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Upcoming Hearings of Interest Feb. 17-March 25

Many of the Legislature's standing policy committees are holding informational and oversight hearings in the coming weeks on a range of policy areas of interest to cities. Once the Legislature passes its Feb. 27 bill introduction deadline, these committees will soon begin to hold hearings on proposed legislation. *For more, see Page 2.*



California City Solutions: Apple Valley Creates Partnerships to Encourage Healthy Living in the High Desert

This story is part of an ongoing series featuring Helen Putnam Award entries. The 2014 entries are available on the League's website as a resource for cities in a searchable database called [California City Solutions](#). The Healthy Apple Valley Program was submitted in 2014 for the Health and Wellness Programs award category. For more, see Page 4.



Only Two Weeks Left to Register for the 2015 Public Works Officers Institute

Registration for the 2015 Public Works Officers Institute will close on Friday, Feb. 27. Scheduled, Wednesday, March 25 – Friday, March 27, at the Hyatt Regency Newport Beach, the conference planned with CEAC, will provide public works officers with innumerable lessons and tips. *For more, see Page 2.*

Following are a number of upcoming hearings of interest to cities:

Feb. 17

- **Senate Committee on Judiciary**, 2:30 p.m. or upon adjournment of Floor Session, State Capitol, Room 4203
 - Oversight Hearing on Drones: Is California Law Ready?
- **Senate Joint Hearing of the Transportation and Housing and Budget and Fiscal Review Subcommittee No. 2 on Resources, Environmental Protection, Energy and Transportation**, 1:30 p.m., State Capitol, Room 4203
 - Informational Hearing on Transportation Funding

Feb. 18

- **Joint Hearing of Assembly Housing and Community Development Committee and Senate Transportation and Housing Committee**, 10 a.m. to 12 noon., State Capitol, Room 4202
 - Informational Hearing on An Overview of the Housing Market and the State's Housing Resources Program

Feb. 20

- **Joint Hearing of the Assembly Elections and Redistricting Committee and Senate Elections and Constitutional Amendments Committee**, 10 a.m., Los Angeles County Metropolitan Transportation Authority, Metro Board Meeting, third floor
 - Oversight Hearing on Los Angeles County Voter Turnout

Feb. 23

- **Assembly Transportation Committee**, 1:30 p.m., State Capitol, Room TBA
 - Informational Hearing on Transportation Funding

Feb. 24

- **Joint Hearing of Senate Transportation and Housing and Budget and Fiscal Review Subcommittee No. 20 on Resources, Environmental Protection, Energy and Transportation**, 1:20 p.m., State Capitol, Room 4203
 - Informational Hearing on Transportation Maintenance Backlog

March 4

- **Joint Hearing of the Assembly Public Employees, Retirement and Social Security and Senate Public Employees and Retirement Committees**, 1:30 p.m., State Capitol, Room 3191
 - Informational Hearing on Orientation and Report of the California Actuarial Advisory Panel
- **Budget Subcommittee No. 5 on Public Safety**, 1:30 p.m., State Capitol, Room 437
 - Hearing will cover a number of items, including City Law Enforcement Grants

March 24

- **Budget Subcommittee No. 4 on State Administration**
 - Hearing will cover a number of items, including Commission on State Mandates and Public Employees' Retirement System

March 25

- **Budget Subcommittee No. 3 on Resources and Transportation**, State Capitol, Room 447
 - Hearing will cover a number of items, including Department of Transportation and the California Transportation Commission

Obesity rates, especially in children, have increased at a dramatic rate in the past decade. For the town of Apple Valley, in the heart of San Bernardino County, these issues had become epidemic. In 2010, the town established a Healthy Apple Valley Coalition and received funding to hire an in-house Healthy Apple Valley Coordinator. Through several new partnerships and

acquired funding, the Healthy Apple Valley program was developed, providing health and fitness education for preschool age children and parents.

A 2012 report conducted on behalf of St. Mary Medical Center found that 71 percent of adults and 31 percent of the youth in the High Desert area were overweight or obese. Recent statistics from the county of San Bernardino Department of Public Health indicate that the county's population ranks among the most obese in the nation, and has the third-highest heart disease and second highest diabetes rates in the state. More than 70 percent of children there do not meet fitness standards while two thirds of adults are not meeting recommended physical activity levels.

Town officials were concerned about the lack of accessibility to active-use amenities, such as walking trails, biking paths, and healthy eating establishments, which was contributing to the unhealthy and passive lifestyle affecting many of its residents. The data showed that this was a worsening trend among children in the community.

Although the Parks and Recreation Department provides a wide variety of classes and sports leagues, along with parks with active use amenities, current services alone were not enough to foster a healthy and growing community. Even local fitness centers, dance studios, gymnastics centers, martial arts studios and school athletic programs failed to slow the growing obesity rates.

Apple Valley leaders decided that they needed a comprehensive strategic plan to encourage a healthy lifestyle within the community. With the Centers for Disease Control and Prevention stating that obesity and associated health problems have a significant impact, costing more than \$150 billion dollars (according to 2008 figures), city leaders knew they had to rally the community, including businesses, health providers, local public agencies, schools, health care providers and residents, to make Apple Valley a healthier community.

In February 2010, the town council established a Healthy Apple Valley Coalition and in June 2010, a grant was awarded by the San Bernardino County Health Department to provide an in-house Healthy Apple Valley Coordinator.

Initially comprising more than 25 community members representing a diverse group of public entities, business members, health providers and residents, the coalition established three priorities:

1. **Be Active** — programming and marketing for family physical outdoor activities such as walking, biking and family activities.
2. **Eat Better** — programming and marketing to promote healthy eating.
3. **Live Better** — forming public and private partnerships to develop policies and other health areas.

With the town already offering activities and amenities for families and residents, it decided that focusing on the children to build these three emphasis area would be the most beneficial to the community.

First 5 San Bernardino awarded Apple Valley funding to establish a healthy preschool and the VANtastic Fun program. A three-pronged nutrition and fitness based-program was developed for 3- to 5-year olds. It also included a component to educate parents and children about the value of physical activity and healthy eating.

- Mommy and Me classes have activities include obstacle courses and parachute games, information on the benefits of healthy eating while teaching participants about the texture and taste of different foods, nutritional themed story-time and puppet shows, and children are given age appropriate recipe books with ideas on how to stay active.
- "My First Sports Program," a four-week program, introduced preschoolers to basketball, baseball and soccer called "My first Sports Program."
- For the VANtastic program, the city refurbished a passenger van, replacing its seats with children's play equipment, a sound system and relevant educational materials delivering

fitness and nutrition education to preschools, parks or special events. The van also featured wrap-around graphic to encourage residents to “Come Play with us.”

Walking trails and active-use amenities were added to parks with funding from a public-private partnership, sponsorships and grant solicitation.

Apple Valley’s hard work has paid off.

In the 18 months of its program, Apple Valley distributed educational material on the health benefits of nutrition and exercise to more than 550 children through the Mommy and Me, My First Sports and preschool VANtastic programs.

First 5 San Bernardino extended and increased funding for two additional years if the program would expand to include nutritional programming for expectant mothers, infant programming and develop a strategic plan.

The town formed a new partnership with Kaiser Permanente that expanded the [VANtastic program](#) to reach children all ages by bringing the van to local parks during school breaks. Kaiser’s Community Benefit Foundation awarded a grant to Apple Valley to pay for the installation of outdoor fitness equipment in the Civic Center Park. Through a partnership with St. Mary Medical Center, the two offered healthy cooking classes, all which have been filled to capacity. Many of the town’s recreation programs are now free for low income youth.

Staff tracked educational value of the program and any changes in the lifestyles of the participants. Ninety-five percent of the early respondents reported that the children and family as a whole were eating more fruits and vegetables than they were prior to the program. More than 90 percent reported eating fruits or vegetables during the program that were new to them, 75 percent responded that the nutritional information provided encouraged closer examination of the products and quantities that their children ate on a daily and weekly basis, and many parents believed they would start their children in organized activities at a younger age. Participants were given registration vouchers for one of pee wee sports opportunities, and more than half used them.

‘Public Works’ Continued from Page 1...

Networking receptions and captivating keynote speakers will provide engage public works officers in their profession. Register online at www.cacities.org/events and select “Public Works Officers Institute.”

Learn more about the [sessions and speakers](#) offered at this event.

Like the League of California Cities on [Facebook](#) and follow [@cacitieslearn](#) on Twitter for updates and useful information about upcoming conferences.

Employee Relations Legislative Webinar Series Launches

First Webinar, Feb. 24

Join the League of California Cities Personnel and Employee Relations Department as it launches an exciting new webinar series. In the weeks ahead, League staff will provide updates on proposed legislation relevant to human resources professionals winding its way through the Legislature. The webinars will provide members with an opportunity to offer their expert feedback about the content and potential impact of pending bills on their cities and their profession. This first installment in the series is scheduled Tuesday, Feb. 24 at 10 a.m. and will provide an introduction to how the webinars will work, touch on current issues, and lay out a path for the remainder of the series.

Please register [online](#) for this webinar no later than Monday, Feb. 23 by noon. Cost to participate is free for League members and partners; \$100 for non-members. For registration questions, please contact [Megan Dunn](#).

Questions on personnel-related policy matter can be directed to [Alicia Lewis](#), legislative representative.

For more information about the [Personnel and Employee Relations Department](#) visit the League's website or contact [Meghan McKelvey](#), department and member services manager.

The FPPC Will Soon Release Online Toolkit for Candidates

The California Fair Political Practices Commission (FPPC) will soon offer an online toolkit that provides step-by-step instructions to prospective candidates on how to comply with various state-mandated disclosure requirements. The Candidate Toolkit condenses several manuals already available by the FPPC into a comprehensive, easy-to-use format. It will also include links to the required disclosure forms, filing deadlines, regulations, and frequently asked questions to the FPPC.

There's Still Time to Register for the 2015 Ahwahnee Conference for Local Elected Officials

Conference Runs March 19-22 in Yosemite National Park

Local elected officials, it's not too late to register and get your lodging for this year's conference.

Presented by the Local Government Commission, the 24th-annual Ahwahnee Conference for Local Elected Officials will feature dynamic speakers and leading experts discussing innovative solutions for increasing resiliency and implementing smart-growth strategies in a time of accelerating demographic, technological and environmental changes. There will also be a special track on equity, starting with our opening speaker, Ron Sims, who served as deputy secretary for the U.S. Department of Housing and Urban Development from 2009-2011.

Confirmed speakers include:

- Sen. Bob Wieckowski (D-Fremont)
- Ron Sims, civic volunteer in health, education, environmental and social equity issues
- Julie Nelson, director, Government Alliance for Race and Equity
- Glenn Harris, president, Center for Social Inclusion
- Mark "Puck" Mykleby, retired U.S. Marine Corps Col. and co-founder Strategic Innovation Lab, Case Western University
- Joel Makower, chair and executive editor, GreenBiz Group Inc.
- Zach Ware, founder and CEO, SHIFT
- Daniel Sperling, founding director, U.C. Davis Institute of Transportation Studies

The full conference agenda is available [online](#).

Important Deadlines

Registration and lodging details are available [online](#). Rooms are still available. Feb. 19 is the deadline for the conference room block. Conference registration ends March 12.

Please contact [Tony Leonard](#) with questions about this event.
