Community Health & Public Policy Educational Forum

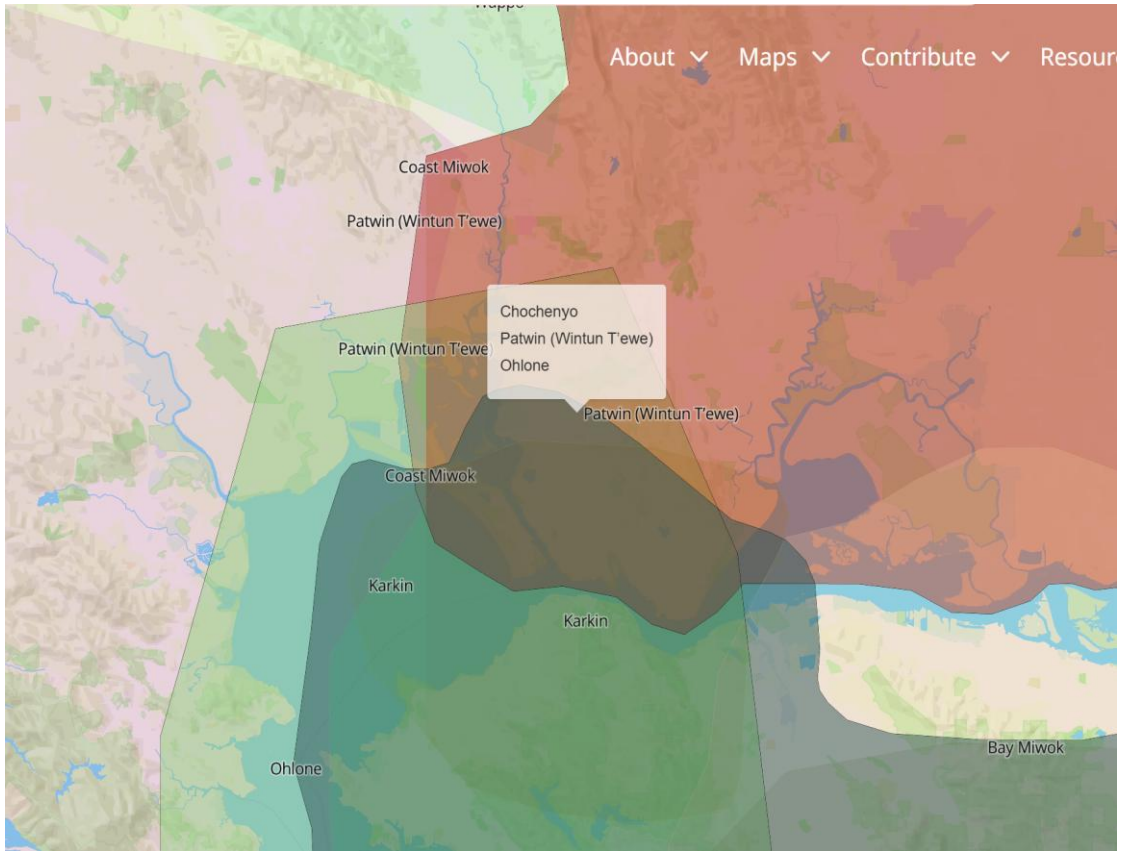
KAISER PERMANENTE®

Sustainable Solano

LOCAL FOOD SYSTEM ALLIANCE SOLANO



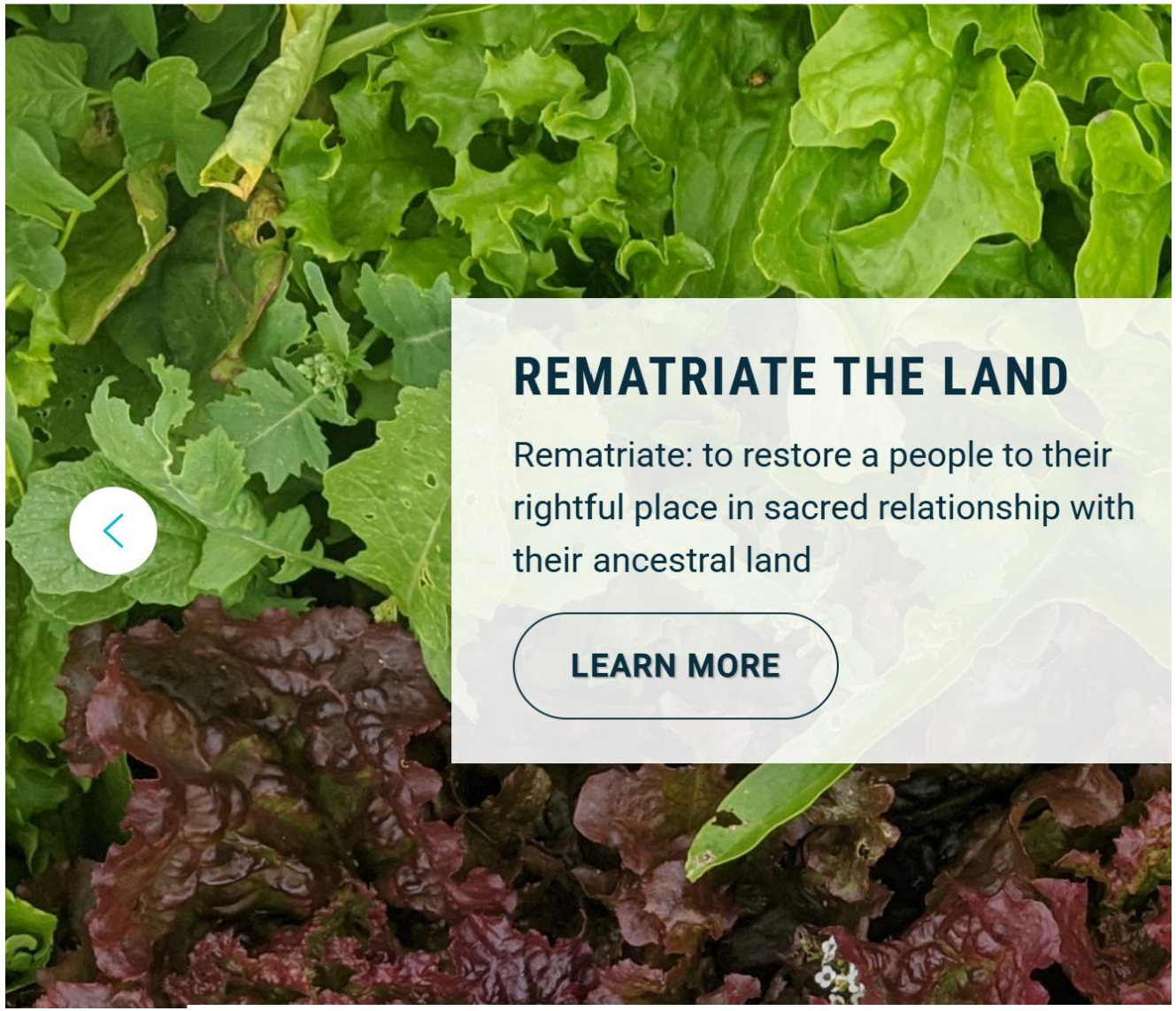
Welcome!



NATIVE
LAND DIGITAL

SOGOREA TE'
LAND TRUST

About



Agenda

1. Welcome
2. About the Alliance
3. Personal/Community Health & Lifestyle Medicine
4. General Plans & Community Health
5. Current Solano County General Plan
6. Q&A
7. Thank you!



Solano Local Food System Alliance

Mission:

To create a local food system in Solano County that is:

- **environmentally regenerative**
- **economically viable**
- **socially just**

Community Health & Public Policy Educational Forum

KAISER PERMANENTE®

LOCAL FOOD SYSTEM ALLIANCE SOLANO



Lifestyle Medicine:
A Framework for Healthy Life

Engaging our Community:

Sustainable Solano,

Kaiser Permanente,

and UC Davis

5 November 2026





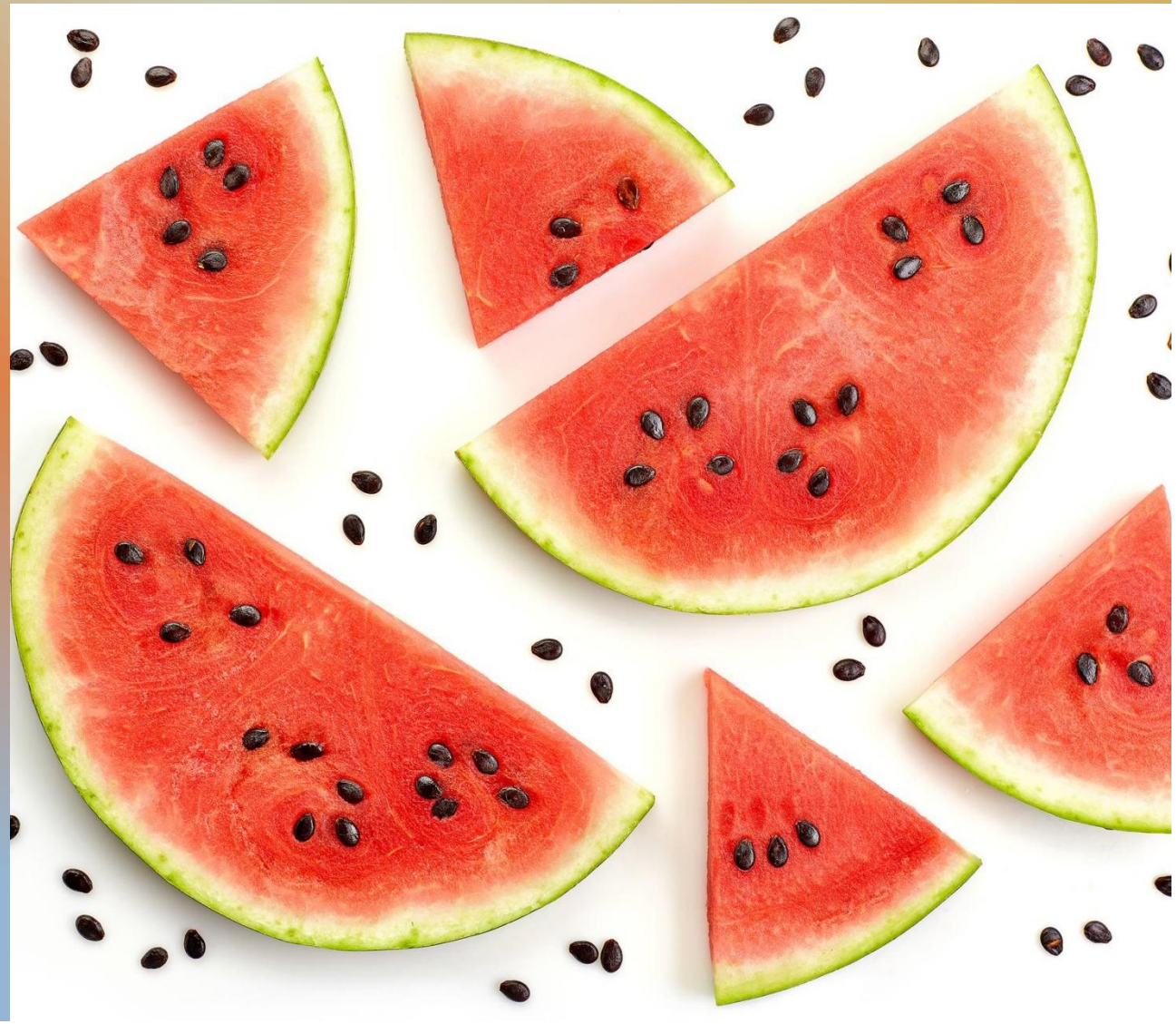
Lifestyle medicine is an **evidence-based** medical specialty that applies **therapeutic lifestyle interventions** to **treat, reverse, and prevent chronic conditions** like cardiovascular diseases, type 2 diabetes, and obesity.

By **empowering patients** to make lifestyle behavior changes in six interconnected pillars—optimal nutrition, physical activity, restorative sleep, stress management, connectedness, and risky substance avoidance—**lifestyle medicine aims to eliminate the root cause of a disease**.

It works: studies have shown that **lifestyle medicine can impact up to 80% of chronic diseases**.

Lifestyle medicine | My Doctor Online



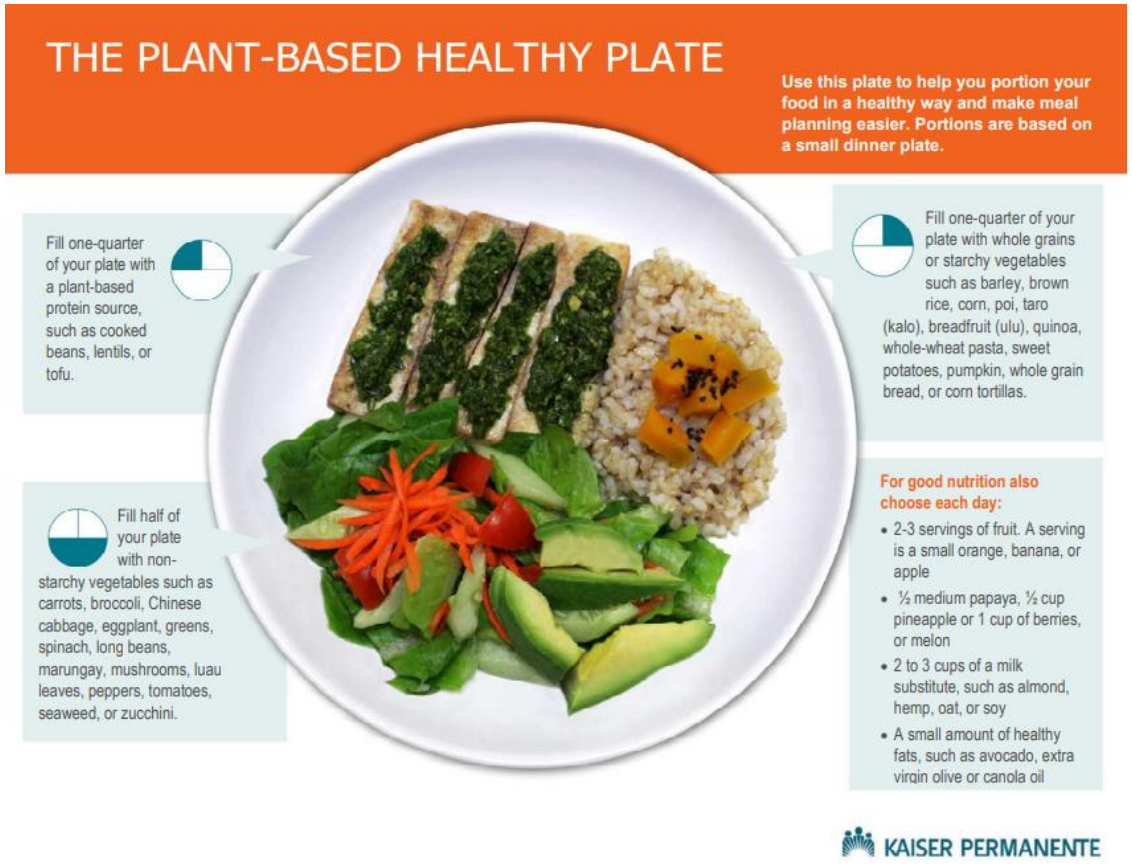


Everyone Eats

Choose foods that come in their own packages: Fruits, vegetables, beans/legumes, whole grains, nuts, and seeds. Choose a colorful plate, rich in vitamins & antioxidants.

Whole Food Plant-Based Eating | My Doctor Online

Plant-Based Plate





[KP Plant Based Healthy Plate]
[ACLM Plant Based Plate]



- ✓ **Plant-Based Pros Share Their Favorite Quick Breakfasts - Forks Over Knives** https://www.forksoverknives.com/wellness/plant-based-pros-share-favorite-quick-breakfasts/
- ✓ Lunch Recipe: Warm Chickpea Salad with Cumin & Garlic | The Kitchn
- ✓ 10 Healthy Vegan Dinners | Minimalist Baker Recipes

Quiz Time! What can do all of these things??

Reduce	your risk of heart disease, stroke, type 2 diabetes, and osteoporosis.
Strengthen	your heart, lungs, muscles, joints, and bones.
Help	you sleep better.
Increase	your flexibility.
Protect	against cancers, including colon, breast, and cervical.
Help	you achieve and maintain a healthy weight.
Increase	“good” cholesterol (HDL), which helps prevent heart attacks.
Help	prevent or treat depression and reduce stress



Movement!!



"Exercise as a Vital Sign”

Exercise IS medicine…
our only true silver bullet for physical and emotional health … good for community and connection, too.
Aim for 150 minutes/week of moderate activity, including 2 days of resistance training for body & mind.

Being Sedentary is Worse than Smoking.

Home - Exercise is Medicine

Making Strides

Make it Fun

Set a Goal

Schedule Time

Track Progress

Do it With Someone

Focus on the Positive—Celebrate Wins!



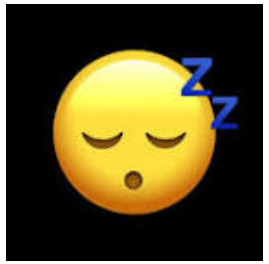


Everyone Sleeps

- Aim for 7-9 hours/night (or day for shift workers)
- Set the stage for success – good sleep hygiene
- Limit caffeine to before noon
- Limit alcohol to 2-3 hours before bed
- Cool, Dark, Quiet environment
- Avoid screens
- Consider Calm Sleep stories

Digital Self-Care Tools for Mental Health | Kaiser Permanente

Prepping for



Daytime: exercise, eat well, limit caffeine to before noon, deep breathing/manage stress

Nighttime: have a routine!

Go to bed at the same time.

Have a plan when sleep is evasive. Encourage CBT-I (Cognitive Behavioral Therapy-Insomnia).



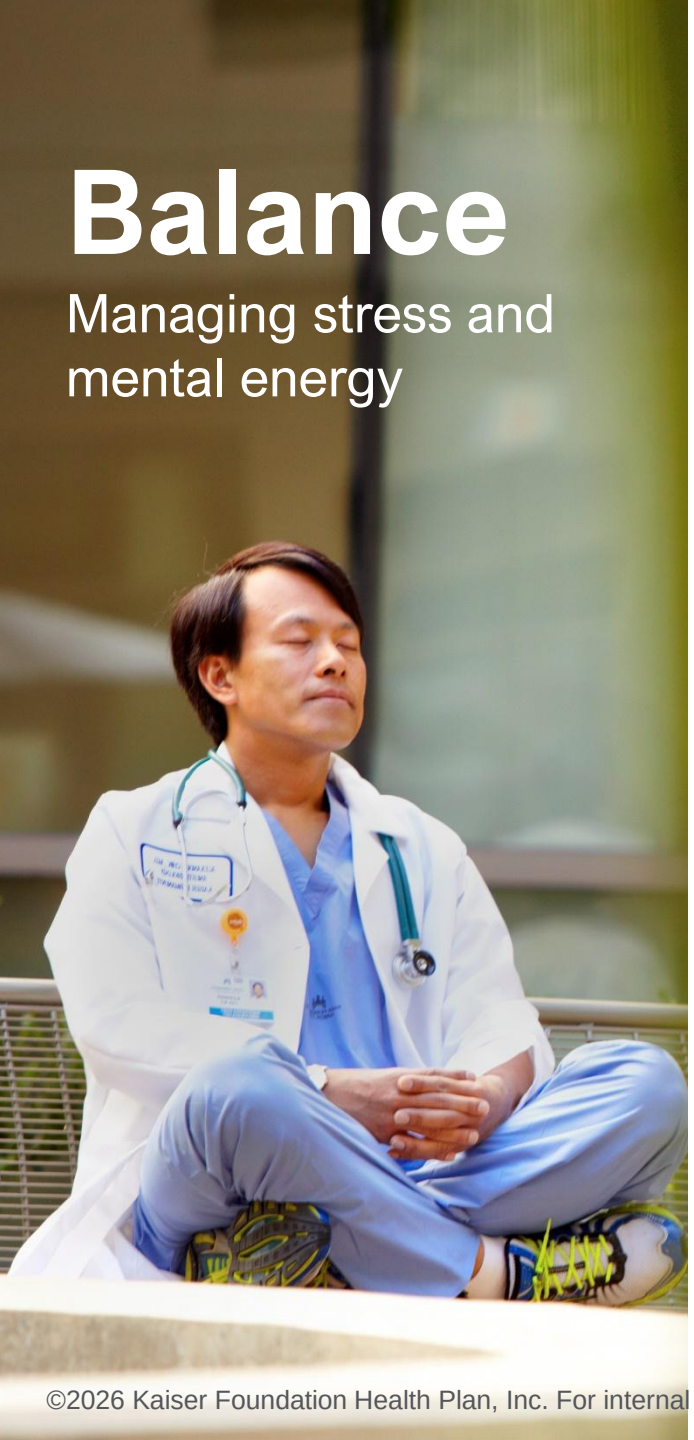
Sleep Hygiene | My Doctor Online

Insomnia Coach | VA Mobile

Everyone Goes Bananas
(Stresses)







Balance

Managing stress and mental energy

Protect your mental energy

Stress often builds quietly in the background. Small, intentional habits can help you reset, recharge, and stay steady throughout the day — even when life feels full.

- **Pause to reset.** Take a moment to breathe, stretch, or step away from your workstation to clear a little mental space.
- **Prioritize sleep.** Sleep is your body's natural way of recharging its battery and restoring emotional balance.
- **Move regularly.** A short walk or light movement — especially outside — can release tension and refresh your mind.
- **Simplify where you can.** Break tasks into smaller steps or let go of commitments that don't truly need your attention.
- **Create a calming end-of-day ritual**. Reflect on a few things that went well, listen to soothing music or a meditation, or read something that brings you joy.

Learn ways to better manage stress and handle emotions with the Calm and Headspace apps. No cost for KP members. Download at kp.org/selfcareapps.

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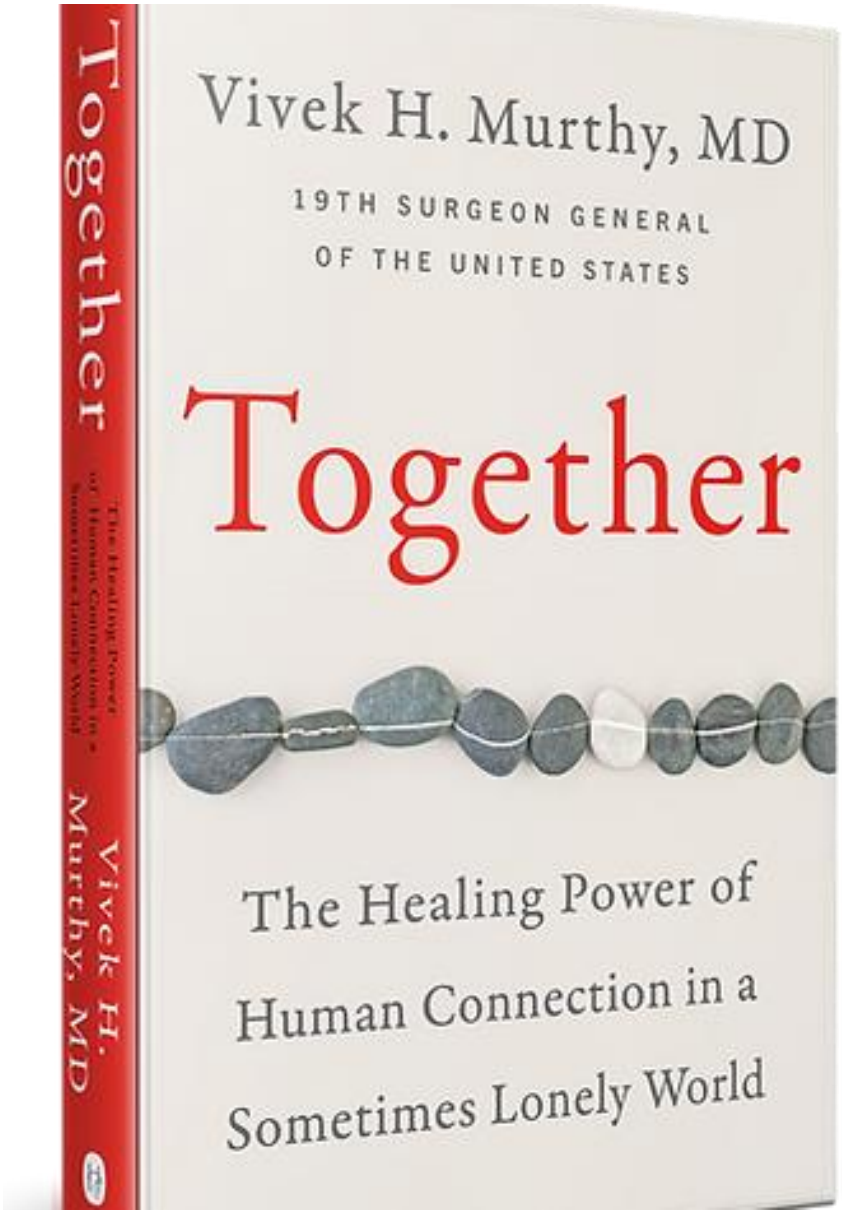
(Habits)

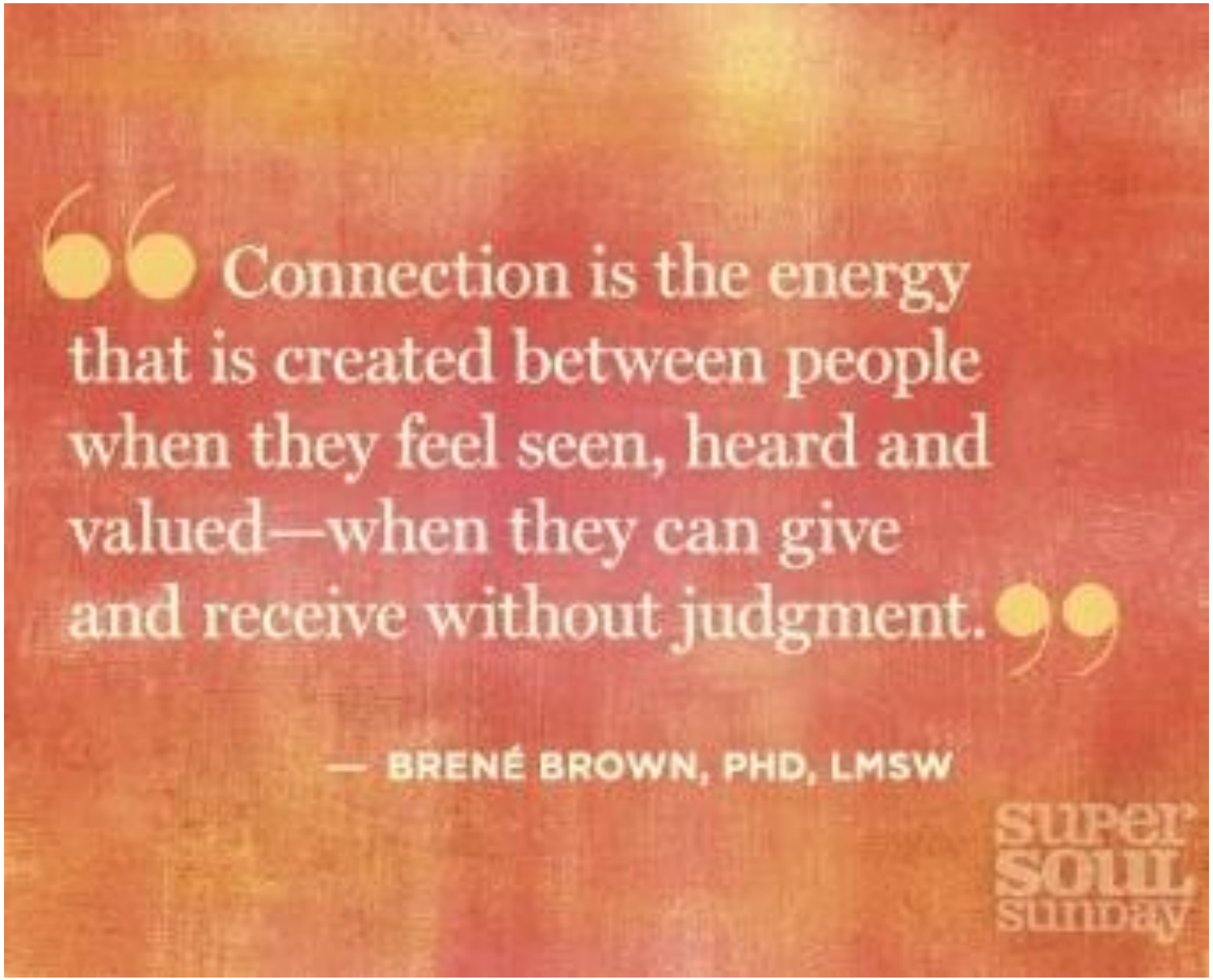
- Choose Helpful Habits
- Avoid Harmful Habits
  - Tobacco
  - Illicit Drugs
  - Excessive Alcohol
  - Ultra-processed Food
  - Doomscrolling
  - Gambling/Porn
  - Excessive Screen Time



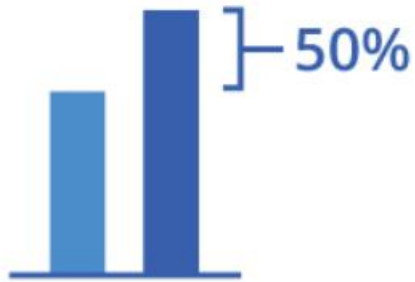
Too Much Sitting: The Population-Health Science of Sedentary Behavior - PMC

Loneliness Is More Dangerous Than Smoking 15 Cigarettes A Day - Fishers Health Department


Together
Vivek H. Murthy, MD
19TH SURGEON GENERAL
OF THE UNITED STATES
Together
The Healing Power of Human Connection in a Sometimes Lonely World
Vivek H. Murthy, MD


Connection is the energy that is created between people when they feel seen, heard and valued—when they can give and receive without judgment.
— BRENÉ BROWN, PHD, LMSW
super SOUL sunday

THE BENEFITS OF HIGH SOCIAL CONNECTION:



50% increased chance of longevity



stronger gene expression for immunity (research by Steve Cole, UCLA)



lower rates of **anxiety** and **depression**



higher **self-esteem** and **empathy**



better **emotion regulation skills**



Social connection creates a **positive feedback loop** of **social, emotional,** and **physical well being.**

Stronger relationships increase likelihood of survival by 50%.

The risk of death due to lack of social connection was approximately equivalent to smoking 15 cigarettes a day and consuming excessive alcohol.

Weak social relationships posed an even higher risk of death than physical inactivity and obesity.

Isolation and Loneliness are the True Silent Killers.



THE DANGERS OF LOW SOCIAL CONNECTION



worse for health than smoking, high blood pressure or obesity



higher inflammation at the cellular level



higher susceptibility to anxiety and depression



slower recovery from disease



increased antisocial behavior and violence



suicide

Pair-Share or Ponder:

Putting it Into Practice:

What are *your* Next Steps?

- How do you **Connect**?
- How will you **Move** more?
- How will you **Nourish** yourself?
- How will you **Restore** your body?
- How will you **manage Stress**?
- What **habits** do you want to build upon *or* change?





Resources and Classes

- Lifestyle medicine | My Doctor Online
- Lifestyle Medicine Cooking Videos | My Doctor Online
- 2026 Thrive Kitchen Flyer—THRIVE kitchen at home
- **NSA Resources:**
  - Plant-Based Nutrition Basics Class Plant-Based Nutrition Advanced Class (virtual)
  - Plant-Strong Nutrition and Lifestyle Support Group (virtual)
  - 12-week Lifestyle Medicine Program (virtual, referral required)



Solano County Food Resources

- Food Bank of Contra Costa & Solano: Offers free food pantries, produce distributions, and senior food programs throughout the county (Phone: 855-309-3663 or 707-421-9777; Address: 2370 N Watney Way, Fairfield, CA)
- **211 Solano**: Call **211** or visit 211BayArea.org to search for local food pantries, hot meal sites, and emergency food relief.
- **CalFresh (SNAP)**: Provides monthly electronic benefits (EBT) to buy groceries. In Vacaville, you can visit the local office at 1119 E. Monte Vista Ave. (Phone: 707-469-4500).
- Solano County Nutrition Services Bureau: Operates the **Women, Infants & Children (WIC)** program offering healthy foods, nutrition education, and breastfeeding support for pregnant/breastfeeding individuals and children under 5 (Phone: 707-784-8130 or 707-784-2200; Address: 2101 Courage Dr., Fairfield, CA).
- Food is Free Bay Area / Solano: Community fridges, free food stands, and rescued produce distribution (Phone: 707-690-0945; Vallejo address: 900 Fairgrounds Dr., McCormack Hall).



Joint Church for Community Meals at Epiphany Church

Address: 300 West St., Vacaville, CA

Hours: Tuesdays 1:00 PM – 2:00 PM | Fridays 4:30 PM – 6:00 PM

Phone: 707-448-2275

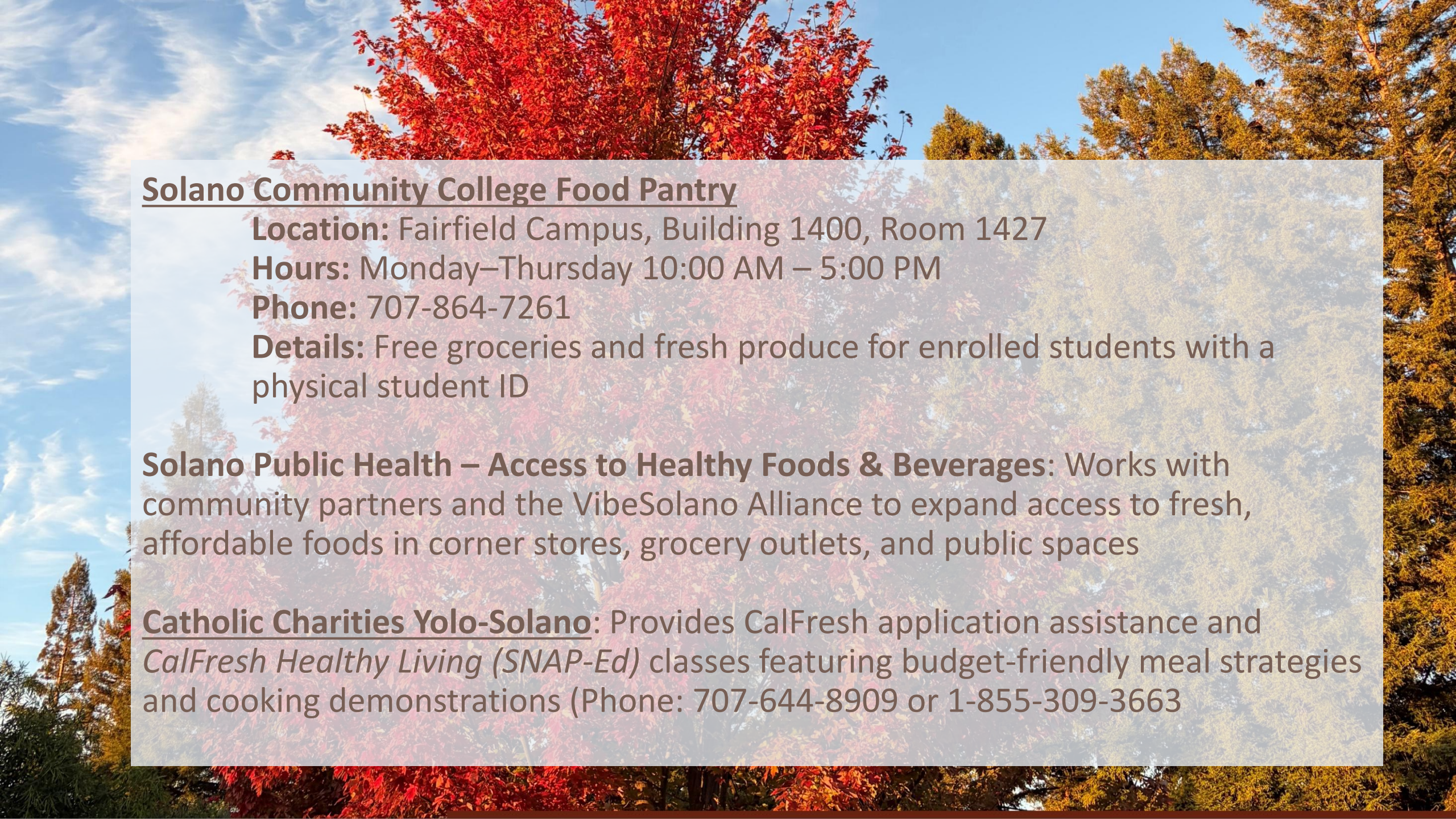
Details: Offers community meals and free grocery programs, including a senior food program for adults 55+ twice a month.

Salvation Army (Mobile Unit – Vacaville)

Hours: Mondays, Tuesdays, and Thursdays 10:00 AM – 2:00 PM

Phone: 707-455-8191

Details: Provides food assistance and mobile support at designated stops (including Rocky Hill, Boys & Girls Club, and Mariposa Center).



Solano Community College Food Pantry

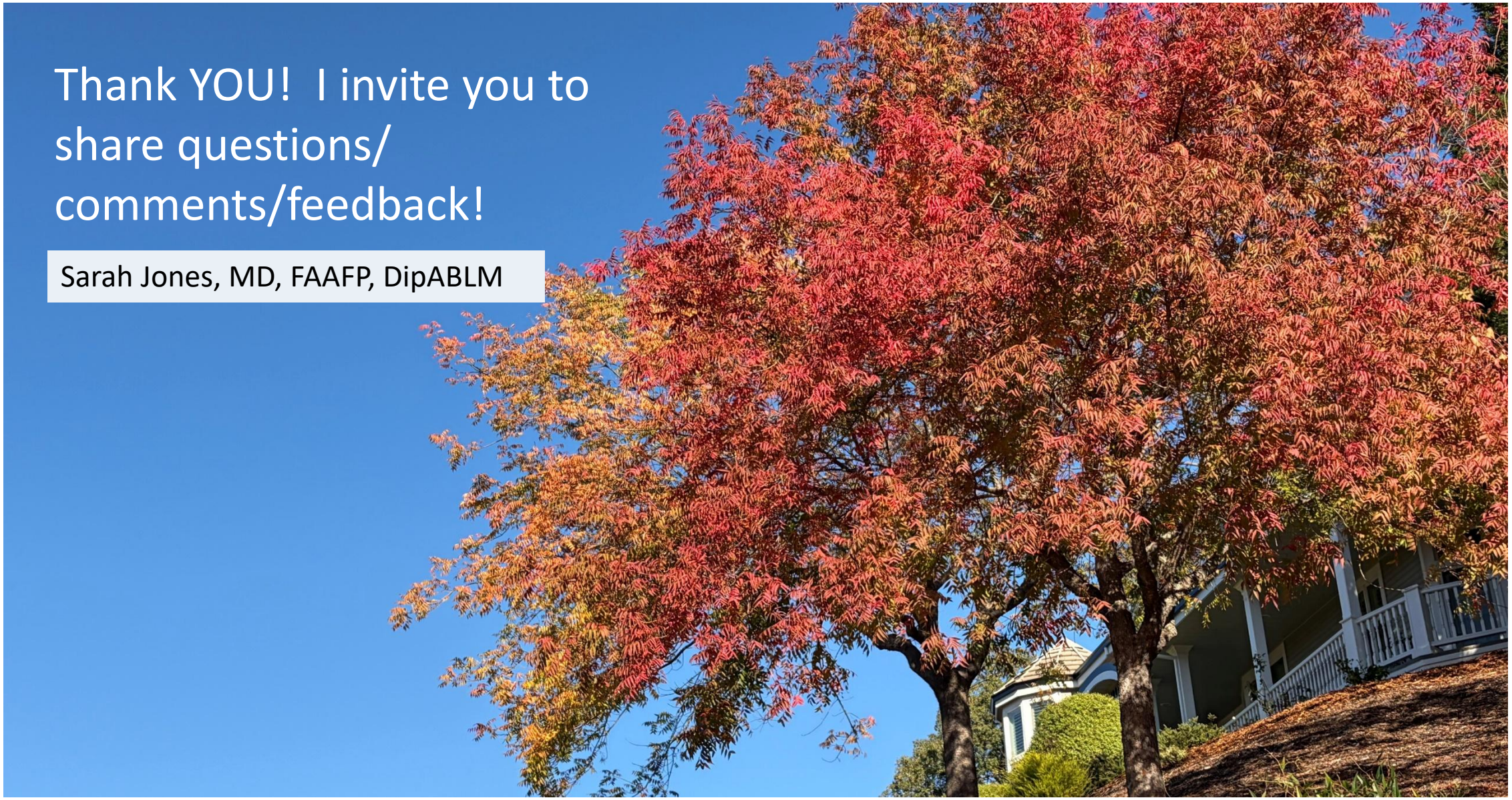
Location: Fairfield Campus, Building 1400, Room 1427
Hours: Monday–Thursday 10:00 AM – 5:00 PM
Phone: 707-864-7261
Details: Free groceries and fresh produce for enrolled students with a physical student ID

Solano Public Health – Access to Healthy Foods & Beverages: Works with community partners and the VibeSolano Alliance to expand access to fresh, affordable foods in corner stores, grocery outlets, and public spaces

Catholic Charities Yolo-Solano: Provides CalFresh application assistance and *CalFresh Healthy Living (SNAP-Ed)* classes featuring budget-friendly meal strategies and cooking demonstrations (Phone: 707-644-8909 or 1-855-309-3663

Thank YOU! I invite you to share questions/ comments/feedback!

Sarah Jones, MD, FAAFP, DipABLM



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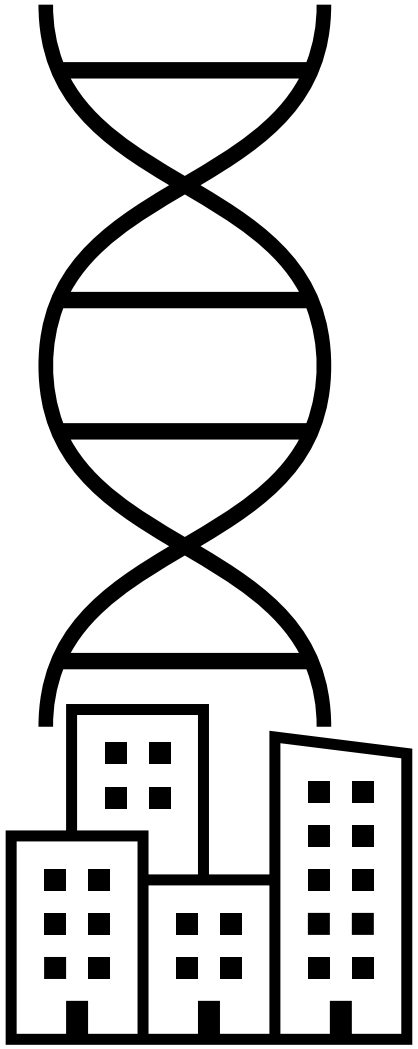


What Shapes Your Health?



Catherine Brinkley
UC Davis
Sustainable Solano

Your zip code says more about your health than your genetic code

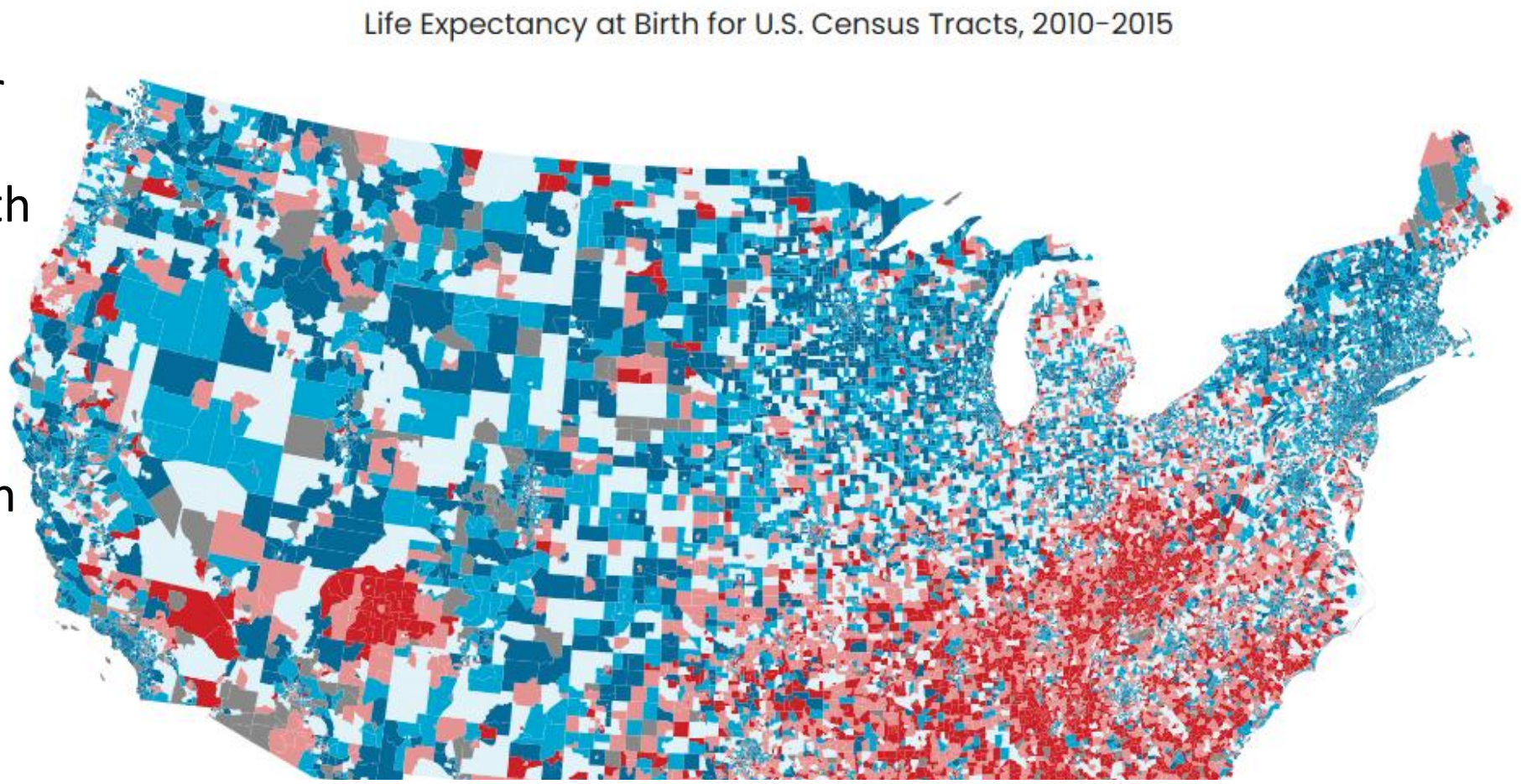


- Income levels, local tax bases, and racial or economic segregation → quality schools, fresh food markets, parks, and medical facilities
- Local air quality and proximity to major highways → directly correlate with asthma, cardiovascular stress, and chronic illness.
- Life expectancy can vary by 20 to 30 years between neighborhoods just a few miles apart.
- Walkable cities average 9,000 to 10,000 steps per day compared to 3,000 to 4,000 steps in auto-centric suburbs.

Source: CDC National Center for Health Statistics

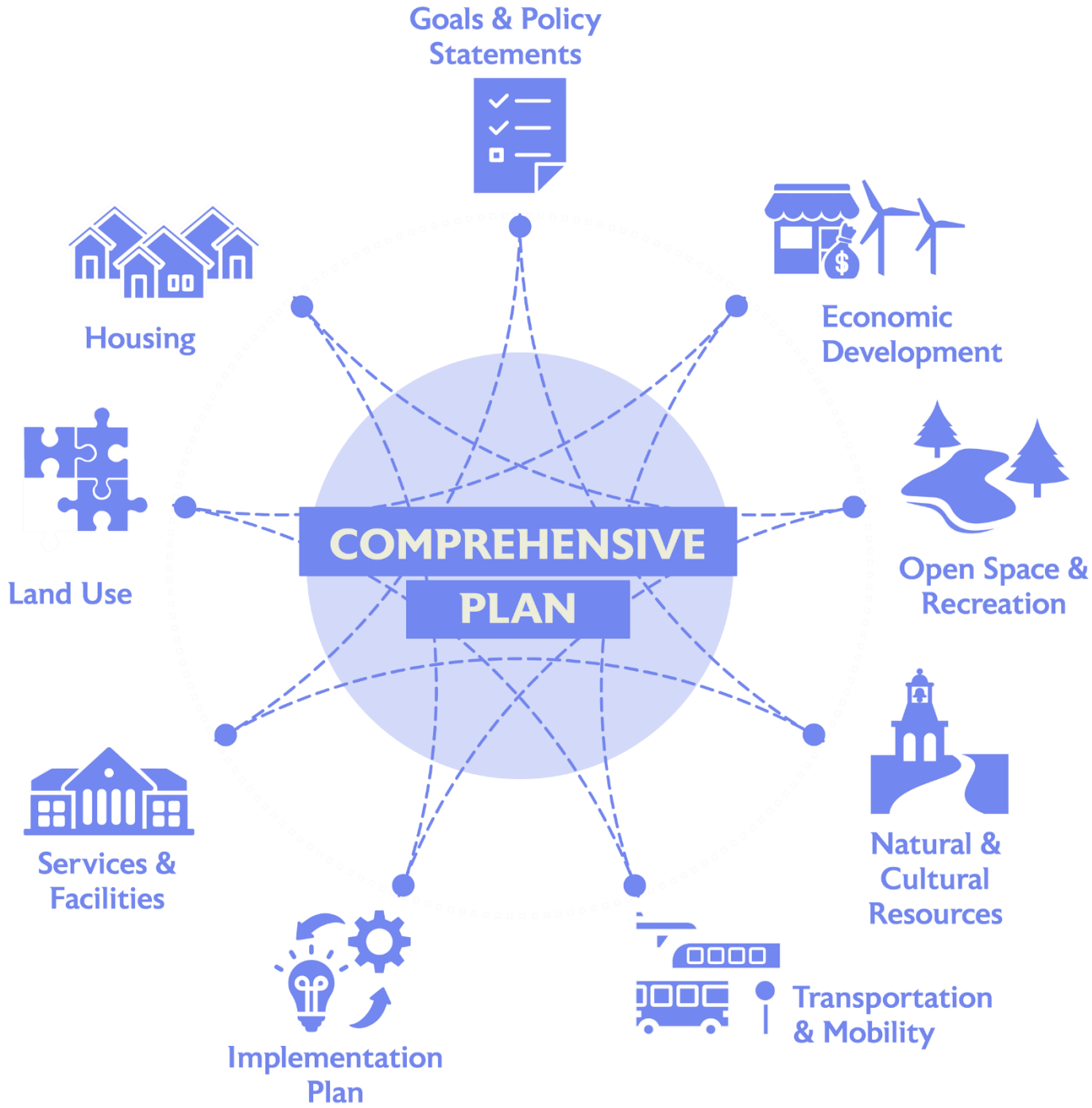
Not only do our environments shape our health

there is a path dependency from generation to generation



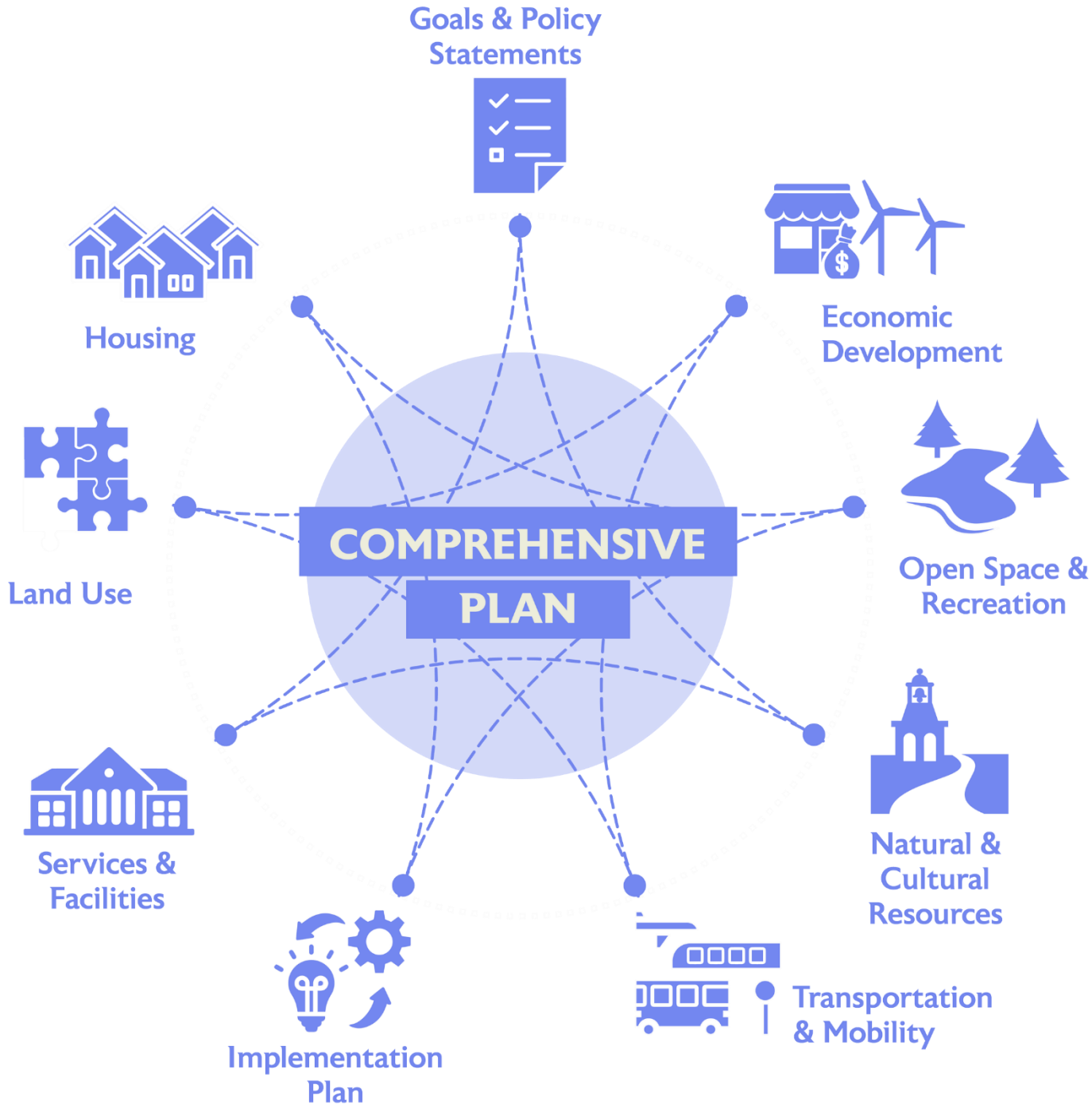
Source: CDC National Center for Health Statistics

But **we** can shape Place in turn



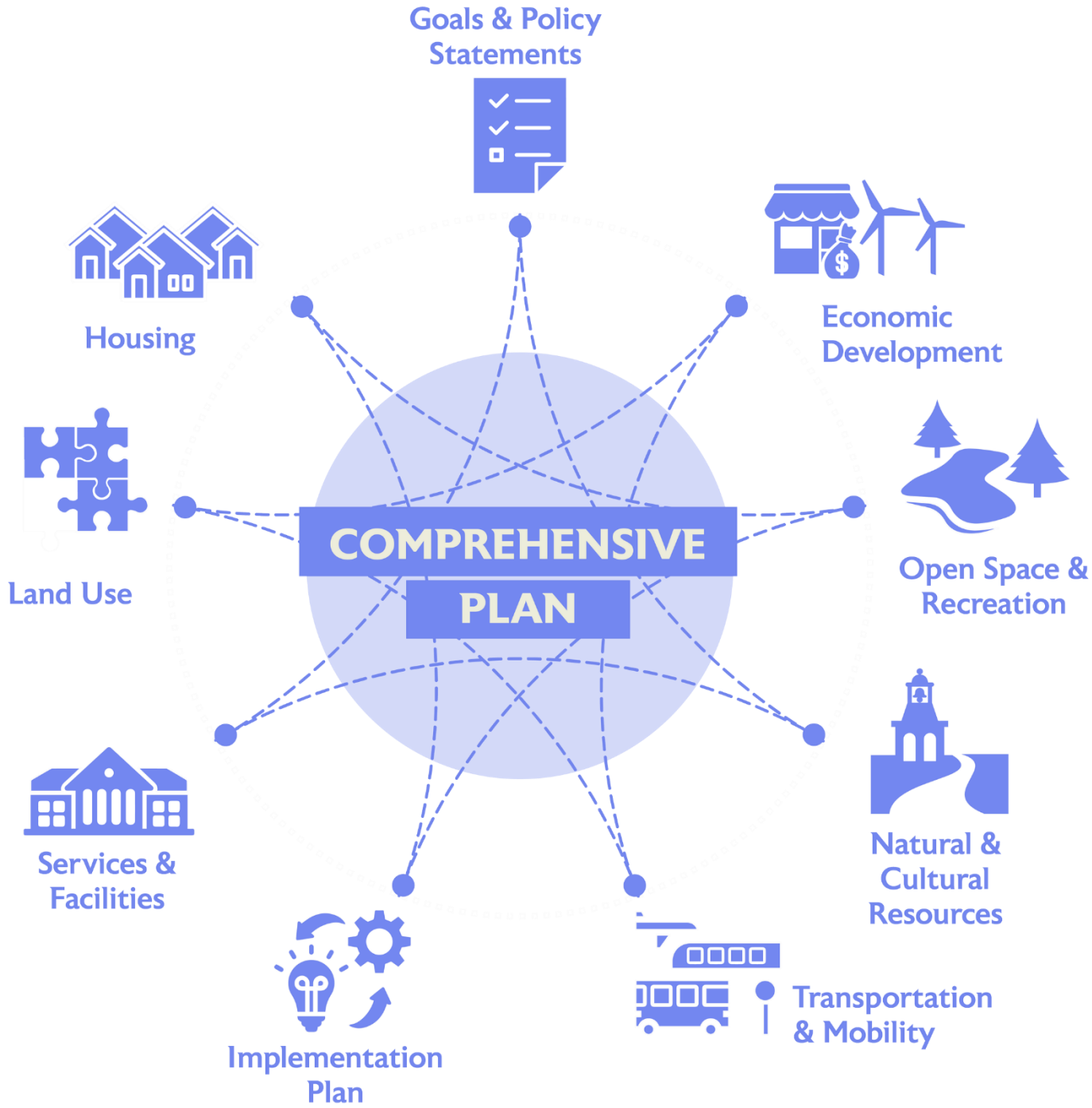
How Planning works

1. Planning staff: do you know them?



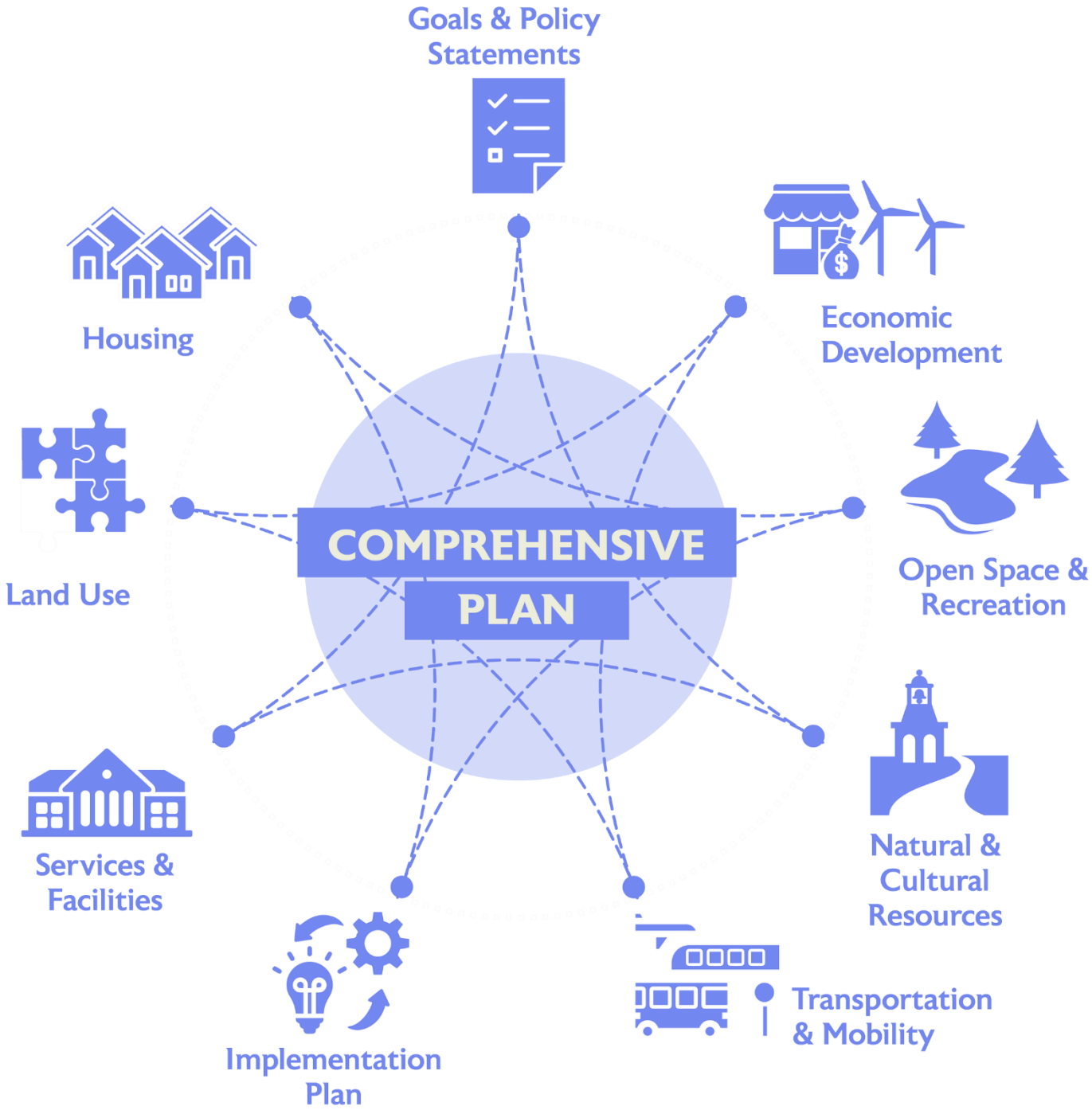
How Planning works

1. **Planning staff:** do you know them?
    - **Planning consultants:** what is in the contract?



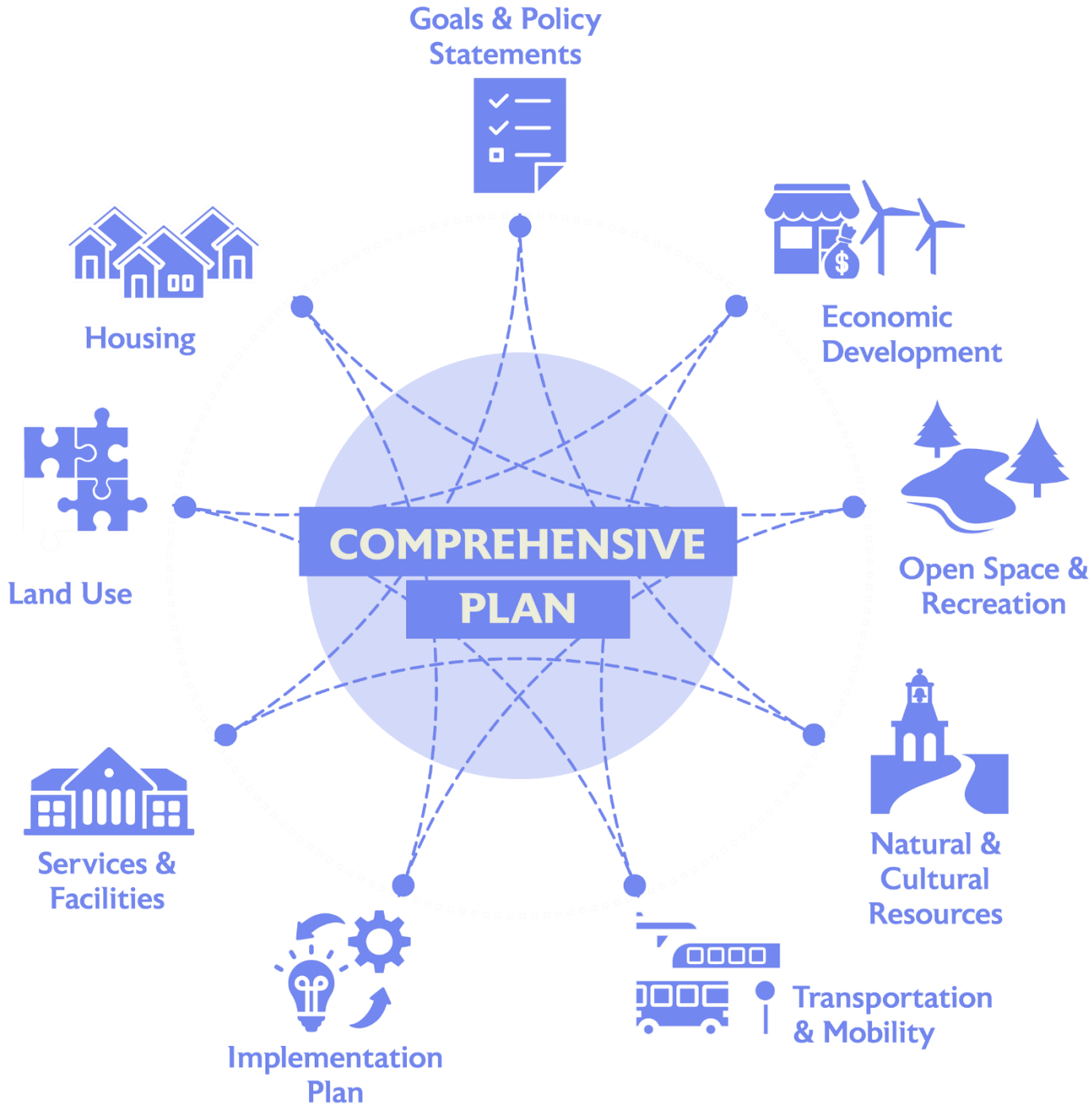
How Planning works

1. **Planning staff:** do you know them?
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2. **Planning commissioners:** do you know them?
    - Representative?



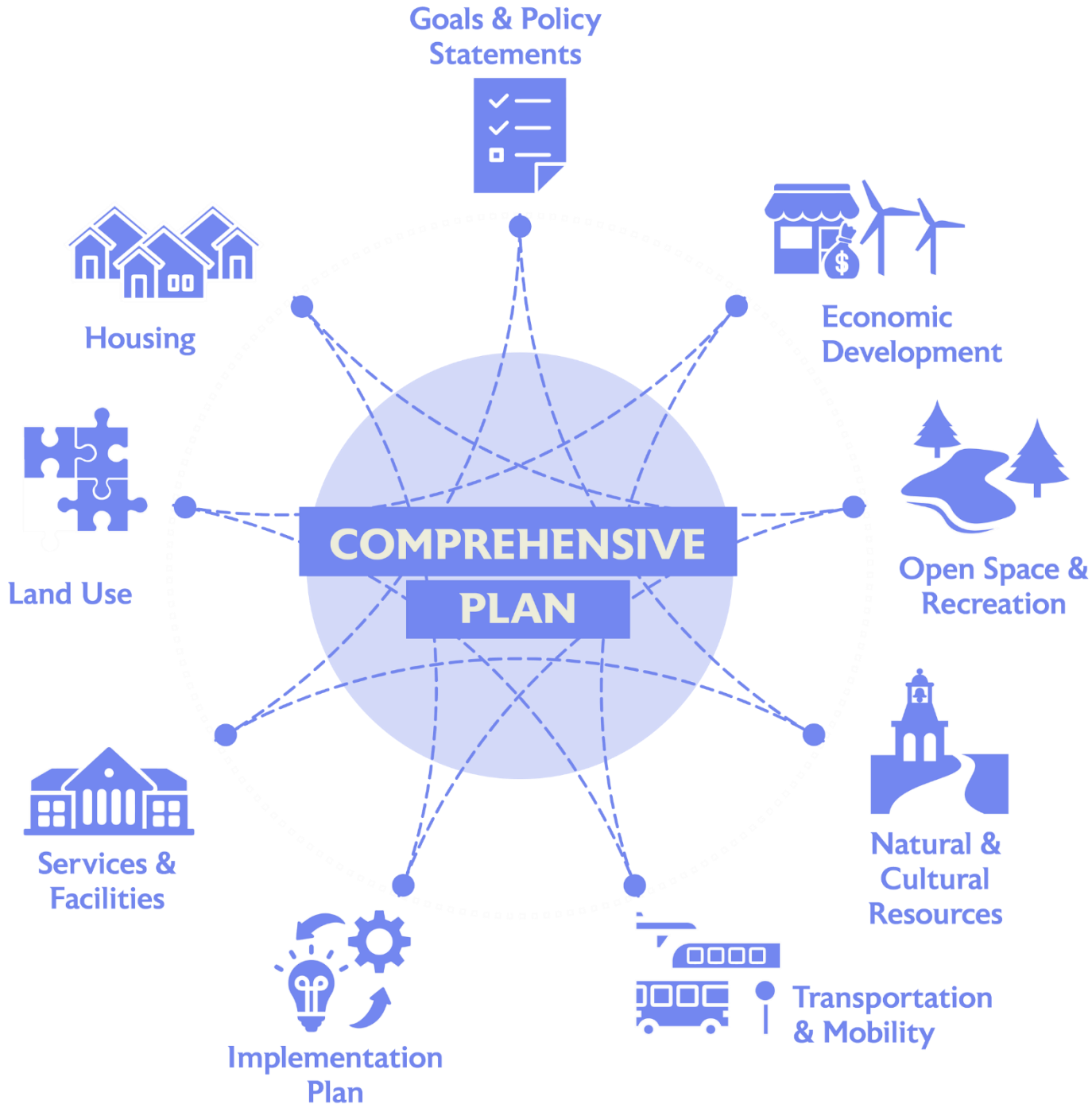
How Planning works

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    - Representative?
3. **City/county council:** do you know them?



How Planning works

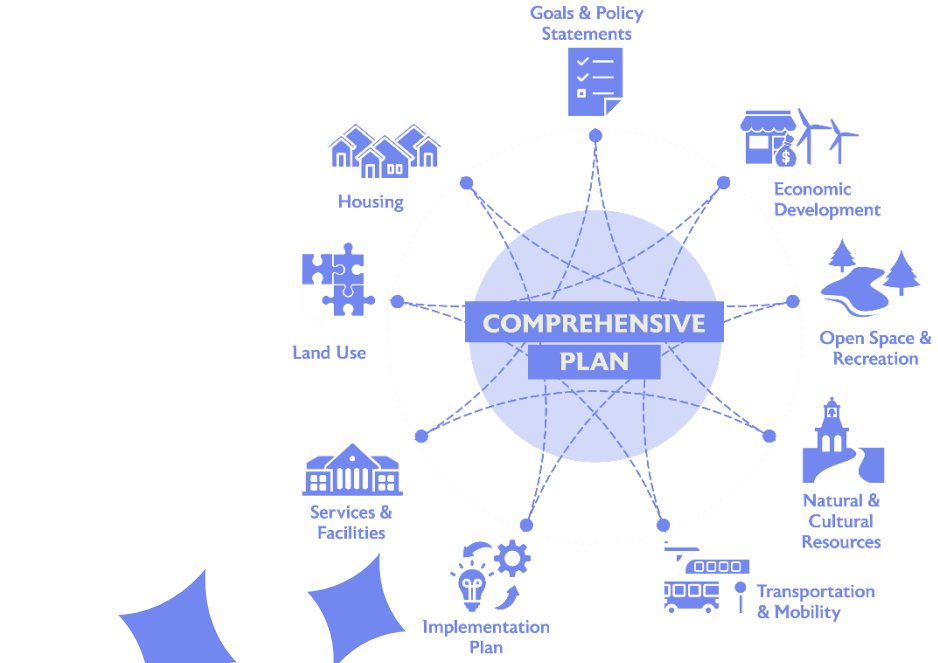
1. **Planning staff:** do you know them?
    - **Planning consultants:** what is in the contract?
2. **Planning commissioners:** do you know them?
    - Representative?
3. **City/county council:** do you know them?
4. **Public input:** what do people want?
    - Informed about the process and pathways?

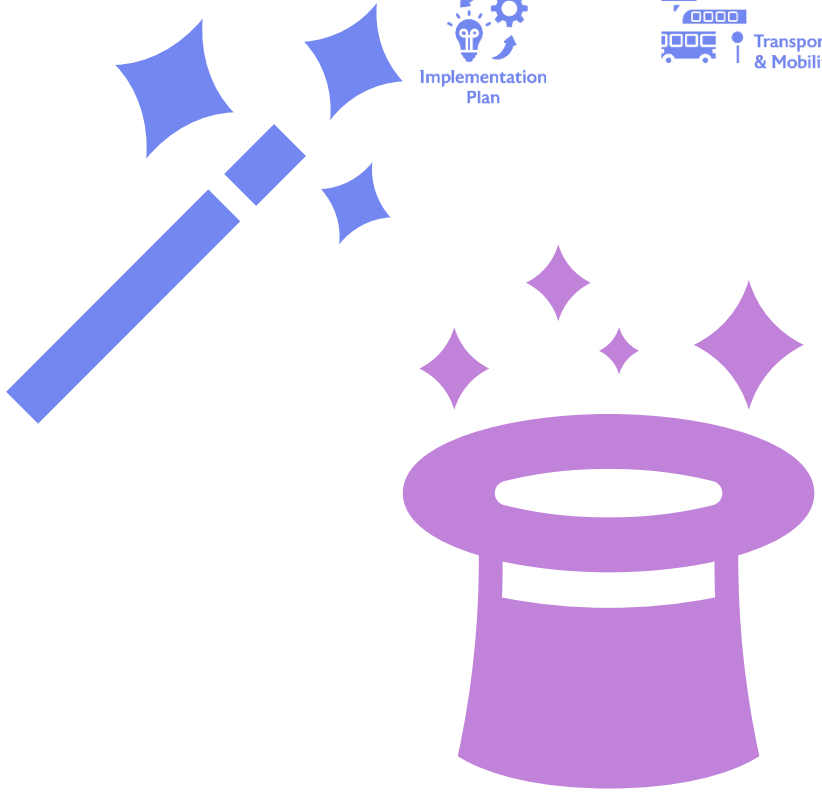


What is a General Plan?

- How often is it updated?
- Who can get involved?
- What is included?
  - How are food, agriculture, and nutrition part of this?

- Systems thinking/ perspective





The Magic of Legalese

- Except as provided by Title 7, Chapter 3 and Chapter 4 of the Government Code of the state, all of the provisions of this chapter shall apply to all property within the incorporated territory of the city, whether owned by private persons, by the government of the United States or by any of its agencies, by the state or any of its political subdivisions or agencies, by any county, by any city, city and county, city, town or municipal corporation or any of its agencies or by a district formed under the laws of the state. The provisions of this chapter are applicable not only to private persons, agencies and organizations, but also to all public agencies and organizations to the full extent that they may now or hereafter be enforceable in connection with the activities of any such public agency or organization. (Ord. 296 §§ 1.2, 36.3, City of Davis, California)



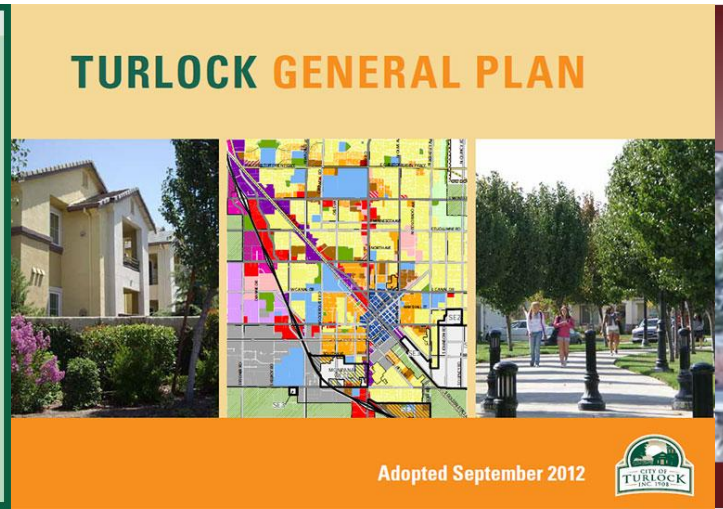
Martınez, E., Mollica, F., & Gibson, E. Even Laypeople Use Legalese. *Proceedings of the National Academy of Sciences*, *121*, 35.

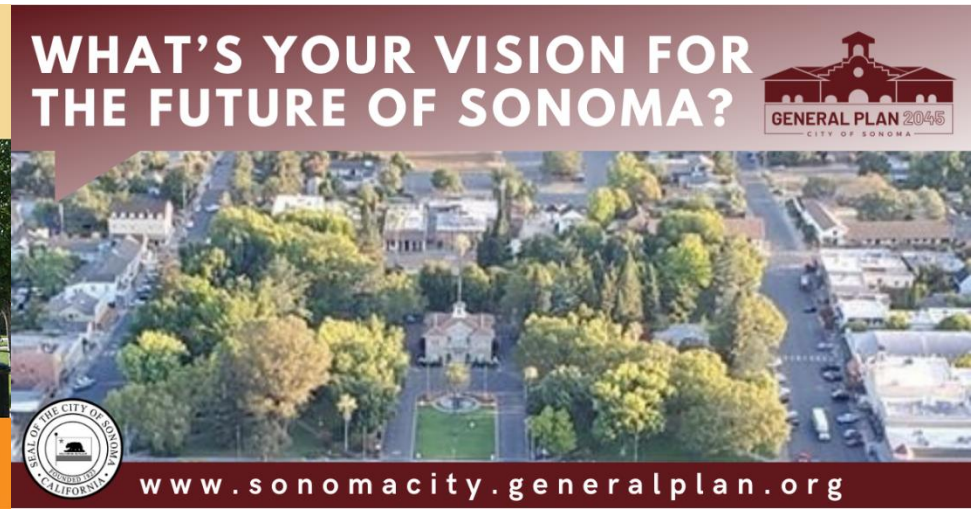

EAST EIGHTH ST
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PENNSYLVANIA PL
SWEET BRIAR DR
HUNT WAY
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B ST
SIXTH ST
SIXTH ST
ROWE PL
ROWE PL
FIFTH ST
FIFTH ST

General Plan Components:

- ☑ **Vision, goals, and objectives**
- ☐ **Factual basis:** data to describe baseline and/or future conditions in the plan.
- ☐ **Implementation actions**
- ☐ **Monitoring** relates to benchmarks or performance indicators
  - Benchmarks for progress
    - What department is responsible?
    - What funding is needed?
    - What will be done over what timeframe?







General Plan Components

- State law **requires elements** (chapters):
  - **Housing**
  - **Land Use**
  - **Transportation**
  - **Conservation/ Open Space**
  - **Noise**
  - **Safety/ Hazards**



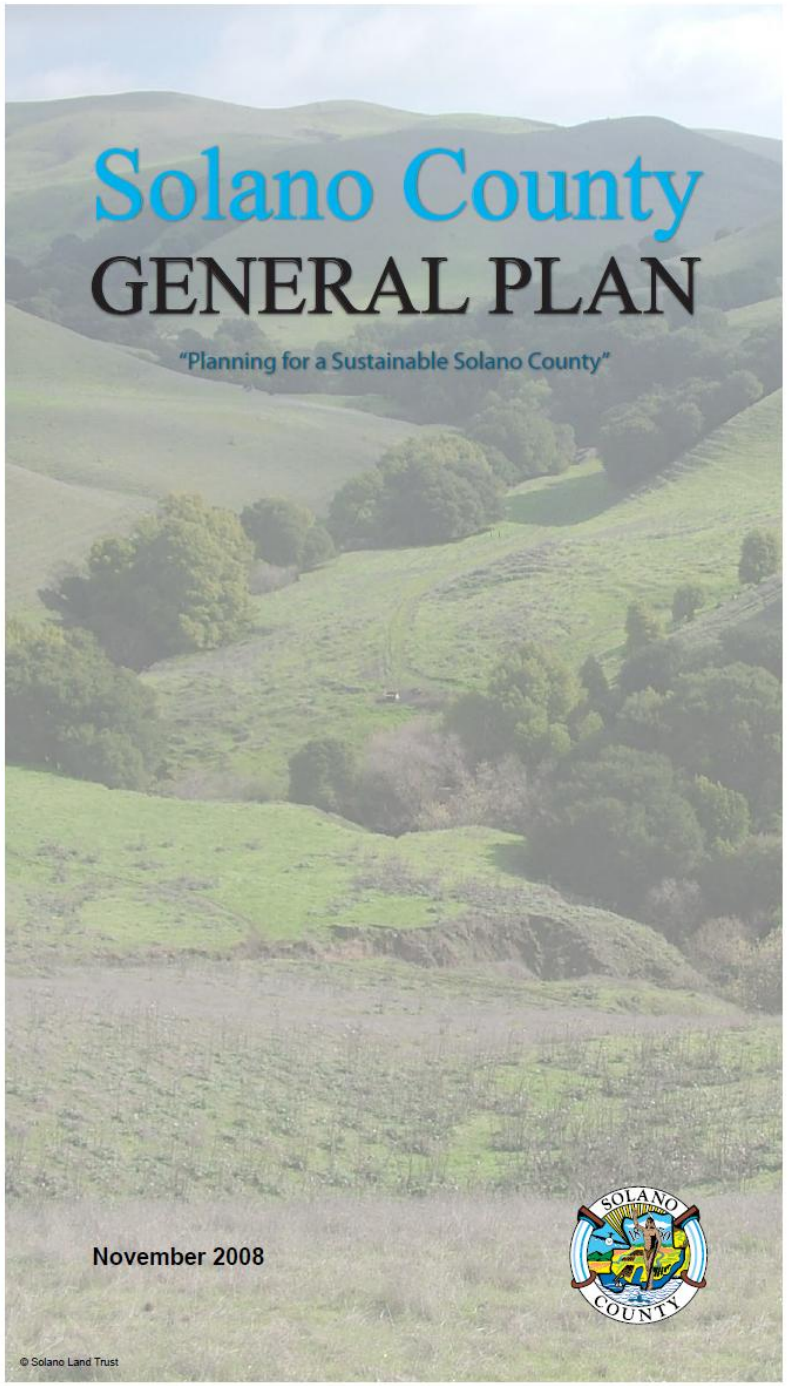




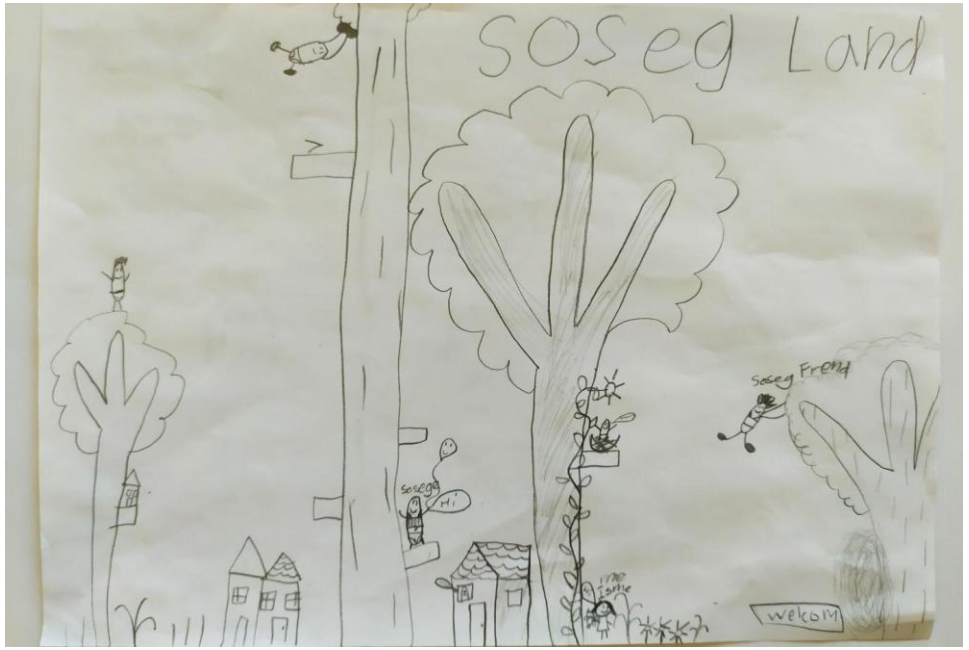








The Simple Vision: What's your childhood Happy Place?

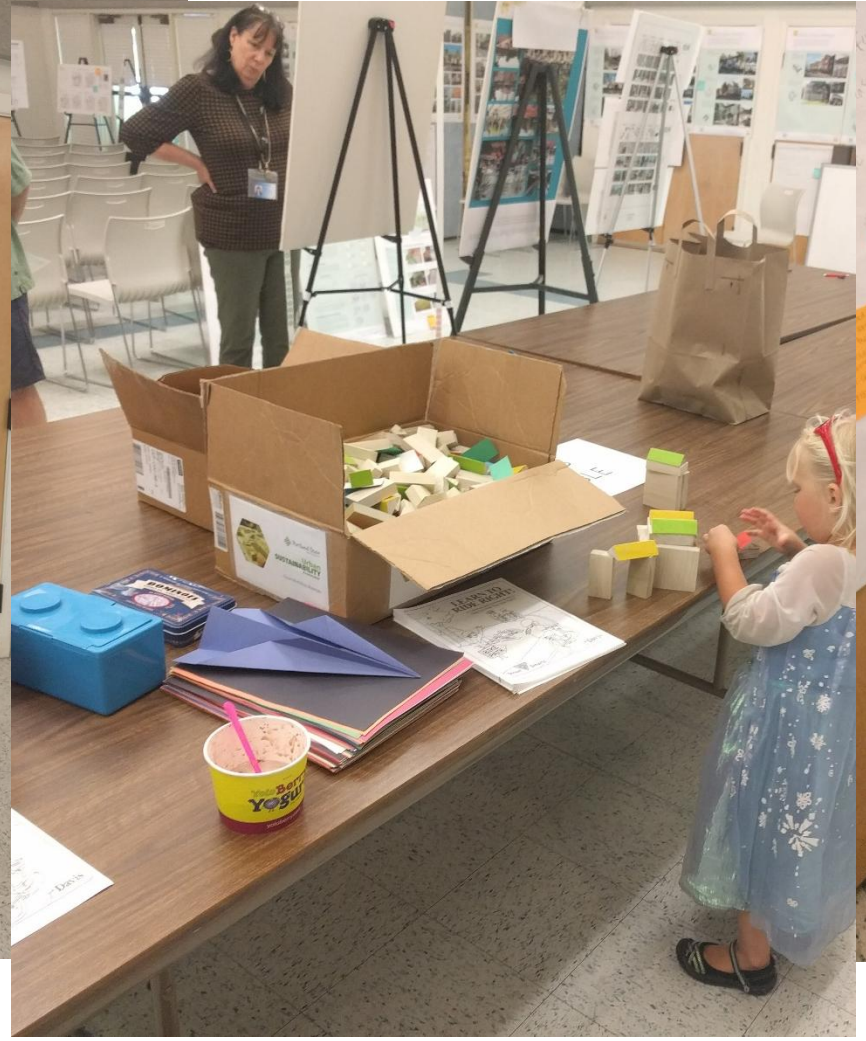


Typical Components:

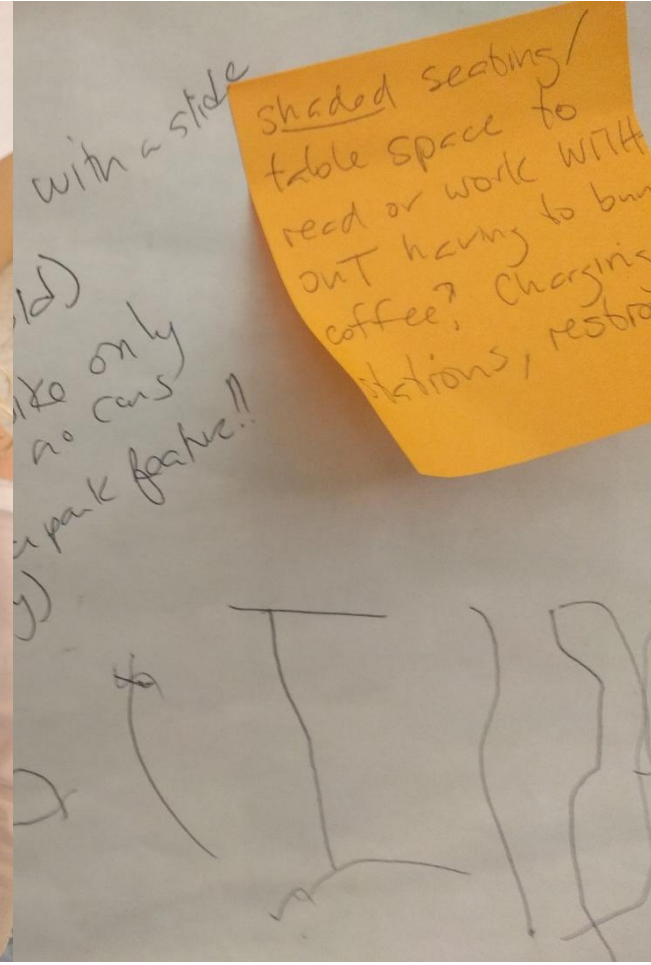
- **Nature :** Tall trees, hedges
- **Cozy Structures:** a treehouse
- **Exploratory routes:** a winding path
- **Imagination starters:** a magical fort, interactive art

Assignment: Design a utopia for your inner child











How to Charrette

Stakeholder meeting to collaboratively resolve conflicts and map solutions.

Davis CALIFORNIA

Natalie's Corner

NATALIE'S CORNER SPLASH PAD

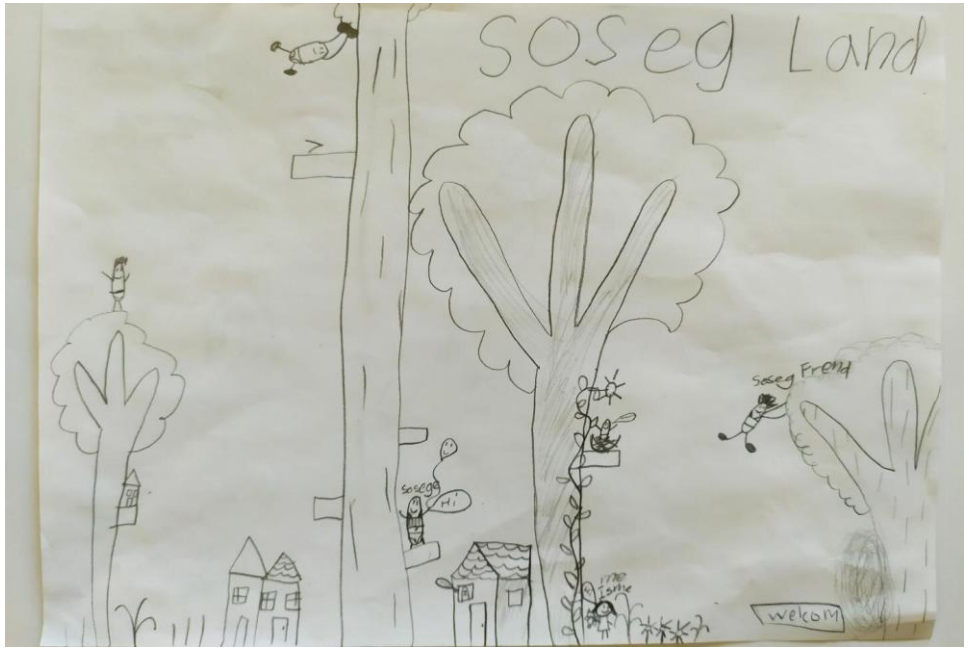
Update!

JUNE 6, 2025

Stay tuned for information about the grand opening!



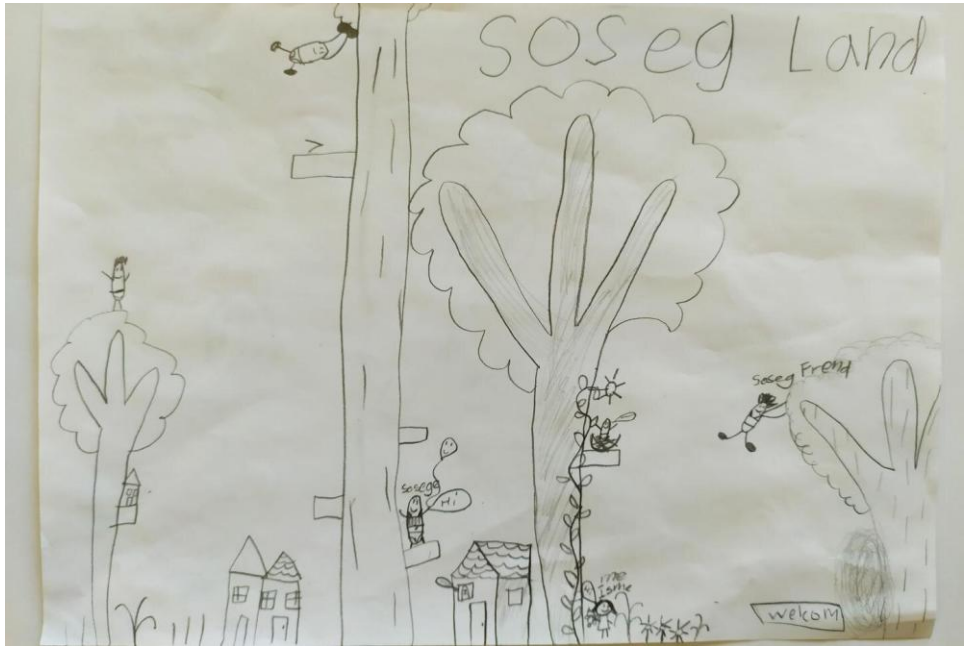
The Simple Vision



If equity is in the vision statement, it is more likely to appear in policy according to Mui et al. (2021) evaluation of 47 regional food systems plans

Takeway: <u>put important guidance in your vision statement</u>

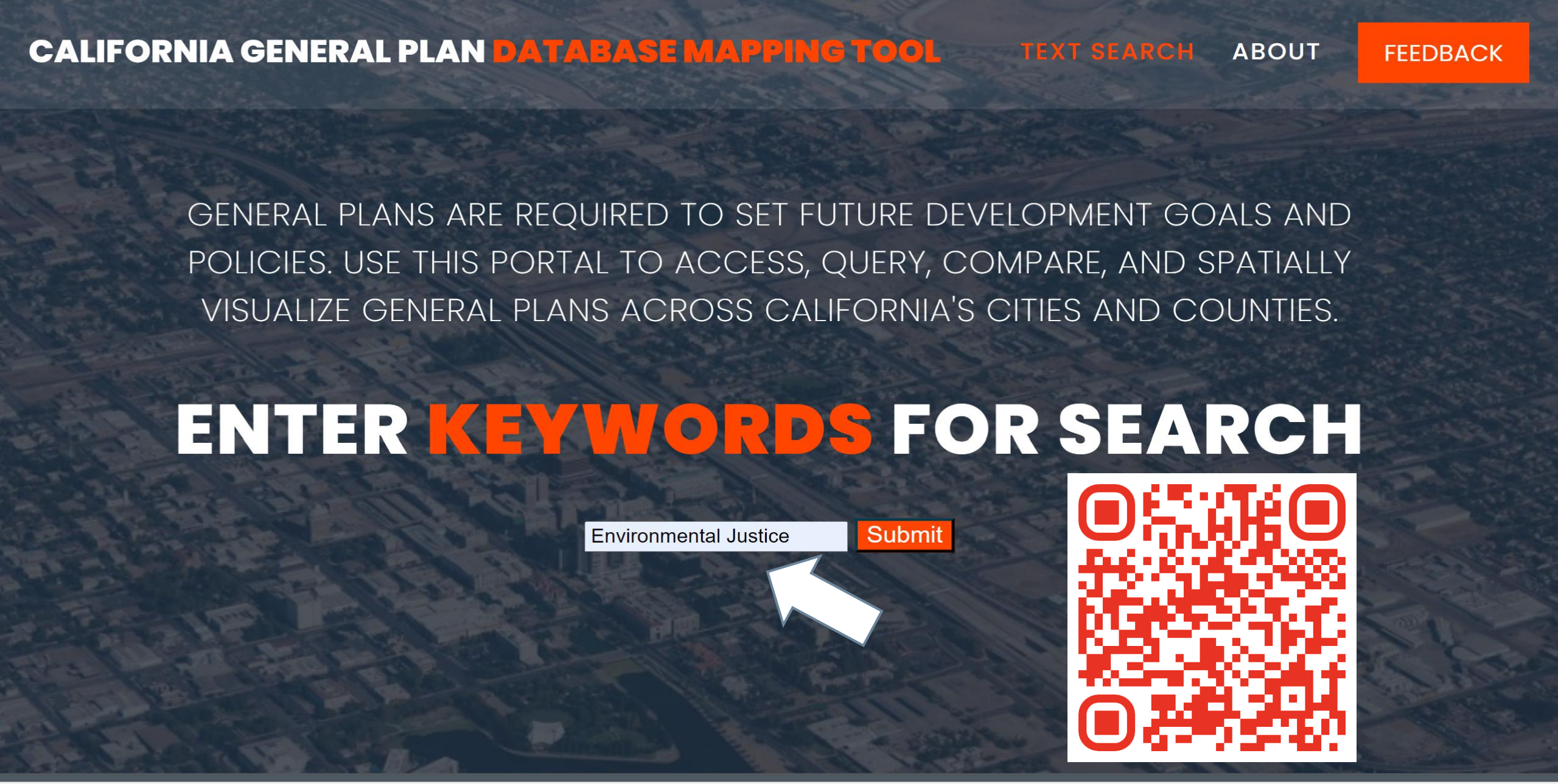
Mui, Y., Khojasteh, M., Judelsohn, A., Sirwatka, A., Kelly, S., Gooch, P., & Raja, S. (2021). Planning for regional food equity. *Journal of the American Planning Association*, *87*(3), 354-369.





Vision versus Realities

- What do we want v how do we get it?
- What are other communities planning for the next 20- 40 years?



plansearch.caes.ucdavis.edu

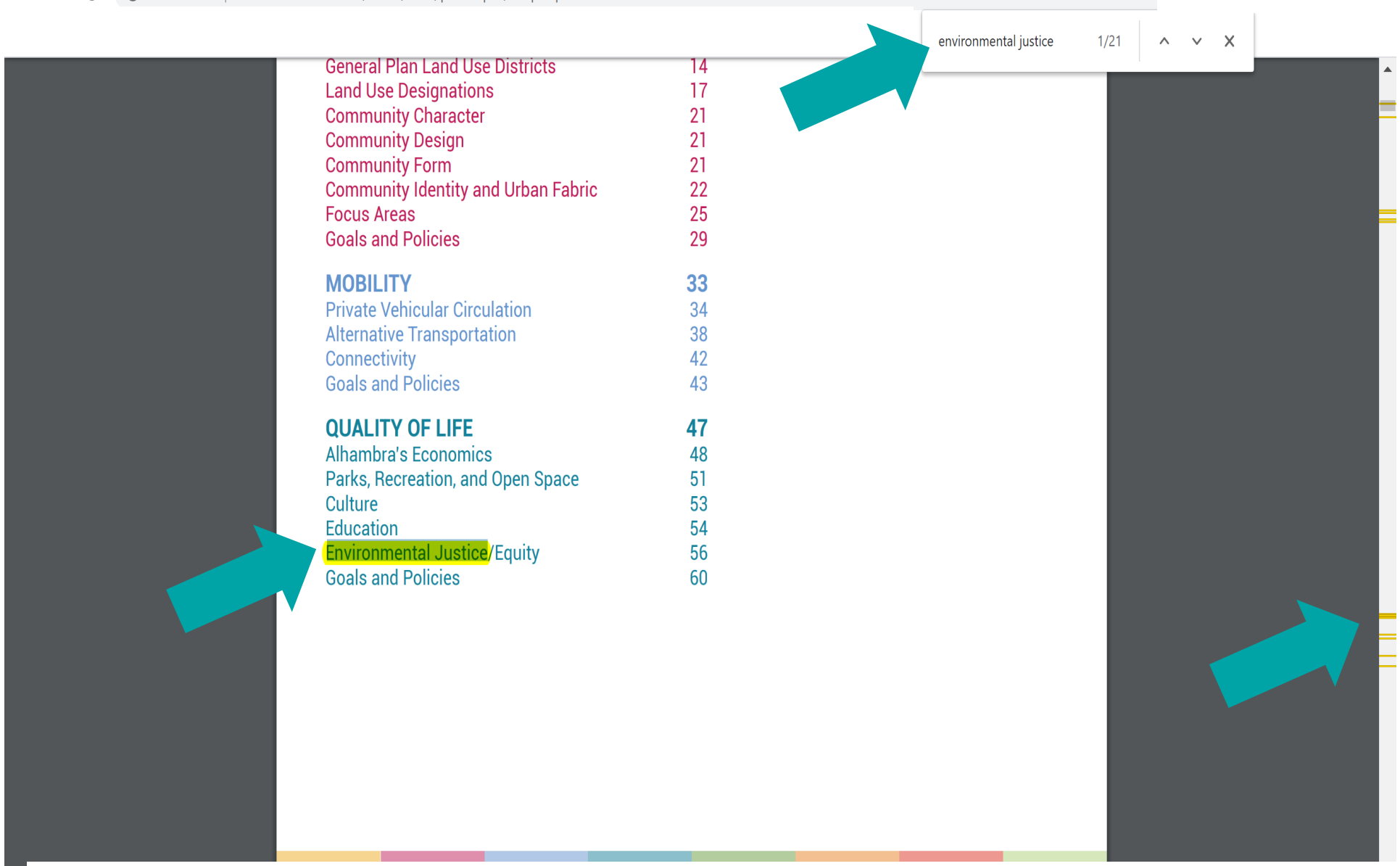
Look into plans

Users can sort the table according to any column by clicking on the column heading.



Cities | Counties

Name	Year	Population	County	Count	Highlighted PDF file	Plain Text file
Menlo Park	2024	32,026	San Mateo	326	View PDF	View Text
Lynwood	2023	69,772	Los Angeles	249	View PDF	View Text
Victorville	2022	115,903	San Bernardino	215	View PDF	View Text
Oakland	2023	390,724	Alameda	202	View PDF	View Text
San Juan Capistranc	2022	34,593	Orange	138	View PDF	View Text
Monrovia	2022	36,590	Los Angeles	135	View PDF	View Text
Highland	2021	53,104	San Bernardino	122	View PDF	View Text



Poirier, L., Antonio, D., Dettmann, M., Eng, T., Ganata, J., Ghosh, S., ... & Brinkley, C. (2024). Making plans findable, accessible, interoperable, and reusable with data infrastructure: A search engine for constructing, analyzing, and visualizing planning documents. *Environment and Planning B: Urban Analytics and City Science*

2019

2026



CALIFORNIA ENVIRONMENTAL JUSTICE ALLIANCE

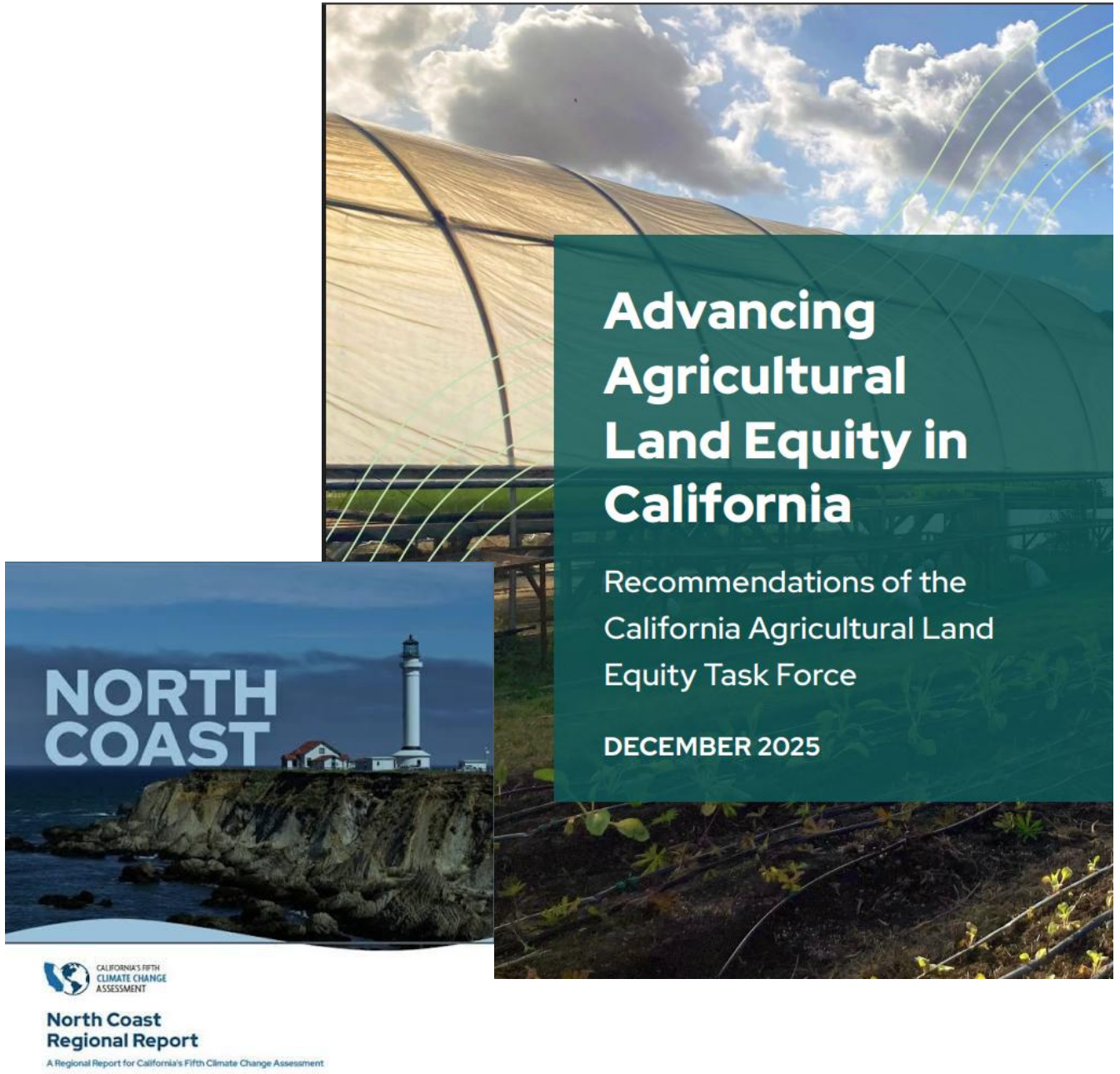
Addressing ‘Environmental Justice’
93 cities in 2019 to
288 cities in 2026

Brinkley, C., & Wagner, J. (2024). Who Is Planning for Environmental Justice—and How?. *JAPA*

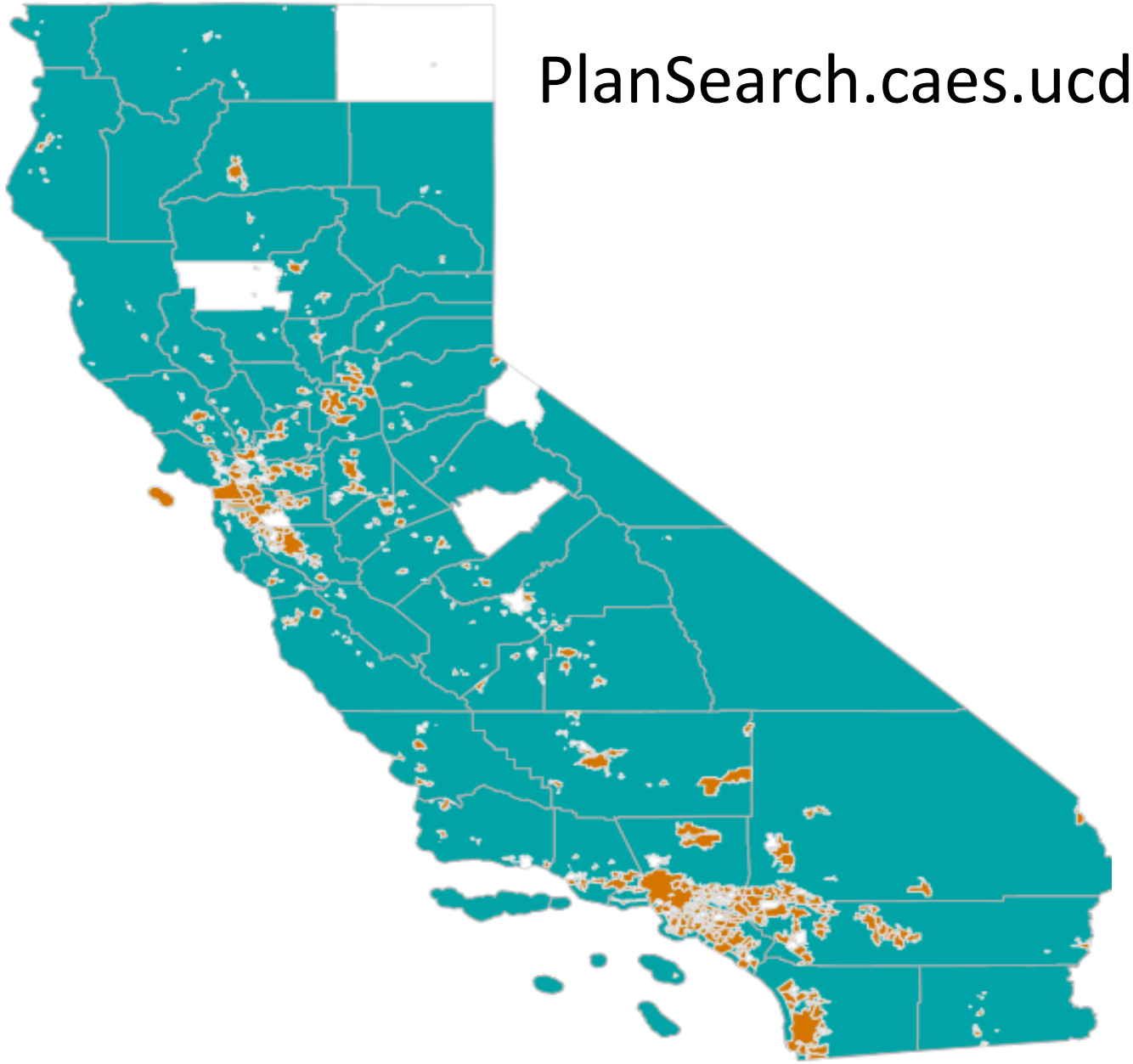
Tribal Stewardship

- Tribal liaison trained in cultural humility and Tribal consultation (AB 52 and SB18)
- Traditional Ecological Knowledge (TEK) in plans

Additional guidelines



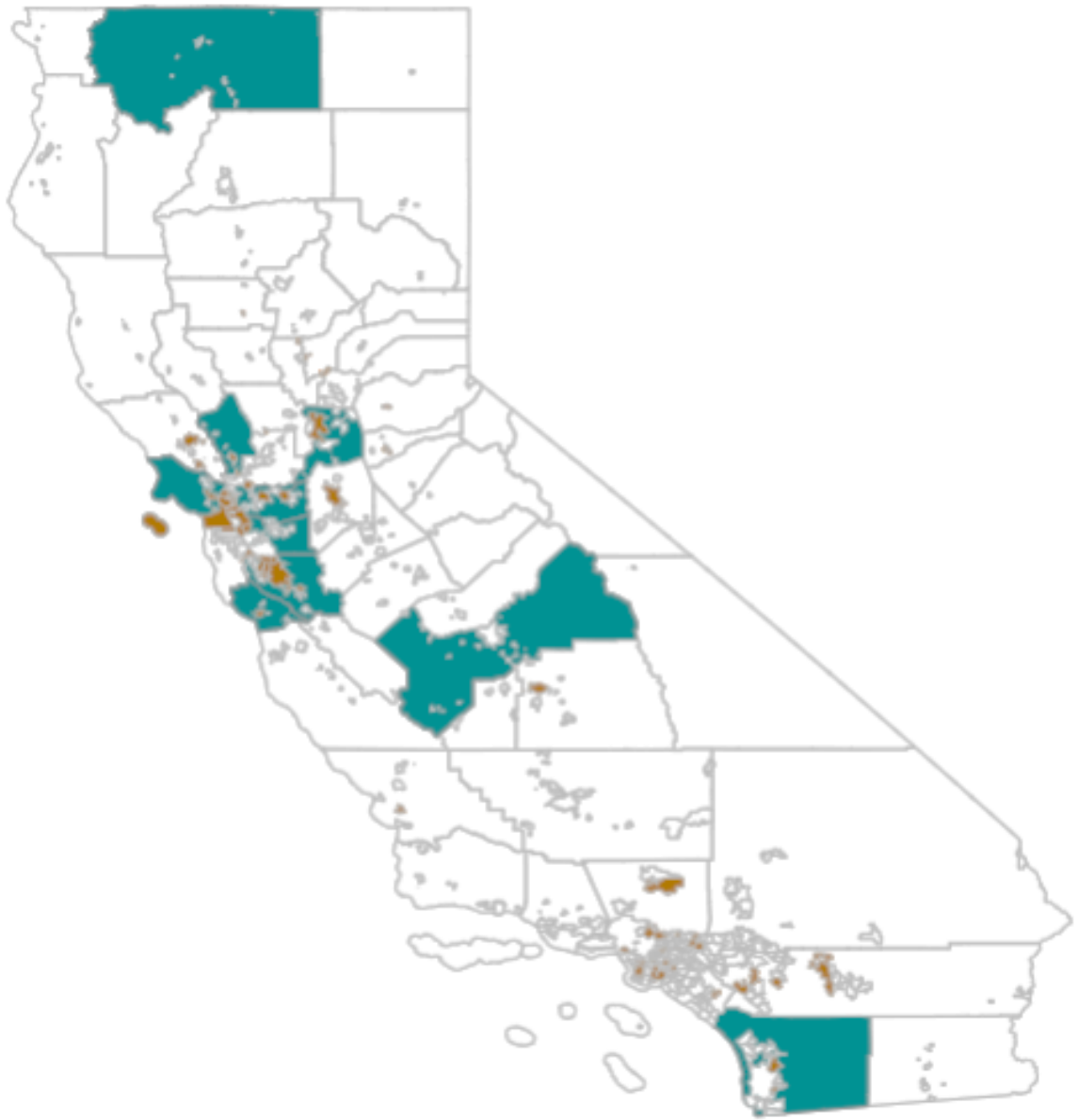
PlanSearch.caes.ucdavis.edu



367 out of **482** cities mention **'golf'**

54 out of **58** counties mention **'golf'**

PLANSEARCH.CAES.UCDAVIS.EDU



67 out of 482 cities mention 'racism'

11 out of 58 counties mention 'racism'

Next Steps

1. Check in with each other about your designs for utopia
2. Fine tune these with ideas from other jurisdictions
3. Ground visions in practical policy and funding pathways (borrow from other plans)
4. Bring it to your community

Catherine Brinkley
UC Davis
Sustainable Solano



Community Health & Public Policy Educational Forum

KAISER PERMANENTE®

LOCAL FOOD SYSTEM ALLIANCE SOLANO



Solano County General Plan

2028 Update (to 2050)

Elements:

- Agriculture
- Public Health & Safety



Questions?

Community Health & Public Policy Educational Forum

KAISER PERMANENTE®

Sustainable Solano

LOCAL FOOD SYSTEM ALLIANCE SOLANO



Thank you!

Poirier, L., Antonio, D., Dettmann, M., Eng, T., Ganata, J., Ghosh, S., ... & Brinkley, C. (2024). Making plans findable, accessible, interoperable, and reusable with data infrastructure: A search engine for constructing, analyzing, and visualizing planning documents. *Environment and Planning B: Urban Analytics and City Science*, *51*(8), 1913-1930.



Aniket Banginwar, Dexter Antonio, Mirthala Lopez, Lindsay Poirier, Sujoy Ghosh, Makena Dettmann, & Catherine Brinkley. (2023, January 6). General Plan Database Mapping Tool (v3.0). Zenodo. https://doi.org/10.5281/zenodo.7508689

Raj, S., Momoh, E. O., & Brinkley, C. (2025). Teaching Students How to Read and Assess Plan Content. *Journal of Planning Education and Research*, 0739456X251327591.

What is Environmental Justice (EJ)?

(A) Identify objectives and policies to ***reduce the unique or compounded health risks in disadvantaged communities*** by means that include, but are not limited to, the **reduction of pollution exposure**, including the improvement of air quality, and the promotion of public facilities, food access, safe and sanitary homes, and physical activity.

(B) Identify objectives and policies **to *promote civil engagement*** in the public decision-making process.

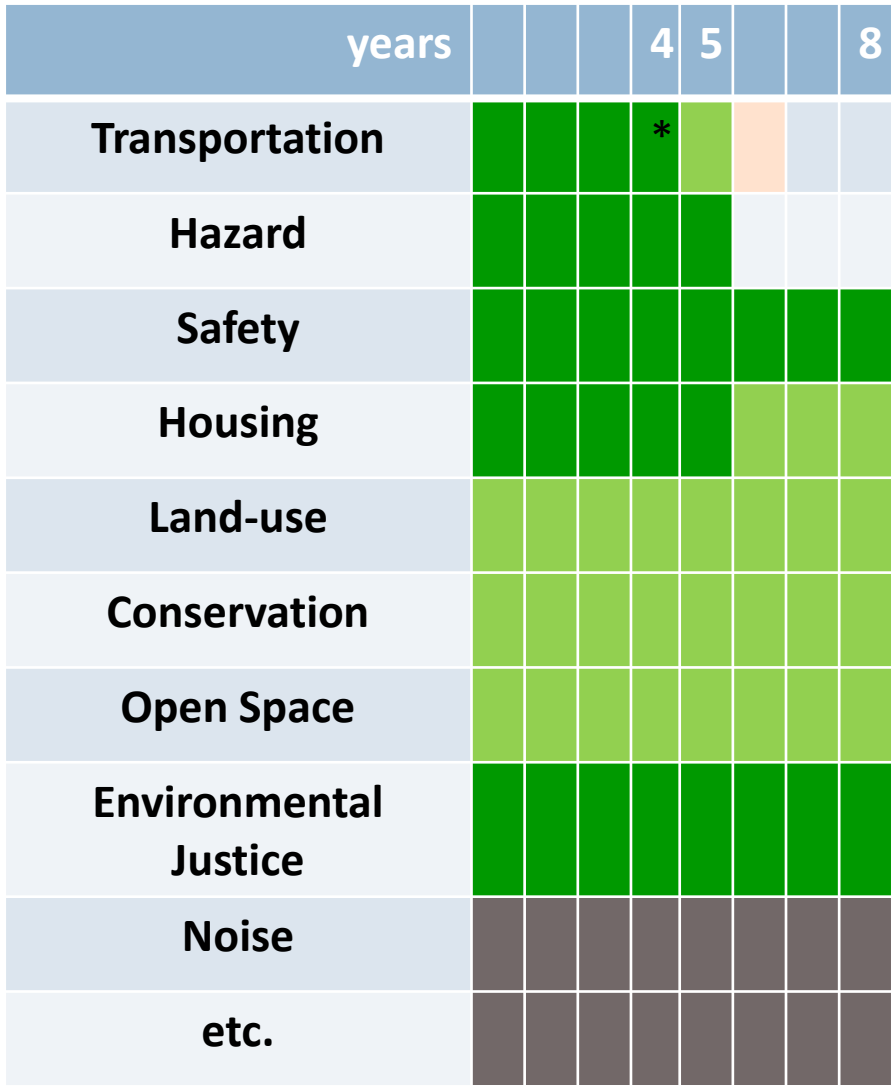
(C) Identify objectives and policies that ***prioritize improvements and programs that address the needs of disadvantaged communities***.

Signed into California law in 2016 to take effect in 2018

triggered when two or more elements are updated per SB 1000

(Gov. Code § 65302)

Odds are, your General Plan should be updated



Every 10 years AT LEAST!

- Short update cycle
- Metropolitan Planning Organization attainment cycle
- Recommended update

Snapshot



- Plans are artefacts of their **time, place, and community**

- They are *not* neutral; rather, they are physical and social manifestations of the specific community values and real economic conditions