

# CITY OF BANNING: TACKLING FOOD INSECURITY AND SEDENTARY LIFESTYLE HABITS

## Public Health Issue: Food Insecurity and Sedentary Lifestyle

- From the residents sentiments collected in surveys, from comments given in town hall meetings, and many expressing their concerns in public forums, the City of Banning wished to tackle the issues of food insecurity and Sedentary Lifestyles for this upcoming year.
- To address the food insecurity and the lack of affordable and good quality food, the city decided to make space for a community garden. The first steps we addressed this year were of three main concerns; where should the garden be built, what are the costs of building one, what are the costs of maintaining, and how many individuals can we reach? To answer this question we used ESRI's ArcGIS Pro software for selecting the best location. The main criteria for the location was that it must be owned by the city.
- To address sedentary life style changes, we analyzed the data of participation and type of events the Department of Parks and Recreations holds on a yearly basis. What we found is that there are a lot of exercise programs with only a hand few having many participants. We also found that when holding health education events, participation for the exercise events and programs increased drastically. We encouraged the city to plan more health education events, as it increased the number of participants and brought in more donations to help fund many other exercise programs.

## City of Banning

### Three main projects:

- Community Garden: Addressing Food disparity and inaccessibility due to price
- Health Education Programs: Promoting healthy habits and exercise
- Program Survey: Promoting more community work and unity

### Experience

Working fore the city of Banning has been a great experience for me I want to thank every individual for providing me with support and a helping hand when I was stuck or found myself unable to find a solution forward. I am grateful for the experience, from the interdisciplinary cooperative projects with many personnel of the City and the WRCOG fellow, to the help of my professors and use of epidemiological tools and methods to problem solve and better the communities health.

#### Project One: Community Garden

- Location at Hargrave and E. Theodore
- Being split between Community Garden and a new substation
- Simple lessons and classes prepared for education of the participants
- We are hoping to begin as soon as the substation is ready
- Location would reach 3,000 residents, and 10 min drive would reach 95% of residents

#### Project Two: Program Survey

- We surveyed individuals from the city, including managers from each department.
- Parks & Recs answered the most
- Many want to add education-based health programs to the exercise events that occur year round

#### Project Three: Health Education Programs

- City of Banning has health-based programs year-round promoting exercise and an active life.
- To strengthen the programs, they want to add a health-based portion
- Adding health education, nutritional education, and variety in exercise.
- 2 Health based programs a year, 19 exercise-based programs a year
- Goal? Incorporate 3 more classes during the exercises by the end of the year

