

REACH

A Healthier Community Is Within Our Reach

Made possible with funding from the Centers for Disease Control and Prevention.

CITY OF STOCKTON ADOPTS 2040 GENERAL PLAN UPDATE



The REACH community leadership group celebrated a major victory as the City of Stockton wrapped up its update of the 2040 Envision Stockton General Plan. In October the Healthy Neighborhoods Collaborative and partners submitted a letter to the city of Stockton Planning Commission with feedback on the city's draft 2040 General Plan. The letter included recommended policies and actions to be considered in the draft plan. To the group's satisfaction, city staff agreed with all but one recommendation and the planning commission and city council voted to approve the recommendations. We are excited that the general plan will include so many recommendations that came from community.

CREATING HEALTHY PLACES TO PLAY

Proposition 68, approved by California Voters in June of 2018, will award more than \$250 million dollars to municipalities to create, renovate, or expand parks in underserved communities across California. PHAdvocates in partnership with The AAA Whole Life Center and Visionary Homebuilders has been working with residents in the northern end of the Kelley Drive community for the last couple of years. Residents have expressed that there are no safe places for their children to play. The community has identified a small vacant lot in the neighborhood that would be ideal for a small park. PHAdvocates will be working with residents to encourage the city of Stockton to apply for a Prop 68 funds to build a park in the community.

FACES OF RESILIENCE (FOR)

FOR youth leaders are organizing and acting on their campuses around the issue of discipline policies and practices. They are gathering research and collecting stories of other youth that are facing discrimination at school. We meet every second and fourth Thursday of the month and we are always looking for new leaders to add to the group. If you are in 8th-12th grade, and are interested in joining the youth leadership group, please contact Tanice Wallace, Youth Development Specialist, at 844.962.5900x 271, or TW@PHAdvocates.org.

FREE WEIGHT LOSS PROGRAM!

Omada Diabetes Prevention Program is an innovative, user friendly and convenient support group to help you live a healthy lifestyle! With just wi-fi and a smart phone or computer you have access to a caring health coach, tips, and tracking tools to support you in your weight loss journey. Sign-up today to reduce the risk of getting diabetes and heart disease. Once you are registered you will receive a wireless scale, a pedometer, and a small support group and you will be on your way to creating a healthier lifestyle!

YOUTH GET SCHOOL POLICY PASSED

On Tuesday, February 26, 2019 Public Health Advocates and Stockton Schools Initiative youth leaders provided commentary and shared their personal stories at the Stockton Unified Board of Education meeting. Youth shared stories about being wrongfully suspended, not having enough support at school, and the importance of mentorship in schools and the community. Their stories moved the board of trustees and resulted in a six yes and one abstain vote to adopt the Building Strong Schools and Healthy Communities Resolution. This resolution was created in response to the extremely high suspension, expulsion, and referral to law enforcement rates in Stockton Unified School District. Going forward the youth are committed to working with the Board of education to make sure that all the things asked for in the resolution are done.



Upcoming Events

March 2019

- 5: Steering Committee Meeting 5:30p
- 6: Equity on the Mall - Sacramento
- 14: Youth Leadership Meeting 4p
- 21: Community Leadership 5:30p
- 28: Youth Leadership Meeting 4p

April 2019

- 2: Steering Committee Meeting 5:30p
- 11: Youth Leadership Meeting 4p
- 13: Let's dia-BEAT-this! 8:00a-2:00p
- 18: Community Leadership 5:30p
- 25: Youth Leadership Meeting 4p

Health & Fitness Sundays

- Wells Health Sunday - every 2nd Sunday
- TODHOP's Health Sunday - every 3rd Sunday
- SDVC Health & Fitness Sunday - every 4th Sunday

Food Distribution

- Mayfair SDA Senior Brown Bag Food Distribution - 1st/3rd Fridays
- Emerald Pointe Townhomes Mobile Farmer's Market - 4th Thursdays



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 ADVOCATES**
 EVERYONE HAS THE RIGHT TO BE HEALTHY

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FAITH-BASED HEALTH RESOURCE HUB

Through this year’s REACH cooperative agreement, PHAdvocates piloted its first ever faith-based resource hub. We decided to partner with Harvest Church Ministries (HCM) because of their experience in implementing and promoting their healthy food and beverage and physical activity policies. Through this grant, HCM will serve the community by providing a health library consisting of literature, healthy recipes, tips and tools. HCM will offer health education classes and can connect families to health resources. Current health classes available:

- Zumba: Every Saturday at 9am
- Coming Soon- Weight Loss Program: a weekly in person support group

For more information contact HCM at 209.471.1633.

TRANSFORMATIVE CLIMATE COMMUNITIES (TCC)

PHAdvocates, Catholic Charities Diocese of Stockton, Fathers and Families of San Joaquin, STAND Affordable Housing, Rising Sun Energy, Third City Coalition and Puentes are partnering with the city of Stockton to carry out grant activities for a Transformative Climate Communities (TCC) Planning Grant. The planning grant will consist of 3 parts, a sustainable neighborhood plan, climate leaders forum and a tree census. Over the next few months partners and the city of Stockton will be conducting community outreach to educate residents on climate resiliency and get feedback of how to transform South Stockton. We hope that this community driven process will make Stockton a competitive applicant for other California Climate Investment funds and a TCC implementation grant.

ENACT DAY

Join us in Sacramento for ENACT DAY to support healthy community environments in California and tell legislators that investing in health and safety now will benefit all Californians! Visit <https://phadvocates.org/enactday/> for details.

Tuesday, April 30, 2019 | 9:00 am to 3:00 pm
The California Endowment – Sacramento
1414 K Street | Sacramento, CA 95814

REACH PARTNER DIRECTORY

FBO Partners

- Harvest Church Ministries
- Mayfair Seventh Day Adventist
- Rock of Hope City Church
- Shiloh Delta Valley Church
- The Open Door House of Prayer Ministries
- Victory in Praise
- Wings of Healings Christian Center

CBO Partners

- Conway Homes Resident Council
- Emerald Pointe Townhomes
- North Stockton Bengals
- TEAM Charter Bianchi



On March 6th, PHAdvocates, partners and residents are headed to the San Joaquin Valley Health Funds 4th annual Equity on the Mall. Residents from the valley will join together for a day of action and advocacy at the California State Capitol. This year’s events will feature speeches from elected officials and a call for equity through policy and system changes framework. We are excited to be part of the Sierra Health Foundations cohort of organizations funded through the San Joaquin Valley Health Fund and look forward to continuing to advocate for a better region for all.



Public Health Advocates is joining communities across the nation in celebrating 20 years of improving the health of individuals and communities across the country through the Racial and Ethnic Approaches to Community Health (REACH) program. Since 1999, the REACH program, funded by the Centers for Disease Control and Prevention (CDC), has been at the forefront of efforts to address

racial and ethnic disparities in health to prevent chronic disease and break down barriers to good health by creating environments that make healthy living easier. Public Health Advocates looks forward to continuing to develop and implement strategies to prevent chronic disease and to reduce health gaps among African Americans in the Stockton community.

HEALTHY RECIPE CORNER

Turkey Chili Serves: 6

Ingredients

- 1 tsp. olive oil
- 1 large onion chopped
- 1 medium red bell pepper chopped
- 1 medium yellow (or orange) bell pepper chopped
- 1 lb. raw 93% lean ground turkey
- 1 (28-oz.) can chopped tomatoes
- 2 (15-oz. each) cans kidney beans rinsed, drained
- 1 tsp. chili powder
- ½ tsp. sea salt
- Crushed red peppers (to taste; optional)
- 12 sprigs parsley chopped



Instructions

1. Heat oil in a large saucepan over medium-high heat.
2. Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is soft.
3. Add turkey; cook for 4 to 5 minutes, or until turkey is browned.
4. Add tomatoes, beans, chili powder, salt, and red peppers; cook, stirring frequently, for 10 to 15 minutes.
5. Divide turkey chili into 6 serving bowls and garnish with parsley if desired.

SOURCE: <https://www.beachbodyondemand.com/blog/turkey-chili>