






Community Transformation in Lemon Grove

Setting	Change	Description
 Park	Alcohol & marijuana banned in LG parks	City passed policy that bans use of alcohol in parks and extends smoking ban to marijuana.
	Improvements at Lemon Grove Park	Installed fitness equipment, repainted bathroom, fixed lights and water fountains. Cleaned up trash and debris.
	Improvements at Berry Street Park	Installed a walking trail. Cleaned up trash and debris.
	Fitness classes at Berry Street Park	Fitness providers offer free Zumba classes for residents three times per week.
	Field available for public use at LG Academy	Established a joint-use agreement between the city and LG Academy to open school fields for public use every Saturday.
	Fitness classes at LG Academy field	Fitness providers offer free classes for local families at LG Academy field including kickboxing, yoga, and boot camp every Saturday.
 City	City adopted Health Element	City adopted and began implementation of the Health & Wellness Element, an addition to the General Plan that focuses on providing opportunities for physical activity and healthy food.
	City healthy food policy	Passed and implemented a city-wide healthy food, beverage, and vending policy that requires healthy options in city vending machines and at city-sponsored meetings and events.
 Community center	Garden at community center	Installed 3 garden beds for growing produce and providing education.
	Nutrition workshops at community center	Established an ongoing 4-part nutrition education series for adult and youth that includes demonstrations and recipes.
	Breastfeeding support at community center	Established monthly in-person breastfeeding support group.
	Farmers market at VFW	Established weekly farmers market. Accepts EBT/WIC.

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 Clinic	Support, referrals for families at pediatric clinic	Piloted <i>211 for Healthy Kids</i> program. Staff at pediatric clinic refer families who have children with a high BMI to 211. Staff at 211 provide 10 weeks of health coaching and referrals to the family. Two other clinics outside of the HEAL Zone are also participating in the pilot.
	Hydration stations installed at LG Academy, San Miguel Elementary, and Vista La Mesa Academy	Installed stations for students to refill water bottles.
 School	Smarter lunchroom at Monterey Heights Elementary	Implemented low- and no-cost strategies to increase consumption of healthy food and reduce waste (e.g., colorful displays, fun food labels).
	Breakfast across district	School board approved offering free breakfast to students district-wide.
	Revised district wellness policy	District revised wellness policy to support healthier eating and more physical activity in schools.
	Staff wellness across district	District implemented worksite wellness program for staff that included HEAL elements.
	Sidewalk improvements near LG Academy	City repaired and added sidewalks near LG Academy.
	HEAL in early childcare	Implemented wellness initiatives and policies at 24 early childcare sites and built fruit/vegetable gardens at 21 of them. YMCA Resource & Referral line prioritizes these sites when referring families to childcare providers.