

GET HEALTHY NEWS

BUILDING HEALTHY, EQUITABLE COMMUNITIES

TOPICS:

- [Spotlight](#)
- [Announcements](#)
- [HPP Updates](#)
- [Community Announcements](#)
- [Community Collaboration Highlights](#)
- [Boards & Commissions Vacancies](#)
- [Learning Opportunities & Highlights](#)

SPOTLIGHT

Congrats to our 2023 Get Healthy SMC Community Implementation Funding Recipients

We are thrilled to announce four projects have been selected to receive 2023 Get Healthy San Mateo County Community Implementation Funding to help advance healthy, equitable communities across San Mateo County! This year's funding approach was to fund five priority project areas (Civic Engagement, Community Collaboration for Children's Success, Restorative Justice Practices in School Settings, Community Health Worker Collaborative, and Resident Engagement Collaborative Model). Review the full description about the [projects, new awardees, and future funding opportunities](#).



ANNOUNCEMENTS

PHPP Strategic Plan is in the Works!

Public Health, Policy, and Planning (PHPP) is developing a strategic plan that will guide the priorities, goals, and strategies PHPP will use positively impact health for the next three years. PHPP will use data gathered from the SMC Health Community Health Needs Assessment (CHNA). The CHNA provides information about a community's current health status to prioritize local health concerns based on the data. Data highlights from this process will be available in late Spring 2023 and the full assessment will be available in Fall 2023.

From June 2023 – August 2023, SMC Health will be conducting a Community Health Improvement Plan (CHIP). The CHIP will include various community groups and PHPP staff to identify health improvement priorities based on the CHNA data highlights.

Using the CHNA and CHIP information, PHPP will develop a PHPP strategic plan. The PHPP plan will include specific goals and measurable objectives for health improvement. The plan will be completed by early 2024.





Meet Stephanie Gonzalez!

She is our new youth intern, and we welcome her to the Health Policy and Planning (HPP) Team. Before coming to HPP, Stephanie completed an internship at San Mateo County Park -Coyote Point. She has experience working with the public and a love for the outdoors. This makes her ideal for supporting the San Mateo County Park Prescription (SMC Park Rx) program. Alongside our SMC Park Rx lead, Gloria Cahuich Gonzalez, Stephanie will assist in promoting equitable access to parks and public land. All SMC residents deserve nature's physical and mental well-being. Stephanie is eager to serve SMC communities and learn as much as possible in this new role. Here's to a year of growth and public service!



Youth Intern,
Stephanie Gonzalez

HPP UPDATES

Strengthening Equity Across SMC Health!

On May 10, SMC Health's Government Alliance on Race and Equity (GARE) convened for the 2023 retreat. GARE consists of staff who champion and forward equity from various departments across SMCH.

With the theme, Equity: Honor the Past and Present to Level Up Our Future! GARE explored new, and expansive frameworks to approach equity work and heard updates from leadership on the SMCH Racial Equity Action Plan, and the County Racial and Social Equity Plan. Learn more [about GARE](#).



Sugar Reduction Summit

Members of the CalFresh Healthy Living Team had the opportunity to attend the Virtual Sugar Reduction Summit. This gave the team the opportunity to learn about evidence-based policies that reduce the sale and consumption of sugar and sugary drinks. The summit also built community capacity for advocacy, improving health, and centering health equity through sugar reduction strategies. Read about [efforts to reduce added sugar in food and beverages](#).



COMMUNITY ANNOUNCEMENTS



Soul Stroll Participants | Photo credit: BACHAC

BACHAC Hosts Soul Stroll 2023

The Bay Area Community Advisory Council (BACHAC) hosted Soul Stroll on May 20. This was its first outside event since 2019 due to the pandemic. This annual family-friendly festival encourages community members to engage in physical activities including walking, running, or biking for one, three, or five miles. The event also includes a health and wellness fair. This year's Soul Stroll Ambassador was Feminista Jones, an author and activist who spoke about health disparities at the opening VIP event on May 19. She also rallied walkers to the finish during the event. Find out more about [BACHAC's health programs and services](#).

The Healing Power of Words

To kick off Mental Health Month, adults and youth gathered at Woodside High School to talk about mental health issues impacting students on May 6. Both parents and students learned how to use poetry to express themselves. The day ended with a celebratory open mic to share poems! Many thanks to the organizers of the event including Decoded, Sequoia Healthcare District, and San Mateo County Behavioral Health and Recovery Services. Find mental health resources at [\[Health\] Decoded](#). #Share4MH



BOARDS AND COMMISSIONS VACANCIES

County of San Mateo: There is currently one vacancy on the Parks Commission and three vacancies on the North Fair Oaks Community Council. The Parks and Recreation Commission is an advisory body that makes recommendations to the Board of Supervisors regarding efforts to enhance parks, recreational and educational opportunities. [Deadline to apply is at 5 p.m. on June 2](#). The North Fair Oaks Community Council addresses 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 June 2](#).



COMMUNITY COLLABORATION HIGHLIGHTS

Community Collaboration Process (CCP) Working Group and Leadership Meet!

On May 15, our HPP Equity Team hosted the first CCP prioritization meeting in-person with our working group members. The intent of the meeting was to work together with PHPP to prioritize evaluation metrics for documenting progress on meeting the [CCP recommendations](#) for a community collaboration structure. Summary of priorities:

- Structure recommendations:
 - Develop a PHPP Strategic plan
 - Fund a convening organization to lead a collective impact model whose scope spans the social determinants of health
- Trust recommendations:
 - Increase presence in community meetings and events
 - Transparent, honest, and consistent communication
 - Consistent access to health education



CCP Working group | Photo credit: Sylvia Peterson

It was great to see and hear the rich conversations that took place among the working group and leadership. This kind of meeting is another step forward in continuing the important work of community engagement.



Day of the Child Event | Photo credit: Gloria Cahuich Gonzalez

Celebrating Day of the Child

The CalFresh Healthy Living (CFHL) staff helped celebrate the Day of the Child at Moonridge affordable housing community. The festivity was full of joy and smiles. Kids tasted a healthy snack after CATCHing the fun of playing our CATCH games. Parents loved to see their kids being active and having fun! Our CFHL table offered healthy snack ideas for parents to support their children's healthy eating and active living. The evening ended with a raffle of many bikes. Kids of all ages left the event riding off with new bikes and helmets. We are grateful to MidPen Services staff for the invitation to join this celebration. We look forward to bringing more CATCH activities to their programs.



LEARNING OPPORTUNITIES & HIGHLIGHTS

Rethink Your Drink Day at Belle Haven Elementary

On May 10, Belle Haven Elementary in Menlo Park celebrated Rethink Your Drink Day. Ravenswood Food Service Director, June Richardson, provided fruit infused water, a delicious alternative to sugary beverages. Cards featuring the water recipes sampled were available for students to take home. By scooping up teaspoons of sugar, students were able to see the amount of sugar that is in popular drinks. Everyone was very excited and eager to learn about the health benefits of water!



Rethink Your Drink demo | Photo credit: Liz Sanchez



Healthy Snack Day | Photo credit: Angie Cavazos

Make Everyday a Healthy Snack Day!

On April 26, Los Robles McNair Academy in East Palo Alto, celebrated Healthy Snack Day! The Food Service Director, June Richardson and her staff put together a variety of snacks for students to try during their lunch time. They sampled, bell peppers with mozzarella cheese, cucumber, celery, and carrots sticks with hummus or peanut butter. There was something for all to enjoy while they also learned about healthy foods and fun, delicious ways to enjoy them. Check out the [healthy snack recipe ideas!](#)

Want to be featured?
Let us know.



Follow or like us on...



[Get Healthy San Mateo County](#) | 801 Gateway Blvd., 2nd Fl., South San Francisco, CA 94080