



Public Health Health Equity

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Healthy Communities Initiative Quarterly Meeting Summary

March 18, 2026

10 – 11:30 a.m.

Welcome and Meeting Purpose

- Bernadette Beltran welcomed participants to the first HCI quarterly meeting of 2026 and reviewed the meeting agenda, which included the HCI webpage update, City of Redlands presentation, chronic disease discussion, partner roundtable, and closing updates. Participants were invited to introduce themselves in the chat and share their city and role.
- The purpose of the Healthy Communities Initiative meetings is to connect representatives from cities across San Bernardino County to examine the role of local government in policy, systems, and environmental (PSE) change through emerging public health issues.

Healthy Communities Initiative Webpage Update

Kimberly Smith provided an overview of the newly revamped HCI webpage:

- The webpage was redesigned to be more centralized and easier to navigate.
- Sections include collaborative meetings, learning sessions, resource library, climate preparedness, and Safe Routes to School.
- The Resource Library was highlighted as a practical working tool for cities.
- Resources include toolkits, guides, program planning materials, and policy examples.

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- The policy actions section provides ordinances, systems-level strategies, and examples from other jurisdictions.
- The webpage also includes schedules and archives for collaborative meetings and learning sessions.

City Spotlight: City of Redlands Climate Action Plan

The City of Redlands presented their Climate Action Plan and shared implementation strategies.

- The presentation highlighted community-driven climate solutions.
- Partnerships with schools, businesses, and community organizations were discussed.
- Challenges and successes in implementing climate-related PSE strategies were shared.
- Cities were invited to ask questions and share their own experiences.

Intersection of Climate and Health

Bernadette Beltran discussed how climate hazards affect individuals with chronic disease.

- Extreme heat can reduce physical activity and increase obesity risk.
- Climate-related impacts on food systems may affect chronic disease outcomes.
- Medication interactions with heat may increase risk for adverse health effects.
- Extreme heat may negatively affect mental health and sleep.
- Individuals with chronic conditions are disproportionately affected by climate hazards.

Chronic Disease Rates & Community Health Profiles

County-level chronic disease data were introduced, followed by a new proposed project.

- Chronic disease trends were reviewed to highlight local health priorities.
- Chronic diseases represent a significant burden of disease and mortality in San Bernardino County and there are policy, systems, and environmental changes that can be implemented to prevent and reduce chronic diseases.
- A new Community Health Profiles pilot project was introduced. These profiles will be developed to provide cities with a snapshot of local health and social conditions, using key health indicators to identify priority needs, highlight disparities, and possibly guide interventions in San Bernardino County.

- One to two cities will be selected for the initial pilot phase and will receive a community health report with recommendations.

HCI Updates & Announcements

Bernadette Beltran provided closing updates and upcoming opportunities.

- The HCI team will conduct city check-ins to provide technical assistance to cities.
- Funding opportunities and webinar resources will be shared via follow-up email.
- Cities were encouraged to invite additional staff to future meetings.
- The next HCI Learning Session will be held on April 15, 2026, from 1 – 2:15 p.m. with IREN presenting.
 - Learning sessions are open to community organizations, while quarterly meetings remain city-focused.
- The next HCI Collaborative Meeting will be on June 17, 2026, from 10 – 11:30 a.m.