

May 1st, 2020

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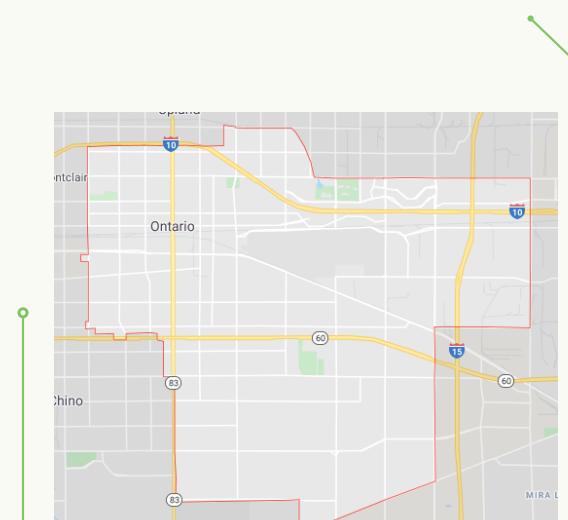
### Community Highlight



Hosted by San Antonio Regional Hospital, Know Your Numbers has provided a space for members of the community to record their blood pressure, body mass index, blood glucose and blood cholesterol to monitor risk of diabetes.

Four locations around the city of Ontario provide these screenings once a month for FREE. The program has been a success among the community and each time there is an increase in participants with a portion of the attendees being returning members dedicated to improving their overall wellness.

The city of Ontario has a population of 181,107 residents and is located in the San Bernardino County of California. About 27.5% of Ontario's population was born outside of the United States. Three-quarters of Ontario's residents are Hispanic or Latino and many of these individuals make up the 16.2% of residents living in poverty. They live in underserved neighborhoods with high obesity rates and the city of Ontario is dedicated to improving the lives of these individuals through their Healthy Ontario Initiative.



Map of City of Ontario

The Healthy Ontario Initiative was created to empower the residents of Ontario to improve their physical, social, environmental, and economic health overall. The initiative represents a community-based approach to wellness through four core components to improve health outcomes throughout the entire city. The city of Ontario is working with the Planning Department to update current policies through community programs that improve all aspects of wellness.

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### Core Components of Healthy Ontario:



#### Prevention & Wellness:

The city takes action to prevent chronic disease and enhance optimal health and wellness. Ontario strives to increase awareness and improve access to healthy foods, increase opportunity for physical activity and support positive mental health for all residents. The city works with CalFresh, the local recreation centers, Covered California, the local farmer's markets and the San Bernardino County of Public Health to improve wellness of all residents.

#### Access to Healthcare:

Ontario partners with local, state and regional healthcare workers to provide affordable, quality healthcare for the community. The city takes extra care to address the unique barriers faced by families living in underserved neighborhoods, those living in poverty and individuals with chronic illnesses. Some partners include San Antonio Regional Hospital and Kaiser Permanente of Ontario.

#### Education & Lifelong Learning:

Located within Ontario is a great variety of quality preschool, elementary, middle school and high schools, colleges and vocational training. By providing access to public libraries, culture, community events and activities, the residents of Ontario are able to continue learning, no matter their age or background. The city strives to provide educational resources and work with local businesses to foster community education and lifelong learning.

#### Safe & Complete Neighborhoods:

Safe neighborhoods provide residents with options for physical activity, goods, services and entertainment. Ontario strives to support healthy lifestyles, create neighborhoods that sustain economic prosperity and open safe gathering points for the community. The city works with the Ontario fire department, police department, planning department, and Community & Public Safety Agency to ensure the safety of all communities.



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### Current Initiatives

HEAL Zone

Build

Let's Move!

Healthy People 2020

Choose My Plate

Champions for Change

Promise Scholars

Vital Signs

HEAL Cities Campaign