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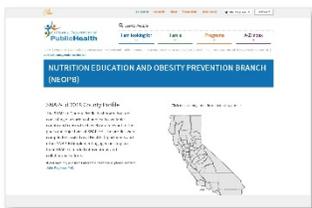
May is National Bike Month!



Riding a bike isn't just better for you because it keeps you in good health, it's better for the environment too! Bicycling to work means fewer cars on the road and less pollution. It can also save you money while providing a fun and safe way for kids and adults to get in much needed physical activity. [Metrolink](#) and many other transportation agencies throughout LA County celebrate Bike Month with free rides. just bring your bike or helmet to claim your free ride on any Metro bus or rail line on Thursday, May 16. If you are new to biking or want to enhance your bicycling skills on the city stress, Metro sponsors classes

at varying skill levels that are FREE, interactive, and take place all across the county. Read more about how to register for classes [here](#) and find out more about bike month [here](#).

SNAP-Ed 2018 County Profiles



The SNAP-Ed County Profile dashboard is a tool consisting of a variety of publicly available county and census tract level data compiled to assist Local Health Departments and other SNAP-Ed implementing agencies in planning their SNAP-Ed funded interventions and collaborative efforts. Software updates now allow the profiles to be downloaded and printed. Access the profiles [here](#).

CDC's Active People, Healthy Nation Initiative

The [Centers for Disease Control and Prevention](#) (CDC) is leading a national initiative called Active People, Healthy Nation to help 27 million Americans become more physically active by 2027. Increased physical activity can improve health, quality of life, and reduce health care costs. These improvements can help reduce the risk of at least 20 chronic diseases and conditions and provide effective treatment for many of these conditions. Other potential benefits include better school performance, better quality of life, reduced health care costs, and improved military readiness. Building active and walkable communities can help support local economies, result in less air pollution, and create more cohesive communities.



Active People, Healthy Nation aims to move

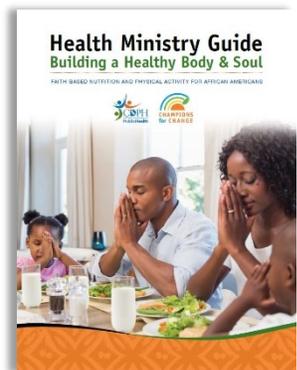
- ❖ 15 million adults from inactive (no aerobic activity) to some moderate-intensity activity every day, like brisk walking.
- ❖ 10 million adults from some physical activity to meeting the minimum aerobic physical activity guideline
- ❖ 2 million young people from some physical activity to meeting the minimum aerobic physical activity guideline by being physically active for at least 60 minutes every day.

CDC will track these physical activity levels through the National Health Survey Interview Survey and the Youth Risk Behavior Survey. Learn more about this initiative [here](#). Download the latest edition of the Physical Activity Guidelines for American, 2nd edition [here](#).

Health Ministry Guide: Building a Healthy Body & Soul

The California Department of Public Health is proud to release the Health Ministry Guide. This guide was designed to be used in conjunction with the Body & Soul program. The American Cancer Society and other partners created Body & Soul to support healthy eating in African American churches. Body & Soul has been proven effective in significantly increasing fruit and vegetable consumption, as well as creating positive changes in church policies and practices. Use the Health Ministry Guide with your Body & Soul materials. The Body & Soul program tells you what to do. This guide shows you how to do it.

Anyone in your church can use the Health Ministry Guide. We wrote it using ten years of feedback from our faith partners. Use this guide to plan a new health ministry or strengthen an existing one. Teach healthy eating and physical activity lessons, collect feedback from church members, and address the needs of your community. The Health Ministry Guide is a quick and easy reference for you and members of your church. Access the guide [here](#).



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Compendium of Research & Technical Assistance

Addressing Food Insecurity in Health Care Settings

This document was prepared as part of Moving Health Care Upstream's Policy Learning Lab. Moving Health Care Upstream (MHCU) is a collaborative effort co-led by the Nemours Children's Health System and the University of California, Los Angeles (UCLA) Center for Healthier Children, Families & Communities. Moving Health Care Upstream (MHCU) is based on the belief that health systems can address persistent and costly health inequities by moving "upstream"—beyond the walls of hospitals and clinics and into the communities, collaborating with community-based organizations to address the root causes of disease.

The various areas of work within MHCU share a common focus—supporting hospitals and community stakeholders in testing and spreading strategies to move upstream and sharing "what works" to inform the field and accelerate the upstream movement in the field as a whole. Policy Learning Labs are one example of MHCU's work to spread knowledge and accelerate action in the field.

Food insecurity was a chosen topic based on the input of health systems for 2017 and 2018 Policy Learning Labs. Group of experts were put together to provide technical assistance and subject matter expertise to address food insecurity through proven local policy strategies. Experts included Root Cause Coalition, Prevention Institute, Food Research & Action Center among others. To access the summary of research and technical requests, click [here](#).



Webinars

New Additions in Purple

Best Practices for Completing a Smarter Lunchrooms Scorecard Assessment Tuesday, May 7, 11:00 am

Join Patty Hammond, Senior Nutritionist at the Cornell Cooperative Extension of Erie County's SNAP-Ed/Eat Smart New York: Western New York Region program, as she shares strategies for completing Smarter Lunchrooms Scorecards in school cafeterias. Register [here](#).

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](#)

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Funding Opportunities

New Additions in Purple

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](#).

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](#).

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Food Safety Outreach Program

Close Date: June 6, 2019

The Food Safety Outreach Program (FSOP), which is administered by the U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA), recently announced \$7.6 million in available to fund farmer food safety training FY 2019. The FSOP will complement and expand the national infrastructure of the National Food Safety Training, Education, Extension, Outreach, and Technical Assistance Competitive Grants Program. Awardees will develop and implement food safety training, education, extension, outreach and technical assistance projects that address the needs of owners and operators of small to mid-sized farms, beginning farmers, socially-disadvantaged farmers, small processors, or small fresh fruit and vegetable merchant wholesalers. Grant applications will be solicited directly from those in local communities to include those from community-based organizations, non-governmental organizations, food hubs, farm cooperatives, extension, and other local groups. Learn more [here](#).

Farmers Market Promotion Program

Close Date: June 18, 2019

The USDA announced a \$11.5 million in competitive grant funds in fiscal year 2019 is available to be awarded through the Farmers Market Promotion Program. The Farmers Market Promotion Program (FMPP) is a component of the Farmers Market and Local Food Promotion Program (FMLFPP), which is authorized by the 2018 Farm Bill under the Local Agriculture Market Program. The goals of FMPP grants are to develop, coordinate, and expand direct producer to consumer markets to help increase access to and availability and regionally produced agricultural products. FMPP offers both Capacity Building and Community Development, Training, and Technical Assistance projects. The official performance period must begin on September 30, 2019. Both CB and CTA FMPP projects are awarded for up to 36 months (3 years) and are expected to be completed by September 29, 2022 Matching funds of 25% of the Total Federal portion of the grant is required. Learn more [here](#).

Statewide Park Program

Close Date: August 5, 2019

This year, \$255 million in state funds were made available to cities and other local governments to create new parks and introduce new recreation opportunities specifically in California's underserved communities. Local agencies have been invited by the California Department of Parks and Recreation to apply for possible funding for their communities. The funds are specifically allocated to critically underserved communities, with an eye to increasing health equity and reducing health disparities. Learn more [here](#).

Reading Opportunities

The Cost-Effectiveness of Interventions for Reducing Obesity among Young Children through Healthy Eating, Physical Activity, and Screen Time

Early childhood is an important period for interventions to prevent obesity, before poor diet and physical activity behaviors become entrenched and related chronic diseases develop. To date there are still few programs that have been evaluated using experimental study designs that demonstrate impacts on young children's weight. As a result, it is difficult to know which interventions will truly have an impact. This brief compiles research conducted by the Childhood Obesity Intervention Cost-Effectiveness Study (CHOICES) on interventions that impact young children. The brief provides an overview of the goals of cost-effectiveness analysis, the evidence thus far on the cost-effectiveness of different strategies to prevent obesity in the places where very young children (0- to 5-year-olds) live, learn, and play, and the evidence that is still needed for informed decision-making. Read issue brief [here](#).

Training Resources

| Title | Date / Time | Format | Location | Info | Registration |
|---|-------------------------|---------|----------|------|-------------------------------|
| An Introduction to Smarter Mealtimes in Early Childcare | Wed, 5/8 10:00 am | Webinar | ---- | ---- | Register here |
| Using EatFresh.org to Reduce Household Food Waste | Thurs, 5/16 10:00 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