

GET HEALTHY NEWS

BUILDING HEALTHY, EQUITABLE COMMUNITIES

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SPOTLIGHT

Welcome, Kevin and Norah!

We are excited to welcome our new interns who will be contributing their talents this summer and beyond!

Kevin, our Communications Intern, will focus on researching and developing innovative strategies to enhance the communication of health initiatives. His work aims to further advance health equity across San Mateo County through the end of the year.



Norah, our Health Education Intern, will be designing and implementing a comprehensive health education plan within the Public Health, Policy & Planning department. She will also support our ongoing efforts to strengthen internal equity infrastructure throughout the summer.



We are thrilled to have Kevin and Norah on board and look forward to the impactful contributions they will make!



ANNOUNCEMENTS

Stanford Health Equity Ambassadors: Applications Open Soon!

Stanford is calling for their next round of Health Equity Ambassadors. The goals of the program are to:

- Build community research capacity
- Develop partnerships between communities and Stanford
- Increase and strengthen community partnerships
- Drive research responsive to community needs

Cohort focus: income inequality and health equity

To learn more about the program, join the information session on Wednesday, July 10 via Zoom. [Register here.](#)

Visit the [Health Equity Ambassadors Program webpage](#) to learn more about the first cohort, their organizations, and see their symposium posters detailing their projects!

SAVE THE DATE(S)!

Health Equity Ambassadors Program: Income Inequality & Health Equity Information Session

REGISTER TODAY

to learn more about the program, eligibility criteria, and guidance on application materials!

WHEN
Wednesday, July 10, 2024 | 11:30 am - 12:15 pm

WHERE
Zoom, link available after registration

CONTACT
Cristina Mancera | cmancera@stanford.edu

APPLICATIONS FOR THE NEXT HEALTH EQUITY AMBASSADORS PROGRAM OPEN MONDAY, JULY 15, 2024!

Stanford MEDICINE | Office of Community Engagement & Student-Centered Medicine



Photo credit: Stanford Office of Community Engagement



Photo credit: Dignity Health Sequoia Hospital

Grant Opportunity for Local Non-Profits: Enhancing Health and Well-Being in Our Community

Dignity Health Sequoia Hospital, part of CommonSpirit Health, invites local non-profit organizations to apply for grants aimed at supporting services that enhance health, mental well-being, and health equity.

Deadline to apply: August 16.

Funding criteria:

- Address one or more significant health needs identified in Sequoia Hospital's most recent CHNA:
 - Access to health care
 - Healthy lifestyles (Chronic diseases & Preventive practices)
 - Housing and homelessness
 - Mental health
- Serve identified vulnerable or underserved populations to help address health disparities.

To learn more about the grant program, visit [CommonSpirit Community Grants](#).



Join our EMS Corps Cohort and Receive a \$10,000 Student Grant - Apply Before 7/31!

Applications are now open for the September Cohort of our Emergency Medical Services (EMS) Corps program. This program is a partnership between San Mateo County Health and Alameda County's EMS Corps Program.

This is a 5-month full-time no cost training program to become an Emergency Medical Technician (EMT). Participants will receive a \$10,000 student grant (\$2,000 per month) over the course of the program to cover living expenses. The program provides mentorship and job performance coaching to young adults (18-26 years with High School Diploma/GED). The goal is to support people with barriers to employment and education in San Mateo County. Graduates can apply to positions in the emergency medical services field, that can grow into thriving careers in health care.

EMTs have the potential to become:

- paramedics
- medical assistants
- radiologic technologist
- registered nurses
- firefighters
- police officers



Photo credit: Alameda County EMS Corps Program

Apply before July 31. [Click here to apply.](#)

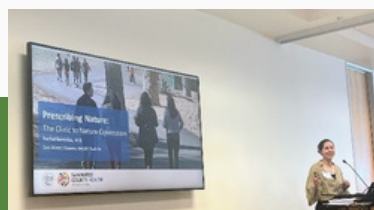
To learn more about the program and view testimonials [click here.](#)

HPP UPDATES

Local Nature Champions

In June, the Natural Capital Symposium 2024 highlighted San Mateo County Health. Dr. Rachel Borovina presented as a pediatrician and the County's [Park Prescription \(Rx\) Program](#) co-founder. She shared about prescribing nature therapy to our County's most vulnerable residents. Dr. Borovina's message "access to nature equates to positive health outcomes but access is not equitable". She illustrated these concepts with three patient case studies.

We applaud our County Health team of nature champions, the Healthy Parks, Healthy People Coalition. They are dedicated to advocating for the clinic-to-nature connection, because equitable access and connection to nature should be a human right.



Dr. Borovina presenting |
Photo credit: Gloria C. Gonzalez



Love at Our Core!

Health Policy & Planning (HPP) attended the 12th annual celebration of Pride hosted by Behavioral Health and Recovery Service's Office of Diversity and Equity and Health Equity Initiatives, and the Pride Center. It was an event full of color, splendor, and gender joy! HPP walked, danced, and cheered in the Pride Parade alongside pups in rainbow scarves and fellow San Mateo County staff. Pride created a space to connect with colleagues, community members, and partners over our shared values for equity and inclusion. Want to learn more and/or celebrate Pride in your community? [Join a Pride Initiative meeting](#).



left to right: Nupoor Kulkarni (HPP), Kai Thornton (BHRS), Keyana Hadley (HPP) | Photo credit: Nupoor Kulkarni



African American Community Initiative Hosted Juneteenth Celebration

San Mateo County's African American Community Initiative (AACI) hosted its Juneteenth Celebration on June 14. The event took place at Eastside College Prep School in East Palo Alto. The day honors when the last enslaved people were freed in Texas two years after signing of the Emancipation Proclamation. East Palo Alto Mayor Antonio López read a proclamation recognizing June 19 as Freedom Day. The statement urged listeners to continue the struggle for true liberation and freedom. AACI Co-chair, Delicia Pennix, spoke on the history and importance of the occasion. Inspiring spoken word-poetry, music, and rhythmic dance enraptured the audience. It was a day full of learning, reflection, and celebration!

COMMUNITY ANNOUNCEMENTS

2024 Summer Meal Program for Children

Children who qualify for free or reduced-price school meals through a school meal application, an Alternative Income Form, or receive CalFresh, CalWORKs, or Medi-Cal, are automatically enrolled. No sign up is needed. SUN Bucks provides \$40 per month for food for June, July, and August 2024 (\$120 total). Learn more about how [SUN Bucks](#) supports summer nutrition for youth.





COMMUNITY COLLABORATION HIGHLIGHTS

CHIP Work Groups Guide Collective Action Countywide

The Community Health Improvement Plan (CHIP) work groups continue to advance implementation in three community-identified priority areas (see the [Chip Report](#)).

Mental Health, Access to Healthcare Services, and Social Determinants of Health work groups guide progress towards a shared vision of health equity. The Mental Health work group has finalized its vision and overarching goal. The vision is: All individuals and communities in San Mateo County feel empowered, supported, and engaged in mental wellbeing. The overarching goal is: Develop a county-wide and cohesive approach to improve mental well-being with a focus on decreasing disparities, especially among individuals and communities who are experiencing barriers caused by structural inequities including, but not limited to, racism, sexism, classism, ageism, and homophobia.

In addition, new co-leads have been identified for two of the three work groups. The leads are as follows:

- **Access to Healthcare Services Co-leads:** Ana Avendano (El Concilio), Chris Esguerra (Health Plan of San Mateo), and Corina Chung (County Health)
- **Mental Health Co-leads:** Luci Latu (Taulama for Tongans) and Doris Estremera (County Health)
- **Social Determinants of Health Co-leads:** Rafael Avendano (Redwood City Together) and Veena Raghavan (County Health)

Congratulations to the co-chairs on their dedication to guiding collaborative decision-making and actionable change for healthier communities! Learn more about the [CHIP Priorities](#) or join a work group!

BOARDS AND COMMISSIONS VACANCIES

There are multiple vacant seats for the County of San Mateo:

- **Commission of Aging:** There is one vacancy on the Commission of Aging. This Commission develops and conducts programs in conformity with specific provisions of Older Americans Act of 1965 subject to approval of the Board of Supervisors. [Deadline to apply is August 2.](#)
- **Commission on Disabilities:** There are eight vacancies on the Commission on Disabilities, Open until filled. This 21-member Commission promotes programs that address quality of service and positive attitude about people with disabilities; review and report on availability and accessibility of community services to people with special needs; establish a channel of communication with the community to garner input and educate the public to the needs of persons with disabilities. Open until filled. [Start your application today!](#)
- **Agricultural Advisory Committee:** There are two vacancies on the Agricultural Advisory Committee. This fifteen-member Committee actively assists in the preservation of agriculture on the Coastsides, advising and recommending to the County Planning Commission and the Board of Supervisors. Open until filled. [Start your application today!](#)



LEARNING OPPORTUNITIES & HIGHLIGHTS

Annual Safe Routes to School National Conference

The Safe Routes to School National Conference will take place on October 22-24, in Fort Collins, Colorado. Attendees will have the opportunity to connect with other champions for active transportation, public health, and Safe Routes from all over the country. This is an opportunity to share best practices, network, and explore the bicycle-friendly city of Fort Collins.

Registration is now open! [Sign up early](#) to get the best rate before June 30. A detailed agenda will be coming soon.



Photo credit: Canva

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