



Creating Policy, Systems, Environmental Change: Fontana Success Story and Lessons Learned

Community Champions Leading the Way to a Healthier Fontana

Intervention Summary

Residents from two neighborhoods in Fontana joined the Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention (CX³) project in an effort to identify factors affecting the health of their community. Both the Cypress and Filbert neighborhoods determined that public safety has been the greatest influence on their health. They believe that if they can make their neighborhoods safer, residents will be more likely to engage in outdoor physical activities. Although each neighborhood took a different approach to addressing their concerns, both proved to be champions in the fight against poor health. So far, they have been victorious in forming partnerships with various community leaders to create an *Adopt a Trail Program* for their local *Pacific Electric Trail* and they have worked to make a 5-way intersection safer for children and families walking to nearby schools.

Description of Barriers Encountered and Identified or Proposed Solutions

The CX³ project is about creating a Community of Excellence in Nutrition, Physical Activity, and Obesity Prevention. Residents believe it is important to invest their efforts in achieving each aspect of the project, which subsequently made prioritizing their concerns a challenge. Nonetheless, through their passion and collective efforts, residents came to an agreement that their first focus would be on improving safety in their neighborhoods. With the firm belief that they will be successful in accomplishing their first goal, the possibility of achieving other goals in the future will become more feasible.

Future Directions/Sustainable Success

CX³ participants are working diligently to create safer streets and trails within their community. In the near future, they hope to see more families and children walk to school every day, ride their bikes, and participate in sight-seeing fieldtrips along the *Pacific Electric Trail*. CX³ participants are greatly invested in the project and continue to demonstrate their commitment to the sustainability of all of their goals. As such, they actively seek and maintain partnerships with various community stakeholders such as the Fontana Police Department, Fontana Engineering Department, Fontana Unified School District, and Fontana City Council.

Contact information about this Narrative

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