



# *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*)

PUBLIC SPACES



PATIOS



SIDEWALKS

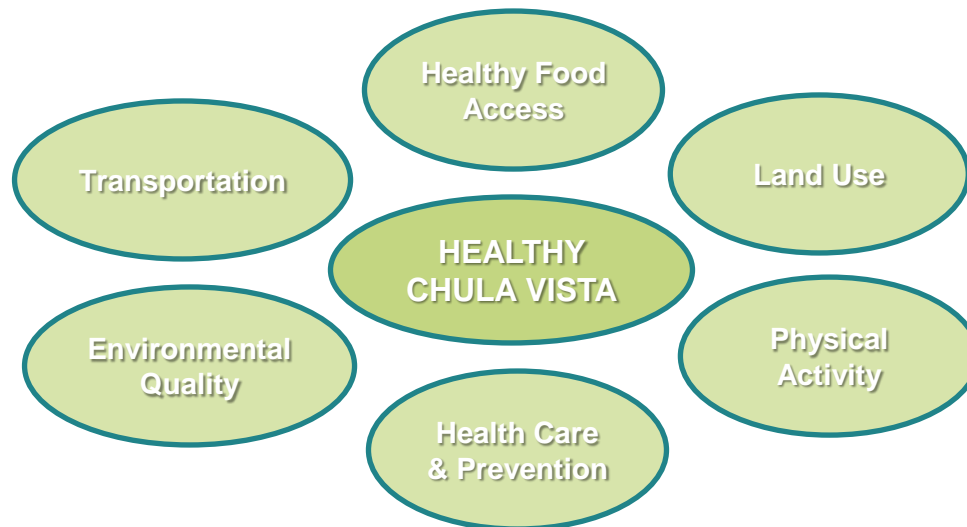




## CITY OF CHULA VISTA

### *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



# SOUTH | CENTRAL REGION CITY FORUM



## CITY OF IMPERIAL BEACH



# SOUTH | CENTRAL REGION CITY FORUM



LIVE WELL  
SAN DIEGO

## 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





LIVE WELL  
SAN DIEGO

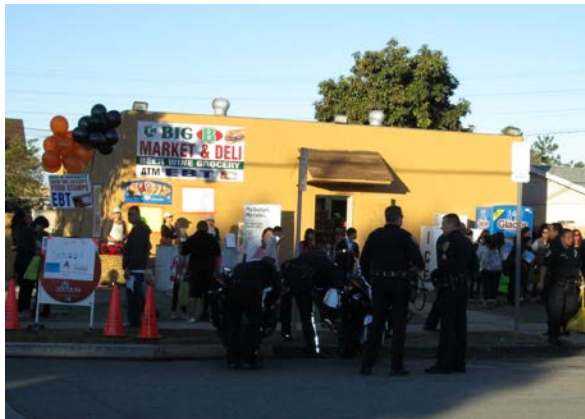






## CITY OF NATIONAL CITY

Programs	Projects
<ul style="list-style-type: none"><li>• Westside Specific Plan</li></ul>	<ul style="list-style-type: none"><li>• Safe Routes to Schools</li></ul>
<ul style="list-style-type: none"><li>• Health &amp; Environmental Justice Element</li></ul>	<ul style="list-style-type: none"><li>• Sage Project</li></ul>
<ul style="list-style-type: none"><li>• Employees on the Move</li></ul>	<ul style="list-style-type: none"><li>• Paradise Creek Revitalization Efforts</li></ul>





## 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



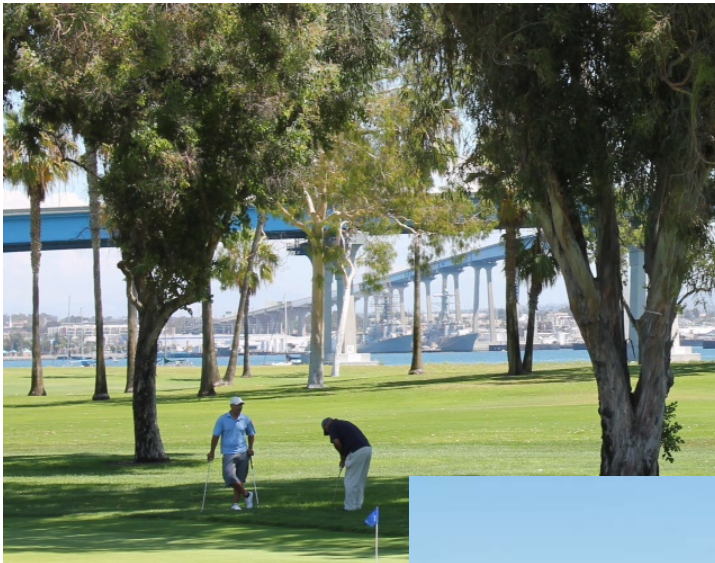
# SOUTH | CENTRAL REGION CITY FORUM



LIVE WELL  
SAN DIEGO

## 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 10<sup>th</sup> safest city in the Nation.
- A safe, healthy and thriving thriving community
  - Strong community partners, excellent schools, great public facilities, services and abundant economic opportunities





## CITY OF CHULA VISTA

### 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

# SOUTH | CENTRAL REGION CITY FORUM



LIVE WELL  
SAN DIEGO

## 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, HHS South Region
- U. S. Fish & Wildlife Services
- South Bay Union School & Sweetwater Union High School Districts & Mar Vista High School

# SOUTH | CENTRAL REGION CITY FORUM



## CITY OF SAN DIEGO

“America’s Finest City”

“San Ysidro - Busiest Land Border on the Planet”







## CITY OF SAN DIEGO

### 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

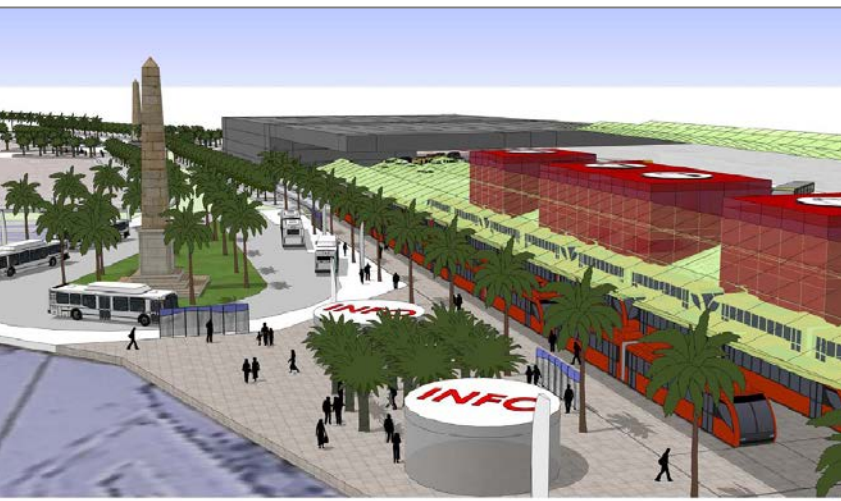




## CITY OF SAN DIEGO

### 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 \$80,00 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