched in January 2022 with a core group of local government and non-profit partners, and RWC Together as the lead. Together CCCS partners have been able to host a myriad of free community events that provide spaces for families to have fun together and connect with resources. The Community All Stars sports event, and Books and Bikes event in North Fair Oaks are two recent examples. The group also bolstered participation in civic engagement processes like the People's Budget, and World Café Community Dinner and Dialogue. By collaborating, we lighten the load of planning, amplify outreach to our priority populations, and combine our expertise. Together we have helped strengthen each other as leaders and advocates for youth.



Rafael Avendano |
Photo credit: Mai Le



Celebrating our Successful Collaboration in North Fair Oaks & Redwood City cont'd.

I am so proud that CCCS has attracted positive attention and critical funding. This year the CCCS core partners, including County Health, received recognition from State Senator Josh Becker. In April, RWC Together received \$500,000 from [Silicon Valley Social Venture Fund \(SV2\)](#) for their community collaboration and leadership on CCCS. This summer, [California Accountable Communities for Health Initiative \(CACHI\)](#) selected RWC Together for a \$400,000 grant to address youth empowerment, employment, and enrichment opportunities. Redwood City was also a finalist for the [2023 All-America City Award](#) from the National Civic League, for their cross-sector partnerships and youth engagement efforts, including CCCS.

There is so much momentum from this group. It is a joy to witness and take part in, and we invite you to join the table as well. If you're interested in joining the NFO/RWC CCCS Neighborhood Action Team, or starting a similar initiative in another [CCCS community](#), please reach out to me at mle@smcgov.org. I would love to collaborate!

SMC Health Acknowledges Community Health Outreach Workers (CHOW) Collaborative

On June 26, SMC Health hosted an event to acknowledge partners and participants in the pilot Community Health Outreach Worker (CHOW) Collaborative. The CHOW Collaborative was funded by the 2022 Get Healthy SMC Community Implementation grant. Its purpose was to support CBOs in expanding systems of support and wrap-around services for COVID-19 prevention and mitigation through training and support for the outreach workforce. Collaborative partners shared their learnings and presented their achievements. SMC Health Policy and Planning (HPP) staff presented each participant with an appreciation certificate for their work and dedication. South San Francisco City Council Representative, Eddie Flores, was in attendance to celebrate the good work of the CHOWs.

We appreciate our outreach workers and partners- BACHAC, HealthWays, Redwood City Together, and the City of South San Francisco whose efforts made this pilot project possible.

CHOWs expressed the impact their role made for them but, most importantly, in the community:

"As promotor I see a gap continuing to grow about our healthy life. Our promise as a promotor is to continue every day to educate our communities giving information and resources to provide."

"Being a promotora helped me become more understanding and compassionate to people in my community"

"I like engaging with community members because it is actually fun and beautiful seeing others all together participating"

"This past year, I was able to work closely with an amazing and dedicated team who truly cares about making a positive impact in our communities. I learned so much from each of them and from all the different trainings and meetings we had. "



CHOW Collaborative event participants |
Photo credit: Sylvia Peterson



ANNOUNCEMENTS

Apply Today for the EMS Corps 2023 Cohort

The Emergency Medical Services (EMS) Corps program of San Mateo County Health is a 5-month full-time no cost training program to become an Emergency Medical Technician. The program provides mentorship and job performance coaching to young adults (18-26 years). The goal is to support people with barriers to employment and education in San Mateo County. Upon completion, participants can apply to positions in the emergency medical services field, that can grow into thriving careers in health care. Find [more details and testimonials here](#). **Apply before July 28, 2023.**



Photo credit: Brandon James

Job Readiness Training for Foster Youth

Applications are now open for the Supported Training and Employment Program (STEP). This program is for 18-24 year old, current or former foster youth who have aged out of foster care or probation. This is a paid internship opportunity. It will provide employment skills training to introduce youth to the "world of work". If you work with or know someone who would qualify and would be interested, please share this [Step Intern recruitment](#). There is no deadline to apply. Applications are accepted throughout the year. [Learn more about the program and read testimonials.](#)



Minori Ueyama | Photo credit: County of San Mateo

New Grantmaking Program Funding Opportunity

[Midpeninsula Regional Open Space District](#) announced \$250,000 in funding will be available through the 2023 Grantmaking Program grant round funding the following three priorities:

- Applied science - advancing scientific understanding of natural processes and/or promoting environmental stewardship.
- Partnership and network support - cultivating, sustaining, and growing conservation networks.
- Access, interpretation, and education - educating and promoting open space protection.

Organizations are invited to submit pre-proposals by Friday, July 21. Selected applicants will be asked to submit a full proposal by September 8. [Learn more about this funding opportunity.](#)

HPP UPDATES

Governing for Equity in California!

On June 14-15, Health Policy and Planning (HPP) staff, as part of the Government Alliance on Race and Equity (GARE), attended the 2023 Governing for All: California Statewide Meeting in Oakland. With incredible sessions featuring community organizing groups, national GARE leadership, and local equity officers, the attendees discussed, engaged, and learned about equity efforts across the state. Here are some takeaways from our staff the importance of trust, belonging, and collaboration. Learn more visit [Race Forward](#).



Left to right: Sonali, Veena, Angie, Nupoor
Photo credit: Veena Raghavan



Free to be Me - SMC Pride Parade!

On June 10, HPP participated in the 11th annual San Mateo County Pride Festival. The celebration of love and freedom began early in the morning and continued throughout the day. Community groups, neighborhood art sellers, food trucks, the Community Health Equity Initiatives of Behavioral Health and Recovery Services, the County LGBTQ+ commission and more showed up to celebrate our queer and gender-expansive communities in San Mateo County. We also tabled to share resources informing community about the various units and programs within Public Health, Policy, and Planning (PHPP) and about the upcoming Community Health Improvement Plan (CHIP) sessions. Want to learn more about the SMC Pride Center? Considering [volunteering](#) or [signing-up for their newsletters](#).



Left to right: Jovana Nuevo and Nupoor Kulkarni
Photo credit: County of San Mateo

Introducing Summer Interns – Monikkia and Vicki

It is that time of the year again! We have two new interns joining our team, [Monikkia White](#) and [Vicki Pu](#), through August 2023.

As Health Education intern, Monikkia will work to improve and implement plans that will directly affect the populations we serve. Monikkia is a recent graduate from Touro University California where she earned her Master of Public Health. Monikkia has always been passionate about public health, health equity, and social justice.

As a Communications intern, Vicki supports the research and development of strategies to improve community outreach and the communication of health in San Mateo County. She is currently an undergraduate student at Brown University studying Public Health and Visual Art with an interest in creating equitable health systems through inclusive design.



Left to right: Monikkia and Vicki
Photo credit: Monikkia White and Vicki Pu

Farewell from Melissa

Over the last two years, I have worked as a Community Health Planner with Health Policy and Planning (HPP). In this role, I supported the Safe Schools for All Initiative to keep students in school and safe during the pandemic. I am proud to have contributed to the collaboration between San Mateo County Health and the San Mateo County Office of Education. An example of successes include: increased access to COVID-19 testing and vaccination, childhood immunization catch-up, and encouraging fewer number of school days missed. While the emergency response to COVID-19 has come to an end, our partnership continues. Together, we remain committed to supporting school concerns, including social emotional wellbeing and staff turnover. Many thanks to our school and county partners for your dedication, knowledge, and care.



Photo credit: Melissa Ibarra



COMMUNITY ANNOUNCEMENTS

Free Summer Meals for All Kids

Join us in ensuring that no child goes hungry during the summer! Free meals are available to ALL kids 18 and under this summer, with no registration or identification required. Summer meals are provided by school districts and other community organizations throughout Santa Clara and San Mateo Counties. Visit the [Second Harvest of Silicon Valley's Summer Meals Program](#) to find a location and hours near you.



Photo credit: Second Harvest of Silicon Valley

Need free groceries or want to apply for CalFresh? Call the Second Harvest of Silicon Valley Food Connection hotline at 1-800-964-3663, weekdays from 8:00 a.m. to 5:00 p.m.

New Nonprofit Racial Equity, Diversity & Inclusion (REDI) Hub

We are thrilled to share that our friends at Thrive Alliance and Silicon Valley of Nonprofits (SCVN) have partnered to bring you the Nonprofit Racial Equity, Diversity & Inclusion ([REDI Hub](#)). The hub contains resources and curriculum for nonprofit staff, training, and tools to enable action, and space to promote collaboration and partnership. Don't forget to sign up for the [REDI newsletter](#)!

COMMUNITY COLLABORATION HIGHLIGHTS



Participate in the Community Health Improvement Plan (CHIP)!

From August 2023 – September 2023, SMC Health's Public Health, Policy, and Planning (PHPP) will be conducting a Community Health Improvement Plan (CHIP). The CHIP will engage various community groups to identify health improvement priorities. The health priorities will be informed by data highlights from a recently completed Community Health Needs Assessment.

Participating community residents will be compensated for their time. If you are interested in attending a CHIP session, call Jovana Nuevo at (628)-258-3289 or [sign up here](#).

BOARDS AND COMMISSIONS VACANCIES

There is one vacancy on the Planning Commission in Daly City and multiple vacancies on the Bicycle and Pedestrian Advisory Committee, North Fair Oaks Community Council, and Housing and Community Development Committee:

Daly City: There is one vacant seat on the Planning Commission. Commissioners make recommendations to the Daly City Council regarding discretionary development proposals, the General Plan, specific plans, the Zoning Ordinance, and environmental studies. Open until filled. [Apply today!](#)

County of San Mateo:

The Bicycle and Pedestrian Advisory Committee has one vacant seat representing older adults. The committee advises the Board of Supervisors on funding, projects, programs, and policies related to improving and increasing bicycling and walking transportation, primarily within the County's unincorporated communities. [Deadline to apply is at 5 p.m. on July 28.](#)

The North Fair Oaks Community Council has three vacant seats: one member, one youth, and one youth alternate. Councilmembers address the needs of the community and serves as an advisory council to the Board of Supervisors on those matters which relate to the North Fair Oaks community, including, but not limited to, advice on matters of public health, safety, welfare, public works, policy, planning, community development, program development, and services pertaining to North Fair Oaks. [Deadline to apply is at 5 p.m. on July 28.](#)

There are two vacant seats on the Housing and Community Development Committee: one seat representing Unincorporated North Fair Oaks and one seat representing Low Income member representative. This committee makes recommendations to the Board of Supervisors, through the Director of the Department of Housing, related to the expenditure of all housing and community development funds to review and provide a forum for public comment on affordable housing and community development needs. [Deadline to apply is at 5 p.m. on July 21.](#)



A Nature Vacation - What the Doctor Ordered

San Mateo County Health helps residents live their healthiest life and partnerships play an important role. One example is the collaboration between our [San Mateo County Park Rx Program \(SMC Park Rx\)](#) and the [Peninsula Open Space Trust \(POST\)](#). Thanks to this partnership, our County clinic providers prescribe an overnight nature immersion experience at the Audrey Edna Cabin. This “weekend getaway”, as quoted in [San Francisco Chronicle](#), gives our County’s most vulnerable the opportunity to enjoy the benefits of spending time in nature. For example, spending time outdoors can:

- Reduce blood pressure and headaches.
- Promote health and well-being.
- Lower Stress
- Increase academic performance and productivity.
- Improve mood and behavior.

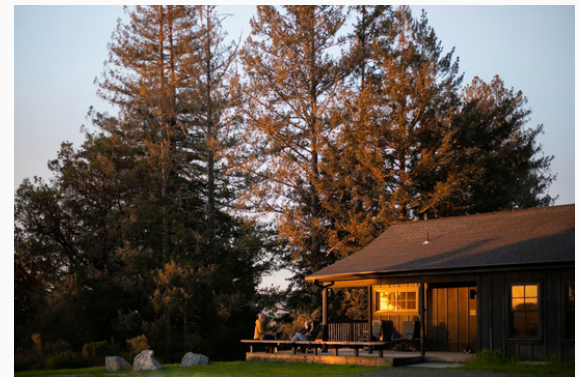


Photo credit: Madison Kurtak for Hipcamp, c/o POST

In a recent segment, the host of the [CNN Morning Show](#) interviewed Gloria Cahuich Gonzalez, our SMC Park Rx Lead about how the cabin can be a therapeutic refuge for patients struggling with stress, depression, and other health issues. And families don’t have to go far! This one-of-a-kind cabin is within 45 minutes from the Peninsula. So, seek refuge in nature and spend time in nature for one hour twice a week to help live your healthiest life.

Live Cooking Demonstration

In May, the CalFresh Healthy Living Program teamed up with Canada College to host a cooking demo. It took place on a day that students and community members were signing up for CalFresh benefits and picking up food from the school's food pantry. Sometimes the produce offered in the pantry is something that students do not typically cook with. The purpose of the cooking demo was to introduce new foods as well as reduce waste. Students learned to make a quick and easy eggplant salad that can be eaten hot or cold. Try the featured recipe, [Eggplant Salad](#).

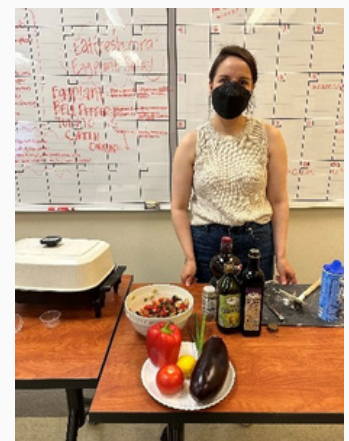


Photo credit: Angie Cavazos

Every Kid Deserves a Bike

In May, the City of South San Francisco (SSF) and the SMC Office of Education hosted the [Every Kid Deserves a Bike Program](#) for the second year. This year, 350 bicycles were distributed to 4th, 5th, and 6th grade students across five schools! Once a student got their new bike, they got it adjusted by the BikeMobile, a local nonprofit. Students were also able to register their bikes through the SSF Police Department who was on hand. New helmets were also distributed, and on-site volunteers ensured a proper fit. New riders were taught how to safely ride their bike. The students left the event with a goody bag that included a bike lock and other essential bike riding accessories. New and experienced riders can review the National Highway Traffic Safety Administration’s [bicycle safety tips for adults and kids](#).



Photo credit: Liz Sanchez



LEARNING OPPORTUNITIES & HIGHLIGHTS

July is Parks and Recreation Month!

Parks and Recreation Month recognizes the power of parks for community building. This year celebrates parks as anchors in community, providing essential services, and bringing people together. Parks departments in San Mateo County and nationwide offer summer programs, events, and celebrations in honor of Parks and Recreation Month. Learn more through the [National Recreation and Park Association](#).



Expanding our learning - Creating Affirming Environments for LGBTQ Youth and Adults!

On June 13, our Health Policy and Planning (HPP) staff attended the Sexual Orientation and Gender Identity/Expression (SOGIE) 101 training hosted by the San Mateo County Pride Center. The training broke down the latest LGBTQ terminology and work to help us build our strengths and grow as LGBTQ+ advocates and leaders. A number of tools were provided to help us in checking our own misconceptions, facing our biases, and building a safe environment for our communities. The tools included [Effective Trans Ally Poster](#), [Cisgender Privileges Checklist](#), and [Words that are Transphobic and Why](#).



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