



# 2015 Get Healthy SMC Community Implementation Funding

## *Project Outcomes and Accomplishments*

### **Community Implementation Funding**

Every year, Get Healthy San Mateo County (GHSMC) awards funding to community and faith-based organizations, non-profits, public agencies, and schools for place-based primary prevention and health equity efforts.

The goal of the Community Implementation Funding is to improve health in San Mateo County by supporting efforts that prioritize health and equity and improve conditions for people who have limited opportunities to be healthy.

### **Funding Outcomes**

To promote healthy places, Get Healthy San Mateo County supports policy efforts that prevent diseases and ensure everyone has equitable opportunity to live a long and healthy life.

The impact of policy related work can take many years to come to fruition. GHSMC measures progress towards building healthy, equitable communities by using short-term milestones that can lead to long-term changes or health impacts.

2015 funding supported the following types of efforts:

- Community education
- Action-focused research
- Technical assistance
- Promotion of systems change
- City and regional planning processes



*Building Healthy,  
Equitable Communities*

*“All residents, regardless of income, race/ethnicity, age, ability, immigration status, sexual orientation, or gender have the opportunity to reach their full potential”*

*GHSMC Vision*



## Shift in awareness knowledge, attitudes, values and behaviors

- Fifteen people from the hard-to-reach and low income Pacific Islander communities in San Mateo, Redwood City, and East Palo Alto learned how to grow healthy food which is likely to increase consumption of vegetables.
- Students from East Palo Alto Charter School and the Pacifica School District have a better understanding of the food system, growing food, and an increased appreciation for healthy seasonal produce by participating in outdoor labs and garden-based education. This will help expose children to healthy eating early on and support health in the long run.
- Students from seven Pacifica School Districts learned about the importance of collaboration, creativity, and critical thinking by participating in outdoor garden classrooms and gained some skills critical to academic success.



High-quality education creates pathways to better health.

## Strengthened capacity of groups and organizations

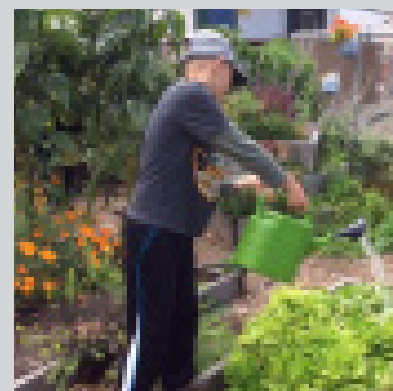
- Twenty youth in East Palo Alto gained training to lead community members in voicing needs and solutions around achieving equity in affordable housing.
- Nearly 200 residents from Redwood City, San Mateo and Pacifica learned about the connections between stable and affordable housing and health, were trained to be community leaders, conduct outreach on housing related issues, and worked through city planning processes towards long-term solutions for housing stability.
- Five hundred East Palo Alto residents who are low-to-moderate income learned about the city planning processes and ways to promote issues of affordable housing.
- Forty newly trained school district staff gained skills to implement physical activity curriculum in all South San Francisco after-school childcare sites.
- Ten youth leaders from communities in South San Francisco and Daly City facing health disparities trained in leadership and public health advocacy skills.



Stable and affordable housing protects health and provides the ability to engage in healthy opportunities.

## Improved social and physical conditions and environments

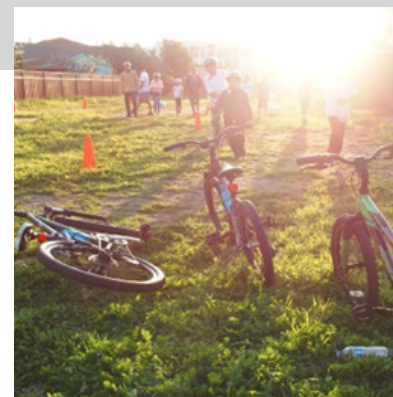
- 25 families from the Siena Youth Center in North Fair Oaks participated in a community-organized food distribution program and gained better access to healthy fresh produce and fruits. 70% of participating families indicated increased consumption of vegetables by a substantial amount and 85% reported eating a much wider variety of vegetables.
- People transitioning from homelessness and dealing with food insecurity were provided healthy lunches and learned the importance of healthy food options and its relationship with preventable diseases and mental health.
- Youth from the Siena Youth Center presented three new bike routes and a sign installation proposal to the North Fair Oaks Council to increase opportunities for safe biking from the Siena Youth Center to Ravenswood Open Space, Bidwell Bayfront Park and Flood Park. The signage plan was referred to Public Works and the Council plans to further study biking signage within the community to provide safe places to walk and bike and increase everyday physical activity.



**Complete neighborhoods make it easy for residents to be healthy everyday in their communities by making the healthy choice the easy choice.**

## Policy level change

- Youth leaders examined Daly City's food and beverage environment in areas with high health disparities, and shared data-driven findings and policy recommendations with community leaders to reduce sugar-sweetened beverage consumption and health problems such as diabetes and obesity.



**A strong local economy builds household financial security for all and promotes everyone's health.**

## Strengthened community engagement or issue visibility

- Hundreds of residents participated in community meetings in Redwood City and San Mateo and met with community leaders some for the first time in their lives - to share their learning about community health and housing, and identify ideas and solutions to improve and support community health.
- Transportation agencies and key stakeholders learned about the opportunity to use congestion pricing on highways via express lanes as a way to reduce congestion and increase transportation options for the Highway 101 corridor to encourage less solo driving, slow down climate change and decrease air pollution, which causes respiratory health issues such as asthma.

## 2015 Community Implementation Funding Recipients

In 2015, Get Healthy San Mateo County awarded funding to 12 organizations to help create healthy, equitable communities.

- CoMer Comunidad Mercado for Access to Healthy Food (1 Grain to 1000 Grains)
- Pacific Islander Edible Churchyards and Environments Project (Taulama for Tongans)
- Project We HOPE and Samaritan House
- Outdoor Garden Classrooms (Pacifica School District) and East Palo Alto's Hydroponics Adventure (Susty Kids)
- Are We Sweet Enough? Sugar Sweetened Beverage Youth Action Committee (Youth Leadership Institute)
- Healthy Families and Secure Homes (Faith in Action)
- Promoting Equity in Affordable Housing Campaign (Youth United for Community Action)
- Motivating Others Via Exercise (South San Francisco School District)
- Trips for Kids Bike Program (Siena Youth Center)
- Support for Public Transit and Active Transportation in San Mateo County (TransForm)

Find more information about these and previous grant recipients at:

[www.gethealthysmc.org/ImplementationFunding](http://www.gethealthysmc.org/ImplementationFunding).

## 2017 Community Implementation Funding

Help us build healthy, equitable communities by advancing health through [housing](#), [neighborhoods](#), [schools](#), and [the economy](#) in 2017. Stay tuned for the release of 2017 GHSMC funding in August 2016!

### Stay Involved

Sign up for our monthly e-newsletter for the latest on how to create healthy, equitable communities and follow us on social media:

[GetHealthySMC.org/JoinUs](http://GetHealthySMC.org/JoinUs)

[Facebook.com/GetHealthySMC](https://Facebook.com/GetHealthySMC)

[Twitter.com/GetHealthySMC](https://Twitter.com/GetHealthySMC)

### About Get Healthy SMC

Get Healthy San Mateo County is a local collaborative of community-based organizations, County agencies, cities, schools, and hospitals working together to advance policy change to prevent diseases and ensure everyone has equitable opportunities to live a long and healthy life.

The collaborative is facilitated by the San Mateo County Health System.

[GetHealthySMC.org/ImplementationFunding](http://GetHealthySMC.org/ImplementationFunding)