

GET HEALTHY NEWS

BUILDING HEALTHY, EQUITABLE COMMUNITIES

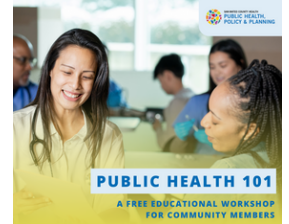
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SPOTLIGHT

Save the Dates: Public Health Workshop Sessions!

In partnership with El Concilio, Public Health, Policy & Planning is hosting four (4) Public Health 101 workshops across San Mateo County in February. Come learn more about the role of public health, and what you can do to build healthier communities. These workshops are FREE for community members! Participants will be entered into a raffle for a chance to win a gift card and other public health swag. Be sure to save the date!



Here is the workshop schedule:

- **February 6:** 5-7 p.m. on ZOOM, in English hosted by El Concilio | [Register here](#).
- **February 7:** 5-7 p.m. at North Fair Oaks Community Center, in Spanish hosted by El Concilio | [Register here](#).
- **February 8:** 5-7 p.m. at the ALAS Sueño Center, in Spanish hosted by ALAS | [Register here](#).
- **February 13:** 5-7 p.m. Crocker Masonic Lodge in English. | [Register here](#).

To register for a workshop session or ask questions, please contact: Deandra Lee (dlee1@smcgov.org) +1 (628) 222-3023

ANNOUNCEMENTS



A New Opportunity to Support San Mateo County Children

I joined HPP as a Community Health Planner in 2021 to chart a new direction for the Community Collaboration for Children's Success (CCCS). It's been a privilege to work closely with community partners in North Fair Oaks/Redwood City to develop a thriving Neighborhood Action Team. The learnings from that collaboration have inspired a new CCCS group in

South San Francisco (invitation below). In the past two years, HPP has funded and advised innovative youth programs and partnerships in Daly City and East Palo Alto as well.

I have joined First 5 San Mateo County, to launch an exciting new initiative to support children and families. The "Baby Bonus" program aims to reduce childhood poverty by providing a monthly cash payment to eligible families with newborns. Learnings from this program can inform our understanding of how social and economic policy shape health equity. I look forward to this opportunity, anticipated to last three (3)-four (4) years. Please keep in touch through the same county email address: mle@smcgov.org.



Air Quality and Health

Good Indoor Air Quality is a critical component of a healthy indoor environment. Good air quality can help schools achieve their primary goal of educating children. The Environmental Protection Agency (EPA) is accepting proposals for their Indoor Air Pollution in Schools grant program. Schools and districts, non-profit organizations, and local government agencies are all eligible to apply. To learn more and apply visit the [EPA website](#).



HPP UPDATES



Half-way through the Stanford Health Equity Ambassador Program!

In partnership with El Concilio, Health Policy and Planning (HPP) has been participating as a Health Equity Ambassador with Stanford's Office of Community Engagement. During this program, ambassadors are learning about different tools, resources, and methods to equitably engage community members. We've heard from guest speakers based in Stanford as well as community-based leaders across San Mateo County.

[Here is one example](#) of the readings that highlights models to empower community members to help solve health problems.

Stay tuned for April when El Concilio and HPP present their research project at the 2024 Stanford Community Health Symposium!

COMMUNITY ANNOUNCEMENTS

Supporting School Staff's Social Emotional Learning (SEL)

On Tuesday, January 16, educators and community partners came together to celebrate the release of "Be Well. Teach Well. A Guidebook to Support Adult SEL and Educator Well-Being". The guidebook was developed in partnership with San Mateo County Office of Education, San Mateo County Health, and TeachWell. The morning focused on an overview of the guidebook. There were also presentations from educators sharing their experience working to address the stress and challenges of their profession. The afternoon session included presentations from three organizations serving San Mateo County schools, [Clayful Health](#), [Changing Perspectives](#), and [TeachWell](#). Download the [guidebook here](#).

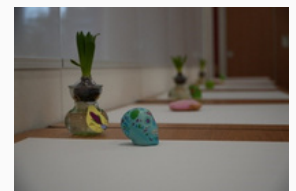


Photo credit: San Mateo County Office of Education



Photo credit: County of San Mateo

Apply for NEW Commission on Sheriff's Office

The County of San Mateo seeks members for its new Independent Civilian Advisory Commission on the Sheriff's Office. The commission will advise the Board of Supervisors on resident and police relations. Eligible applicants must live in the county. Citizenship status is not considered. We encourage a diverse array of people to apply! Contact Sherry Golestan at sgolestan@smcgv.org to learn more. [Deadline to apply is 5p.m. on Friday, February 23.](#)



COMMUNITY COLLABORATION HIGHLIGHTS

Community Health Improvement Plan (CHIP) Progress

The work groups of the three priority areas (see below) continue to make progress in developing implementation plans for the CHIP.

- Access to Health Care Services
- Mental Health and Mental Disorders
- Social Determinants of Health

Most of the groups have finalized the work group goal, vision, and community indicators that will be part of the plan. Next steps in the process include the development of strategies and objectives for the next three years. Once the plan is developed there will be ongoing work to implement the plans. This is an opportunity for community partners to join CHIP activities. More information on next steps, including recruitment for the San Mateo Community Health Improvement Collaborative, will be posted on the [Community Health Planning webpage](#).

Working CHIP Planning Structure



LEARNING OPPORTUNITIES & HIGHLIGHTS

Walk, Ride, and Roll Webinar Series: Supporting Safe Routes and Sparking Joy Through Community Partnerships

Join the School Travel Partnership for an exciting webinar series. The sessions will focus on finding ways that make Safe Routes programs safe and enjoyable. This webinar will guide you on finding the perfect partner for your needs. Whether you need new places to connect with people, experts to evaluate your program, or fun ideas to make it more interesting.

The webinar series begins on February 7, 2024. [Register here for the Walk, Ride, and Roll Webinar Series.](#)



BOARDS AND COMMISSIONS VACANCIES

There are two vacant seats on the Planning Commission and one vacant seat on the Recreation Commission for the City of Daly City, one Library Commission seat for the City of Menlo Park, one vacancy on the Parks & Recreation Commission for the City of San Bruno, and multiple vacant seats for the City of South San Francisco and County of San Mateo:

City of Daly City: There are two vacancies on the Planning Commission and one vacancy on the Recreation Commission. The Planning Commission makes recommendations to the City Council regarding discretionary development proposals, the general plan, specific plans, the zoning ordinance, and environmental studies. The Recreation Commission is a five-member citizen’s advisory board appointed by the City Council. Interest Open until filled. [Apply now!](#)

City of Menlo Park: There is one Library Commission term expiring April 30, 2024, and one Library Commission term expiring April 30, 2025. The Library Commission is charged primarily with advising the City Council on matters related to the maintenance and operation of the City’s libraries and library systems. [Deadline to apply is at 5 p.m. on January 26.](#)

City of San Bruno: There is one vacancy, partial term expires on 10/31/24, on the Parks & Recreation Commission. The Parks and Recreation Commission shall make recommendations to the City Council regarding community recreation needs on or in any public grounds and buildings. Open until filled. [Apply today!](#)

City of South San Francisco: There is one seat (partial term expiring 7/19/2024) on the Bicycle and Pedestrian Advisory Committee. The purpose of the Authority is to serve as an advisory committee and make recommendations to the City Council on policy, programming, improvements, operation, maintenance, accessibility, and usage of bicycle and pedestrian facilities throughout the City. [Deadline to apply is at 5 p.m. on February 12.](#)



Elevating Racial Justice in San Mateo County

Summit for Partnerships in Education: Elevating Racial Justice in San Mateo is hosting an event on Thursday, February 15 from 8:30 a.m. – 2:30 p.m. This event provides an opportunity to learn, engage in thought-provoking discussions, and network with people who are passionate about fostering a more equitable education system. [Learn more and register for the event.](#)

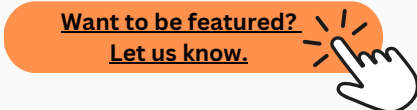


Stocking the Pantry Podcast

A new CalFresh Healthy Living podcast, hosted by Leah's Pantry is now available on Spotify. The series features stories and strategies on equity-centered and resilience-building initiatives. There are a variety of topics featured such as education, policy, system and environmental strategies and community collaborations.



The series is available on YouTube and Spotify: [Stocking the Pantry: A Podcast for the CalFresh Healthy Living Community | Podcast on Spotify](#)



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BOARDS AND COMMISSIONS VACANCIES

There is one alternate member seat on the Equity and Public Safety Commission. The purpose of the Commission is to make recommendations regarding policies and procedures that impact equity, safety, and security across City departments. This Commission bolsters community participation and decision-making and increases transparency and accountability. The Commission on Equity and Public Safety focuses on a holistic approach to community safety. It applies an equity lens to advance fair housing, social services, policing, and other areas. [Deadline to apply is at 5 p.m. on February 12.](#)

There is one seat (partial term expiring 03/31/2025) on the Housing Authority Commission. The Housing Authority's services include developing, operating, and maintaining housing projects and examining affordable housing issues, including unmet housing needs of low-income residents. [Deadline to apply is at 5 p.m. on February 12.](#)

There is one seat (partial term expiring 06/30/2024) on the Library Board. The Library Board works in conjunction with the Library Director to develop plans of service, evaluate and advise the council and staff on the need for services and programs, and adopt policies as necessary for the administration of the library. [Deadline to apply is at 5 p.m. on February 12.](#)

There are two seats on the Youth Commission. The purpose seeks to address issues affecting youth through collaboration with the City Council and SSFUSD School Board. This opportunity allows for students and youth to engage in local government while learning about how decisions made affect daily life, in addition to how Boards and Commissions are involved in the process. [Deadline to apply is at 5 p.m. on February 12.](#)

County of San Mateo: There are three vacant seats on the Agricultural Advisory Committee. This Committee actively assists in the preservation of agriculture on the Coastsides, advising and recommending to the County Planning Commission and the Board of Supervisors. Open until filled. [Apply today!](#)

There are seven vacancies on the Commission of Aging and two seats on the Commission of Disabilities. Open until filled. [Apply today!](#)