

Healthy Hills Randall Lewis Health Policy Fellowship



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City of Chino Hills-Healthy Hills

Healthy Hills, City of Chino Hills, CA.
 14000 City Center Drive
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Preceptors: Jessica Gandara and Kelly Witte

In 1993, The City of Chino Hills made the commitment to the Healthy Cities concept by investigating the requirements for participation provided by the California Healthy Cities Project and by creating the Healthy Hills Steering Committee.

Healthy Hills works to establish health priorities and improve quality of life for residents in Chino Hills. Healthy Hills has made efforts towards creating a strategic plan and takes interest in expanding community outreach.

During the Fellowship, I created a proposal for an update to the tobacco ordinance and created a Healthy Hills e-newsletter.

Project Introductions

Tobacco Ordinance Update

Tobacco and tobacco products such as, electronic cigarettes (e-cigarettes) are a hot topic for inclusion in municipal ordinances. There are many reasons for this:

- The known deadly effects and negative consequence of air that is not smoke-free^{1,2}.
- E-cigarettes, despite being fairly new to the market, have been on the rise, particularly among youth and young adults².
- The long-term effects of using e-cigarettes are not known^{1,2}.

The potential social and physical ramifications have caused many organizations (WHO, CDC, California State Health Officer, ALA, etc.) to recommend prohibition of e-cigarette use^{1,2}.



- Currently, the City of Chino Hills' smoking policy:
- Restricts smoking in enclosed spaces with a few exceptions.
 - Non-hospitality workplaces are designated as 100% smoke-free.
 - Restaurants are partially restricted.
 - Bars are not restricted at all.

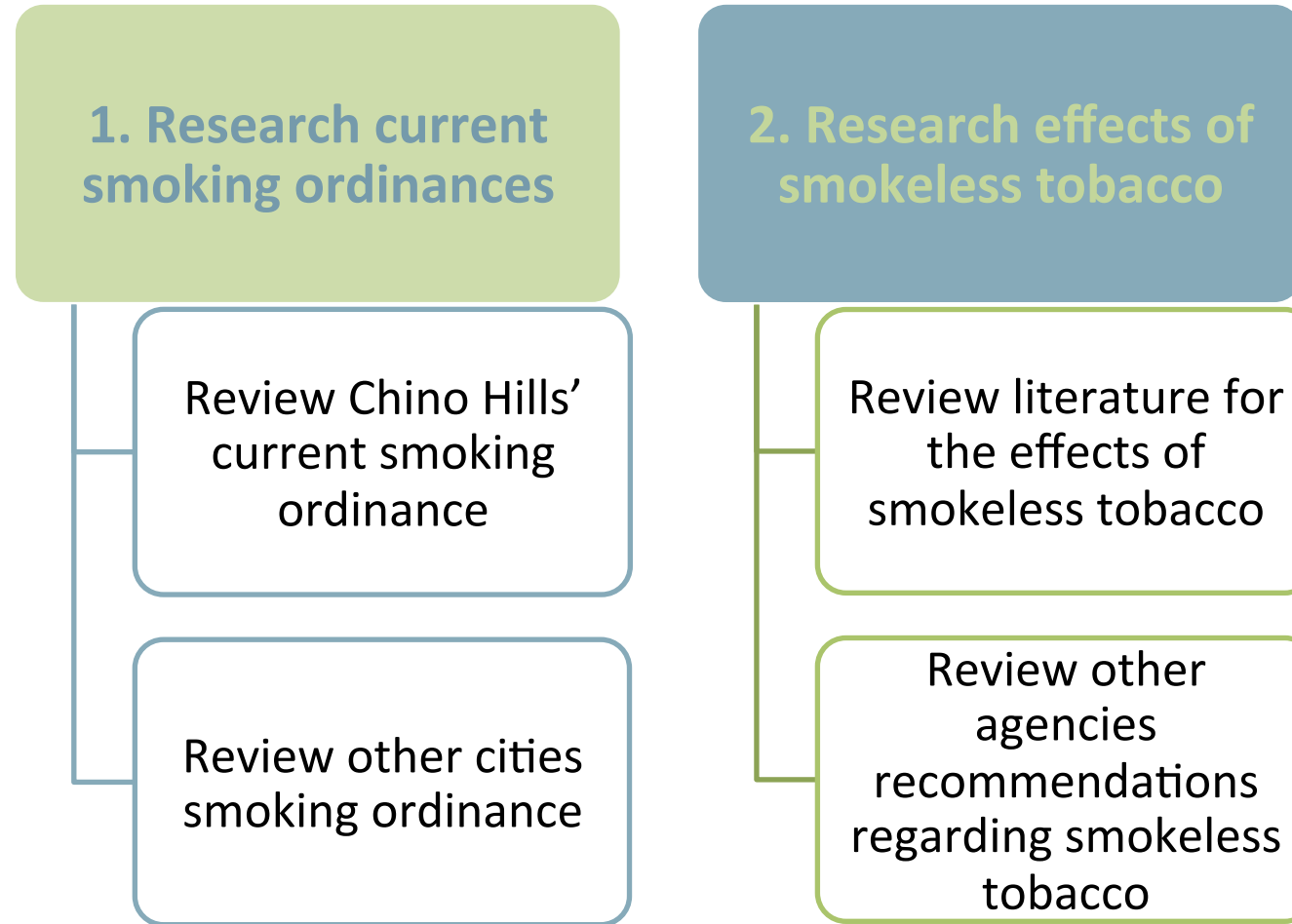
Healthy Hills E-newsletter

Healthy Hills has a focus on expanding community outreach and improving quality of life for residents. Electronic newsletters are thought to be an effective way to reach out to the community and disseminate health information³. Through the creation of an electronic newsletter information can be shared with residents about Healthy Hills events and different health topics can be spotlighted.

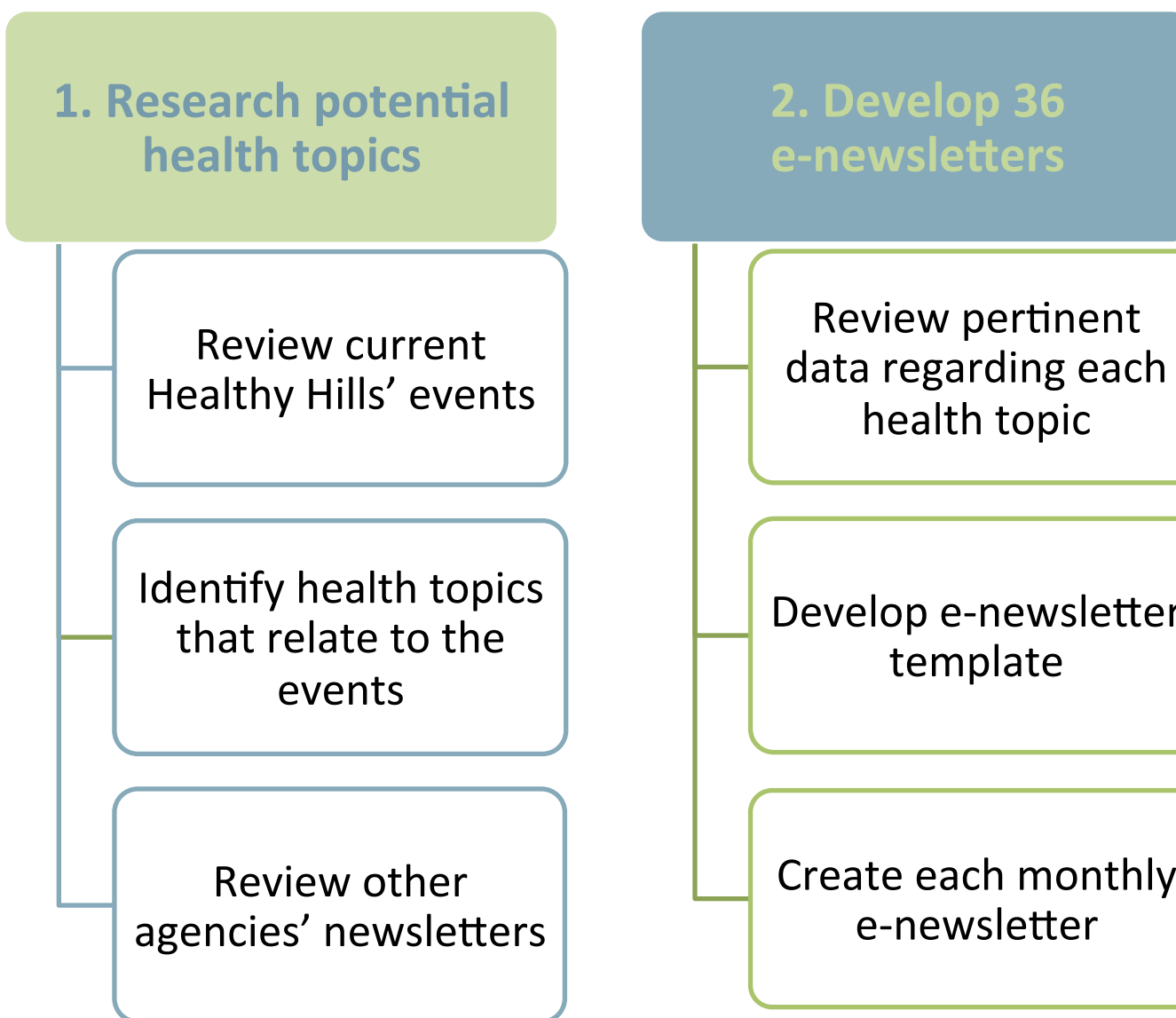


Methods

Tobacco Ordinance Update



Healthy Hills E-newsletter



Results

Tobacco Ordinance Update

Table 1. Snapshot of Municipalities with at least 1 smokeless tobacco ordinance (n=159)⁴

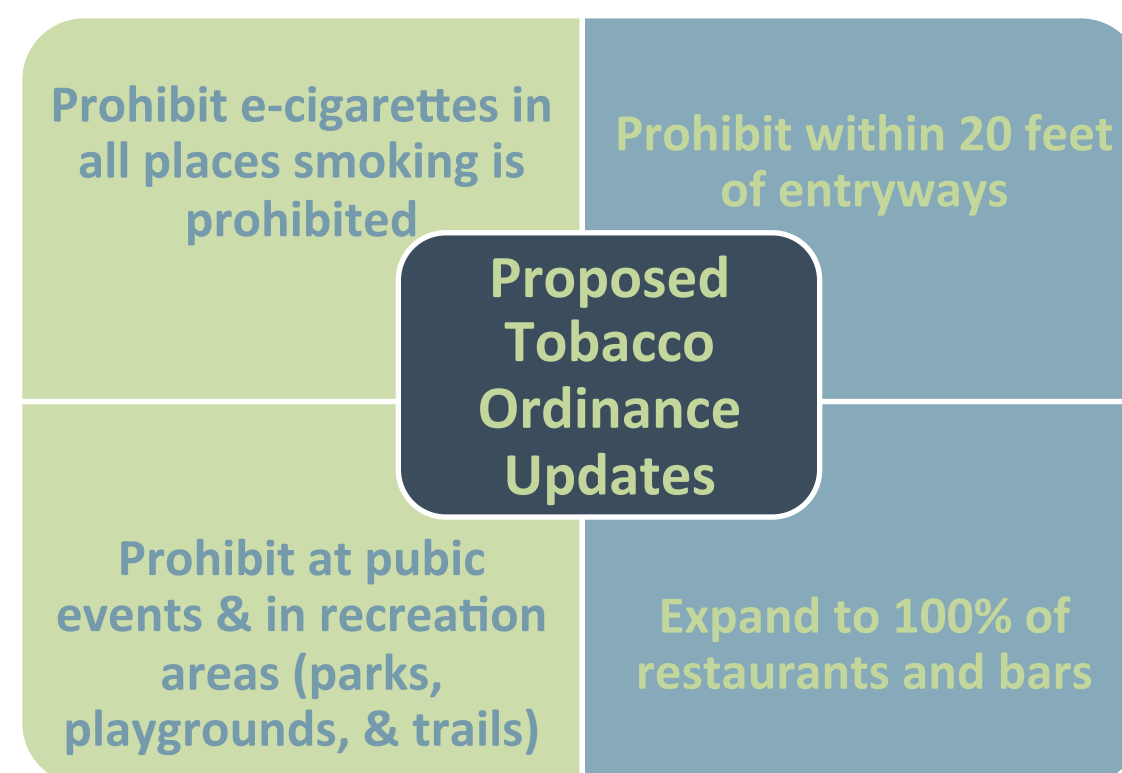
At least 1 venue that is 100% smoke free	• 84 municipalities
At least 1 venue that 100% prohibits e-cigarettes	• 11 municipalities
At least 1 venue that is 100% smoke free & prohibits e-cigarettes	• 64 municipalities

Venues= non-hospitality workplace, restaurant, freestanding bars
 *Data adapted from American Nonsmokers' Rights Foundation

Table 2. Agency Recommendations for Smokeless Tobacco^{1,2}



Agencies include: ALA, CDC, AHA, WHO, ACS, among others.



Results Continued

Healthy Hills E-newsletters

The newsletter includes sections for Cervical Health Awareness Month, Cervical Cancer statistics, Who is at Risk?, Prevention tips, and a Healthy Recipe for Chicken with Brussel Sprouts. It also lists upcoming events for February 22nd and March 26th.

Newsletter content including current issue and upcoming events.

Infographic pertaining to different health issues each month⁵.

A different healthy recipe is featured each month with nutritional information.

Upcoming events are highlighted.

Conclusion

Through partnership with the Randall Lewis Health Policy Fellowship, the opportunities that were pursued include:

- Drafting a proposal to update the Tobacco Ordinance.
 - Creation of a Healthy Hills e-newsletter.
- Future efforts will focus on:
- Potential implementation of updates to the Tobacco Ordinance.
 - Dissemination of e-newsletter to stakeholders.

Competencies Addressed

- MPH 1:** Assessed the health status of Chino Hills in terms of their tobacco ordinance.
- MPH 2:** Developed a proposal to update the tobacco ordinance.
- MPH 7:** Conducted a comprehensive review of scientific evidence related to smoke-free air policies and e-cigarettes.
- HPEE 7:** Communicated and advocated for various health topics and created e-newsletters/infographics to promote health education.

References

1. American Lung Association. (2016). State of Tobacco Control 2016. Retrieved from <http://www.lung.org/local-content/california/our-initiatives/state-of-tobacco-control/2016/state-of-tobacco-control-2016.html?>
2. Chapman, R. (2015). State Health Officer's Report on E-Cigarettes Retrieved from, http://www.cdph.ca.gov/programs/tobacco/Documents/Media/State_Health_e-cig_report.pdf
3. Unite for Sight. (n.d.). Module 5: The Role of Media in Health Promotion. Retrieved April 16, 2016, from <http://www.uniteforsight.org/health-communication-course/module5>
4. Americans for Nonsmokers' Rights. (2015). Smokefree Lists, Maps, and Data. Retrieved from <http://www.no-smoke.org/goingsmokefree.php?id=519#ords>
5. American Cancer Society. (2015). Recommendations for HPV Vaccine. Retrieved from <http://www.cancer.org/cancer/cancercauses/othercarcinogens/infectiousagents/hpv/acs-recommendations-for-hpv-vaccine-use>