



ZIP CODE
90002

LIFE EXPECTANCY

73

ZIP CODE
95661

LIFE EXPECTANCY

82

**health
happens
here**

at The California Museum

THE
California
MUSEUM

CaliforniaMuseum.org 916.653.7524

Did you know **your zip code** affects how **long and how well you live?**

Learn why at the multimedia exhibit "**Health Happens Here**"—an interactive journey through all the places and all the ways health happens in California. Explore key factors that affect health beyond traditional doctors, diet and exercise... only at The California Museum.

Visit the Exhibit

1020 O Street, Downtown Sacramento
Conveniently located at Archives Plaza Light Rail stop

Play Games from the Exhibit

www.healthhappensinca.org

A Health Happens Here Promotion

**health
happens
here**
In Neighborhoods

Health Happens in Neighborhoods

Pollution, limited access to fresh produce, lack of playgrounds, crime, and violence can all undermine the ability to live long, healthy lives.

Sacramento Building Healthy Communities is working to empower Sacramento residents to lead healthy lives by creating safe walking spaces, modern equitable housing, and providing access to healthy foods to ensure that everyone has an equal opportunity to live long, healthy lives.

Safe Streets for All

Some parts of Sacramento don't have bus lines, so most Sacramentans in these areas have to bike and walk; however, roads such as Franklin Boulevard or Fruitridge Road are known for being extremely dangerous.

Teri Duarte, WALKSacramento's executive director, says, "There is concern over the historical lack of investment in the Franklin and Fruitridge area." Many people walk along these busy roads, but they are not designed for pedestrians. WALKSacramento hosted a community walk Franklin Boulevard to draw attention to the issue, taking note of the changes needed.

WALKSacramento and the community are helping to realize our streets' potential and mobilizing to make our neighborhoods walkable and healthy.

Healthy Homes and Healthy Neighbors

Sacramento Area Congregations Together (ACT) recognizes that abandoned and severely damaged properties are not only visually unappealing; they also pose serious public safety threats.

By partnering with the County Code Enforcement Office, Sacramento ACT established the Neighborhood Livability Initiative, which is increasingly gaining momentum.

The initiative takes a proactive approach to eliminating abandoned and damaged properties through enforcement, prevention, community cleanup, and community partnerships. The program is set to continue making safer and healthier housing options available to Sacramento residents.



Harvest Sacramento is a Soil Born Farms project that harvests surplus fruits and vegetables from volunteers' backyards and distributes it to local residents and food banks, often amounting to about 2,000 pounds of produce!

"People shouldn't have to worry that their grandkids are playing outside," says Annie Fox, Lead Organizer with the Sacramento ACT. And they don't have to, thanks to the work of Sacramento ACT and county offices.

Healthy Foods in the Heart of our City

When you think of farming and fresh produce, you don't usually think of city life. But here in Sacramento residents are growing their own food and getting together for crop swaps so that the city and residents all

benefit from the healthy fresh fruits and vegetables cultivated locally.

The urban agricultural ordinance in Sacramento already allows for poultry and community gardens in residential areas, and now Sacramento is making moves to legalize the sale of community grown crops.

"We're seeing seeds planted a long time ago starting to sprout," says Shawn Harrison, founder and co-director of Soil Born Farms Urban Agriculture & Education Project. "The ordinance is at a really important step; the city is saying, 'we want to do this' and shows a lot of long range planning."

Soil Born Farms partners with 19 community organizations—including Sacramento Food Bank, Ubuntu Green, Alchemist CDC, Neighborworks, and others—to form a coalition to improve food access in South Sacramento. Since 2011, there has been a 100 percent increase in food production and distribution. This local, healthy food is distributed to the area's food banks, schools, and corner stores.

Because of these programs community members have access to the freshest produce and eggs right in their own neighborhoods.

Health Happens in Our Neighborhoods

Sacramento is taking huge steps towards making our neighborhoods healthier and safer. Our community is committed to making our streets safer for walkers and bikers, cleaning up abandoned lots, and providing access to healthy foods. Now is the time to keep this momentum high and make sure that in our city, Health Happens in every Neighborhood.

Find out more about how Health Happens in Neighborhoods is making a difference in communities by visiting www.calendow.org

The HUB
Building Healthy Communities

**health
happens
here**