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BUILDING HEALTHY, EQUITABLE COMMUNITIES

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SPOTLIGHT

Supporting Anchor Mission Work

My name is Sonali, and I am excited to join the Health Equity Team as a Community Health Planner to support County Health's Anchor Institution strategies. Through the CalFresh Healthy Living Program, I supported many partners to advance health equity, making healthy food choices and active school travel more accessible to high-need communities. It was fulfilling to proactively engage with the diverse teams that influenced institutional policy changes. I also learned about the underlying racial and economic disparities affecting these social determinants of health. For a deeper and sustained positive impact, I want to contribute to redesigning systems that have perpetuated current inequities. By providing equitable access to economic growth opportunities, we are empowering people with the means to achieve financial security. As an anchor institution, County Health is addressing these structural determinants of health. I look forward to supporting this work.



Photo credit: Sonali Suratkhar, San Mateo County Health

ANNOUNCEMENTS

Spread the Word on our Summer Internship Recruitment

We are looking for two interns: 1.) Health Education Intern will research and develop a process for the creation of communications materials to advance health equity; and 2.) Communications Intern will improve communications reach and engagement. To learn more about duties, eligibility, and how to apply.

[Deadline is February 28, at 12 p.m.](#)



Photo credit: Nick Morrison on Unsplash



BAY AREA
Community Health
Advisory Council

BACHAC Announces Grant for Health Initiative!

The Public Health Institute (PHI)'s Together Towards Health program awarded a grant for a

new project to the Bay Area Community Health Advisory Council (BACHAC). BACHAC's Social Health Equity Project will use an equity lens to assess the Community Health Needs Assessments reports of non-profit hospital systems in San Mateo County. BACHAC will also conduct a community town hall to share results and seek community input on findings. BACHAC will then work with health care systems, clinics, and other stakeholders to identify 1-2 policy solutions to address the health needs of San Mateo County's communities. [Learn more here.](#)

Growing Justice Funding Opportunity- Due 3/16/23

Growing Justice released a call for applications to advance food justice and build power for people of color in the food value chain. Grants between \$50,000 and \$250,000 will be awarded to organizations to support community-led food systems transformation. Applications are due on March 16th. Learn more about supported activities and eligibility [here](#).

HPP UPDATES

Addressing Disparities in School Discipline

On January 25, the San Mateo Foster City School District partnered with Fresh Lifelines for Youth (FLY) and the REACH coalition to host a discussion on disrupting the school to prison pipeline. Education leaders attended the meeting to discuss disparities in school discipline. These disparities have the most negative impact on Latinx, Black, and Pacific Islander students. Restorative Justice Practices are solution that districts should continue to pursue. [Learn more here.](#)



Photo credit: San Mateo Foster City School District



COMMUNITY ANNOUNCEMENTS



Community Nature Day at Huddart Park 2019. The group is playing La Rueda de San Miguel.

Photo credit: Dr. Rachel Borovina, San Mateo Medical Center

Sign-Up for the Next Contemplative Practices Session

Senior Coastsiders is hosting their eighth contemplative practices

session. The session topic is Mindful Self Compassion and is on March 28 from 1-2 p.m.

Last month, the session focused on Gratitude and Loving Kindness. This addressed pain, chronic disease, and other acute medical issues. It can also increase your sense of emotion, friendliness, and increase positive emotions like awe, happiness, hope, love, and joy. To sign up, call (650) 726-9056 for the session. [Sign up for their newsletters](#) for more information.



Advancing Equitable Access to Nature

Your family can qualify to get a Free Annual Park Pass to explore nature! The San Mateo County Board of Supervisors approved the Mariposa Program. This program provides low-income families free access to parks.

Many underserved communities have no safe access to open spaces within walking distance. Under the Mariposa Program, entrance fees are waived for over 20 public parks. You qualify if you receive CalFresh, WIC, or Medi-Cal.

To request your park pass, contact the Human Services Agency at (650) 508-3200. Please leave your name and phone number and someone will return your call. And get ready to enjoy the benefits of the great outdoors in San Mateo County Parks

San Mateo County Educators Committed to Equity

San Mateo County educators are elevating their racial equity consciousness through trainings, data, and assessment. They are examining school curriculum with an equity lens, building asset-based classrooms, and improving pathways to success via math coursework. Sign up for the County Office of Education's [newsletter](#) to stay informed. If you'd like to raise your own understanding of racial equity visit [Race Forward](#) for an overview of key concepts.



COMMUNITY COLLABORATION HIGHLIGHTS

Crunching on Cabbage

In keeping up with what local fruits and vegetables are in season, students at Garfield middle school held a cafeteria promotion sampling local cabbage salad. Several students loved it, but many did not like it. We were just happy they were willing to try it. Thank you to Redwood City School District Nutrition Services for working together with our CalFresh Healthy Living Program on this project.



Photo credit: Angie Cavazos, San Mateo County Health

Access to Nutritious Foods is Vital to Improving Patients' Health

Dr. Rakhi Singh has dedicated years to working on food and nutrition inequities. She continues to help heal her patient's bodies and fill tummies with nutritious food. [Read how she and her team do it.](#)



Photo credit: iStock

BOARDS AND COMMISSIONS VACANCIES

There are multiple boards and commissions vacancies for the City of San Bruno, City of Menlo Park, and City of Redwood City.

City of San Bruno: The City of San Bruno has one vacant seat on their Parks and Recreation Commission. The Parks and Recreation Commission makes recommendations to the City Council regarding community recreation need. [Deadline to apply is February 28.](#)

City of Redwood City: The City of Redwood City is holding a special recruitment to fill two partial-term vacancies on the Planning Commission, one seat expiring June 30, 2024, and the other seat expiring June 30, 2026. Eligible community members who are interested in sharing their knowledge and experience to help shape City programs and policies are encouraged to apply. [Deadline to apply is February 28.](#)

City of Menlo Park: The City of Menlo Park has vacancies on their advisory bodies: two seats on Complete Streets, two seats on Environmental Quality, one seat on Housing, two seats on Parks and Recreation, and two seats on Planning. Each advisory commission establishes an annual work plan that is in line with the City Council's goals, which guides the commissions' activities and projects. [Deadline to apply is April 7.](#)



LEARNING OPPORTUNITIES & HIGHLIGHTS



Photo credit: Stanford University

Freedom Dreaming: People, Power and Health Equity Event

Stanford University's Mimi & Peter E. Haas Distinguished Visitor Lecture with Robert K. Ross held on January 18 is available to for those who missed the event or want a recap. [Watch the recording here.](#)

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