

## Our Natural, Healthy, and Safe Focus Group Meeting Notes (4/8/21)

### 1. Natural Community (4/8)

- a. What additional opportunities should be pursued to increase or enhance access to natural open space?
  - i. Walking, biking, hiking trails
  - ii. Running paths
  - iii. Lighting
  - iv. Additional parking lots and enhanced safety near the riverbed off Lincoln
  - v. Trails and entryways by the dam (by Grant Rea)
  - vi. Want more trees
  - vii. Community gardens or pocket parks (in Brownfields) – cleanup of brownfields
  - viii. Refurbish current parks
- b. What steps can the City take to improve air quality?
  - i. Encourage ride share
  - ii. Mixed use property that encourages and creates more walkable communities
  - iii. Hold corporations that are polluting accountable
  - iv. Composting
  - v. Education on how we can make changes and be more aware
- c. What steps can the City take to improve water quality?
  - i. Make use of permeable ground
  - ii. Hold corporations that are polluting accountable
  - iii. Monitor waste coming from oil wells
  - iv. Education on how we can make changes and be more aware

### 2. Healthy and Safe Community (4/8)

- a. What are the biggest health issues affecting the community? What do you think is causing these health issues/conditions?
  - i. Mental health
  - ii. Lack of healthy, high quality, and affordable food options
  - iii. Not enough programs to help retirees
  - iv. Stigmas attached to receiving resources/help

- v. Lots of junk food locations all over the City
  - vi. Lack of exercise equipment for all ages
  - vii. Lack of pedestrian friendly streets, which deters walking
  - viii. Access to markets – better in North, worse in South
  - ix. Not knowing how to cook the healthier products
- b. What helps you remain physically active?
- i. Walking in parks in neighboring cities
  - ii. Safe and well maintained sidewalks to jog on
  - iii. Walking and attending a gym
  - iv. Working out in personal gym
- c. What can the City do to promote increased active living?
- i. Provide proper equipment at parks for people to use to workout
  - ii. Start a jogging club
  - iii. Offer free physical classes outdoor/in parks
  - iv. Have officers patrol neighborhood and park (park rangers)
  - v. Provide padded walking trails with exercise equipment nearby (Boyle Heights)
  - vi. Provide flat/even sidewalks
  - vii. Provide lighting so people can walk after work during winter time
  - viii. Provide trails and trail markers
  - ix. Attract supermarkets that offer healthier food options
- d. Can you buy local, affordable, nutritious food? Where?
- i. Aldi in Pico Rivera
  - ii. Trader Joes in Whittier
  - iii. Albertsons, Vons, Smart and Final
  - iv. Ranch Market on Whittier
- e. What contributes to you feeling safe?
- i. Seeing other people walking
  - ii. Resources for those that need help (food banks, job application assistance) – to cut down on robbery, larceny, etc.
  - iii. Park ranger program, officers being more visible

- iv. Technology surveillance
- f. What contributes to you feeling unsafe?
  - i. Poor lighting, unclean, graffiti in parks
  - ii. Drinking and smoking in the parks
  - iii. Increase in the number of people reporting property crimes on Nextdoor app