

# Healthy Riverside County: Building Health Into Every Day Life

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County of Riverside Department of Public Health



**OWOW 2014**  
**October 14, 2014**  
**Riverside Convention Center**

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## Behaviors

Poor nutrition, lack of physical activity, tobacco use.

## Diseases

Heart Disease/Stroke, Cancer, Respiratory Conditions, Diabetes

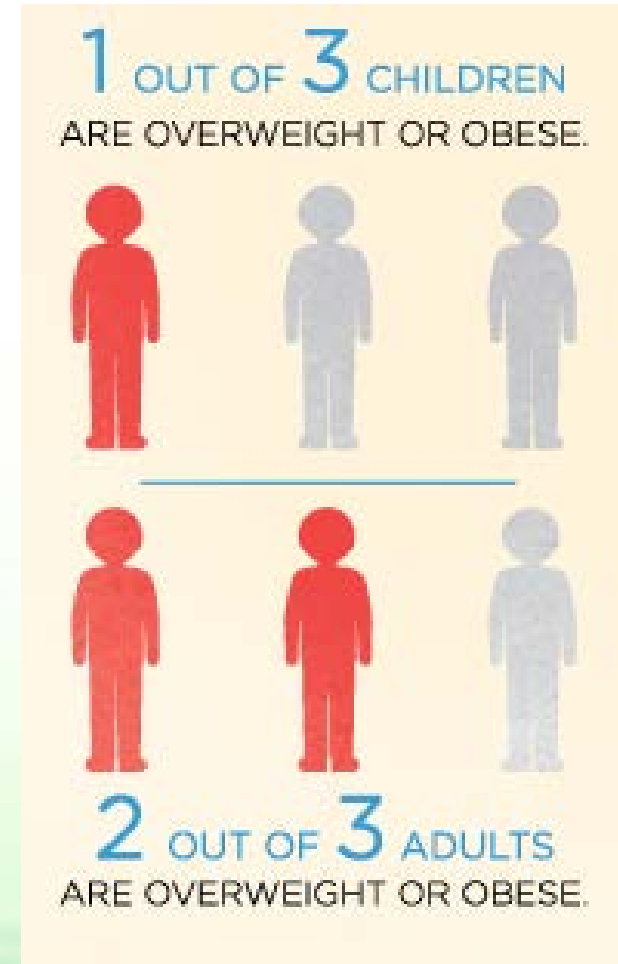
63%

## Deaths

4

# Staggering changes...

- Ranked 48th out of 57 counties for its physical environment conducive to health
- 64.1% of adults are overweight or obese
- 24.4% of teens are overweight or obese



# Healthy Riverside County Board of Supervisors Resolution

- Adopted in April 2011
- Encourages county departments to work together to support active transportation, physical activity and access to healthy and affordable foods.



# Healthy Riverside County Initiative



**HEALTHY  
RIVERSIDE  
COUNTY  
INITIATIVE**

Our goal is to build health into everyday life and make the healthy choice the easy choice!



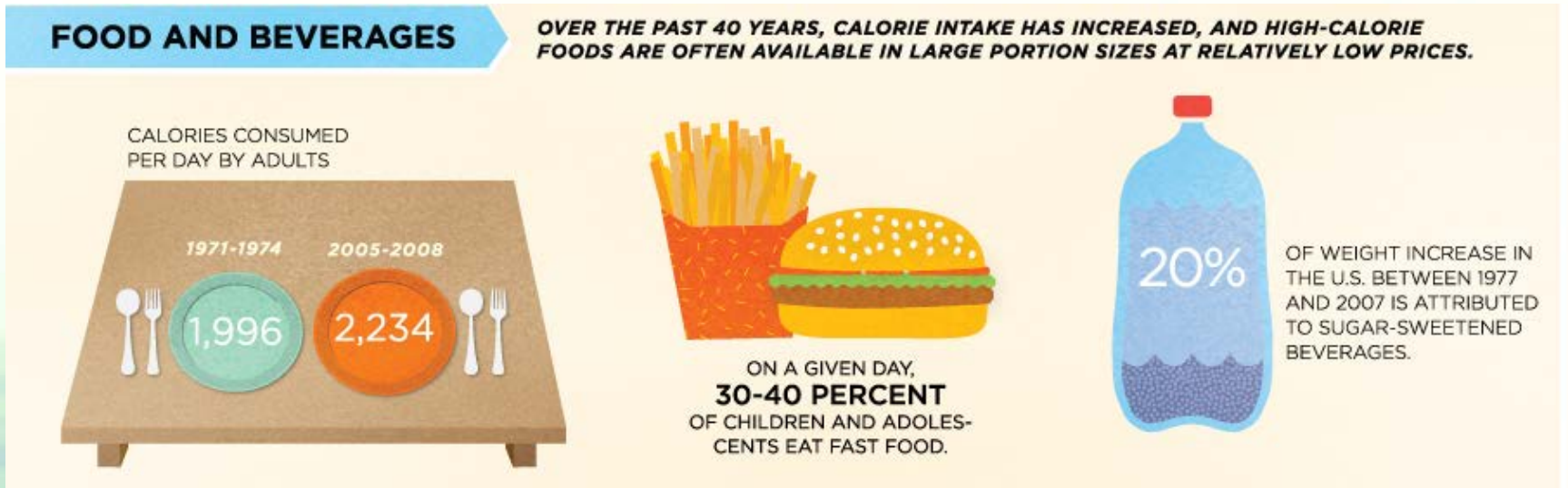
# Initiative Priorities

1. Improve nutrition for all residents by increasing access to and consumption of healthy foods and beverages.
2. Increase daily physical activity rates in the community, workplace, school and other settings.
3. Reduce tobacco exposure and limit or discourage tobacco use where people live, work, play and study.
4. Create a healthy and safe physical/built environment that promotes walkability, bikability and active transportation.

# Healthy Eating

1. Improve nutrition for all residents by increasing access to and consumption of healthy foods and beverages.

- Rethink Your Drink
- Increase access to healthy and affordable foods



# DRINK MORE WATER

*County of Riverside is committed to encouraging environmental sustainability. As a way to promote health, we are working together to successfully install hydration stations as a way to increase water consumption as well as reduce the use of plastic water bottles*

## Why

*Drinking water is a vital step in creating and maintaining a healthier lifestyle.*

### Water:

- Hydrates your body
- Moisturizes your skin
- Drink eight 8-ounce cups per day
- Stay hydrated before, during, and after exercise
- Boosts your energy levels
- Helps you maintain a healthy weight

## How

### Hydration Stations

- Provide filtered water
- Carry a reusable refillable water bottle



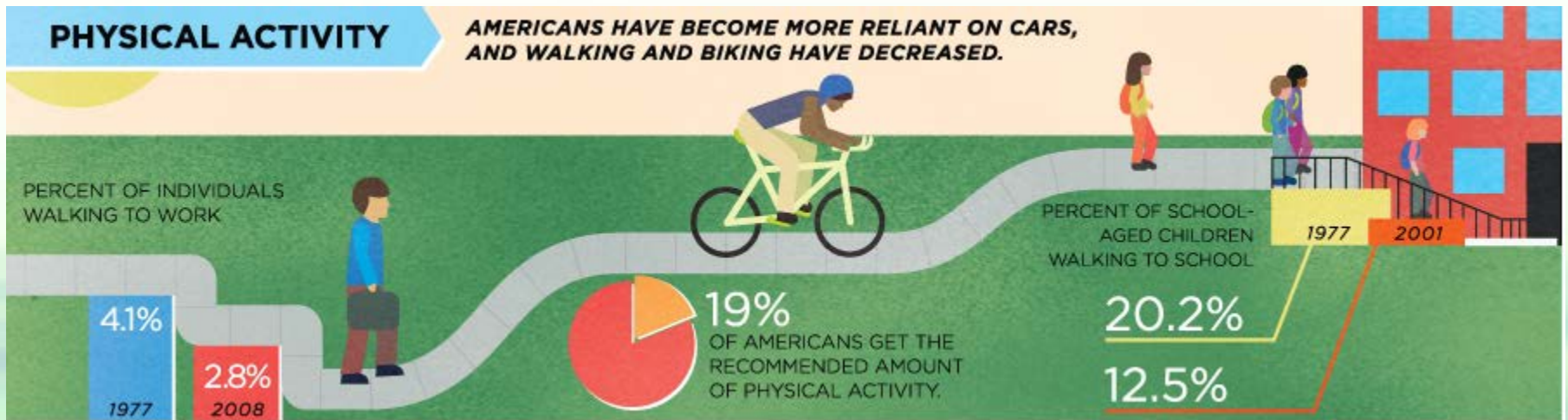
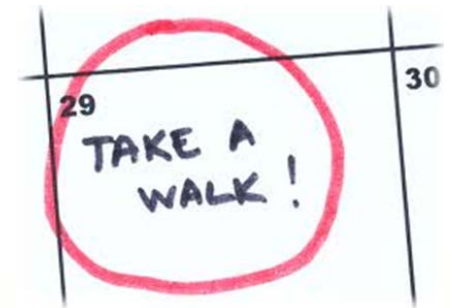
**rethink**  
YOUR DRINK



# Active Living

2. Increase daily physical activity rates in the community, workplace, school and other settings.

- Safe Routes to School
- Healthier Living Program for Seniors
- **Thrive Across America!**



# Physical and Built Environment

4. Create a healthy and safe physical/built environment that promotes walkability, bikability and active transportation.

- The Social Determinants of Health
  - Healthy Cities Resolution
  - Healthy Community Element





# Elements of Livable Communities

- **Built Environment**

- Mixed-use development
- Economic viability of communities
- Availability of safe and affordable housing
- Adequate parks, trails, open spaces and recreation opportunities





# ***Benefits of living in a “Walkable Community”***

*(According to the CDC)*

- **People who live in walkable neighborhoods are 2 ½ times more likely to get the recommended amount of physical activity.**
- **Walkable community residents weigh 6 pounds less than those in sprawling communities!**
- **Increase life expectancy by 4 years (due to decrease in weight, obesity, diabetes, and cardiovascular disease)**

# We are all a part of the Public Health System





***COUNTY OF RIVERSIDE***  
***DEPARTMENT OF PUBLIC HEALTH***

*BUILDING HEALTH INTO EVERYDAY LIFE*

*Healthy People, Healthy Communities*

# Contact Information

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I'm walkin'.  
Yes, indeed.

(Fats Domino)

