



HEALTHY RC

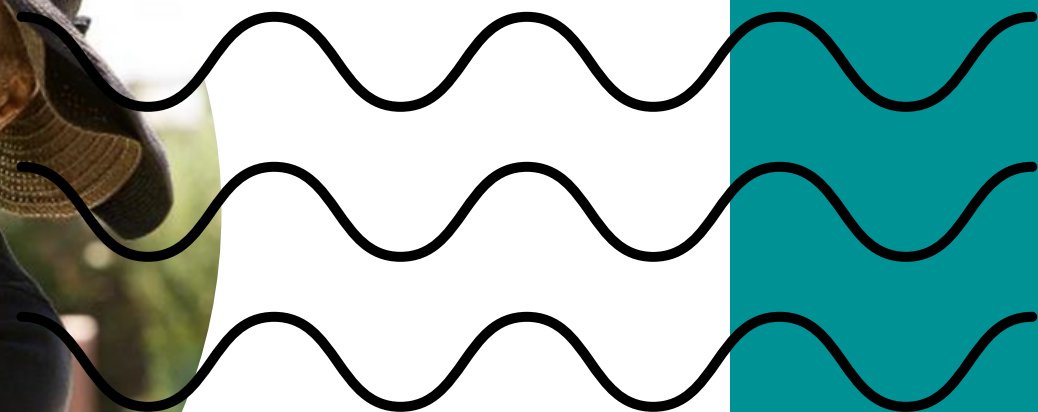
Steering Committee

September 26, 2023



RANCHO
CUCAMONGA
20  20





Healthy Eating & Active Living



Community Connections
& Safety



Education & Family Support



Mental Health



Economic Development



Clean Environment



Healthy Aging



Disaster Resiliency



AGENDA

September 2023

- Welcome & Introductions
- City Updates:
 - Upcoming Community Events – CSD
 - Fire Updates – National Preparedness, and Shake Out
- Partner Updates
- Healthy RC Updates
 - Public Art & Sustainability
 - Subcommittees
 - Community Champions & Youth Leaders
- Quality of Life Survey Training





CHECK-IN



Introduce yourself



Organization



Answer, If you really knew me you would know...

ABOUT
— *me*





CITY UPDATES



CSD SPECIAL EVENTS

Spooktacular

- RC Sports Center, 8303 Rochester Ave.
- Saturday, October 21
- 3 p.m. – 6 p.m.
- FREE trunk-n-treat
- \$10 wristband for access to the Fun Zone

Founders Day Parade

- Jack Benny Drive
- Saturday, November 11
- 8:30 a.m.
- \$50 parade entry fee for businesses and FREE for non-profits

Veterans Day Ceremony

- Central Park, 11200 Base Line Rd.
- Saturday, November 11
- 11 a.m. – 12 p.m.



CSD SPECIAL EVENTS

Breakfast with Santa

- Central Park, 11200 Base Line Rd.
- Saturday, December 2 8:30 a.m. – 12:30 p.m.
- Breakfast, holiday crafts, and photos with Santa

Snowy Hula Day

- Heritage Park, 5546 Beryl St.
- Saturday, December 9
- 11 a.m. – 3 p.m.
- Snow play area, sled runs, holiday crafts, and photos with Santa

If you are interested in sponsoring or partnering for any of the CSD events, please email Jessal.Salas@CityofRC.us



CSD SPECIAL EVENTS

● Family Camp out – SOLD OUT

- Heritage Park, 5546 Beryl St.
- Saturday, October 7 @ 4 p.m.
- Dinner, crafts, interactive activities, movies, etc.

If you are interested in sponsoring or partnering for any of the CSD events, please email Jessal.Salas@CityofRC.us



RCFD UPDATES



● National Emergency Alert

- October 4th at 11:20am
- Test of Wireless Emergency Alerts to cell phones
- and Emergency Alert Systems to radios and televisions




FIREFIGHTER DEMONSTRATIONS





PUBLIC SAFETY SERVICES



LEARN TO BE #READYRC

 **SATURDAY, OCTOBER 7, 2023**

 **ALL-RISK TRAINING CENTER**
(11285 Jersey Blvd.)

 **10:00 A.M. - 1:00 P.M.**



ShakeOut. Don't Freak Out.

October 19, 2023

Register: **ShakeOut.org**



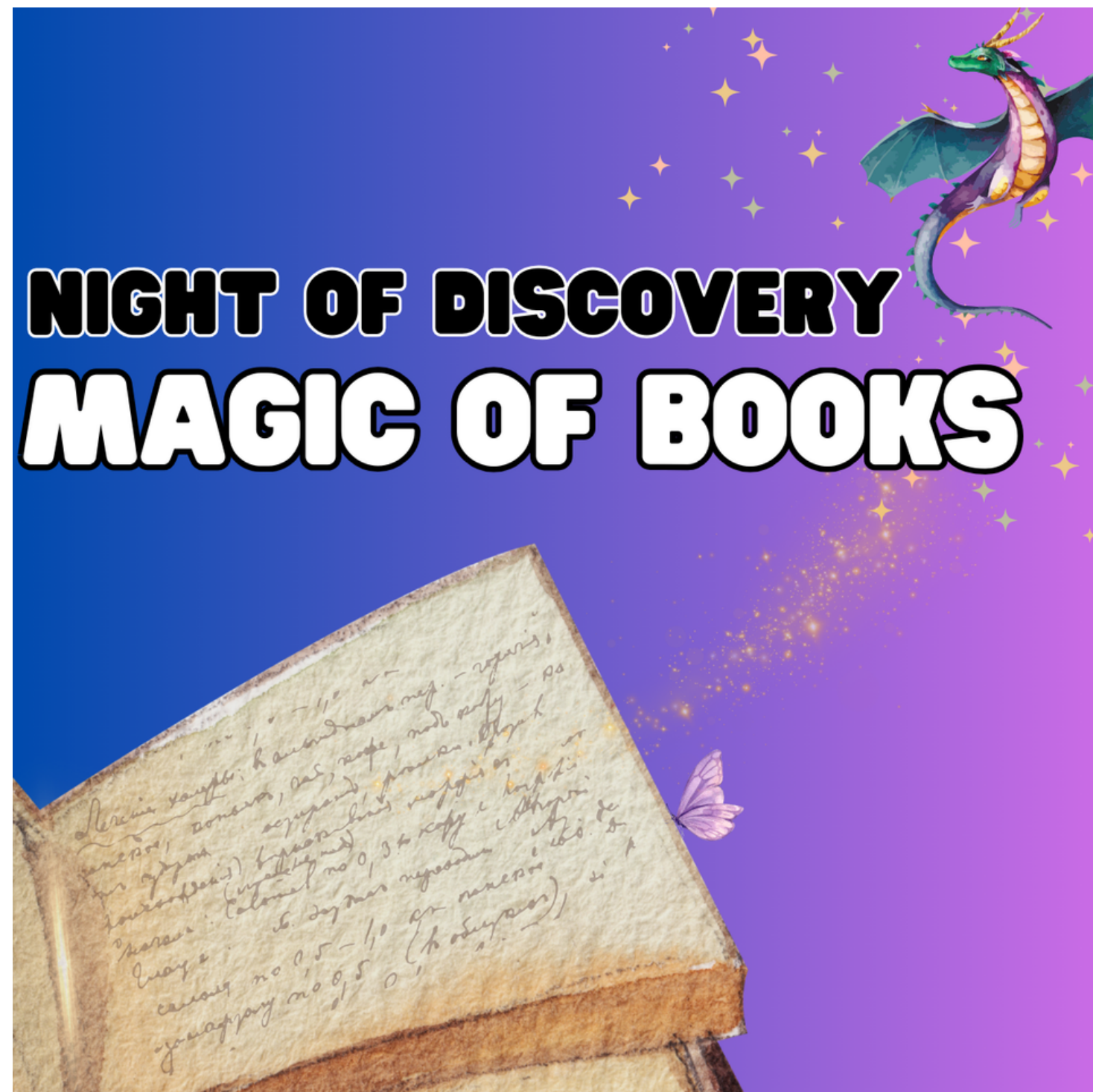
RCFD UPDATES

● Fire Open House –October 7th

- All-Risk Training Center
- Free event, reserve tickets on Eventbrite

● Shake Out– October 19th

- Drop, Cover, and Hold on at 10:19a.m.



Friday, October 6 from 7:00 p.m. to 9:00 p.m. at the Paul A. Biane Library at the Victoria Gardens Cultural Center (12505 Cultural Center Drive).

This Night of Discovery celebrates the MAGIC OF BOOKS with activities for all ages focusing on fantasy, books, magic, and imagination.

- Magic performances by John Abrams featuring interactive magic and jokes for all ages
- Multicultural folktales by storyteller Ina Buckner-Barnette
- An epic scavenger hunt to learn about tales from all over the world and earn a prize
- A Pin the Grin on the Cheshire Cat game that encourages all ages to try their luck
- Activities for adults featuring Edgar Allan Poe trivia, readings, and art
- A Mad Hatter craft engaging attendees to build their own special hat
- A “fantastic” teen mapmaking activity
- And more!

Free tickets are now available at both Library locations.



PARTNER UPDATES



A PARTNERSHIP WITH THE ROOT 66 COMMUNITY GARDEN AND HERITAGE FARMERS MARKET

DINNER WITH FRIENDS

A Farm To Table Fundraiser

SAVE THE DATE

OCTOBER 27 • 6PM-10PM

THE ROOT 66 COMMUNITY GARDEN, RANCHO CUCAMONGA, CA

VIBES. FOOD. COMMUNITY.
MORE DETAILS TO FOLLOW

FOR SPONSORSHIP EMAIL
HERITAGEWELLNESSCOLLECTIVE@GMAIL.COM





HEALTHY RC UPDATES





CA Clean Air Day

October 4, 2023

California Clean Air Day aims to unite all Californians in an effort to **improve our air quality** and **community health**

- **Actions**

- Switch things out
- Go green
- Use alternative transportation



- See the article in the recent Grapevine for more tips and resources

CALIFORNIA CLEAN AIR DAY

OCTOBER 4, 2023

California Clean Air Day aims to unite all Californians to improve our air quality and community health. Air quality is affected by pollutants released from cars, wildfires, and building energy use and poses a health risk to our community. To bring awareness to this issue, the Coalition for Clean Air started California Clean Air Day so that individuals, organizations, and students can commit to big and small actions that can help improve air quality.

TAKE THE CLEAN AIR PLEDGE

SWITCH THINGS OUT

Change or clean your home air filter.
Air filters should be changed regularly to keep your HVAC unit running smoothly and to maintain optimal air quality. Considerations should be made for filter type, home size, outside air quality, pets, allergies, season, and household occupancy.

Switch to fluorescent.
By switching from traditional incandescent lights to compact fluorescent light bulbs, you will see positive change in many ways: the lifetime cost, energy savings, and environmental impacts.

GO GREEN

Plant a home garden or participate in a community garden.
Cultivating a garden is a great way to improve air quality. Plants absorb carbon emissions found in the atmosphere through a process known as photosynthesis.

Buy local produce.
Buying local means produce that is in season and requires less travel to get to you. You can find local produce at farmer's markets around the city.

USE ALTERNATIVE TRANSPORTATION

Walk, bike, or use public transit for errands and commutes.
Reducing the miles traveled in your vehicle will reduce the amount of carbon emissions released into the atmosphere. Consider public transit or bicycling for short commutes.

Join a carpool/vanpool.
Consider joining a carpool/vanpool for work or school. Carpooling reduces road congestion, vehicle miles traveled, and carbon emissions. A triple win!

By choosing one (or all) of these actions on #CleanAirDayCA and every day, you're helping California provide clean air now and for future generations.

To learn about more Clean Air Day, how you can get involved, and events near you, scan here >>>
For more information on the City's sustainability efforts, visit www.CityofRC.us/Sustainability.





**SUBMIT YOUR
APPLICATION BY
OCTOBER 22**



**RANCHO
CUCAMONGA**

Call for Artist **MINI MURAL PROJECT**

Help elevate our community
one brushstroke at a time.

**SUBMIT QUALIFICATIONS
BY OCTOBER 22**

For more information
or to apply, visit
CityofRC.us/PublicArt.



MENTAL HEALTH SUBCOMMITTEE

your
MIND
MATTERS



SEPTEMBER IS SUICIDE PREVENTION MONTH



WORKING TOGETHER TO PREVENT SUICIDE
ALWAYS REMEMBER TO FOLLOW

 **T. A. S. C.**

 **Tune in** and notice changes in behavior that are out of the ordinary.

 **Ask** directly if they are planning or have thought of dying by suicide.

 **State** the seriousness and show empathy.

 **Connect** with proper resources like Suicide Prevention Lifeline 1-800-273-TALK.

SUICIDE PREVENTION AWARENESS MONTH SEPTEMBER 2023

For more mental health resources visit:
www.cityofrc.us/mental-health
www.suicideispreventable.org



TRABAJANDO JUNTOS PARA PREVENIR SUICIDIO
RECUERDA SIEMPRE SEGUIR

 **S. P. E. C.**

 **Sintonice** y notar cambios en el comportamiento que están fuera de lo común.

 **Pregunte** directamente si tienen planeado o he pensado de morir por suicidio

 **Expresa** la seriedad y muestre empatía.

 **Conéctese** con los recursos adecuados como la línea de vida para la prevención del suicidio 1-800-273-TALK

MES DEL PREVENCIÓN DEL SUICIDIO SEPTIEMBRE 2023

Para obtener más recursos de la salud mental, visite
www.cityofrc.us/mental-health
www.suicideispreventable.org



FREE TRAINING AVAILABLE UNTIL DECEMBER 2023



LivingWorks Start

Develop the skills to recognize when someone may be thinking of suicide and connect them to help

FREE

to all California Public Schools Students and Teachers!

Online and only 60 - 90 minutes!

www.caschoolsstart.livingworks.net



Scan





Join us!



Invitation to visit Paws 4 Success*
Tuesday October 3rd, 2023
2:00-3:00 p.m.
3141 English Road
Chino Hills, CA 91709
<https://paws4success.org/>



*in lieu of our regularly scheduled meeting



JOIN US AT OUR NEXT MEETING!

**– DESTIGMATIZE MENTAL HEALTH
–LEVERAGE RESOURCES**

**NOVEMBER 7TH
2–3 P.M.**

ON ZOOM



YOUTH LEADERS





PRESENT ESRI STORYMAPS AT THE SAN BERNARDINO FACE CONFERENCE CAL STATE SAN BERNARDINO 9/23/23 CONFERENCE SESSION “LEADERSHIP AND ACTION”



CAMPEONES PARA LA COMUNIDAD



CAMPEONES PARA LA COMUNIDAD



COMPASSIONATE COMMUNITIES





**THANK YOU TO OUR
VOLUNTEERS THAT COME OUT
TO LOS AMIGOS PARK ON
9/9/23**



LOVE RC A SUCCESS!



LOVE RC A SUCCESS!



Thank you for helping us Celebrate our Seniors!

September is Senior Center Month





TUESDAY, OCTOBER 16TH

12-1:30 PM @ City Hall

Every 3rd Tuesday of the month

In-person

Lunch provided

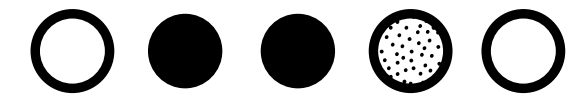


For questions / ideas:

Hope.Velardee@CityofRC.us

#BeKindRC



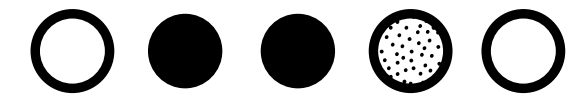


Quality of Life

OUTREACH & ENGAGEMENT

- Past Engagement Efforts:
 - National Night Out
 - Back to School Nights
 - Supervisor Armendarez's Open House
 - City staff outreach
 - City facilities
 - Grapevine
 - HRC Newsletter





Quality of Life Survey

PRELIMINARY DATA





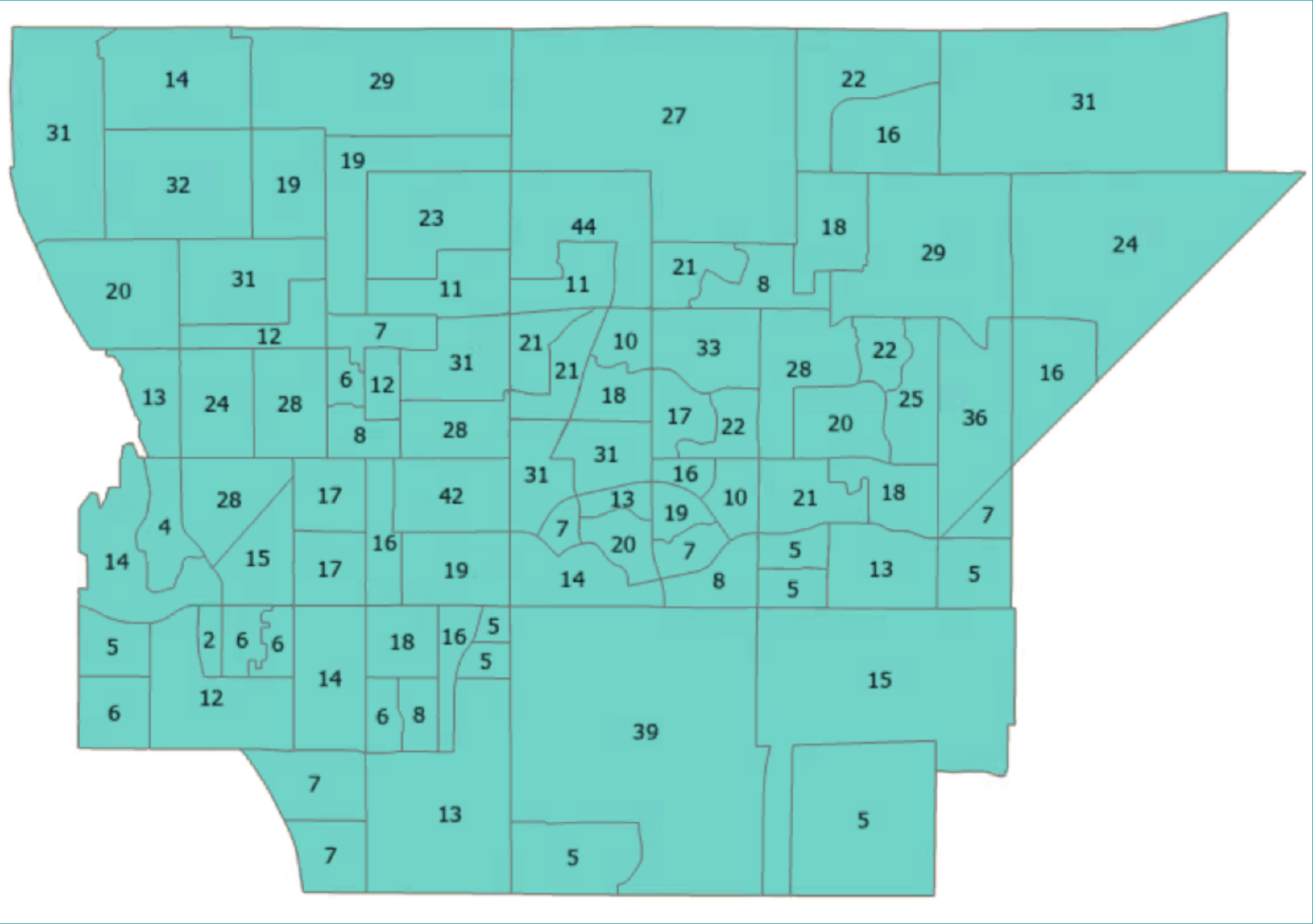
- Conducted in 2015 and 2019
- Identify needs and gaps in services / resources at the neighborhood level
- 18+ who live, work, play, learn, worship, etc. in City
- Close by end of calendar year or when we reach ~2,500 participants





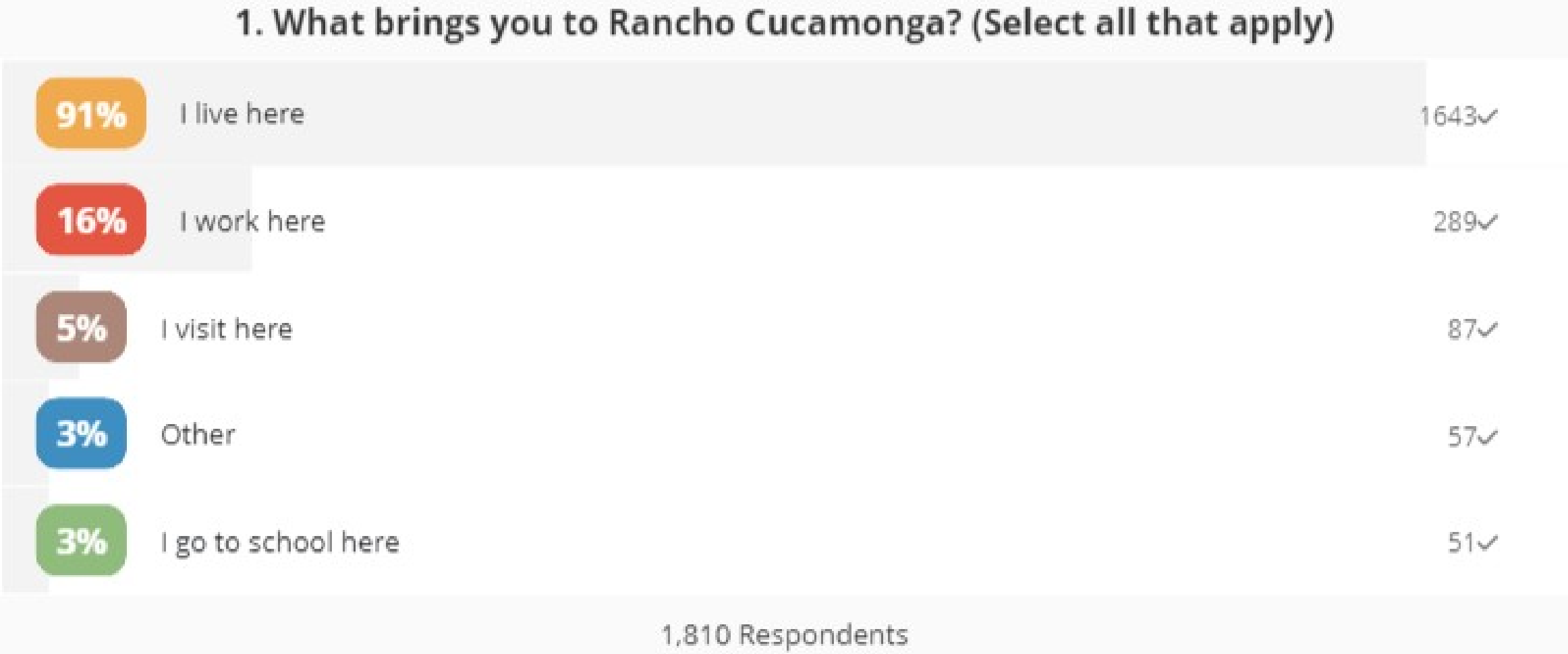
1,904 survey participants!





Map where participants live





h. As a whole, I am satisfied with life in Rancho Cucamonga. Consider your own life and personal circumstances along with your satisfaction with living in the City.	2% Strongly Disagree	7% Disagree	12% Neutral	48% Agree	30% Strongly Agree	1% N/A
i. As a whole, I am satisfied with life in my neighborhood. Consider your own life and personal circumstances along with your satisfaction with living in your neighborhood.	3% Strongly Disagree	7% Disagree	11% Neutral	42% Agree	34% Strongly Agree	2% N/A





	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A
a. Rancho Cucamonga is a good place to raise children. Consider the quality and safety of schools and child care programs, after school programs, and places to play in this city.	2% Strongly Disagree	2% Disagree	9% Neutral	39% Agree	39% Strongly Agree	7% N/A
b. Rancho Cucamonga is a good place to age. Consider the city's elder-friendly housing, transportation to medical services, recreation, and services for the elderly.	3% Strongly Disagree	7% Disagree	19% Neutral	40% Agree	27% Strongly Agree	5% N/A

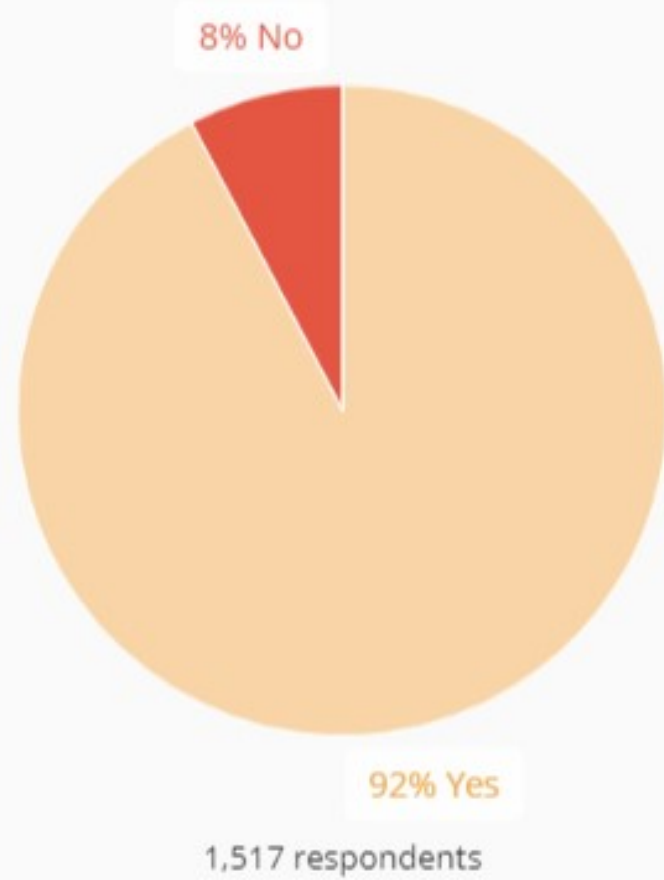
e. Rancho Cucamonga is a safe place to live. Consider how safe you feel at home, in the workplace, in schools, at playgrounds, parks, and shopping centers in the city.	3% Strongly Disagree	10% Disagree	16% Neutral	47% Agree	24% Strongly Agree	1% N/A
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g. Rancho Cucamonga is accessible for those with disabilities. Consider the environment (sidewalk, crosswalks, etc.) and quality & availability of programs and services specifically for people with different abilities.	2% Strongly Disagree	6% Disagree	27% Neutral	38% Agree	13% Strongly Agree	14% N/A
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7. Do you generally eat healthy?



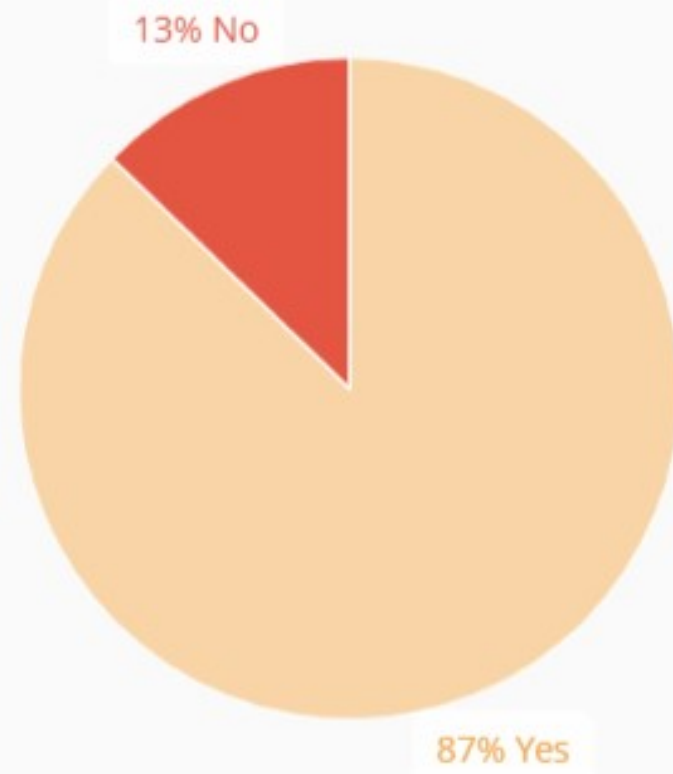
8. What prevents you from eating healthy? Select all that apply.

52%	I don't have time to prepare healthy foods	60✓
52%	Healthy foods are too expensive	60✓
24%	I don't have skills to plan, shop and prepare healthy foods	28✓
23%	Healthy foods are not tasty	26✓
17%	Not familiar with healthy recipes	20✓
10%	Other	12✓
9%	I don't have access to healthy foods	10✓
7%	I don't have the resources, tools, or equipment (i.e., stove, air fryer etc.) to eat healthy.	8✓
6%	I generally eat healthy all the time	7✓
115 Respondents		



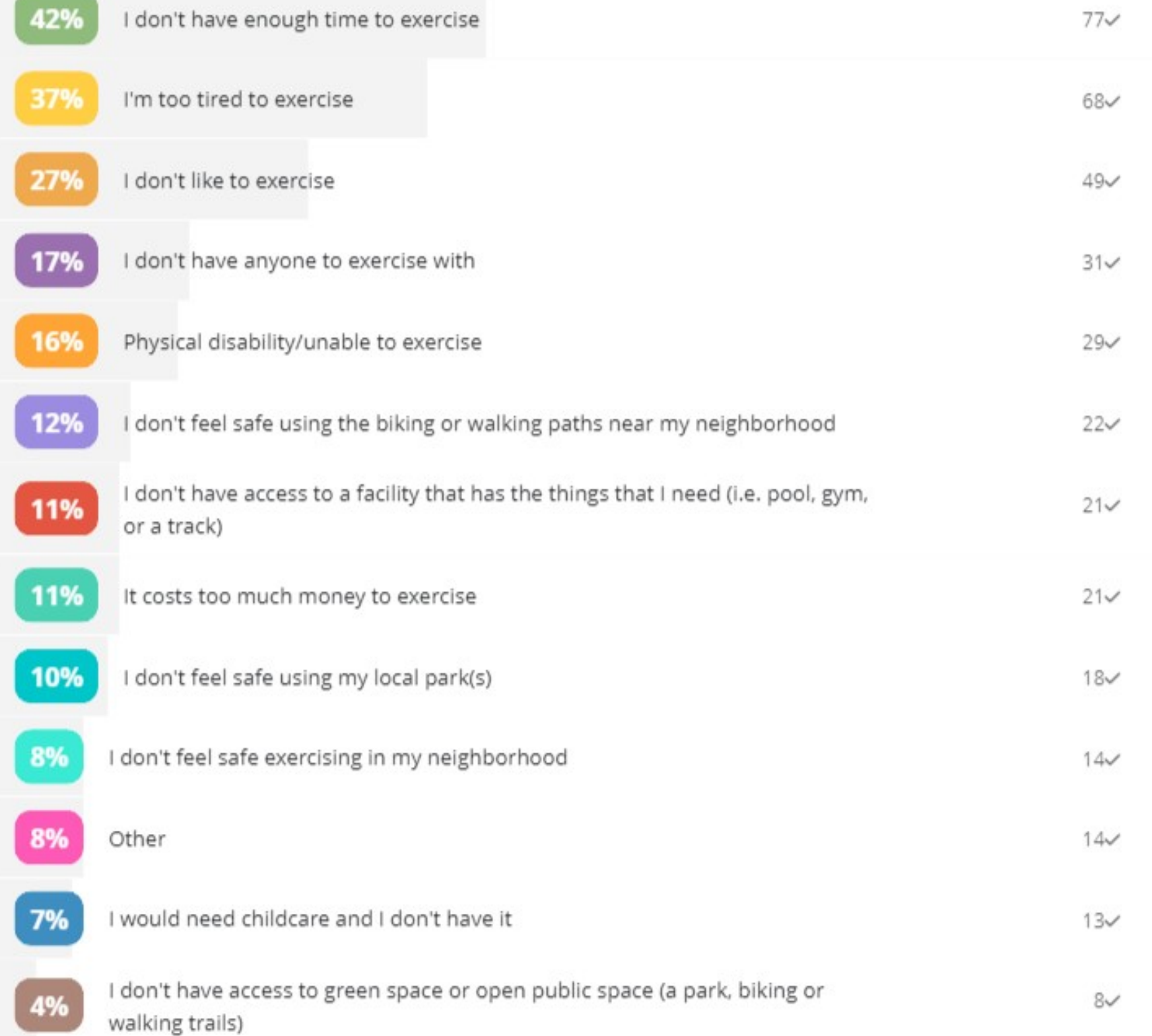


12. Do you regularly exercise or move your body for health benefits each week?



1,440 respondents

13. If answered no to the previous question, what are some reasons you do not exercise? Select all that apply.

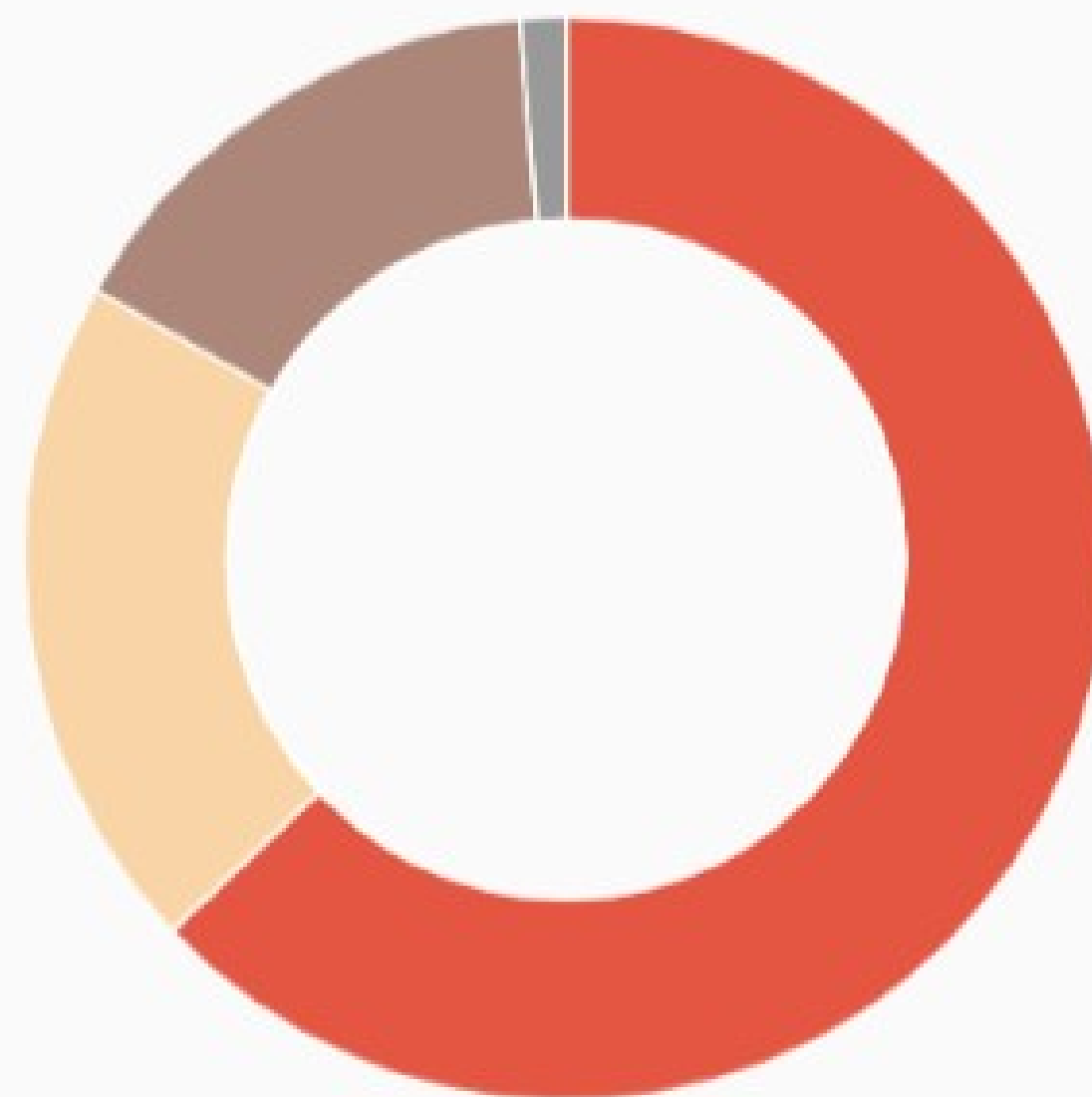


184 Respondents





14. Would you say that, in general, your physical health is...
(Please choose only one.)



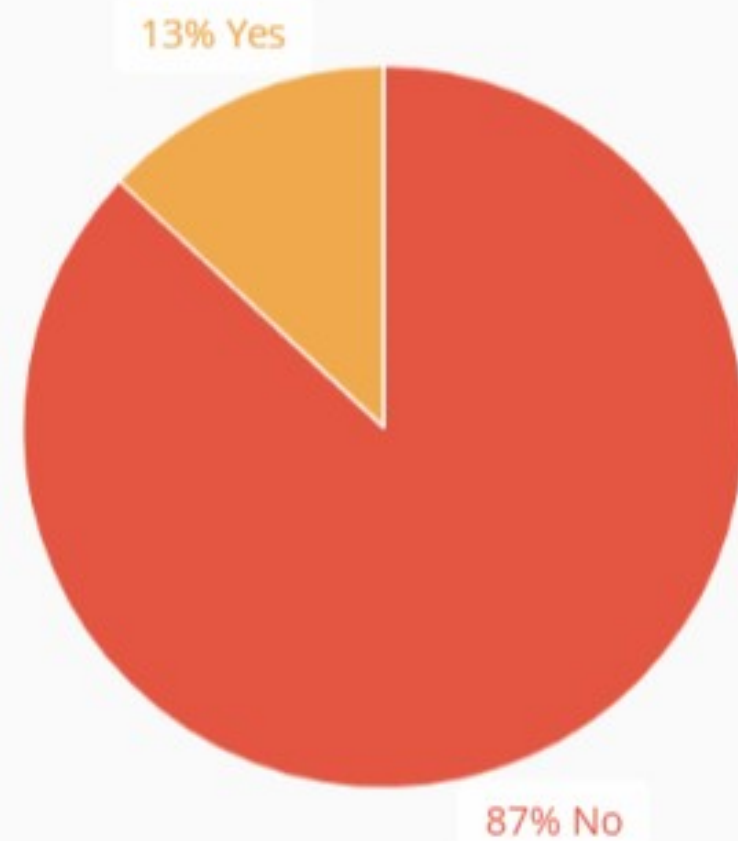
63	Good
%	
20	Excellent
%	
15	Fair
%	
1%	Others

1,248 respondents





16. Are you experiencing challenges to accessing health care?



1,238 respondents

17. What challenges prevent you or your family member from receiving health care? Select all that apply.

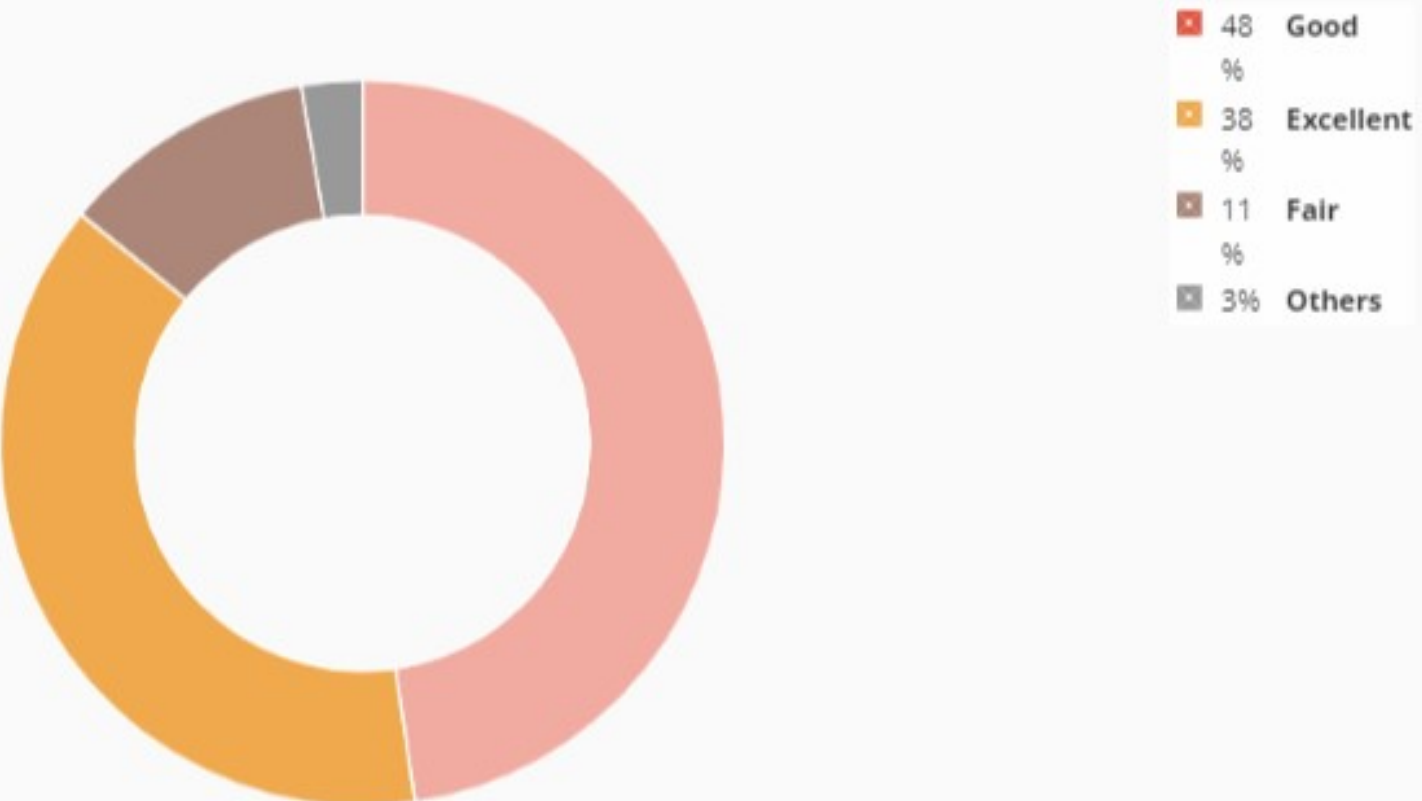
38%	Couldn't get an appointment/wait was too long to get an actual appointment	300✓
31%	Other	246✓
16%	My/our share of the cost (deductible/co-pay) was too high	125✓
13%	Insurance didn't cover what I/we needed	104✓
9%	Medication cost too much	75✓
9%	Couldn't take the time off from work	68✓
7%	Dentist would not take my/our insurance or Medicaid	55✓
6%	Didn't know where to go	45✓
5%	Doctor would not take my/our insurance or Medicaid	42✓
5%	No health insurance	41✓
3%	No way to get there	22✓
1%	Language barrier	11✓
1%	Hospital would not take my/our insurance	9✓
1%	Scared or nervous about my immigration status	7✓
1%	Pharmacy would not take my/our insurance or Medicaid	6✓

792 Respondents





18. Would you say that, in general, your mental health is...
(Please choose only one.)



1,356 respondents

19. In the past month, how often have you felt the following?

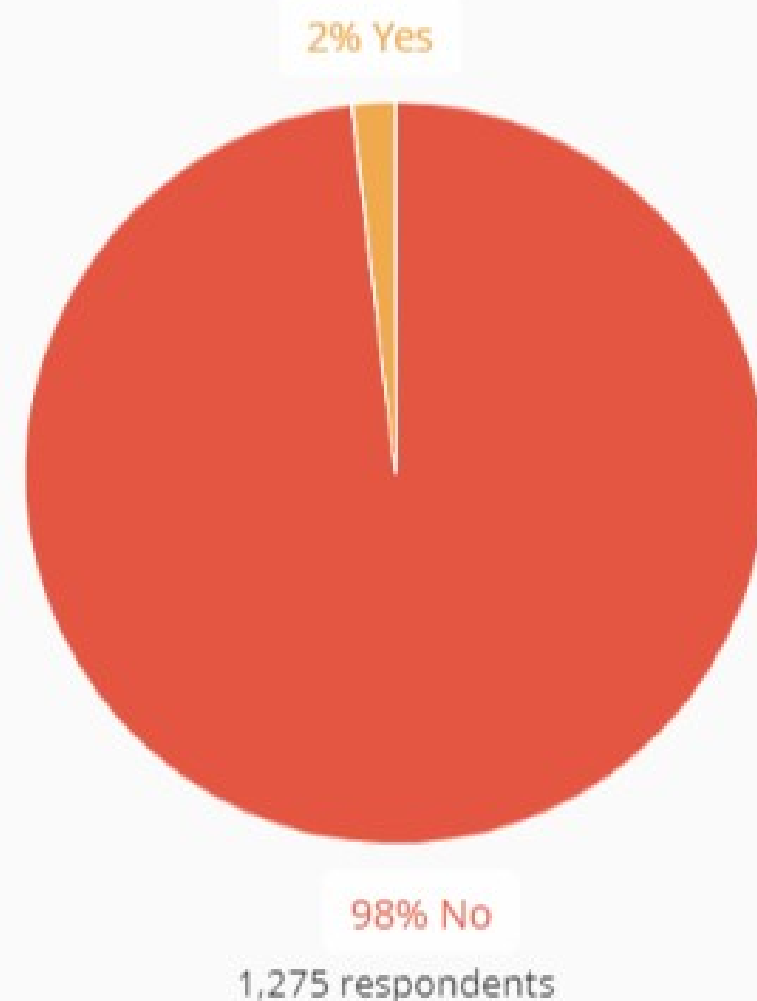
	Not at all	Sometimes	Often	Nearly every day
Feeling down, depressed or hopeless	59% Not at all	35% Sometimes	5% Often	2% Nearly every day
Feeling anxious or nervous	46% Not at all	42% Sometimes	9% Often	3% Nearly every day
Feeling stressed	28% Not at all	52% Sometimes	14% Often	6% Nearly every day
Feeling bad about yourself, or that you're a failure	74% Not at all	21% Sometimes	4% Often	1% Nearly every day
Thoughts that you would be better off dead or hurting yourself in some way	95% Not at all	4% Sometimes	- Often	1% Nearly every day

1,323 respondents

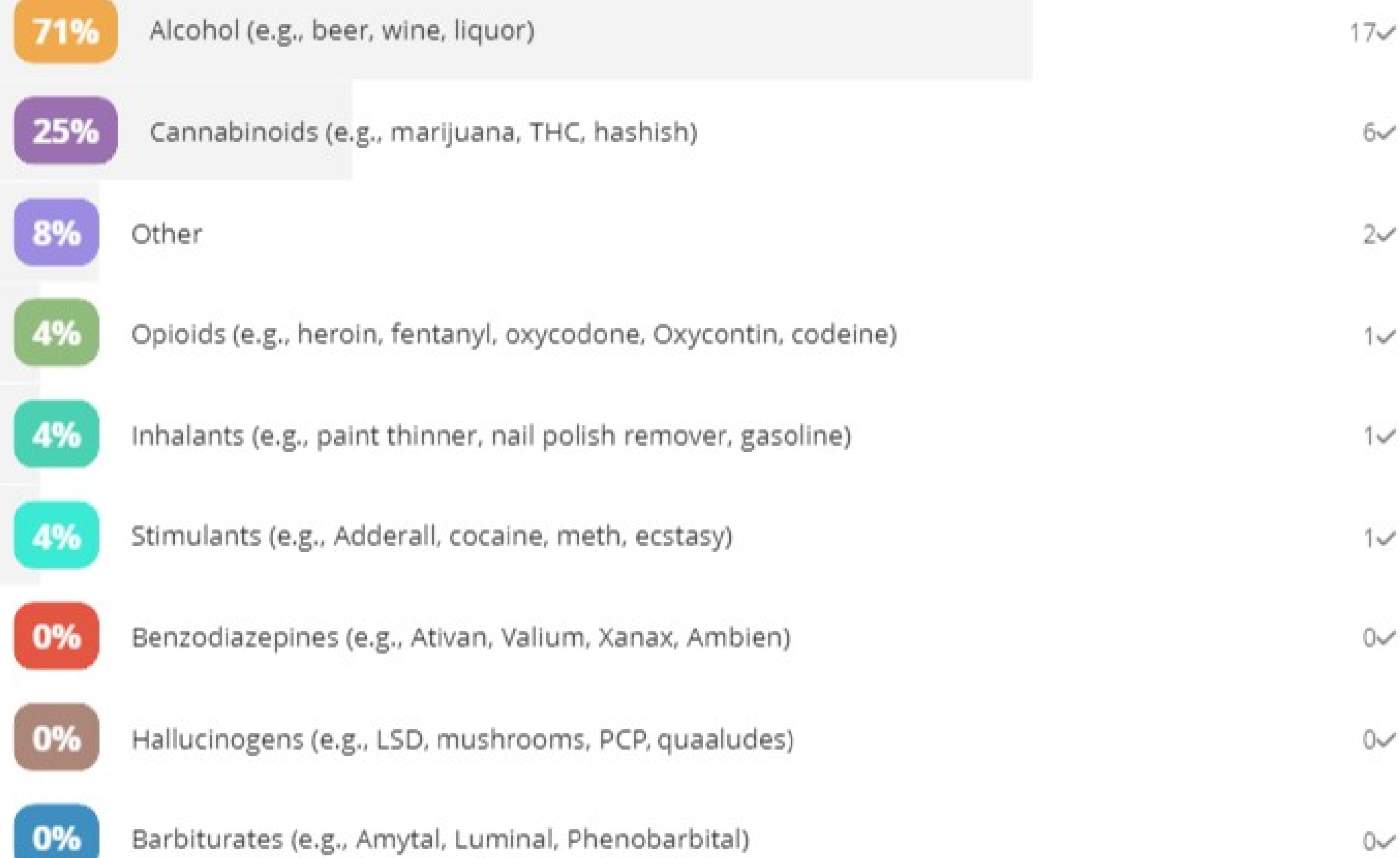




22. In the past 30 days, did you misuse alcohol or drugs (not directed by a doctor) in any way?



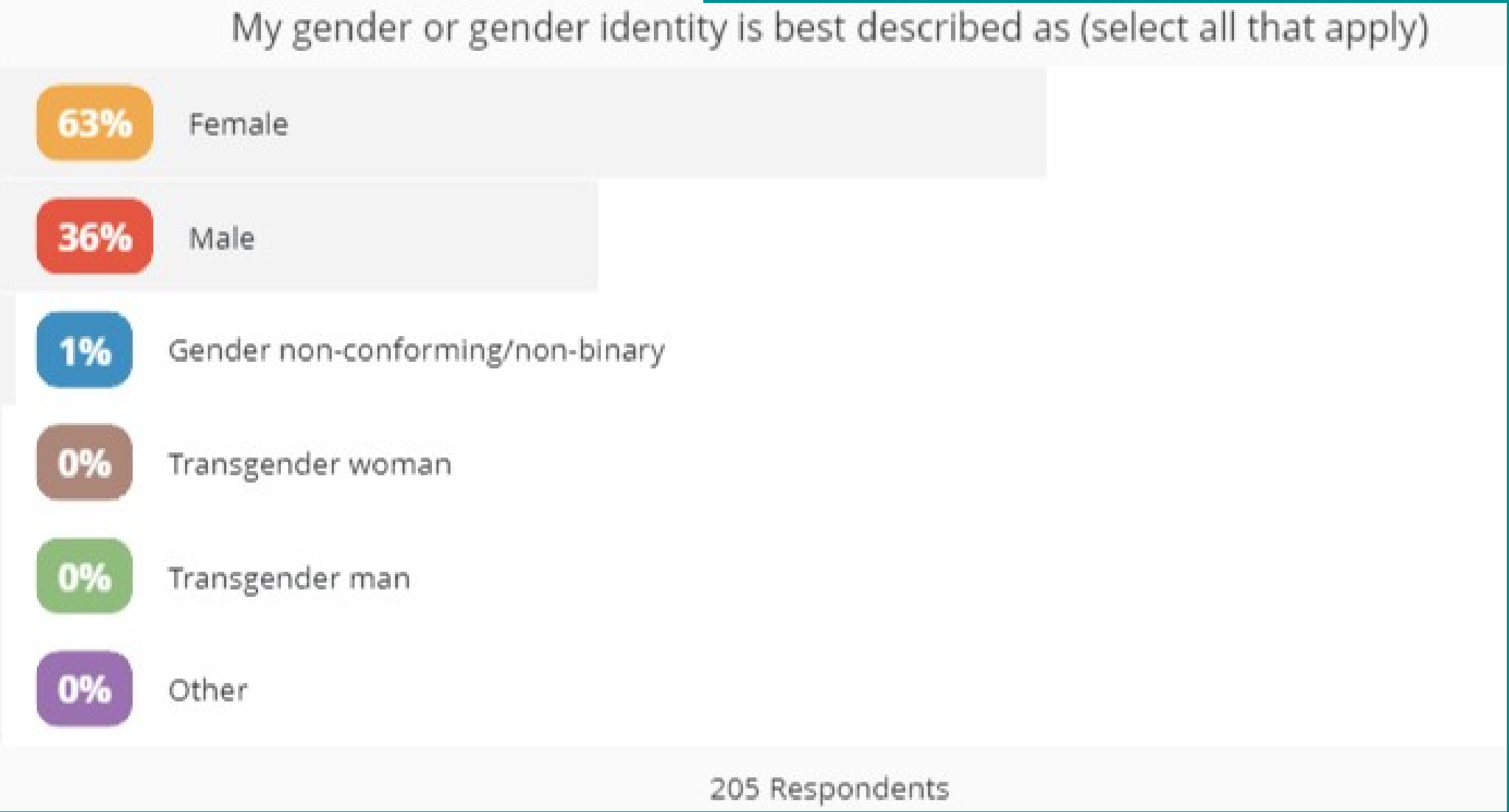
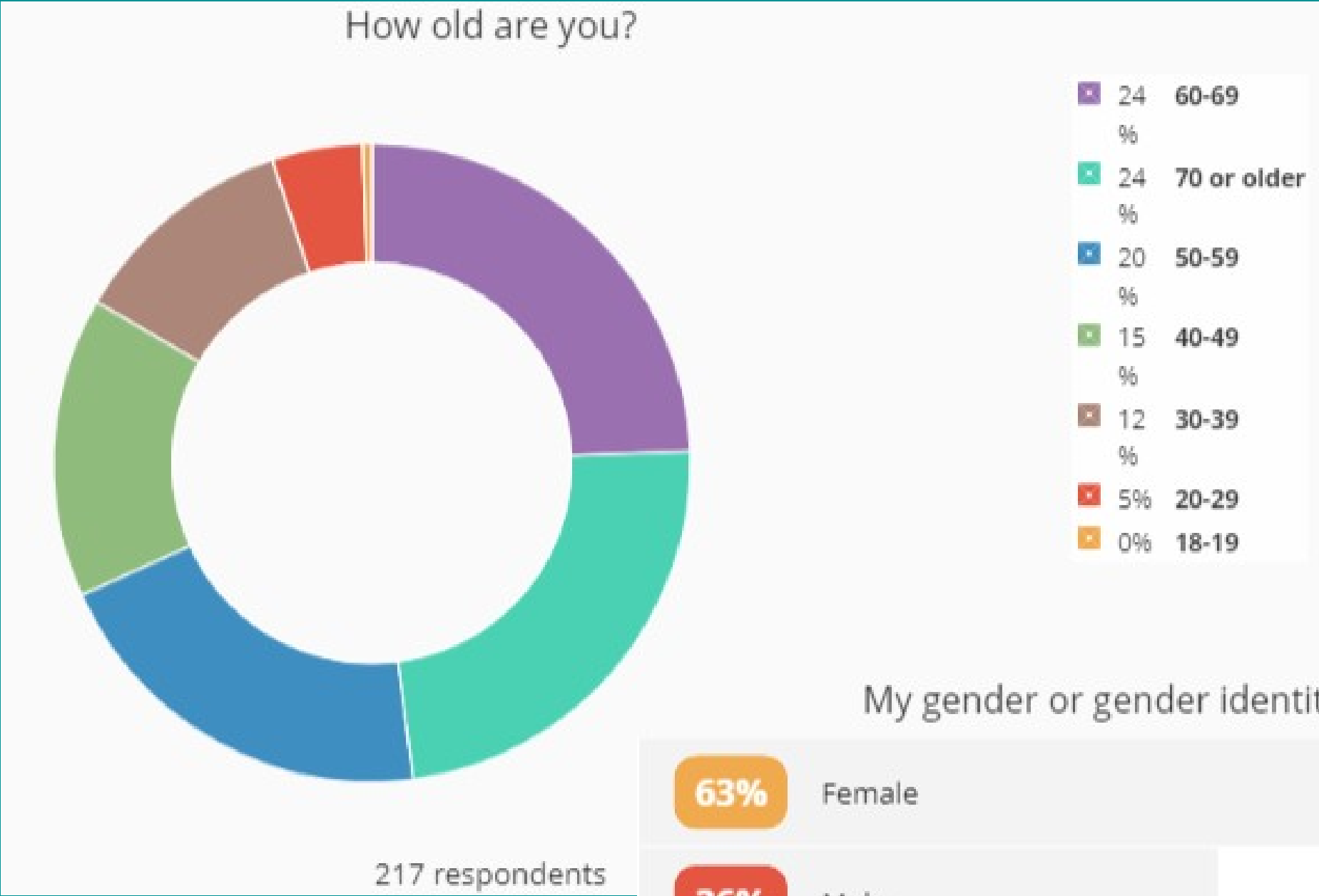
23. If you answered yes to the previous question, which alcohol or drugs did you misuse in any way? Select all that apply.



24 Respondents

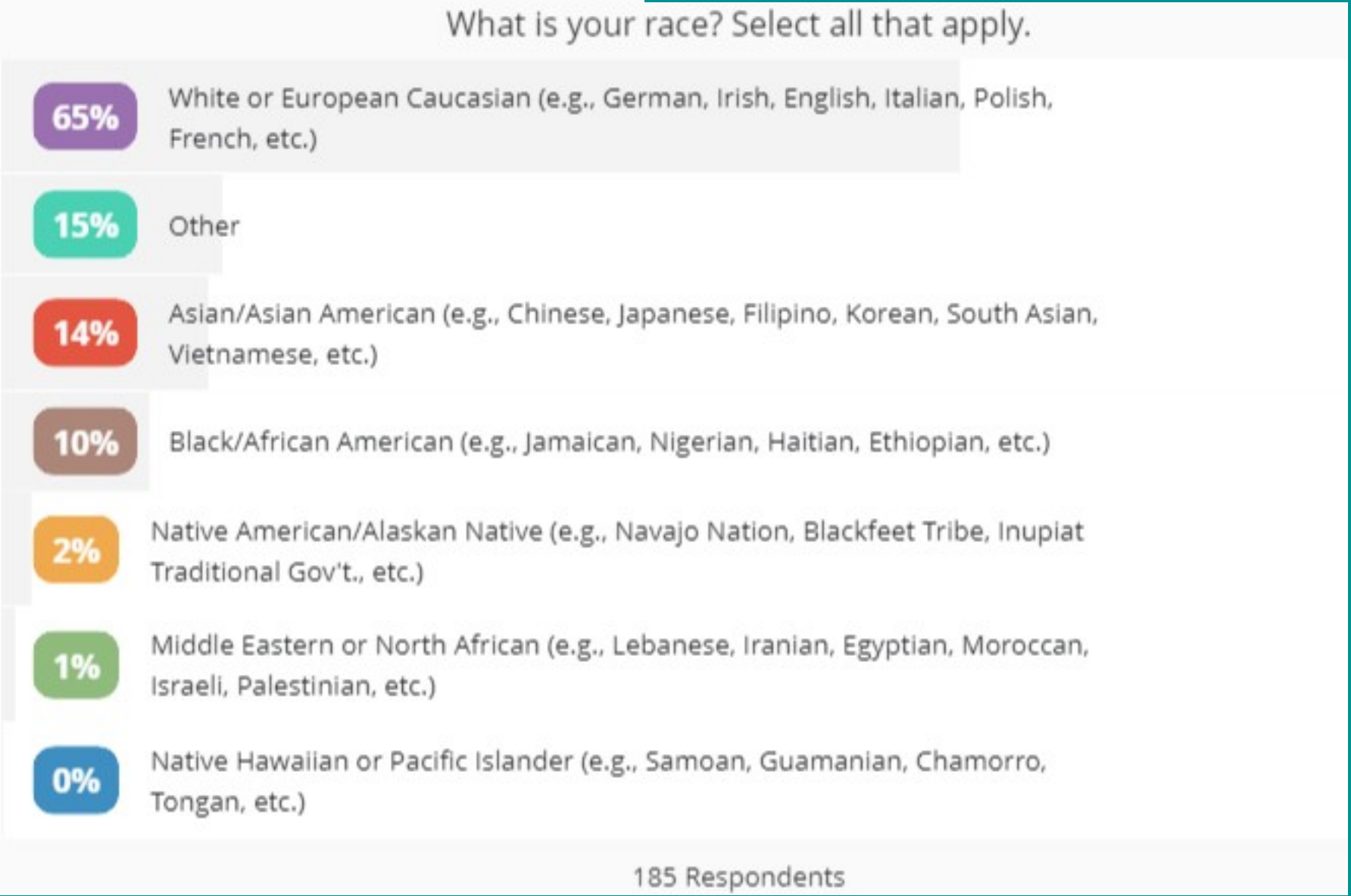
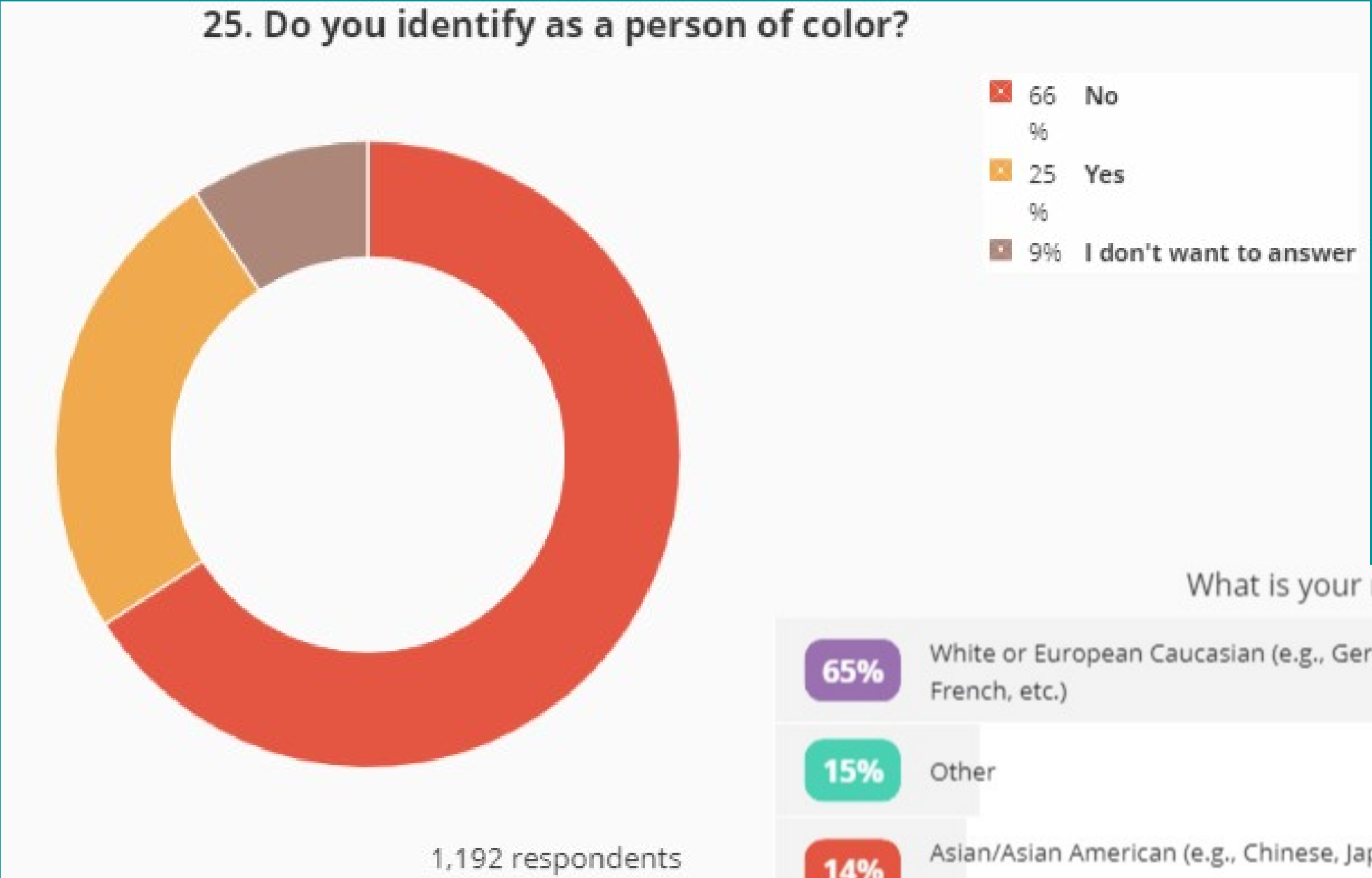


DEMOGRAPHICS





DEMOGRAPHICS

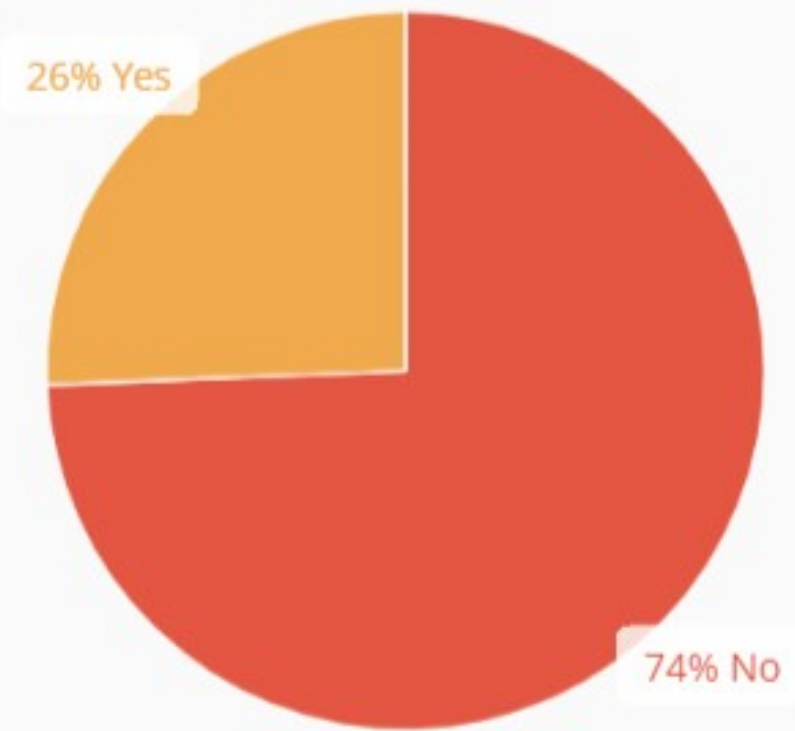




DEMOGRAPHICS

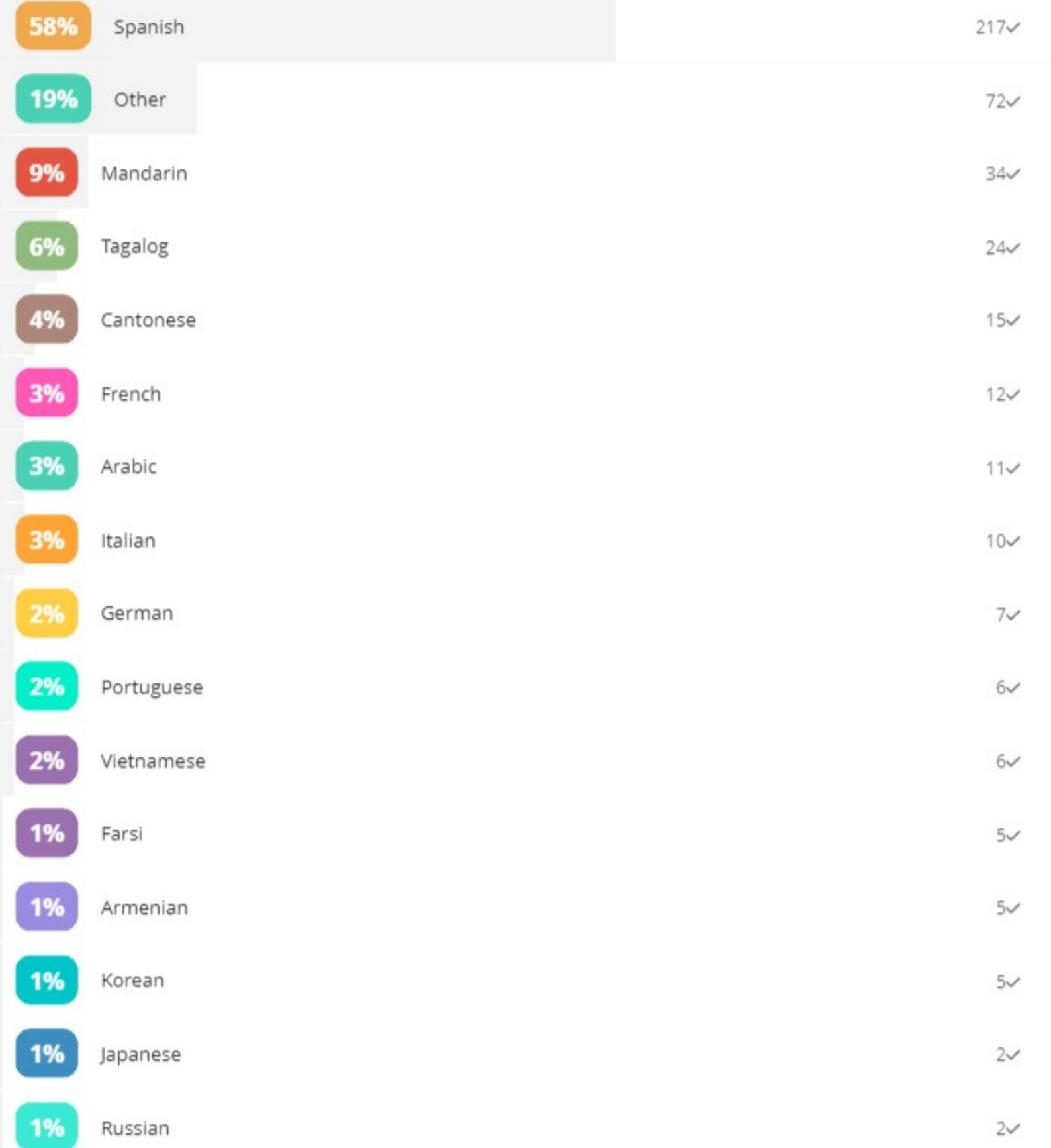


26. Do you speak a language other than English at home?



1,190 respondents

27. If another language other than English is spoken in your home, what language do you speak?



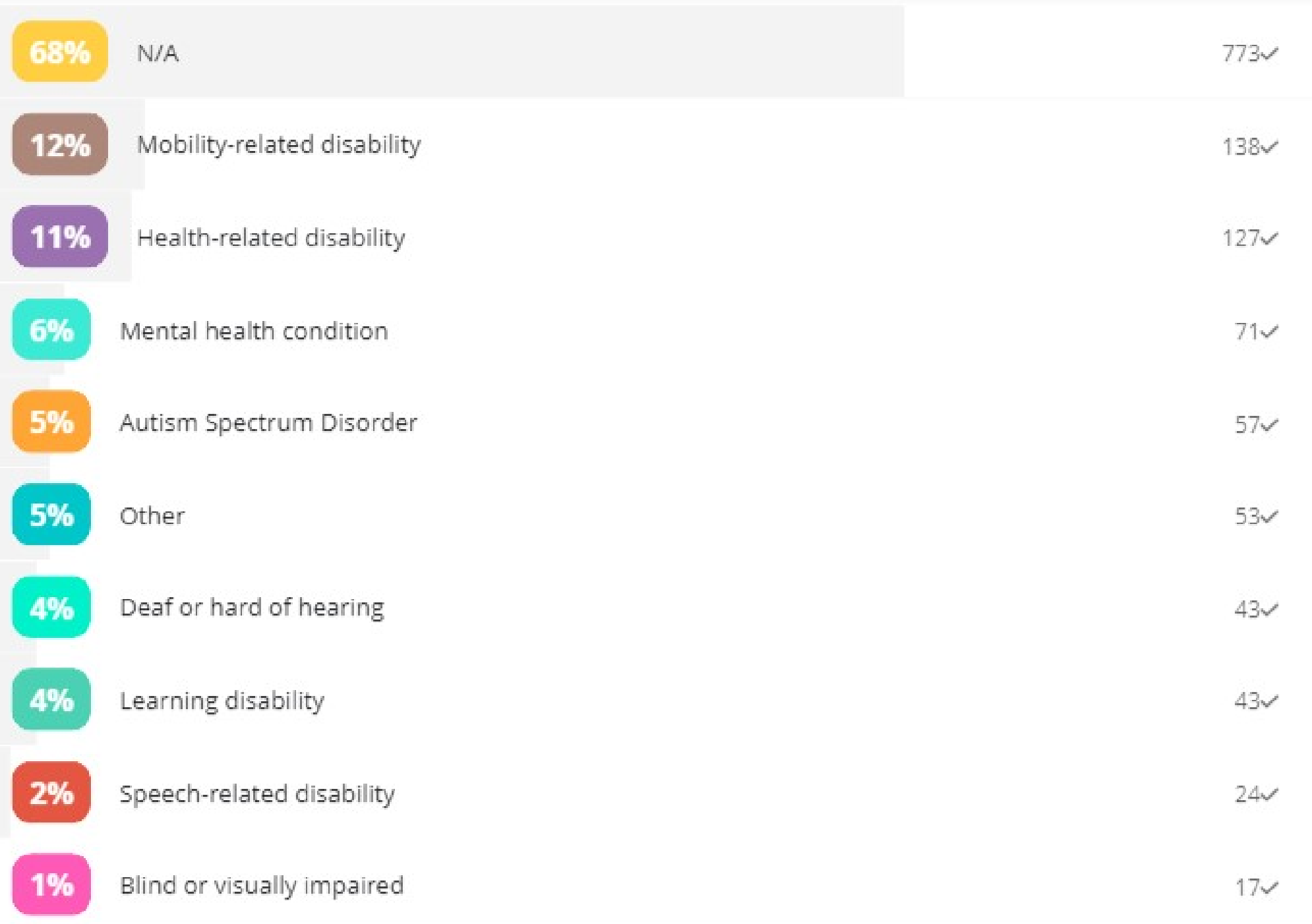
373 Respondents



DEMOGRAPHICS



15. Do you or someone in your household identify as a person with a disability or other chronic condition? Select all that apply,



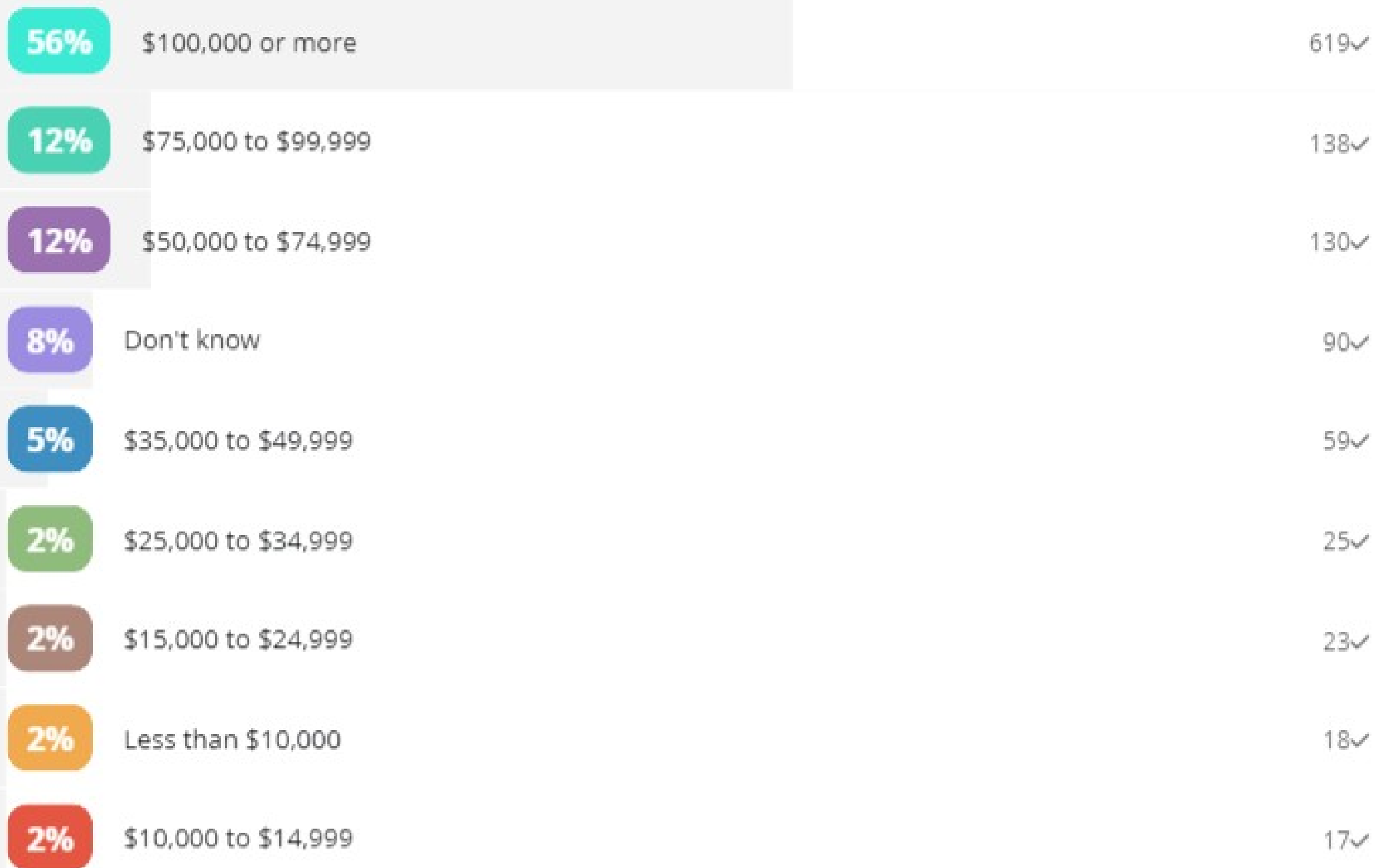
1,145 Respondents



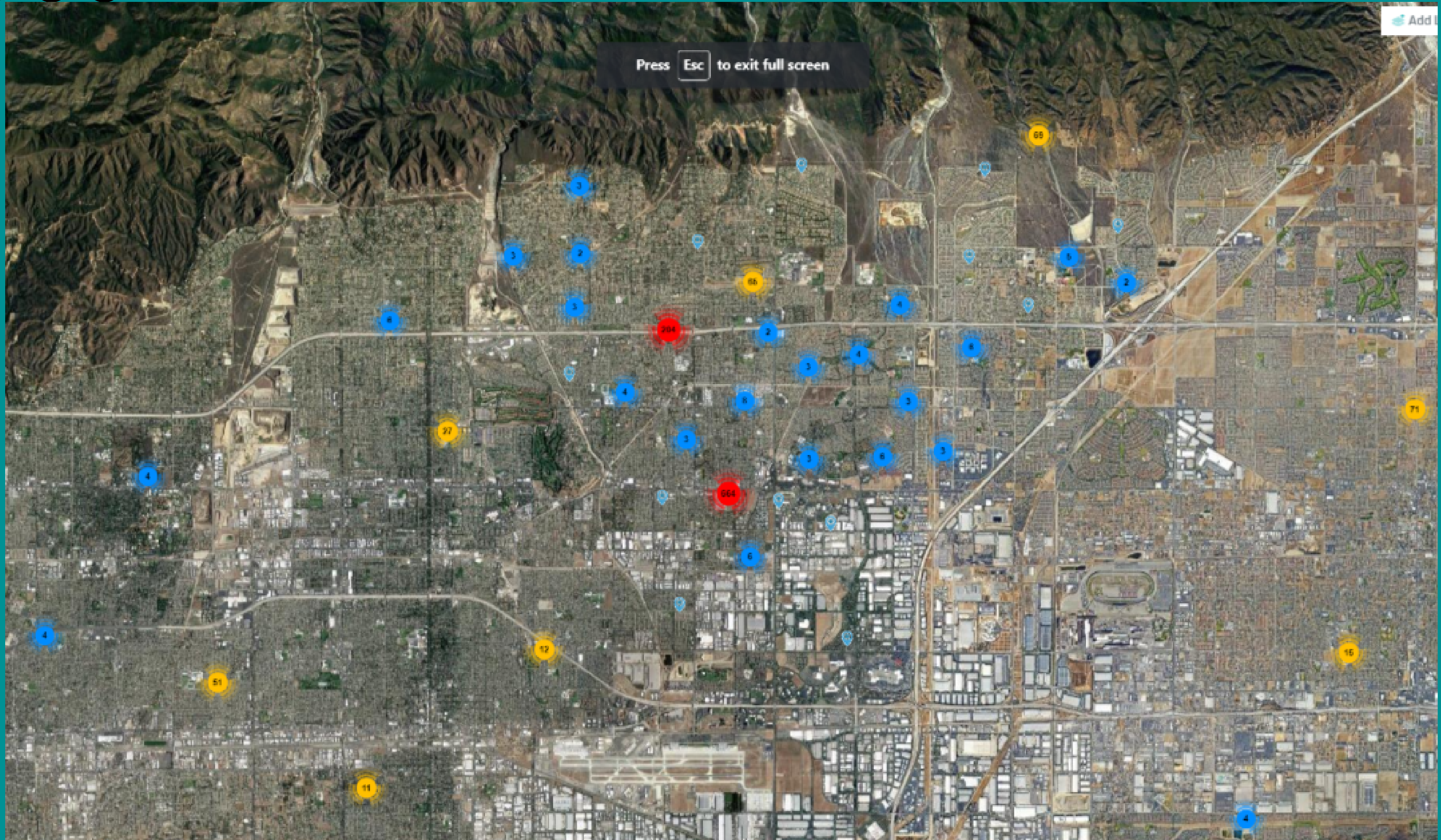
DEMOGRAPHICS



31. What was your total household income last year, before taxes? Please select one category.

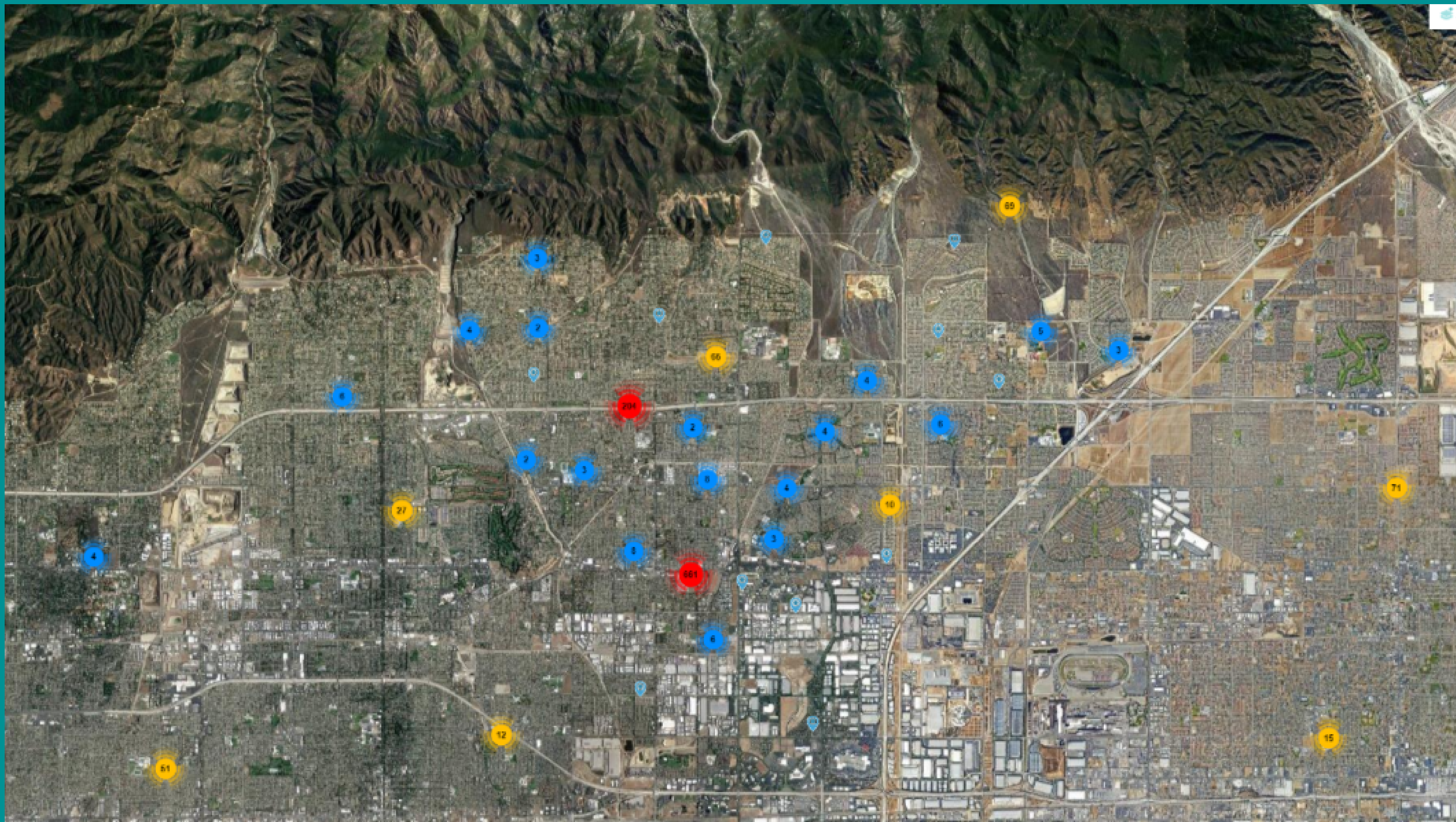


1,111 Respondents



Low Income and where neighborhood participant lives in





Minorities and where neighborhood participant lives in



GAPS

- People of Color
- 18-39 Age Group
- Male and LGBTQIA+ Community
- Mandarin Speaking Community
- Diverse Income Levels

WE NEED YOUR HELP!

- Share the survey with your friends, neighbors, co-workers, community groups etc.
- Pick up your outreach toolkit today!
 - QR code business cards in multiple languages
 - Paper copies of the survey
 - Giveaway items
 - Script and background information (*to be emailed*)



RANCHO
CUCAMONGA



Your experience matters and we are listening!

The information collected will help make informed decisions on how we can better serve our community and make Rancho Cucamonga the healthiest it can be.

PublicInput.com/QOL2023



QUALITY OF LIFE SURVEY

SCAN HERE





THANK YOU!

HealthyRC.com

RC.Healthy@CityofRC.us



UPCOMING ENGAGEMENT EFFORTS:

- Senior Center: Tuesday, September 5th, 12-2 PM
- Fire Open House: Saturday, October 7th, 9-12 PM
- Spooktacular: Saturday, October 21 from 3 – 6 PM at the RC Sports Center
- Founder's Day Parade: Saturday, November 11 8:30 AM on Jack Benny Dr.

ANYTHING WE SHOULD ADD?

*Interested in volunteering? Email
hope.velarde@cityofrc.us*



PublicInput.com/QOL2023

WE NEED YOUR HELP!

- Survey participants will be diverse and represent the community
- Share the survey with your friends, neighbors, co-workers, community groups etc.
- Short training and outreach toolkit available
- Gift card incentive for QoL Ambassadors

**Spanish and Mandarin available*
hope.velarde@cityofrc.us



RANCHO
CUCAMONGA



Your experience matters and we are listening!

The information collected
will help make informed
decisions on how we can
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community and make
Rancho Cucamonga the
healthiest it can be.

PublicInput.com/QOL2023

QUALITY OF LIFE SURVEY

SCAN HERE

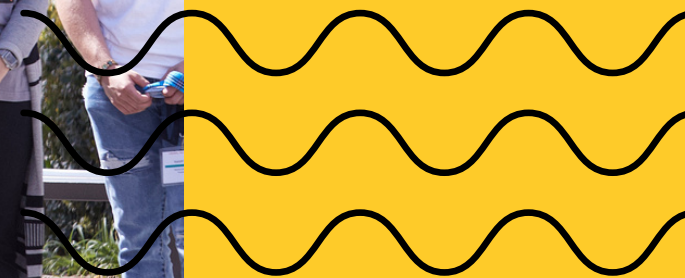




THANK YOU!

HealthyRC.com

RC.Healthy@CityofRC.us



Save the date for our upcoming
Steering Committee!

October 24th 10-12 PM

