



RANDALL LEWIS

HEALTH POLICY FELLOWSHIP

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Introduction

This pilot program was a 5-week nutritional course that focused on educating Upland Unified School District parents.

The program was designed with three main components: behavioral change towards healthy eating habits, improve nutritional literacy, and demonstrate healthy food options.

1

BEHAVIORAL

Provide applicable knowledge to make changes in behavior

2


NUTRITIONAL

Provide nutritional knowledge in an easy to understand way


3

FOOD DEMO


Provide easy and nutritious food demonstration.



Mindfulness
Being able to detect behavioral cues is the first step towards change.



Knowledge is power
With the right knowledge, people can make the right choices.



Healthier alternatives

The course

5-week course

Each week participants were given a 90-120 min. instructional session at YMCA. The nutritional topics discussed include food groups, nutritional fact labels, how to encourage kids to eat more vegetables, the pros and cons of fad diets (Atkins, ketogenic, etc.), and when to provide nutritional supplementation. Additionally, students were taught the fundamentals of behavioral change that can aid in making healthier nutritional choices. At the end of each session, we demonstrated easy and nutritious food recipes.



knowledge. The course was well received by the participants. One Participant wrote:

“This course has been life changing for me and I am extremely grateful for the people who made the time and commitment to teach me”

This course was made possible by the generosity of Randall Lewis as he funded the course materials. Thank you Randall.

The results

To measure the results, we have administered nutritional and behavioral surveys before and after the course. The intention was to give us quantitative results on the success of the course.

In general, we have viewed positive results in both the behavioral change and nutritional

CONCLUSION

Obesity is a major cause of chronic diseases such as hypertension, diabetes, and heart disease. Lack of nutritional knowledge and awareness can magnify the problem. As public health workers, it is our duty to design programs to help prevent such problems. We have created this program in a way that would allow it to be replicated in other school districts. Increasing nutritional literacy will not only help parents, but it would have an indirect effect on their children.

healthy parents → healthy kids → healthier generation



ENVIRONMENTAL HEALTH EQUITY COMMUNITY FORUM

BY: TERI SALMON
RNHEREICOME@GMAIL.COM
 661.674.5404

The mission of the organizers of the San Bernardino Environmental Health Equity Community Forum is Healthy Community through Robust Collaboration.



The first focus of the Forum was birth outcomes. Forum members discussed San Bernardino's infant mortality rates and their organizations efforts to decrease the disparities experience by San Bernardino residents. Through a team brainstorming forum, members identified the key focus areas described on the next page. Using these focus areas the forums organizers are seeking to start sub-committee to begin addressing these issues. If you or your organization is interested in participating in the Environment Health Equity Community Forum, please contact Teri Salmon for further details.

The City of Santa Ana

Electric Scooter Pilot Program

Background & Problem

In the late Fall of 2018 electric scooter company Lime dropped off a handful of electric scooters on the streets of Santa Ana. The following morning Public Works employees scrambled to impound the scooters. Shortly after another scooter company, Bird, did the same. Although these companies were operating illegally without the proper permit their tactics proved effective at beginning a conversation among policymakers at the City, who were forced to respond. Santa Ana had no existing laws to regulate electric scooters and had to make changes to its municipal code. Meanwhile scooter companies continued to operate without licenses posing safety risks to riders, pedestrians, and motorists. New rulemaking authority was delegated to the Public Works Department that began to draft a regulatory framework. Public Works looked to other cities across the country that too had dealt with the emergence of electric scooters.

City Council Approves a Pilot Program

After a review of city government responses to electric scooters the programs set up in Santa Monica, CA and Portland, OR which served as models for Santa Ana. Public Works sent a proposal to the City Council and a resolution was passed on December 18, 2018 updating the municipal code and establishing a pilot program to achieve the following goals:

- Economic sustainability through revenue sharing
- Positive community outcomes to serve the mobility needs of Santa Ana Residents
- Data sharing agreements for program evaluation and rule enforcement

Scooter Quick Facts

- No Helmet Required to Ride
- No Riding on the Sidewalk
- Usually costs \$1 to rent and \$0.15 for every minute after.



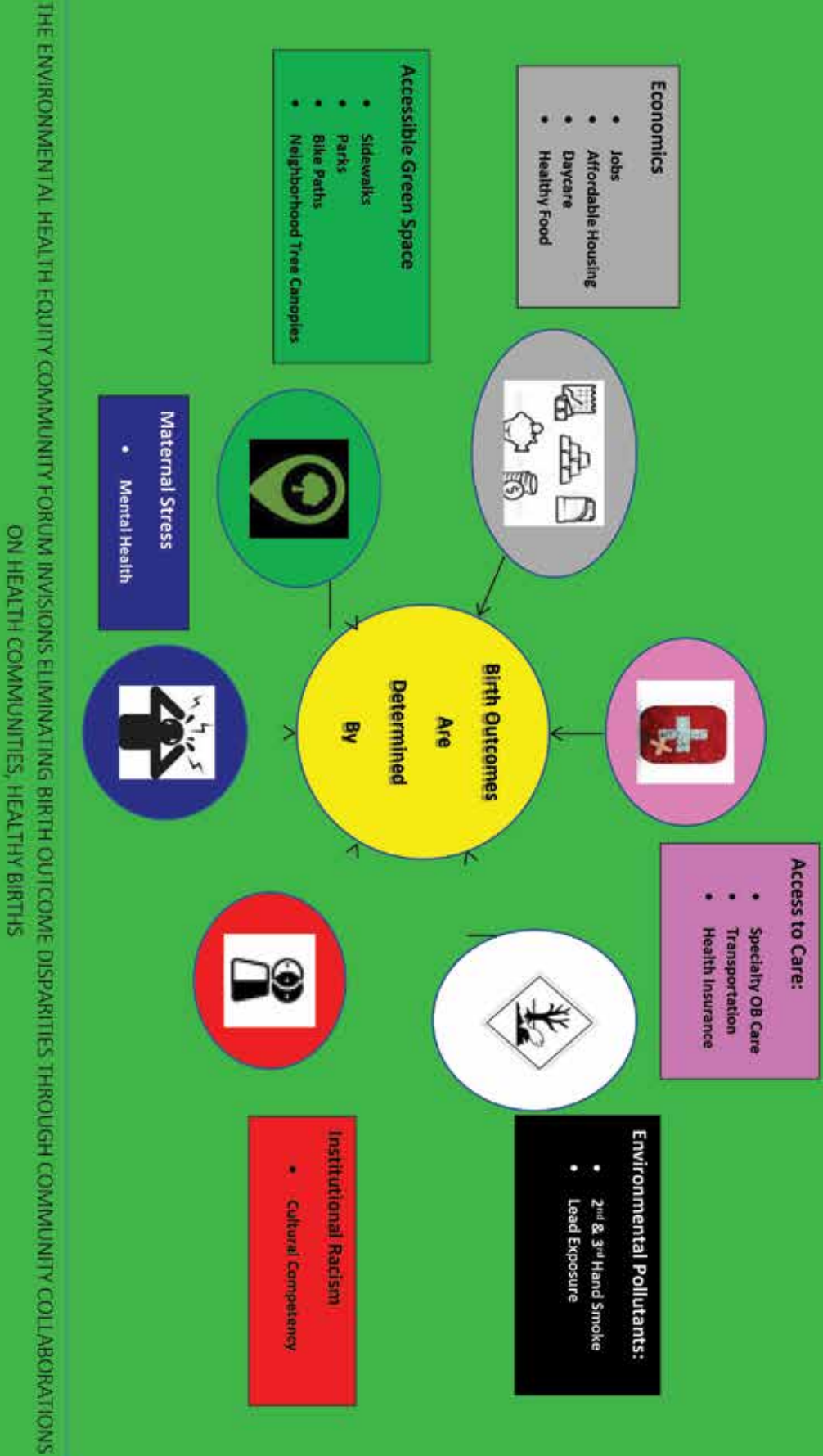
Pictures: Cory Wilkerson

A Survey to Evaluate the Pilot

Partnering with Lime and Bird, Public Works developed a survey in both Spanish and English to gain a qualitative measure of the pilot program. According to electric scooter companies and their advocates: scooters provide an environmentally friendly alternative to cars and support mass transit by providing a means to close the first/last mile gap. The survey set out to test these claims. Of particular interest to Santa Ana, the 4th most densely populated city in the country, was the rate at which scooters were replacing car trips and reasons for scooter use.

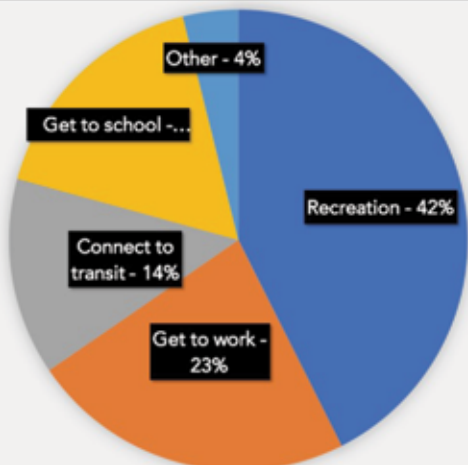
Eliminating Birth Disparities in San Bernardino a Health Equity Approach

Healthy Birth Outcomes Addressed Through Public Health and Political Advocacy

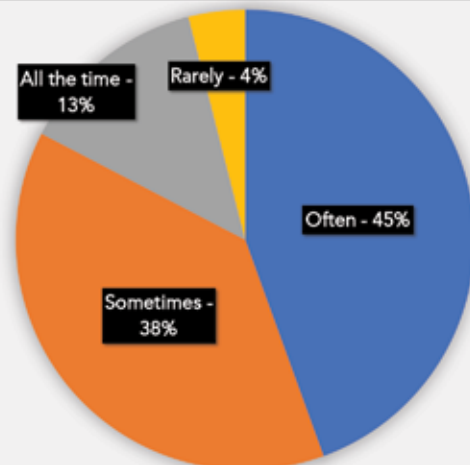


Survey Results

Reason for Scooter Use

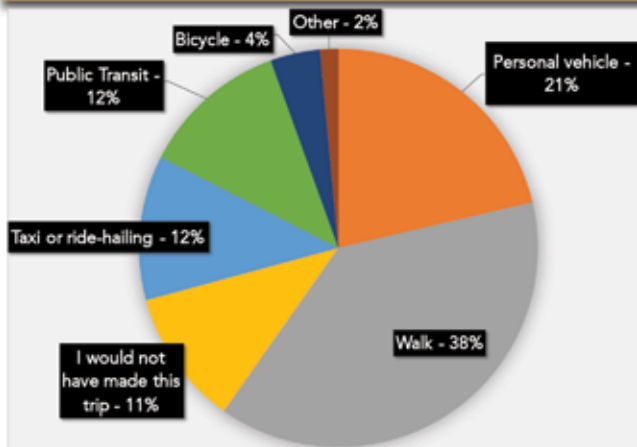


Future Car Trip Replacement

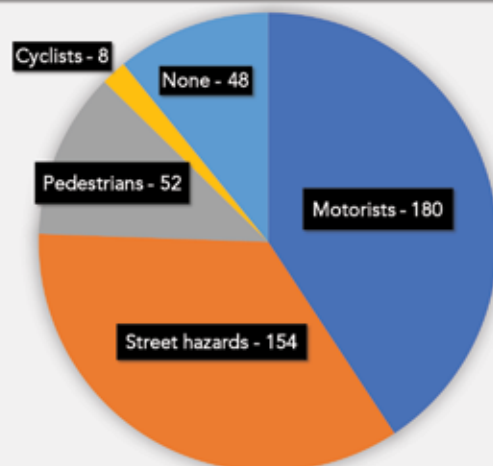


Data: Lime & Bird

Trip Completion Without Scooter



Primary Concern When Riding



The results of the survey suggest in the future a number of Santa Ana residents would adopt electric scooters as a mode of transportation with varying frequency. When asked about personal safety residents responded positively to bike lanes and other forms of active transportation infrastructure. Limitations of this data come from the brevity of the pilot and survey period, 3 months and about 10 days respectively. This resulted in a small sample size of a little over 500 respondents per question which is $\approx 1.5\%$ of Santa Ana's total population. Prolonging the pilot to collect more data is encouraged to obtain a more representative sample. Related to representation, only about 10 respondents opted to take the survey in Spanish. This indicates a large portion of Santa Ana's population did either not participate in the pilot, report their experience, or both. Overcoming this gap in representation could be achieved through targeted outreach. Despite these shortcomings, this data provides insight to policymakers in Santa Ana and beyond whose goals are to reduce traffic fatalities and vehicle emissions. Electric scooters may be effective as part of a larger strategy in meeting these goals.

Prepared By: Maurice Tafolla-Cunningham

On-Demand Electric Micro-mobility Policies in the County of Los Angeles By Justin DeWaele Master of Public Administration Candidate, USC Sol Price School of Public Policy

What is the Problem?
The LA County Board of Supervisors tasked the Dept. of Public Works and other County departments to develop guidelines and regulations for a pilot program for dockless electric mobility devices



Source: Seattle Magazine

Background:

Dockless electric scooters first appeared on city streets in late 2017. Many municipalities initially banned them because of their disruptive nature to public safety and the public-right-of-way.

Research Methods:

Case Study Analysis: Santa Monica, City of LA, SFMTA, City of Long Beach, City of Portland, City of San Diego, City of Santa Barbara, South Bay Cities, Washington, D.C.

Semi-Structured Interviews with City Officials:
Spoke with over two dozen cities throughout the County about their experience with electric scooters.

Legislative Research:
Review of local ordinances and state laws.

Timeline:

October 2018: Board of Supervisors gives DPW nine months to develop rules around acceptable usage of bike paths in the County

November 2018: Board gave County Staff 30 days to submit a report outlining guidelines for developing the regulations.

January 15, 2019: The Board of Supervisors gives County Staff 45 days to deliver the first draft of regulations on electric scooters

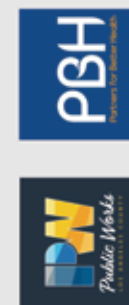
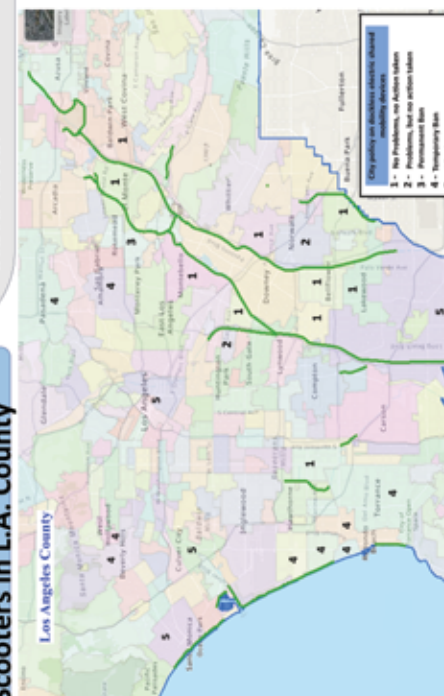


Source: Wired Magazine


Key Provisions of Pilot Programs:

- Supply Management
- Transit Equity
- Customer Service
- Community Engagement
- Data Sharing
- Fees

City Policies on Dockless Scooters in L.A. County



Zimuzo Duru Claremont Graduate University



Every Day:

- ✓ Weigh yourself in the morning before breakfast and write your weight down.
- ✓ Eat low-salt/low-sodium foods.
- ✓ Balance activity and rest periods.

Zone Tool
Heart Failure

All Clear Zone ... This is the safety zone if you have:

- No shortness of breath
- No weight gain more than two pounds (it may change one or two pounds some days)
- No swelling of your feet, ankles, legs or stomach
- No chest pain

Warning Zone ... Call your doctor if you have:

- Weight gain of three pounds in one day or five pounds or more in one week
- Increased swelling of your feet, ankles, legs or stomach
- Difficulty breathing when lying down and feel the need to sleep up in a chair
- An uneasy feeling and/or you know something is not right
- Fatigue or no energy
- Shortness of breath
- Dry hacking cough
- Dizziness

Medical Alert Zone ... Go to the Emergency Room or call 911 if you have:

- A hard time breathing
- Unrelieved shortness of breath while sitting still
- Chest pain
- Confusion or inability to think clearly

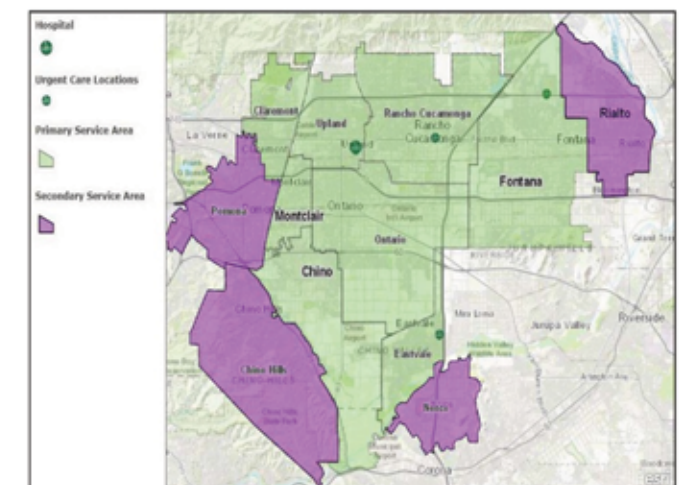
The Heart Center Patient Information Brochure had an outlined that followed the general flow of this Heart Failure Zone Chart.

Green Zone signifies that you are in the safe zone and this zone highlights what it means to have a healthy heart and coincides with the everyday/constant zone in that preventative and cautionary actions are taken in order to maintain the heart health.

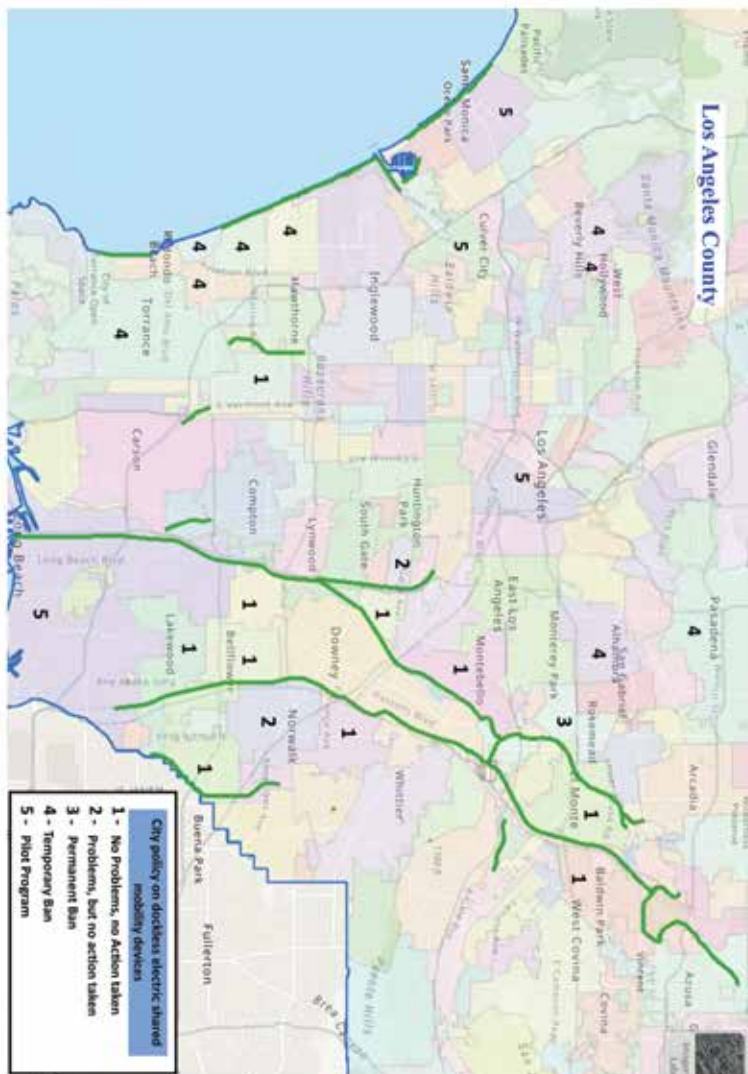
Yellow Zone signifies that you are in the warning zone and signifies a time that you should call your doctor. This is the monitoring part of the flow in which patients are starting to feel some of the primary and initial effects of a weakening heart and must catch them before they manifest themselves into full-blown heart failure.

Red Zone signifies that heart failure is either directly on the horizon or underway at the moment and the emergency room/911 call is necessary immediately. This flow chart, or one very similar to it would be attached to the brochure in magnet form or distributed to cardiology patients in some way shape or form, so that they can keep it on their refrigerator and maintain healthy heart practices.

The Primary and Secondary Service Areas of San Antonio Regional Hospital contain the hospital itself, along with three auxiliary urgent care locations that are designed to serve their respective surrounding communities. Our competitors, like Arrowhead Regional, Pomona Valley, and St. Bernardine, all have their own primary and secondary service areas that overlap with our own. Within this overlap, we set out to form a strategic plan as to how we can maximize our market share and provide the best possible healthcare to our patients and community.



Background:
Dockless electric scooters first appeared on city streets in late 2017. Many municipalities initially banned them because of their disruptive nature to public safety and the public-right-of-way.





Improving Access to Information And Bridging Gaps Through Newsletters

April Michelle Forrest
MPH Student-Leadership and Management

SCHOOL OF
COMMUNITY & GLOBAL HEALTH
Claremont Graduate University

BACKGROUND

Since July 2016, the Riverside County Healthy Cities Network monthly newsletter “HCN Connect” has emerged as the Inland Empire’s premiere publication designed to highlight Riverside County’s regional efforts for improving health outcomes.



Figure 1. Riverside County Public Health HCN Goals

METHODS

It can be asserted the HCN connect has become a primary communication vehicle in the Inland Empire for bridging the planning and public health professions at the local level. It is also a resource for interested parties from throughout California and the nation to use to find out the current state of the healthy communities movement and what it looks like in the Inland Empire. The Newsletters original intentions were intended to accomplish two outcomes:1) to foster greater understanding of the healthy communities movement in the planning community and 2) to foster public health professionals’ understanding about the intricacies of community planning processes. Recently, in efforts to expand education in the community, and expand readership of HCN as a fellow I have made efforts to add to the outcomes. In addition to the original outcomes.



Figure 2. Behaviors, Diseases and Deaths in Riverside County . Adding regular content as well as regular structure that interns can follow in order maintain the newsletter. This will making the newsletter more sustainable in the future.

RESULTS

I have added new two new outcomes: 3) to make HCN more accessible to the community addressing some of Riverside County’s main behaviors. Offering information about healthy nutrition, physical activity and information about smoking cessations around Riverside County. 2) making the HCN sustainable by giving the HCN more structure.



Figure 3. page from HCN newsletter March, 2019

DISCUSSION

- Making HCN information more accessible and more informative for the general public.
- Matrix/Survey system to receive information from the community about information being received through HCN to better improve quality and importance of information being received.
- A bridge to connect Public Health Department and Community.



Figure 4. Event promoting safety and physical activity featured in HCN

CONCLUSION

- Addresses some of the main behaviors in order to prevent disease and death.
- HCN connect has the potential to connect communities and Public Health Departments every month through important information. Recognizing healthy communities.

Acknowledgements

Thank you Randall Lewis Health Policy Fellowship, Riverside Department of Public Health and Miguel Vasquez



Montclair Demographics

Total population= 38,686

Demographic	Percentage
Hispanic/Latino Population	74%
People speak a language other than English	61%
Students are overweight/obese	44%
Persons in Poverty	18%
Bachelors Degree or higher	14%
Persons without health insurance	17%

Healthy Montclair Initiative

City of Montclair, Human Services Department
Ixel Hernandez, MPHc, Randall Lewis Health Policy Fellow, USC

Healthy Montclair

- Senior Nutrition and Transportation Program
- Active Transportation Plan
- Safe Routes to School
- Montclair General Plan Update
- Montclair Community Garden
- Montclair to College
- Montclair After School Program
- Montclair Community Clinic

The Healthy Montclair Initiative is composed of a variety of different programs aimed at supporting the overall health and well-being of Montclair residents. Each program focuses on meeting a different sector of the populations needs.

City of Montclair

Human Services Department

The City of Montclair Human Services Department directs the Healthy Montclair Initiative. Below is a list of current programs:

- 1) Montclair to College
- 2) Montclair Community Garden
- 3) Montclair General Plan Update
- 4) Active Transportation Plan: Safe Routes to School Plan
- 5) Senior Transportation
- 6) Senior Nutrition
- 7) Montclair Community Clinic
- 8) Montclair After School Program

Southern California Association of Governments

Sustainable Communities Strategy

April 24, 2019

Esther Huang

SCAG's Regional Transportation Plan/Sustainable Communities Strategy (RTP/SCS) is a long-range visioning plan that balances future mobility and housing needs with economic, environmental and public health goals. The RTP/SCS embodies a collective vision for the region's future and is developed with input from local governments, county transportation commissions (CTCs), tribal governments, non-profit organizations, businesses and local stakeholders within the counties of Imperial, Los Angeles, Orange, Riverside, San Bernardino and Ventura.

At the heart of the RTP/SCS are over 4,000 transportation projects—ranging from highway improvements, railroad grade separations, bicycle lanes, new transit hubs and replacement bridges. These future investments were included in county plans developed by the six CTCs and seek to reduce traffic bottlenecks, improve the efficiency of the region's network and expand mobility choices for everyone.

In addition, the RTP/SCS is supported by a combination of transportation and land use strategies that help the region achieve state greenhouse gas emission reduction goals and federal Clean Air Act requirements, preserve open space areas, improve public health and roadway safety, support our vital goods movement industry and utilize resources more efficiently.

Source: SCAG RTP/SCS,
<http://scagrtpscsc.net/Pages/default.aspx>



Included in the RTP/SCS:

- **Vision, policies, and performance measures:** Overarching vision, policies, a list of regional transportation goals, and measures for evaluating performance.
- **Forecasts:** Future distribution of population, households, employment, land use, and housing needs.
- **Financial plan:** Reasonable expected revenues over the 25-year plan horizon.
- **List of projects:** Projects that are anticipated to be initiated and/or completed by 2040.



UCLA Luskin
School of Public Affairs



SCAG
INNOVATING FOR A BETTER TOMORROW



PBH
Partners for Better Health

Montclair to College



Supports communities overall health and education by supporting students ability to achieve their full potential. The program provides students with paid tuition, a counselor, paid books, and a car pass for two years in Chaffey College.

Senior Nutrition



Provides seniors with daily nutritious meals and opportunities for socialization.

Montclair Community Garden



Provides residents with a space for gardening and growing nutritious, organic food.

Senior Transportation



Transports seniors to their doctors appointments, groceries stores, and other general errands.

Montclair General Plan



Supports the City of Montclair vision by providing a long-term strategic plan for the City's neighborhood, safety transportation, environment, public health, and facilities.

Montclair Community Clinic



Improves accessibility to health care among residents by providing low-cost health care.

Active Transportation Plan



Increases the safety of biking and walking in the city. Creates a strategy to support better biking, walking, and transit for residents in a community.

Montclair After School Program



After school program for students that provides academic assistance, physical education, and enrichment programs.

Southern California Association of Governments

Sustainable Communities Strategy

SCAG is constantly refining its analytical models, adjusting assumptions, and updating data sources flowing into the RTP/SCS. In particular, this requires:

Identifying data and analytical approaches in support of technical documentation & analyses

Research contributing to “off-model” analyses of strategies with GHG emissions reduction

Longitudinal Employer-Household Dynamics (LEHD) / LEHD Origin-Destination Employment Statistics (LODES)

Understanding commute flows is a critical component of RTP/SCS analyses. LODES data provides detailed spatial distributions of workers' employment and residential locations and the relation between the two at the Census Block level.

SCAG is leveraging the LODES dataset and combining it with spatial data for (including data on Regional Employment Centers, High Quality Transit Corridors, and other development initiatives) in order to produce insights to guide sustainable growth in the region. Appending LEHD data to InfoUSA point-level business establishment data creates a “sketch analysis” view of commutes by employer size, industry, and job center status.

Employees	Mean Commute (Mi)	Industry	Mean Commute (Mi)
1-10	26.9	Ag., Forestry, Fishing	38.5
11-50	28.4	Construction	30.6
51-200	28.4	Manufacturing	25.9
201-500	26.9	Wholesale	24.0
501-1,000	27.7	Retail	27.0
1,001-5,000	25.5	Transportation	26.1
5,001-10,000	25.0	Information	23.8
10,001+	14.1	Finance, Insur., Real Estate	28.4
		Prof., Scientific, Technical	26.5
		Education, Healthcare	27.1
		Arts, Entertainment	26.9
		Other Services	27.2
		Public Administration	31.7

Most commutes in SCAG region were found to be between 5-10 miles.

Highest concentration of commutes was found to flow into DTLA block groups.

Takeaways: expanding on commuting analytical insights...

- Businesses located within designated job centers were found to have shorter median commutes; **understanding commutes by business size and industry may help in modeling future economic growth in the SCAG region.**
- Telemedicine and distance learning are technology-based solutions which aim to eliminate some trips stemming from visits to/from healthcare centers and schools; **both are potentially viable strategies for reducing VMT and emissions.**

Riverside Resilience

5 Steps to Community Change

Goal

The Riverside Resilience Initiative will launch a cross-sectoral collaboration to reduce ACEs/ACER and improve health and educational outcomes for children living in Riverside County over the next 10 years.



What are ACEs/ACER?

ACEs are childhood experiences that may result in toxic stress which harms a child's brain and body. This includes 1.) Abuse (emotional, physical, sexual) 2.) Neglect (emotional, physical) 3.) Household dysfunction (household substance abuse, household mental illness, domestic violence, parental separation/divorce, incarcerated household member). ACERs are adverse community experiences, such as lack of affordable and safe housing, community violence, systemic discrimination, and limited access to social and economic mobility. ACERs influence ACEs as they can increase risk factors for ACEs and reduce protective factors.



Establish and promote a common language for ACEs, ACER and resiliency:

- **Recruit and train speakers committee**
 - Identify sector-specific champions
 - Train champions utilizing established programs
- **Provide presentations for staff and clients**
 - ACEs & Resiliency Science 101
 - Trauma-informed, Resiliency-building Organizations
- **Develop handouts, podcasts, videos**

Engage multi-disciplinary partners:

- **Reach out to additional sectors that contribute to or could help address root causes of ACEs**
 - e.g. Public safety/Law enforcement
 - e.g. Community based organizations
- **Expand collaboration and commitment among countywide partners**
 - Resolution for Board of Supervisors' approval
 - Riverside ACEs Connection community

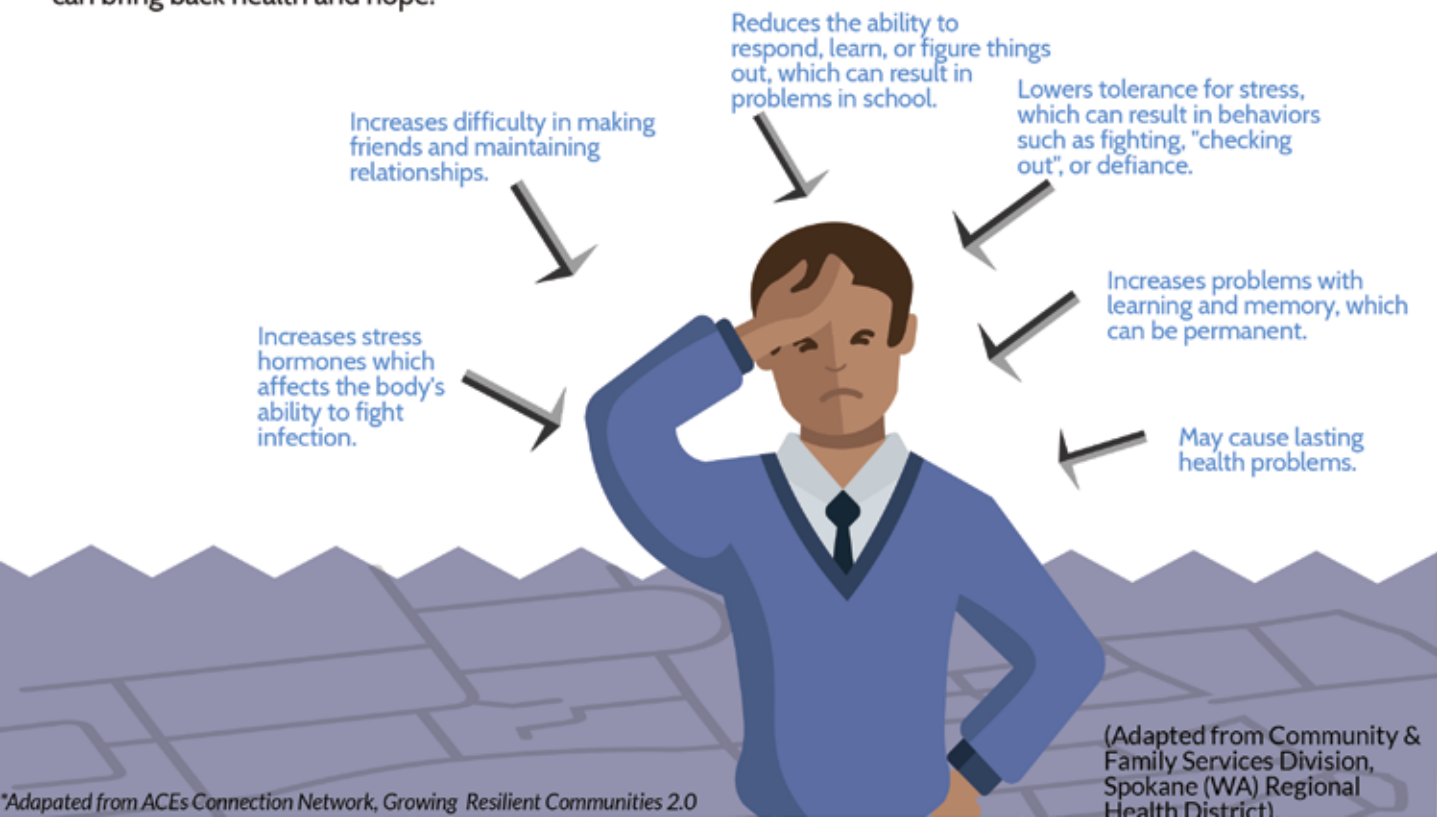
Activate practice and policy changes that:

- **Support responsive relationships for children and adults**
- **Strengthen core life skills**
- **Reduce sources of stress in the lives of children and families**
 - Improve community conditions



How do ACEs affect health?

Frequent or prolonged exposure to ACEs may create toxic stress, which damages the developing brain and the body's ability to maintain health. ACEs can also result in unhealthy habits, like poor diet and lack of exercise, which in turn increase risk of health problems. The good news is resilience can bring back health and hope!



*Adapted from ACEs Connection Network, Growing Resilient Communities 2.0

MotherToBaby

Author: Gabrielle C. Johnson, MSN(c), BSN, RN, PHN, BSPH
Contributing Author: Teresa Dodd-Butera, PhD, RN/DABAT

APRIL, 24TH, 2019

MotherToBaby is the nation's most trusted source of evidence-based information on the safety of medications and other exposures during pregnancy and while breastfeeding.

Every baby deserves the best start...

- [Ask Us](#) about medications, medical conditions & other exposures in pregnancy and while breastfeeding
- [Access](#) free online fact sheets
- [Join](#) a pregnancy study

877.311.8972
mothertobaby.org

Research Fueled by Moms, for Moms
Observational pregnancy research aims to find answers to whether mom's health conditions and treatments affect her pregnancy.

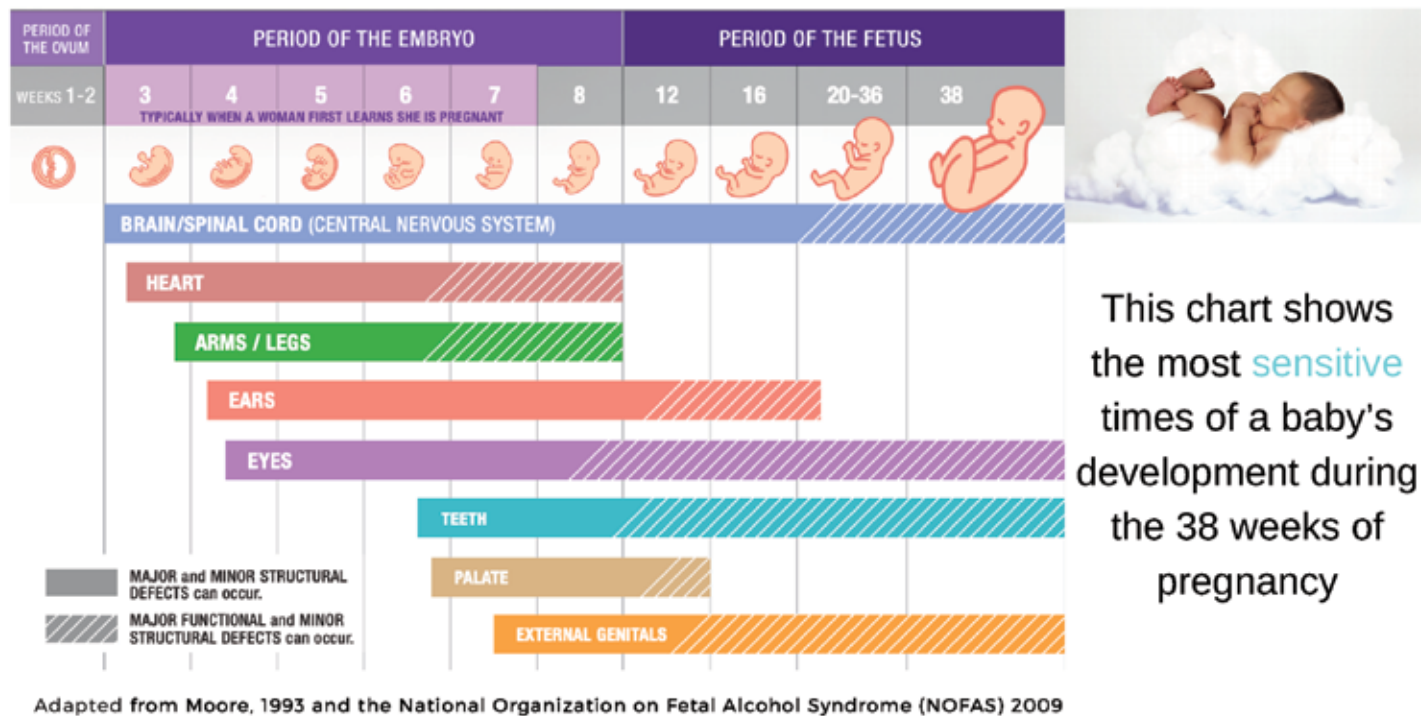
- PARTICIPATION IS EASY!**
- 1 to 3 phone interviews during pregnancy with at least 1 interview after delivery
 - Releasing medical records for your pregnancy and for your baby
 - May include a free specialized pediatric exam and developmental testing for your baby
 - No travel or changes to your medication use or healthcare routine

When you have questions about...

- Infections and vaccines
- Prescription and over-the-counter medications
- Medical conditions (like asthma, psoriasis, arthritis, and more)
- Recreational substances (like alcohol, marijuana, tobacco, and more)
- Workplace exposures (like radiation, chemicals, lead, and more)
- Other common exposures (like caffeine, cosmetics and hair treatments, insect repellents, and more)

... contact our experts to receive personalized information!

Speak directly with a specialist at
877.311.8972
MotherToBaby.org
MotherToBaby App
Hablamos Español



This chart shows the most sensitive times of a baby's development during the 38 weeks of pregnancy

Fetal Alcohol Spectrum Disorders Health Crisis

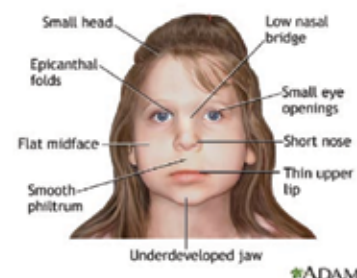
Fetal Alcohol Spectrum Disorder (FASD) is the most common preventable group of neurodevelopmental disabilities in the world.

The term, FASD, covers the following disorders:

- Fetal Alcohol Syndrome (FAS)
- Partial Fetal Alcohol Syndrome (pFAS)
- Alcohol-related Birth Defects (ARBD)
- Alcohol-Related Neurodevelopmental Disorder (ARND)

Three significant factors must be addressed in the diagnosis of FASD

- (1) physical growth, development, and structural defects (i.e., dysmorphism)
- (2) cognitive function and neurobehavior
- (3) maternal exposure and risk



Characteristics of FASD



Centers for Disease Control and Prevention. (2002). Alcohol use among women of childbearing age—United States, 1991-1999. MMWR 51(13): 273-276. www.cdc.gov/mmwr/preview/mmwrhtml/mm5113a2.htm.

May, P. A., & Gossage, J. P. (2011). Maternal Risk Factors for Fetal Alcohol Spectrum Disorders: Not As Simple As It Might Seem. Alcohol Research & Health, 34(1), 15-26.

MotherToBaby. (2017). Pregnancy Studies. Retrieved April 6, 2019, from <https://mothertobaby.org/pregnancy-studies/>

MotherToBaby (Ed.). (2018). Alcohol. Retrieved from <https://mothertobaby.org/fact-sheets/alcohol-pregnancy/>

Database Optimization Process and Data Visualization for Public Sector

Haoyan Li, MPA candidate, Sol Price School of Public Policy, University of Southern California
Southern California Association of Governments Department of Research and Analysis,
Randall Lewis Data Science Fellowship

Background

Goods movement is essential to support the economy and quality of life in the SCAG region. The regional goods movement system is a multimodal, coordinated network that includes deep-water marine ports, international border crossings, Class I rail lines, interstate highways, state routes and local connector roads, air cargo facilities, intermodal facilities, and distribution and warehousing clusters.

International Trade data on US Census Bureau's website is an important tool for Goods Movement team better understanding goods movement in SCAG area and doing comparison with other regions across the county. However, the process of acquiring data from the website and doing analysis was extremely inefficient. Goods Movement team desired a database optimization process which makes data retrieval and data analysis be achieved in a more efficient way.

By implementing the data management optimization process, the time for handling data of a certain 2-digit good of one year changed from three weeks to one and a half hour. The efficiency has been largely enhanced. Besides, the data sets were changed into a better structure, which is more user-friendly.



ETL Process

ETL is short for extract, transform, load, the three database functions that are combined into one tool to pull data out of one database and place it into another database. In this database optimization process, there are four steps instead: downloading, converting, cleaning and importing. We need to write codes for extracting data from US Census Bureau's API and cleaning the datasets before importing to MySQL database.

Recommendations

- Popularize database knowledge among public sectors

When doing data analysis, many employees in public sector merely rely on Excel and are not familiar with database or Structured Query Language. Database has many advantages over Excel: the capacity is way higher, manipulation is more diversified, data is organized in a better structure... In order to enhance the efficiency of data-supported decision making, it is necessary to increase staff's knowledge of SQL and database.

- Do regular database maintaining

The construction of database cannot be accomplished overnight. Every month and every year, new data should be imported to the database to guarantee real-time of the information. Maintenance personnel should regularly check the integrity of data.

- Introduce data visualization to data analysis

In public sector, data visualization can also be a critical tool to demonstrate facts and an important propeller to make right policies. Tableau is a powerful Business Intelligence & Data Visualization tool produced by Tableau Software Company. Tableau can be connected to almost any database, people drag and drop to create visualizations, and share with a click. Besides the common plots, Tableau has a mapping functionality, and is able to plot latitude and longitude coordinates and connect to spatial files like Esri Shapefile, KML, and GeoJSON to display custom geography, which is particularly helpful for people who do urban planning.

WHERE THE SIDEWALK ENDS

SIDEWALK RIDING COSTS AND CODES

LA County municipal code 15.76.080 prohibits the use of bicycles on sidewalks. With inadequately built out bicycle lane infrastructure and no formal method to educate the public about this law, those who ride bicycles are made to choose between physical safety from cars, or legal safety from law enforcement. The LA County Department of Public Health's PLACE Program aims to facilitate the creation of safer riding conditions for bicycle users through modifications to this ordinance, current infrastructure, and programs.

Follow the Model

The City of Sacramento, similar to LA County, has a law prohibiting bicycle riding. But Unlike LA County, they have put in preemptive and adaptive measures to ensure the safety, education, and fair treatment of riders. These are done through:

Diversion Program

Teaches proper riding technique, laws, and allows those that have received a bicycling infraction to take a class in lieu of paying the fine.



Built out infrastructure

Expanded bicycle lane network making it more feasible for bicycle riders to have a safe alternative to sidewalks.



Exceptions

Sidewalk riding only prohibited in areas where signs clearly indicate it.

2 conditions must be met for this to occur:

1. Must be a bicycle lane adjacent to the area
2. Demonstrated pedestrian and bicycle rider conflict is present

Exempt: Include under 18 , officers, medical personnel and other city employees

Even with this ordinance change, Sacramento has yet to prohibit any sidewalks in its city. If LA County were to follow this model it would give greater flexibility for riders to actively educate themselves, be well informed, and chose safer riding conditions.



Kyla McIlwee
April 22, 2019

The Road to Healthy RC



Rancho Cucamonga is a thriving city that is becoming richer in its mix of ethnicities and cultures. The City acknowledges that this diversifying population growth requires governmental agencies, stakeholders, and community members to work together to build an *equitable city* in which all members share the same opportunities to flourish. In 2008, *Healthy RC* was established as a comprehensive *City-community partnership* committed to long-term policy, systems, and environmental change to support healthy living, and a sustainable community.

Rancho Cucamonga Health Priorities



Healthy Rancho Cucamonga recognizes City-community collaboration to be at the core of a prosperous community. Key to the City’s Healthy RC initiative success has been meaningful community partnerships and participation with City-initiated groups including the Healthy RC Steering Committee, Community Champions and Healthy RC Youth Leaders. These groups serve as integral gatekeepers into the Rancho Cucamonga experience and play a critical role in elevating the voices and priorities of residents and youth in Rancho Cucamonga and contribute to the movement of ideas to policy/ programs to action on the ground. Through Healthy RC’s robust evaluation plan, it was revealed that these identified groups were ready to do more and may be better able to elevate community needs through increased leadership capacity action planning, and advocacy.

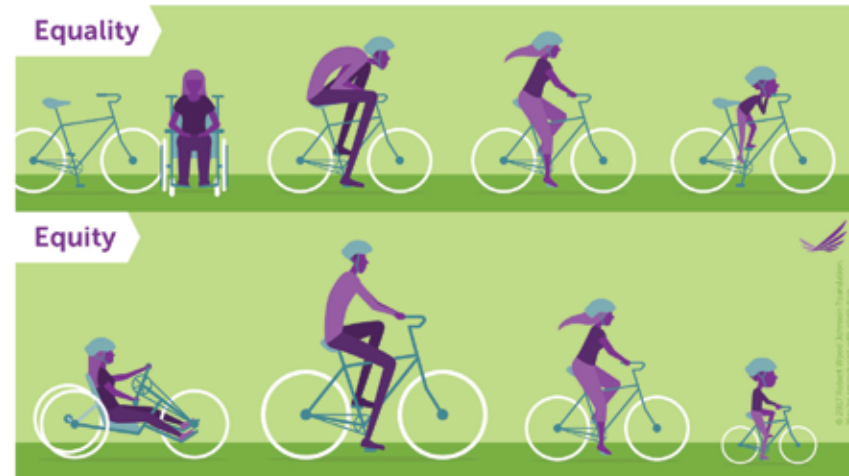
Scope of Healthy RC



The City of Rancho Cucamonga | Healthy RC



The recognition of these strong community partnerships as central practices of Healthy RC has inspired continued community engagement efforts such as the community engagement through a health equity lens policy. This administrative policy serves as a formalized institutional commitment to advance health equity and ensure that all voices, including those traditionally not voices are a part of the planning, design, and implementation of all City programs, plans and policies.



The proposed policy will:

- Implement a standard that ensures equitable and inclusive community engagement across all City departments.
- Recognize that the people who live, work, play, and age in Rancho Cucamonga have the skills, experiences, and knowledge that are vital to developing a public health system that meets their needs
- *Inform the City's General Plan Update* – scheduled to begin Fall 2019. The proposed policy will lay the foundation for how the City engages the community holistically to ensure health equity is the foundation for all City plans. This includes Development code, redevelopment plans and design guidelines
- *Inform the City's Quality of Life Survey* – The proposed policy will provide the framework for the community engagement process to ensure as many community members are included as possible, particularly disadvantaged or historically disengaged communities.



Contributing Randall Lewis Health Policy Fellow
Kyla McIlwee, MPHc (kyla.mcilwee@cgu.edu)
Health Promotion, Education and Evaluation



About the Organization

Current Work

• Education

Central to LACBC's mission is Education. They offer a variety of online resources as well as printable safety materials in order to reach as many people as possible. In addition they also offer bicycle education classes that build confidence and knowledge on street safety for both recreational riders and those that use bikes as a means of transportation.

• Vision Zero Alliance

As part of a coalition of 25-community based and advocacy organizations, they strive to push the City of Los Angeles to end all traffic fatalities and serious injuries by 2025.

• ACT-LA

The Alliance for Community Transit-Los Angeles is a broad based coalition made up of organizations with expertise engaging in grassroots organizing, community economic development, affordable housing development, public health, environmental justice, transportation and policy and legal advocacy

• Measure M Implementation

After Measure M passed, LACBC was invited into the Metro Policy Advisory Council (PAC). The PAC reviews, comments, and provides input on the draft Measure M Master Guidelines, the Long Range Transportation Plan (LRTP), and other work plans and policy areas, such as the Equity Platform and the Transit Oriented Communities (TOC) policy.

The Los Angeles County Bicycle Coalition strives to create bike safe neighborhoods inclusive to all members of the community through their advocacy work, outreach, and education programs. As a 501(c)3 non-profit organization they strive towards making LA

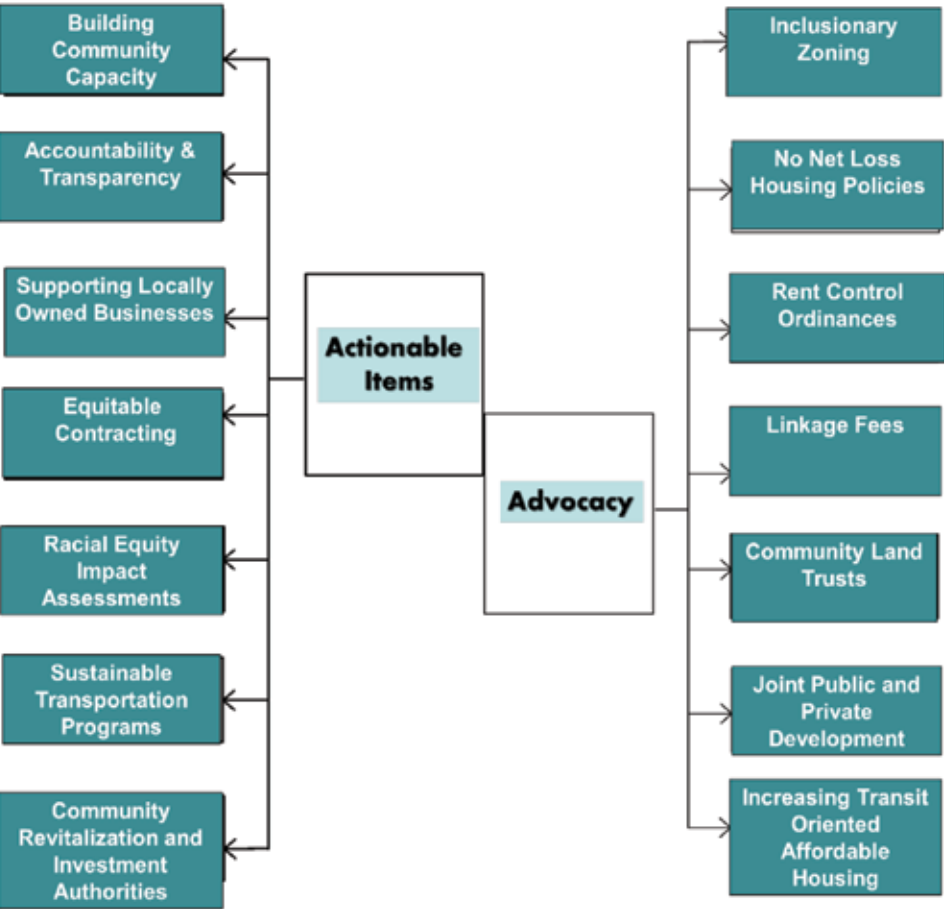
County a healthy, safe, and fun place to ride. Their work is towards the benefit of all neighborhoods and communities while respecting the individuality and diversity of the people.



"LACBC envisions a Los Angeles County that is a great place for everyday, year-round bicycling."

My Involvement

Over the first few months my time at LACBC was spent researching gentrification and residential displacement. Not only on defining each, but in their relation to public health, the resources or programs made to mitigate each and how the transportation infrastructure affects the rate of gentrification and residential displacement. A literature review of available resources was completed to demonstrate knowledge acquisition. In addition to research I was also part of a working group with a variety of members ranging from LA-DOT to the mayoral office. Our goal was to collaborate and share information while we worked on our own projects dealing with gentrification and residential displacement.



LACBC Anti-Displacement Toolkit

The main result of my work ended up being the toolkit I made for LACBC. Within comprised several strategies for combating displacement both within the capacity of LACBC to achieve or must be advocated for. As a non-profit centered around creating bike safe neighborhoods inclusive to all members of the community, I made sure that to emphasize a number of strategies that reflect this. Key things learnt from creating the toolkit were building and maintaining partnerships are an integral part of project implementation especially one that requires community involvement. Collaborating and coordinating multiple public agencies, departments, community-based organizations, and other non-profit organizations is likewise just as integral.

Current and Future Work

The next phase of work is in analyzing and interpreting the data collected from Operation Firefly and outreach program provding bike lights and bike safety education. This will be to determine which communities we can have the most impact in, and to inform future work.



Los Angeles County Bicycle Coalition
634 S. Spring Street Suite 821,
Los Angeles, CA 90014
(213) 629-2142
www.la-bike.org



VyVy Nguyen

Health, Housing, and Hope

April 24, 2019

The Hope through Housing Foundation (HTHF) provides resident services to over 80 National Community Renaissance (CORE) affordable housing committees throughout California and Texas. HTHF is committed to breaking the cycle of generational poverty by addressing three important areas:

- 1. Economic mobility
- 2. Youth/teen development with emphasis on education
- 3. Senior well-being and wellness

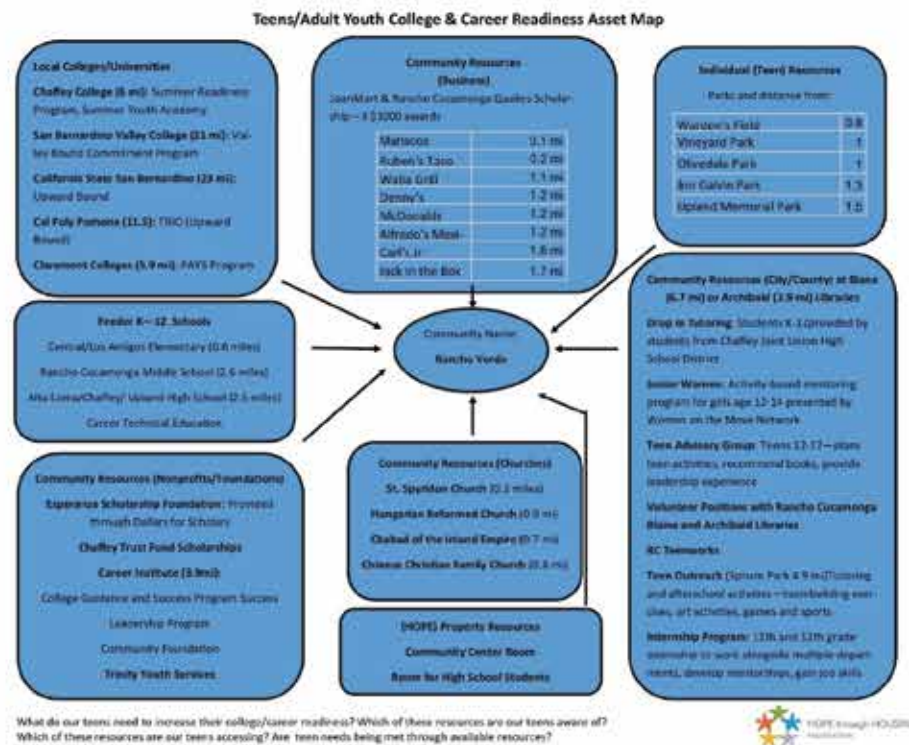


Housing, economic stability and education are three important social determinants of health. For residents in San Bernardino and Riverside Counties (Inland Empire), prevalence rates of deaths from cancer, strokes, cardiovascular disease, suicide, and homicide are much greater than the California state average. By addressing two important areas of adult employment and teen college and career readiness, we hope to combat against the poor health outcomes and build a healthier future for our residents. The greater focus of this project was program development for HTHF teen residents.

Addressing the Problem

Community Asset Mapping

In order to better visualize and understand the resources available to our teens, we created a community asset map focusing on college/career readiness and community resources targeted toward teen youth. Below is the community asset map for the Rancho Verde Village property.



What does this mean and what are we doing?

The problem may not be that there is a paucity of resources available, but rather our teens cannot readily access them due to distance from the property or operating hours. We foresee that development of teen programming will come from a coordination of resources and partnerships as opposed to a complete build out of a new program. The next step was to conduct a focus group with our key stakeholders - the teen residents! With a group of 17 Rancho Verde youth, we discovered what some of their goals after high school graduation and what their interests were to inform the development of programming.

References

1. What Makes Us Sick? (2014). Retrieved April 9, 2019, from <http://www.waterloowellingtonlin.on.ca/forhsps/equity/socialdeterminants.aspx>
2. Greene, J., MD, MS, Badley, E., MHA, Nguyen, T., Cutler, K., & Adams, M., MPPA. (2018). *County Health Status Profiles*. California: California Department of Public Health.

Building a Stronger & Healthier Community: Clark Commons a Pilot Study

Jamboree recognizes the importance of addressing the SDOH in a community context in order to have a high impact in future health outcomes. (Figure 1). Jamboree understands that people's patterns of social engagement, sense of security, and well-being are affected by the conditions of where they live.

The residents of the city of Buena Park (Figure 2) are at a high risk for adverse health disparities such as obesity. Obesity is a risk factor for many health conditions such as diabetes and leading causes of death such as heart disease, stroke, and certain cancers. The city of Buena Park is one of the top cities in orange county with the highest obesity rates.

1 in 5 OC adults is obese
Source: California Health Interview Survey, 2014

1 in 6 OC 5th graders is obese
Source: California Health Kids Survey, 2014-2015



Figure 1. Social determinants of health
Source: Healthy People 2020

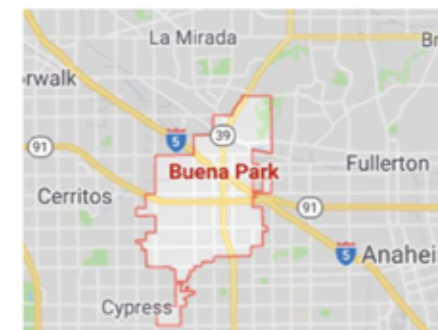


Figure 2. Map of the city of Buena Park
Source: Google Maps

HIGHEST rates of OBESITY in OC

Anaheim
Buena Park
La Habra
Santa Ana

In OC, the percent of people living with diabetes has continued to increase by relatively 2.5% each year. With high obesity rates and increasing health risks, the need for health programs focusing on fitness and nutrition education for the city of Buena Park.

Clark Commons, a 70-unit housing community, served a pilot for evaluating health education services and resources Jamboree offers. A series of assessments were conducted to assess the health needs for designing, implementing, and evaluating Jamboree's health initiatives at Clark Commons.

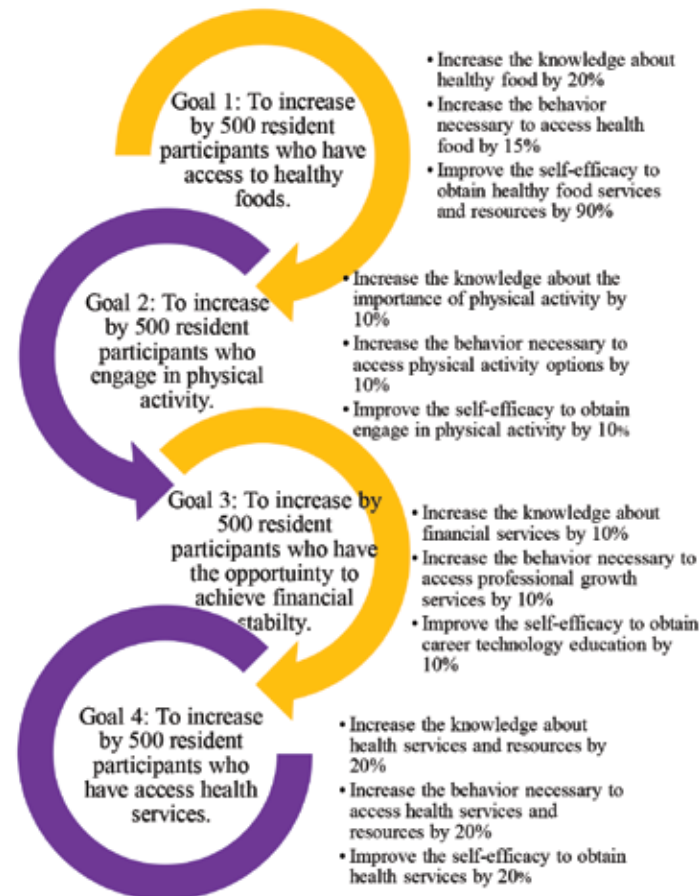
The **PRECEDE - PROCEED Model** was used to provide structure to the assessments. PRECEDE provides structure for planning a targeted and focused program, while PROCEED provides structure for implementing and evaluating the program.

CLARK COMMONS PLAN OF ACTION

Clark Commons Collaborative (CCC), partnerships formed by Jamboree which has evolved over the past two years into a multi-faceted model for resident-driven services and programs including:

- Orange County Health Care Agency
- St. Jude's Hospital
- Community Action Partnership of Orange County
- Child Guidance Center of Orange County
- Regional Occupational Program
- Mabel Pendleton Elementary School Principal and PTA.

GOALS & OBJECTIVES



WORKSHOPS EXAMPLES

- CalFresh & Medical
- Mental Health & Parenting Classes
- Financial Literacy (i.e. credit, savings, etc.)
- Basic Computer Skills & Resume Building
- Yoga & Zuma Classes
- Cooking Classes

EVALUATION METHOD

Social Cognitive Theory (SCT) Model considers the relationship among the environment, the people, and their behavior. It describes the influence of individual experiences, the actions of others, and environmental factors on individual health behaviors.

SCT model provides opportunities for social support through using observational learning and other reinforcements to achieve behavior change including:

- Self-efficacy
- Behavioral capability
- Expectations
- Expectancies
- Self-control
- Observational Learning
- Reinforcements

Jamboree will use results of the study to modify and tailor services to meet the needs of the Buena park community.

LIVE WELL PERRIS

CITY OF PERRIS HEALTH DEPARTMENT COMMUNITY SERVICES

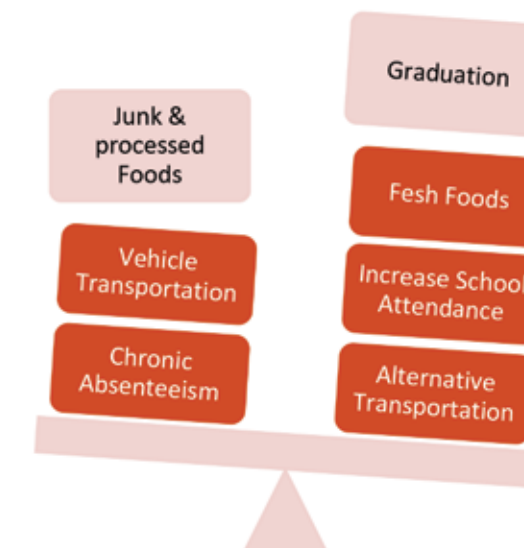
STAR Program

Students taking attendance responsibly is a pilot program that will be implemented in the fall 2019. This program is an intervention to change behavior of chronic attendance at the elementary school level. Kindergarten in Val Verde Unified School District and 4th and 5th grade in 2 cohorts, in the Perris School District will participate in the program. The objective is to increase attendance, decrease remediation and better prepare students for future grades and graduation from high school.



Grow Perris Conference

The Grow Perris Conference is based on the USDA guidelines for the STEAM (science, technology, engineering, arts & mathematics) initiative-based curriculum to replace STEM. Conferences are to take place annually for education, discussion and networking of teachers, leaders of the community, public health officials and students. The Farm to Table initiative integrates the STEAM curriculum promoting healthy eating habits, access to fresh foods and education on nutrition. The objective of this conference is to initiate the Farm to Table in the school districts, educate the community of the importance of fresh and nutritious foods while decreasing transportation by providing more healthy foods within the City of Perris.



*Changing the Balance
In the Community
Of Perris, CA*

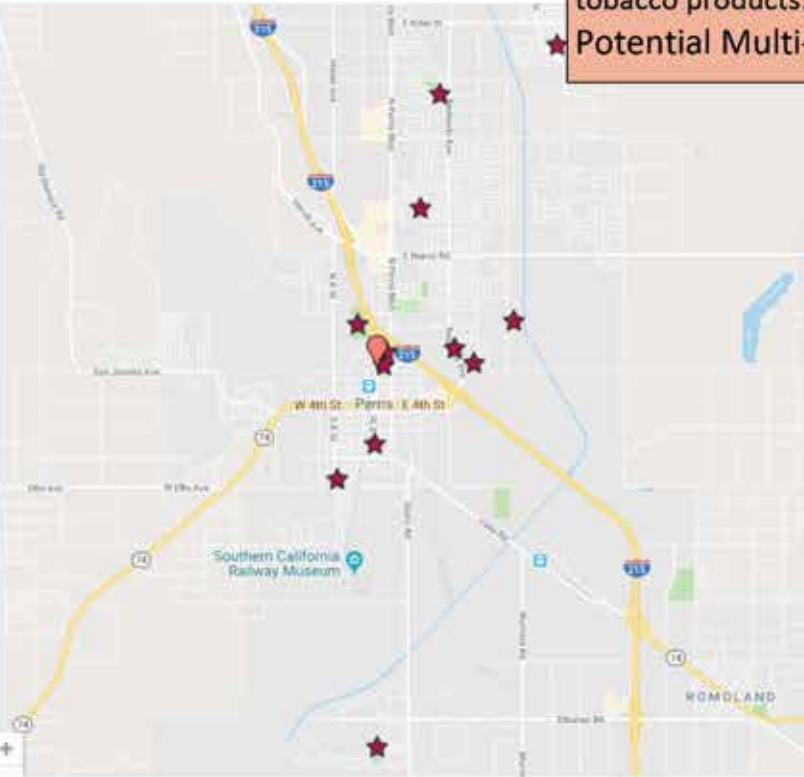


City of Perris Partners

- Val Verde School District
- Perris School District
- Tobacco Coalition of Riverside
- Health Communities Coalition of Riverside
- CR & R Recycling



Perris Green Spaces



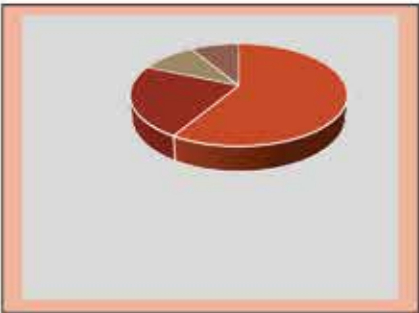
Healthy Initiatives Happening in Perris, CA

The City of Perris is a community of about 78,000 people within the county of Riverside. The City Garden located at City Hall is a teaching garden that welcomes volunteers. The city garden is one example how the city public health department uses resources to help eliminate food deserts within the city and educate community members.

The G.E.A.R. program
An employee -based program to initiate alternative modes of transportation through the use of eBikes.
The next step, in planning stage: Bike lanes and pathways within city limits.

Smoking Cessation Proposal
To initiate policy and ordinance about the use of tobacco products on city property. Youth & e-vape cigarettes, flavored tobacco products.
Potential Multi-unit smoke-free housing next.

Additional Gardens
Dora Nelson African American Museum
School Gardens



Gardens and Green Spaces yet to be Developed



COMPARATIVE PEST ANALYSIS OF PERRIS' GETTING EMPLOYEES TO ACTIVELY RIDE (G.E.A.R.) PROGRAM & SMOKING CESSATION INITIATIVE



Elizabeth Ruano
City of Perris, Perris, California;
Partners for Better Health and the Randall Lewis Health Policy Fellowship, Rancho Cucamonga, California;
School of Public Policy, University of California, Riverside

GETTING EMPLOYEES TO ACTIVELY RIDE (G.E.A.R.) PROGRAM

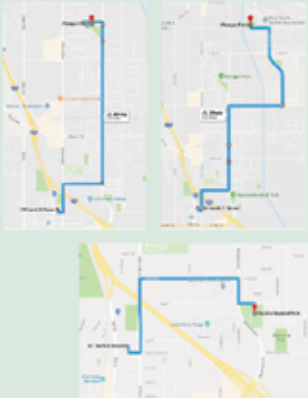


The goal of this program is to provide an active mode of transportation to employees, reduce Greenhouse Gas emissions for the improvement of air quality in Perris, and provide a culture of friendly-biking roads to increase the utilization of active transportation for employees, residents, and visitors to the City of Perris.

Program developments include:

- Program safety trainings.
- E-Bike Promotions.
- Bike Routes.
- Program Evaluations.

E-Bike Routes



The G.E.A.R. Program has met and gone beyond its initial program goals. G.E.A.R. survey feedback demonstrates employees satisfaction with the program as highly satisfied. This program has successfully met its initial program goals and will progress with time.

SMOKING CESSATION INITIATIVE



The goal of this initiative is to prevent the use of tobacco products among young people and adults, and reduce tobacco-related mortality morbidity through City-led education, and programming by creating educational platforms that increase public awareness of the consequences and impacts of tobacco use, and cultivate an environment whereby Perris residents are protected from exposure of environmental tobacco smoke.

Initiative developments include:

- Perris resident and City leadership concerns regarding tobacco use.
- Creation of informational pamphlets.
- Documentation of relevant smoking cessation policies.



A City-led Smoking Cessation Initiative is feasible due to support from City leadership and expressed community concern. Limiting reagent in the fruition of this Initiative is due to internal City-organization, however said group has a proven record of supporting and implementing educational community initiatives. The initiative is currently in the developmental stages and therefore has not met its initiative goals.

BACKGROUND

Los Angeles County’s urban forest provides valuable contributions to public health for the most vulnerable residents of unincorporated communities. West Athens has an urban forestry goal in the County’s West Athens Community Parks and Recreation Plan, informed by examining tree canopy coverage data for the neighborhood. Supervisorial District 2 (SD2) intends to increase the existing tree canopy coverage by creating greener streets that encourage people to walk and exercise, and that safeguard the community against rising urban temperatures.



EVALUATION

The evaluation is based on a CDC template that will analyze the process and the outcome of the tree planting project. The Los Angeles Conservation Corps will administer a community survey to residents who agreed to have a tree planted in front of their house. The community survey includes questions that aim to understand: the

reason for getting a tree planted, prior tree planting experience, watering behavior, likelihood of future watering, degree of knowledge about tree watering, and project satisfaction.



"Trees go wandering forth in all directions with every wind, going and coming like ourselves" - John Muir

Australian Willow Planted at Hellen Keller Park



Volunteers planting at Hellen Keller park in West Athens

WHY TREES MATTER?



Here's what they do



Trees cool urban areas up to 10% by shading homes and streets, which will help impact health-related illness and deaths

Trees capture and filter water naturally, recharging groundwater and decreasing polluted run-off

Trees conserve energy and water in the neighborhood



Trees provide physical and psychological barrier between pedestrians and motorized traffic

Scope of the Problem

Residents aren't always aware of the many ways that street trees can benefit their community. The community education and outreach component of this project will address these barriers by educating residents on the benefits of trees in an urban setting. The purpose of the evaluation is to examine the impact of public education and community engagement strategies on getting trees planted, street tree survival, and resident satisfaction with the project. The evaluation will also examine the impact of the project on the knowledge, skills, and attitudes of local youth, and the capacity of participating community-based organizations and schools.

Whats Next ?

Once all the trees have been planted there is a 18-month watering period by the lead agency, Los Angeles Conservation Corps. After this time volunteers will go out in the community to administer a community survey to gage the satisfaction and knowledge of the project. This evaluation will also look at the residents that declined to have trees planted in an effort to encompass the full narrative.

Charles Saseun, MPHc, Randall Lewis Health Policy Fellow

csaseun@ph.lacounty.gov | 909-463-8366

Los Angeles County Department of Public Health

Polices for Livable, Active Communities and Environments (PLACE) Program

Connect SoCal: Public Health Report Data Analysis Southern California Association of Governments



Introduction:

SCAG's initiative is to foster a sustainable Southern California. With this aim in mind, SCAG develops a Regional Transportation Plan and Sustainable Communities Strategy (know as Connect SoCal) that includes regional projections for a wide range of focus areas. These focus areas inform decisions on transportation and land use and how the social determinants of health are affected by the built environment. All factors of the built environment can be observed to understand their implications on health and can then be modified to best fit the needs of the constituents of the region.

Approach:

Health in All Policies (HiAP) is a collaborative strategy that aims to improve public health outcomes by including health considerations in the decision-making process across sectors and policy areas. This concept suggests a horizontal approach to data collection that informs policy and decision-making by leveraging stakeholder ideas. This approach incorporates the social determinants of health to ensure health equity for all in the region.

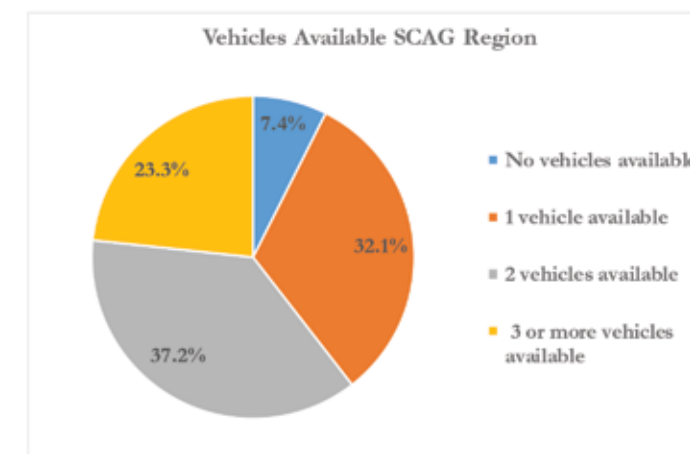


Figure 1. Vehicle access is an important indicator because vehicle use accounts for a large proportion of greenhouse gas emissions (GHG's). Understanding the implications of vehicle usage is vital to the health of the region.

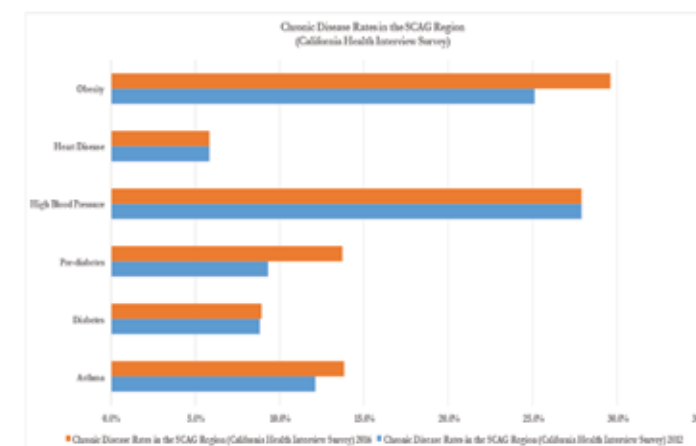


Figure 2. Chronic disease rates of the region. The built environment has a large impact on the health of the region, for this reason SCAG performs analysis on the chronic disease indicators.

Karla Verdesoto, MPH Candidate

Randall Lewis Data Science Fellow

Claremont Graduate University | School of Community and Global Health

Applied Biostatistics and Epidemiology
karla.verdesoto@cgu.edu



FOUNDED 1925

YOU CAN CHANGE YOUR BEHAVIOR!

Health and Wellness begins with behavior choices that you make. Some key concepts to learning how to make the right decisions include:

- Establishing SMART Goals



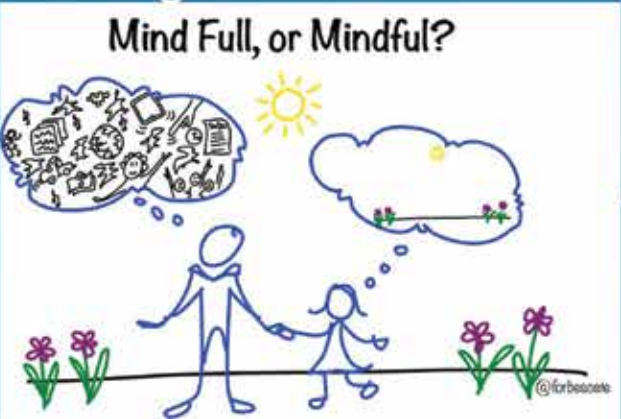
- Identifying triggers and rewards to habitual behaviors



- Knowing ahead of time how you will successfully deal with challenges

- Keeping yourself in the right mindset

- Being mindful



YOU CAN CHANGE YOUR BEHAVIOR!

Upland Unified School District is offering a course called Nutrition for Personal Health and Wellness: 5 Week Course for a Better Life. In this class you will learn all of the components of behavior change as well as information on nutrition.

The pilot program of this course met 5 times. The goals of the course were to provide actionable items on how to change behaviors related to dietary goals, provide nutritional education and recipes and to improve eating habits. The participants of the first course showed significant improvements in their ability to eat well and manage their behaviors around food choice. There was overwhelming positive feedback for the course. The graph below shows the difference in pre and post test scores for the participants.

If you are interested in making a change contact Upland Unified School District to sign up for the next available course!

