

GET HEALTHY NEWS

BUILDING HEALTHY, EQUITABLE COMMUNITIES

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SPOTLIGHT

Mental Health Awareness Month Virtual Background

Mental Health Awareness Month is recognized each May to raise awareness and reduce stigma surrounding mental conditions.

Mental Health Awareness month was first celebrated in 1949 and was founded by the organization now known as Mental Health America (MHA). MHA has designated this year's theme to be "Look Around, and Look Within," encouraging everyone to consider how the world around them affects their mental health. This year's theme considers nonmedical factors (Social Determinant of Health, neighborhood, environment, education etc.) that contribute to our mental health and well-being.

California also has a statewide theme, #Share4MH to promote engagement in reducing stigma surrounding mental conditions:

- Share how you practice self-care.
- Share how you practice mental wellness.
- Share how you get support for your mental health.
- Share how you overcame stigma.
- Share your journey towards wellness and inspire others to take action.
- Share how you live the Take Action pillars: Check-In, Learn More, and Get Support.

CALL TO ACTION:

- Share4MH; [promote the flyer](#) (available in English and Spanish) with partners.
- Review [SMC Health Mental Health Month](#) information and fast facts.

Virtual Background: Use this template to change your [virtual background](#).

For future awareness month backgrounds, please go to the [Learning Opportunities & Highlights](#) section.





Farewell to Our Interns, Karina and Molly

During their time with us, Karina and Molly have been an integral part of our team, bringing fresh perspectives and new ideas to the table. They have had the opportunity to work on a variety of projects and have gained valuable skills and knowledge along the way. Our internship program has always been designed to provide a hands-on learning experience, and we are thrilled to see how much both interns have grown during their time with us. We wish them all the best in their future endeavors. Karina and Molly share a little about their experiences below:

Looking forward to the Future

By Karina Cabrera

I have had one of the most inspiring and knowledgeable experiences while working with the Public Health Policy and Planning department. I was able to develop and manage content for various communications channels and outreach campaigns. I also gained competency in website management and communications analytics. My time with PHPP is ending soon. And I am thankful for the opportunity to work with such amazing and influential people. You are all making a difference within San Mateo County. I'm looking forward to what the future has in store!



Committed to Bringing an Equity Lens to Public Health

By Molly Shea

My internship with the Public Health Policy and Planning department has been one of the most enriching and informative experiences of my public health career. I have worked on projects ranging from the development of a health education program proposal to the redesign of our racial equity and health webpage. A key takeaway from this experience has been that community collaboration and stakeholder engagement remain at the center of all our equity efforts. Although I am concluding my time with PHPP, I am committed to bringing a health equity lens to all my future work in public health. I look forward to the opportunity to work with SMC Health in the future.



ANNOUNCEMENTS

San Mateo County Supports Food Security in Our Communities

California Senate Bills (SB) 600 and 348 support the wellbeing of CalFresh recipients and students. SB 600 would raise the minimum monthly nutrition benefit for all CalFresh recipients. SB 348 would ensure all California students receive two nutritious meals and sufficient time to eat each school day. San Mateo County is happy to support these bills as they increase food security and aim to improve child nutrition. Learn more about [SB 348](#) and [SB 600](#).



Redwood City Together (RWCT) hosts Community Impact Celebration

RWCT works to advance the success of youth and families in Redwood City and North Fair Oaks through community collaboration. On April 6, the organization hosted an event to celebrate the launch of its multi-year grant from Silicon Valley's Social Venture Fund. The goals of the collective impact collaborative are to:

- Ensure all children, youth, and families live in safe, healthy, and supportive environments
- Build resilient children and youth by expanding developmental assets
- Provide targeted support to address unmet needs at key ages

This multi-agency partnership met to reflect on progress together, to plan, and to prioritize CCCS neighborhood action strategies. This multi-agency partnership met to reflect on progress together, to plan, and to prioritize CCCS neighborhood action strategies. See [RWCT's CCCS plans](#) for more information.



Transforming Systems for a Healthier San Mateo

BACHAC hosted a community mini-town hall on March 22. Community members heard data highlights from the Community Health Needs Assessments (CHNAs) reports of six non-profit healthcare systems in San Mateo County. Members provided input on recommended policies that impact the health of our community. To learn more about the project, check out the BACHAC website. [Slides from the town hall and updates on their policy advocacy efforts.](#)

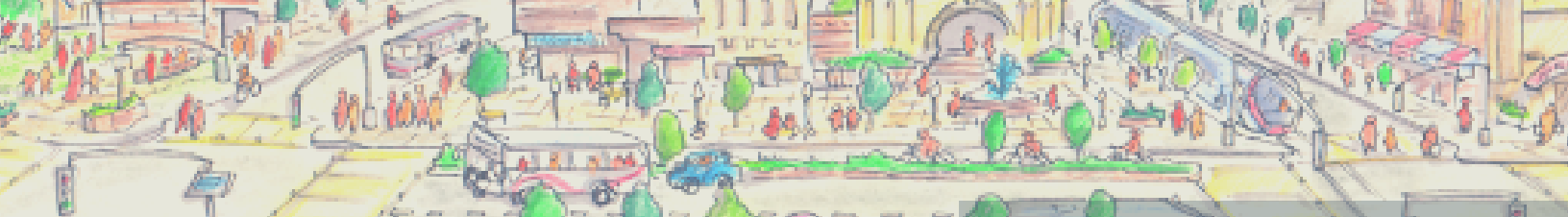
HPP UPDATES

Community Data Forum

On April 20, San Mateo County Health hosted a Community Data Forum. Participants learned how to search for data and build reports using the [San Mateo County All Together Better website](#). Community partners also shared feedback on how to improve the data portal.

To learn more about future data trainings, please contact us at HPP@smcgov.org





BAHR II Community Engagement Round Table

The HPP Health Equity Team joined the Bay Area Regional Health Inequities Initiative (BARHII) to convene a roundtable to share learnings and best practices on community engagement. This convening took place on April 25. Topics included building Health Equity Zones (HEZ) and establishing a Community Collaboration Process (CCP). Learn more about [HEZs](#) and the [CCP](#).



COMMUNITY ANNOUNCEMENTS

Unlimited Visits to County Parks

Attention nature lovers. You may be able to get a free annual park pass! We all deserve access to parks and the opportunity to explore and enjoy the beauty of our 20+ County Parks. The Mariposa Program benefits residents who receive the following benefits:

- Medi-Cal
- CalFresh
- CalWORKS
- San Mateo County Access and Care for Everyone (ACE)



If you receive one of these benefits, call to request your annual park pass. Leave a message with your full name and phone number at (650)508-3200. Someone will call you back and mail a free annual park pass, hablan español, ¡llame!

BOARDS AND COMMISSIONS VACANCIES

Boards and Commissions Vacancies

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

City of Redwood City: The City of Redwood City has vacancies on their Police Advisory Committee and Transportation Advisory Committees. The Police Advisory supports partnership and transparency between the community and the Police Department. The Transportation Advisory's mission is to Increase safe, attractive, sustainable, and comfortable access and independent travel options for the Redwood City community, present and future, by promoting and utilizing Complete Streets principles and practices.

[Deadline to apply is April 30.](#)

City of San Bruno: The City of San Bruno has one partial term expiring on 10/31/24 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 at 5 p.m. on May 5.](#)

County of San Mateo: There is currently one vacancy on the Parks and Recreation 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 May 19.](#) 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.](#)



Sign-Up for the Final Contemplative Practices Session!

Senior Coastsiders is hosting their final (tenth) contemplative practices session. The session topic is on Mind-Body Centering and will be held on May 9, 4:00-5:00 PM (In-person). Contact Senior Coastsiders at 650-726-9056 to sign up for the session. Or [sign up for their newsletters](#) for more information.

COMMUNITY COLLABORATION HIGHLIGHTS

Leadership Collaborative

The Leadership Council San Mateo County believes communities are stronger when a diversity of leaders are connected, knowledgeable, and targeted in their efforts to create positive change. This year, Health Policy and Planning (HPP) staff participated in the Building Healthy Communities Day with the Leadership CORPS (senior leaders) and the Emerging Leaders cohorts. HPP's presentation focused on upstream prevention and engaging in a dialog to identify strategies for addressing social determinants of health. Survey comments from participants included:

- "I gained new ways of visualizing and thinking about how the many factors that go into health outcomes (the river) come together, that are helpful to me."
- "Wow, I loved this. I have read a lot about the social determinants of health but the conversations we had were really really insightful and valuable."
- "I liked learning about other folks' perspectives when it came to how access to health care providers affected the populations they serve but also themselves. It gave me different perspectives."



Leadership County San Mateo County is now accepting [applications and nominations](#) for: **Leadership CORPS** and the new **Emerging Leaders Program**. It would be wonderful to see members of the local community represented in the Classes of 2024! Deadline is May 1, 2023.



Creating Safer Streets

In April, the San Mateo County Office of Education hosted four walk audits at schools in Daly City, Pacifica, and Half Moon Bay. These walk audits were facilitated by national transportation and public health consultant, [Mark Fenton](#). The walk audits brought together a diverse group of stakeholders to assess walkability, pedestrian access, and bikeability near the schools. The next step will be to elevate these issues with each city and to consider implementing road safety measures for pedestrians and bicyclists.



LEARNING OPPORTUNITIES & HIGHLIGHTS



May is Affordable Housing Month

The Housing Leadership Council is hosting several workshops throughout the month: To learn more go to:

<https://hlscsmc.org/events/affordable-housing-month/>

Rethink Your Drink Day is May 10!

Rethink Your Drink Day is a National Day of Action in California. The goal of this day to bring awareness of the health effects of drinking sugar sweetened beverages and promote the benefits of drinking water. Rethink Your Drink events will be hosted at elementary schools; county health and dental clinics; and at other community-based organizations. Learn more about the statewide campaign [here](#).



Farmworker Health in California Study

On April 17, Attorney General Rob Bonta held a virtual dialogue on actions taken by leaders in California to protect the health and rights of farmworkers. The forum highlighted findings from a recent study by UC Merced's Farmworker Health in CA Study. The study found that more than a third of all CA farmworkers are living with chronic diseases such as diabetes, hypertension, and anxiety. Additionally, about half have no health insurance. Results from the study's findings aim to improve work environments in agriculture. Key actions include expanding access to health care, strengthening economic and safety net services, and protecting worker rights. For more study highlights go to <https://news.ucmerced.edu/news/2023/community-and-labor-centers->

Health Equity in America: Political Determinants of Health

Highmark Health's Enterprise Equitable Health Institute hosted Daniel Dawes' Lecture on March 28. His leadership on the political determinants of health framework has resulted in increased policies and laws prioritizing health equity. Key takeaway was developing a patient centered approach for health systems that is based on trust, inclusion, and power sharing. To learn about the panel's highlights and more on political determinants of health, visit: <https://www.danieledawes.com>.

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