Improving the Quality of Life for Fontana Residents
A Snapshot of Fontana, CA

Founded in 1913, Fontana is nestled in San Bernardino County approximately 50 miles East of Los Angeles, CA.

Fontana is the 2nd largest city in San Bernardino County and the 20th largest in the State.

As of January 1, 2016 the total population of Fontana was 209,895.
Beginnings

Alarmed by the growing rates of obesity, diabetes, and heart disease, then Council Member Acquanetta Warren wanted to do something within her community to challenge residents to get fit and be active!

On January 15, 2004, the Healthy Fontana program officially kicked off during a press conference held at Hemlock Elementary School in Fontana.

Healthy Fontana has Four Main Goals:

- Nutrition
- Active Living
- Smart Growth
- Community Partnerships
Community Partnerships

Healthy Fontana has worked with over 100 organizations to combat childhood obesity

- Kaiser Permanente Medical Center
- San Bernardino County Dept. of Public Health
- United States Dept. of Agriculture (USDA)
- Champions for Change
- Local businesses
- Neighboring Cities
Nutrition

Healthy Fontana provides nutrition education to the community through:

• Afterschool Program including Eat! MyPlate! curriculum
• Farmers’ Markets
• Community Gardens
• Jr. Chef cooking class
• Summer Food program
• Communities of Excellence: Nutrition Education, Physical Activity and Obesity Prevention

According to Afterschool Alliance, more than 7 in 10 parents want programs to offer healthy meals, snacks or beverages.
Active Living

The City of Fontana provides an active and safe livable community through:

• **Active Transportation Initiatives**
  - Complete streets projects
  - Pacific Electric Trail
  - San Sevaine Trail
• Sunset on Sierra
• Outdoor Fitness Gym
• Healthy Fontana on Wheels
Smart Growth

The City of Fontana is committed to ensuring that action taken is sustainable for the community in the future:

- Development of policy
  - General Plan update
  - Healthy in all policies
  - Complete Streets Ordinance

- Development of Programming
  - Active Lifestyle Education
  - Healthy Eating/Smart Choices
  - Environment Awareness
  - Business Incentives

- Funding from Outside Sources
  - Development Projects
  - New Programs & Incentives
Healthy Fontana Grant

Healthy Fontana is an award winning, community driven program that seeks out grant funding to provide comprehensive programing to the community.

- 18 Grants Awarded
- $781,971 total received or awarded since inception

Contributors
- US Conference of Mayors
- Kaiser Permanente Fontana Medical Center
  - Jr. Chef
  - Let’s Get Fit On the Trail
- Nutrition Education Obesity Prevention-CX3
- USDA-Farmers’ Market Promotion Program
  - Fontana Farmers’ Market
- California Healthy Cities & Counties
- San Bernardino County Healthy Communities
Awards

- 2016 US Conference of Mayors, Childhood Obesity Prevention Award- 1st Place Mid-sized City
- 2015 Health Champion Award for Elected Officials-CA Center for Public Health and Advocacy
- 2014 Let’s Move Cities, Towns & Counties – 1st in CA to achieve all 5 Gold Medals
- 100th Best Communities 2010
- CA League of Cities - Helen Putnam Award of Excellence 2008
- CCS (Cities, Counties, Schools) Partnership Merit Award 2008
- California Task Force On Youth and Workplace Wellness, “Fit Business”
  - Silver Fit Business Award 2007 & 2008
Challenges
As Healthy Fontana continues to grow and the City is recouping from the recession, new challenges are developing.

Innovation
Healthy Fontana continues to create new and unique ways to encourage the community to participate in various healthy programs and services.

Socioeconomic diversity
Meeting the needs of a community that has residents whose household incomes are vastly different is difficult when trying to build a healthy city.

Funding Sources
With more municipalities seeing value in building healthy communities, the pool of resources for additional funding begins to become smaller.
Results

- Statistical data gathered from the San Bernardino County Department of Public Health shows that Fontana is making significant traction in the effort to eradicate obesity.
  - From 2008 to 2012
    - 47% reduction in Fontana’s Hospitalization rates for obesity related illnesses in both children and adults
    - 46% reduction in obesity rates in both children and adults.
“I am truly inspired by the work Fontana is doing to help build a brighter, healthier tomorrow for the next generation.”

– First Lady Michelle Obama

The IE Voice
Thank you

Mayor Acquanetta Warren
8353 Sierra Avenue
Fontana, CA 92335
(909) 350 - 7606
awarren@fontana.org