

Hayward EJ Workshop #1 Mural Board Activities

Health Demographics Mural Board - Tablero sobre aspectos de la salud

Overall Health - Salud General

1. Interested in how these health conditions are spread statistically across income and education levels
2. Few options for kids to participate in sports and get outside
3. there should be an equitable living standard
4. I'd like to understand whether the high rates of ER admissions indicate lack of access to preventive care.
5. Most of these are outcomes of poverty
6. unfortunate that people do not have control on the outcome of their health
7. Urban Greening in neighborhoods to protect from urban heat, pollution, flooding
8. I find a lot of cigarette butts while picking up litter in Hayward. We still have too high smoking rates
9. Long term chronic stress due to economic insecurity impacts overall health
10. Feels difficult to find medical care within the city of Hayward + rising cost of healthcare is constant concern
11. Interested in how these health conditions spread over age (i.e. children, young adults, and seniors)
12. It is very difficult to get into sports classes through HARD, which is the best option for kids in Hayward
13. more greenery, trees, parks, etc. goes so far to reduce daily stress.

14. My first thought regarding overall health is the extreme financial costs for basic medications, appointments, etc. even with insurance.

15. I've heard from a lot of parents who don't let kids play outside because it doesn't feel safe and there are no low cost activiies
16. accessibility to health resources is limited bc of cost, resources and concerns around confidentiality
17. Lots of overcrowding in Hayward housing due to high costs, which can impact health
18. Heard multiple stories about how others health is impacted by others or that it is generationla
19. I feel we have far more fast food options than other types of healthier restaurant choices.
20. Overall health is scary to think about because of costs of going to doctors
21. Green spaces must feel safe for people to access them
22. Diabetes, obesity, high blood pressure
23. My concern is the cost of healthcare and access

Asthma - Asma

1. would be good to have early and often Asthma screenings in schools

2. A friend (and former Hayward resident's) daughter had severe asthma which made wildfire season very difficult.
3. Poor housing conditions with mold or irritants

4. I have friends with Asthma, I wonder if there's a link between the prevalence of freeways in the Hayward lowlands and Asthma rates
5. I have asthma, many of my friends in Hayward do as well
6. people are more likely to develop asthma if they are exposed to secondhand smoke
7. Developed Childhood asthma playing in a park within the higher percentile areas
8. when people have asthma and have to breathe secondhand smoke it makes their asthma so much more worse
9. When I see the kids from local schools doing their cross-country running along Mission Blvd I wonder what effect all of that traffic emissions is bad for them

Cardiovascular Disease

1. Related to poor access to healthy food options and spaces to get physical activity
2. We also have demographic populations in Hayward that have higher incidence of cardiovascular disease. This is important to recognize that our population is already more vulnerable.
3. access to consistent health care for early preventative care is important

4. Hayward is too car-centric, would like more walkable, mixed-use neighborhoods + green spaces as an approach to public health
5. Chronic Stress increases cardio disease

Low Birth Weight

1. I don't have any experience with maternal health issues
2. It is unfortunate the Sleepy Hollow no longer has L&D. I had to drive to San Leandro to deliver my son, and almost ended up with an emergency delivery on I-880
3. Language barriers and immigration status can lead to moms not getting any first trimester care
4. Exposure to mercury in the air as a result of industrial activity
5. families exposed to secondhand smoke have low birth rate

Pollution Burden Mural Board - Tablero Sobre la Carga de Contaminación

Write Locations of Pollution Burden. - Escriba las Ubicaciones de Carga de Contaminación.

1. Traffic: The Loop
2. Traffic: Orchard & Jackson during commute
3. Traffic: Mission Boulevard
4. Traffic: Target/Costco and other large box store areas
5. Traffic: rush hour (general)
6. Traffic: Commuters avoiding Highway 880
7. Traffic: Going onto the San Mateo bridge; impacted traffic in this area near housing
8. Air travel
9. CO2 from airport
10. Increased traffic from COVID testing
11. Cigarette butts on sidewalks and other trash or debris
12. PG&E facility air pollution
13. Diesel Trucks: W. Winston & Hesperian
14. Diesel Trucks: Industrial Areas
15. Trucks: Heavy burden on road infrastructure
16. Diesel Trucks: Continuous through the 92/Jackson Corridor and along Highway 880
17. Diesel Trucks: Mission Boulevard during main traffic areas; newly developed areas highly affected; affordable housing areas are highly polluted
18. Diesel Trucks: All along Winston/D Street Corridor

Or Use Sticky Notes to Explain Locations of Pollution Burden. - También puede usar las notas adhesivas para mostrar las ubicaciones con mayor carga de contaminación.

1. I see a lot of illegal dumping in various areas and also litter including items like smoking and even drug paraphernalia.
2. Our open spaces have a lot of food litter (e.g. shoreline, Garin park boundary) that attracts rodents and insects.
3. Now longer commute to and from Palo Alto but 92 Jackson corridor, on-ramps, and off-ramps from 880 are dry high congestion and high air pollution

Food Access Activity - Actividad sobre el Acceso a los Alimentos

What are the barriers to accessing healthy foods in Hayward? ¿Cuáles son los obstáculos para tener acceso a alimentos saludables en Hayward?

1. No access to fully functioning kitchen and kitchen supplies to cook
2. No time to cook when working multiple jobs
3. A lot of financial support available is based on outdated information. Many income levels can be food insecure in the Bay Area especially if you support a family
4. Limited options to buy healthier prepared foods (e.g. salads)
5. Long lines at grocery stores can make shopping inconvenient
6. Limited organic produce access
7. People work long hours (multiple jobs) and don't have time to cook.
8. too many options for fast food chains. Seems like these are the only options when driving around.
9. Are we counting Food Maxx and Grocery Outlet as grocery stores? Because those aren't exactly promoting healthy food access
10. Streets leading to grocery stores need to be more pedestrian friendly
11. Communal living can make it hard to designate the space and time for everyone to equally prepare meals, have space for all the groceries, utensils, they want/need
12. My experience working in a low pay job is that people with lots of chronic stress often don't make healthy food choices, partially because of cost, but often because fast food is a comfort when you are stressed and tired
13. Most grocery options require driving (large grocery stores on busy roads, not walkable)
14. Housing insecurity can lead to limited access to kitchen, fridge, etc so can't store fresh food
15. it can be more
16. I was disappointed to see that Sprouts will also host another high calorie fried chicken place
17. Cooking/nutrition fundamentals would be useful (esp since it's not taught in k-12)
18. processed food costs less and lasts longer than produce
19. Many HUSD schools do not have kitchen facilities
20. HUSD meals include a lot of pre-prepared/fried foods
21. Enrollment in CalFresh/SNAP, especially for populations returning home from jail or prison
22. Odd/long working hours make it hard prepare healthy options at home, and there are not many "healthy" / quick options late at night or very early morning
23. Grocery stores that only provide fried foods in the cooked section instead of healthy options to-go.
24. No access to car
25. healthy food goes bad much faster than processed food

26. Transportation, income, food education
27. Too many fast food restaurants create convenience trade of costs for buying from grocery stores
28. when a grocery store closes, would be great to see local food vendors set-up a farmers market of sorts in those big empty parking lots
29. time and money
30. Not enough restaurants promoting farm-to-table dining experiences.
31. Difficult to make healthy choices when it's more convenient to go to the nearby fast-food joint then search for a grocer store.
32. Food Source on Mission Blvd leaving hit hard, there is a big void there now
33. people who work full time can have hardly any time to cook or shop fresh foods
34. Need frequent/FREE public transportation to assist people's trips. Groceries are heavy!!
35. not sure how to cook healthy food
36. Expand what foods SNAP covers
37. easier to go to liquor store thats around the corner then drive to a grocery store acorss the neighborhood

Hayward Parks Access - Acceso a los Parques de Hayward

What parks do you like to go to and why? ¿A qué parques le gusta ir y por qué?

1. The only play structure park in Fairway Park is the little park next to old Bidwell School. We use it a lot, and it could use some TLC, especially for a park that is actually used quite a bit by the neighborhood.
2. My daughter wants more parks with monkey bars, there are so few around.
3. Greenbelt trails, Don Castro, and Mt. Diablo. These areas are natural spaces as opposed to many of the parks on the interior areas of Hayward.
4. Garin Park and CSU open space.
5. Mia's Dream Come True Playground Park!
6. Don Castro, its not as popular so there are less people.
7. JA Lewis is beautiful, but parking is an issue.
8. The downtown park across from the new plaza.
9. Skatepark on Tennyson but sometimes feels a little sketchy.
10. Dog park off of Sleepy Hollow (has two dog enclosures, and outdoor work area).
11. East Ave., JA Lewis, Hayward Heritage - Well maintained with wide open spaces.
12. I use College Heights Park, one up on Hayward Boulevard across from the Fire Station and on Hesperian with the old train.

Which areas of Hayward have limited access to parks? ¿Qué áreas de Hayward tienen un acceso limitado a los parques?

1. In the individual business areas, around Mission Boulevard, near most large apartments.
2. Many parks in Hayward don't feel safe so people don't use them.
3. Eden Greenway is nice but needs more resources for the surrounding communities.
4. Garin Park because there is a lot of hiking there and there is designated parking space.
5. Fairway Park has a surprising void of kids parks with play structures.
6. Smaller neighborhood parks can often feel more welcoming for small children.
7. Parks that are in poor condition can be more of a burden than asset because they attract illicit activity and trash.
8. I often see evidence of alcohol/drug use in parks which makes them unwelcoming for kids.
9. Would like more dog parks.
10. If there is no programming at parks, then they get used less - Hayward has very few sports leagues for kids - I have to go to Castro Valley.
11. Many underserved areas for green space/open space are correlated with DACs, this also includes green infrastructure being integrated on streets.
12. Areas with a lot of muh (?) because of the density.

How could parks located in central and south Hayward be improved? ¿Cómo se podrían mejorar los parques ubicados en el centro y en el sur de Hayward?

1. I don't know what all of the renovations will be, but before it closed Kennedy Park was often covered in trash by Sunday (need covered trash cans).
2. There are a lot of random greenways, I would love to see the space be utilized.
3. KHCG often attracts many more volunteers for beautification events - need to increase sense of investment in open space.
4. Dog poop receptacles and bags.
5. Not have parks under large power electrical towers.
6. Less focus on open empty lawns and more emphasis on physical activity, ecological biodiversity, beautification, etc. with the limited park space.
7. More pathways and activities such as outdoor exercise machines that people can use like the one in Chabot Lake. Right now many of the parks are just open grass greenery that are not well maintained and not inviting for the community. People just use the open greenery to walk the dogs.
8. If school campuses were open after hours, this would increase sports fields and courts.
9. Some parks are unsafe due to homeless encampment like the one at Weeks Park.
10. Natural infrastructure should be integrated in all areas - this provides protection against climate hazards - urban heat, air pollution, stormwater/SLR flooding.
11. More walking loops like the design at the downtown park near the new library.
12. Parks, open space, urban greening must be equitably disbursed in all neighborhoods.
13. Areas for large picnics and barbeques, like Cannery Park.
14. I think restrooms would help the grounds and seating area, trash cared for more diligently.
15. Regular maintenance & programming that employs local residents!
16. Maybe we need covered trash cans, since sometimes it seems trash just blows out of the receptacles.
17. More basketball courts and skatepark with lights!

Hayward Community Engagement - Participación de la Comunidad de Hayward

What are the common barriers to participating in Hayward's decision making process? ¿Cuáles son algunos o comunes para participar en el proceso de toma de decisiones de Hayward?

- I think people often don't know that discussions are happening. Social media and email/listserv are common ways of communication
- 1 many people don't know about them.
 - 2 Barriers: knowledge of what's being discussed and often the impact for the person/family; translation services; location
 - 3 People may be hesitant to sign up for listservs and accounts if they have negative experiences with government
 - 4 Are meetings accessible to community members experiencing disabilities?
 - 5 Knowledge of city topics being discussed/decisions being made that impact them
City staff, and staff of county agencies that can communicate in the languages that exist in the community would make it easier
 - 6 to access services
 - 7 Feeling like their opinion does not matter
 - 8 City Hall and downtown is far from South Hayward and can include long bus wait times
 - 9 The Brown Act can sometimes be limiting, as non- or late-agendized discussions are not possible
 - 10 length of evening meetings can be hard with people for families
 - 11 I know that people who maybe hold more moderate views have expressed discomfort to me about sharing their thoughts
 - 12 Tools like this not being available in languages like Chinese and Tagalog
 - 13 Translation; door to door; burnout high already and language barriers totally disengage folks
 - 14 Opposite of what's desired; glad to hear effort into horizon
 - 15 Immigrants may not understand our government systems
I think zoom access to forums like these should continue post-pandemic, definitely easier for parents to participate this way,
 - 16 transportation issues, etc.
I've heard from neighbors that they don't feel like things get better, so it doesn't feel like it's worth participating - so maybe some
 - 17 successes more often would help
 - 18 During the Community Safety workshops last year, community interviews indicated a lot of disillusionment that their voice
 - 19 can be really difficult to wait hours for a item to speak on
 - 20 Having to request translation at public meetings is a barrier with in itself for non English speakers
 - 21 disillusionment/skepticism that their opinions will actually influence the end result. negative experiences with government
 - 22 Transportation costs, scheduling conflict, mail/digital outreach, childcare, language barriers
 - 23 not sure how to read agendas or know when to join to speak

Describe successful community engagement. Which strategies help reach key stakeholders? Describa como participación que sí funciona en la comunidad.

- 1 I am curious if virtual meetings have increased/decreased participation. It makes it easier for me, as I don't need to find child
- 2 reaching out to them for small group discussions
- 3 Having trusted community members reach out to talk to their network has been the most successful
- 4 The Mayor used to do coffees in various places which I think were nice.
- 5 Bringing city hall meetings to regions/ neighborhoods of the city
- 6 Compensation for transportation, time off, childcare
- 7 Offering childcare options for all city meetings
- 8 I invite people by email and Nextdoor app to send emails and join hearings
- 9 Pro-active engagement by decision makers to incorporate affected communities in decision making process
- 10 I think it's hard, people are caught up in every day routines, so multiple reminders good, and multiple sessions when possib
- 11 talking to city staff
- 12 Online meetings have made it easier to participate
- 13 Consult community groups/organizers, research forms of unconventional outreach (social media, flyers on telephone polls)
- 14 Face to Face connection in peoples homes. this was successful during the Hayward Promise Neighborhood Community Su
- 15 Going to schools where parents are already engaged, pta, etc. is a great way to find engaged families
- 16 door to door, schools and churches/worship sites

Who is missing from today's call? Who should we reach out to? ¿Quién falta en la llamada de hoy? ¿Con quién debemos comunicarnos?

- 1 People living in poor quality housing
- 2 I don't know the demographics of all attendees, but commissioners/appointees seem to be over-represented
- 3 more residents from the affected communities. Would be nice to hear from those who do not speak English
- 4 People who are food insecure
- 5 People who have chronic health conditions - since that is one of the indicators we are looking at
- 6 Children, who are most impacted by these issues
- 7 PEOPLE OF COLOR
- 8 Non-english speakers. It can be difficult but translation services are key in getting input from isolated populations
- 9 People who have been negatively impacted by specific environmental issues within the city.
- 10 unhouseed community members and formerly incarcerated people
- 11 youth / promotoras

Key Themes

Use rule of 3 -- idea presented > 3 times, include it as a brief theme

Health Demographics:	Preventative Health Measures, Accessible and Low-Cost Healthcare, Recreational Opportunities
Overall Health:	<ul style="list-style-type: none"> 1) Accessible, Low-Cost Healthcare 2) Youth Recreational Opportunities
Asthma:	<ul style="list-style-type: none"> 1) Traffic Induced Health Impacts
Cardiovascular Disease	<ul style="list-style-type: none"> 1) Similar to above concerns
Pollution Burden:	Diesel Emissions Reduction, Traffic Reduction
Location of burden:	<ul style="list-style-type: none"> 1) Diesel Emissions 2) High traffic on main arterials
Food Access:	Healthy and Affordable Foods, Pedestrian and Transit Accessibility, Nutrition Education
Barriers:	<ul style="list-style-type: none"> 1) Lack of healthy, affordable options 2) Limited time to cook 3) Lack of kitchen facilities 4) Lack of nutritional education 5) Easier access to fast food 6) Lack of accessibility
Park Access:	Urban Greening, Improved Park Infrastructure, Increased Park Safety, Recreational Opportunities
Overall:	<ul style="list-style-type: none"> 1) Lack of playground facilities

- 2) Parks in need of improvements
- 3) Lack of youth recreational opportunities
- 4) Concerns about park safety
- 5) High-density areas lacking greenspace

Community Engagement:

Translation Services, Accessible Engagement Practices and Procedures, Administrative Community Involvement

Barriers:

- 1) Need for translation services
- 2) Need for improved communication with community members
- 3) Generally, negative experiences interacting with City government
- 4) Feelings of disillusionment and unimportance; not thinking their voice matters
- 5) Accessibility issues (transport, time, physical disabilities, etc.)

Successful Tactics:

- 1) Meeting people where they are at (door-to-door, holding meetings in diff. neighborhoods, officials engaging with community members directly)
- 2) Childcare
- 3) Consultation with trusted community/local org. leaders

Cross-Topic Themes:

Recreational Opportunities, Urban Greening