

# CalFresh Healthy Living Newsletter

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## L.A. County WIC Data

L.A. County WIC Data Mining Research Partnership: First 5 LA and Public Health Foundation Enterprises Inc. (PHFE WIC) are proud to announce a new resource for L.A. County early childhood data: The L.A. County WIC Data website! In L.A. County, the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) reaches the great majority of low-income pregnant women and children under 5, providing nutritious food, nutrition education, breastfeeding support and referrals to health and social services. Starting in 2002, First 5 LA partnered with the PHFE WIC, the largest WIC provider in L.A. County, to leverage the extensive administrative information WIC collects to provide comprehensive information to health planners, policy makers and community leaders about local families in need.

The new website provides access to current and historical trend data based on L.A. County’s WIC administrative data on topics such as health of women and children, feeding and nutrition, early care and education, housing and home environments, community assets and demographics. The data is also available disaggregated by various

geographic areas, including Best Start Geographies, Service Planning Areas (SPAs), and Supervisorial Districts. The L.A. County WIC Data Mining Research Partnership will be using the new site to post data stories and research briefs on key issues facing young children and their families, such as this recent data story on disparities in health outcomes associated with race and ethnicity. Browse their new website [here](#).


## News & Updates

The latest updates from the L.A. County WIC Data team



Welcome to the redesigned LA County WIC Data website

June 29, 2020



Get ready for the 2020 L.A. County WIC Survey

June 26, 2020



Disparities in health outcomes are associated with race and ethnicity

June 25, 2020

# Healthy People 2030: Building a Healthier Future for All

Healthy People identifies public health priorities to help individuals, organizations, and communities across the United States improve health and well-being. Healthy People 2030, the initiative's fifth iteration, builds on knowledge gained over the first 4 decades. Every decade, Healthy People makes numerous changes based on years of feedback from a diverse group of individuals and organizations. For Healthy People 2030, the biggest change is the reduced number of objectives. With fewer objectives, overlap is avoided and priority is given to the most pressing public health issues. Healthy People 2030 includes a wide range of objectives developed by [workgroups](#) made up of subject matter experts in specific topics.

Healthy People 2030 objectives are organized into intuitive topics, so information is easier to find. These objectives focus on the most high-impact public health issues, and reflect an increased focus on the social determinants of health — how the conditions where people live, work, and play affect their health and well-being. The topics include the following:

- ❖ Health Conditions
- ❖ Health Behaviors
- ❖ Populations
- ❖ Settings and Systems
- ❖ Social Determinants of Health



Click [here](#) to explore the new objectives and find ways to incorporate Healthy People 2030 into your work.

## Water Access in Schools



Advocating for [water bottle filling stations](#) that provide access to water at no charge to students in every school in the United States is something Voices for Healthy Kids has supported for quite some time. Why? Because water is a basic human need—something kids can't live without. And because children spend so much time at school, having safe and appealing options for water is critical for them to live healthier lives. As some schools reopen during the COVID-19 pandemic, water bottle filling stations

are more important than ever before. Unlike water fountains, water bottle filling stations don't come in contact with a person's mouth, making them a sanitary way for students, teachers, staff and parents to stay hydrated while on campus.

But how do you work to get water bottle filling stations inside your schools? That's where the new Water Access in Schools Toolkit comes in handy. The toolkit includes the following:

- ❖ Messaging that works on a variety of audiences
- ❖ Sample op-eds, letters to the editor, action alerts, social media posts and more
- ❖ Fact sheets, graphics and lobbying materials

In addition to the toolkit, Voices for Healthy Kids also developed the [Fast Facts for Water Access in Schools](#). This invaluable resource provides all kinds of American Heart Association science-approved, consumer-friendly messaging using the latest research. Every kid deserves access to safe and appealing water in school. Click [here](#) to access the Water Access in Schools Toolkit.

# Fight Food Poisoning During Food Safety Education Month

September marks [Food Safety Education Month](#). Every year, an estimated 1 in 6 Americans (48 million people) get sick and 3,000 die from eating contaminated food.

You can take steps to help prevent food poisoning and stay healthy. Learn more below about how to fight the germs that cause foodborne illness. Protect yourself from food poisoning:

- ❖ Wash your hands, utensils, and surfaces often when you cook.
- ❖ Use a food thermometer to make sure foods are cooked thoroughly, to an internal temperature that kills germs.
- ❖ Refrigerate leftovers and perishable foods such as meat, milk, cut produce, and eggs, within 2 hours. Chill within 1 hour if it's above 90°F.
- ❖ If you get food or groceries delivered, use a food thermometer to make sure food arrives at a safe temperature. If perishable foods are above 40°F, notify the company and don't eat them.
- ❖ Rinse fruits and vegetables in running water before eating or cooking, and scrub uncut, firm produce such as cucumbers or potatoes with a clean brush. Don't use soap, bleach, other disinfectants, or chemicals on fresh fruits and vegetables.



Visit CDC's food safety website to find [videos](#), [tips to prevent food poisoning](#), and [social media graphics](#). And, visit [Food and Coronavirus Disease 2019 \(COVID-19\)](#) to learn about food safety during COVID-19. For information on environmental assessments and other resources for food safety programs, visit CDC's [environmental health services website](#).





## National Childhood Obesity Month

According to the [Centers for Disease Control and Prevention \(CDC\)](#), one in five children in the United States has obesity. During National Childhood Obesity Month, communities, health professionals, and families are encouraged to take action to raise awareness about the obesity epidemic and support children with their journey to good health.

The HHS Office of Disease Prevention and Health Promotion developed their [Move Your Way](#) campaign to help families engage in more physical activity that fits their schedules.

Use their [interactive tool](#) to help children achieve the recommended 60 minutes of daily physical activity. Not only does physical activity help ensure their good health but it also helps improve their sleep, mood and grades.

Learn more about childhood obesity by visiting [CDC's National Childhood Obesity Awareness Month webpage](#) and get tips for how to address obesity starting at home.



## Funding Opportunities

### New Additions in Purple

#### **Equitable Parks and Green Spaces in Small and Midsize cities: Planning Grant** **Close Date: September 9, 2020**

The Robert Wood Johnson Foundation (RWJF) seeks an organization (or up to three collaborating organizations) to plan an initiative, which, by influencing policy and systems change, rectifies the inequitable distribution of parks and green spaces in low-income communities and communities of color in urban regions, including small and midsize cities (pop. 50,000–500,000). Click [here](#) to apply.

## **Voices for Healthy Kids Policy Campaign Grant** **Short Form Application Close Date: September 20, 2020**

The Policy Campaign Grant is designed to support strategic issue advocacy campaigns supporting [Voices for Healthy Kids policy priorities](#) with a focus on health equity. Applications must be specific to an individual campaign for public policy change in one state, city, town or county, or tribal nation. Applications should focus on public policy changes to reduce health disparities for children in urban, suburban or rural settings who are Black/African American, Hispanic/Latino, American Indian, and Alaskan Native or from families who have low income. To apply, applicants must first register [here](#).

## **Community Solutions for Health Equity** **Close Date: October 7, 2020**

With Community Solutions for Health Equity, RWJF seeks to make local health care systems more responsive to the needs of the community by elevating the voices, stories, priorities, and knowledge of people of color, and others who are left out of policy decisions. The Foundation's funding will provide community organizations with grant support to help increase their ability to organize members, build partnerships with other constituencies, and develop effective communication-all of which are critical to shared decision-making. Click [here](#) to apply.

## **HER Call for Proposals** **Close Date: October 7, 2020**

Sugar-sweetened beverages (SSBs) are a significant contributor to children's unhealthy diets, containing excess calories and few, if any, nutrients. Overconsumption is associated with excess weight gain and obesity, as well as an overall decrease in dietary quality. Further, despite the many benefits of water, many children in the U.S. do not drink enough. Given the importance of early childhood for developing lifelong healthy dietary behaviors, HER is interested in identifying policy, systems, and environmental (PSE) strategies that have the strongest potential to reduce SSB consumption (especially fruit-flavored drinks) and increase safe drinking water access and intake among low-income and children of color (ages 0 to 5) who are at greatest risk for poor nutrition and obesity. Click [here](#) to apply.

## **Emergency Meal Distribution Equipment Grants** **Close Date: Rolling deadline until all funds are awarded**

School nutrition professionals across the county have stepped up to get food to kids during school closures. Districts and schools have shared the need for additional equipment to create grab-and-go curbside meal pickups at schools and other locations within the community, additional hot and cold food storage containers, grab-and-go packaging materials, and mobile distribution to families in outlying or rural communities. Working with the equipment vendor, [Hubert](#), Action for Healthy Kids will provide selected school districts with equipment credits for \$1,000-\$2,000 per site to purchase equipment. Click [here](#) to apply.

## **Pioneering Ideas: Exploring the Future to Build a Culture of Health** **Close Date: Proposals accepted on a rolling admission**

Pioneering Ideas: Exploring the Future to Build a Culture of Health seeks proposals that are primed to influence health equity in the future. RWJ Foundation is interested in ideas that address any of these four areas of focus: Future of Evidence; Future of Social Interaction; Future of Food; Future of Work. Additionally, RWJ welcomes ideas that might fall outside of these four focus areas, but which offer unique approaches to advancing health equity and our progress toward a Culture of Health. Click [here](#) to apply.



## Reading Opportunities

### Mexico Moves to Ban Junk Food Sales to Children

Last month, legislators in the Mexican state of Tabasco voted to prohibit the sale of sugary drinks and highly processed foods to anyone under 18, putting these foods into the same category as cigarettes and alcohol. This comes amid growing evidence that being overweight increases the risk of complications with an infection by Covid-19, The Washington Post reports. Read the full article [here](#).

### Lawsuit Challenges California's Ban on Soda Taxes

According to a lawsuit filed last month, California's 2018 law prohibiting cities from enacting new sugary drink taxes until 2031 is illegal, because it curtails local governments' ability to raise taxes for public services. [The suit was filed](#) in Sacramento Superior Court on behalf of nonprofit Cultiva La Salud and Santa Cruz City Councilmember Martine Watkins. Read the full article [here](#).

## Training Resources

Title	Date / Time	Format	Info	Registration
Community Engagement: Inclusion, Trust Building, and Meaningful Participation	Thurs. 9/10 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 CalFresh Healthy Living newsletter, please contact Tania Marquez at [tmarquez@ph.lacounty.gov](mailto:tmarquez@ph.lacounty.gov)**