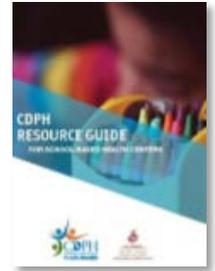


CalFresh Healthy Living Newsletter

School-Based Health Center Resource Guide



INSIDE

- School-Based Health Center Resource Guide.....1
- Infant Nutrition and Feeding Guide.....1
- Changes in Obesity among US Children Enrolled in WIC.....2
- Hearst Health Prize.....2
- Webinars3
- Funding Opportunities3
- Training Resources.....5

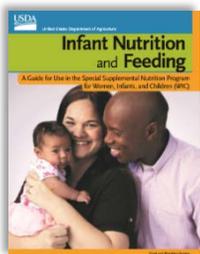
Announcing a first-of-its-kind collection of information about the public health programs and resources available to school-based health center (SBHC) staff. The guide is organized by topic, student grade-level, and intended audience. It was created to communicate the breadth of California Department of Public Health (CDPH) and CDPH partner services and supports available to SBHC's statewide. It is intended to facilitate SBHC access to content experts, technical assistance, training, and resources to support ongoing local SBHC activities on behalf of, and with, children and their families. If you are working with partners and they identify an interest in other areas of public health, this guide can serve as a resource for CDPH and CDPH-recommended materials.

Many thanks to the following programs who contributed content and participated in its development:

- ❖ Safe and Active Communities Branch
- ❖ Nutrition Education and Obesity Prevention Branch
- ❖ Office of Oral Health
- ❖ Sexually Transmitted Disease Control Branch
- ❖ Immunization Branch
- ❖ California Tuberculosis Control Branch
- ❖ Office of Health Equity
- ❖ CA Tobacco Control Program Child and Adolescent Health
- ❖ Childhood Lead Poisoning Prevention Branch (CLPPB)

CDPH is in the process of posting the guide on the CDPH storefront. More information will be provided as soon as it's available.

Infant Nutrition and Feeding Guide



USDA recently updated it's WIC Infant Feeding Guide. The guide is meant for staff who provide nutrition education and counseling to the parents and guardians of infants who participate in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

The publication provides an overview of basic subjects related to infant nutrition and feeding and answers common questions on the nutritional needs of infants; the development of feeding skills; breastfeeding; formula feeding; the introduction of complementary foods; infant feeding practices; appropriate food selection and preparation; oral health; vegetarian nutrition; common gastrointestinal problems; obesity; physical activity/motor skill development; and sanitary preparation and storage of food. This guidebook can assist staff in disseminating appropriate and accurate information to participants. It is a resource for planning individual counseling sessions, group classes, and staff in-service training sessions. Please click [here](#) to read the guide.

Combination of SNAP and WIC Improves Food Security

Forty million Americans, including 6.5 million children, are food insecure, according to the U.S. Department of Agriculture, which means they do not have enough food for an active, healthy life. Many rely on the Supplemental Nutrition Assistance Program (SNAP) – the largest food assistance program for low-income families – to help make ends meet. Still, 51.2 percent of households receiving SNAP benefits, commonly known as food stamps, were food insecure in 2016.

Given the extent of food insecurity, a team of Iowa State University economists developed a methodology to analyze potential redundancies between SNAP and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the third-largest food assistance program in the U.S. Their research, published in the Southern Economic Journal, provides evidence that the programs are in fact complementary, not redundant. They found that participating in both SNAP and WIC compared to SNAP alone increases food security by at least 2 percentage points and potentially as much as 24 percentage points. To read the full study, please click [here](#).

Changes in Obesity among US Children Enrolled in WIC

New data reported by the Centers for Disease Control and Prevention in JAMA show that overall obesity rates among children participating in WIC declined from 15.9% in 2010 to 13.9% in 2016. In addition to the overall decline, statistically significant obesity rate decreases were reported among all racial and ethnic subgroups--including those whose obesity rates are higher than average, such as Hispanics (19.3 percent in 2010; 16.4 percent in 2016) and blacks (12.7 percent in 2010; 11.4 percent in 2016).



Given that WIC serves nearly half of all infants born in the United States, many of whom are at higher risk for obesity, the continued decline in obesity rates among the WIC population is encouraging. These new data reinforce the positive impact WIC has on both women and children, from improving access to prenatal care to supporting early cognitive development. Recent updates to the nutrition content of the WIC food package--which the CDC cites as a possible reason for the decline in obesity rates among children participating in WIC--have led to stores stocking healthier options and families buying healthier foods. To read the full study, please click [here](#).

Hearst Health Prize



[The Hearst Health Prize](#), in partnership with the Jefferson College of Population Health, is now accepting applications for the 2020 award. The winner will receive a \$100,000 prize, with \$25,000 awarded to up to two finalists, in recognition of outstanding achievement in managing or improving population health.

Population health is essential to transforming from an illness-centered healthcare system to one focused on protecting and improving health. They created this prize to help identify and promote promising ideas in the field that help to improve health outcomes, and thus proliferate best practices more rapidly. The goal is to discover, support and showcase the work of an individual, group, organization or institution that has successfully implemented a population health program or intervention that has made a measurable difference. The results of successful programs are expressed in terms of actual improvements in health outcomes and/or health behaviors, not just financial measures, clinical process measures, or measures of participation.

For more information, please click [here](#). Submission deadline is Friday, August 9, 2019, 3:00 PM EDT/ 12:00 PM PDT. For questions, please email HearstHealthPrize@jefferson.edu.



Webinars

New Additions in Purple

Nothing About Us Without Us: Authentic Youth Engagement in Public Health

July 16, 10:00 am

Join APHA in July 16 to identify best practices and feature examples for planning for and ensuring authentic youth engagement in public health programs and practices for adolescents. Participants will learn how to define authentic youth engagement, identify best practices or guiding principles for authentic youth engagement in public health, identify strategies used to effectively engage youth in various roles that affect their healthy development and much more. Click [here](#) to register.

Advancing Health Equity Through Housing Law and Policy

July 16, 12:00 PM

Join the Robert Wood Johnson Foundation in July as they discuss the connection between health and housing, the theme of the 2019 County Health Rankings Key Findings Report. In this webinar they will explore the influence housing laws and policies can have on health in urban and rural communities. Experts from The Network for Public Health Law will provide an introduction to public health law and policy, and explain how laws and policies related to gentrification, eviction, and homelessness can improve or further embed health inequities. Policies have both intended and unintended consequences on health which makes this issue especially complex! Register [here](#).

The Potential Role of Nutrition in the First 2 Years of Life in the Prevention of Child Overweight and Obesity

July 18, 9:00 am

The [Roundtable on Obesity Solutions](#) is hosting a 75-minute webinar that will explore the role of infant and early childhood nutrition (birth to <2 years of age) related to healthy growth and the prevention of overweight and obesity later in childhood. Presentations will feature the current prevalence and trends of high weight-for-length in infants and young children, the state of the science on nutrition-related modifiable risk factors, and obesity prevention interventions that address healthy growth, with a special emphasis on reducing disparities in populations with above-average obesity risk. Click here to [register](#).



Funding Opportunities

New Additions in Purple

Boosting Opportunities for Social and Economic Mobility for Families

Close Date: July 26, 2019

The Kresge Foundation has announced a \$3.6 million funding opportunity to strengthen partnerships between community colleges and human services nonprofits that connect people with low incomes in cities to critical human service supports and educational pathways that advance social and economic mobility. Through the BOOST funding opportunity, Kresge will award up to eight grants of up to \$450,000 each to qualifying partnerships between community colleges and nonprofit human services nonprofits. Learn more [here](#).

Healthy Eating Research 2019

Close Date: July 31, 2019

This funding opportunity is to support actionable research that advances health equity in the areas of nutritional disparities, nutrition, and food security. Three types of grants will be awarded through the Healthy Eating Research program with the aim of providing advocates, decision-makers, and policymakers with the evidence needed to address the key social determinants of health and inequalities that underlie poor dietary patterns and related health consequences. Eligible applicant organizations include academic institutions, public entities and private nonprofit organizations, state and local government agencies, and for-profit organizations. 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](#).

IRONAID Grants

Close Date: September 1, 2019 (Application)

The purpose of this program is to raise funds and awareness for health-related causes and solve health-related issues by engaging North American athletes in the health care industry who routinely race Ironman and Ironman 70.3 events. Potential projects include improving fresh water access, nutrition for children, vaccines for communicable diseases, and lifesaving equipment. Learn more [here](#).

Goggio Family Foundation

Close Date: September 1, 2019

The Goggio Family Foundation respects the dignity of all people, believes in the power of ideas to transform society, values education and knowledge-sharing, and has confidence in the potential to create a better world. To fulfill its mission, the Foundation has developed the following program areas:

- ❖ The Community Development and Social Change Program
- ❖ The Environmental Preservation Program
- ❖ The Educational Program

The Goggio Family Foundation accepts [Letters of Interest](#) (LOI) on a rolling basis, though LOIs must be received June 1st to be considered for funding issued by the end of the calendar year. Learn more [here](#).

Tomberg Family Philanthropies

Close Date: September 9, 2019

The purpose of this program is to support projects in the areas of education, the environment, health, and poverty alleviation. The funding agency seeks to fund opportunities such as pilot projects, new projects, capacity building, and evaluations. Generally, funding is provided for specific projects, although portions of awards may be designated for capacity-building efforts after the first year of support. Mandatory letters of inquiry (LOIs) may be submitted beginning at 9:00 a.m. PT on July 25, 2019 and must be received by 11:59 p.m. PT on September 9, 2019. For more information, please click [here](#).



Recommended Reading

Estimation of Total Usual Dietary Intakes of Pregnant Women in the United States

Nutrition during pregnancy is a critical dimension not only for women's health but also for the lifelong health of the offspring. Very limited national data exists on the usual dietary intakes of pregnant women. To read the study, please click [here](#).

Training Resources

Title	Date / Time	Format	Location	Info	Registration
How to become a "SLAQer" - using assessment tools in the Learn Setting	Thurs, 7/11 10:00 am	Webinar	----	----	Register here
Statewide Day of Action - Healthy Snack Day Kickoff	Wed 7/24 11:00 am	Webinar	----	----	Register here
Nutrition Update webinar	Tues, 8/6 11:00 am	Webinar	----	Flyer	Register here
Building a Strong Foundation: A Strategic Approach for Preparing to Teach a New Curriculum	Thurs 8/8 10:00 am	Webinar	----	----	Register here
Intergenerational Approaches to Physical Activity (PA): PA Promotion for All Ages	Thurs, 8/15 1:30 pm	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 CalFresh Healthy Living newsletter, please contact Tania Marquez at tmarquez@ph.lacounty.gov