

## Introduction

Riverside County Healthy Cities Network (RCHCN) was created to foster progress for cities that have adopted a Health Resolution or Element and encourage adoption by other cities. RCHCN is a space for collaborating to address social determinates of health, sharing success stories and challenges, and discussing best practices<sup>1</sup>.

- **Healthy Cities Network Mission:** The Riverside County Healthy Cities Network mission is to make the healthy choice the easy choice in all Riverside County Cities through the advancement of health in all policies.
- **Health Cities Network Goals:** Connect, Collaborate, Policy, Community
- **Fellowship Site:** Epidemiology and Program Evaluation Branch. **Program Chief:** Wendy Hetherington, MPH
- **Scope of Work:** Assist in the creation of Riverside County Healthy Cities Network Event for the engagement of each city to adopt a Health Element or Health Resolution

## Health Element and Resolution Definitions

### Health Element

- An optional chapter included into a city or county General Plan. A General Plan is the constitution for development.
- Connects a cities vision of positive health outcomes to resources for its application.
- Networks organizations and decision makers to advance health goals<sup>4</sup>.

### Health Resolution

- Guidelines setting a level of standard to take action for the benefit of a community's health.
- Can be considered the first step for elected city officials to begin thinking of health in the community and recognize change needed in their own general plan to work towards a healthier Riverside County<sup>5</sup>.



Healthy Cities Network Event



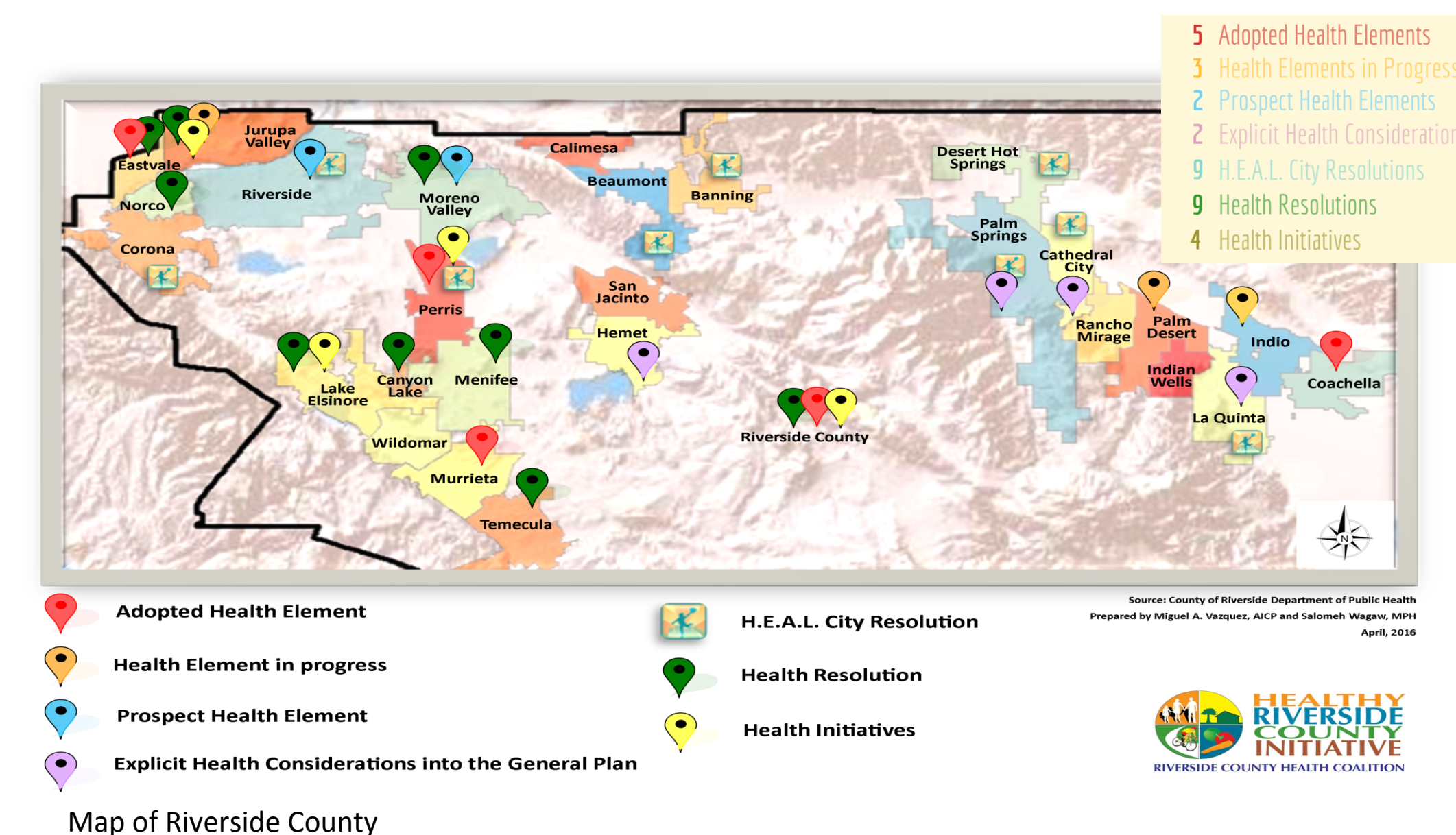
Breakout Session: American Heart Association

## Healthy Cities Network History

- 2009 • Creation of the Riverside County Health Coalition
- 2011 • Adoption of the Healthy Riverside County Resolution
- 2012 • CEO shared his vision for Riverside County
- 2013 • Establishment of the Healthy City Resolution Work Group
- 2016 • Formation of the Healthy Cities Network

Figure 1 Illustrates the leading causes of mortality in Riverside County in 2012. It can be noted that the four primary causes of mortality are directly related to several health behaviors<sup>2</sup>.  
Figure 2 Illustrates the predicted impact of determinants of health on health status of the population<sup>3</sup>.

## WORKING TOWARDS A HEALTHY REGION



## Healthy Cities Network Event

The Healthy Cities Network kick-off event

- Event Date: April 11, 2016.
- 90 total participants from cities, the County Executive Office, Board of Supervisors and other organizations throughout Riverside County.
- Event highlights:
  - Dr. Elizabeth Baca, Senior Health Advisor from the Governor's Office of Planning and Research, discussed health efforts in Riverside County.
  - Moderated panels from Eastern and Western cities discussed achievements and challenges in their regions.
  - Breakout sessions featuring tools and resources provided by supporting organizations to be utilized in the creation of healthier communities.

Individuals attending the event were able to learn about current efforts taking place and how to create a healthier Riverside County.

## Conclusion

The Healthy Cities Network kick-off event was:

- The first of several quarterly meetings to support and encourage cities within Riverside County to adopt a Health Element or Health Resolution.
- Created a space for discussion, collaboration, networking and support for cities<sup>1</sup>.
- Created for Riverside County cities to reach the common goal of improving the overall health of the community by:
  - encouraging healthy lifestyles
  - working together to affect health in all communities and neighborhoods
  - addressing health outcomes surrounding policy making
  - sharing strategies to engage community members through the healthy communities approaches<sup>1</sup>

It is through the Riverside County Healthy Cities Network and the collaborative efforts of the county, cities and partnering organizations, that the goal of making the healthy choice the easy choice in all riverside county cities will be achieved.<sup>1</sup>

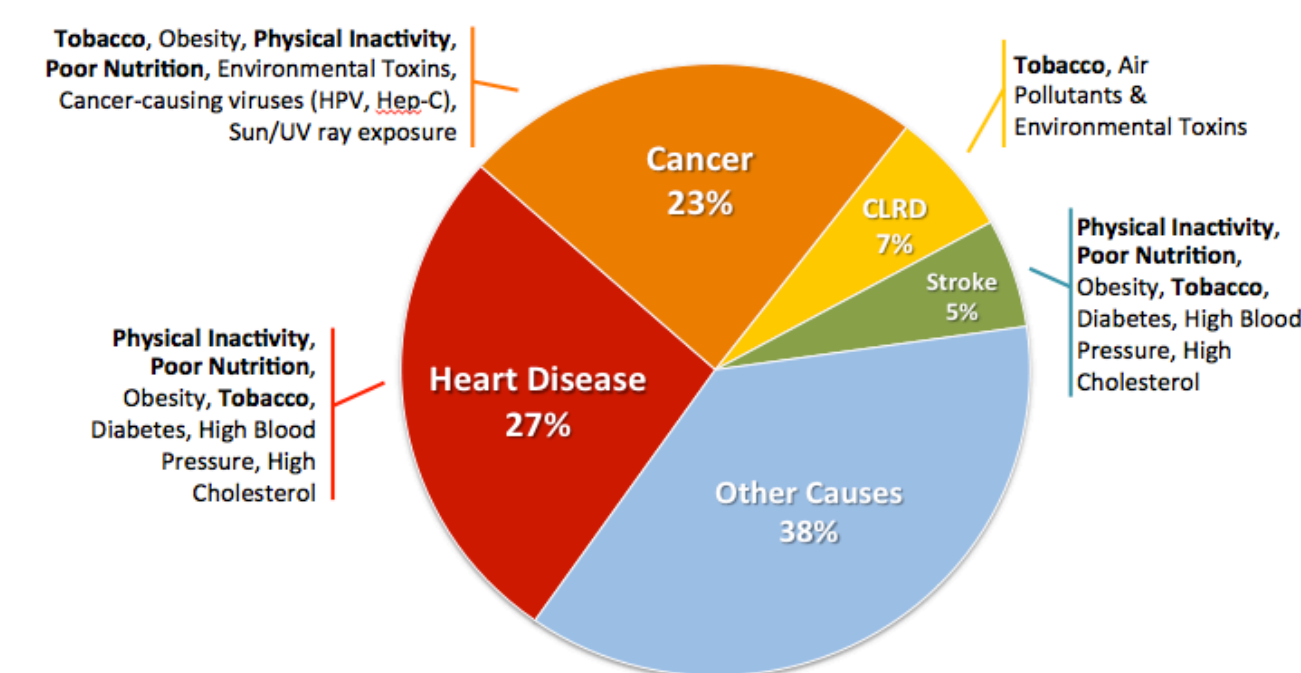


Figure 1: Health Behaviors and Mortality

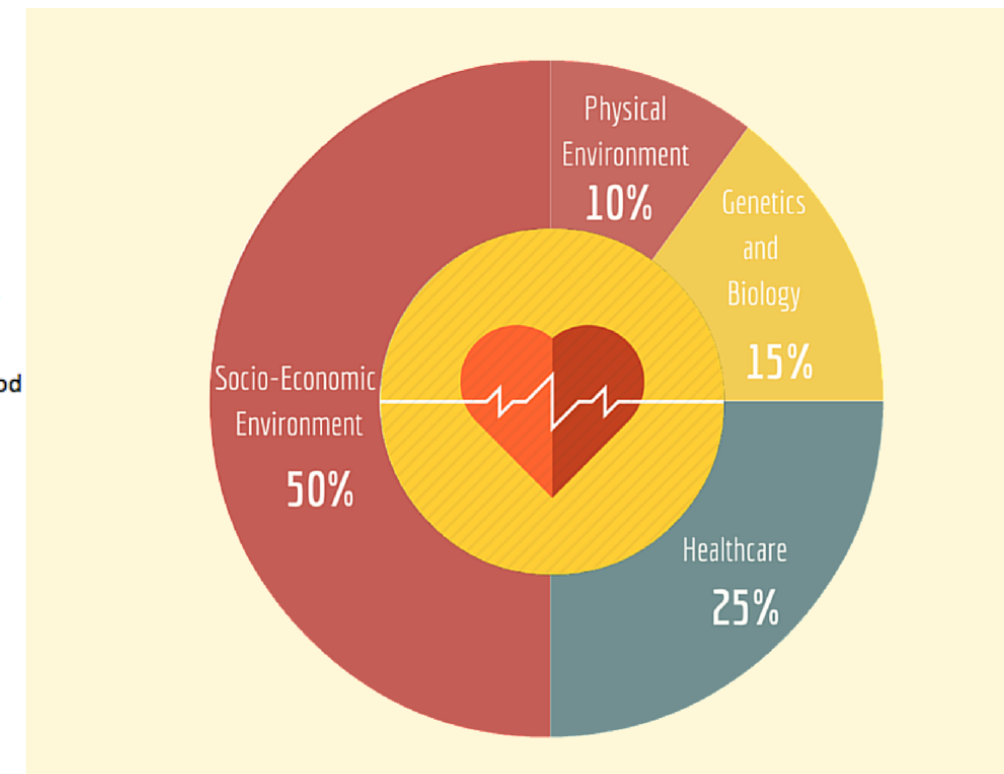


Figure 2: Determinants of Health on Health Status



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