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AAP and AHA Endorse Suite of Policies to Reduce Kids' Consumption of Sugary Drinks

In a joint policy statement, the American Academy of Pediatrics (AAP) and the American Heart Association (AHA) endorsed a suite of public health measures—including excise taxes, limits on marketing to children, and financial incentives for purchasing healthier beverages—designed to reduce kids' consumption of sugary drinks. The policy statement, "Public Policies to Reduce Sugary Drink Consumption in Children and Adolescents," will be published in the



April 2019 issue of Pediatrics and published online March 25.

Children and teens consume gallons of sugary drinks every year, including sports drinks, fruit-flavored drinks and sodas. The 2015-2020 Dietary Guidelines for Americans recommend that children and teens consume fewer than 10 percent of calories from added sugars. But data show that children and teens now consume 17 percent of their calories from added sugars—nearly half of which comes from drinks alone.

"For children, the biggest source of added sugars often is not what they eat, it's what they drink," said pediatrician Natalie D. Muth, MD, MPH, RDN, FAAP, lead author of the policy statement. "On average, children are consuming over 30 gallons of sugary drinks every year. This is enough to fill a bathtub, and it doesn't even include added sugars from food. As a pediatrician, I am concerned that these sweetened drinks pose real – and preventable - risks to our children's health, including tooth decay, diabetes, obesity and heart disease. We need broad public policy solutions to reduce children's access to cheap sugary drinks."

The AAP and AHA provided several recommendations including:

- Local, state and national policymakers should consider raising the price of sugary drinks, such as via an excise tax, along with an accompanying educational campaign. Tax revenues should go in part toward reducing health and socioeconomic disparities.
- Healthy drinks such as water and milk should be the default beverages on children's menus and in vending machines, and federal nutrition assistance programs should ensure access to healthy food and beverages and discourage consumption of sugary drinks.
- Children, adolescents, and their families should have ready access to credible nutrition information, including on nutrition labels, restaurant menus, and advertisements.

Read policy statement [here](#).

NEW – 2019 County Health Rankings

Robert Wood Johnson Foundation and the University of Wisconsin released the latest County Health Rankings, which helps counties understand what influences how healthy residents are and how long they will live. The



Rankings are unique in their ability to measure the current overall health of each county in all 50 states. They also look at a variety of measures that affect the future health of communities, such as high school graduation rates, access to healthy foods, rates of smoking, obesity, and teen births. Take Action to Improve Health is a hub of information to help any community member or leader who wants to improve their community's health and equity. Find out where Los Angeles County ranks! Click [here](#) to explore their interactive County Health Rankings Model.

Webinars New Additions in Purple

Intergenerational Connections Help Build Healthy and Prosperous Communities Thursday, April 4, 11:00 am

When older adults are actively involved and engaged in their community while participating in intergenerational programs, it benefits both older adults and the teens or children with whom they interact.

In this webinar, you will hear from public health and government officials, as well as aging and volunteer community leaders. They will provide an overview of the role intergenerational programs play in building healthy communities, discuss the federal programs and initiatives that focus on boosting older adult community engagement, highlight new research on the health benefits of volunteering, and share how intergenerational programs promote community engagement in boosting resilience. Register [here](#).

What's Next for the Walking Movement? Wednesday, April 10, 2019

Transportation, mobility, and city planning are changing. With these changes come new opportunities and challenges for walkable community advocates. This webinar will explore programs, resources, and practices that are putting walking front and center of the future of communities. This webinar is intended for those who are familiar with topics and issues related to walking and walkability. Register [here](#).

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Funding Opportunities

New Additions in Purple

BUILD Health Challenge

Close Date: April 5, 2019

The BUILD Health Challenge is looking to support up to 17 innovative U.S. collaboratives that include a community-based organization, hospital or health system and a public health department working together to address upstream challenges and drive sustainable improvements in community health. Applicants are encouraged to include additional cross-sector partners such as health plans, businesses, foundations and others that are aligned with the proposed efforts. Each award includes up to \$250,000 in funding over 2½ years, coaching and support services, training and capacity building, participation in a national network of peers, and the opportunity to spotlight work on a national level. Applications are due April 5, 2019. Learn more [here](#).

Action for Healthy Kids

Close Date: April 5, 2019

Schools need resources to implement health and wellness practices that help students eat better and be physically active. Thanks to our partners, Action for Healthy Kids has provided over \$8.7 million in grants to schools since 2009. Our School Grants for Healthy Kids can help your school achieve its goal to make every kid healthy, active and ready to learn. Learn more [here](#).

Healthy Stores Refrigeration Grant Program

Close Date: April 25, 2019

The California Department of Food and Agriculture (CDFA) is pleased to announce a competitive grant application process for the Healthy Stores Refrigeration Grant Program. CDFA will fund energy efficient refrigeration units in corner stores and small businesses in food deserts throughout the state to stock California-grown fresh produce, nuts and minimally processed foods. The purpose of the program is to improve access to healthy food choices in the small retail environment for underserved communities, while promoting CA-grown agriculture. The Healthy Stores Refrigeration Grant Program will disburse up to \$4,500,000. Learn more [here](#).

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Rooted in Evidence

Close date: April 26, 2019

GSCN intends to fund innovative and dynamic programming and/or initiatives that seek to improve dietary quality among food pantry and food bank clients. These approaches could include existing or new/adapted programming that may include various settings and distribution sites (e.g., mobile or other “pop-up” pantries, college campuses, schools, traditional pantries, clinics), components or levels of the emergency food system (e.g., distribution, procurement, food environment, client interactions to target knowledge, attitudes, and behaviors), and target populations (e.g., children, adults, families, seniors, college students, staff/volunteers, cancer survivors or other disease conditions, urban/rural). Learn more [here](#).

Understanding Factors in Infancy and Early Childhood (Birth to 24 months) That Influence Obesity Development (R01 Clinical Trial Optional)

Close Date: May 8, 2019

This Funding Opportunity Announcement (FOA) invites applications from institutions/organizations which propose to characterize or identify factors in early childhood (birth-24 months) that may increase or mitigate risk for obesity and/or excessive weight gain and/or to fill methodological research gaps relevant to the understanding of risk for development of obesity in children. Studies should propose research in children from birth to 24 months, although any proposed follow-up assessments, if applicable, may continue past this period. Studies may also assess factors relevant to families and/or caregivers of children from birth to 24 months. Applications should seek to fill unique research needs and involve expertise across disciplines as appropriate for the proposed research question. Learn more [here](#).

Obesity Policy Evaluation Research

Close Date: May 8, 2019

This Funding Opportunity Announcement (FOA) encourages applications that propose to evaluate policies or large-scale programs that are expected to influence obesity related behaviors (e.g., dietary intake, physical activity, or sedentary behavior) and/or weight outcomes have the potential to prevent or reduce rates of obesity. Learn more [here](#).

Training Resources

Title	Date / Time	Format	Location	Info	Registration
CNAP Co/Coordinators Web-Based Meeting, Focus: School-Based Health Centers	Thurs, 4/3 9:30 AM	Webinar	----	----	Register Here
2019 Statewide Day of Action - Rethink Your Drink Day Step-by-Step Guide for Hosts	Wed, 4/24 11:00 AM	Webinar	----	----	Register Here

Visit the CDPH Trainings and Resources page for the latest training related information and [calendar](#) of all scheduled trainings and events. Please seek approval from Project Officer and Contract Manager prior to travel.

If you would like to submit content or have any questions or comments about the Champions for Change – Healthy Communities Initiative newsletter, please contact Tania Marquez at tmarquez@ph.lacounty.gov

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For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.
