



Community Schools | Health & Wellness | Community Engagement

## Redwood City 2020 Tuesday Tidbits

Inside this edition:  
Social Determinants of Health Conference, Walk and Bike to School Day 2019

### Social Determinants of Health Conference

The social determinants of health (SDOH) are complex, integrated, and overlapping social structures and economic systems. SDOH are often appreciated as responsible for most health inequities as they reflect the conditions in which people are born, grow, live, work, and age. SDOH are shaped by the distribution of money, power, and resources at national and regional levels.

At the start of this program year, Redwood City 2020's Alcohol and Other Drugs Program in partnership with two of San Mateo County's agencies-Behavioral Health and Recovery Services, and Health and Public Policy division-worked together to develop a Social Determinants of Health conference-2019 Health Equity Now! How Place, Race & Health Connect in San Mateo County.

The aim of the Health Equity Now! conference was to highlight how specific Social Determinants of Health surface in our community. The conference focused on three core areas-Criminal Justice, Civic-and Social Engagement; Education, Employment & Income; and Transportation & Mobility.

The conference was well attended; over one hundred participants from social service agencies, educational institutions and county offices, grant-making institutions, and community-based organizations came to learn how SDOH impacts the lives of the people they serve and how to support efforts to disrupt current outcomes.

### Health Equity Now!

How **Place, Race, & Health** Connect in San Mateo County

A daylong conference to increase awareness and understanding of the social determinants of health, including behavioral health, and health equity in our county.

**Topics include:**

- Housing, Neighborhood & Community
- Education, Employment & Income
- Criminal Justice, Social & Civic Engagement
- Transportation and Mobility

Monday,  
April 22nd, 2019  
8 am - 4 pm

Office of Education  
101 Twin Dolphin Dr.  
Redwood Shores, CA

Breakfast and Lunch provided  
Registration begins at 7:45 am

**RSVP Required:**

County staff, please register on LMS  
Contractor staff and community members,  
please register: <https://www.cdh.smcgov.com>  
Questions, Special Accommodations  
and Language Access requests?  
Contact Kathy Reyes [kreyes@smcgov.org](mailto:kreyes@smcgov.org)  
Please contact us 2 days in advance



Kaynote Presenter

Melissa Jones,  
Executive Director  
Bay Area Regional  
Health Inequities  
Initiative (BARHI)



Amber Akemi Platt  
Health Instead of  
Punishment  
Human Impact Partners



Bob Allen  
Transportation Justice Program  
Urban Habitat



Gregg Zaire  
Alcohol and Other Drug  
Prevention Partnership  
Redwood City 2020



Chris Lepe  
Regional Policy  
TransForm



### Walk and Bike to School Day 2019

Students, families, and staff celebrated Walk and Bike to School Day (also known as Bike to School Day) on Wednesday May 8, and Thursday, May 9. As May is "Bike Month", schools in the Redwood City School District celebrated the third annual Walk and Bike to School Day.



This year, most schools celebrated on Thursday, May 9, as it coincided with Bike to Work Day so that teachers could join their students in taking an active mode to school. Hundreds of students at Henry Ford, John Gill, Garfield, Hawes, Taft, North Star, and Adelante walked, biked, and rolled to celebrate bike month and enjoy the warm spring weather.

Students at several school sites received free bike lights to promote additional biking during the month of May, which were provided by the San Mateo County Office of Education. Taft Community School even got a little help from their

Dolphin mascot to encourage students to be safe with the help of other students. In addition to Walk and Bike to School Day, the Redwood City 2020 Safe Routes to School program will celebrate Bike Month with RCSD students by hosting bike rodeos, free helmet fittings/giveaways, and handing out smart cycling booklets.

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Missed a previous edition? Find it on our [Resources page](#).

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