



San Bernardino County
Transportation Authority



Support Material for Agenda Item No. 22

Board of Directors Meeting

**January 4, 2017
10:00 a.m.**

**Location:
SANBAG**

First Floor Lobby
Santa Fe Depot, 1170 W. 3rd Street
San Bernardino, CA 92410

DISCUSSION CALENDAR

Council of Governments

22. Update on Countywide Vision Activities

Receive presentation by County Health Officer Dr. Maxwell Ohikhaure.

The presentation on “Vision 2B Active” is being provided separately for your information.



Maxwell Ohikhuare, MD
Health Officer

January 4, 2017

Countywide Vision Wellness Element

- Countywide Vision recognizes that the **quality of life** of residents is part of an interrelated system and calls for collaboration across sectors
- In 2011 Community Vital Signs was created to support the Countywide Vision Wellness Element
- The **Vision2BActive** Campaign is being implemented to engage the public in achieving the goals of the Countywide Vision Wellness Element's Community Vital Signs

Wellness in San Bernardino County

- Most County adults and youth do not get the recommended amount of physical activity needed to maintain positive health benefits and to reduce unnecessary health risks.
- According to Federal Physical Activity guidelines, the recommended physical activity for adults and youth includes:
 - 150 minutes a week for adults (18 - 64 years)
 - 60 minutes a day for youth (6 – 17 years)

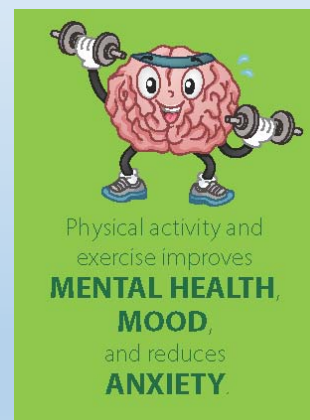


Physical activity can be any form of exercise or movement of the body that uses energy!

Benefits of Physical Activity

Physical Activity:

- Provides long term health benefits for all people
- Prevents
 - Strokes
 - High blood pressure and high cholesterol
 - Heart disease
 - Diabetes
- Increases mental health mood
- Decreases anxiety disorders





BE ACTIVE IN SAN BERNARDINO COUNTY

Most San Bernardino County adults and youths don't get the recommended amount of physical activity - 150 minutes a week for adults and 60 minutes a day for youths. Regular physical activity can produce a variety of long term health benefits for people of all ages, backgrounds and abilities. **Vision2BActive** is a campaign designed to help improve wellness throughout San Bernardino County by encouraging residents to increase their physical activity and connecting them to many opportunities to be active. Visit www.Vision2BActive.com.

Walking **3,500 STEPS** per day lowers your risk of diabetes.

WALK your kids to school, **WALK** your dog, **WALK** and talk with friends instead of calling them or texting them.

75 MINUTES a week of brisk **WALKING** can add **2 YEARS** to your lifespan.

HIKE along a trail or **SKI** and **SNOWBOARD** in the mountains.

PERCENTAGE OF RESIDENTS MEETING ACTIVITY GOAL

Category	San Bernardino County	Orange County	Riverside County	San Gabriel Valley	California
YOUTHS	10.7%	11.1%	20.25%	34.2%	23.3%
ADULTS	26.8%	28.2%	26.8%	23.5%	26.6%

Make exercise a family affair. **IT'S FUN!** **THROW** a ball, **PLAY** tag, **SWIM**, or ride a **BIKE**.

75% of San Bernardino County residents live within **ONE MILE** of a local park and five miles of a regional, state or federal park.

Obesity-related illnesses are estimated to carry an annual cost of **\$190.2 BILLION** nationwide. A daily **ONE-HOUR** walk can reduce the risk of obesity by half.

Physical activity and exercise improves **MENTAL HEALTH, MOOD,** and reduces **ANXIETY**.

During a typical week, youths ages 5-17 should be physically active for at least **60 minutes** each day.

YOUTHS

Adults should get moderate physical activity for at least **30 minutes** a day, **five days** a week.

ADULTS

Use the **STAIRS** instead of the escalator or elevator.

Physical activity can prevent a **STROKE, HIGH BLOOD PRESSURE** and **HIGH CHOLESTEROL**.

www.Vision2BActive.com