

## El Monte Residents Give Insight to Programs and City Goals

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Christmas came early for some El Monte kids when their names were called to win one of two bicycles and helmets at a community workshop.

On November 18, the City of El Monte hosted the PLACE Health and Wellness Community Workshop at the Jack Crippen Multipurpose Senior Center Auditorium.

The workshop was a collaboration between the Community Services Department, Community Development Department and Raimi and Associates.



Over 100 individuals representing residents, local businesses and community organizations were present to set the priorities for the Health & Wellness Element for the City of El Monte General Plan including transportation, land use and community design, air quality, parks and open space, bicycle and pedestrian safety among the topics discussed.

Healthy sandwiches and fruit was served as part of a nutritious dinner through the generous support of the Senior President's Council.

The giveaways as an appreciation of the community's participation included a healthy eating guide, walking guide and lip balm for all families in attendance. At the conclusion of the evening, 24 helmets donated by the El Monte Kiwanis and two bicycles courtesy of the Community Services Department were raffled to the participants. There were also t-shirt giveaways promoting the newly completed Arceo Park Walking Path located at 3125 Tyler Avenue.

Participants, with the help of a facilitator, provided input on key topic areas determined from the first community workshop held on August 5.

The topics included: land use and community design, transportation, parks, trails and public facilities. Also discussed were health programs which included: access to healthy foods, air quality, public safety, health care and mental health care, as well as suggestions on how to encourage public involvement and participation in the various programs.

Small group discussions were lead by staff from the City of El Monte, Public Health Nurses, El Monte City School District Network for a Healthy California, Our Saviour Center, Kaiser Permanente, AltaMed Health Services, and Trinity Church.

The top seven goals highlighted by the community included: a reduction in air pollution throughout the City; an increase in community facilities and programs in El Monte that promote healthy living.

Ensure that children have safe access to schools and parks. The city continues outreach and public education programs to improve health. Develop land use patterns that encourage physical activity.

Facilitate safe, convenient access to healthy foods. And finally, to create a high quality pedestrian network so residents can walk safely and comfortably.

Overall, the top implementation ideas are: that the city improve landscaping, plant street trees and clean sidewalks and streets; improve lighting at crosswalks; improve transportation access to mental health care facilities in El Monte; increase fees on tobacco retailers to pay for public health programs; work with schools to offer healthy foods and limit unhealthy foods and to continue to focus police efforts in high crime areas.

Community and Senior Services staff are available to answer questions regarding the P.L.A.C.E. Initiative by contacting the Community and Senior Services Division at (626) 580-2210.