

GET HEALTHY NEWS

BUILDING HEALTHY, EQUITABLE COMMUNITIES

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Darryl, Deandra, Gladys, Sonali, and Nupoor at the Convening | Photo credit: Nupoor Kulkarni

SPOTLIGHT

Participate in a Community Health Forum!

Community members have been participating in community health forums. The forums are an opportunity for community members to provide feedback on the health needs of San Mateo County residents that will guide the development of a Community Health Improvement Plan. So far, this is what the community has shared as top health issues:

- Access to basic healthcare
- Mental health
- Housing
- Wealth/income inequality
- Chronic diseases (diabetes, heart disease)

Join us for one of the next Community Health Forums:

- October 2: East Palo Alto (English)
- October 10: Redwood City (Spanish)
- October 11: Half Moon Bay (Spanish)



CHA Forum September 12 Attendees

Your input is important!

For more information and to [register, visit this link](#).

Institutionalizing Equity at the State Level

Staff Perspective by Nupoor Kulkarni

On September 6-7, 2023, our Health Equity Team (HET), interim Health Policy and Planning (HPP) manager, Gladys Balmas, and Deputy Health Officer, Dr. Curtis Chan, attended the 2023 Statewide Local Health Jurisdiction (LHJ) Equity Convening. The event was hosted by the California Department of Public Health's (CDPH) Office of Health Equity (OHE). At the convening, CDPH expressed its commitment to equity as a core value and function of the state health department in a variety of ways:

- Modeling equity through requirements for equity objectives and/or hiring dedicated equity staff in grant requirements,
- Promoting alignment by establishing equity officers across all state health agencies,



Institutionalizing Equity at the State Level, cont'd

- Promoting alignment by establishing equity officers across all state health agencies,
- Establishing a permanent OHE structure with a growing number of staff positions, and
- Exploring flexibility to support equity activities within traditional categorically funded programs

OHE also launched the State Health Equity Plan (SHEP) to embed equity into state and local government, and provides [The Equity Portal](#) with strategies, [toolkits](#), and resources to enhance equity efforts across the state.

The Health Equity Team was established through funding from the California Equitable Recovery Initiative (CERI) grant administered by OHE. Over the last two years, we have established staff dedicated to equity infrastructure, conducted numerous virtual and in-person staff training on racism as a root cause of health inequities, and uplifted community voices and needs through the [Community Collaboration Process](#) (CCP). A culmination of these activities is the development of a division-wide Equity Plan for Public Health Policy and Planning (PHPP). Representatives from all ten (10) PHPP programs have committed to co-develop this plan. The goal of these efforts for the division is to center equity in how we show up in community, the services we provide, and how we work together within the division.

The Equity Plan is informed by input from PHPP staff, leadership, and the community via CCP. Currently, PHPP representatives are identifying program-specific internal organizational and external community-centered equity objectives as well as appropriate metrics to measure progress. The state convening fuels our ongoing commitment to equity, and our team is excited to apply learnings from the various sessions. We are implementing the following:

- Applying power analyses to be more inclusive of historically oppressed groups,
- Developing objectives that are not only measurable, but are inclusive and center those with the greatest needs to have opportunities for equitable impact,
- Improving our use of narrative and storytelling to better communicate the impact of our equity efforts, and
- Strengthening collaborations with cross-sectoral partners, neighboring local health jurisdictions, and OHE to advance equity as a collaborative, unified value.

For more information about the PHPP Equity Plan, contact Nupoor at nkulkarni@smcgov.org.

ANNOUNCEMENT

Be Prepared this Cold & Flu Season

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to their home. For more information and to order your test kits, visit: <https://www.covid.gov/tests>. You can also call 1-800-232-0233 (TTY 1-888-720-7489). For more information on vaccinations, [visit this link](#).





HPP UPDATES

Peninsula Infectious Disease Conference

Team members from Health Policy and Planning attended the Infectious Diseases Conference presented by County Health’s Communicable Disease Control Program. It was a great learning event about the latest clinical and public health guidance for the prevention, diagnosis, and treatment of adult and pediatric infections. These includes COVID-19, Influenza, and RSV. Sessions highlighted the need to improve health outcomes in communities experiencing the greatest health disparities by applying a racial equity lens. To learn more about applying a racial equity lens to your work, check out this [GARE Racial Equity Tool](#).



Deandra Lee tabling at Infectious Diseases Conference. | Photo credit: Angie Cavazos



HPP Staff at the Wellness Fair | Photo credit: Angie Cavazos

Take a Break for Wellness!

The Public Health, Policy & Planning Wellness and Engagement Committee put on a health fair for staff to get out of the office and get moving for wellness. Activities included meditation, pickle ball, blood pressure station, and healthy recipes. It was a fun opportunity to be active with our co-workers from other departments. We encourage employers to care for employee health and wellbeing because there are numerous measurable benefits, from higher productivity and profitability to lower turnover and fewer safety incidents. You can start with small steps, like promoting this [5-minute meditation](#) you can do anywhere.

COMMUNITY ANNOUNCEMENTS

Commission on the Status of Women Wants Your Input by September 30

The Commission on the Status of Women is seeking community input in two areas of focus: [financial gaps](#) to identify the two top drivers of this financial wealth gap and [child care](#) to understand past and/or current experiences. Anyone who has ever been a parent or caregiver is encouraged to complete the childcare survey. Your input on both surveys will help direct reports that will be submitted to the Board of Supervisors in 2024. Complete these surveys and share the survey links with your community.





Volunteer Opportunity at the Phoenix Garden Project

The San Mateo County Phoenix Garden Project is a permaculture and therapeutic garden located next to the San Mateo County Youth Services Center. San Mateo County Health and Behavioral Health and Recovery Services staff are working to create a space where clients can enjoy the benefits of nature. You are invited to the Phoenix Garden Project community workdays every third Saturday from 9 a.m. – 1 p.m. [See the flyer for more information.](#)

Join the Next Boards and Commissions Leadership Institute (BCLI) Cohort!

Urban Habitat's BCLI trains leaders from low-income communities of color to influence housing, transportation, and land use policies as decision makers. The program provides training, support, and mentorship to help participants advance equitable policies through public boards and commissions. [Sign up here for an upcoming informational session.](#) Don't miss this opportunity, [apply](#) today! [Deadline: October 22, 11:59 p.m.](#)

Child Care Partnership Council Seeks New Members

The Child Care Partnership Council (CCPC) is recruiting for three new CCPC members – in the categories of Child Care Provider and Public Agency Representative. CCPC members serve for 4-year terms and commit to attending 6 meetings per year, as well as contributing to a committee. CCPC members will help to shape our next countywide child care strategic plan. [Deadline to apply is October 20.](#)

COMMUNITY COLLABORATION HIGHLIGHTS

Join Us in Developing a Structure for Community Collaboration

El Concilio de San Mateo is leading the development of a structure for authentic community collaboration with Public Health, Policy & Planning. El Concilio is looking for nine core agencies that are interested in being a part of San Mateo County Public Health history. If you are a community-based organization leader or member who is interested in participating in Public Health spaces and decisions, contact El Concilio's Public Policy Coordinator, Scarleth at scarleth@el-concilio.org.



BOARDS AND COMMISSIONS VACANCIES

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

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: The **North Fair Oaks Community Council** has three vacant seats: one member, one youth, and one youth alternate. Councilmembers address 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 October 6.](#)



Community Collaboration for Children’s Success (CCCS) Core Team Retreat

Redwood City Together recently hosted a 2-day planning retreat for the North Fair Oaks/Redwood City (NFO/RWC) CCCS Core Team. The Core Team is composed of community organization leaders, City of Redwood City Staff, and San Mateo County Health staff. During the retreat, the group reviewed data and discussed goals for the coming year. The three key priority areas for the group will be early learning, youth job readiness, and youth civic engagement. The goals will be fine-tuned and shared with the Neighborhood Action Team in the coming months. To join the NFO/RWC CCCS Neighborhood Action Team, please contact Kelly Clavel at kclavel@redwoodcity.org.



Photo credit: Mai Le

Report: A Landscape of Change and Impact Silicon Valley Council of Nonprofits (SVCN) and Thrive Alliance, The Alliance of Nonprofits for San Mateo County, have released a two-county regional report focused on the nonprofit landscape in San Mateo and Santa Clara Counties. Both SVCN and Thrive Alliance are working to make the nonprofit sector stronger, more equitable, and more responsive to the needs of local communities. This report is based on tax data, surveys, and insights from diverse nonprofit leaders, provides a snapshot of challenges and opportunities facing our region’s nonprofit sector and highlights investment priorities for our community. [Read the report here.](#)



Sign Up for the New Equity Community Bulletin

The County of San Mateo's Core Equity Team, who has led the charge for Countywide action and capacity building in diversity, equity, inclusion, and belonging (DEIB), has just released their first Equity Community Bulletin. This edition contains events, job opportunities, equity resources and so much more! [Click here to read this first edition and signing up for future bulletins.](#)



There are two vacant seats on the **Housing and Community Development Committee**: one seat representing Unincorporated North Fair Oaks and one seat representing Low Income member representative. This committee makes recommendations to the Board of Supervisors, through the Director of the Department of Housing, related to the expenditure of all housing and community development funds to review and provide a forum for public comment on affordable housing and community development needs. [Deadline to apply is at 5 p.m. on October 6.](#)

Applications are being accepted for the San Mateo County **Farmworker Advisory Commission**. There is currently one vacancy representing a designated community-based organization (CBO) that targets and benefits the County’s farmworker population. This Commission promotes programs and policies that address the unmet needs of farmworkers in San Mateo County. [Deadline to apply is at 5 p.m. on October 13.](#)

The San Mateo Medical Center (SMMC) has an upcoming vacancy with the **Hospital Board** to fill with a patient/family member/member of the community. The Community Member Role on SMMC’s Hospital Board will be responsible for attending monthly Board meetings, engaging with members of the community around their experiences, and centering their input around that of the average person receiving care at SMMC. [Deadline to apply is October 13.](#)



LEARNING OPPORTUNITIES & HIGHLIGHTS

California Health Interview Survey Data Release

On October 4, the University of California Los Angeles will host a webinar to share findings and highlights from the 2022 California Health Interview Survey. This is the largest health survey in the nation. For decades the survey has identified inequities, informed health policy, and supported advocacy. Learn about the recent data by registering for the [Annual Data Release Webinar](#).

Second Annual Climate Summit for San Mateo County - October 11

Join Thrive Alliance, and co-hosts, Climate Resilient Communities, Nuestra Casa, and Rise South City for San Mateo County's biggest environment gathering! The Adaptation and Equity: Building Power for Community Resilience Summit will take place on October 11, 8 a.m. - 6 p.m. at the South San Francisco Conference Center. Panels will feature community perspectives and community-led planning models. Breakout session options will cover strategic collaboration among community-based organizations, funding for community resilience, nature-based solutions for climate resilience, school district partnerships and youth leadership, community research partnerships and data, and resilient hub networks.

Spanish translation provided at this event. [Click here to learn more and register for this event.](#)



2023 Safe Routes to School Summit

The Safe Routes to School National Partnership is hosting their annual summit on October 24 to 25. This year's theme is people, places, and opportunity. The virtual event will offer presentations and networking on topics including community engagement, bike education, and funding opportunities. Registration is open now for the [2023 Safe Routes to School Summit](#).



Scholarship Opportunity for Existing Healthcare Career!

Are you enrolled in an allied healthcare program (examples: Certified Nursing Assistant, Home Health Aide, Pharmacy Technician, or any other allied healthcare professional)? Scholarships are available to students already enrolled in a healthcare program. [See eligibility](#). The [Allied Healthcare Scholarship Program](#) is a scholarship that supports tuition and living expenses. [Click here to learn more and apply](#). Deadline to apply is October 31 by 3 p.m.



Photo credit: HCAI

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