

**COUNTY OF LOS ANGELES – DEPARTMENT OF PUBLIC HEALTH
CALFRESH HEALTHY LIVING PROGRAM
RFP 2019-008**

Terms and Definitions

The following terms are used throughout this RFP and shall be construed to have the following meaning, unless otherwise apparent from the context in which they are used.

1. Allowable Census Tract: A census tract in which 50 percent or more of its population is at or below 185% of the Federal Poverty Level (FPL).
2. Behavioral economics strategies: Combines the behavioral models of psychology with the decision models of economics to help highlight how biases in perception, memory, or thought processes may influence purchasing decisions. For the purposes of this RFP, behavioral economics strategies are used within the context of the Smarter Lunchrooms Movement. This approach helps identify the behavioral triggers that lead to the selection and consumption of healthier foods and healthier quantities of food and can help determine the subtle and inadvertent signals that school cafeterias may send that trigger less nutritional eating. The six principles of behavioral economics used in the school lunchroom include: managing portion sizes, increasing convenience of healthy foods, improving visibility of healthy foods, enhancing taste expectations, utilizing suggestive selling, and setting smart pricing strategies.
3. Behaviorally focused, skills-based nutrition education: Nutrition education and promotion that includes skill-building to facilitate positive behavior change. It helps consumers select and consume healthy and enjoyable foods by improving awareness, skills, and motivation to take action at home, school, and work. It will vary based on target population and take into consideration knowledge and social, health, and environmental influences.
4. Board of Supervisors: The governing body of the County of Los Angeles, serving as both the executive and legislative head of the County.
5. Built Environment: Includes all of the physical parts of where people live and work (e.g., homes, buildings, streets, open spaces, and infrastructure). The built environment influences a person's level of physical activity. For example, inaccessible or nonexistent sidewalks and bicycle or walking paths contribute to sedentary habits. These habits lead to poor health outcomes such as obesity, cardiovascular disease, diabetes, and some types of cancer.
6. CalFresh: The name given to the Supplemental Nutrition Assistance Program in the State of California.
7. CalFresh Application Assistor: Non-profit organizations/agencies that volunteer to be trained by the Los Angeles County Department of Public Social Services to provide assistance to individuals or families who need help applying for CalFresh. The goal of the CalFresh Assisters Program is to ensure that hard-to-reach populations, such as students, seniors, immigrants, veterans, and homeless are

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aware of the CalFresh Program and have access to file an online application. Assisters also help to raise awareness of the CalFresh Program and dispel misinformation and myths about the program. For information on how to become a CalFresh Application Assistor, please view this toolkit:

http://file.lacounty.gov/SDSInter/dpss/1052730_CalFreshApplicationAssistersToolkit11APPROVEDFINAL.pdf

8. Capacity Building for Food Distribution (Strategy): Conducting work that includes providing training and technical assistance to support sites with storing and displaying fresh/frozen/perishable items to distribute to low-income individuals.
9. Coordinated Approach to Child Health Early Childhood (CATCH CEC): A direct education and PSE change intervention designed to nurture a love of physical activity while introducing classroom-based gardening, nutrition, and healthy eating in children ages 3-5. Modeled after the nationally recognized CATCH Program, CEC provides an environment where physical activity, health education, gardening and healthy eating behaviors are valued and taught. The program gives children the opportunity to walk, run, jump, dance, and move their whole bodies while playing and having fun.
<https://snapedtoolkit.org/interventions/programs/catch-early-childhood-cec/>
10. Coordinated Approach to Child Health (CATCH) Kids Club (CKC): A physical activity and nutrition education program designed for elementary and middle school-aged children (grades K – 8) in an after-school or summer setting. CKC is composed of nutrition education (including snack activities) and physical activities to encourage active living and healthy eating. <https://catchinfo.org/programs/after-school/>
11. Daily Quality Physical Activity (Strategy): Work that establishes and supports daily, quality time for age- and ability-appropriate physical activity and encourages individuals to meet the Physical Activity Guidelines for Americans. At ECE and school sites it is particularly important that quality structured physical activity be provided for all students/children on a daily basis.
12. Dietary Guidelines for Americans: A nutrition science document updated every five years by the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS). The guidelines provide authoritative advice about making healthy food choices and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health.
13. Electronic Health Records: A digital version of a patient's paper chart. Electronic Health Records are real-time, patient-centered records that make information available instantly and securely to authorized users. While an Electronic Health Record does contain the medical and treatment histories of patients, an Electronic Health Record system is built to go beyond standard clinical data collected in a provider's office and can be inclusive of a broader view of a patient's care.

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14. Evaluation: A systematic assessment, using a variety of qualitative and quantitative methods, to answer questions about a specific policy, program, or project.
15. Federal Poverty Level (FPL): The threshold for annual income at which an individual or family is considered to be living in poverty.
16. Food bank: An organization that collects food from the food industry and food drives, inventories and stores it, and distributes it to agencies – such as food pantries, soup kitchens, and shelters – that provide food directly to individuals in need. A food bank has the capacity to distribute millions of pounds of food every year. Food banks make it easy for agencies to obtain nutritious food at low cost in the quantities they need for their clients.
17. Food Demonstration: A delivery method of nutrition education provided to SNAP-eligible individuals. There are three different types of food demonstrations:
 - Single Ingredient- Fruits, vegetables, or other healthful foods that may be new to the audience are cut into bite-sized pieces for sampling. This type of food demonstration is often used at supermarkets, farmers' markets, or other outdoor events with limited space and equipment.
 - Precooked- A recipe is prepared in advance at an approved facility and transported to a site for sampling. It is important to be sure proper holding temperatures are maintained and appropriate equipment for refrigeration or heating purposes is available.
 - Cooking entire dish- The entire recipe is prepared in front of the audience. It is important to be very organized to make this type of demonstration a success. Consideration should be given to the time it takes to prepare the recipe, the equipment at the facility, and the demonstrator's skill level.
18. Food Gleaning: The act of collecting excess fresh foods from farms, gardens, farmers markets, grocers, restaurants, state/county fairs, or any other sources in order to provide it to those in need. The benefits of gleaning are twofold: improve the nutritional status of food insecure individuals by increasing the offering of fruits and vegetables available while simultaneously reducing food waste.
19. Food insecurity: The United States Department of Agriculture (USDA) considers a household to be food insecure if it experiences low food security or very low food security. Food security is defined as "access by all people at all times to enough food for an active, healthy life." Food security not only includes the availability of safe and nutritious food, but also the ability to acquire acceptable foods in socially acceptable ways.
 - Low food security: Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
 - Very low food security: Reports of multiple indications of disrupted eating patterns and reduced food intake.

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20. Food pantry: A food pantry an individual site that distributes food directly to those in need who reside in a specified area. A food pantry is a member agency of, and obtains food from, a food bank. Both food pantries and food banks share the same commitment: to provide food to those in need. For the purposes of this RFP, the definition of food pantries does not include mobile food pantries.
21. Food Rescue: The practice of gleaning edible food that would otherwise go to waste from places such as restaurants, grocery stores, produce markets, or dining facilities and distributing it to local emergency food programs.
22. Food Resource Management: Include a set of techniques that promote selection of healthy foods and cost-effective grocery shopping. These practices can improve the quality of the shopping basket for low-income families by helping shoppers purchase healthy foods while stretching food dollars. To purchase adequate amounts of food for their families, low-income individuals may need to rely on a variety of strategies such as shopping sales, looking for specials, comparison shopping among grocery stores, planning meals ahead of time, and buying bulk items.
23. Hunger Vital Sign: A validated 2-question food insecurity screening tool based on the U.S. Household Food Security Survey Module to identify households at risk of food insecurity. The Hunger Vital Sign™ identifies households as being at risk for food insecurity if they answer that either or both of the following two statements is 'often true' or 'sometimes true' (vs. 'never true'):
 - "Within the past 12 months we worried whether our food would run out before we got money to buy more."
 - "Within the past 12 months the food we bought just didn't last and we didn't have money to get more."
24. Impact Outcome Evaluation (IOE): A collaboration between the California Department of Public Health (CDPH) and Local Health Departments, aiming to measure behavior change in sites where SNAP-Ed interventions occur. Local Health Departments all over California participate in the IOE project, using locally designed pre/post-test evaluations to collect behavioral data from intervention participants, then analyze and report the results on an annual basis. In addition to documenting local program effectiveness, this project helps identify successful nutrition education interventions and potential best practices, while providing direction for program improvement.
25. Los Angeles County Health Survey: A population-based telephone survey which collects data on health conditions, health behaviors, and health care access and utilization of services from a representative sample of Los Angeles County residents. This survey is developed by the Office of Health Assessment and Epidemiology, which is a part of the Los Angeles County Department of Public Health.

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26. Means Tested Federal Assistance Program: The term “means-tested Federal assistance programs” in this definition is defined as Federal programs that require the income and/or assets of an individual or family to be at or below 185 percent of the Federal Poverty Guidelines in order to qualify for benefits. [SNAP-Ed Plan Guidance, 2020]
27. Mobile Produce Distribution (Strategy): An innovative strategy that uses produce from food rescue organizations to increase access to healthy foods, especially fresh fruits and vegetables, to help address food insecurity among LA County’s low-income population. Mobile produce distribution is efficient and cost effective, since it does not require permanent building or staff, which reduces cost and allows more flexibility in time and location; also, produce distribution meets people at their point of need by choosing convenient locations and times for patrons, including those who lack transportation. For the purposes of this RFP, free expanded/mobile produce distribution will be coordinated in ECEs, schools, healthcare clinics, and parks.
28. Nutrition Access Collaborative: A coalition with the goal of reducing food insecurity in Los Angeles County by creating institutional change that ensures that vulnerable people have sufficient, nutritious and affordable food. The coalition’s strategies include: educating community members on how to navigate federal food assistance programs and other nutrition and food resources; informing organizations and other stakeholders on food insecurity, federal food assistance programs and other nutrition and food resources; empowering community members to share their stories with the media, policymakers and key stakeholders; and increasing interagency coordination among healthcare, community-based organizations and government agencies.
29. Nutrition Pantry Program: The goal of the Nutrition Pantry Program is to improve the health of food pantry participants by supporting a client-centered, trauma-informed approach to food distribution, improving the nutritional quality of food distributed to program participants, and supporting best-practice policies, procedures, and partnerships within communities. Strategies include creating resources to support best practices in the six NPP focus areas, training, technical assistance, and certification to individual food pantries, training, technical assistance, and certification support to organizational implementers, supporting networks of certified pantries that leverage peer-to-peer sharing and community-based solutions, and collecting and analyzing data for decision making and program improvement.
- For more information, visit: <http://www.leahspantry.org/what-we-offer/nutrition-pantry-program/>
30. Obesity: Weight that is higher than what is considered as a healthy weight for a given height is described as overweight or obese. Body Mass Index, or BMI, is

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used as a screening tool for overweight or obesity. A BMI of 30.0 or higher falls within the obese range.

31. Parks Physical Activity Programming (Strategy): Work with local parks to increase physical activity in parks located in low-income areas and includes partnership activities with parks departments and other partners to increase access to social services.
32. Physical Activity (PA) in ECE (Strategy): Work with partners to incorporate more opportunity for physical activities during the day. Promising strategies in ECE settings include providing staff with training in the delivery of structured physical activity sessions and increasing the time allocated for such sessions, integrating physical activity teaching and learning activities into pre- academic instructional routines, increasing time that children spend outside and providing portal play equipment on playgroups and other play spaces.
33. Physical Activity (PA) in Schools (non-PE) (Strategy): Increasing physical activity levels can be achieved by working with partners to incorporate more opportunity for physical activity at schools (e.g., implementing physical activity curricula after-school, and providing after-school activity space and equipment.)
34. Produce “Pickup”: An event where fresh produce is distributed for free to SNAP-Ed eligible individuals and families.
35. Rethink Your Drink: A public health initiative led by the California Department of Public Health and administered by the Local Health Departments. The goals of the campaign are to: educate Californians about healthy drink options; help identify drinks with added sugar, and; make the link between consumption of sugar-sweetened drinks and health risks.
36. Service Planning Area (SPA): Administrative boundaries within Los Angeles County that enable DPH to develop and provide more relevant public health and clinical services targeted to the specific health needs of the residents in these geographic areas.
37. Share tables: Carts or tables where pupils can place unconsumed food and beverage items (i.e., prepackaged food and beverages; unopened, wrapped food and beverages; or food items with a peel) that they choose to not eat or drink. These tables provide an opportunity for other pupils to take additional helpings of food or beverages at no cost. Share tables are also referred to as “food share table” or “sharing table.”
38. Smarter Lunchrooms Movement (SLM): The Smarter Lunchrooms Movement is dedicated to providing schools with the knowledge, motivation, and resources

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needed to build lunchroom environments that make healthy food choices the easy choice.

The Smarter Lunchrooms Movement brings evidence from the fields of economics, marketing, and psychology into the school cafeteria. Smarter Lunchrooms strategies are free or low-cost solutions that nudge students to voluntarily select the healthiest food in the lunchroom. Smarter Lunchrooms can see less waste, higher participation, more satisfied students, and increased consumption of important nutrient-rich foods.

For a list of SLM strategies, please click here: <https://www.smarterlunchrooms.org>

39. **Smarter Mealtimes Movement (SMT):** Smarter Mealtimes is an adaptation of the Smarter Lunchrooms Movement for the early child care environment. The initiative offers 20 simple strategies proven to increase children’s selection and consumption of healthy foods. Making the healthy choice, the easy choice does not have to be hard.

For a list of SMT strategies, please click here:

<https://www.smarterlunchrooms.org/smarter-mealtimes>

40. **SNAP-Ed eligible:** SNAP-Ed eligible individuals refers to the SNAP-Ed target audience, specifically SNAP participants and other low-income individuals who qualify to receive SNAP benefits or other means-tested Federal assistance programs. It also includes individuals residing in communities with a significant (50 percent or greater) low-income population. [SNAP-Ed Plan Guidance, 2020]
41. **Sugar sweetened beverage:** Any liquids that are sweetened with various forms of added sugars like brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar, and sucrose. Examples of sugar sweetened beverages include, but are not limited to, regular soda (not sugar-free), fruit drinks, sports drinks, energy drinks, sweetened waters, and coffee and tea beverages with added sugar. Sugar-sweetened beverages or sugary drinks are leading sources of added sugars in the American diet. Frequently drinking sugar sweetened beverages is associated with weight gain/obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay and cavities, and gout, a type of arthritis. Limiting the amount of sugar sweetened beverage intake can help individuals maintain a healthy weight and have a healthy diet.
42. **Supplemental Nutrition Assistance Program (SNAP):** As of October 1, 2008, SNAP became the new name for the Federal Food Stamp Program to reflect changes to the program including a focus on nutrition. The program issues monthly electronic benefits that needy families can use to buy most foods, providing them a means to meet their nutritional needs.

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43. Supplemental Nutrition Assistance Program Education (SNAP-Ed): A combination of educational strategies, accompanied by supporting policy, systems, and environmental interventions, demonstrated to facilitate adoption of food and physical activity choices and other nutrition-related behaviors conducive to the health and well-being of SNAP participants and low-income individuals eligible to receive benefits under SNAP or other means-tested programs and individuals residing in communities with a significant low-income population. [7 CFR §272.2 (d)(2)(vii)(B)]
44. Taste Test: Along with nutrition education, giving a small sample of a food (taste test) can be an effective way to increase fruit, vegetable, and whole grain exposure, especially among youth. Taste tests are slightly different than food demonstrations because they may not include the preparation of a full recipe and instead simply provide samples of food (e.g. cut fruit slices, prepared foods etc.)
45. United States Department of Agriculture (USDA): The department in the federal government that serves as administrator of SNAP.
46. Water Access and Appeal (Strategy): Work that supports creating access to free, safe drinking water (e.g. working with partners to include hydration stations, free water available in food service environments) and increasing the safety, taste, and appeal of water as a beverage choice.
47. Youth Participatory Action Research (YPAR): A methodology for increasing youth involvement and leadership in identifying issues within the community, collecting and analyzing data, determining solutions, and engaging community members and key decision makers to implement solutions.