

GET HEALTHY NEWS

BUILDING HEALTHY, EQUITABLE COMMUNITIES

TOPICS:

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

SPOTLIGHT

Join Us for the Community Health Improvement Plan (CHIP) Kick- Off Meeting

Public Health, Policy & Planning is moving into step two of the strategic direction. In step two, the Information gathered from the [Community Health Assessment \(CHA\)](#) and the CHA community forums will guide the development of a Community Health Improvement Plan (CHIP). The CHIP

outlines key objectives and strategies that will lead to improvements in health outcomes. Join us for the virtual CHIP Kick-Off meeting on November 1, 5 p.m. – 7 p.m. [Participate in Zoom](#) or join by phone by calling +1-669-900-6833 or +1-669-444-9171. Meeting ID: 814 7084 6597 and Passcode: 215097.



North Fair Oaks CHA Forum | Photo credit: Dr. Curtis Chan

ANNOUNCEMENT

Farm to School Grants Available

The United States Department of Agriculture announced funding to increase access to local foods in schools and provide food systems education. Awardees will receive up to \$500,000 for a two-year project. Eligible applicants include schools, nonprofits, local government, and agricultural producers. Deadline to apply is January 12, 2024. Interested applicants can attend a [webinar on November 1 and 2](#). [Learn more and apply](#).



Photo credit: Canva

HPP UPDATES

Building Community Health and Wealth

This year UCLA hosted The Healthcare Anchor Network (HAN) conference from October 3-5. HAN brings together anchor institutions to address public health disparities caused by racism. Many health system leaders shared their strategies for investing in community health. Some leaders are partnering with banks to provide financial literacy to minority-owned businesses. Others are working to create a more impactful workforce culture. HPP is supporting intentional career pathways for under resourced communities. This includes working with the Human Resources Department and schools/colleges to establish career pathway maps. Learn more about [anchor institutions](#) and [HAN](#).



HAN Conference | Photo credit: Sonali Suratkar



Deandra Lee speaking at the Health Equity and Anti-Racism Research Symposium. | Photo credit: Nupoor Kulkarni

Authentic Community Collaboration as a Standard Research Practice

On October 5, UCSF hosted its annual Health Equity and Anti-Racism Research Symposium. The event showcases research and action to advance equity. Deandra Lee, an HPP staff member, presented "A Community-Informed Research Approach for the Development of a Community Collaborative Structure Within Public Health Governance." The talk shared research methods and learnings from the health department’s community engagement process. A couple of key takeaways were the importance of building both trust and power with communities. Check out information on the [Community Collaborative Process](#) for information about the how you can join this effort.

CalFresh Healthy Living Annual Forum

Health Policy and Planning staff recently attended the [CalFresh Healthy Living Forum](#). This year’s forum was titled Equity in Action: Supporting Healthy Communities Together and the content of the workshops reflected this focus on health equity. Presentations focused on meeting the needs of tribal communities, engaging residents with disabilities, coalition building to improve food access, and utilizing policy and systems strategies to expand the reach of our local programs, just to name a few. Staff returned from the conference energized to see how we can put what we’ve learned into action for the residents of San Mateo County. Listen to the CalFresh Healthy Living podcast, [Leah's Pantry's Podcast](#), [Stocking the Pantry](#) featuring a lineup of stellar pre-forum interviews with speakers from this year's forum.



Liz and Mai at the CalFresh Healthy Living Annual Forum | Photo credit: Mai Le



Photo credit: Canva

Safe Routes to School Summit 2023

Health Policy and Planning staff attended the virtual Safe Routes to School (SRTS) Summit in October. The conference featured speakers from around the country and explored topics including equity in SRTS, bike education and active transportation funding. Participants had a chance to connect with regional peers to share best practices. Be sure to join the upcoming webinar, [Telling Your Safe Routes to School Story: Media and Messaging Strategies that Work!](#) on November 8 at 10 a.m.



COMMUNITY ANNOUNCEMENTS

EMS Corps Recruitment Update

The EMS Corps Fall Cohort recruitment was successful. The San Mateo Daily Journal published a [Letter to the Editor that highlighted the program](#). Also, many partners and community leaders helped promote this opportunity. Out of eight applicants, six were accepted into the [5-month long, full-time training program](#). Congratulations to local residents Jordan Rodriguez and Kevin Paniagua both from Redwood City for selection into the new cohort! San Mateo County Health will continue to address challenges faced by applicants as we strive to support their economic wellbeing. Find out more about the [EMS Corps program](#). Stay tuned for Spring Cohort recruitment happening in early February 2024.

Supporting Safe Routes to School-2023 Fellowship Update

The 2023 School Travel Fellowship organized by the San Mateo County Office of Education has wrapped up with some impressive accomplishments. Teams from East Palo Alto, Redwood City, Millbrae, and Menlo Park worked hard to ensure students can walk and bike to school safely. Cities engaged school communities and implemented quick build demonstration projects to improve safety, including roundabouts, curb extensions, and high-visibility crosswalks. Learn more about safe routes to school through the [National Partnership](#).



Crosswalk near Henry Ford Elementary | Photo credit: City of Redwood City



November 14: Ruby Bridges Walk to School Day

On November 14, we celebrate Ruby Bridges Walk to School Day. This is a special day recognizing Ruby Bridges' courage and bravery when she helped desegregate an all-white school in 1960. We invite you to join schools across San Mateo County and come together to celebrate Ruby and support equal education for everyone. Learn more about [Ruby Bridges Walk to School Day](#).

BOARDS AND COMMISSIONS VACANCIES

Boards and Commissions Vacancies

There is one vacancy on the Parks & Recreation Commission for the City of San Bruno, one vacancy on the Planning Commission and one vacancy on the Recreation Commission for the City of Daly City, and multiple vacant seats for the County of San Mateo:

City of Daly City: There is one vacancy on the Planning Commission and one vacancy on the Recreation Commission. The Planning Commission makes recommendations to the Daly City 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 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!](#)

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 is one vacancy on the **LGBTQ Commission**. This commission advises the Board of Supervisors as to the promotion of programs that foster the well-being and civic participation of LGBTQ individuals in San Mateo County. [Deadline to apply is November 3.](#)



COMMUNITY COLLABORATION HIGHLIGHTS

Community Health Assessment (CHA) Forum Highlights

Public Health, Policy & Planning (PHPP) hosted seven CHA forums for the community between September 12 and October 19. The forums were in different locations throughout San Mateo County and sessions were held in English and Spanish. PHPP shared data highlights from and the San Mateo CHA and received invaluable feedback on health needs from community partners. These forums would not have been possible without the collaboration with Bay Area Community Health Advisory Council (BACHAC), Coastside Hope, El Concilio, HealthWays, One East Palo Alto, San Mateo County Pride Center, Senior Coastsiders, and Youth Community Service (YCS).



CHA Community Forum | Photo credit: Dr. Curtis Chan

This was Step 1 (CHA) in developing a health improvement plan. Step 2 (CHIP) will work with community partners to identify health priorities and develop a plan.

Step 1: Community Health Assessment (CHA) - completed

Step 2: Community Health Improvement Plan (CHIP) – Join us to help develop the plan!

When: November 1, 2023, 5:00pm – 7:00pm

Where: [Join Zoom here](#) or by phone: +1-669-900-6833 or +1-669-444-9171.

Meeting ID: 814 7084 6597 Passcode: 215097

Check out the [PHPP Strategic Direction webpage](#) to learn more.

Health Equity Ambassadors Cohort Begins

The Stanford Cancer Institute launched its inaugural Health Equity Ambassadors Program this fall. The goals of the program are to:

- Increase community partnerships
- Drive research that responds to community needs
- Build research capacity in the Bay Area and Central Valley

Participants in the learning cohort will receive training to aid community research partnerships. Cohort participants will then develop a community research project driven by identified community needs.

Each team receives \$6k in funding to support its research project. El Concilio policy fellow, Scarleth Contreras, and HPP staff member, Deandra Lee, comprise the cohort team representing San Mateo County Health. El Concilio will work in partnership with HPP to focus research on the [Community Collaborative structure](#). Stay tuned for updates on our learnings!

Photo credit: Stanford University



LEARNING OPPORTUNITIES & HIGHLIGHTS

CAREGIVERS MATTER A Conference for Family Caregivers

Join **San Mateo County Caregivers Collaborative** for a day of self-care, gathering valuable resources, and connecting with a community of family caregivers! Learn how to care for yourselves while caring for others. There is no cost to attend the conference, but registration is required. Light breakfast and lunch are included. Interpretation available in Spanish and Mandarin.

WORKSHOP TOPICS:



- ▶ Self-Care Tips
- ▶ Advance Care Planning
- ▶ Yoga
- ▶ Fall Prevention
- ▶ Legal Planning
- ▶ Drumming
- ▶ Brain Health
- ▶ Dance Therapy

DETAILS:

WHO: For those caring for an older adult, someone with dementia or chronic health issues, or grandparents or older relatives raising children

WHAT: A FREE event to help caregivers learn to care for themselves while caring for others — respite may be available

WHERE: Crowne Plaza Foster City, 1221 Chess Drive, Foster City 94404
Free on-site parking

WHEN: Saturday, November 11, 2023, 9:30 am – 2 pm

WHY: Learn about self-care, find resources, and build connections



REGISTRATION:

Save your spot now at www.smccaregiverscollaborative.org or use the qr code.



Family Caregivers Conference

Join the San Mateo County Caregivers Collaborative for a day of self-care, gathering valuable resources, and connecting with a community of family caregivers on November 11, 9:30 a.m. - 2 p.m. at the Crowne Plaza Foster City, 1221 Chess Drive, Foster City 94404. Space is limited.

[Register here.](#)

San Mateo County Caregivers Collaborative members include: Alzheimer's Association, Catholic Charities Adult Day Services, Coastside Adult Day Health Center, Edgewood Kinship Support Services, Family Caregiver Alliance, Kinouchi, Legal Aid Society of San Mateo County, Mission Hospice & Home Care, Rosemead House Adult Day Services, San Mateo County Public Authority for IHSS, Seniors at Home, and South San Francisco Adult Day Care Center. Funded by Aging and Adult Services.

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