



# Annual Report

## BUILDING A HEALTHY BERKELEY

In 1924, the City published its first Annual Report. We were a City of 72,000 at that time with 40 acres of parks, 34 acres of playgrounds, and 24 public buildings including four libraries, three recreation buildings, and one building in the corporation yard. Even then, we were a full service city providing police and fire protection, garbage pick-up, building inspections, public health services and recreation opportunities in parks, playgrounds and camps. The Playground Superintendent in 1924 reported his efforts to “instill in boys and girls...the attitude of the sportsman for whom sports contain their own reward...” by placing an emphasis on “regular attendance, participation and fair play, rather than upon winning at any cost.” That year the Public Health Nurses reorganized into seven service areas,

each under the supervision of a graduate public health nurse in collaboration with the University, in order to improve service by eliminating numerous visits to each home by several different nurses. The Health Department was also greatly involved in the 1924 outbreak of Foot and Mouth Disease which threatened the local dairy industry.

Ninety years later, as a community of 112,000, we continue the tradition of publishing an annual report, and we continue the tradition of supporting community members to make healthy choices throughout their lives. These include organized activities in our 52 parks and playgrounds that span 248 acres, as well as a variety of health and mental health services for everyone from babies to teens to seniors. Berkeley's history is filled with programs and services that

emphasize creating a healthy place and a healthy life for everyone who lives and works here. Nearly a century after our first Annual Report, we focus this report on how we are doing in that work, both in traditional places like clinics and schools, and less traditional places like playgrounds and barbershops. We work to develop relationships and partnerships to connect City programs with the people they serve, to support healthy choices and thriving neighborhoods. A number of services are highlighted in the pages that follow. Let us know how we are doing in 2014.

Sincerely,

*Christine Daniel*

City Manager

Manager@CityOfBerkeley.info

THEN...



Public Health nurses in 1924 standing next to their cars in front of old City Hall

...NOW



Public Health nurses in 2014 in front of the current City Hall

# INFANTS & MOTHERS

Laying the foundation for a healthy life starts at birth and before. City of Berkeley services start at the earliest stages of life. **Public Health Nurses** can visit every newborn in Berkeley. They assess and encourage prenatal nutrition, monitor newborn weight gain, facilitate breastfeeding success, evaluate family food security, and link families to the necessary resources.



For low-income women who are pregnant or in their first year of motherhood, the **Women, Infants and Children (WIC)** program helps the City provide supplemental foods, health care-referrals, and nutrition information. That support for children lasts until age five for those at nutritional risk. Berkeley provides WIC services to 1,200 people. In summer, additional WIC vouchers can purchase fresh fruits and vegetables at local farmers' markets.

The results are powerful. Nationally, women who participated in WIC during pregnancy have been found to have lower Medicaid costs for themselves and their babies than did women who did not participate. WIC participation has also been linked with longer gestation periods, higher birthweights and lower infant mortality.

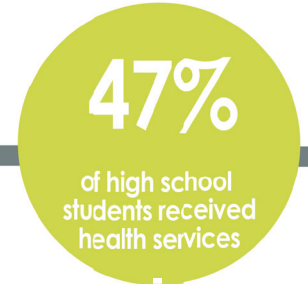
For more information, see: [cityofberkeley.info/WIC](http://cityofberkeley.info/WIC)

# TODDLERS & PRE-K

Preparing toddlers for school by using role playing and other forms of play enables them to work on communication, negotiation, problem solving and self-regulation. This is the focus of the Recreation Division's **Pre-K Power Play** program. The **Tots Around Town** program is for 2- to 4-year-olds and is often their first experience with a classroom setting. The program includes singing, art and group projects.

Fostering kindergarten readiness is a key part of the City of Berkeley's **20/20 Vision** plan to eliminate the achievement gap by the year 2020.

See: [cityofberkeley.info/activity\\_guide](http://cityofberkeley.info/activity_guide)



# KIDS & FAMILIES

Amidst a jumble of wooden structures, garden plots, and sand piles in a corner of the Berkeley Marina, kids who are mostly between 5- and 12-years-old explore and construct new worlds. They use nails, saws and other tools to assemble towers, ramps and wooden forts. They have re-purposed an old sailboat as a canvas for painting. They build birdhouses from scratch.

Exploration at **Adventure Playground** happens under the watchful eye of staff. Children build impromptu communities, collaborate on projects or whiz down the zipline. Many materials are donated by contractors – including tables, chairs, shelves, tires, slides and pianos – and are then reused over and over again in imaginative and creative ways.

See: [cityofberkeley.info/adventureplayground](http://cityofberkeley.info/adventureplayground)



# SCHOOLCHILDREN

When a child acts out, it may often be at school. Issues involving emotional or mental health can result in absenteeism, substance abuse and delayed learning – not to mention disrupted classes that affect students as a whole.

The City and the Berkeley Unified School District jointly provide **mental health services in a number of schools**. Twelve percent of Berkeley Unified high school students have sought mental health services, with the largest group being ninth graders. Students receive individual and group therapy, parental counseling, consultations with teachers and classroom observations. They also can receive referrals for housing, medical or other resources for issues that may be affecting their lives.

See: [cityofberkeley.info/mentalhealth](http://cityofberkeley.info/mentalhealth)

# TEENS

Students participating in **Afterschool Achievers** play math games with UC Berkeley students. They've learned African dance and created music videos. Programs cultivate teamwork and leadership. Over the past year, youth have worked on a dozen different projects, ranging from shoreline cleanup and feeding homeless people to organizing recycling drives.

In addition, the **Teen AdventureTrips** program takes Berkeley youth to the High Sierras to experience the outdoors. Up to 60 teens at a time have gone camping or river-rafting in the Sierras, with the goal of building a life-long appreciation for the natural world.



For both programs, see: [cityofberkeley.info/activity\\_guide](http://cityofberkeley.info/activity_guide)

# YOUNG ADULTS

The City's **Youthworks** program provides opportunities for youth from age 14 to 25 for year-round employment in various City departments, as well as organizations like the YMCA and the Center for Independent Living. Each participant receives training and instruction regarding important workplace skills that will serve them as they grow and develop into adulthood. Last year, almost 400 youth were employed through this program.

See: [cityofberkeley.info/youthworks](http://cityofberkeley.info/youthworks)

**Berkeley Mental Health (BMH)** supervises and trains about 20 college and graduate students every year to work with adults, children, youth and families. BMH is a regionally recognized training ground for mental health service providers. The Berkeley model emphasizes engagement in the community as opposed to treatment in clinics or hospital settings. Scores of participants now provide services in cities throughout the area.

See "adult internships" at: [cityofberkeley.info/mentalhealth](http://cityofberkeley.info/mentalhealth)



**500**  
hours contributed  
to Afterschool  
Achievers



**75k**  
meals delivered and  
served to seniors

# ADULTS

**Adult sports** brings people together from across the City in leagues for basketball, volleyball, tennis and boxing, as well as the thousands of adults per year who participate in swimming programs. Many come for fitness, camaraderie or competition. Berkeley Aquatics Masters swimmers have been competing for 30 years in local and national meets.

1,500 people played in the City's softball leagues last year! Teachers, doctors, gardeners, businesspeople and students are among them; one team has signed up 25 years in a row. Another team boasts three generations of one family.

See: [cityofberkeley.info/activity\\_guide](http://cityofberkeley.info/activity_guide)

# SENIORS

Berkeley's seniors take part in classes, trips, celebrations and special events at Berkeley **Senior Centers**. The City offers more than a thousand classes or workshops each year on topics that include Zumba, Tai Chi, conversational Spanish, tap dancing, philosophy, and opera. Last year, seniors attended over 100 special events and day trips to Safari West, the Gilroy Garlic Festival and the Legion of Honor, among many others.

The North and South Berkeley senior centers served 36,000 hot lunches in 2013, and City staff and volunteers visited homes 39,000 times to deliver meals to homebound seniors. Case Managers also completed over 480 home visits, providing a lifeline to those who cannot get outside easily.

Most of the 140 volunteers who help Aging Services are seniors themselves. They answer phones, pack and deliver meals, teach classes and provide a supportive community in our thriving senior centers. They contributed over 16,000 hours of volunteer work to Aging Services programs.



See: [cityofberkeley.info/aging](http://cityofberkeley.info/aging)



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## HEALTHY CHOICES, A HEALTHY COMMUNITY...

In a healthy community, altering the environment in simple ways can prevent the need for serious medical interventions later.

At a barbershop in South Berkeley more than 250 customers have come for haircuts and gotten their blood pressure checked by trained staff. At these monthly events, City staff answer questions and provide referrals to free hypertension clinics.

The Breathmobile that visits three Berkeley schools has doctors, nurses and respiratory therapists who help students treat and manage their asthma. The result has been better health – and substantially reduced absenteeism. At Malcolm X elementary and King preschool, children with asthma had 7 hospitalizations, 22 emergency room visits or 34 missed school days before the Breathmobile came by. Last year, there was one missed school day and one ER visit.

Public Health staff and interns also assessed the marketing and availability of tobacco, alcohol and unhealthy foods in 83 stores in Berkeley. Staff worked with businesses on the placement, selection and display of healthier food options. In some stores, it's easier to get fresh broccoli now located by the cash register.

As housing deteriorates over time, some seniors and the disabled no longer have the means to fix their homes, threatening their health by unsafe or unhealthy living conditions. In calendar year 2013, the City and its community partners helped rehabilitate 175 units for residents.

See: [cityofberkeley.info/PublicHealth](http://cityofberkeley.info/PublicHealth)

