

# CalFresh Healthy Living Newsletter

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## Park Equity, Life Expectancy, and Power Building

Urban parks and green spaces protect public health by providing opportunities for physical activity, time in nature, social connection, and respite. Parks also filter air, remove pollution, buffer noise, cool temperatures, filter stormwater, and replenish groundwater. But access to parks and green space is very unequal across lines of race and class. For generations, park inequities have unfairly and unjustly affected low-income communities of color.

Prevention Institute, in collaboration with the UCLA Fielding School of Public Health's Department of Environment Health Sciences and the Powering Healthy Lives through Parks Community Advisory Board, has published new research about the relationship between parks and life expectancy. Some of the key takeaways include:

- ❖ Over 50% of Los Angeles County's 10 million residents live in neighborhoods that rank as "high park need" or "very high park need." Most of these high-need areas are concentrated in low-income communities of color.
- ❖ Findings from new research show that increasing park acreage in areas of LA County that face park deficits and low levels of tree canopy has the potential to considerably increase life expectancy in those areas.
- ❖ If all the census tracts in LA County with park deficits and low tree canopy levels had an increase in park acreage up to the county's median level, those census tracts could see a gain of approximately 164,700 years in life expectancy across the population.
- ❖ Targeted investments in park infrastructure would significantly benefit the health of Latino and Black residents. Calculating gains specifically for these two groups, targeted investments would result in an increase of almost 118,000 years of life expectancy



Click [here](#) to read the new research.

In addition to the new research published, a new advocacy toolkit was developed that community-based organizations can use to push for park equity. The toolkit includes a policy brief, research synopsis, presentation slides with talking points, among other things. Click [here](#) to access the toolkit.

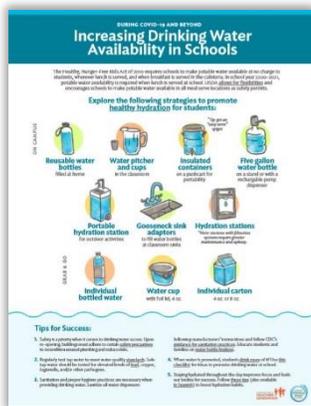
# CalFresh During the Pandemic



In the course of the pandemic-induced economic downturn, large numbers of California households have not had enough to eat. Consequently, CalFresh, the state's largest nutrition safety net program for low-income Californians, has seen a substantial rise in caseloads. Even so, over 800,000 California households recently report not only a lack of food but also a lack of connection to the nutrition safety net.

When the pandemic began to affect the state, the CalFresh program responded quickly. Overall, program enrollment rose from 4.1 million Californians in February to a height of 4.8 million in June before declining slightly to 4.6 million in August. Most counties saw increases.

Among households reporting food scarcity, majorities say that they do not receive assistance from any food program. This is particularly true among households without children, where 81% report no nutrition assistance of any kind, but it also holds true for 56% of households with children. Click [here](#) to read the full report from [Public Policy Institute of California](#).



## Increasing Drinking Water Availability in Schools

The Healthy, Hunger-Free Kids Act of 2010 requires schools to make potable water available at no charge to students, wherever lunch is served, and when breakfast is served in the cafeteria. The Alliance for a Healthier Generation and the National Drinking Water Alliance collaborated to create a new infographic promoting healthy hydration for students during COVID-19 and beyond.

The infographic includes options for students while on campus, grab & go ideas, and tips for success. Download the infographic [here](#).

## Funding Opportunities New Additions in Purple

### LA County COVID-19 Community Equity Fund Close Date: October 30, 2020

The LA County Department of Health Services and the LA County Department of Public Health in partnership with Community Partners have launched the County COVID-19 Community Equity Fund to serve regions and communities disproportionately impacted by the COVID-19 epidemic through resources and prevention. The County COVID-19 Equity Community Fund will form partnerships with selected grassroots community-based organizations (CBOs) that possess cultural and linguistic expertise and their community's trust to reach historically under-resourced and hard to reach communities. Click [here](#) to apply.

### California Community Foundation – CARES Act Funding for Food Security Close Date: October 31, 2020

The California Community Foundation (CCF) is administering a competitive grant program on behalf of the County of Los Angeles for nonprofits aiding in alleviating food insecurity in response to COVID-19. Please note that if your organization has received other CARES Act funding from Los Angeles County, you will not be eligible to receive this funding. Click [here](#) to apply.

## Community Change Grants

**Close Date: November 9, 2020**

America Walks and generous Active People, Health Nations partners are excited to announce another round of their popular Community Change Grant program. This program will award grantees \$1,500 in community stipends for projects related to creating healthy, active, and engaged places to live, work, and play. Click [here](#) to apply.

## Smart & Final Charitable Foundation

**Close Date: Proposals accepted throughout the year**

The Smart & Final Charitable Foundation supports nonprofit organizations that work to improve the quality of life in the communities the company serves in Arizona, California, and Nevada. The Foundation's areas of interest include health and wellness, education, hunger relief, disaster relief, and team sports and youth development. Counties interested in applying must partner with a 501 (c)3 organization to qualify. 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

### USDA Extends Summer Meals Operations Through June 30, 2021

The U.S. Department of Agriculture (USDA) announced earlier this month the extension of critical waivers that will allow the continued operation of the Summer Food Service Program and Seamless Summer Option through June 30, 2021. This extension will ensure schools and private nonprofit organizations have the time, consistency, and flexibility needed to reach children who rely on free and reduced-price school meals through the rest of the school year. Read more [here](#).

## PHI Study Finds Families Eating Healthier After SNAP-Education

A new study by PHI's Center for Wellness and Nutrition shows that low-income residents of eight Southeast states, where obesity rates are among the highest nationally, consumed significantly greater amounts of fruits and vegetables, and improved several other shopping and nutrition-related behaviors following participation in SNAP-Ed programs. Based on SNAP participation, more than 1 million people in the Southeast are potentially adopting the positive dietary and nutritional changes found in the study. Click [here](#) to read more.

## Training Resources

| Title   | Date / Time             | Format        | Info                  | Registration                  |
|---|-------------------------|---------------|-----------------------|-------------------------------|
| ToP Accelerated Action Planning (Pilot #1)  | Tue, 11/10<br>9:00 am   | Zoom Training | <a href="#">Flyer</a> | <a href="#">Register here</a> |
| Nutrition Pantry Program for Implementers<br>(Participants need to attend both days, on<br>11/17 & 11/19) | Tue, 11/17<br>9:00 am   | Webinar       | ----                  | <a href="#">Register here</a> |
| Nutrition Pantry Program for Implementers<br>(Participants need to attend both days, on<br>11/17 & 11/19) | Thurs, 11/19<br>9:00 am | Webinar       | ----                  | <a href="#">Register here</a> |
| Nutrition Security with Compassion and<br>Connection  | Wed, 12/9<br>TBD        | 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)**