Sustainability Assessment of National City

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About the Sage Project

The Sage Project is a partnership between SDSU and a city or government entity in the San Diego region. The mission of the program is to engage students from across the University in assisting a local government with projects that address their smart growth, quality of life, and sustainability goals. As part of the Sage Project, students have the opportunity to engage in meaningful real-world projects and make positive contributions to a community in SDSU’s service area. Specifically, the program’s vision is to connect SDSU students and faculty with high-priority, high-need community projects, thereby generating interest and fresh ideas that create momentum and provide a real service to the community. The Sage Project embodies the University’s commitment to serving local students, engaging alumni, and contributing to the public good by focusing thousands of hours of course-based student involvement with high-impact activities. The program is based on the highly successful and award-winning Sustainable City Year Program (SCYP) at the University of Oregon and is a part of the SCYP network. National City, California, is the Sage Project’s partner city for the 2013-14 and 2014-15 academic years. Participating courses come from the following disciplines: Anthropology; Audiology; Child and Family Development; City Planning; Civil Engineering; Communication; Exercise and Nutrition Science; Geography; Graphic Design; Homeland Security; International Security and Conflict Resolution; Marketing; Political Science; Professional Studies and Fine Arts; Public Administration; Public Health; Recreation and Tourism Management; and Speech, Language, and Hearing Sciences.

About National City

National City is a highly urban community of about 60,000 residents in south San Diego County. It is the second oldest city in the county and boasts a rich history, a diverse community, and is known as one of the most walkable cities in San Diego County. Located just south of downtown San Diego and just north of the US-Mexico border, the city is flanked by freeways and is home to large-scale industries. National City is a mid-size city that faces big city challenges, and, like many municipalities, the city is challenged to meet community needs and new demands of sustainability. By providing new ideas and human capacity, this partnership with the Sage Project will help National City implement sustainability concepts and practices into projects that will improve livability.
Introduction

Often characterized by its rich historic past, National City is in fact the second oldest city in San Diego County. Incorporated on September 17, 1887, National City is a major area for industrial business and urban neighborhoods, overtaken by a majority of business commuters. With these industrial sites and homes neighboring each other, residents experience extensive environmental degradation and pollution.

National City is among the top 10% of zip codes in California for combined impacts of pollution and population vulnerabilities. The city has a 77.9% mark for traffic density, with most of the population throughout the day coming from commuters who use this business hub. The residents of National City are not the primary cause for the disruption of the health of the environment, yet they suffer from the impacts.

This project attempts to address these injustices through a sustainability assessment of National City that will help the residents create a community in which they can thrive. This assessment will touch on multiple aspects of sustainability including environment and nature, good government, material well-being, psychological well-being, physical health, time and work-life balance, social vitality and connection, education, arts and culture. Through this assessment, residents can better understand how to improve their environment and in turn their quality of life using the resources and facilities needed to do so.

This project to preserve the environmental, social, and economic components of the Nation City community and to improve the ability of regeneration was made possible by the efforts of the Sage Project and SDSU. National City’s culture, location and need for environmental justice inspired the initiation of this project to better the community and improve the residents’ quality of life through a sustainable reality for the urban community of National City.

This report represents original work by the students of San Diego State University’s (SDSU) Fall 2014 PSFA 100 Sustainable Development as part of SDSU’s Sage Project and its partnership with the City of National City. This course was led by Jessica Travis at SDSU and inspired by the Sage Project’s partnership with National City.
What Is Sustainability?

Sustainability is the ability to sustain human needs and the proper functioning of the earth without impeding on the capacity of future generations to operate efficiently and indefinitely. Through knowledge, awareness and innovation we may thrive without jeopardizing the supply of resource needs for the future. To be sustainable, resources must be used at a pace at which they are able to replenish themselves while maintaining their use at a constant level. In order for the environment to operate in the future, humans must reduce the degradation of nature, preserve culture, limit the use of non-renewable resources, increase community with each other and the environment, and design systems that allow the current global culture to flourish without hindering the lives of the next generation.

Sustainability in regards to National City parks and neighborhoods encompasses a progressive vision of a more livable yet self-sustaining future. National City in particular can embody sustainability by addressing their need for recreational parks, open space, renewable resources and withstanding these changes throughout the diverse population changes from day to night time. A sustainable National City will not only allow the residents to thrive in health, standard of living, and profitability, but these feats will be accomplished not by harming the environment, but instead through working in a symbiotic relationship to bring benefits to the community as well as the land.

Mission

The mission of this sustainability assessment is to:
1. Assess the quality of life for National City’s residents through research and understanding,
2. Identify a baseline level of sustainability exhibited in National City in order to assess their success and to point out areas that could use improvement, and
3. Bring sustainability into the conversation of National City’s leaders and community members to bring attention to the responsibility each resident holds regarding the health of their environment and City.

These strategies will help National City utilize the community’s resources to promote the wellbeing of the City and inhabitants. Through these sustainable endeavors, National City will be able to promote sustainability while enriching and preserving the culture embodied by the ornate National City.

Purpose

The purpose of this sustainability assessment is to:
1. Provide a list of locally available resources to help public officials and residents become more knowledgeable of and promote the tools that are available,
2. Develop and propose green initiatives and techniques that may help residents and visitors live a more sustainable life,
3. Inform the city staff concerning how to approach sustainability initiatives in the future and pinpoint what steps National City can take in order to achieve a greater level of sustainability.

These topics will help determine the standards of living in National City including the safety of the residents, cleanliness of the neighborhoods, availability of space for children to play, health of residents, economic stability and overall happiness. By analyzing these qualities, National City will gain an understanding of where change needs to take place in private residences, government facilities, government decision making, education, recreational opportunities, public parks, restaurants, community organizations and other aspects relevant to becoming a sustainable city.
Goal
The goal of this sustainability assessment is to:

1. Provide insight and advice to assist the city in becoming more sustainable through a detailed description of where sustainability is embodied, where it is not, and possible ways to improve the city environment as a whole;
2. Maintain a healthy environment, strong culture and high standard of living for National City’s current and future generations; and
3. Reduce the environmental footprint, increase social equity and strengthen economic viability in National City.

Advocating such techniques and ideas to the City of National City leaders can help to create a more dynamic and sustainable city for current and future residents.

In the sections that follow, we organize our sustainability assessment with respect to the following perspectives: environment and nature, material well-being, physical health, time and work-life balance, social vitality and connection, education, and arts and culture.
ENVIRONMENT & NATURE
Environment and Nature

Overview

As life on earth becomes progressively more comfortable and livable for those who can afford it, our natural resources are being depleted at alarming rates. The environment, nature, and the connection of those elements to human life are the reason sustainability is so desperately needed. The triple bottom line of a sustainable society brings awareness to the importance of people, the planet, and the economy. A society can function sustainably only when these three points synchronize. By harnessing what the earth has to offer in a mindful and forward-looking manner, humans can thrive without jeopardizing the needs of future generations.

Environmental concerns are fundamental to a city’s sustainable development and progression. Natural spaces, whether they are reserved, preserved, or restored, provide ecological services such as soil nitrification, pollutant abatement, erosion control, and many other benefits in their natural and sometimes slightly altered states. Additionally, access to such spaces engages the public’s curiosity, provides a place for meeting and recreation, and encourages a sense of environmental stewardship.

Sustainable Actions

The following “sustainable actions” present ways in which National City is currently implementing sustainability in their community. These actions highlight a few of the key aspects of the foundation of sustainability in National City in relation to the environment and nature.

Environment Enhancement and Protection

Urban Runoff Diversion System

The Urban Runoff Diversion System is located adjacent to the north side of the Sweetwater Reservoir. This system captures first flush storm flows and low flow runoff before the water enters the reservoir. This water is treated before it reaches the ocean. Storm water can be harmful to the wildlife in the ocean and filtering it helps conserve water in the unprecedented drought that California is experiencing, so this system is a major feat for National City in an attempt to keep the surrounding environment healthy. The water that has too high of a salinization level is diverted downstream into the river where it is treated. The Authority’s ground-water desalination facility utilizes reverse-osmosis treatment to produce 4 million gallons of drinking water from alluvial and groundwater sources. The Sweetwater Authority attempts to provide the city with fresh water sustainably. Formation water is naturally filtered by the earth, disinfected with sodium hypochlorite and tested to assure it is safe to drink. To counteract any damage that removing and treating this water may have done to the surrounding ecosystem, the Authority works closely with regulators to restore any lost habitats and sustain the area through the Sweetwater Reservoir Wetlands Habitat Recovery Project.

Regional Watershed Strategies

A crucial component for National City is its role in watershed planning in conjunction with San Diego Association of Governments (SANDAG) for storm water management, watershed planning, and water supply demand forecasting. The city is currently teaming with SANDAG to reduce water consumption and better prepare city planners for future water conservation and use. They work closely with SANDAG in properly forecasting the population growth, in turn
to provide adequate water levels to ensure water demands are accounted for without any problems. This is especially key currently because of the intense drought that the San Diego region faces.

**Water Station in Butterfly Park**

The water station offers every person in the park the possibility to support the vegetation in the park with water. This action helps to preserve the flora and fauna in the park even through droughts. Especially in National City, where the natural water cycle is influenced by the human buildings, implementing this water station is essential for the vegetation to thrive.

**Brownfield Redevelopment**

National City is a leading city in Brownfield Redevelopment in California. This redevelopment entails expanding, redeveloping, or reusing real estate that may be complicated by the potential presence of a hazardous material, pollutant, or contaminant. Due to National City’s industrial and shipping-based history, a substantial amount of the acreage west of I-805 contains brownfields. National City’s brownfields program is city-wide effort, but in recent years has targeted three areas: the Downtown (150 acres), the Harbor (317 acres), and the Westside (165 acres). This program’s purpose is to identify potential sites for cleanup, investigate the extent of contamination, and develop a plan for the cleanup of the brownfields to transform the sites into suitable housing, parks, or other usable real estate to benefit the surrounding community.

**Open Space Plan**

A general sustainable action that preserves and helps regenerate the natural environment is the “Open Space Plan.” As part of the plan, National City has identified six streets which could be closed or bypassed for new space to create a mini park, plaza or community garden. Creating a new park or community garden would increase the flora and fauna of National City and also give the opportunity for more connectivity between the neighborhood and the natural environment.

**Natural Community Conservation Planning (NCCP) Program**

The NCCP program is a pilot effort that focuses on the coastal sage scrub habitat of the coastal California gnatcatcher in Southern California. The program is designed to address a habitat type of several species, rather than focusing on one species at a time. The NCCP hopes to avoid future conflicts over development in particular areas by conserving identified lands as protected habitat and instead allowing development to occur in neighboring areas.

**Educational Efforts and Social Activities in Nature**

**Hands on Cooking and Gardening with Kids**

Hands on Cooking and Gardening with kids is a volunteer program available in National City that not only helps out the children in the area, but also helps out the environment. With experimental gardens, volunteers teach children how to grow plants and take care of them. This builds a foundation for children who will learn to care for the environment and take sustainable actions when they become older.

**Olivewood Gardens and Learning Center**

Olivewood Gardens and Learning Center is an interactive indoor-outdoor classroom that offers science based environmental education lessons as well as hands on gardening and cooking lessons. This helps teach the youth of National City and adults scientific literacy and informs
them about being environmentally aware. This program inspires the community to explore connections between plants and the natural world. Growing local food can greatly help to eliminate the carbon footprint of food. Through the Olivewood Gardens and Learning Center, students have the opportunity to take classes to create and sustain a garden. By promoting local production of food, students learn at a young age to rely less on commercial produce and the importance of being self-reliant. Olivewood Gardens offers workshops for school students and educators to both develop and maintain school gardens and to promote better nutrition through growing, caring for, and preparing the various healthful foods that can be grown at school or at home. This opportunity engages the public and encourages sustainable horticulture practices. GENERating Healthy Eaters is a project at Olivewood Gardens to help families encourage their kids to eat fruits and vegetables that they have grown themselves.

Recreational Trails
The use of trails includes rollerblading, walking, bicycling and horse riding. These trails not only provide an enjoyable way for the community to become involved in the environment around them, but they make possible attempts to use alternative forms of transportation that don’t pollute the environment. There are two large trails; the California Coastal Trail and the California Riding and Hiking Trail in and close to National City. The California Riding and Hiking Trail is still under construction and will be finished in the future. Recreational trails are very sustainable alternatives that promote connectivity to nature as well as protect the flora and fauna.

San Miguel Mountain
San Diego, and National City itself is home to many hikes and nature walks. San Miguel Mountain is a strenuous hike, but that allows residents to explore the nature around them. Prior to the hike there are educational signs informing hikers of the area and of species that live in the area. This sustainable action gives people a hands-on way to explore their environment while increasing community relations. The implementation of educational signs allows National City residents to build a relationship with the environment around them and find happiness in being integrated with nature.

Energy Innovation and Pollution Control

Electric Vehicle (EV) Project
This project is a partnership between SANDAG, ECOtality, and Nissan North America, which consists of the largest deployment of Electric Vehicles within the United States. This project is of great importance due to the fact that it will hopefully reduce the consumption and usage of fossil fuels in the San Diego region. The goal of this project is to increase the amount of electric vehicles used to reduce the pollution resulting from the large quantity of fuel usage in automobiles that function as a result of combustion of fossil fuels. National City has also been intentionally removing older and less efficient vehicles in order to push for more fuel efficient vehicles until this change to EVs occurs.

Solar Energy
Solar powered bus shelters have been installed throughout National City. These shelters include solar powered lighting, benches, and trash receptacles. Providing these solar powered bus shelters is a sustainable action for government because they support environmental policies by using solar energy instead of other, less sustainable energy sources. They also have trash receptacles, which prevent littering and keep the area clean. Semper Solar is a company located in National City with a mission of adding more solar panels to buildings in the area. Most of their business comes from people sharing about their experiences. This sharing by word of mouth shows the possibilities of the environmental aspect of sustainability when community connections are present. By using solar panels as a source of renewable energy
extraction, this high-temperature area can take advantage of the resources that surround them without harming the environment. National City encourages all local homebuilders to participate in the New Solar Home Partnership. This partnership aims to install solar photovoltaic (solar panels) on new homes. Solar panels work by extracting energy from sunlight and converting it into usable energy in buildings. Since solar energy is essentially infinite, solar panels reduce energy consumption and conserve natural materials that would otherwise be used for energy, such as gas, water, and electricity.

Public Waste Disposal
A major contributor to creating a sustainable city is a public place to dispose of large amounts of waste. Specifically, heavier more difficult waste such as scrap metal. A-1 Alloys has a recycling center in National City for the purpose of reusing metals that would otherwise be discarded somewhere and forgotten about. By providing the community with a place to dispose of waste and incentivizing the process with cash, A-1 contributes to National City being a sustainable place.

Alternative Transportation Infrastructure

**Walking:** Bulb-outs are being increasingly evident in National City, allowing pedestrians to have a more safe route to cross busy streets by making their trek shorter. The “WalkSanDiego” app allows residents to rate walkability in their neighborhoods. National City takes pride in being one of the most walkable cities in San Diego. Encouraging residents to walk more instead of always driving is just another way that they work to decrease air pollution as well as saving natural resources such as the fuel used in cars. Bulb-out sidewalks make it easier for pedestrians to cross the street by creating a shorter distance to cross. Providing residents with a feeling of safety and a shorter time on automobile roads encourages walking as a form of transportation. These bulb outs require few resources and bring the car use down. Reducing use of cars, as stated above, reduces greenhouse gas emissions and the release of carbon dioxide into the atmosphere. By reducing the environmentally damaging processes, the surrounding ecosystems can function properly. Adding the bulb-outs will effect the air quality positively, reduce climate change from the dangerous emissions and bring the residents of National City better living conditions.

**Biking:** The introduction of new bike lanes, which are currently the most developed in National City than in any other part of San Diego county, are necessary in improving National City’s infrastructure. Bike lanes will give people a more sustainable option of commuting through the city as well as reducing the amount of greenhouse gasses emitted from cars and other forms of transportation. National city has a Bike Master Plan that provides bicyclists in some areas with an entire lane to bike. In this Bike Master Plan “a Community Corridor is a complete street, designed to increase the comfort of walking and bicycling through traffic calming measures. The project will include the installation of curb extensions at the intersections.” The increasing amount of biking infrastructure is a great way to influence people to consider getting exercise instead of using their car. Adding turn boxes at stop lights for bikers and wider lanes are a few of the infrastructure enhancements that will push for even more residents to participate. Using a bike on safe bike lanes is a great source of exercise and reduces greenhouse gas emissions, both key aspects of environmental sustainability. Part of sustainability is the right to good living conditions, which often incorporates ability to exercise and always includes healthy air. Ensuring that air quality is good allows for healthy environments and therefore healthy residents.
Public Transportation: With the issues of noise and pollution in National City, the future implementation of more options of public transportation are a good step for National City. SANDAG plans to increase housing within ½ mile of transit from 45% in 2008 to 64% in 2050. Having more available public transportation reduces the amount of cars being used by residents in San Diego and National City. In Lincoln Acres, this could really benefit the residents because currently the closest bus stop is about a 0.9 miles walk from the center of Lincoln Acres, which makes transportation without a car more difficult. Reducing the amount of cars on the road in Lincoln Acres also reduces air pollution from car emissions including carbon dioxide. The MTS (Metropolitan Transit System), Bus and Trolley systems are also good options in National City to affordably travel around National City with lower repercussions regarding the pollution level of National City. National City offers many MTS bus stations and the Trolley station is located right across the street from the Chamber of Commerce in Downtown. The City of San Diego is not the most highly esteemed location for public transportation. Current developments should make this alternative form of transportation a more viable option for residents in San Diego. By taking the bus, trolley or other forms of public transit, the residents of National City can reduce their individual carbon footprint. During our tour of Kimball Park, National City we observed residents walking around as well as using the bus. Having informational and clear bus stop signage, the residents of National City can participate in public transportation and inform their community of its benefits.

Thinning of the Roads: By making the width of roads smaller, it automatically urges vehicles passing through that area to slow down. By decreasing the speed of cars in the neighborhood, residents will feel safer to travel by walking or biking. This decrease in car speed makes people feel safe using other forms of transportation including walking and biking. By showing people how enriching it is to walk outside or to bike to work, they will be able to enjoy the environment while getting to a destination. This knowledge of alternate forms of transportation is key in reducing greenhouse gas emissions as well as helping National City become a more sustainable community.
GOOD GOVERNMENT
Sustainable Actions
The following sustainable actions are examples of ways in which National City is currently implementing sustainability in their community. These actions highlight the foundation of sustainability in National City in relation to good government.

National City General Plan Policies

HEJ-3
The HEJ-3 Policy works on sustainability by addressing people’s need for physical activity as well as promoting alternate forms of transportation through walking and bicycling. By providing conveniently located daily goods, services, recreational facilities and programs within a close distance, the government of National City is encouraging walking and biking as daily physical activities. The safety and accessibility of these structures have the potential to reduce carbon emissions as well as improve the physical health of residents of National City. This policy aims to “identify and eliminate where feasible barriers to outdoor physical activity, such as damaged, incomplete, blocked or littered sidewalks and bike paths, lack of safe street crossings and direct connections, excessive speeding, insufficient lighting, incidence of perception of crime, and lack of landscaping and shade trees along streets.” This policy will improve the lives of National City residents by raising awareness of the importance of physical exercise to overall health as well as providing the means to gain a better physical fitness while reducing the burning of greenhouse gasses.

Good Government
Overview
Government is the backbone of a city, forming structure and leading the way in innovation. Government action is a vital component to a sustainable city, holding power to implement policies, enforce rules, and form guidelines within the city. Good government can serve as vehicles for informed decision-making and invest in and maintain the checks and balances of a democratic system while also working directly with the corporate and residential sections of the city. For National City, governmental involvement is especially key because of the structural issues that National City faces. Being a community that changes considerably from day to night, there must be regulations in place that protect the health and safety of the people who may be affected by the negative environmental impacts that result from daytime activities. National City’s population growth is overcrowding neighborhoods and increasing the need for clean air and water, education, energy, health and other additional necessities of society. Good government is critical to making concrete changes to these systems that will bring long-lasting impacts to the residents of National City.

In order for a city to function sustainably, the community must have leaders that are actively creating and implementing plans and initiatives for the city, lawmakers that are making sustainability a priority at the judicial level, and the motivation, accountability, tools, and resources needed to push for a more efficient and healthy community. When the local government works as a team with its residents, it is possible to address a multitude of issues including environmental justice, environmental policy, building codes and ordinances, corporate sustainability, and overall local sustainability.
HEJ-6
This policy encompasses the need for convenient and accessible health services. By encouraging local transit and implementation of walking paths to provide easy paths to arrive at healthcare locations, more community members will be inclined to address their health needs by visiting doctors. This policy also encourages businesses to provide and maintain a free shuttle service to health care facilities for residents, where it is feasible. This will provide residents of National City with safe access to a variety of health care services that will provide them with the opportunity to learn proper health care practices, prevent illness, and lessen the severity of illness.

Policy 7
This policy works to inform the community of the dangers associated with lead based paint, mold, and other contaminants while promoting remediation. By developing a process by which to identify residences with these dangers, the City will be able to notify residents of their potential hazards, especially in residences supporting low-income families or where children are present. This is key because “approximately 13,348 housing units were constructed prior to 1980 in National City and almost 600 of these units are at high risk for containing lead based paint hazards” (2011 National City General Plan). Eliminating these health dangers can help to improve the sustainability of National City through increasing the physical wellness of its community members.

Pedestrian Safety
Because Palmer Way Elementary School has had about 150 collisions, 6.0% involving pedestrians, and 4.0% involving bicycles, the City of National City is applying pedestrian safety enhancements with the Safe Routes to Schools project. City Council is adding security between Palmer Way Elementary School and the park area in order to keep children safe as part of the General Plan Elements – Health and Environmental Justice that was adopted in June 2011.

Safe Routes to School Program
Using roughly $3.7 million in grants for the Safe Routes to School Program, National City has implemented school safety zone enhancements such as solar powered crosswalk lights, vehicle speed feedback signs, and pole-mounted flashing beacons. They have also added pedestrian countdown modules for intersections, pedestrian ramps and sidewalk gap closures among many other features. Future school safety zone enhancements include school zone signing and striping, more pedestrian ramps, improved street lighting along “walk-to-school” routes and pedestrian refuge islands. The City of National City continues to educate its residents about safety through school workshops, educational pamphlets, safety training and education for students, as well as through presentations at School Site Council Meetings. By focusing on school routes, National City promotes a safe and healthy environment for children to learn. The Safe Route to School Program Task Force was established last year to help kids who live near particularly heavy traffic areas around National City. This task force was aided by the National City Police department who set up flashing crosswalks, radar speed feedback signs, and many other safety tools to help children living in more dangerous areas walk to school safely.

Affordable Housing and Road Improvements
National City is ranked number 1 out of the 18 cities in San Diego County for having the most affordable housing. In 2010, National City jumped from 40 units per 1,000 households under the median income to 250 units. National City is helping residents by working with regional and state officials in the continuation of sustaining National City’s affordable housing market.
The City’s initiatives have brought in an additional $15 million in order to improve National City’s roads by adding new asphalt, reconstructing sidewalks and fixing potholes. In 2012, Walk San Diego recognized National City as the Most Walkable City in all of San Diego County.

**Programs Implemented in National City**

**Capital Improvement Program**
National City’s government has already introduced the Capital Improvement Program (CIP) to aid in planning and following through with public improvements. This a program for the government to use for projects that advance the physical condition of the city. This program offers a progressive approach to public improvements through the involvement of not only the government, but the public, contributing to the social vitality and connection aspect of sustainability. The CIP is used to identify and coordinate financing planning for public improvements projects. It addresses major public facility improvements to repair, replace, or construct new portions of the City’s physical infrastructure system. Some of the meetings that were held included advisors from the US Navy, the County of San Diego, the Environmental Health Coalition, the National City Historical Society, and the National School District, among others. These meetings show that the city is open to receiving input and wants to enact plans that will benefit the entire community.

**Surveys at Kimball School**
In 2010, the city chose to involve students and teachers of local elementary schools in a city assessment survey. One of the schools that participated in the informational assembly and survey was the Old Town District’s Kimball School. As an introduction to the topic, students were given instructions on what reducing, reusing, and recycling meant and how they could participate. Next, they were taught about the importance of physical health and safety in the community. After establishing an understanding of these categories, students were introduced to the city’s “General Plan” and were asked to provide input. Some of the remarks made by students included requests for the city to help stop drugs, gangs, and littering, and to help save water, clean up Paradise Creek, and plant more trees. By encouraging participation and action in community-related topics at such an early age, city governments are helping create future active leaders in the community.

**Relocation of Polluting Industries**
In National City, the land is used for both industrial businesses and family homes. The Westside Specific Plan ordinance changes the zoning and relocates polluting industries in order to improve the health of its residents by reducing air pollution, and therefore reducing illnesses such as asthma. In fact, the Environmental Health Coalition states that National City’s, “asthma hospitalization rates in 2010 for children ages 0-17 were 122/100,000 compared to a countywide rate of 87.” In November of 2013, Steve’s West Coast Automotive and Jose’s Auto Electric were given a little over a year to relocate. Their relocation will improve the overall air quality of National City as well as the health of its residents.

**Traffic Safety Committee**
The Traffic Safety Committee was created to review vehicular and pedestrian safety measures and recommend actions that ensure traffic safety within the community. This committee conducts investigations and reports safety issues to appropriate agencies to resolve safety concerns. These concerns include establishing or removing parking and safety zones, speeding enforcement, sight distance issues, and traffic safety around area schools. Implementing committees such as this in National City help with voicing the public’s needs and making changes through ideas that come directly from the community members. Innovations that develop as a result of ideas from the community will indefinitely enhance the use of alternative modes of transportation.
**Partnership for Sustainable Communities Program**
National City’s local government is working together with the U.S. Environmental Protection Agency (EPA), the Department of Housing and Urban Development (HUD), and the Department of Transportation (DOT) in order to “redevelop the 14-acre site in a sustainable manner by incorporating green remediation components into a site design that promotes energy efficiency, stormwater, and flood control management, walking and park trails, and reduced dependence on fossil fuels” (EPA). Because of this partnership, the Westside Affordable Housing Transit-Oriented Development (TOD) will create 201 affordable homes and a new community park. This plan earned a Silver Catalyst Award for California’s Sustainable Strategies Pilot Program and was selected as one of five federal Sustainable Communities Partnership Pilots in the country.

**Transportation Impact Fee Program**
National City is implementing a Transportation Impact Fee Program to improve congestion along the streets of National City. The program aims to improve Regional Arterial System (RAS) roadways, which connect neighborhoods and communities to major destinations, such as airports, high employment areas, hospitals, and schools. Euclid Ave, which runs directly through Lincoln Acres and connects to Plaza Bonita, is one of the main RAS roadways currently in National City. Improving this roadway will decongest areas, which can reduce commuter time, create safer travel opportunities, and help reduce carbon emissions. National City’s Transportation Impact Fee Program enforces environmental policies and regulations while also improving quality of life in National City.
Material Well-Being

Overview

Material well-being is a term used to refer to a person’s financial, economic, and consumer well-being. Managing National City by fulfilling the financial needs of the community is a key element of creating a long-lasting and sustainable community. Factors that impact material well-being include the self-sufficiency of a city, the number of residents living in poverty, involvement of non-profit organizations, access to health care, local businesses, income, consumption patterns, housing, assets, hospitals, and police stations. The community must be able to supply their needs without leaving the city. This means that places such as grocery stores, clothing retailers, gyms, libraries, hair salons, home stores, etc., should be readily available within the community.

In order to obtain this well-being in a community, City officials must evaluate the amount of resources at their disposal, assess areas that can be improved upon, and determine possible solutions. Material well-being expresses the satisfaction of a person’s standard of living and demonstrates the fulfillment resulting from structures of material well-being mentioned above and can be measured through income, consumptions, and assets. To encompass material well-being, the community must have a proper level of wealth and access to enough resources to cultivate a high quality of life while allocating an appropriate amount of resources for future generations.

Sustainable Actions

The following sustainable actions present ways in which National City is currently implementing sustainability in their community. These actions highlight the foundation of sustainability in National City in relation to material well-being.

Sustainable Programs and Projects

SANDAPP

Poverty is growing in many San Diego County communities, but National City holds the highest poverty rate at 48%, according to a KPBS program airing in January of 2014. Teen pregnancy is a factor in teens dropping out of school to take care of their children, ultimately left with minimal academic credentials and unable to find a job to maintain a stable living. Education programs like the San Diego Adolescent Pregnancy and Parenting Program (SANDAPP) with the Youth 2 Youth Center in National City will help educate and prevent teen pregnancy, promoting youth development, along with other services, to ultimately improve academic and career aspirations and achievements.

Family Resource Centers/ WOW

The City of National City provides four Family Resource Centers, as known as the FRC’s, which offer free health and social services to needy families. The FRC’s allows the residents to engage in workshops that include, but are not limited to educational opportunities, career development, health, housing and other family issues. This encourages residents to take part in their community. The WOW Mobile Literacy Program visits establishments such as preschools, Head Start programs, and FRCs to provide family activities and resources for parents and children to encourage interaction throughout the community.
HACNC
The Section 8 Administrative Plan, proposed by the Housing Authority of the City of National (HACNC), promotes satisfactory and affordable housing and gives residents a suitable living environment in National City. This expands the availability of affordable housing for low-income families.

“Wear a Pair, Bring a NEW Pair”
The Las Palmas Elementary School participated on a very sustainable material well-being action. The “Wear a Pair, Bring a NEW Pair” Pajama Day for Needy children was initiated by the Capistrano Unified School District and Las Palmas Elementary School participated on December the 5th 2014, which was the 4th time this event has taken place. Last year, 46 school districts donated over 11,200 pajamas.

The Westside Specific Plan
The Westside area, also known as Old Town, is the area of National City where small single family homes were constructed during the early development of the city. Many of these early homes, which were constructed around the turn of the century still remain a part of the City. After World War II, to encourage economic development, industrial uses were permitted in the area. In the interest to resolve conflicting land uses, the community encouraged the City in 2005 to develop the Westside Specific Plan. The Plan was developed to comprehensively address environmental and land use issues and to reflect the residents’ aspirations for their community. It also contains the impact of incompatible land uses noted at numerous City Council meetings and community workshops.

Infill Development
By promoting infill development, which is essentially the “smart” use of unused or underdeveloped areas, National City finds the best use for the limited land through creating more central and consolidated neighborhoods with material necessities available within walking distance. This reduces costly commutes for National City residents and encourages local shopping. A good example of an area adopting infill development is Plaza Blvd and Highland Ave.

Paradise Village Retirement Community
The Paradise Village Retirement Community is for residents 55 and older on a property adjacent to Paradise Valley Hospital. The development will include a total of 497 residential units, including one building for assisted living residents and six buildings for independent living residents. The project also includes a Village Square building that provides amenities for the community residents, such as an Olympic-length pool, a fitness center, a credit union, an auditorium, a beauty salon, offices, and other facilities. Not only does this new development create homes for the community, but it is also promotes material well-being for the residents without transportation by placing facilities within the community.

Smart Growth Revitalization Project
The Smart Growth Revitalization Project aims to remodel a number of decrepit buildings along 8th Street within the city. This remodeling will help not only benefit the residents living within National City but also any visitors driving along the popular street. 8th Street Safety Enhancements is a project funded by CIP that will establish a number of new street signals, road signs, crosswalks, and even sidewalks all along the worn-down road. This will decrease the number of accidents and even help the area look more visually appealing.

Gateway Apartments/ Los Vientos Apartments
This apartment complex with 42 units was finished in June 2008 by the Area Government of Las Palmas in cooperation with MCA Housing Partners. These apartments are affordable for persons with lower incomes; they were originally created for households who earn 30-50% of the area median income. As a good example for fair affordable housing and a very good use of
the land, the apartments won many awards: Affordable Housing for Rent Merit Award Winner; Multifamily Executive Magazine; Project of the Year: Best Reuse of Land Grand Award Winner; Gold Nugget Builder Award Outstanding Mid Rise Apartment for Rent Merit Award. As good affordable housing spots, the apartments help to preserve neighborhood diversification and the fair housing and multi income demography. Like the Gateway Apartments, Los Vientos Apartments were built in the Las Palmas district in collaboration with the AMCAL housing firm. The 80-plus unit complex is also an example for fair price housing. The goal is that households with 30-60% of the median income of the area moving in. An especially sustainable aspect of the apartment complex is the energy efficiency. The apartments minimal water and energy use allow for saving money and are an environmentally sustainable action for using less natural resources and producing less waste. The apartments are so sustainable that they were recognized as the “Merit Award Winner SDG&E Energy Efficiency & Sustainability.”

Housing Authority of the City of National City
This program is for low income households and seniors that work or live in National City. This funding is provided by the U.S. Department of Housing and Urban Development (HUD) and guarantees the participants fair and safe housing. Once reaching the top of the waiting list, a family moves in together with an assistant of the program who checks the housing units for living standards. The families only have to pay about 30% of their income and Section 8 pays the missing amount of the rent to the landlord.

I-805 South Project
The I-805 South Project features a number of improvements that will relieve traffic congestion and offer new transportation choices along an 11-mile freeway segment stretching from East Palomar Street to the I-805/SR 15 interchange. This will promote transportation into and out of the city, especially since the majority of the business hour population is made up of commuters. This project will also help in reducing carbon emissions from the lessened amount of gas used during peak traffic hours.

Additional Quality-of-Life-Enhancing Resources

Senior Involvement and Aid
The elderly of any community are often the first to be forgotten or ignored. The Community Services Department administers programs designed to make it easier for seniors to get the help they need to support their well-being and maintain themselves in the community for as long as possible with independence, dignity and choice. The programs encourage the development of friendships among its members and to enrich the cultural and social opportunities for all senior citizens in the community of National City. The Home Delivered Meals Program brings delicious meals to the homes of senior adults who are unable to come to one of our centers for lunch. In addition to providing a nutritionally balanced meal, it also helps to keep this often-isolated group of senior adults socially engaged. The meal recipients have contact everyday with a delivery person who not only greets them, but is also there to check on their well-being.

Senior Transportation Program
The Senior Transportation Program is for National City senior residents to travel to and from the Kimball Senior Center, Casa de Salud, and the Nutrition Center for exercise classes, lunch, and senior club events. Seniors using this mode of transportation must live in the National City boundaries. Transportation plays a role in material well-being by facilitating day to day activities. The Senior Transportation Program provides rides to older residents in need, for convenience and ease in their daily outings. The program also helps to incorporate this otherwise neglected population of residents.
National City PRAB
National City has a Parks, Recreation, and Senior Citizens Advisory Board, referred to as PRAB. This board is composed of National City residents and is open to the public. This group not only helps to establish more specific and streamlined goals for parks and expedite growth and sustainability, but it increases community involvement and awareness.

Senior Fitness and Nutrition Support
The George H. Waters Nutrition Center is available to all National City senior citizens above the age of 60. At the Center, seniors can eat daily nutritious meals at a very low cost. Furthermore, if seniors are not able to travel, they have the option to have a nutritious meal delivered to their home. Seniors also have access to a “Feeling Fit Club” which helps them develop and maintain better muscle strength, fosters overall physical health in a community setting, and ensures that seniors have the equipment and facility to get active. Both the nutrition center and the fitness club have been instrumental in helping promote the longevity and health of the community’s elderly. Westfield Plaza Bonita Mall offers a free Mall Walk throughout the mall grounds on Tuesdays, Thursdays and Saturdays to help people keep up their physical health. It is a great option for people as it’s free and a good form of exercise, especially for the elderly. This is another great option because it allows for community building among the elderly of National City while promoting exercise and physical health.

Community Food Bank
Having enough food to feed yourself and your family is a key indicator of material well-being. The Community Food Bank of National City is doing its part to make sure that the residents of National City stay fed. The Community Food Bank of National City has two food distribution programs, one for seniors over the age of 60 and one for families.

National City Homeless Shelter
Having a home is a basic material need for survival, yet homelessness is an ever-growing problem. Because of this fact, many homeless shelters, such as the National City Homeless Shelters and Services For The Needy, were created. This shelter, located in National City, works to help provide transitional resources for the homeless. This homeless clinic and treatment center provides alcohol and drug treatment resources, which are sometimes available at the shelter itself.

Palmer Memorial Church Donation Program
Palmer Memorial Church has weekly church serves for the residents in Palmer. They also contribute to material well-being and recycling. They accept donations of clothing and food for the homeless in the area. With the donated food they are able to feed many people weekly. Clothing is also given out to the poor and homeless in the area, and this is a great way for residents to donate items that they no longer use. Like the thrift store, the church provides people with a place to work, but on a volunteer basis.

The Aquatic Center Project
This 5,500 square foot aquatic center located in National City’s Pepper Park, under the jurisdiction of the San Diego Unified Port Authority, will be a great amenity for National City residents. When complete, the structure will include classrooms, offices, locker rooms, shower and restroom facilities, and equipment storage areas to be managed by the South Bay Family YMCA. The center will include such activities as kayaking, rowing, and environmental education courses and it will also be available for public events. Enhancing the community in this way will improve the sustainability of National City by improving their material well-being as well as promoting the sharing of resources through a community center.
Public Attractions and Sustainable City Transportation

Parks
Persevering San Diego County’s natural beauty is of utmost importance. Both Pepper Park and Paradise Creek promote the communities involvement with nature by providing aesthetically pleasing areas to enjoy as well as open space for children to play in and get exercise. Paradise Creek was originally a dumping ground for waste. In 2005 National City received a $75,000 City Makeover grant clean up the area and plant vegetation. Paradise Creek has undergone extensive habitat restoration led by the community. This includes cleanup days, native species planting, and the creation of an educational park. To protect the ecosystem of Paradise Creek, fences and water fowl barriers are temporarily installed against predation and herbivory. A youth group was formed in order to provide an educational and productive service to children. National City has 82.7 acres of parkland, which exceeds most of the average cities in California. In National City visitors and residents can also walk/exercise along the trails of Butterfly Park, an environmentally friendly way to enjoy nature as well as preserve the natural ecosystems among the residential areas. Lincoln Acres Public Park is a recreational day park. There are many trashcans around the park to keep it clean and free of litter. The day park may be used for events such as birthday parties or field trips. The city parks in all of National City, including pocket parks located in Palmer Way, include amenities made with recycled materials. The materials are used to make the furniture and other features at the parks. Being able to experience and enjoy nature is a basic material need, and Lincoln Acres Park allows this need to be met. This day use park has amenities to ensure that its visitors enjoy their time outside; it includes a children’s playground, basketball courts, a library, a community room, picnic tables, and public restrooms. Having access the ocean is a material luxury that most are denied. Being one of the only locations where the public has waterfront access in National City, Pepper Park has the ability to bring people together. The Pier 32 Marina, near Pepper Park, brings together boaters from all over San Diego County. Like the Lincoln Acres Park, Pepper Park has a children’s playground, basketball courts, picnic tables, and a community room but Pepper Park also has bicycle parking and a boat launching area.

Kimball Park Project
The Kimball Park Project is intended to upgrade and expand the facilities at Kimball Park to enhance the quality of life for area residents by providing more opportunities for recreation. The list of proposed improvements include renovations to the ARTS Center, maintenance facilities, an amphitheater, a soccer court, a skate park, ball fields, playgrounds, picnic areas, and restrooms, as well as improved lighting, walking paths, parking, and traffic circulation. This will improve overall sustainability by uniting the community.

Free Outdoor Community Events
Talent Shows that currently take place in parks throughout National City provide a place for families to come together outside of their homes, shut off their TVs and other technologies and have a fun time with their neighbors. These events allow community members to have fun sharing their talents while engaging with other residents of National City and creating a society of personal connection.

Graffiti Removal Services
National City has a graffiti abatement team that works seven days a week to cover the removal of graffiti in the entire city. They are tasked to respond graffiti removal within 48 hours of a request in order to provide dedicated service to the community. The team’s regularly targeted areas include Kimball Park, El Toyon Park, Las Palmas Park, Paradise Creek Park, and the Sweetwater Heights Park. This program targets social issues that can result from graffiti as well as promoting a sense of a dignified community by eliminating aesthetically displeasing aspects of the city.
**“A” Avenue Green Street Project**
The “Green Street” project was created to improve water quality of urban runoff entering the storm drain systems that discharge downstream into Paradise Creek at Kimball Park. This project was also designed to create a safe, environmentally friendly walking path along “A” Avenue to connect Historic Brick Row, Morgan Square, National City Public Library, and Kimball Park, as well as to provide educational opportunities for the surrounding community. Greening A Avenue will improve transportation alternatives for the public as well as promote sustainability through environmental protection as a result of the improved storm drain systems.

**47th Street Trolley Station Area Health Benefits and Impacts Assessment Project**
This 47th Street Trolley Station Impact Assessment is a federally-funded project designed to bring together evidence-based strategies and programs to address obesity rates, physical inactivity, and poor nutrition in County. This process is designed to help decision-makers understand how proposed community projects, plans, and policies can impact physical and mental health, as well as social well-being. Providing this assessment can provide information regarding the consequences of implementing the Trolley Station and granting access to the community of alternate forms of transportation.
Physical Health

Overview

Physical health, an essential quality of a sustainable city, can improve not only quality and length of life, but can also relieve stress, improve confidence, and can generally promote mental health. Initiatives with a goal of engaging the public in city-wide health activities can benefit both the individual and the community in that physically and mentally fit residents will likely lead longer, happier, more satisfying lives, and will see reduced hospitalization and long-term care costs. This can potentially encourage more healthy lifestyles and practices that can be carried on by future generations. Physical health includes having the overall well-being to perform physical activities while maintaining a good intellectual, emotional, spiritual, and environmental health.

While a person’s biological makeup, diet, and amount of physical activity does affect their health, they are not the only influences. External factors have an effect on how physically healthy a person is. This explains why communities need to make a focused effort to combat issues concerning disease, self-sufficiency, nutrition, and happiness in their city. It is also important that communities prepare for epidemics and have the available resources to support their residents. High-stress environments at work and school are sometimes the cause for unnecessary health problems. Residents must have the resources and funds needed to properly feed themselves. Without proper nutrition and good eating habits, people cannot function at their optimum level. A healthy environment is vital to maintaining physical health of the public. Without space to exercise, clean air to breathe, proper health care, healthy food, proper sanitation standards, and clean water, a community will not be able to promote healthy lifestyles for the public. In addition to its toll on human suffering, illness carries a significant financial burden in the form of healthcare costs and lost productivity. The physical health of a community is interwoven with the community’s general well-being and sustainability because an unhealthy community is an unhappy community, and an unhappy community can not positively contribute to other sustainable actions a community is taking.

Sustainable Actions

The following sustainable actions present ways in which National City is currently implementing sustainability in their community. These actions highlight the foundation of sustainability in National City in relation to physical health.

Physical Fitness/ Health Foods

Kids in the Kitchen

Olivewood Gardens and Learning Center in National City puts on an annual children’s health fair called “Kids in the Kitchen” in order to educate children about healthy cooking and eating as well as how to properly raise and care for a plant. Every child gets to plant their own seedlings to take home. This event teaches children the importance of consuming healthy and sustainable foods. It also encourages having fun in the kitchen and creating a love for healthy and interesting foods.

Reduction of Fast Food

National City is trying to reduce the number of new fast food restaurants in the city because they exploit those in poverty. Fast food restaurants such as McDonald’s create job opportu-
nities, but contribute to the high obesity risk in National City. People with diabetes, which is common in National City due to the lack of nutritional diets, do not produce enough insulin to break down glucose, causing obesity and sometimes death with complications brought by obesities. Other health issues that are increased with fast food consumption include heart disease and mental disorders, which directly impact physical well-being. Promoting healthier food sales and teaching people why they should choose to eat those nutrients will help to decrease the detrimental effects that fast food can have on National City’s overall physical health.

**Boys and Girls Club**

National City’s Payne Family Branch Boys and Girls Club offers a “School Year Free Food Program” that is within walking distance of the Old Town District. Young people that are members of the club can participate in the program and receive nutritious lunches and snacks. This program is very beneficial because it teaches children good eating habits, guarantees that club members receive a healthy meal each day, and promotes young people’s overall health. Organizations like this club help the community because they help children from low-income families to live healthy sustainable lifestyles.

**Free Capoeira Classes**

The El Toyon Recreation Center provides residents of National City with free capoeira classes. Capoeira is a Brazilian form of martial arts that combines elements of dance with acrobatics and music. This acrobatic-style workout provides an alternative form of exercise that can attract people of all ages. Programs that incorporate dance or typically fun activities usually receive greater support than the typical workout of running or lifting weights because it allows participants to bond with each other and build a community of fitness. Zumba and dance classes are also available at Martin Luther King, Jr., Community Center.

**Tiny Tots Program**

The Tiny Tots Program, located at El Toyon Recreation Center, provides opportunities for physical activity for preschool children. This program presents activities to the youth of National City that not only foster growth but physical development. These programs encourage their curiosity, expand their interests, and help children recognize how great their potential is. This program is essential to National City’s sustainable development because it instills good values of exercise and determination in the City’s youth from a young age and through their developmental years.

**WalkSanDiego App**

National City encourages their residents to download the app WalkSanDiego to keep track of how many people walk throughout the city so that the City of San Diego would see their dedication and improve their sidewalks and paths. This app also allows residents to rate walkability at areas within the region or city and helps to determine where fieldwork is required. This access to walking areas is key because studies have shown that on average, every minute of walking can extend your life by 1.5 to 2 minutes. This program allows the actions of the community to determine what types of access to alternate forms of transportation National City makes available for them. Walking is a great yet simple form of exercise that most people can participate in for free.

**Wounded Warrior Bike Ride**

The Wounded Warrior Program is dedicated to restoring the physical and emotional well-being of our injured veterans. National City hosts a Wounded Warrior Bike Ride through Bayshore Bikeway not only to benefit the Wounded Warrior Program, but to improve the physical health of its participants.
Childhood Obesity Initiative
To combat childhood obesity, National City received a $1 million grant to improve the walkability and pedestrian safety around Kimball Elementary School. This initiative was designed to allow more students to walk to school, promoting sustainable forms of transportation. Through the implementation of this initiative, community leaders hoped it will eventually contribute to a decrease in childhood obesity, diabetes, and other chronic illnesses in the city’s children. This helps children develop good exercise and health habits from a young age.

Bayshore Bikeway Project
Construction of the section of the Bayshore Bikeway project between Bay Marina Drive and Tidelands Avenue in National City is currently underway. When completed, the addition of the bikeway will promote bike-related exercise throughout the community and potentially help tourism by bringing visitors to the city from other areas.

Bike to Work Day
National City holds “Bike to Work Day” each May in order to improve the physical fitness of residence as well as to reduce emissions from automobiles for the day. It was found that both regular exercise and cycling for transportation were independently associated with a reduction of mortality compared with inactivity. Bike to Work Day encourages people to participate in a county-wide social event that promotes environmental sustainability as well as physical health.

Access to Healthcare and Healthy Building
National City Family Clinic
The San Ysidro Health Center has many sub-locations throughout South San Diego City, including a division in National City. The clinic is a non-profit organization dedicated to providing healthcare for low-income communities. Some of the services they provide include dental care, primary care, urgent care, family counseling, and support services. While the clinic is not free, the center has many affordable options and will work with residents to help them obtain the care they need. This facility allows the city to follow a more sustainable path because it ensures that residents can take care of their physical and mental health needs. Better health and medical care means that National City’s residents have less things to worry about and more time and desire to get involved in their community.

Operation Samahan
Having access to medicine is a material need that many are denied, but in National City the Operation Samahan is working to provide both medicine and medical care to those in need. Operation Samahan is a federally-funded health program that serves low-income, uninsured and underserved individuals and families, by providing high quality, affordable and culturally accessible primary health care, dental care, behavioral health counseling, holistic health promotion and education, and multi-faceted social services. This group promotes a holistic view to medicine, which means rather than only providing modern diagnostics and treatment, Operation Samahan offers acupuncture, massage, yoga, and consultations with naturopathic doctors of natural medicine, as alternatives to traditional medicine. Of the six locations in San Diego County, three are located in National City. These three centers combine modern medicine with a holistic approach to treat patients in the most effective way possible. All three locations focus on serving members of the community that do not have access to medical care. By providing extremely affordable, if not free, health care, this program is able to help improve the overall physical well-being of residents and it ensures that no one is deprived of medical treatment because of income.
Trauma Intervention Program
This National City Trauma Intervention Program (TIP) consists of volunteers in the community that help residents immediately following unexpected emergencies or tragedies. Most people are not physically or mentally prepared when an emergency occurs. TIP volunteers, however, are available to help aid those victims until other family members or support systems can step in, so that the victim does not have to be alone. TIP members are called in to help victims of rape, burglary, fire disasters, car accidents, and people who are distraught over family deaths, who are suicidal or lonely. The TIP Program is a remarkable example of the kind of compassion and generosity that is evident in the National City community.

Prescription Drug Take Back Day
The National City Police Department holds an annual Prescription Drug Take Back Day in order to ensure the safe disposal of drugs in order to keep them out of the hands of children and those without a prescription. This regulation of prescription drugs is key in maintaining health of the community. Drugs can be very dangerous when they fall in the wrong hands; this program provides safety to the community through supervision of drug disposal.

Housing Rehabilitation Program
Grants and community participation have addressed lead-based paint concerns on many homes in the city that were built prior to 1980 with toxic paint. The Housing Rehabilitation Program is anticipated to continue to mitigate this concern into the future. This program through the San Diego Housing Commission offers financial assistance with ensuring that members of National City are living in healthy homes.

Free Spay/Neuter Event
The term “Physical Health” is not simply applicable to humans. When considering sustainability one must also consider the health and well-being of the animals within the city. That is why National City helps to put on a “Free Dog and Cat Spay/Neuter Event.” Not only does spaying or neutering an animal help to decrease the number of homeless animals within the city, but studies have shown that spayed or neutered animals live 18-23% longer.
TIME & WORK MANAGEMENT
Time and Work-Life Balance

Overview
Quite often, we, as humans, find ourselves completely engulfed by our daily activities, whether they be work, academics, or even personal endeavors. In fact, we sometimes don’t have time to do the things that we really enjoy. Time and Work-Life Balance is managing time so that there is a balance between what is considered “work,” such as a job or business, and “lifestyle,” such as family, hobbies, and social activities. Maintaining that balance is a key to most people’s happiness because work satisfies financial needs and allows people to enjoy leisure activities. Happiness is negatively impacted by imbalance, whether that is when people work too much because they are not financially secure, or don’t work enough and focus only on having fun.

Work-life balance entails having enough time to become successful in a career, while enjoying social activities as well. Lack of balance causes increased stress and thus a weakened immune system, discontentedness, and an unsustainable lifestyle. In order to feel balanced and happy at work, people must feel like they have a safe and friendly work environment, good compensation, a good relationship with their boss, and adequate challenges to exercise personal skills. For time and work-life balance outside of work, cities can utilize tools like the “life balance wheel,” to help people see what areas of their lives are being most neglected due to ineffective time management. Areas of the life balance wheel include a person’s physical environment, career, family and friend relationships, finances, romantic relationships, health, participation in social engagements, and spiritual development. Helping people see their level of satisfaction in each of these categories can help them understand what changes need to be made so that they can be more content and ultimately lead more sustainable and efficient lives.

Another aspect of sustainability is maintaining an enjoyable life that allows people to give to others, spend time in nature, and enjoy the company of friends and family while simultaneously improving their economic standing. In order to achieve this, people must learn to balance their work life with their social life. Initiatives that influence employees, improvements in public transportation, access to the outdoors, and increased opportunities within the community will help people to better handle their time.

Sustainable Actions
The following sustainable actions present ways in which National City is currently implementing sustainability in their community. These actions highlight the foundation of sustainability in National City in relation to work-life balance.

Family Oriented Initiatives

YMCA Military Family Support
The YMCA offers an EFMP (Exceptional Family Member Program) Respite Care for active duty Navy personnel. Through this program, families can receive up to forty hours of childcare per month. This support initiative is special because it aids families with children that have special needs. Through this daycare, Navy families can drop their children off so that they have time to accomplish other errands and tasks. This program allows the community to not only help out our military, but it also helps their families achieve better time and work-life balance.
Volunteer Match Program
This program offers opportunities for residents in National City seeking to volunteer in the local community by way of a volunteer match website. This resource connects members with causes that need their particular skills including arts and culture, children and youth, community, education and literacy, environment, and international options. Through this program, members also have access to 90,000+ nonprofit organizations around the world that need help.

National City Depot
The San Diego Electric Railroad Association runs this museum, which once was the Santa Fe station. This museum provides a great way to spend an afternoon with the family and learn about the history of the railroad in the San Diego County. Spending time with family and friends is another way to achieve time and work-life balance.

Free Outdoor Fun in National City
Mundo Gardens has a stage for yoga, dancing, art workshops, and musicians. This community garden allows residents to get involved in leisure activities that provide them with healthy actions that maintain a balance between work and their personal life. Public parks provide a wide space for recreation for children and parents alike. Parks are open to the community and offer space for activities such as soccer, basketball, and a playground to enjoy. The El Toyon Dog Park is located directly across the street from El Toyon Park. This open space provides a venue for dog owners to bring their pets to a friendly environment. Here, pets have a designated area where their owners can let them roam without leashes and surrounded by other dogs. Pet owners are able to take time out of their schedule and peacefully enjoy the presence of the many dogs. The beach is a very relaxing and free destination as well as something unique, which the City of San Diego is known for.

The Casa de Salud/Manuel Portillo Youth Center Teen Program
This program is a free service provided by National City for the youth in the community. Its service is open almost all week and it gives teens a space to participate in activities, games, and many other fun recreational activities. This program gives teens an outlet to have fun and interact with other people their age without having the stresses of school on their mind. Centers that promote community relations are vital to improving the sustainability of National City and the happiness of the public.

Spirituality
Having a spiritual community is extremely important to many people. For some it is where they find peace of mind. National City itself has many different places of worship for Christians, Catholics, Jehovah’s Witnesses and Buddhists. The Sweetwater Zen Center is a Buddhist center that offers a range of activities used to relieve stress and or just to have fun. These not only include meditation but also painting murals, volunteering at a prison, and youth outreach programs. The Cornerstone Church of San Diego allows residents of National City to set aside special time on either Saturday or Sunday to gather with other members of the community to hold services. Having access to churches in National City allows the public to gather in a local place, reducing transportation emissions and improving community relationships.

National City Website Calendar and eNews
On the City of National City website residents can check the calendar and easily plan what events they want to go to without wasting any time. National City’s eNews allows residents stay up to date on events and projects if they cannot attend a council meeting. These informational channels connect the public with local events and ways to get involved with their community. Community connection is key in finding balance in life.
Stein Family Farm Museum
This museum is a farm from the early 1900s that helps to teach adults and children about the history of the area as well as how to grow vegetables to promote healthy eating. The farm sits on 10 acres of land and is home to many different kinds of produce as well as livestock. The farm also hosts various events during the year, which help with community bonding and the promotion of a safer neighborhood.

Business/Work Improvements and Library Programs

SCORE Business Counseling
National City’s Chamber of Commerce offers business counseling every Wednesday. The purpose of the counseling program is to aid new businesses by providing advice and information on how to succeed. Some of the ways this is achieved is by introducing new businesses to various new connections and by providing useful business development workshops. By hosting this program, the chamber is able to provide residents with weekly access to career-related help.

Small Business Law Center
According to the National City Chamber of Commerce, the Thomas Jefferson School of Law provides free legal services to small businesses and non-profits in certain areas of San Diego County. This resource is beneficial to residents because many times new business owners lack the resources and funding needed to seek assistance from legal advisors. Ultimately, better control of work-related problems (especially those related to money and legal issues) can lead to better time and work-life management.

National City Webpage Job Opportunities
National City’s website has a link that allows those looking for work to receive emails about places that are hiring. This saves those who are looking for jobs time, and gives them better opportunities when it comes to finding jobs. This allows people to remain up to date with job offers conveniently.

National City Job Fair
National City holds job fairs for job seekers in the community that provides people with free resume review, career services, and entrepreneurial resources. This provides people with the ability to find jobs that they need to support their families and themselves, further balancing their work and lifestyle choices.

Library Programs
The National City Library offers a wide variety of programs for people of all ages. For adults in particular, they offer literacy services, computer classes, weekend movies, adult oriented arts and crafts, programs about holistic lifestyles, Spanish programs, among other programs. These programs can help with time and work-life balance, because they allow adults the opportunity to get together with peers that share similar goals and motivations. On any given day, residents can come to enjoy leisure activities or come to improve job satisfaction by taking classes to learn new career and life improvement skills. Every Sunday the National City Public Library offers free family movies. It is great because it allows the family as a whole to relax and dedicate time away from work and school to be with each other. The National City Library offers book rentals, movie rentals, and computer access for those who wish to work alone. But if someone is looking for a social community, the library also offers book clubs and events where visitors can come together and discuss their readings, literacy classes for adults and families, reading programs for children and teens, and homework help for those in need. The library provides easy access to many books and materials and serves the informational, educational and recreational needs of all the residents of the community. It also
supports lifelong learning, personal enrichment and empowerment by providing access to a variety of materials and current technology, a courteous and expert staff, and a friendly environment that contributes to the quality of life in National City.

The following sustainable actions are also associated with library services.

**LEED Certification:** The library in Lincoln Acres is silver LEED certified. This means the library meets high expectations of sustainability in different aspects including energy consumption, waste, recycling, etc. This certification could impress on other businesses the importance of being environmentally conscious in a city this is becoming increasingly aware of the importance of running a business sustainably.

**Exercise Opportunities:** Yoga is offered Mondays and Wednesdays at the National City Public Library. The classes are free and they are great because they help reduce stress, build strength, and increase balance. Yoga is fantastic for the mind, body, and spirit as well as for balancing out the work-life aspect of being part of the National City community.

**Community Room:** Connected to the library and local park is a community room that is available to rent out for parties or events. This contributes to social vitality as it offers a safe place for people to connect and have a good time together. Since a large number of people in this area live in smaller apartments it is a beneficial perk to the community to have a room like this.

**Free Book Week:** National City residents all have the opportunity to participate in Free Book Week. Each December, every National City kid in grades K-6 can choose one free book. This event is located in the Public Library’s Children’s Room in National City. This is a sustainable action because it promotes learning to the kids and tells residents of National City that they care about the success of the students’ education and literature. Free Book Week enhances social vitality by providing children with a free book and helping them feel the connection of an entire city’s support in their academic endeavors.

**Free Indoor Community Events:** “Santa Is Coming!” is an event that is held in December in National City aimed for the children in the city to come and sit on Santa’s lap and take pictures. The children also all receive free Christmas books. Held in the National City Public Library, this event is open to anyone who wants to come. Events like these make it fun for children and members of the community to come together and celebrate the holiday season. Movie nights are put on monthly for the community at the National City Library. These events are great for families, as they are free fun. Events like these help to bring the community together to build social connections.

**Family Literacy Night:** National City Library hosts a “Family Literacy Night” where reading and writing are promoted in a fun way. This event is also free and provides a great service for families who have immigrated to this country. Events such as these encourage the youth to find joy in learning and take pride in their academic success. The National City Library also provides free help with homework for anyone who needs it.

**Sustainability Programs**

**National City Chamber of Commerce**

Working with the National City Chamber of Commerce allows businesses to recruit desirable employers who does not exploit their workers and will lead the business properly. In National City, some people work many hours earning very little, bad management brings low profits, and some employees do not receive proper benefits. In order to prevent this from happening, good employers with good ethics and leadership skills can be put in charge and laws have been put in place to ensure safety in the work place. There are laws that prohibits long hours and modify wages that employees get. Residents that choose to become a member of the National City Chamber of Commerce have access to a wide variety of benefits that can lead to better business success. Some of these benefits include: immediate financial savings, such as discounts at local hotels, increased business and professional development through networking events, increased economic development, help with marketing and networking,
increased advertising opportunities, business promotion at chamber of commerce events, and various other city resources. This is a great avenue for people that want to enhance their careers thereby increasing their job satisfaction and overall time and work balance.

**Green Business Program**
The City of National City, together with the National City Chamber of Commerce and other partners, created the Green Business Program to motivate businesses to be energy efficient and foster sustainable practices and to attract green businesses to locate in National City. This helps the city to achieve its goals of saving both energy and resources while decreasing operating costs. According to the National City Chamber of Commerce, “The long term results include the creation of healthier and more efficient communities with a significantly reduced carbon footprint.” The Green Business Program of intends to encourage and facilitate energy efficient business practices in National City through education, outreach, networking, marketing, and advocacy. This program encourages businesses to practice energy efficient strategies by offering low installation costs for energy efficient equipment, free business advertising, community recognition, and free workshops and seminars. The benefits of practicing sustainability in businesses are widespread, from aiding the business owner in being cost-efficient to maintaining the environmental health of the surrounding areas.

**Green Scene**
This program encourages businesses to join others participating in National City Green Scene to minimize expenses, operate more efficiently and get the attention their efforts deserve. Participation is easy, costs nothing and starts your business’ journey to become a green business. This provides a way to get involved with other businesses in the National City community while promoting the success of individual businesses.

**New Carpool Lanes**
Completed plans for a direct access ramp and the introduction of ten miles of carpool lanes on the I-805 will promote an increased amount of ride-sharing for members of National City. This initiative is beneficial to the community as a whole, because carpooling promotes socialization between co-workers, alleviates stress, and it is cost efficient. Furthermore, it can promote happiness within the workplace and ensure better overall time and work-life management. As an added benefit, the carpool lines will reduce the flow of traffic and reduce fuel emission into the environment.

**Public Transportation/Alternative Options**
Members of National City can save money and in some cases take time time out of their work commute by taking public transportation. Not only does this allow them to multitask on their way to and from work since they aren’t driving, but they can also spend more time at home and less time at the office since they get more work done. Providing public transportation as an option through bus routes and the trolley system, employees of National City businesses can focus more on their lives outside of work. Riding your bike or walking to work clearly have the most health benefits to oneself and the environment. Yet the average commute to work for people living in National City is 24.6 minutes leaves a car as a reasonable option. In National City, residents are strongly encouraged to carpool and drive conservatively to reduce fuel consumption.
SOCIAL VITALITY & WELLBEING
Social Vitality and Connection

Overview
Social vitality refers to the social well-being and quality of life experienced by community residents and how a community responds to changes. It connects to sustainability because it requires a strong network of social support, effective political leadership, and a viable local economy that is both diverse and resilient. Social vitality and community connection increase public safety and residents participation in voting, volunteering, and activism. This is due to the fact that when people feel like they belong, they take ownership and responsibility for their communities. This in turn fosters safety, community development, economic prosperity, and social capital because everyone is looking out for each other and for what is best for the community. Sustainable communities can enhance social vitality by finding new ways to create social bonds in the community through fellowship events, social engagements, establishing a sense of closeness within the community, and by bringing new knowledge and ideas to the neighborhood while simultaneously preserving each diverse culture that is present.

The community you live in can be recognized as all of the people you surround yourself with who ultimately affect who you are and who you become. Social vitality helps to create balance in a person's life, which results in increased happiness, improved motivation for work or academics, and improves the community's overall well-being. It is so essential to our nature as humans to have healthy social relationships, which will improve the community's social equity, livability, social support, social justice, and cultural competence. Social Vitality is centered on the idea of engaging with a community. A healthy, well-balanced community should be able to plan, make decisions, and act together to achieve a common goal that is beneficial for the entire public. A key aspect of social vitality is community capacity, or the ability to plan, make decisions, and act together, and realizes positive social, economic, and environmental outcomes. Social vitality embodies sustaining local culture, keeping this culture alive and sharing the culture with the local population.

Sustainable Actions
The following sustainable actions present ways in which National City is currently implementing sustainability in their community. These actions highlight the foundation of sustainability in National City in relation to material well-being.

National City Community Events
Toy Drive
The National City Chamber of Commerce hosts an annual toy drive. This event brings happiness to the less fortunate children of National City by providing them with toys and allowing them to feel the community's love. Actions such as toy drives enhance community relationships and allow each individual of National City's public to feel like they are where they belong.

Neighborhood Council Program
The Neighborhood Council Program was developed in an effort to improve communication with the community and to bring services directly to National City residents. In collaboration with other City departments and external agencies, this division of the Community Services Department commits to keeping residents informed of current events and responding cour-
teously and expeditiously to requests for service thereby bridging the gap that is traditionally found between government and its constituents.

**Monthly Neighborhood Council Meetings**
National City holds monthly meetings for Neighborhood Councils. These councils are broken up into three neighborhoods: Kimball, El Toyon, and Las Palmas. Council meetings address current projects and improvements within the neighborhood, opens the stage for problems which residents would like to address, and current/future events planned for the neighborhoods. Police, fire officials, and members of the City Council also attend the meetings to further address any ongoing concerns of residents in the neighborhood. These councils are really important to the sustainability of the neighborhoods because they keep community members involved and active within community events, projects, and developments. This program instills neighborhood pride and inspires the initiative in its residents to improve their community. Giving residents the opportunity to participate in community decisions allows them the security and trust of a government that is open and fair to all members within National City. Not only does it create an outlet for people to voice their ideas and complaints, but it also serves as a check-in point where people ask for approval to do certain things with their land such as dividing one lot into multiple lots.

**Community Ideas in Planning**
Before the city proposed the “General Plan Update” they conducted a city-wide survey of strengths, weaknesses, opportunities, and threats, also known as a “SWOT” analysis. The purpose of the questionnaire was to get comprehensive feedback from community members so that the city could get an understanding of issues deemed as high priority. Distribution of the survey was accomplished via neighborhood council meetings and the National City website. Some of the most common answers received include convenient location and diverse people/culture as the biggest strength. The biggest weaknesses include gang activity and rundown business. The opportunities for change are increasing street lighting and city cleanups, and lastly, the threats are lack of funding and poor communication. In order to properly assess the city, government officials need to make sure they conduct similar such surveys on a regular basis, because of the dynamic needs of the people. The 2009 Strategic Planning and Budget Workshop was also a great way to involve the residents in planning.

The City Council held a planning and finance workshop for residents and businesses. The “town hall” type program covered service level reports, financial updates, and the General Plan update. The 2009 workshop is a follow-up and update establishing policies and goals that resulted from to the 2007 workshop. National City hosts “Strategic Plan and Budget Workshops” for residents and businesses, which covers service level reports, financial updates, and the General Plan update. These workshops keep the community involved and informed up to date on city initiatives and projects business plans and statuses. Connecting residents and businesses with city planning helps National City grow as a community. Good government sustainability manages the community efficiently and effectively by including all members of the community.

**National City Community Service Center**
National City has a Community Services Department that organizes events and organizations, such as registration for the local YMCA and programs for teens. The Casa de Salud/Manuel Portillo Youth Center Teen Program is one of the programs offered by the City that encourages teens to participate in games, activities, and other interests to keep them away from crime and other disruptive hobbies. The City provides sustainability through social vitality by incorporating teens in community events to keep them involved within National City.
Fourth of July Carnival
Fourth of July Carnival held in Kimball Park hosted by the Lions Club is a fun event for all members of the community. This event includes food, rides, and games for everyone to enjoy. This brings people together and gives them a time to relax and have fun and enjoy something with their friends and family. This sort of event boosts national pride while improving community connections in an enjoyable and laid back location.

Tree Lighting Celebration
For the last seven years, National City has conducted an annual "Tree Lighting Celebration" for residents to attend. This holiday event includes food, Christmas carolers, free museum tours, a car show, music and entertainment, arts and crafts, and a children’s area. The celebration also offers an opportunity for kids to meet and visit Santa. The tree lighting tradition is a perfect way for families and kids to have fun with neighbors and friends in the local community. Moreover, this Christmas themed event is a great opportunity for visitors who want to come experience the community and culture that makes National City so special.

ROCRace
This annual 5k Race in National City motivates the community to get outdoors and explore their community. Leading up to the race, athletes can train together and spend time getting to know their community better. This event encourages the public to come together and exercise and race. It gives residents a reason to stay strong, healthy, and build relationships with other members of National City.

Community Resources and Programs
Public Agency Steering Committee
Staff from National City teamed up with other cities forming a Public Agency Steering Committee. This group focused its attention on two main components: a comprehensive vulnerability assessment that evaluates how community assets could be impacted by sea level rise, and 10 broad recommendations for building the resilience of community assets. They hope to guide adaptive planning among participating local jurisdictions. It is important to educate everyone on the dangers associated with their actions, including businesses. Groups such as the Public Agency Steering Committee help to improve National City not only by improving community connections, but also by bringing separate cities together in a combined effort to combat environmental degradation.

Resident Leadership Academy
National City partnered with a Resident Leadership Academy to fundraise for a pocket farm, and raised enough money to pay for three months of water usage. Since the beginning of this fundraiser, three garden maintenance events have been held to inspire more community participation and involvement. This organization aids National City’s social vitality and connection through giving the community the power to make the changes they hope to see in their home City.

Armed Services Recognition
National City has started a program called Armed Services Recognition Program, which brings together those who have served our country, and gives them the recognition they deserve. This online program adds to the culture of National City and sets a feeling of closeness and vitality within the community. This promotes community connections by giving people with similar interests a platform to connect and interact through.
Initiatives to Enhance Cultural Competence
Communities will thrive only if the residents are able to respect the beliefs and ideals that are important to all members of the City. Cultural competence includes knowledge of different cultural practices. In National City there are multiple places of worship from different parts of the world. For example the city has both the Sweetwater Zen Center for Buddhism and San Diego Japanese Southern Baptist Church for Christianity. Incorporating a plethora of diverse types of worship in the City allows the community to gain an understanding of what their fellow community members. The knowledge of different cultures is crucial to understanding one another. Much of visible culture can be found in in restaurants as well. This also promotes sustainability by remaining local.

A Reason to Survive
Art classes offered by the non-profit A Reason to Survive (ARTS), are a great way to connect with others in the city center and get to know your neighbors through creative expression and on projects that serve the community. ARTS aims help people suffering emotionally, physically and mentally to cope through creative expression. Overall, this is a wonderful way to strengthen the community and educate the community about communication and connection regardless of mental physical or emotional state. This also improves community vitality by allowing the public to personally experience people’s struggles and gain a vested interest in improving their quality of life. Experiences such as this aid the community in feeling empathy for their city and in turn doing their part to make changes and improve the lives of National City members.
EDUCATION
Education

Overview
Education is ultimately important for the simple fact that it enables members of society to learn and grow. By informing the community of ways they can contribute and promote lifelong learning initiatives, not only will the community’s sustainability improve but the environmental ambitions will be implemented more successfully. In order to make sustainable development a reality, the community must participate in activities such as teaching children in schools about environmental awareness and using signage to promote sustainable living. Education can also lead to better careers, which in turn lead to financial stability while encouraging and breeding knowledge and empowerment. Education and change occur primarily through the children, the leaders of tomorrow. That is why communities must make it a priority to constantly examine and improve their school systems so that they are helping children develop mentally and physically in the healthiest way possible. Improving educational opportunities for people of all ages is critical to enhancing the quality of life and contributing to developing an active and informed public.

To improve the education is to provide the community with the knowledge and skills needed to succeed in the competitive, information-based economy of the present and future, and to heighten self-awareness, sense of social responsibility, and feelings of self-worth. Educating our society is key in motivating and moving towards more sustainable actions and empowering individuals to act in an environmentally friendly manner. Proper education requires participatory teaching and learning methods that motivate and empower learners to change their behavior and take action for a more sustainable future. Education for sustainable development consequently promotes competencies such as critical thinking, imagining future scenarios and making decisions in a collaborative way.

Oftentimes, residents want to move towards creating a better community; it is human nature to want to improve our society. However, many people are completely unaware of what sustainability is, let alone properly informed on how to positively impact their surroundings. This is why it is important to educate people about the world around them and actions that contribute to a thriving and healthy community. Education will eliminate ignorance surrounding key issues and controversial topics allowing governments, residents, and businesses to make educated decisions towards a sustainable future.

Sustainable Actions
The following sustainable actions present ways in which National City is currently implementing sustainability in their community. These actions highlight the foundation of sustainability in National City in relation to education.

Academic Initiatives

Neighborhood Unit Concept
National City has a “Neighborhood Unit Concept” where each neighborhood within the city is identifiable by its public school. This emphasizes the importance of education in Central and makes the school the focal point of each neighborhood, and reinforces the importance of education in the community.
Port of San Diego Partnership
Through the generosity of the Port of San Diego, Kimball School is able to go on various science-related field trips to places like the Birch Aquarium and the Tijuana Estuary. These trips benefit students living in National City and in particular the Old Town District, because the trips teach important information to students about ocean and coastal environments, water conservation, and ecosystems through hands-on experience. Without this partnership, the community would not have enough funding and resources to provide students with these incredible opportunities.

Fundraising at Kimball
Kimball School utilizes fundraising programs provided by West Coast Fundraising like “Kids are First” and “Kid Power Team” to help raise money for various school programs and events in the Old Town District of National City. As a result of Kimball’s participation with this organization, the school is able to partake in cookie dough, candy, and gourmet food fundraisers that allow students, teachers, and parents the opportunity to help better their school, and community.

REACH Program
REACH is a partnership between the National School District and the South Bay YMCA. It gives students access to a free after school program. Students must apply and then be accepted to participate in the program, which helps students succeed academically in math, writing, art, drama, and literature. REACH is beneficial to the community, because it promotes academic excellence, keeps children out of trouble, and provides working parents with a safe place for their kids to stay.

Youth Sports Program
National City recreation centers offer free after school youth sports programs. In the fall, boys can sign up for flag-football, and girls can sign up for cheerleading. In the winter, both boys and girls can sign up for the winter basketball league. The availability of these free programs encourages children to get active, and teaches them teamwork through competitive sports. This sort of program teaches children that getting exercise can be rewarding in multiple ways, including bringing joy through interaction with other kids.

El Toyon Recreation Center
El Toyon Recreation Center offers a free after school program that allows for children grades 1 through 6 to play games in a safe environment. Parents are able to send their children somewhere safe without having to worry about the cost while they are working during the daytime.

Wings Program
National City has incorporated the WINGS: Winners Growing Strong program after school at National City elementary schools. The WINGS program incorporates after school learning for kids in National City in order to enhance their educational experience.

Adult School
The National City Adult Education Center, located in the Old Town District, helps adults that want to go back to school, finish school, or learn a new skill. Some of the programs that are offered include Adult Basic Education, English as a Second Language, High School Diploma completion courses, Career Technical Education, and Certified Nurse Assistant classes. These programs are beneficial to the community because upon completion, residents can enrich their professional lives and further their careers. Moreover, the successful completion of higher schooling and all its challenges can lead to better time-work balance and personal satisfaction.
Higher Education Center
Southwestern Community College has a satellite campus located in National City. The center provides community members with convenient access to higher education resources and a variety of the same classes offered at the main Chula Vista campus. Providing residents with easier access to schooling opportunities increases the likeliness that they will further their education.

AVID Program
Another National City educational program accessible to students is a program called AVID (Advancement via Individual Determination), which is available to students attending Granger Junior High School. The program is essentially a year-long elective course that students can choose to participate in during their middle school years and continue all the way through high school. The purpose of AVID is to help motivated students to prepare for college. This is accomplished by enrolling students in academically challenging courses and providing them with the tools and information they need to successfully apply to and attend college. These kinds of programs are very influential in aiding students who want to continue their education by helping students plan for the future. This program is especially beneficial to low-income communities like National City, where many students are first generation college applicants.

Single Plan for Student Achievement
Olivewood School implemented the Single Plan for Student Achievement (SPSA). The program should improve student academic achievement in the areas of English-language arts and mathematics. It also seeks to improve scores for English learners and special education students. This initiative will not only raise test scores but will also invest in the improved education of its youth and, ultimately, in the economic viability of its potential workforce.

National School District Initiatives

National School District
The National School District (NSD) is investing in technology such as laptops, iPads, iPods, and netbooks. Between the years 2012 to 2017, the National School District will provide quality, standards-based instructional programs that include the full implementation of Common Core standards. By 2017, the National School District hopes to create district-wide communication between the schools and their respective communities to meet the goals of supporting and welcoming employees and parents. The National School District will continue holding several short-term school days that allow time for staff development. The purpose of these development days is to benefit both teachers and principals in more effectively running their classrooms and schools. This will ultimately benefit students’ learning and employees’ sense of well-being and support.

Computer Labs in Schools
The incorporation of computer labs in all National School District sites is a great way for the students to gain an understanding of technology in our modern society. This also is a way to prevent the use of paper by harnessing a renewable resource, energy, instead. Sustainability includes keeping up with modern advancements yet doing so with the interest of our environment. It is key for children to enter the world with knowledge of how to use technology. Teaching them about computers from a young age helps this information become automatic and simple. Transforming a main source of education from paper-sourced instruction to computerized learning saves many of our natural resources. Paper is created from trees, a resource vital for our survival. Trees provide oxygen for breathing, materials for construction and many other aspects of life that humans have become accustomed to. By switching from paper to computers, the school is saving trees for use in other areas of life. As an added benefit, energy used for computers is a renewable resource when the energy is extracted from sources such as the sun and wind through solar energy and windmills.
**Academic Scholarships**
The National City School District is urging the different schools to establish scholarships for prospective college students through charitable donations. This is a great opportunity to assist low-income families by sending their children to a university, allowing further education.

**Physical Education Classes in Schools**
Requiring Physical Education classes in the National City School District in an academic setting helps the well-being of students and teaches them how to live active and healthy lives. By introducing the benefits and enjoyment one can receive from physical health at a young age, students are more likely to build good habits at a young age. Promoting something as vital as physical health can transform a city’s attitude and improve their sustainability. National City Schools also require students to take a standard fitness test.

**Nutrition Program and School Lunch Menus**
The National School District has a Nutrition Program that provides free breakfast and lunch to its students. These meals are provided throughout the school week. The menus for this program, along with nutritional information, are provided on the National School District website. By providing this free nutritional program to its students, schools ensure that every child has access to a free nutritious meal each day. National City schools provide sustainable lunch food options, such as foods that are low on the food chain and require very little processing. Teaching this to the students at a young age helps to reinforce these habits for their entire lives.

**Local Community Sponsors**
Partnerships with National City schools have proved successful in garnering mutually beneficial relationships that increase business in the local community. These types of partnerships, typically with fast food restaurants, serve as an example for businesses in the community to consider using more local stores and businesses to sponsor their events and build new relationships that instill a sense of community and are mutually beneficial.

**Quality Preschool Initiative**
National City schools offer parents and students with financial instability free preschool resources. According to the National City School District website, the city participates in the Quality Preschool Initiative (QPI) which is a grant-funded program open to all three and four year old children who live in National City. The children are given a free meal depending on the time of day they attend. This opportunity provides childcare, nutritious meals, a dynamic learning environment, and a diverse social setting while children experience important developmental stages. Without access to this opportunity, low-income families would be at a disadvantage because they would not receive the benefits that early education offers.

**Dual Language Program**
The Dual Language Program at National City schools maintains a priority of making sure that all of its students can read, write, and speak in both English and Spanish. The program runs all the way through sixth grade and is focused on teaching children a second language from an early start. This program is beneficial to the community because it allows for the development of a future that is not afflicted by language barriers.

**Recycling**
The recycling program throughout the city allows for the decreased production of goods by reusing goods that already exist in the community and allow for lower amounts of new resource production. This fights natural resource depletion as materials no longer need to be produced from natural resources and can be reused instead of wasted. The John Otis Elementary School has recently begun to carry out a recycling program that teaches the students the importance of recycling as well as how to determine what can and cannot be recycled.
Students bring recycled trash from classrooms to recycling dumpster. As a result, the National School District has reduced its landfill waste by 50%. Recycling is a key aspect of sustainability in that it decreases the amount of natural resources that are extracted from the earth. Our world has a limited amount of non-renewable resources. If humans are not cautious in their consumption habits, those resources could very well run out. Keeping in mind that there is not an infinite amount of materials on earth for humans to life off of, recycling helps to let us live comfortably while protecting the environment. By recycling, we can reuse materials and cycle them back into the system of consumption. The City’s Recycling Ordinance requires the recycling of plastic and glass bottles and jars, paper, newspaper, metal containers and cardboard. All single-family residences are required to recycle, as well as commercial properties that generate four or more cubic yards of trash per week. Recycling is extremely important to our environment as many recyclable products take years to decompose, which leads to piles of waste accumulating in landfills. Residents in all parts of National City are encouraged to recycle their old motor oil. Motor oil is a natural resource that can and should be recycled after use. Since motor oil if not recycled or thrown away properly, becomes a pollutant to the environment it is impressive and important that National City helps to recycle this resource to better sustain its community. EDCO Waste and Recycling Services is the vendor company charged with removing all solid waste and recycling in National City. Non-recyclable solid waste is sent to the Otay Landfill in Chula Vista, while recyclable materials are processed at one of the vendors three Material Recovery Facilities (MRFs) in Southern California. There are currently two sites that the County is looking at as potential disposal sites for National City’s waste, once the Otay Landfill reaches its maximum capacity.

**Diesel Truck Prohibited from Practicing Close to Schools**
A meeting between council members Frank Parra and Luis Natividad and community residents, including school teachers, resulted in an ordinance prohibiting diesel truck drivers from practicing within 100 feet of National City schools due to the excessive amount of exhaust they release that contains particulate matter which can cause cancer and trigger asthma.

**Earth Day-Free Dress**
Annually on Earth Day, students at National City schools dress up in Earth colors such as blue and green. Students get to have fun with their outfits as well as learn about environmental protection and how important it is to treat our planet well. This can help students see the fun and importance in treating the planet well from a young age.

**Walk-to-School Education**
Implementation of Sustainable Walk-to-School Education and encouragement programs includes school workshops, presentations at school site council meetings, and educational pamphlets. This promotes walking as an appropriate form of transportation and therefore gives children the understanding that avoiding the use of polluting automobiles is necessary in living in a sustainable way.

**School Bus Program and Palmer Way App**
This bus picks up students and brings them to class every school day, avoiding the need for dozens of cars to drive the same route, thus reducing carbon dioxide emissions that would otherwise enter the atmosphere from all of those sources daily. Palmer Way Elementary collaborated with SchoolInfoApp to create a smartphone app for the elementary students and parents. The app has all the latest information and news, a calendar with all upcoming events, important documents, upcoming homework assignments, and much more. This app not only makes information more accessible, but it also reduces the use of paper and money spent on paper supply. Incorporating technological forms of teaching in schools of National City is key in introducing the youth of the community to the fast-paced and technologically reliant society they will experience as adults.
Arts and Culture

Overview

Arts and culture give people a way to express identity, community, and meaning in their lives, which contributes to the overall well being of a community. Arts and culture are, arguably, two of the most understated aspects of a community. Art brings people together, brings meaning to life, soothes the soul, and spreads happiness. More importantly, without art, people would not have ways to express themselves or their feelings. Culture is equally important, and not only influences the community as a whole, but also individual community members. Principles and ideals that are important to a particular culture and community, one day become important to the individuals who reside there. As a community working to walk a more sustainable path, it is essential that National City make an effort to increase the amount of arts and culture that is available in the community. This will benefit residents and it will help emphasize the uniqueness that the city has to offer.

A sustainable community celebrates differences in cultures and beliefs, and presents opportunities for people to learn about other cultures. Art can be defined as a form of self-expression, while culture can be viewed as the guidance or inspiration. Arts and culture play a key role in a community’s ability to come together and create a sustainable environment to live in. The culmination of a community’s beliefs, actions, and expressions drives sustainable actions. This relates to sustainability because through a gathered community effort, change towards a better life for the current and future residents can be made a reality. Culture is key to the growth and progression of a population. Artwork defines a generation and must be preserved and protected. The production of art is not only an indicator of a functioning society but a functioning economy as well, showing that people have time for personal activities. Environmental art, a form of art that uses natural materials to symbolize a connection with nature, is especially sustainable. Environmental art does so through influencing the immersion of diverse cultures by the expression of art, yet doing so with sustainable resources and environmental health in mind. Artists can highlight the importance of nature and what kind of a relationship we should foster with the environment. Art and culture can be a fun and comfortable way to bring attention to important issues. Historic buildings contribute to sustainability in that they are cared for and maintained rather than torn down and rebuilt. Maintenance of historic buildings, art programs, and other artistic expressions are vital to a community’s sustainability and cultural richness.

Sustainable Actions

The following sustainable actions present ways in which National City is currently implementing sustainability in their community. These actions highlight the foundation of sustainability in National City in relation to education.

Musical, Art, and Movement Oriented Initiatives

Spreading Art across the City

National City has made an effort to beautify National City through its artwork on typical city infrastructure. Many things such as walls of freeways and electrical boxes have been painted in National City. This is a sustainable way to not only practice art and expression, but make the city look better without having to build new things. This conserves resources while improving aesthetics of National City.
Dance Classes
At Kimball Recreation Center, multiple dance classes are offered one night a week. They have hip-hop classes, cheerleading, pre ballet, and lyrical classes priced at only $2 a class. These dance classes are taught by experts in the community. It is important for a recreation center to not only offers sports but also dance in order to sustain the children and adults who enjoy such.

Hollywood Music
Hollywood Music, a year round performing arts school, has a location in National City. Since 1994, they have been committed to teaching students about music and dance. They value their customers and allow the community to learn and have fun while promoting creativity and music appreciation.

Freeform Clay
Freeform Clay is an art supply shop that carries a variety of clays, glazes, tools, raw materials, and kilns among dozens of other items. They are a major distributor to clay/ceramic companies and art stores throughout the United States. Having such a big company in town can really serve to inspire the community to try out new and different art projects. This also helps to reduce the distance the National City members are forced to travel to purchase the supplies they need to create art.

Historical/ Cultural Attractions

Brick Row
Designed by San Diego City architect, R.C. Ball, and constructed by Frank Kimball, Brick Row on Heritage Square is a set of ten individual row houses that were once used by the Santa Fe Railroad. The east-coast architectural style is unique to the region and features artistically placed bricks to break the lines of long walls. The walls have been repainted with original colors and the private owners keep the homes well maintained. The aesthetics contribute to the preservation and maintenance of the historic culture of National City.

Santa Fe Rail Depot
The Santa Fe Rail Depot, built in 1882, is the only original transcontinental terminus that still remains in the U.S. and on November 14, 1885, the first train left from National City. The now-restored depot has been repurposed into a railroad museum and community meeting place. By repurposing the depot instead of demolishing it to build something new, the history of National City is again preserved and available to the community as a point of unity and pride.

National City Railcar Plaza
Frank Kimball owned the National City Railcar Plaza, which served as the region’s first commuter-type train used for passenger transportation. The original 1887 No. 1 Car “Motor Cannon Ball” is on display to the public at the National City Railcar Museum. This building is symbolic of civic pride and serves as a catalyst for increased public access in the industrial culture of National City.

St. Matthews Episcopal Church
In 1872, the Kimball brothers donated land to be used for a church in the future and about a decade and a half later, the St. Matthews Episcopal Church was born. While there are a variety of worship houses in National City, this historic landmark stands out with its English Countryside flair, providing a religious experience for anyone who desires it. The maintenance of this historical building helps the public acknowledge National City’s culture while enjoying a beautiful and central worship center.
La Vista Memorial Park Día de los Muertos Festivities

With a rich Hispanic culture embedded in National City, the La Vista Memorial Park hosts annual Día de los Muertos festivities to commemorate those who have passed in a celebratory and unifying manner. This brings the community together while promoting cultural diversity in National City. Taking part in cultural celebrations can bring a community together and help the public create a cultural identity that can be shared with neighbors or visitors.

Public Art Committee

National City has a public art committee that meets to discuss what new artwork should be added to the city. Often times their ideas are sustainable because they come up with cost efficient ways to make the city beautiful. This committee promotes the importance of including art in the community yet in a sustainable and inexpensive way. The Public Art Committee develops a collection of public art that encompasses a broad aesthetic range reflecting the minds of its residents. This committee works together with the City Council to make decisions on art policy and placement, as well as various other matters that pertain to art in the city. Every member of the team is selected by the mayor and city council to serve a two-year office. This committee is an excellent resource for the entire community, because it helps citizens represent their thoughts and ideas concerning arts and culture within the city. The community has access to the committee via quarterly public meetings held at National City’s Civic Center. The fact that such a committee even exists shows that city officials take care in making sure that the community preserves its rich culture and history through art.

Bonita Museum and Cultural Center

National City also has the Bonita Museum and Cultural Center, which is a very modern building that is used to showcase the culture, history, and arts of the region. This museum is sustainable because it is preserving the rich culture of the community and consolidating cultural beauty for the community to enjoy. This enhances community relationships by celebrating their rich culture and providing a social experience for National City residents.

Mabuhay Festival and Mariachi Festival

Every June, National City celebrates Philippine Independence Day at the Mabuhay Festival at Kimball Park. Events like this promote awareness Filipino heritage as well as bringing awareness to all people in the community regardless of what nationality a resident may be. Each year, National City’s Pepper Park hosts the Mariachi Festival. In addition to mariachi music and ballet folklorico dancing, guests can enjoy a beer garden, numerous merchant booths, food vendors, arts and crafts, and a children’s area. The festival, which showcases mariachi students from all over America and Mexico, also sponsors a competition and workshop for students. This cultural event not only brings the community together to celebrate its Mexican heritage, but it also helps supports today’s youth in their artistic, individual, and educational endeavors.

Samahan Filipino American Performing Arts and Education Center

“Samahan” means “to be together” in Filipino. Samahan is a Filipino American group that comes together and celebrates the Filipino culture together. Preserving their roots, Samahan stages performances of traditional Filipino dances, plays, and songs. This is all done in the Samahan Filipino American Performing Arts and Education Center. In addition to providing entertainment and cultural enrichment to its residents, it also provides those who are native to the Philippines a home away from home.
Pollution Reduction and Energy Efficiency

1. Southern California Coastal Water Research Project (SCCWRP) is an institution that mainly focuses on the preservation of coastal ecosystems. They use scientific methods to link human activities, natural events, and health of the coastal ecosystems to connect various events and occurrences. They also suggest strategies for cities to protect the coasts of Southern California for future generations to come. Using this institution to maintain clean water standards could help National City in preventing further pollution and environmental degradation.

2. San Diego County's Project Clean Water concentrates on the sharing of valuable information that involves the quality of water, as well as natural resources that impact our water sources. On their website any person can research information about the quality of water in their community, report pollution, learn about the country's watersheds, stormwater mandates, beach water quality, links for kids and students, green business, and other pertinent information for ensuring clean water throughout the city.

3. One way that cities can reduce pollution is by creating "bioswales" to filter storm-water runoff so that the oceans do not get polluted with toxic chemicals.

4. The City of San Diego is part of the Regional Clean Cities Coalition, which works to encourage alternative fuel sources. Implementing more electric car charging stations, as well as encouraging fuel-efficient cars with special parking spaces and services such as Car2Go, which is a rental car service that has Smart cars available to use in major cities. Implementing these transportation options in National City could be very beneficial.

5. Introducing environmental health classes at schools would allow children to be an impressive improvement academically for National City. By incorporating these studies at a young age, the children would gain an understanding of why environmental awareness is key and how they can contribute to keeping nature thriving.

6. Another option for reducing pollution is to reduce emission of greenhouse gases by cutting down on electricity usage (through energy efficient light bulbs) and transportation usage (through carpooling systems). A more intriguing pollution solution, however, is to look at the environment itself and bio-inspiration for ways to mimic nature in the quest for more sustainable options.

7. Businesses and households can switch their light bulbs to energy-efficient fluorescent light bulbs or LED lighting instead of using traditional incandescent bulbs.

8. San Diego County is clearly a great location to pursue solar energy collection. By placing solar panels on top of houses or making shade structures in parking lots from solar panels, this form of gathering energy can have more than one use. Using solar panels allows for the collection of energy with minimal waste and environmental

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Proposals to Enhance the Sustainability of National City

The following proposals are suggestions for ways in which National City can improve on what they have already accomplished concerning sustainability. These suggestions will help improve National City’s environment and nature, good government, material-well being, psychological well-being, physical health, time and work-life balance, social vitality and connection, education, and arts and culture, as well as the sustainability of the city as a whole.
degradation. This is key for National City to engage in because it will not only lower their costs of electricity in the long run, but it will allow them to function using the technology they currently do without detrimental environmental effects.

9. San Diego County is an environment with natural temperature regulation. Residents of National City are fortunate to deal with few severe weather conditions. Living near the coast regulates temperatures to stay cool during the summer and warm during wintertime. Since the community does not have to account for the control of temperature, they can reduce their carbon emissions. National City residents can become more sustainable by opening windows in the summer and putting on more clothing during the winter, and can nearly eliminate all carbon emissions from air conditioning and temperature regulation. By learning how to cope without temperature regulation, the community will understand how much money that can be saved by avoiding air conditioning. This will push them to avoid the use of air conditioning in other situations after seeing how simple it is in California. Although there are not many places that are livable without air temperature regulation, the knowledge that the residents gain during their time in National City can be used anywhere in efforts to reduce the use of air control.

10. Enforcing proper waste disposal for businesses to keep the environment safe and clean is a great way to promote sustainability. Making recycling bins readily available and mandatory for all businesses, restaurants, parks, etc., can reduce the amount of garbage that enters landfills. The more people are exposed to recycling opportunities, the more likely they will participate.

11. Solar panels should be considered as a complete form of energy for National City schools. Although the installation cost can run high, this it would allow for a lower electricity bill, which in turn can allow for National City to input more money into the schools when the solar panels pay themselves off. Putting more money into the schools can come in a sustainable action such as going paper free and providing the kids with iPads as learning devices aside from the standard pen and paper method.

Environmental Conservation and Health

1. The preservation of various waterways, including the Paradise, Bannister, and Lovett marshes, will allow migratory birds a place to rest along their course in the Pacific Flyway. These birds contribute to the region’s biodiversity and are valuable assets in the city’s tourism industry in regard to bird watching. Continuing will help National City maintain some of its diversity.

2. The entire San Diego Unified School District has implemented Project SWELL (Stewardship: Water Education for Lifelong Leadership) which is a school-based science curricula that teaches children about the importance of the region’s recreational waterways with the goal of enhancing the existing science curricula to better address pressing environmental issues related to local watersheds. This program could be implemented in the schools in National City so that students understand how they can better help our planet.

3. Educating the community about healthy nutrition, organic gardening and environmental stewardship is vital in promoting physical health in National City. Encouraging edible landscaping and home gardens or participation in community gardens can inspire the public to get excited about their health and food. By promoting pocket farms and giving the public the knowledge to build a healthy lifestyle for themselves, National City can greatly enhance the physical health of the public.

4. National City has 82.7 acres of parkland that is accessible to all residents and visitors. All of this parkland is should be utilized to its fullest potential in order to
promote spending time outdoors, especially for the youth of National City. Expanding children’s play area to recreational trails, soccer fields, and skate parks provides healthy outdoor opportunities. The variety in activities allows children to have multiple choices instead of sticking to the same schedule on a daily basis. By providing people with the necessities and knowledge of how to turn open space into a functioning park, National City can support the physical health of the entire community.

5. Installing water fountains in National City can improve not only the physical health of the community but improve the environmental health by reducing the amount of disposable water bottles that are used daily. Water fountains provide fresh water and will encourage the use of refillable water bottles thereby reducing the number of water bottles thrown in the landfill. Providing more options for water increases physical health by improving metabolism and helping to maintain the balance of body fluids.

6. National City can get residents involved in sustainability efforts through public events promoting sustainable actions. For example, providing residents with reusable grocery bags or giving out water bottles to lessen the use of plastic bottles at city events is a good way to support the community while promoting environmental awareness.

7. National City should consider giving incentives to businesses that promote sustainability through the conservative use of energy, promote alternative forms of commuting to and from work, and any other initiatives that reduce detrimental environmental impact.

8. By closing down a street once a week to have a farmers market featuring local produce and local businesses, National City can support sustainability. Buying and selling local goods is more beneficial to National City because the income would remain in the city, the food mile of products would be reduced, and the residents of National City would be supported.

9. A grey water sprinkler system could be installed within National City to recycle single use water from sinks. A water collection system could use all the wasted water and direct it into the sprinkler systems within the area. This system could also be provided to homes for a lesser cost if they wish to purchase grey water. This would allow National City residents to have access to water for a lower price.

Quality of Life and Residents’ Health

1. National City researched sources of noise pollution in many neighborhoods, including Olivewood, where vehicular and pedestrian traffic noise is intensified during commute hours, in efforts to maintain and improve quality of life. Suggested noise reduction strategies include barriers, traffic calming techniques, and noise-reducing pavement.

2. Spaces for public gardens such as on rooftops or in other places open to the community are being considered. This may contribute to sustainable farming practices and will not impact the existing limited, untouched land in the area. The continuation of this program could help the environment as well as the community relations.

3. Parks and pocket parks are being considered into the redevelopment of National City’s neighborhoods along with trail systems that will beautify the area and increase vegetation and possible habitat space within the city. Incorporating more parks would improve the life of National City community members.

4. The Imperial Beach Farmers Market is a non-profit organization that aims at improving the public gardens in the community. The Farmers Market is a fundraiser for the organization’s mission. Residents can come and browse the many goods while helping a good cause. Farmers markets pride themselves on providing fresh and local
goods that allow you to eat lavishly while promoting your local community members, limiting the “food-mile” (distance that food is transported before it reaches the table of the consumer) and supporting the environment by making healthy and often organic choices. Eating low on the food chain by purchasing simple and unprocessed foods improves the environment. Although the Imperial Beach location is near National City, implementing a farmers market within the city could bring many benefits to the community.

5. Promoting community service and volunteerism may not only deepen the sense of community but also act as a community event. Community service can benefit sustainability in a variety of ways, including cleaning up areas, promoting a social cause and raising money for the community. Community service aids the growth of community and gives the people in the community pride to live and or work in that area.

6. National City should consider exploring more non-profit and community organization partnerships to add establishments to the area that would promote education on culture and the arts. Some of these establishments could include museums, science centers, libraries, cultural institutions and community gardens. The addition of these establishments would make the community more sustainable because residents would become more educated and be able to express their feelings through artwork.

7. National City should consider hosting more public social events. Incorporating events that celebrate culture such as parades, music, and art festivals give the community a sense of pride in their heritage. This would also attract visitors to the city to share in the diversity of cultures.

8. National City should consider giving the people who work in the pocket farms free access to water. Currently, the owners of the farms use their own utilities and water to keep the farms functioning, thought the farms benefit the entire neighborhood.

9. National City should consider forming a stray animal center to help reduce the amount of homeless dogs and cats in the city as well as providing an outlet for families to introduce a new pet to the family. This project would help reduce the quantity of stray animals around the city as well as open up the possibility of adopting stray animals to enhance their quality of life.

10. Providing the public with a reliable source of health education can greatly impact the choices made by National City residents. Promoting an understanding of contagious diseases and how to stop the spread of these diseases can help to sustain a healthy society. This will help National City to have healthier residents, which will help them to perform better in their work. Educating people how to quit smoking cigarettes is also considered health education. It is easy to state the harmful effects of smoking; however, smokers need support to stop smoking. Giving free nicotine supplements such as nicotine gum could be a more helpful option for people.

11. Incorporating farmers markets on a weekly basis in the same location in National City can provide residents alternatives to unsustainable and unhealthy food choices and promote buying local and nutritious foods. This would enhance the city’s overall sustainability by supporting local farmers, encouraging the purchase of nutrient rich/unprocessed foods, and bringing the community together for a weekly social event.

12. Making sports-related competitions available for adults could help them to get involved and become active. Advertising basketball, soccer, football, and frisbee tournaments will increase the physical health awareness of those who desire to be involved. In this way, people can have fun, while doing sports. Additionally, providing outdoor yoga classes on weekends could help people to become more flexible while reducing their stress.

13. Eating habits of community members can be improved by requiring fast food establishments to post nutritional information. Due to financial restrictions, many people
do not have a wide variety of food options. Fast food is inexpensive and easy to access. With the considerable number of fast food restaurants in National City, it is important that nutritional information is made available so that the people consuming the food gain a better understanding of what is going into their bodies.

14. National City should consider requiring healthy options be offered at all schools and work-places. Increasing the availability of healthy food options, including fresh produce, at stores and farmers’ markets, may correlate with a higher consumption of fruits and vegetables. This in turn, can alleviate the prevalence of overweight and obesity.

15. Holding conferences to promote prosperous job experiences could be very beneficial to National City’s residents. These conferences would help people gain an understanding of how to become successful in their careers. Speakers can provide tips about how to work productively while maintaining a good work-life balance. Providing workshops can highlight the importance of work and time balance and offer helpful tips for how to achieve it.

16. Bonding with fellow employees and within the workplace is key in building a happy and productive work environment. Work parties/mixers are an easy way to help employees unwind and also get to know all their coworkers better. Companies also provide incentive programs with rewards like getting more vacation time. Not only would this motivate employees to work harder but it would also give deserving employees more time off for leisure and vacation time. Another simple thing businesses could do is make holidays more special around the office, such as having a costume contest for Halloween. These would be easy things to do that would overall improve morale around the office.

17. Establishing a mentor program for students in National City could help to get kids directly out of school on their feet and into a good job. By providing mentors for students, the mentees could learn from the mentor’s mistakes and gain an understanding of how the work world functions. The mentor can help the student with any time/work life balance setbacks that they have.

18. Offering meditation classes in National City would be a progressive adjustment. According to “Forbes: 6 Tips for Better Work Life Balance,” short, meditative exercises like deep breathing or grounding your senses in your present surroundings help a person grasp life and their busy schedule more effectively and with a clearer head.

19. There are two main breathing disorders that are tied to environmental air quality that can serve as indicators for the respiratory health of National City: asthma and chronic obstructive pulmonary disease. Environmental risk for both of these conditions includes outdoor air pollution and cigarette smoke. Because of the link between respiratory illnesses and air pollution, federal and state clean air standards have been established for common outdoor air pollutants to protect public health and the environment. Air quality issues are locally regulated by San Diego County’s Air Pollution Control District. National City should team up with this program to work to reduce the number of respiratory issues and decrease the impacts of this environmental injustice.

20. National City should work to identify ongoing needs for public outreach programs. Efforts to benefit sustainability of arts and culture go unnoticed unless the community is being informed about it. Proper efforts need to be taken to identify needs for public outreach programs as well as the development and expansion of extra curricular recreation and education programs.
Resources

Books

Presentations by
• Jacqueline Barlow, Professor and Director of the Sage Project at SDSU
• Brad Raulston, Executive Director of Development, City of National City
• Jacqueline Reynoso, President and CEO of the National City Chamber of Commerce

Internet Sources
1. 10 Tips to Increase Support for Your Sustainability Program: http://www.icleiusa.org/blog/10-tips-to-increase-support-for-your-sustainability-program
2. 100 Ways You Can Improve the Environment: http://www.wright.edu/sustainability/assets/100-ways.pdf
4. 11 Facts About Sustainable Agriculture: https://www.dosomething.org/facts/11-facts-about-sustainable-agriculture
8. About the Sustainable Community Strategy: http://tpscs.scag.ca.gov/Pages/About-the-SCS.aspx
9. Air Pollution Control District: http://www.sdadpcd.org/
10. ARTS A Reason To Survive: http://www.areasonstosurvive.org
14. Blooms From the Heart Website: http://bloomsfromtheheart.org/home
20. Center for Regional Sustainability San Diego State University: http://crs.sdsu.edu/dus/regionalSustainability/
22. Changes in Childhood Food Consumption Patterns: http://ajcn.nutrition.org/content/78/6/1068.full
28. Department of Industrial Relations: http://www.dir.ca.gov/
29. Diet and Mental Health: http://www.mentalhealth.org.uk/help-information/mental-health-a-z/diet/
33. Employee Benefits: http://www.sandi.net/page/342
35. Environmental Justice: http://www.epa.gov/environmentaljustice/
42. Green Business Program: http://www.nationalcitychamber.org/business-resources/green-business-program/
46. Green Port Program: https://www.portofsandiego.org/environment/green-port.html
47. Green Roofs: http://www.epa.gov/heatisland/mitigation/greenroofs.htm
The Sage Project- Promoting Sustainability in our Community: http://sage.sdsu.edu/dus/sage/
The YMCA- Our Mission: http://www.ymcatriangle.org/about-your-mission
Tips for Energy Efficiency: https://www.sba.gov/content/tips-energy-efficiency
Top 5 Corporate Bike-to-Work Incentives in the US: http://www.triplepundit.com/2014/05/3p-weekend-top-5-corporate-bike-work-incentives-u-s/
U.S. November Auto Sales Pace Best Since 2003: http://www.reuters.com/article/2014/12/02/us-autos-sales-november-idUSKCN0JG1A320141202
United States Department of Labor- Wages: http://www.dol.gov/dol/topic/wages/
Wage and Hour Division: http://www.dol.gov/whd/flsa/
Westfield Plaza Bonita Shopping Mall: http://www.ci.national-city.ca.us/index.aspx?page=70
What is Physical Health: http://education-portal.com/academy/lesson/what-is-physical-health-definition-components-examples.html#lesson