



Champions for Change  
Healthy Communities Initiative

# Newsletter



Nutrition and Physical Activity Program

Issue 47 | 4/18/19

## INSIDE

- April is National Minority Health Month! ..... 1
- SNAP-Ed Plan Guidance FY2020..... 1
- Updated- FFY 2017-2019 California SNAP-Ed Integrated Curricula List..... 2
- New SNAP-Ed Video Montage ..... 2
- Grow it, Try It, Like it! ..... 3
- A Blueprint for Changemakers..... 3
- Webinars..... 4
- Funding Opportunities..... 4
- Training Resources..... 6

## April is National Minority Health Month!



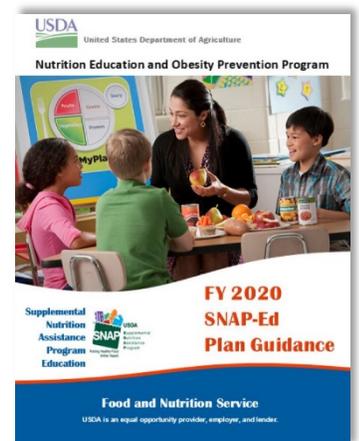
April is [National Minority Health Month \(NMHM\)](#) and the theme is Active & Healthy. The U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) will join partners in raising awareness about the important role an active lifestyle plays in staying healthy.

An active and healthy lifestyle can help reduce the risk of high blood pressure, type 2 diabetes and other chronic diseases. According to the 2nd edition of the Physical Activity Guidelines for

Americans released last year, adults need at least 150-300 minutes of moderate-to-vigorous physical activity each week with muscle-strengthening activities two or more days a week.

## SNAP-Ed Plan Guidance FY2020

The SNAP-Ed Plan Guidance for fiscal year 2020 is now available! This Fiscal Year (FY) 2020 Supplemental Nutrition Assistance Program Education (SNAP-Ed) Plan Guidance provides instructions for developing and submitting State nutrition education and obesity prevention grant program plans, commonly referred to as State SNAP-Ed Plans. It describes Food and Nutrition Service (FNS) expectations regarding State SNAP-Ed requirements and includes examples of activities that can be used in SNAP-Ed programming. Some sections have been broadened to provide additional instructions and, in some places, new information has been added. Read the complete Guidance and other resources [here](#).



# Updated- FFY 2017-2019 California SNAP-Ed Integrated Curricula List

The California SNAP-Ed Integrated Curricula List and Aid for Completing SNAP-Ed Custom Data Section of the PEARS Program Activity Module is updated on a quarterly basis with input from all SNAP-Ed State Implementing Agencies. The following significant updates to the Curricula List include:

- ❖ Newly added curricula: Healthy Choices in Motion (Elementary/After School), Up4It (Middle School), and Eat Move Win (High School)
- ❖ Newly translated curricula in multiple Asian languages: Eat Healthy, Be Active Community Workshops, Eat Smart, Live Strong: Nutrition Education for Older Adults, and Healthy Eating and Active Living (HEAL) Toolkit for Community Educator
- ❖ Deleted curricula resources: Healthy Eating Made Easier and Cooking Matters: Exploring Foods Together

Download the FFY2017-2019 updated curricula list [here](#). View the updated by clicking the “Updates” tab. Access the Job Aids for PEARS [here](#).

## New SNAP-Ed Video Montage

The California Department of Public Health now has available an inspirational welcoming video montage that describes the SNAP-Ed Program. It includes interview footage conducted in 2018 of nearly two dozen SNAP-Ed employees discussing their experiences with the program and why it is such a valuable part of local public health and community change efforts. You may find the video helpful in explaining SNAP-Ed to new staff, partners, or other community stakeholders.



The video is a part of the online training for new staff, currently under development, called “SNAP-Ed: Building Blocks for Success”. This interactive training will explore the fundamentals of the SNAP-Ed program in building and maintaining healthy communities. It aims to help new SNAP-Ed staff apply public health strategies that support healthy eating and physical activity in the communities they serve. It focuses on key elements of programmatic and fiscal/administrative areas.

Access the video [here](#).

APRIL 2019 | 2

---

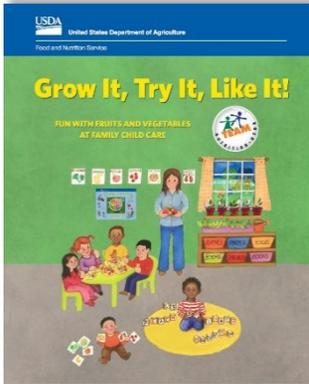
For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

---

# Grow it, Try It, Like it!

## Fun with Fruit and Vegetables at Family Child Care

Curriculum Grow it, Try It, Like It! nutrition education materials have been updated and customized for use by child care homes. This new resource includes:



- ❖ Garden-themed activities for children ages three through five
- ❖ Tips on how to include older children in the learning
- ❖ New posters, fruit and vegetables cards, and recipes

Child and Adult Care Food Program Operators will be able to request printed copies this spring. The Grow It, Try It, Like IT! Preschool Fun with Fruits and Vegetables kit for child Care Centers continues to be available. Download new resource [here](#).

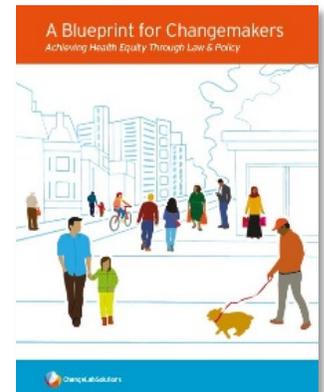
# A Blueprint for Changemakers

## Achieving Health Equity Through Law & Policy

For far too long, discriminatory laws and policies have prevented people from living healthy lives. Everyone deserves good jobs and schools, healthy food, safe neighborhoods, quality health care, and affordable housing. But some folks are excluded from accessing these basic needs because of unfair policies that create barriers to health in underserved communities. Changing existing laws and policies is the most effective method for undoing the harms of discriminatory policies and advancing health equity across America.

ChangeLab Solutions is proud to announce *A Blueprint for Changemakers: Achieving Health Equity Through Law & Policy*. This new resource presents legal strategies and best practices to help policymakers, practitioners, and communities improve health outcomes.

The *Blueprint* outlines ways to leverage the unique power and efficacy of local policy solutions, incorporate health in all policies, and engage diverse community members in the policy process. At its core, the *Blueprint* focuses on comprehensive strategies to address the fundamental drivers of health inequities. ChangeLab Solutions developed *A Blueprint for Changemakers* in partnership with the Robert Wood Johnson Foundation and a national committee of advisors. Download the Blueprint [here](#).



APRIL 2019 | 3



## Webinars

### New Additions in Purple

#### Fuel for Active Bodies: Increasing Access to Healthy Foods

Friday, May 10, 11:00 am

Learn more about the issue and how communities are working to increase access, via walking and active transportation, to healthy food in their own backyards. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic. Register [here](#).



## Funding Opportunities

### New Additions in Purple

#### 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](#).

#### 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](#).

#### Advancing Health Equity Through Housing Funding Opportunity

**Close Date: May 7, 2019**

The purpose of this program is to support innovative community-generated multi-sector solutions to improve health outcomes, housing affordability and quality, The Kresge Foundation’s Health Program has announced a new \$2 million funding opportunity to advance health equity through housing. Learn more [here](#).

APRIL 2019 | 4

## 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](#).

## Youth Engagement in Sports: Collaboration to Improve Adolescent Physical Activity and Nutrition (YES Initiative)

**Close Date: May 31, 2019**

OMH has released a new funding opportunity announcement (FOA) for which applications are now being accepted. The YES Initiative seeks to identify characteristics of effective collaborations that improve physical activity and nutrition via increased sports participation. YES Initiative applicants should propose to address unhealthy physical activity and nutrition behaviors among racial/ethnic minority and socio-economically disadvantaged youth (including, specifically girls), and provide opportunities to learn skills and gain experiences that contribute to more positive lifestyles and enhance their capacity to make healthier life choices. Applicants should have capacity to develop and implement sports fitness programs based on successful evidenced-based strategies for youth engagement. Learn more [here](#).

APRIL 2019 | 5

## Training Resources

Title	Date / Time	Format	Location	Info	Registration
Delicious EatFresh.org Meals Featuring Canned, Frozen, and Shelf-Stable Foods	Thurs, 4/18 10:00 am	Webinar	----	----	<a href="#">Register here</a>
2019 Statewide Day of Action - Rethink Your Drink Day Step-by-Step Guide for Hosts	Wed, 4/24 11:00 am	Webinar	----	----	<a href="#">Register Here</a>
California's Farm to Summer Week 2019	Wed, 4/24 2:00 pm	Webinar	----	----	<a href="#">Register here</a>
CalFresh Healthy Living BAR Automation Training	Wed, 5/1 10:00 am	Webinar	----	----	<a href="#">Register here</a>
An Introduction to Smarter Mealtimes in Early Childcare	Wed, 5/8 10:00 am	Webinar	----	----	<a href="#">Register here</a>

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](mailto:tmarquez@ph.lacounty.gov)**