LIVE WELL SAN DIEGO CITY FORUM

SOUTH AND CENTRAL REGION

JUNE 3, 2014

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

- CITY OF NATIONAL CITY
  Designated on JUNE 18, 2013

- CITY OF CORONADO
  Designated on JULY 16, 2013

- CITY OF CHULA VISTA
  Designated on SEPTEMBER 17, 2013

- CITY OF IMPERIAL BEACH
  Designated on NOVEMBER 6, 2013

- CITY OF SAN DIEGO
  Designated on DECEMBER 10, 2013
CITY OF NATIONAL CITY

- Pedestrian & Bicycle Masterplan
- Las Palmas Park Vision Plan
- Alcohol & Tobacco Prevention
CITY OF CORONADO

City of Coronado Smoking Ordinance (effective January 1, 2014)
CITY OF CHULA VISTA

*Live Well San Diego* in Action

- Convened an internal team to guide the City’s new “Healthy Chula Vista” initiative
- Initiative with result in an Action Plan outlining strategies to foster wellness by:
  - Improving the City’s physical & social environments
  - Promoting awareness & access to services
  - Building community partnerships
FUTURE PLANS

 Bikeway Village Project
 Elm Avenue Safe Routes to School Project

SOUTH | CENTRAL REGION

CITY FORUM

CITY OF IMPERIAL BEACH
CITY OF SAN DIEGO

Live Well San Diego in Action

- **Youth Sports Program**: Affordable and inclusive introduction to competitive sports
- **Summer Lunch Program**: served 139,441 meals last year
- **LEAN Kids**: Kaiser grant to provide guided physical activity and nutrition instruction
- **Free Zumba classes**: partnership with Familias Sanas Y Activas
- **Cooking classes** offered for children
- **Commodities distribution**: partnership with San Diego Food Bank
- **Partnerships**: several youth and adult agencies lease space to offer sports and wellness programs
- **Portable pool program**: drowning prevention
- **Variety of Events** Promote Family at the Park
## CITY OF NATIONAL CITY

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<th>Programs</th>
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<td>• Safe Routes to Schools</td>
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<td>• Health &amp; Environmental Justice Element</td>
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CITY OF NATIONAL CITY

- Olivewood Gardens and Learning Center
- Rady Children’s Hospital
- A Reason to Survive (ARTS)
- Circulate San Diego (formerly Walk San Diego)
- American Lung Association
- Institute for Public Strategies
- Environmental Health Coalition
- County of San Diego
  - Sheriff’s Department
  - Parks and Recreation
  - HHSA South Region
CITY OF CORONADO

“The Crowned One”
CITY OF CORONADO

Live Well San Diego in Action

- Bicycle Helmet Safety Campaign (designated Bicycle Friendly City at Silver Level)
- Safe Routes to Schools: New Class 2 Bicycle Routes
  - Coronado Bicycle Committee
- 5k and 10k runs and walks, triathlons and cycling
- Recreation Activities and Fitness Programs
- Coronado Emergency Response Team
- Coronado Speed Spinners (Jump Rope Club)
- Sidewalk CPR
CITY OF CORONADO

Future Plans

- Rowing Club Program
- Coronado Television
- Senior Activity Center
  - “Aging in Place”
- Redesign of the Coronado Cays Entrance to facilitate safer vehicle/bicycle interface
CITY OF CORONADO

Collaborations and Community Partners

- Coronado Unified School District
- San Diego Unified Port District
- Coronado Main Street
- Coronado SAFE (Student and Family Enrichment)
- United States Navy (Naval Air Station Coronado)
- San Diego Bike Coalition
- Bicycle League of America
- Coronado Chamber of Commerce
- Coronado Rotary Club
- Coronado Optimist Club
- Coronado Woman’s Club
- Camp Able
- American Cancer Society
CITY OF CHULA VISTA

“Beautiful View”

- Year-around weather, miles of trails, coastline, mountains and open space which beckons outdoor enthusiasts
- The second-largest city in San Diego County with a population of 250,000
- One of the top two safest cities in San Diego County
  - Recognized in 2013 as the 10th safest city in the Nation.
- A safe, healthy and thriving community
  - Strong community partners, excellent schools, great public facilities, services and abundant economic opportunities
Measures for success

- Chula Vista expects our efforts to make change in the following areas:
  - Healthy Community (Quality of Life)
  - Knowledge (Education)
  - Standard of Living (Operational Excellence & Economic Vitality)
  - Community (Strong and Secure Neighborhoods)
  - Social (Connected Community)

- We are tracking our progress by: reviewing and evaluating time lines, stakeholder feedback, goals and steps completed throughout the process. Reporting milestones along the way as well as celebrating successes when policies and programs are developed to support a clean environment that fosters health and wellness.
CITY OF CHULA VISTA

Future Plans

- Continue to be a key partner with HHSA on the Harborside Park Safety and Safe Routes to Schools
- Recreation opportunities through partnerships and collaborations to promote a healthy and active lifestyle
- Wellness Works
  - Promoting a vibrant workplace that promotes a life of wellness and balance between personal and professional lives
CITY OF CHULA VISTA

Future Plans

- Community Engagement through Stakeholder Workshops (Fall 2014/Spring 2015)
- Complete Streets Policy (November 2014)
- Health-related General Plan Amendments (March 2015)
- Healthy Chula Vista Action Plan (October 2015)
CITY OF CHULA VISTA

Collaborations and Community Partners

- American Lung Association
- American Red Cross San Diego/Imperial Counties Chapter
- CalTrans
- Circulate San Diego
- Chula Vista Charitable Foundation
- Chula Vista Commissions
- Chula Vista Community Collaborative
- Chula Vista Elementary School District
- Chula Vista Firefighters' Foundation
- Chula Vista Police Activities League
- County of San Diego
- Friends of Chula Vista Parks & Recreation
- HHSA
- Kaiser Permanente Foundation
- Local Attractions
- Local Businesses
- Local Developers
- Local Health Clinics and Hospitals
- Promise Neighborhoods
- SANDAG
- SoCAN
- South Bay Community Services
- Southwestern College
- Surrounding cities
- Sweetwater Union High School District
- Youth Sports Council
CITY OF IMPERIAL BEACH

“Classic Southern California”
CITY OF IMPERIAL BEACH

Live Well San Diego in Action

- Bayshore Bikeway Access Project – Completed January 13, 2014
CITY OF IMPERIAL BEACH
CITY OF IMPERIAL BEACH

Collaborations and Community Partners

- Circulate San Diego (formerly known as Walk San Diego)
- Imperial Beach Health Center
- Wildcoast
- County of San Diego; Greg Cox, Sheriff’s Department, Parks and Recreation, HHSA South Region
- U. S. Fish & Wildlife Services
- South Bay Union School & Sweetwater Union High School Districts & Mar Vista High School
CITY OF SAN DIEGO

“America’s Finest City”

“San Ysidro - Busiest Land Border on the Planet”
Future Plans

- Infrastructure improvements in parks: lighting projects at Silver Wing and Larson Field.
- Four parks in varying stages of development
- Accessibility and replacement of playgrounds: San Ysidro Community Park and Cesar Chavez
- Walkability of neighborhoods: Saturn Blvd sidewalk project and San Ysidro sidewalk project
- Drought resistant garden at Montgomery Waller
- Park & Recreation Department walking program at all Recreation Centers
- Organ Wise physical activity and nutrition program at all Southern Recreation Centers
CITY OF SAN DIEGO

Future Plans for San Ysidro Community

- San Ysidro Intermodal Transit Center
- Otay Mesa Road Sidewalk Project
- Otay Mesa and San Ysidro Community Plan Updates
CITY OF SAN DIEGO

Collaborations and Community Partners

- Kaiser Permanente $15,000 grant for LEAN Kids
- NRPA $80,000 grant for Organ Wise after school program
- South Bay Union School District for summer lunch
- CAL AM Water to help teach residents about native gardens
- Feeding America & San Diego Food Bank
- Park & Recreation Councils
- Familias Sanas Y Activas & San Diego Prevention Research Center
- Network for a Healthy California
QUESTIONS & ANSWERS
PARTNER RESOURCE
TABLE DISPLAYS & NETWORKING