

**TOWN OF
APPLE VALLEY, CALIFORNIA**

AGENDA MATTER

Subject Item:

HEALTHY APPLE VALLEY UPDATE

SUMMARY STATEMENT

As part of San Bernardino County's "Healthy Communities" Initiative, the Council adopted a Resolution last October supporting a collaborative approach to building a healthier community. Since then, a coalition of community partners have come together to talk about how to increase healthy lifestyle options. This coalition, known as "Healthy Apple Valley," is dedicated in its efforts to promote activities that align with the Council's mission to encourage health and wellness.

Staff from the San Bernardino County Department of Public Health facilitated a visioning process to chart the future of Healthy Apple Valley. Building off Vision 2020 and the mission of the Town, the Healthy Apple Valley Coalition identified issues and developed goals to promote health and wellness. Envisioning Apple Valley as a community where residents have better access to healthier ways to eat and exercise, "Healthy Apple Valley" seeks to:

- Increase the awareness of, and opportunities for, physical activity
- Promote healthy eating
- Promote recreational trails
- Organize family events; i.e., "Family Olympics"
- Increase walking and biking and decrease vehicle miles traveled
- Develop website for Healthy Apple Valley

Blending together the objectives of Healthy Apple Valley with the planning, technical and education resources of San Bernardino County's Healthy Communities Program, the Town of Apple Valley will be able to enhance current programming and initiate new efforts to make Apple Valley a healthier place to live.

(Continued on next page)

Recommended Action:

That the Town Council Receive and File This Staff Report.

Proposed by: Linda Mayfield

Item Number _____

T. M. Approval: _____

Budgeted Item ☐ Yes ☐ No ☒ N/A

The valuable work that can be accomplished by Healthy Apple Valley is rooted in the ability to meet basic organizational needs. The San Bernardino County Department of Public Health has extended an invitation to Apple Valley to apply for a sponsorship for new "Healthy City" efforts. A total of \$100,000 will be shared by three San Bernardino County jurisdictions in launching and sustaining "Healthy City" initiatives. These sponsorships are to fund staffing for Healthy City efforts during the first year. The Department of Public Health estimates that the funding will be approximately \$25,000 - \$30,000. Sponsorship awards will be announced by May 8.

If the Town is successful in obtaining a Healthy Cities sponsorship, existing staff will take on the responsibilities of a Healthy Cities Coordinator. This person will plan, organize, schedule and implement programs and activities that foster healthy living and are related to the goals and objectives of Healthy Apple Valley.

This is an exciting beginning of what we hope will become an enduring vehicle for creating a healthy community and attracting increased funding for health and wellness improvement.

Based upon the foregoing, staff recommends adoption of the form motion.