

# CalFresh Healthy Living Newsletter

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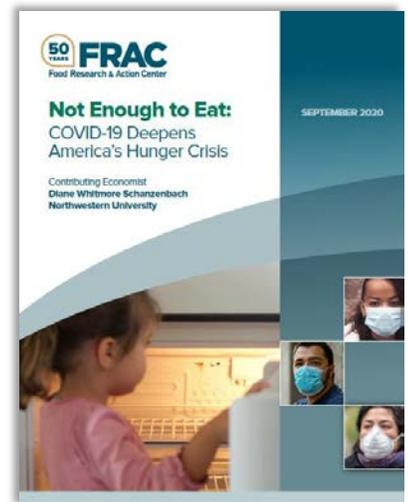
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## Not Enough to Eat: COVID-19 Deepens America's Hunger Crisis

Between 26–29 million adults living in the United States reported that members of their households sometimes or often did not have enough to eat during the first few months of the COVID-19 pandemic, according to a new report commissioned by the Food Research & Action Center (FRAC). *Not Enough to Eat: COVID-19 Deepens America's Hunger Crisis* finds that Black and Latinx households, women, and children have been particularly hit hard during the pandemic. The report also underscores how the struggle to put food on the table would be far worse if not for federal nutrition programs.

The report, authored by economist Diane Whitmore Schanzenbach of Northwestern University, analyzes

data from the Census Bureau's Household Pulse Survey from April–July 2020 to determine the number of adults who reported that members of their households sometimes or often didn't have enough to eat. The analysis looks at a narrower and more severe measure than the concept of food insecurity that is tracked by the U.S. Department of Agriculture (USDA).



### Key findings:

- ❖ In 38 states and the District of Columbia, more than 1 in 10 adults with children said they did not have enough to eat.
- ❖ More than 1 in 5 Black and Latinx adults with children reported they sometimes or often did not have enough to eat in July 2020. This is double that of white and Asian households.
- ❖ Women have been more likely to experience job loss during the COVID-19 recession compared to their male counterparts, making them — and their children — more susceptible to hunger. Older adults without enough to eat are also more likely to be women.
- ❖ Among those with a high school diploma or less, 16 percent didn't have enough to eat compared to 3 percent among those with a college degree.
- ❖ Twenty-eight percent of respondents with incomes below \$25,000 per year reported not having enough to eat, up from 11 percent in 2018.
- ❖ Twenty-one percent of those who lost their jobs during the pandemic reported not having enough to eat. Workers also experienced a lack of access to food as 13 percent of employed individuals on the financial brink due to household income losses or expected losses reported not having enough to eat.

Download the full FRAC report [here](#).

## Por Tu Corazon

The 12<sup>th</sup> annual [Go Red For Women – Por Tu Corazon](#) event will be taking place on Thursday, September, 24 at 5 p.m. This year it will be going digital! Por Tu Corazon, a Spanish-language conference, has brought over 3,600 Latinas together since its inception to learn about prevention.

**¡Por tu Corazón!**  
Un evento digital gratuito  
Jueves, 24 de Sept., 5 p.m a 6 p.m., por ZOOM

Insíbete en  
[www.Bit.ly/2020Portucorazon](http://www.Bit.ly/2020Portucorazon)  
o llama al (213) 291-7050

¡Pasa una hora divertida e informativa con nosotros!  
Platicaremos con expertos de salud física y mental,  
motivación, bailaremos Zumba, ¡y mucho más!

This year, the event will focus on healthy living and survivor stories that will impact and show the strength of women, as well as serve as a celebration of Hispanic Heritage month.

Please feel free to share this event with your Spanish-speaking communities and encourage them to join this empowering, FREE, and fun digital event. Should you have any questions, feel free to reach out to Carol Barahona , Sr. Community Impact Director - 213.291.7050 or [Carolina.barahona@heart.org](mailto:Carolina.barahona@heart.org) .

## The Heat is On

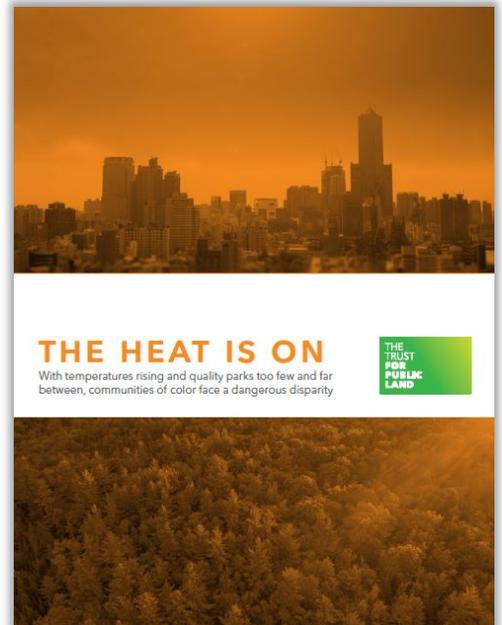
The summer of 2020 is predicted to be the hottest ever recorded. Meanwhile, as the number of COVID-19 cases continues to surge nationwide, city officials are closing public beaches and pools and limiting the capacity of cooling centers. This is putting even more pressure on public parks, which were already in high demand as one of the few places where people can escape the confines of home.

Parks—especially those that are densely wooded and deep green—can counter urban temperatures exacerbated by heat-trapping buildings, pavement, and concrete. Given the increased importance of parks during this public health emergency, The Trust for Public Land analyzed park data from across the country to determine who does and doesn't have access to this vital public resource.

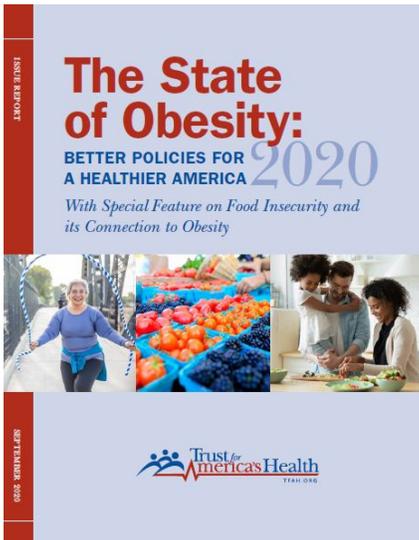
### Key findings:

- ❖ Communities with nearby parks can be dramatically cooler than those in so-called “park deserts.” Our analysis of 14,000 cities and towns shows that nationwide, areas within a 10-minute walk of a park are as much as 6 degrees cooler than areas beyond that range.
- ❖ And yet, not everyone has equal access to the kinds of parks that lower temperatures and allow for safe social distancing. Our data reveals that across the United States, parks serving primarily nonwhite populations are half the size of parks that serve majority white populations and nearly five times more crowded.
- ❖ In addition, parks serving majority low-income households are, on average, four times smaller and nearly four times more crowded than parks that serve majority high-income households.

Download the full report [here](#).



# The State of Obesity: Better Policies for a Healthier America 2020



The 17th annual State of Obesity: Better Policies for a Healthier America, released today by Trust for America's Health (TFAH) reports on obesity rates for every state and the District of Columbia and by racial and ethnic groups, age and gender.

The most recent national data from the Centers for Disease Control and Prevention show that the U.S. adult obesity rate passed the 40 percent mark for the first time, standing at 42.4 percent – and that racial, ethnic, gender, socio-economic and geographic disparities in obesity rates continue to persist. Additionally, obesity is a risk factor for serious COVID-19 consequences, and the pandemic could increase future levels of obesity due to increased food insecurity. **A special section on food insecurity and its relationship to obesity is included in this year's report.**

The report includes recommendations for policy action by federal, state and local government, and across several sectors, on how best to address the obesity crisis. The recommendations are grounded in two principles: the need for a multi-sector, multi-disciplinary approach; and a focus on those population groups that are disproportionately impacted by the obesity crisis. Click [here](#) for the full report.

## Hispanic Heritage Month



*Hispanic Heritage Month* takes place every year from **September 15 to October 15**. During the month, Office of Minority Health (OMH) will celebrate the culture, achievements and contributions of Hispanics and Latinos in the United States. OMH will focus on raising awareness about the health disparities impacting the Hispanic/Latino community and promote physical activity, healthy nutrition and regular doctor visits to help improve overall health, especially during the COVID-19 pandemic.

For events, resources, and materials, please visit the [OMH website](#) and the [OMH Spanish website](#).



## Webinars

### New Additions in Purple

#### Identifying and Addressing Barriers to Physical Activity in the Black Community

Friday, September 18, 10:00 am

National priorities for increasing physical activity to improve health do not address the needs and specific barriers experienced by Black and Indigenous People of Color. This moderated panel presentation will explore these barriers and offer strategies for ensuring racial equity and justice in efforts to increase physical activity. Register [here](#).



## Funding Opportunities

### New Additions in Purple

#### 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](#).

#### Healthy Tomorrows Partnership for Children Program

Close Date: October 6, 2020

The Department of Health and Human Services is offering grants through The Healthy Tomorrows Partnership for Children Program for innovative, community-based initiatives to improve the health status of infants, children, adolescents, and families in rural and other underserved communities by increasing their access to preventive care and services. This program supports projects related to a range of topical areas including, but not limited to, medical home or care coordination, mental and behavioral health services, child development and school readiness services, and promotion of healthy weight and physical activity. Click [here](#) to apply.

#### 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.

## **Healthy for Life**

**Close Date: October 15, 2020**

Five Healthy for Life® community nutrition program grants are available. Grants are \$2,500 each and funds will be used to implement four educational experiences over a two to three-month period for an audience of 20-25 participants each time. The primary target audience is individuals responsible for meal preparation in the home and families in under-resourced communities. Successful applicants will receive funding in addition to training and resources from the American Heart Association to effectively implement the Healthy for Life community nutrition program. A summary report will also be required at the conclusion of the grant. Click [here](#) for more information and 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

### **Supporting Wellness at Pantries (SWAP): Changes to Inventory in Six Food Pantries Over One Year**

This study assessed the nutritional quality of inventory available at six food pantries before and after implementing SWAP and found that one year post-intervention, there was a significant increase in the amount of green foods in all categories. These findings support continued changes to promote healthy food access to those experiencing food insecurity. Read study [here](#).

### **Making Sense of Hunger During a Pandemic**

The Los Angeles Food Policy Council recently launched a new blog. Their first post focuses on a systems perspective on the complexity of food security. Read their full post [here](#).